

truMedic®

Products to Live Life Better®

Model IS-2000



Your Personal Masseuse

INSTASHIATSU+®

Full Body Massager With Heat
Instruction Booklet

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this household appliance

When using an electrical appliance, basic precautions should always be followed, including the following:

DANGER

To reduce the risk of electric shock:

- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- Do not reach for an appliance that has fallen into water. Unplug immediately.
- Do not use while bathing or in a shower.
- Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING

To reduce the risk of burns, fire, electric shock, or injury to persons:

- Temperatures sufficiently high to cause burns may occur regardless of the control setting. Do not use on an infant or invalid or on a sleeping or unconscious person. Do not use on insensitive skin or on a person with poor blood circulation. Check the skin in contact with the heated area of the appliance frequently to reduce the risk of blistering.
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- Temperatures sufficiently high to cause burns may occur regardless of the control setting.
- Do not use on an infant or invalid or on a sleeping or unconscious person.

- Do not use on insensitive skin or on a person with poor blood circulation. Check the skin in contact with the heated area of the appliance frequently to reduce the risk of blistering.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair or any other foreign debris. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use massager in close proximity to loose clothing or jewelry.
- Keep long hair away from massager while in use.

SAVE THESE INSTRUCTIONS



WARNING

PLEASE READ AND OBSERVE ALL SAFETY WARNINGS BEFORE USE AND KEEP THIS INSTRUCTION GUIDE HANDY.

- Do not allow the unit to get wet or use the unit in moist or wet areas such as the bathroom, shower, tub, steam room, pool or jacuzzi.
- Do not use the truMedic® InstaShiatsu+® Full Body Shiatsu Massager outdoors when moisture is present.
- Do not tamper with the unit, there are no user-serviceable components or parts inside.
- Do not fall asleep with the unit in operation
- Keep the unit out of the reach of children, This unit is not to be used on or by children.
- Use only original charger/cable provided with the unit. Replace worn or damaged equipment only with original manufacturer-approved components.
- Keep vent areas/airways clear and free of dust, lint, hair or any other foreign debris.
- Do not set unit down while it is running.
- Never use the unit under a pillow or bedding as airflow may be restricted or blocked which could lead to overheating and injury.
- The truMedic® InstaShiatsu+® Full Body Shiatsu Massager is designed to relieve stress and relax neck, shoulder, back and various muscles as a shiatsu style massage would.
- Do not over-use or over-treat one area of the body, the unit is meant to be used for a maximum of 20 minutes per area. Pressure/intensity is controlled by the user. Excessive pressure may cause soreness.
- Handle and store the truMedic® InstaShiatsu+® Full Body Shiatsu Massager with care.
- Keep unit free of foreign objects and store in a cool, dry place.
- Do not use near the eyes or sensitive areas of the body.
- This unit contains rechargeable Lithium-Ion batteries which are neither replaceable nor user serviceable.
- Do not drop the unit.

CAUTION



CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.

- Consult your physician before using this product.
- The truMedic® InstaShiatsu+® Full Body Shiatsu Massager is not intended to replace medical attention. It is intended for casual use for muscle relaxation and stress relief.
- Avoid using this product if you are taking medication, painkillers, sedatives or consuming alcohol.
- Do not use this product over open wounds or lesions, rashes, inflamed or swollen areas of skin or eruptions of any nature.
- Do not use this product while driving.
- Do not leave unit operating while unattended.
- Keep out of reach of children.
- For best results and product longevity, do not use this product for more than 20 minutes (one cycle) before allowing a cool-off period of 30 - 40 minutes.

Specifications

Adapter Input:	100-240V-50/60 Hz
Output:	DC 13V 1.8 A
Battery:	Lithium-Ion Cell 2200mAh 11.1V
Charge Time:	2 Hours
Run Time:	+/- 3 Hours (less with heat operation)

Unit will automatically shut off after 20 minutes of use.

FCC Statement:

CAUTION: Modifications not approved by the party responsible for compliance could void user's authority to operate the equipment.

FCC Instruction:

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



INCLUDED IN BOX

- A. truMedic® InstaShiatsu+® Full Body Shiatsu Massager Unit.
- B. A/C Adapter with charger cable.

CORDLESS



RECHARGEABLE



*Photos and drawings are for illustrative purposes only.



LED Indicator Light

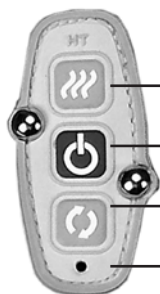


Charging the Unit

Fully charge the truMedic® InstaShiatsu® Full Body Shiatsu Massager unit for 2 hours before first use.

- Insert the cylindrical end of the charger cable into the 'DC In' jack on the unit, where it will snap into place.
- Plug the A/C adapter into an electrical wall outlet.
- The LED indicator light will shine red while the unit is taking the charge and turn green once the charge is complete.

CONTROL PANEL



Heat

On/Off

Reverse

LED Indicator Light

A/C ADAPTER



Cylindrical plug to unit "DC In"

Cable

A/C Adapter Specs

Adapter Input: 100-240V-50/60 Hz

Output: DC 13V 1.8 A

Battery: Lithium-Ion Cell 2200mAh 11.1V

Operation

- Fully Charge the truMedic® InstaShiatsu+® Full Body Shiatsu Massager before operation.
- Place the unit on your shoulders and insert your hands through the wrist supports.
- Turn on the unit by pressing the 'On/Off' button
- As massage spheres rotate, apply pressure to wrist supports as desired to adjust shiatsu massage intensity. If the massage is too intense, apply less pressure to the wrist supports.
- Press the reverse button to change rotation direction.
- Heating is enabled by default upon starting the unit. Press the heat button to deactivate/reactivate the function.
- The unit can be operated plugged in via A/C adapter or through the internal battery.

Caring for your truMedic® InstaShiatsu+® Full Body Shiatsu Massager

- Spot clean as necessary with damp cloth (do not wet the unit).
- Vacuum any dust, lint or hair from air intake vent areas.
- Store the unit in a dry, cool place.

NOTE: Unit will automatically shut off after 20 minutes of use and should be given 30 minutes to cool down before reuse.





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