

# READY, SET, PRO

USER MANUAL

TROPICARE FOOT MASSAGER



Clinicians use acupressure and steam therapy to help improve blood flow and relieve pain in the extremities.

Everyone from professional athletes, to people who have intensely physical jobs, to people who spend a large amount of time on their feet can experience the benefits of foot massagers.

## HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of exercise equipment for our in-home rehab but were left disappointed and frustrated by fitness gear that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Recovery + Fitness active recovery collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.  
We're in this together now.

*Abe & Joel*



Acupressure therapy and steam therapy have a wide variety of applications and health benefits. Massage therapists use acupressure to relieve pain, improve blood circulation, and reduce stress. Clinicians use steam therapy to open pores, remove toxins, hydrate dry skin, and alleviate pain and stiffness.

With the Lifepro TropiCare Foot Massager, you can experience myriad therapeutic benefits at the touch of a button. The TropiCare provides a soothing foot massage, rejuvenating tired feet and legs and easing pain, swelling, and arthritis symptoms. The kneaders and shiatsu massage rollers efficiently reach important acupuncture points in the soles of your feet. The TropiCare's steam massage rehydrates dry skin, releases built-up toxins, and provides a deeply relaxing spa experience from the comfort of your own home. The TropiCare is perfect for anyone who experiences stiffness, pain, or numbness in their feet or ankles from long hours of standing or walking.

The TropiCare offers a completely customizable foot massage. Two massage roller speeds, three steam heat levels, and two time settings allow you to choose the perfect settings for all of your massage needs. The TropiCare's lightweight design and small size make it portable enough to take with you everywhere. Enjoy relaxation and pain relief anytime, anywhere!

## Redefine your workouts and experience the transformative power of the Lifepro TropiCare:

- ▶ **Alleviate chronic pain:** reduces pain from arthritis and plantar fasciitis
- ▶ **Improve joint flexibility:** loosens tight muscles and tendons
- ▶ **Reduce numbness in feet and lower legs:** improves blood circulation
- ▶ **Decrease stress:** increases serotonin and decreases cortisol
- ▶ **Reinvigorate tired feet:** provides a relaxing massage

Check out the information in this manual for ways to get started using your TropiCare. Next, be sure to visit our website [tropicare.lifeprofitness.com](https://tropicare.lifeprofitness.com) for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the TropiCare into your fitness routine.

# TROPICARE

STEAM FOOT MASSAGER

## GET STARTED

### WHAT'S IN THE BOX

- Lifepro Tropicare Steam Foot Massager
- Water Tank
- User Manual

### FIRST STEPS

1. Remove your Tropicare from the shipping box and remove all packaging from the unit and accessories.
2. Inspect the device and accessories for shipping damage.
3. Read carefully through this user manual and all safety instructions before using the Tropicare.
4. Go to [tropicare.lifeprofitness.com](http://tropicare.lifeprofitness.com) and register your product within 14 days of purchase to activate your lifetime warranty.
5. Complete the steps in the EASY-START SETUP GUIDE on page 7 to begin using your Tropicare.

**NOTE:** Water droplets found on or in the device after unpacking are a normal result of factory testing.

### CUSTOMER SUPPORT

If you have any questions about setting up your Tropicare, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: [support@lifeprofitness.com](mailto:support@lifeprofitness.com) or (732) 456-6063.

## EASY-START SETUP GUIDE

Set up your Lifepro Tropicare in just 4 easy steps:

- 1 SET UP THE TROPICARE**

  - Place the Tropicare on a flat, level, non-slip surface in front of a chair.

**2 SET UP THE WATER TANK**

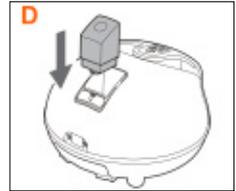
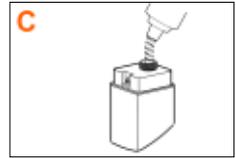
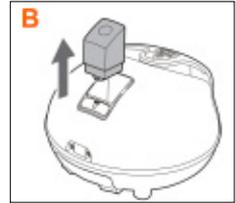
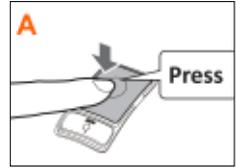
  - To remove the water tank, press firmly on the water tank (A), and remove the tank when it pops out (B).
  - Twist off the cap to open the tank.
  - Pour cool or room-temperature distilled or purified water into the tank (C). Replace the cap.
  - Insert the water tank back into the Tropicare (D). You will hear a click.

**3 CONNECT THE TROPICARE TO POWER**

  - Plug the power cord securely into a wall outlet.

**BEGIN USING THE TROPICARE**

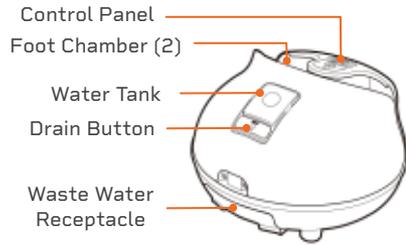
  - Sit down in the chair and lift the Tropicare cover.
  - Place your clean feet inside, and close the cover.
  - Press the **Power** button on the control panel to turn on the Tropicare.



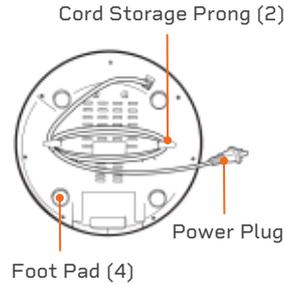
**WARNING:** The Tropicare is to be used ONLY on the feet. Do not use it on the hands, knees, or other body parts not described in this manual.

**WARNING:** Do not sit or stand on the Tropicare. Do not exert excessive downward force on the foot massage plates or massage rollers.

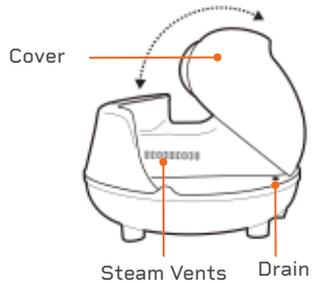
## PARTS OF THE TROPICARE



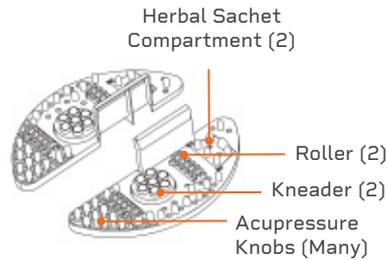
**Tropicare Front**



**Tropicare Bottom**



**Tropicare Side**



**Foot Massage Plates (Internal)**

## TIPS FOR USING YOUR TROPICARE

### USING THE TROPICARE

- Place the Tropicare on a flat, level surface during use. Do not use on slippery or uneven surfaces. Do not use on wooden floors or carpet unless you have a thick towel underneath the Tropicare in case of spillage.
- Use only purified or distilled water to prevent clogging, scaling, and malfunction of the Tropicare.
- Start at the lowest speed and heat levels, and increase intensities slowly.
- If you have sensitive feet, use the low-speed roller setting to avoid discomfort.
- Wash feet thoroughly before using the Tropicare to keep the foot chambers clean. Do not use on dirty or sweaty feet.
- Clean and unplug the Tropicare after each use.
- Stop use if you feel tired or dizzy, or if you experience pain.
- Foot massage can have a stimulating effect and prevent sleep, so it's best not to use the Tropicare right before bedtime.
- Drink plenty of water before and after use.
- Excessive use may damage or dry the skin. Use only once a day for 10 minutes, 2-3 times a week at first. After one month, you may increase the usage frequency and duration.
- To avoid dry skin and lock in moisture, apply lotion after using the Tropicare.
- The default massage program time is 10 minutes. Do not use continuously for more than 30 minutes.

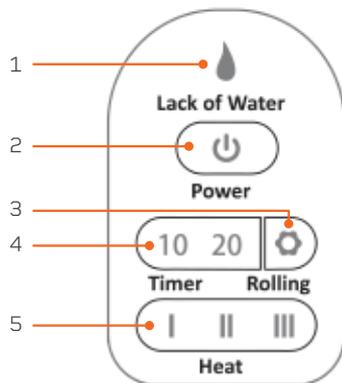
### IMPORTANT SAFETY INFORMATION

- Never use the Tropicare under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep the unit, power cord, and remote control away from heat sources and fire.
- The Tropicare is not waterproof. Keep the power cord away from liquids and do not immerse in water.
- Never use the Tropicare or plug/unplug the power cord with wet hands.
- Always power off and unplug the unit after each use and before cleaning.
- Do not tilt, shake, or move the Tropicare when it is on; very hot water or steam could be emitted.
- Do not sit or stand on the Tropicare. Do not exert excessive downward force on the foot massage plates or massage rollers.
- Do not place your fingers or toes under the foot massage plates.
- Take care not to slip after using the Tropicare. Wet surfaces and wet and/or lotioned feet can be slick.

# OPERATING INSTRUCTIONS

## USING THE CONTROL PANEL TO OPERATE THE TROPICARE

- Water Level Indicator:** Flashes for 30 seconds when the water tank is out of water. A buzzer also sounds and heat cannot be turned on.
- Power Button:** Power the Tropicare on and off. Start or stop a massage.
- Roller Speed Button:** Press the button to toggle between low and high massage roller speeds. A green light indicates low speed, and a red light indicates high speed. The default speed is low.
- Time Button:** Press to toggle between program durations of 10 or 20 minutes. Your selection will light up. The default time is 10 minutes.
- Heat Button\*:** Press to toggle between three heat levels (1–3). Level 1 is the lowest heat setting, level 3 is the highest. Your selection will light up. The default heat setting is level 1.



\*The Heat button cannot be pressed when water is out.

## MODES

**Standby Mode:** The Tropicare is powered on, but no massage has been started.

**Working Mode:** The massager is running.

## USING YOUR TROPICARE

- Turn on the Tropicare by pressing the **Power button**, which will light up blue. The device is now in standby mode.
- Ensure the water tank is full by checking that the water level indicator is not flashing.
- Open the cover of the Tropicare and place your clean feet inside.
- Press the **Power button** again. The device is now in working mode and will begin to massage. Default settings are low roller speed, heat level 1, and 10-minute program time.
- Increase the massage roller speed by pressing the **Roller Speed button**.
- Increase the massage duration by pressing the **Time button**.
- Increase the heat level by pressing the **Heat button**. You may toggle through heat levels 1–3. You should feel heat within 10 seconds. If the heat button does not work, it means the water is out and you should refill it.
- You may adjust roller speed, time, and heat settings at any time during the massage.
- Press the **Power button** to stop the massage and return to standby mode at any time.
- The Tropicare will stop automatically when the 10- or 20-minute working time is complete. Simply press the **Power button** to begin massage again.

## USING THE TROPICARE WITH AN HERBAL BATH SACHET

You can use one or two herbal bath sachet bags in the Tropicare, if desired:

- Power the Tropicare off and open the cover.
- Remove your feet from the Tropicare.
- Locate the herbal sachet compartment on the upper right-hand corner of the right foot massage plate.
- Slide your index finger under the latch, and pull up to open the compartment.
- Place the herbal bath sachet into the box.
- Repeat steps 3–5 for the left herbal sachet compartment, if desired.

## NOTES:

- Do not use loose herbs, lotions, or oil in the Tropicare.
- Ensure the herbal sachet bag is well sealed, sewn, or tied to avoid herbs spilling into the Tropicare.
- After using the Tropicare with a sachet, remove it and clean the foot plates.

## MANAGING WATER IN THE TROPICARE

**WARNING:** Always remove your feet from the Tropicare, close the cover, turn off the power, and unplug the unit *before* managing the water in the Tropicare.

**WARNING:** Never tilt, shake, or invert the device.

**WARNING:** Use caution when emptying the waste water receptacle. Water is very hot and could cause injury. Never put face or hands near steam vents.

The Tropicare can be used with or without steam. To use it with steam, fill the tank with water. When the tank runs out of water, a buzzer sounds, and the **Water Level Indicator** flashes for 30 seconds. Steam will no longer be released.

### FILL UP THE WATER TANK

1. Ensure the unit is turned off and unplugged.
2. Remove the water tank by pressing firmly on it, and removing the tank when it pops out.
3. Twist off the cap to open the tank.
4. Pour cool or room-temperature distilled or purified water into the tank. Replace the cap. A full tank of water will last about 35 minutes.
5. Insert the water tank back into the Tropicare. You should hear a click. Some of the water will flow into the device body, and the water level in the tank will decrease.

### DRAIN THE WATER TANK AND WATER FROM THE TROPICARE

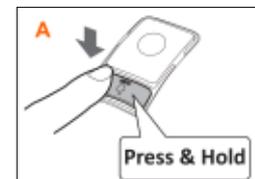
1. Press and hold the **Drain button** located on the front of the unit to completely drain the water out of the tank and into the waste water receptacle. You may need to check the water level of the receptacle periodically to ensure it does not overflow.
2. Pull out the waste water receptacle, and pour out the water. **Take care not to come into contact with hot water.**
3. Replace the waste water receptacle by pushing it in until it clicks.

### AFTER USING THE TROPICARE

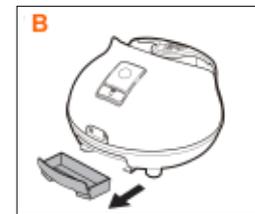
It is important to clean the Tropicare after each use to prevent accumulation of dirt, oils, and odors and to prevent skin infections. When you are finished using the Tropicare, complete the following steps:

1. Ensure the Tropicare is in standby mode. If not, press the **Power button**.
2. Open the cover of the Tropicare and remove your feet from the device.
3. Press the **Power button** to turn the Tropicare off and unplug the power plug from the wall.
5. Close the cover of the Tropicare.

6. Press and hold the **Drain button (A)** located on the front of the unit to completely drain the water out of the tank and into the waste water receptacle. You may need to check the water level of the receptacle periodically to ensure it does not overflow.



7. Pull out the waste water receptacle (B), and pour out the water (C). **Take care not to come into contact with hot water.**



8. Replace the waste water receptacle by pushing it in until it clicks (D).



9. Remove the water tank by pressing press down firmly on the tank and pulling it out when it pops up.

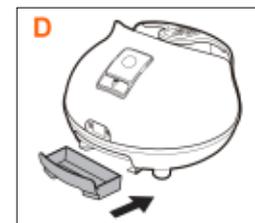
10. Twist off the cap, and pour out any remaining water.

11. Replace the cap, and insert the water tank back into the Tropicare. You should hear a click.

12. Open the cover of the Tropicare.

13. If you used an herbal bath sachet bag, open the compartment(s), remove the sachet(s), and clean the compartment(s) of any debris.

14. Remove one foot massage plate from the unit and wash it with clean water (E). Remove the kneader (see PARTS OF THE TROPICARE on page 8) from the plate and wash it well with clean water. Let items dry on a clean towel.



15. Repeat step 14 for the second foot plate and kneader.

16. Wipe away any water remaining on the inside and outside of the unit with a clean, dry towel. **Do not invert or tilt the Tropicare.**

17. Let all parts air dry for several hours. Then replace the kneaders in the foot plates and replace the dry foot plates in their appropriate location inside the Tropicare.



18. If you will not use the Tropicare for several weeks, also remove, rinse, and completely dry the water tank and waste water receptacle before storing.

# SAFETY INSTRUCTIONS

## PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

**WARNING:** To reduce the risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following important precautions and information before operating the TropiCare.

## DISCLAIMER

1. The health benefits suggested or implied in this manual, other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.
2. The use of the foot massager is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility for personal injury or property damage sustained by or through using this product.

## RESPONSIBILITIES

3. It is the responsibility of the owner to ensure that all users of the TropiCare are adequately informed of all warnings and precautions.
4. Use the TropiCare only as instructed in this manual.
5. ONLY use the TropiCare on the feet. Do not use on hands, knees, neck, or other body parts not described in this manual.
6. Remove all jewelry and clothing from your feet and ankles before using the TropiCare.
7. Always inspect the device and power cord for damage before each use. Do not use if damaged, malfunctioning, or if the unit or cord has been exposed to water or dropped.
8. Only operate the TropiCare on a flat, level, non-slip surface.
9. Do not operate on carpet or wood floors that could be damaged by moisture.
10. Do not operate the TropiCare while driving or sleeping.
11. Do not drink the water in the waste water receptacle.
12. The unit will automatically stop working after 10 or 20 minutes of use. Do not use continuously for more than 30 minutes.
13. The TropiCare is intended for in-home use only. Do not use the TropiCare in any commercial, rental, institutional, or therapeutic setting.
14. Dispose of the device, packaging, and all parts according to local and state regulations.

## ELECTRICAL SAFETY

15. **WARNING:** Only use the included power cord to power this device.
16. Do not use outdoors. Do not use the unit in high-temperature or high-moisture environments.
17. Do not use during severe storms.
18. Keep ventilation ports free from dust and debris.
19. Do not block the steam outlet or insert objects in any openings on the TropiCare.
20. The unit and power cord are not waterproof. Keep away from liquids. Do not use in a place where the unit or cord may become wet or damp. Do not immerse in water. If the unit or cord becomes wet, do not use.
21. Do not use, plug in, or unplug the unit with wet hands.

22. Keep the unit and power cord away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens.
23. Do not operate under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
24. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
25. Never drag, carry, or hang the TropiCare by its power cable.
26. Always power off and unplug the unit from the wall before removing the connector from the power jack. Hold and pull the plug itself, not the cord wire.

## SAFETY

27. Never leave the TropiCare unattended while it is running, powered on, or plugged in.
28. Consult with a medical professional before using the device if you have a medical condition such as diabetes or inflammation; if you suffer from heart disease, circulatory problems, sensory problems, blood clots, or osteoporosis; if you have a pacemaker or other similar implant; if you recently had surgery; if you are or may be pregnant; if you have skin disease, eczema, dermatitis, sunburn, or atopic dermatitis.
29. Do not use if injured. Never use directly on swollen or inflamed skin or open wounds.
30. Stop using immediately if you feel discomfort, pain, dizziness, or nausea.
31. Always use the TropiCare while seated comfortably in a chair.
32. Do not sit or stand on the TropiCare. Do not exert excessive downward force on the foot pads or massage rollers.
33. Do not insert hands, feet, or objects under the massage plates.
34. Use caution when emptying the waste water receptacle. Water is very hot and could cause injury. Do not put face, hands, feet, or any other body parts near the steam vents.
35. Children and adults with diminished mental or physical capacity may only use the TropiCare while closely supervised by a responsible adult.
36. Keep pets away from the TropiCare at all times.
37. Only use cool or room-temperature distilled or purified water. Do not use tap water.

## CLEANING, STORAGE & MAINTENANCE

38. Turn off, unplug, and allow unit to cool down after each use and before cleaning or storing.
39. Always clean the TropiCare after use to avoid buildup of dirt, grime, oils, and scales.
40. Wipe down the outside of the TropiCare with a soft, slightly damp cloth and mild soap once a month. Never flush the body of the device directly with water or other liquids.
41. Once a month, clean the power cord and plug with a soft, dry cloth.
42. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
43. Before storing, follow procedures on pages 12-13, ensuring that you also remove and dry the water tank and waste water receptacle before storing.
44. Before storing, wrap the cord around the cord storage prongs on the bottom of the unit.
45. Store the device in a cool, dry location.
46. Do not remove screws or attempt to disassemble.
47. If the red indicator light on the power supply is lit for more than 3 seconds, the product automatically will shut down. Stop using the unit, unplug it, and call customer service.

# WHERE TO USE THE TROPICARE



**ON THE COUCH**



**AT WORK**



**IN A CHAIR**



**LIFETIME  
WARRANTY**

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your Tropicare ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your Tropicare cannot be repaired, we'll replace it—free of charge. Register your Tropicare at [tropicare.lifeprofitness.com](https://tropicare.lifeprofitness.com) to activate your warranty within 14 days of purchase.

## PRODUCT SPECIFICATIONS

### UNIT SPECS

**Size:** 1.26" L x 1.26" W x 0.79" H

**Net Weight:** 8.2 lbs

**Power:** 450 W

**Input Voltage:** 110V ~50/60 Hz

**Decibel Rating:** <70 dB

**Speed Intensity Levels:** 2

RECOVERY + FITNESS

# TROPICARE

STEAM FOOT MASSAGER

MADE IN CHINA

**Ambient Temperature:** 32–104°F

**Steam Temperature:** 118/124/129°F

### TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with your TropicCare Steam Foot Massager using the table below.

Please contact a customer support representative for additional assistance at: [support@lifeprofitness.com](mailto:support@lifeprofitness.com) or (732) 456-6063. Please do not attempt to repair the TropicCare.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
<b>MASSAGER IS NOT WORKING</b>	Massager is not plugged in.	Plug the power cord into a wall outlet.
	Massager is not turned on.	Press the Power button to turn on the foot massager.
<b>MASSAGER STOPPED WORKING SUDDENLY</b>	Massager automatically stops working after the 10- or 20-minute working time.	Press the Power button to begin a new massage program.
	When the massager has been working for a long time, the motor shuts off due to overheating protection.	Allow the massager to cool down before using again.
<b>MESSAGE INTENSITY IS TOO HIGH</b>	Speed level is set too high.	Use the low speed level.
<b>MASSAGER IS TOO HOT</b>	Heat is on too high.	Turn heat to lowest setting, level 1, or turn heat off.
<b>STEAM STOPPED WORKING OR WILL NOT TURN ON</b>	The water tank is empty.	Fill the water tank according to instructions.

FROM OUR SOAR FX™ COLLECTION

# AGILITY

VIBRATING MASSAGE BALL

The Agility Vibrating Massage Ball is designed to target small muscle groups. The Agility Ball is small enough to fit in the palm of your hand and gives you a wide range of massage motions: circular, up-and-down, and side-to-side.

The Agility Ball's silicone exterior is durable and easy-to-grip, but soft enough to use on sensitive areas like your neck, hands, and feet.

### AGILITY BALL BENEFITS

- Increase circulation
- Improve muscle flexibility and performance
- Relax tight muscles and fascia
- Reduce muscle pain and inflammation
- Boost blood flow





Access Lifepro TV, our library of free personal training videos on the web at [tropicare.lifeprofitness.com](http://tropicare.lifeprofitness.com) to learn how to get the most out of your Lifepro® Tropicare and achieve the results you want.



**YOU'VE  
GOT  
THIS**