

USER MANUAL

AmaMedic AM-50181

SONIC VIBRATION FOOT MASSAGER

WITH HEATING THERAPY



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Product parameter

Name and model	: SONIC VIBRATION FOOT MASSAGER AM50181
Power supply	: 120V-60Hz
Power consumption	: 50 W
Operating time	: max. 15 minutes
Dimensions (L x W x H)	: approx. 14.1 inch x 5.9 inch x 16.1 inch
Net Weight	: approx. 7.5 lbs.

Explanation of symbols

The following symbols are used in the operating instructions and on the type plate:



Warning

Warning of risks of injury or health hazards.



Caution

CAUTION Safety information about possible damage to the appliance/accessories.



Note

Important information.



The device has double protective insulation and therefore complies with protection class 2

1. About Shiatsu massage

Shiatsu is a form of body massage that originated in Japan around 100 years ago.

It is based on ideas rooted in traditional Chinese medicine, particularly the meridian system, which represents the paths in the human body through which energy is conveyed. The aim of any Shiatsu massage is to promote the physical, emotional, and mental well-being of the person being treated.

To achieve this, energy blocks and bottlenecks in the meridians need to be dissolved, and the self-regulating ability of the body needs to be stimulated.

Shiatsu therapists accomplish this by applying pressure in flowing movements along the meridians. Although Shiatsu can be literally translated as "finger pressure," practitioners also use the heels of their hands, elbows, knees, as well as their fingers. In the process, the therapist utilizes his or her full body weight to generate the required pressure.

2. Getting to know your appliance

The 12 rotating massage heads in your Shiatsu massager imitate the pressure and kneading movements of a Shiatsu massage. Relax your feet with this foot massager.

It can have the following beneficial effects:

- Stimulates the circulation.
- Promotes cell regeneration.
- Revitalizes and invigorates the feet.
- Relaxes tense muscles.

The device is for private use only and is not intended for medical or commercial purposes.

3. Proper use

This unit is intended for foot massage. Do not use the massage device if any of the following warnings apply to you. Please consult your doctor if you are unsure whether the massage device is suitable for you.

Use the massager

- If you have changes caused by disease or injury in the region of your foot, (e.g. open wounds, warts, fungal infection),
- with children,
- with animals,
- no longer than 15 minutes.

This device is not intended for use by individuals (including children) with restricted physical, sensory, or mental capabilities, and/or by those lacking the required understanding of the equipment and its usage, unless supervised by a responsible person for their safety or provided with instructions on how to use the device. Never allow the unit to operate unsupervised. Children should be supervised to ensure they do not use the device as a toy.

You should consult your doctor before using the massage device if

- If you are not sure whether the massager is suitable for you,
- If you are suffering from a serious illness or recovering from an operation on one of your feet,
- If you have diabetes or thrombosis,
- If you have leg or foot conditions (e.g., varicose veins, vein inflammations),
- If you have pains of unclear origin.

The device is only intended for the purpose described in these operating instructions. The manufacturer cannot be held liable for damage occurring as a result of inappropriate or careless use.

4. Safety information

Please read these operating instructions carefully. Failure to observe the information provided below can lead to personal injury or material damage. Keep these instructions in a safe place where they can also be read by other persons using the device.

Always pass on these instructions together with the appliance if you sell it or pass it on.

WARNING!

There is a risk of suffocation. Keep children away from the packaging materials.

Electric shock

WARNING!

Just like any other electrical appliance, this massage device must be handled with care and attention to prevent the risk of electric shock.

For this reason, the device must be operated only as follows.

- Use only the mains voltage specified on the device.
- Do not use the device if damage to the device itself or any of its accessories is evident.
- Never use the appliance during a thunderstorm.

In the event of a defect or malfunction, switch the device off immediately and disconnect it from the power supply. Never pull on the power cable or on the appliance to disconnect the plug from the mains outlet. Never hold or carry the device by the power cable. Keep the cables away from hot surfaces. Never open the device for any reason. If the power cord of the device is damaged, it must be replaced by the manufacturer or an authorized customer service technician. Make sure that the massage device, the switch, the power supply unit, and the cable do not come into contact with water, steam, or other fluids.

For this reason, the device must only be operated as follows

- Only in dry inside rooms, e.g., never in the bathtub or sauna.
- Only with dry hands.

Do not pull, twist, or kink the power cord. Do not stick in any pins, needles, or sharp objects. Take care not to lay out or pull the power cord over sharp or pointed objects.

Never try to retrieve the device if it falls into water. Disconnect the plug immediately from the mains outlet. Do not use the device if damage to the device itself or any of its accessories is evident. Do not subject the device to any impact and do not drop it.

Repairs

WARNING!

- Repairs to electrical appliances must only be carried out by qualified individuals. Incorrect repairs can pose considerable danger to the user. In the event of repairs, please contact our customer service or an authorized dealer.
- If the power cord is damaged, it must be replaced by an authorized dealer.

Fire hazard

WARNING!

There is a risk of fire if the device is used incorrectly or if it is not used according to these operating instructions.

For this reason, the massage device must only be operated as follows:

- Never leave the device unsupervised, particularly if children are around.
- Never use the device under covers, such as blankets or pillows.
- Never use the device in the vicinity of petrol or other easily flammable materials.

Handling



Switch the device off and disconnect the power supply after every use and before every cleaning.

- The appliance has a heated surface. Individuals insensitive to heat must be cautious when using the appliance.
- Never insert any objects into openings on the device, and avoid inserting anything into the rotating parts. Ensure that all moving parts can move freely at all times.
- Never sit or stand on the moving parts of the device with your full weight, and do not place objects on the device.
- Keep the device away from high temperatures.

Disposal



Dispose of the appliance in accordance with Regulation 2002/96/EC-WEEE (Waste Electrical and Electronic Equipment). If you have any queries, please contact the municipal authorities responsible for waste disposal in your area.

5. Appliance description

Sonic Vibrating Foot Massager



- ① 12 Shiatsu massage heads
- ② On/Off button
- ③ Heat button
- ④ Mode button
- ⑤ 2 Shaking massage plates

Use

Place the unit on the floor in front of a comfortable chair so that it cannot tip over, and plug the power supply unit into a power socket. The front feet of the unit are adjustable if necessary, and the large buttons on the unit can also be operated with the foot.

1. Switch on the unit using the ON/OFF button (②), sit comfortably in the chair, and place your feet on the shiatsu massage heads (①).
Position your heels on the vibration plates (⑤). The LED of button ② will light up blue.
2. You can switch between different modes using the mode button (④)
: Shiatsu massage (standard mode after switching on, LED blue)
→ Shiatsu and shaking massage slow (after the 1st press on mode button ④, LED red) → Shiatsu and shaking massage fast (after the 2nd press on mode button ④, LED violet) → Shiatsu massage (standard mode after the 3rd press on mode button ④, LED blue).
3. By pressing the heat button (③),
the heating function can be switched on in 2 stages
: 1st button press → heating function, low level, button lights up red;
2nd button press → heating function, high level, button lights up violet;
3rd button press → heating function off. The heating function can only be used during a massage mode (not as a standalone function without massage).

6. Start-up

1. Remove the packaging.
2. Check the device, power supply, and cables for damage.
3. Connect the device to the mains power supply.
4. Route the cable safely to avoid any risk of tripping.

7. Operation

When seated comfortably, place your feet on the two platforms.

The rubber feet on the base of the unit prevent it from sliding.

Switch on the massager using the On/Off button. Press the On/Off button again to activate the heat function. Press the On/Off button once more to switch off the device. The massage must be pleasant and relaxing at all times.

Stop the massage or change your position or the contact pressure if you find it is painful or unpleasant.

*Do not force any part of your body, particularly your fingers, between the rotating massage heads and their mountings in the device.

Note

- Do not use the massage device for longer than [a specific number] minutes. Otherwise, using the device for an extended period can over-stimulate the muscles and cause tension instead of relaxation.
- Massaging a specific point on the sole of the foot may influence the corresponding organ of the body. However, we recommend studying relevant literature and consulting with your doctor before using reflex zone massage points to achieve the desired effect.

8. Care and storage

Cleaning



- Disconnect the device before cleaning.
- Clean the appliance only in the manner specified.
Fluid must never be allowed to enter the device or accessories.

Storage

- If you do not use the device for extended periods, we recommend storing it in the original packaging in a dry place without adding any weight to it.

9. In the event of problems

Problem	Cause	Remedy
Massage heads rotating at a reduced speed.	The load on the massage heads is too heavy.	Release the massage heads.
Massage heads not moving.	Appliance not connected to the power supply	Connect the plug to the mains supply and switch on the appliance.
	Over heating protection tripped.	Disconnect the device from the power supply, wait at least 15 minutes, then plug in again and switch on.



This device complies with part 15 of the FCC Rules for use with cable television service.