Thank you for choosing our product to complement your health care needs. In order to become familiar with the massage, please read the instructions and the following guidelines carefully before using this unit for the first time. This operating guide should be kept on hand for easy reference.

**CAUTIONS AND WARNINGS:**
- Any individual who is pregnant, has a pacemaker, suffers from diabetes, phlebitis, thrombosis and any severe illness, and person who is at an increased risk of developing blood clots due to recent surgery, should consult his or her physician before using a massaging device designed for home use.
- All the safety and operating instructions should be read, adhered to and followed before the unit is operated. Always unplug the unit from the electrical outlet immediately after using.

**The following precautions should be taken when operating the unit:**
1. Do not use in water. Do not place in or drop into water or other liquid.
2. Do not reach for the unit that has fallen into water. Unplug it immediately.
3. Place the unit away from direct sunlight or heat sources. Avoid placing on the top of stereo equipment or appliances which have radiates heat.
4. Do not disassemble or attempt to repair the unit.
5. Do not operate in the presence of explosives and flammable fumes.
6. Do not operate while drowsy or sleeping.
7. To avoid the risk of fire and injury, do not use the unit under pillows or blankets.
8. Do not hit the unit with sharp objects. Never drop or insert an object into any opening.
9. Close supervision is necessary when the unit is used by or near children.
10. Do not allow the cord to touch hot surfaces. Protect the power cord from being walked on, pinched, or damaged.
11. Never operate the unit if it has a damaged cord or plug.
12. The unit’s surface will heat up during use. Those insensitive to heat should pay close attention while using.

**FEATURES:**
- 4 Adjustable Shiatsu Massage Nodes for the Neck Area
- Heating function can be turned on and off separately
- 4 Shiatsu Massage Nodes for the Back/Lumbar area performs Deep-Kneading & Rolling Massages with adjustable positions, focus areas, height & width
- 3 Levels of vibration massage on the seat cushion
- Impressive customizability provides you total control to create unique massage experiences that fit your needs.
- 15 Minutes Auto Shut-Off

**OPERATING PROCEDURE**
1. Plug in the AC adapter into an electrical outlet and input the DC end to the dual-use power plug on the cushion
2. Fix the back strap to your chair
3. Sit on the cushion in a comfortable position
4. Press the power button once to turn on the massager
5. Press the “UP” or “Down” buttons will make the neck massage nodes go straight up or straight down.
6. Press buttons to choose your special massagers as below shows:

**FUNCTIONS:**
- Deep kneading and rolling massages at the neck, upper back and lower back help to relieve muscle tension and improve blood circulation.
- Built-in double vibrating motors at the hip relaxes the body and strengthens metabolism.
- Unique up-down motion of the massage nodes was designed with the concept of somatology.
- Multiple massage heads work together to make real full body kneading and rolling massage with human hands.

**TECHNICAL PARAMETERS**
- Neck & Back Seat Massager
  - Voltage: DC 12V
  - Operating current: 4A
  - Power: 48W
  - Auto timer: 15 minutes

**FUNCTIONS:**
- Neck & Back Seat Massager