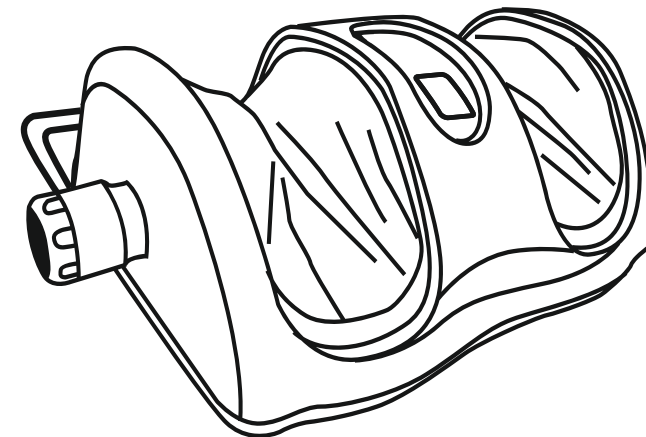


USER MANUAL

FOOT MASSAGER

HEAL TOUCH - LM 310



www.healthsense.in



Healthsense is a proud Indian brand creating quality products idealised and conceptualised for India and manufactured by exclusive overseas partners.



Sensing Health Everywhere

TABLE OF CONTENTS

PRODUCT THEORY

- Reflexology1
- Principles of Neural Reflex.....1
- Jingluo - The Main Theory of Chinese medicine.....1

PRODUCT FEATURES

- Massage Applications2

BENEFITS OF USAGE3

OPERATION GUIDE

- Overview3
- Control Panel3-4
- Remote Control4

OPERATING INSTRUCTIONS

- Key Information5

ATTENTION6

FREQUENTLY ASKED QUESTIONS (FAQ)7

CLEANING AND MAINTENANCE7

TECHNICAL SPECIFICATIONS8

TROUBLESHOOTING8

WARRANTY9

PRODUCT THEORY

► Reflexology

Reflexology is based on traditional medicine, meridian science, magnetic science and reflexology health law. It is an integration of modern electronic technology and medical research achievements.

► Principles of Neural Reflex

The reflex is the human reaction to outside stimuli. Abnormal body tissues and organs will result in foot problems at the reflex points like air bubbles, sand granular, bar shaped locks, small nodules etc. When you massage these reflex points, you will feel tenderness. The pain transmits from the afferent nerve to the central nervous system, which sends out a series of nerve impulses into body tissues and organs. This results in humeral regulation and increases the body's potential to adjust to body imbalances.

► Jingluo - The Main Theory of Chinese medicine

It dates back five thousand years to the "Inner Canon of the Yellow Emperor" records, which says that a foot massage can make a person healthy. 'Meridian' is a channel and if blocked, it can make a person feel uncomfortable. The meridian line connects the feet's reflex points and when massaged, it stimulates circulation.

PRODUCT FEATURES

1. Delivers complete foot massage by emphasizing on the key points.
2. Works on Bipedal Reflexology by massaging vital points on both feet simultaneously, which is 3 to 5 times more effective than single foot reflexology.
3. Massages the symptomatic acupuncture points to provide long lasting relief from pain.
4. Convenient for use
5. Uniquely designed convex-concave shape allows uniform massage distribution based on human foot structure, including acupuncture points.
6. The micro-computer control (45W) is power efficient, reliable and durable.
7. Flexible adjustment options to change the desired speed and intensity anytime in between the massage session.

► Massage Applications

1. Healthcare massage at home, office or at leisure to relieve fatigue.
2. Rehabilitation treatment for diseases such as head-aches, migraine, neck and shoulder aches, stomach pain, general fatigue, abnormal blood pressure, constipation, weight loss, detoxification, lack of sleep, insomnia, cold, pressure, dysmenorrhoea, menopause, irregular menstruation, infertility etc.

BENEFITS OF USAGE

1. Experience a sophisticated, 3-D Biomimetic massage to stimulate blood circulation and enhance physical well-being.
2. Economical- as it consumes less electricity
3. Self-foot massage improves quality of life and strengthens the body.
4. Low-input and high returns. Biped pairs of acupuncture points can be massaged simultaneously.

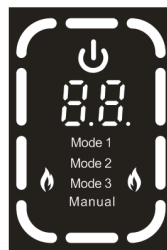
OPERATION GUIDE

► Overview

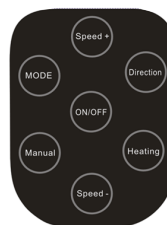
Foot massage therapy is a traditional method of healing based on reflexology, not only for general relaxation, but also improves the overall physical health condition of an individual. Heal-Touch integrates modern technology along with ancient foot therapies to provide substantial health benefits apart from stress relief.

► Control Panel

1. **ON/OFF Button:** Press the button to switch the massager ON/OFF. When ON, the power symbol lights up on the LED screen. Press again to switch the massager OFF.
2. **MODE Button:** Press the button to activate pre-programmed mode which includes 3 modes: Mode 1, Mode 2 & Mode 3. When activated the "Mode 1" symbol lights up on the LED screen. You may switch between modes by using the MODE button
3. **MANUAL Button:** Press the button to activate Manual massage. When activated "Manual" symbol lights up on the LED screen. The manual massage is not pre-programmed and needs to be set before starting the session.



LED Display



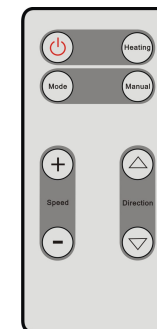
Control Panel

3

4. **SPEED Button:** Use the "Speed +" and "Speed -" buttons to increase or decrease the intensity of massage as per requirement. The buttons have to be used after activating MANUAL mode. 3 Speed adjustments are available namely - Slow, Medium & Fast.
5. **DIRECTION Button:** Use the "Direction" button to interchange the direction of shiatsu massage nodes - clockwise or anti-clockwise for two unique feels and a better massage experience. The button can be used after activating MANUAL mode.
6. **HEATING Button:** Press the button to activate Heating function to keep the feet warm and stimulate blood circulation during massage session. When activated the 🔥 symbols on the LED screen lights up.

► Remote Control

Equipped with an additional remote control to conveniently operate all the above functions without the need to use buttons on the panel.



NOTE:

- The timer is simultaneously switched ON during the massage and the number symbol lights up accordingly.
- Each massage cycle is pre-set for 15 minutes. You may repeat the cycle for a 30-minute massage.

4

OPERATING INSTRUCTIONS

1. Plug in the power socket to the electrical outlet
2. Press ON/OFF button to switch on the massager
3. Set the desired massage using the control panel to carry out a session of 15 minutes.
4. Press ON/OFF button to switch off the massager.

► Key Information

- The massager is designed to automatically switch off after 5 minutes upon completion of one massage cycle.
- Press ON/OFF button to pause the massage anytime during the session. The massager will automatically switch off after 10 minutes from then onwards.
- Holding the ON/OFF button for a few seconds will also switch the massager OFF.
- For people whose feet are sensitive to the massage nodes, the massager may be a little rough in the beginning. It is recommended to slightly lift your feet during massage in the initial sessions until your feet gradually adapt to the usage.

NOTE:

Never pull out the plug directly in the course of using. Immediately unplug the power cord after shutdown.

ATTENTION

1. Make sure voltages are compatible. Do not use wet hands to plug in the massager. Always unplug when not in use.
2. Do not use massager in areas with poor ventilation such as under bed covers, pillow or blanket, which may result in overheating.
3. Use only indoors. Do not use in bathroom or under moist conditions.
4. Do not sit on the massager or exert more pressure.
5. Do not insert any peripheral objects into the massager.
6. Do not use if the massager or its wires are damaged
7. Do not use massager with wet feet.
8. Do not use if you are/have: cancer patients, osteoporosis, high fever, impaired consciousness, erythematous epileptic patients, malignant tumours, active tuberculosis, severe cardiac dysfunction, in vivo patients with electronic devices, bleeding disorders, pregnant women, allergic constitution.
9. Do not use with the following electronic medical devices simultaneously:
 - A. Cardiac pacemakers and other implanted electronic devices.
 - B. Human-type heart & lung and other life sustaining medical equipment.
 - C. ECG, medical scanners or other similar devices.

FREQUENTLY ASKED QUESTIONS (FAQ)

1. When should I not use the massager?

Do not massage your feet 30 minutes before a meal and one hour after a meal. Foot treatment before and after meals hinders digestion.

2. What is the recommended duration for one massage?

The recommended duration of one foot massage is 30 minutes.

3. What should I do after a foot massage?

You should drink a cup of warm water within 30 minutes after a massage to allow easy circulation of oxygen and blood. Avoid tea, wine and other beverages.

4. What are the beauty benefits?

Foot massage directly stimulates adrenal glands and hormone release. This in turn increases skin vitality, speeds up metabolism and reduces pigmentation.

5. Is foot massage suitable for everyone?

Practically everyone can benefit from regular foot massage. However, as above, check first if you are in poor health, recovering from illness or pregnant.

CLEANING AND MAINTENANCE

1. Unplug power cord prior to the cleaning session.
2. Do not use benzene, thinner or other corrosive solvents.
3. Do not use with a wet cloth with alcohol. Always use a dry cotton cloth.
4. When the massager is not in use for a long time, roll up the massager AC power cord and store in a clean, dry environment.
5. Do not store equipment in high temperatures, open flame or direct sunlight.
6. Use the equipment in light, avoid throwing, excess pressure, collision or strong impact.

TECHNICAL SPECIFICATIONS

Model Name	Heal Touch Foot Massager (LM-310)
Power Supply	220V-240V
Power consumption	45W
Auto run time	15 minutes
Massage speed	3 Speeds - High, Medium and Low
Product Size	490mm X 340mm X 205mm
Product Weight	N.W. 5kg, G.W. 6kg
Storage Temperature	-15°C to +85°C
Running Temperature	+10°C to +40°C

TROUBLESHOOTING

Problem	Solution
The massager does not function.	Ensure the unit is properly plugged into an appropriate outlet and turned on. If the unit lights up, but the massager does not function please contact HealthSense support team.
The massager suddenly powers off.	<ul style="list-style-type: none">• Check to ensure the unit is plugged in & powered on.• Time limit has been reached. The unit will automatically power off after 15 minutes of usage.• The unit has overheated and the temperature protection feature has shut off the unit. Wait until the unit has cooled completely before resuming use.• Too much force has been applied to the massaging parts inside the unit. Make sure to keep your feet relaxed when inserted into the massager. Do not stand up while using the unit or exert undue force to be applied to the internal mechanisms of the unit.

WARRANTY & SUPPORT

Entitle yourself for the 1 year HealthSense warranty by registering your purchase and easily reach us to submit your product related issues & queries, when you follow these hassle free ways.

At HealthSense our top priority has always been our valued customers. We very well know your HealthSense product is a part and parcel of your everyday life, which is why we are more easily accessible than earlier.

SCAN - For Warranty Registration



(Must register within 30 days from date of purchase)

SCAN - To File Complaint



(Fill & submit form if you are facing any product related issues)

*** For detailed warranty terms please visit the link :**
www.healthsense.in/warranty-terms

*** For additional support :**
Mail us at : support@healthsense.in or Call us on : 080-41262836