
 1300 054 554

 masseusemassage.com.au

 info@masseusemassage.com.au



**HEALTH +
PRODUCT MANUAL**

WANT TO GET YOUR NEW CHAIR ABSOLUTELY FREE?



Know someone with a bad back?

Why not help them ease their aches and pains with \$50 towards a new massage chair! When you tell a friend about our awesome products, we will give them a \$50 gift from you to put towards the purchase of any of our massage chairs.

Plus, for simply spreading the word about the health benefits of our awesome products, we will also give you \$50 cash back, up to the value of your chair! You can make as many referrals as you like!

This means all of your friends could be feeling 100x better and you could get your chair absolutely free! It's so easy to do:

1. Each time you refer a friend, go to masseusemassage.com.au/referral & let us know who will be using your referral. When we receive an order with payment that matches your friend's details, we'll issue your cash back to your nominated bank account.
2. Then, tell your friend to use the coupon code **FRIEND50** during checkout, and they'll save \$50 on their new chair!

Thank you for purchasing your Health + massage chair.

You have purchased a chair from Australia's leading massage chair specialist!

This chair was designed to provide excellent relief from back pain, muscle fatigue and all manners of stress.

Before operating your amazing new chair, please read this instruction manual carefully so you can get the most out of your massage experience.

Please pay attention to the important safety warnings and keep this manual for future use.

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Safety and Maintenance

1. IMPORTANT SAFETY WARNING

- Do not allow children to touch the moveable parts of this product.
- Please only use the grounding power supply included with this product.
- Please unplug the product when not in use, or before cleaning, to avoid injury or causing damage to the product.
- Please operate this product according to this instruction manual.
- Do not use accessories not recommended by the manufacturer.
- This product is not suitable for outdoor use.
- Any other usage that is not listed in this instruction manual is forbidden.
- The recommended usage time of this product is 20 minutes.
- Please do not use the product if the seat cover or leather is broken or damaged.
- Please do not use it if any ventilation holes are covered or blocked.
- Please do not drop anything into this product.
- Always start with the massage function on a lower strength setting before increasing it, in order to avoid injury.

2. Environment for usage

- Keep this product out of high temperature environments. Keep away from fire and long term exposure to the sun.
- Please do not use it in a dusty or caustic environment.
- Please do not use it where there is limited space or poor ventilation.

3. People who are not suitable to use this product

- People who are suffering from osteoporosis are not recommended to use this product.
- People who are suffering from heart disease or carrying electronic medical equipment such as a pacemaker are not recommended to use this product.
- Pregnant women or menstruating women are not recommended to use this product.
- People who have injuries or skin disease are not recommended to use this product.
- Children under the age of 14 or people with mental health issues or disabilities are not recommended to use this machine without supervision.
- People diagnosed with medical conditions are not recommended to use this product.
- People who have come in contact with water or those who are wet are forbidden to use this product.

4. Safety

- Check that the voltage is suitable to the specification of this product.
- Do not pull the plug with wet hands.

Safety and Maintenance

- Do not get this product wet or let it come into contact with water. This will avoid electric shock and damage to the product.
- Do not use wet cloth or any wet material to clean the electric parts of this product such as the switch and plug.
- Stay away from this product during power interruptions to avoid any injury if the power is suddenly restored.
- If this product stops working correctly, please stop using it immediately. Contact the retailer.
- If you feel unwell, stop using the product and consult a doctor immediately.
- This product is not intended for use by individuals, including children with reduced physical, sensory and mental capabilities. This product is also not intended for individuals who lack the knowledge or experience to use it, unless there is proper supervision or they have been thoroughly instructed on how to use it.
- Children should be supervised around and while using the product.
- If the supply cord is damaged, it should be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid hazards.

5. Maintenance

- Product maintenance should only be done by approved service agents. Refrain from disassembling the product yourself.
- Always unplug the power cord after product use.
- Do not use this product if the socket is loose.
- If this product is not often used, fold the wires properly and store in a cool, dry and dustless place.
- Keep this product out of high temperature environments. Keep away from fire and long term exposure to the sun.
- If the detachable cord/supply cord is damaged, only use replacements from the manufacturer, its service agent or similarly qualified individuals to avoid hazards.
- Use dry cloth to clean this product. Do not use flammable liquids such as thinner, benzene, or alcohol to clean this product.
- The mechanical components of this product are specially designed and made, it is not necessary to have it regularly serviced.
- To move this product on an uneven surface, it should be lifted. Do not pull or roll it.
- Please use this product intermittently; do not use it continuously for long periods of time.

6. Solutions to ordinary malfunctions

- It is normal to hear the sound of the motor when the massage chair is in use.
- If the controller does not work normally, please check if the plug and socket are connected properly and make sure that the switch is turned on.
- If the set massage time is over, this product will automatically shut down. If this product is continuously used for a long period of time, the temperature protector will automatically shut down the power. When this happens, this product should be used only after 30 minutes of rest.

Name and Function of Components

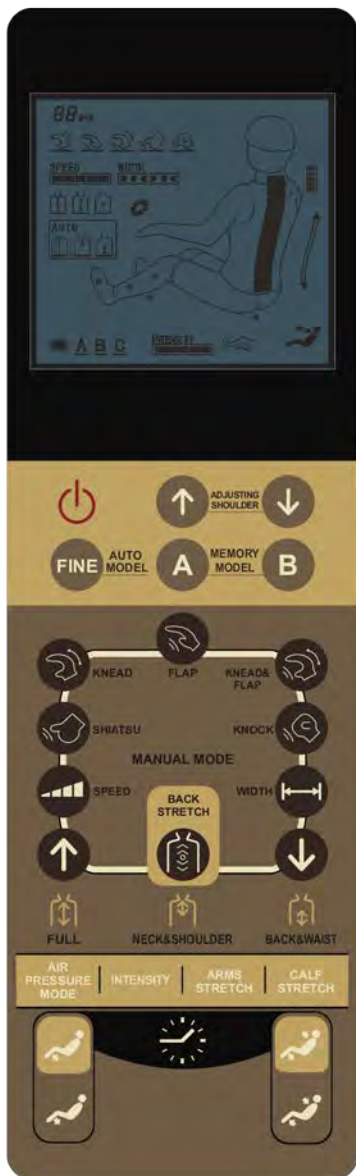
Functions



1. Head Cushion
2. Arm Airbags
3. Hand Controller Bags
4. seat Cushion
5. Legs Frame
6. Foot Frame
7. Back Cushion
8. Armrest
9. Decoration Strip
10. Back Cover
11. Air Vent
12. Move Roller
13. Power Line And Plug
14. Switch
15. Fuse Box
16. Socket

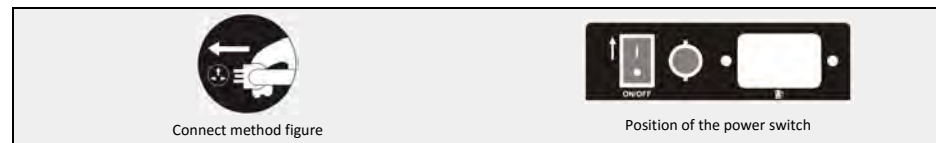
- Designed with a set of four wheel-driven intelligent mechanical massage hands that can move up and down in the back rest.
- It can automatically detect and adjust for shoulder position and upper body massage points.
- Programmed with five human-like massage modes: shiatsu, kneading, flapping, knocking and synchronised kneading and flapping.
- Programmed with three characterised auto massage modes: ease, memory A, and memory B. The memory mode can store the function and angles you prefer, enabling you to retrieve these on the next use.
- Three auto massage modes for the upper body (full cover, shoulders and, back and waist).
- Manual selection of position and mode of massage for upper body - the following three positions of massage may be selected: fixed point, partial, or whole range.
- There are five speeds for each massage mode. Under the flapping, shiatsu and knocking massage modes the width between the two massage hands can be adjusted to wide, medium or narrow. On partial and fixed points, the massage hands can move up and down to adjust the massage point accurately.
- Air pressure massage function has three modes: full body air pressure, lower body and arms, and three intensity options. Total of 25 airbags.
- Set with joint stretch function: calf rest stretch and arms stretch.
- Extendable calf rest suitable for different body heights.
- Calf rest can be lifted separately or together with the backrest.
- When the power is turned off, the chair will automatically return to an upright position and mechanical hands are also reset to their original position.
- Setting times: 15, 20, 25, and 30 min, with four grade adjustments.
- Set with blue LCD screen.

Method of Usage



Method of Usage

1. Switch on the power supply of the whole unit



2. Adjust the angle of the backrest, footrest, and the retracted position of the foot pad

- Adjust the posture according to your personal requirements. Do not adjust it mid-massage process.
- Linkage lift adjustment

Button	Description
	Sit Up Button: Press this button, and the backrest rises up slowly while the calf rest declines slowly. Release the button to stop. When it reaches the maximum height, it will automatically stop and an alarm "di-di-di..." will sound.
	Lie Down Button: Press this button, and the backrest declines slowly while the calf rest rises up slowly. Release the button to stop. When it reaches the minimum height, it will automatically stop and an alarm "di-di-di..." will sound.

- Calf rest angle adjust

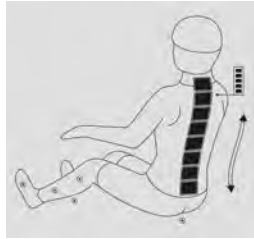
	Calf Rest Rise Button: Press this button, and the calf rest rises up slowly. Release the button to stop. When it reaches the maximum height, it will automatically stop and an alarm "di-di-di..." will sound.
	Calf Rest Decline Button: Press this button, and the calf rest declines slowly. Release the button to stop. When it reaches the minimum height, it will automatically stop and an alarm "di-di-di..." will sound.

3. Start to massage

- Press the red power button to start massage.
- Automatically detects the shoulder position and massage points, please wait till the "di-di-di..." alarm will sound, before adjusting the shoulder position. The massage chair can adjust to an angle automatically. In the shoulder and massage point detection process, you can choose a characterised massage mode (ease, memory A, or memory B) and any button in the auto massage mode (full cover, neck and shoulder, and back and waist) to massage. (You can skip steps 3 and 4 directly, and the auto 3).
- If there is a difference with the massage balls and the actual shoulder position, you can adjust the up and down button to a suitable position. Shoulder position has 5 grade adjustments.

Adjust the position of the massage balls upwards to up to a suitable shoulder position.		Shoulder position adjust UP button	
Adjust the position of the massage balls downwards up to a suitable shoulder position.		Shoulder position adjust DOWN button	

Method of Usage



4) Default into ease mode, you can choose other massage modes to massage

A. Characterised massage, upper body auto massage

Name	Button	Massage Content	Massage Feature	Display Status
Characterised auto massage		Ease Massage	Promote blood circulation, relax body physique	P1
		Memory A Massage	Restore to stored massage status A to massage	
		Memory B Massage	Restore to stored massage status B to massage	
Auto Massage		Full Cover Massage	Massage back and forth on upper body	
		Neck & Shoulder Massage	Massage focus on neck and shoulder	
		Back and waist	Massage focus on back and waist	

B. Upper body manual massage, lower body manual massage

- Upper body manual massage

Function	Button	Description / Display	Massage Balls Adjustment
Technique			Speed, intensity
			Speed, intensity
			Speed, width, intensity
			Speed, width, intensity
			Speed, width, intensity

Method of Usage

Function	Button	Description	Display Status
SPEED		5 grade speed adjustments	
WIDTH		3 grade width adjustments	


Function	Button	Description	Display Status
BACK STRETCH		Upper body (full cover) massage back and forth	
		Extent (partial) massage back and forth	
		Permanent position (fixed point) massage	
Massage point adjust (in fixed point, partial modes, you can adjust the massage position)		Massage hands move up	
		Massage hands move down	

- Lower body air pressure manual massage

Function	Button	Description	Display Status
Air Pressure Mode		Model A, massage on arms, buttocks and feet. 3 grade intensity adjustments.	
		Model B, massage on buttocks and feet. 3 grade intensity adjustments	
		Model C, massage on arms, 3 grade intensity adjustments.	
Intensity		3 grade air pressure intensity cycling adjustments.	
Arms Stretch		In air pressure modes A and C, you can control the arms stretch function switch.	
Calf Rest Stretch		In air pressure modes A and B, you can control the calf rest stretch function switch.	

Method of Usage

C. Other manual function

Function	Button	Description	Display Status
Time Setting		With 4 grade massage time adjustments: 15, 20, 25 and 30 minutes	15 MIN

4. Turn off power, stop massage

- In the massage process, pressing the red button or up to the setting time will stop all massage functions. The screen will display a blinking "EE" and you can press memory A or B to store the current massage status. In the display, it will show the corresponding memory status - E1 or E2.
- Press the red button again and the whole machine will turn off. The massage hands, backrest, and calf rest will reset; or wait for 10 seconds, and the machine will turn off automatically and the massage hands, backrest and calf rest will reset.

NOTES

If the massage time is up, and without memory function, backrest and calf rest cannot restore automatically.

- Cut off the power of the whole machine.





Illustration to switch off the power supply



Turning off power supply

5. Calf rest extend infinite or turnover freely

- The calf rest extension function accommodates the different heights of users. Using the foot support, the calf rest can turn over freely as demonstrated below and massage at any angle.



Calf rest extension



Calf rest automatic turnover

Method of Usage

NOTES

- When you stand up, do not apply the pressure of your body weight against the top edge of the armrests to push yourself up.
- Do not press inward on the top edge of the armrest. (Figure 2)
- Do not sit on the edge of the armrest. (Figure 3)

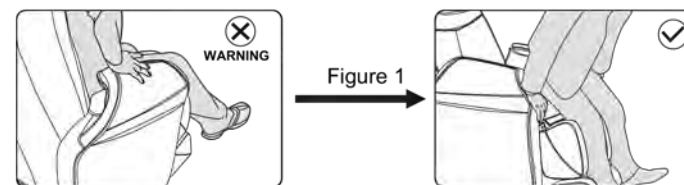


Figure 1



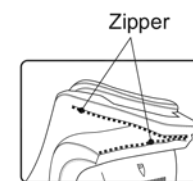
Figure 2



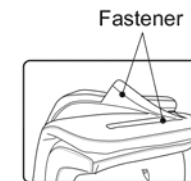
Figure 3

6. Pillow and backrest pad's dismounting and use manual.

Using pillows can reduce the kneading massage intensity on the shoulder and neck. Whether the pillow pad is needed or not will be according to your preference (head cushions are highly recommended). Backrest cushion and backrest are connected by zipper (1), head cushion and backrest pad are connected by thread gluing (2).



(1)



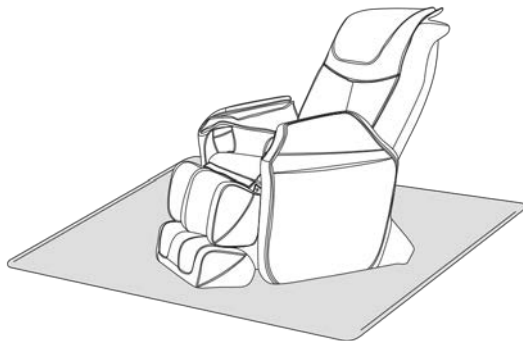
(2)

Method of Usage

7. Floor protection

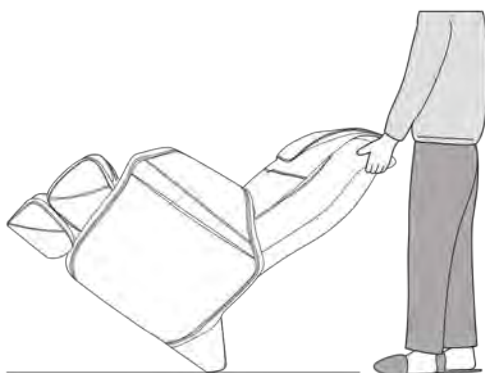
Putting the chair on a wooden floor for extended periods may damage the floor, so please place a carpet or any floor covering to avoid this damage.

Caution: Do not move the chairs with its wheels on the wooden floor, rough ground or in a narrow space. Two people are required to lift the chair.



8. How to move the chair

Make sure wires are not in your way before you tilt the chair backwards to an angle with the gravity centre of the chair falling onto the castors. Then, pull the chair forward or backward as you wish.



Product Specification

Model: Health +

Rated Voltage: 220 – 240 V ~ 50 Hz/60 Hz

Rated power input: 120 W

Rated time: 15 Min

Safety structure: Class I

Material introduction: PVC, PA, steel parts, and electric and electronic parts