

Panasonic®

Operating Instructions

(Household) Massage Lounger

Model No. **EP-MAK1**

English EN2



Thank you for purchasing this Panasonic product.



Searching for FAQs has been made easier.

EN 12

Transport, installation and assembly

- Dimensions of main unit! (EN51)

EN 20

How to use the touch panel?

- About user selection / user registration (EN24)
- When you want a complete massage (EN25)
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EN 30

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- About timer of "Full body auto massage" (EN25)
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EN 30

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The sound is irritating!

- Operating sound, perception, etc.

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 DANGER	Denotes a potential hazard that will result in serious injury or death.
 WARNING	Denotes a potential hazard that could result in serious injury or death.
 CAUTION	Denotes a hazard that could result in minor injury or property damage.

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed when using an electrical unit, including the following.
Please ensure that you read all instructions before using the Household Massage Lounger.

DANGER

To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING

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

1. The unit should never be left unattended when plugged in. Always unplug the unit when not in use.
2. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons. Keep children away from the legrest.
3. Only use the unit for the purpose described in these instructions.
4. Do not use any accessories other than those recommended by the manufacturer.
5. Always return the seat to the upright position and make sure the legrest is completely retracted. Be careful that nothing is obstructing the legrest while retracting.
6. Never operate the unit if it has a damaged power cord or plug. Return the unit to the nearest authorized service center if it is not working properly, if it has been dropped or damaged, or if it has been immersed in water.
7. Keep power cords away from heated surfaces. Do not carry the unit by the power cord.
8. Never block the air openings during operation and make sure that all air openings are kept free of lint and hair, etc. Do not drop or insert anything into any of the openings of the unit.
9. Do not use the unit on top of heating appliances, such as electric carpets, etc. Do not operate the unit under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
10. Do not use the unit outdoors.
11. Do not use or operate where aerosol spray products are being used or where oxygen is being administered.
12. Connect this unit to a properly grounded outlet only. See Grounding Instructions.
13. Use heated surfaces carefully. May cause serious burns. Do not use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
14. Do not use the unit in close proximity to loose clothing or jewelry.
15. Keep long hair away from the unit while in use.
16. After each massage, slide the power switch on the backside of unit body to the "off" position, turn the lock switch to the "lock" position and then remove the lock switch key and power plug.
(To prevent breakage or injury from misuse by children.)

SAVE THESE INSTRUCTIONS

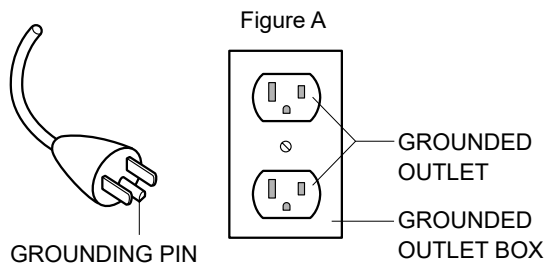
GROUNDING INSTRUCTIONS

This unit must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This unit is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in Figure A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



- This unit is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the unit by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the unit.

IMPORTANT SAFETY INSTRUCTIONS (continued)

■ Instructions that you must follow are indicated using the following symbols. (The following symbols are examples.)



Denotes a specific operating procedure that must not be performed.



Denotes a specific operating procedure that must be performed.



WARNING

Symptoms



● The following persons should not use this unit:

- (1) Persons who are prohibited from receiving massages by a physician (e.g.: due to thrombosis, deep vein thrombosis of the lower limbs, pulmonary embolism, severe aneurism, acute varicose veins, phlebitis, any type of dermatitis or skin infection [including inflammation of the hypodermis], etc.)
- (2) Persons suffering from osteoporosis, spine fracture, sprain or acute pain such as a pulled or torn muscle
- (3) Persons who have a pacemaker, defibrillator, or other personal medical devices prone to electronic interference
- (4) Pregnant women and women who have just given birth
- (5) Persons with symptoms of acute low back pain, herniated disk, spondylolisthesis, spinal stenosis, degenerative lumbar spondylosis
- (6) Persons who have abnormalities or curvature of the spine

● The following persons should not use the leg massage, lower back/hip massage or pelvis stretch.

- (1) Those with symptoms of acute inflammation around the hip area, acute hip pain, piriformis muscle syndrome or sciatic neuralgia
- (2) Those suffering from osteoarthritis of the hip and bad hip joint
- (3) Those who feel pain, numbness, lethargy in the hip and legs during use
(Otherwise it may worsen symptoms.)

● This unit is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the unit by a person responsible for their safety. Children should be supervised to ensure that they do not play with the unit.

(Otherwise it may lead to accident or injury.)



● Persons with any of the conditions listed below or who are undergoing medical treatment should consult with their physicians before using the unit.

- (1) Persons who have a malignant tumor
- (2) Persons suffering from heart disease
- (3) Persons who have a loss of heat sensation
- (4) Persons who have sensory abnormalities due to a severe peripheral circulatory disturbance such as diabetes mellitus
- (5) Persons undergoing anticoagulation therapy
- (6) Persons who have a wound where the massager operates
- (7) Persons whose body temperature is over 38 °C (100.4 °F) (who have a fever)
(E.g.: When a person has acute inflammation symptoms (fatigued, chills, blood pressure fluctuations, etc.) or when debilitated)
- (8) Persons who require bed rest or who are in poor physical shape
- (9) Persons other than those listed above who feel unwell

● If you begin to feel unwell during use or if you do not feel effects of the massage lounger, stop use immediately and consult a physician.

● The unit has a heated surface. Persons insensitive to heat must be careful when using the unit.

(Otherwise it may lead to accident, injury or become unwell.)

Take note of the following points as well



● Absolutely do not modify. Furthermore, do not attempt to disassemble or repair the unit yourself.
(Otherwise it may lead to fire, or may cause the unit to function abnormally resulting in injury.)

When in use



- When massaging the neck area, be careful of the movement of the massage rollers and avoid massaging the throat area and excessively strong massage action.
- Do not sit on the legrest, backrest or armrests.
- This unit should not be used by children. Also, do not allow children to play on the unit, or to climb on the legrest, seat, backrest or armrests.
- Do not use the massage lounger while holding children.
- Do not push your hands, elbows, arms or feet against the fabric covering the moving parts of the backrest during use.

(Otherwise it may lead to accident or injury.)

- When "HEAT" are used, do not let the massage rollers touch the same place for a long time. (Low temperature burns* may occur.)

* Burns may occur at relatively low temperatures (40 °C (104 °F) to 60 °C (140 °F)) when in contact with the same area of skin for long periods of time, even if you do not feel heat or pain.

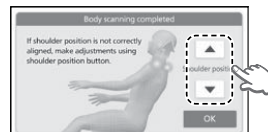


- Always check the fabric covering the backrest or legrest movable parts has not been ripped before using the unit. Please also check other areas to ensure the fabric has not been ripped.
No matter how small the rip, if you find one then immediately stop using the unit, unplug the power plug and have the unit repaired at an authorized service center. (Otherwise it may lead to injury or electric shock.)

- Start using a gentle Swedish massage.
- Do not massage for more than 30 minutes a day.
- Do not massage any one part of your body for more than 5 minutes at a time.

(Otherwise it may lead to adverse effect or injury.)

- Use the massage lounger correctly by following instructions for use provided in the Operating Instructions.
- Use buttons to adjust the position of shoulder height, if it is not properly aligned when body scanning (EN22).



- Make sure there are no persons or pets around the unit (front, back, underneath or sides of the unit) before using it for massaging or moving the backrest or legrest.

(Otherwise it may lead to accident or injury.)

- After each massage, slide the power switch on the unit backside to the "off" position, turn the lock switch to the "lock" position and then remove the lock switch key and power plug. (To prevent breakage or injury from misuse by children.)

IMPORTANT SAFETY INSTRUCTIONS (continued)

WARNING

Power plug, power cord etc



- Do not do anything that may damage the power cord or power plug.

Do not scratch, modify, use near a heater, excessively bend, twist, pull, place heavy objects on top of, or bundle the cord or plug. (Otherwise it may lead to electric shock, burning or fire, or fire due to a short circuit.)

→Contact the nearest authorized service center for repairs to the power cord or power plug.

- Do not insert or unplug the power plug with wet hands. (Otherwise it may lead to electric shock.)



- Always use sockets and wiring devices at the correct rated value.
- Use AC 120 V. (Cannot be used overseas, nor with a transformer.)
- Always insert the power plug fully into the socket.

(Otherwise it may lead to electric shock or fire due to overheating.)


- Dust the power plug on a regular basis.
 - Remove dust using a dry cloth. (Otherwise it may lead to fire, due to damp shorting the insulation.)
- When unplugging the power plug, hold the plug itself and do not pull on the power cord. (Otherwise it may lead to electric shock, burning or fire, or fire due to a short circuit.)

If a malfunction or breakdown occurs



- If a malfunction or breakdown occurs, stop using the chair immediately and unplug the power plug from the wall socket. (Otherwise it may lead to smoke/fire or electric shock.)

<Examples of malfunctions/breakdowns>

- Does not start when pressing .
- The power supply goes on and off when the power cord is moved.
- Burning smells or abnormal sounds occurring during operation.
- The unit becomes deformed or unusually hot.

→Contact an authorized service center immediately for inspection/repairs.

Symptoms



- Persons who are otherwise healthy but have any of the conditions listed below should consult with their physicians before using the unit.

- (1) Persons whose muscles have deteriorated due to age or weight loss
 - (2) Persons with symptoms of lower back and hip pain caused by the bones and muscles, organs and nerves
 - (3) Persons who suffer bruises or sprains easily
 - (4) Persons who suffer from severe motion sickness
 - (5) Persons who have undergone heart or internal surgery in the past
- (Otherwise it may lead to adversely affected health.)

- If symptoms such as rashes, reddening, itching, etc. occur as a result of using this unit, stop using the unit and consult a physician. (Otherwise it may lead to accident or adversely affected health.)

Installation and movement



- The unit should not be used on top of heating appliances, such as electric carpets, etc. (Otherwise it may lead to fire.)

- Do not drag or push the unit in an installed state.
- Do not move the unit using the castors on the flooring. (Otherwise it may damage flooring.)

- Do not move with a person on it. (Otherwise it may lead to falls, causing an accident or injury.)

- Do not hold the sole massage section when moving the unit. (It may slide in movement, causing injury.)

- Do not use in damp or humid places such as a bathroom. (Otherwise it may lead to electric shock.)



- Use only on a horizontal surface. (Otherwise it may lead to a falling accident.)

- Place a mat or other such covering on the floor when moving the unit using the castors. (Otherwise it may damage the flooring.)

- When moving the unit on its castors, remove any obstacles in the surroundings of the unit, lift up the backrest to the fully upright position, lift the legrest to a position below the waist (less than 80 cm (31.5 in.) from the floor), and move the unit slowly.

- Place the controller and the power supply cord on the seat.
 - Since holding the toe part causes the sole massage section to slide, always hold the sides of the legrest.
 - Take care with your feet when lowering the body of the unit, and support the legrest with your hand until finished.
- (Otherwise the unit may fall and cause injury.)

CAUTION

Power supply



- To ensure safety, connect the unit to a properly grounded outlet.
 - Otherwise it may lead to accident or discharge.
(Otherwise it may lead to electric shock.)
- Always unplug the power plug from the wall socket when cleaning the unit or removing the cover.
(Otherwise it may lead to electric shock or injury.)
- Always unplug the power plug from the wall socket when not using.
(Since dust and humidity deteriorates insulation, which may result in fire due to electrical fault.)

Take note of the following points as well



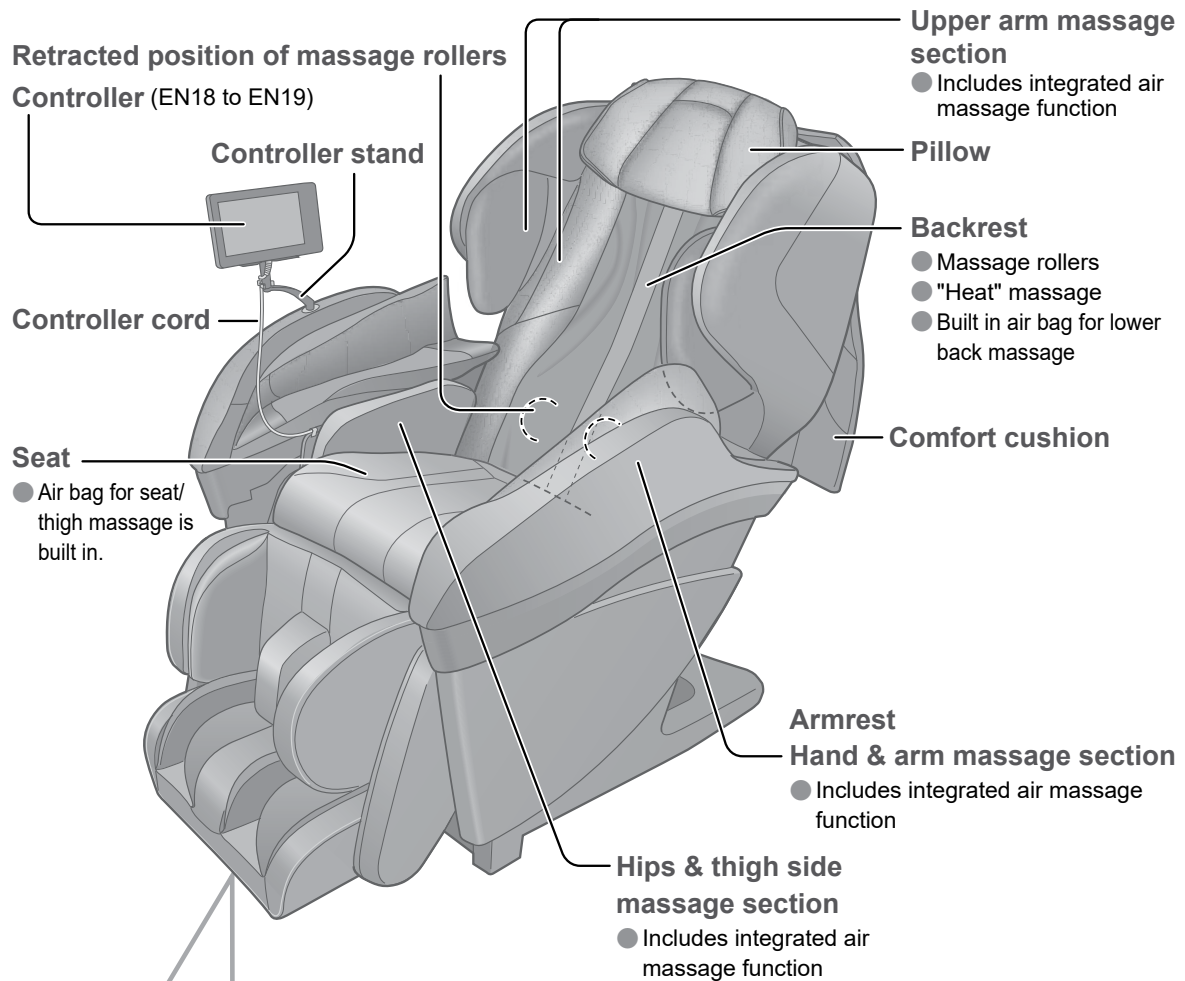
- Do not spill water on the unit or controller.
(Otherwise it may lead to electric shock, ignition, or fire due to a short circuit.)
- Store the lock switch key out of the reach of children.
(Otherwise it may lead to accident such as the child swallowing the key.)
- In the event of a power outage, unplug the power plug immediately.
(Otherwise it may lead to accident or injury when the power supply returns.)
- If you have not used the unit for a while, carefully read the operating instructions again and check that the unit is operating normally before use.
(Otherwise it may lead to breakage or injury.)

Before and during use



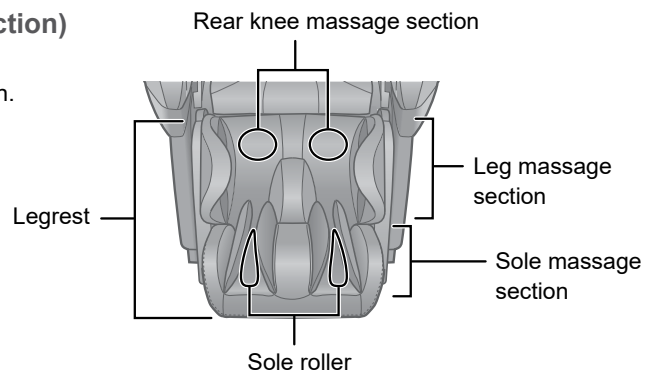
- Do not use the massage rollers on your head, stomach or bare skin. Also, do not place your hands or feet between the massage rollers.
- Do not only place tips of fingers between the hand & arm massage section.
- Do not use the sole massage section with only tips of toes inserted.
- Do not place your knees between the leg & sole massage section.
- Do not fall asleep while using the unit. Do not use the unit after drinking alcohol.
- Do not stand, jump on, or place objects on the seat until the air is completely extracted after the air action.
(Otherwise it may lead to accident or injury.)
- Do not insert your hands, fingers, feet or head into the following spaces:
 - (1) Between the backrest and seat or armrest
 - (2) Between the legrest and seat or armrest
 - (3) Between the seat and armrest
 - (4) Between the back cover and leg cover
 - (5) Back of the legrest
- Do not unplug the power plug or turn the power switch "off" during massage.
- Do not use the sole massage in a standing position.
(Otherwise it may lead to injury.)
- Do not sit on, stand on, or place objects on the legrest when the legrest is not completely lowered.
(Otherwise it may lead to rotation of the legrest or the unit tipping over, resulting in accident or injury.)
- Do not use at the same time as another medical device.
(Otherwise it may lead to accident or deteriorated health.)
- Check that the massage rollers are in the retracted position.
- Be sure that all operations have stopped before getting off the unit during a massage.
(Otherwise it may lead to accident or injury.)
- Check that there is no foreign matter between the parts of the unit before sitting down.
 - Check that there are no foreign objects stuck in the backrest, legrest or hand & arm massage section.
(Hands, feet or small objects may become trapped, resulting in an accident or injury.)
- Avoid wearing anything hard on your head like a hair accessory, etc. when using the unit.
- Do not massage with any hard objects in your trouser pockets.
- Remove hard objects such as false fingernails, wristwatches or rings when massaging hands or arms.
(Otherwise it may lead to injury.)
- Do not drop anything from your pockets, etc. into the gaps of the device.
(Otherwise it will lose.)

Part names and functions of main unit

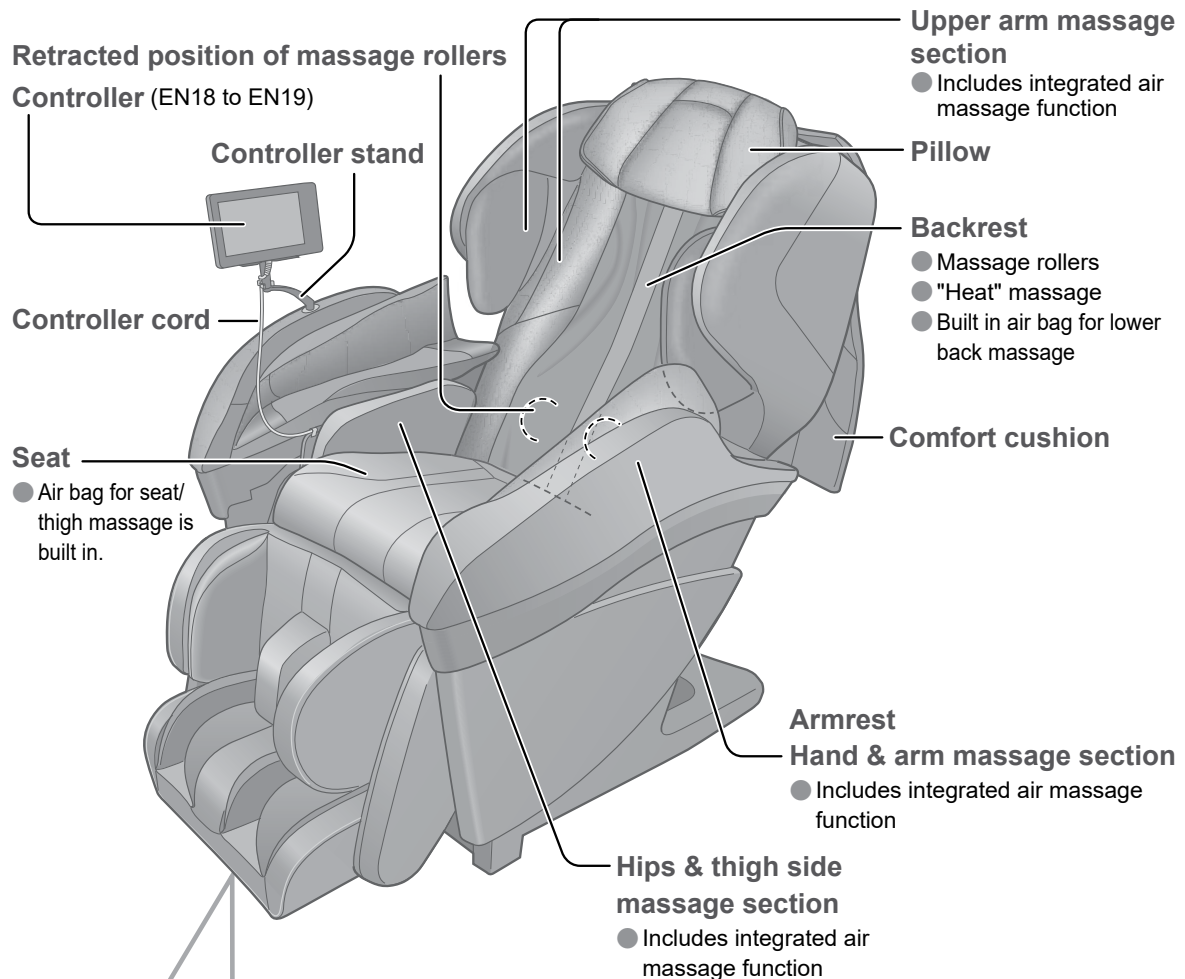


Legrest (Leg & Sole Massage Section)

- Massage by sole roller.
- Includes integrated air massage function.
- Adjust position by sliding the sole massage section. (EN16)

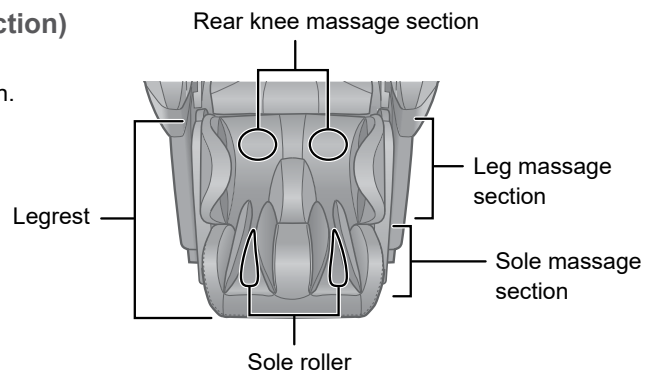


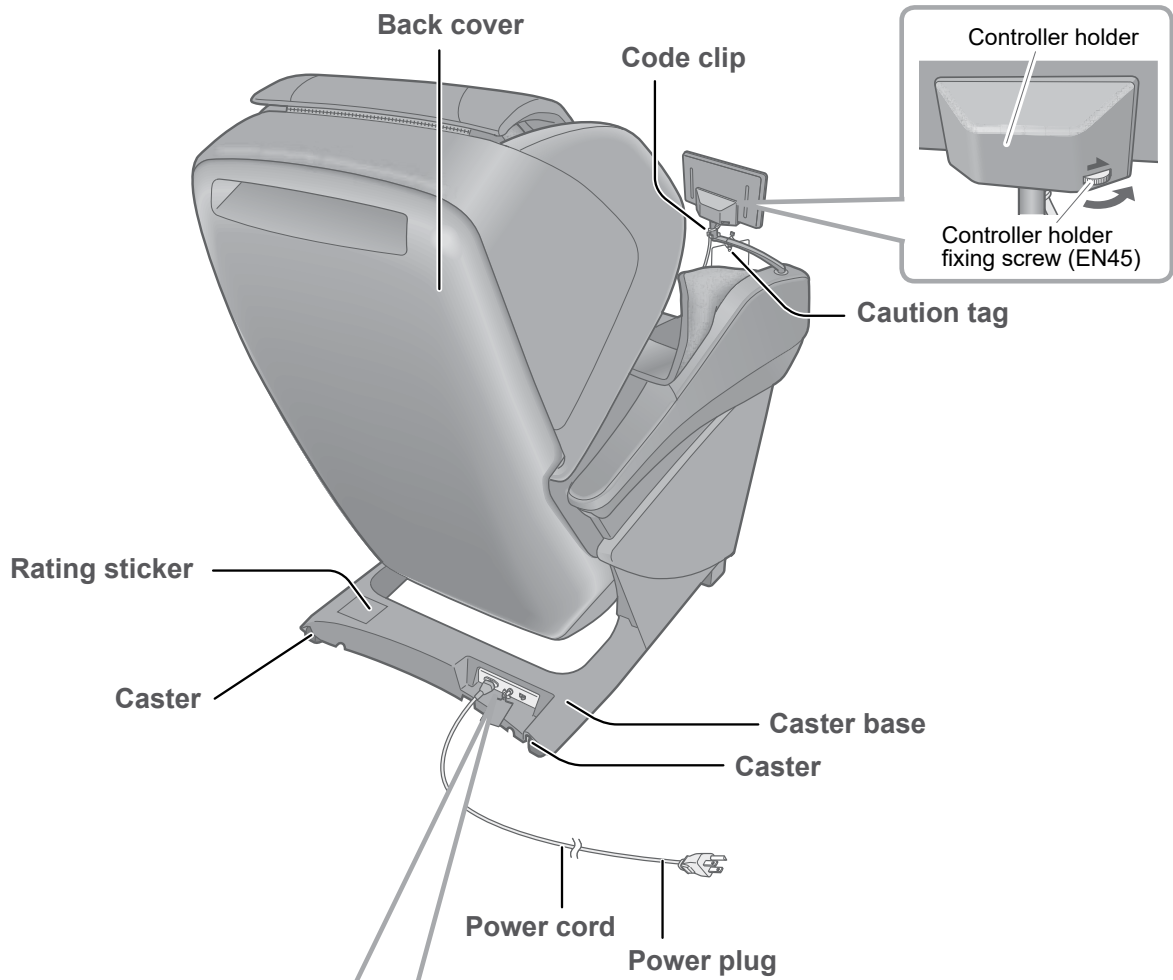
Part names and functions of main unit



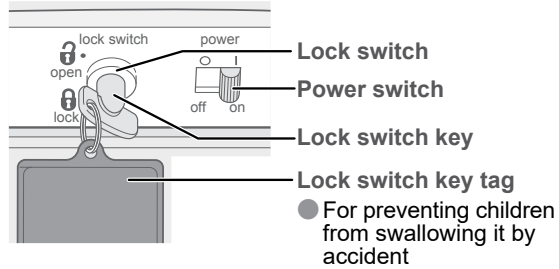
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Power switch section

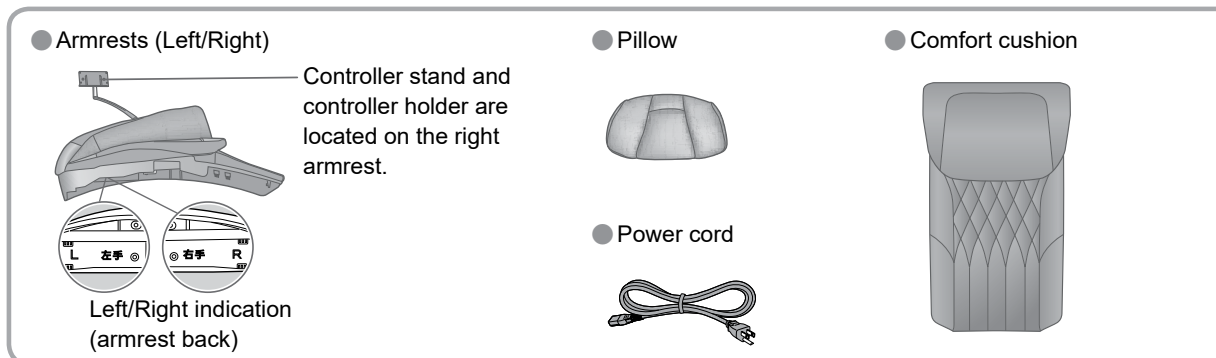


Condition of massage lounger at time of purchase

- Lock switch is set to "open"
- Power switch is set to "on"

Setting up the massage lounger

1) Checking the accessories



2) Where to use the unit

Ensure there is adequate space to recline.

- Unit body dimensions

Height approx. 120 cm (47.2 in.) × Width* approx. 85 cm (33.5 in.) × Depth* approx. 200 cm (78.7 in.)

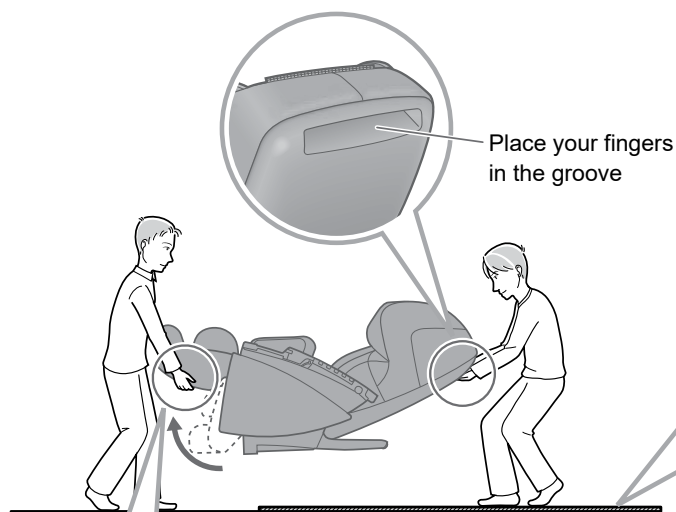
(See EN51 for detailed unit dimensions.)

*When installing near a wall, etc.

In the reclining state, make sure that the backrest and the legrest are away from walls, etc., by 10 cm (3.9 in.) or more, and the armrest is away from walls, etc., by 5 cm (2.0 in.) or more.

- Do not expose the massage lounger to direct sunlight or high temperatures, such as in front of heating sources. This can cause discoloration or hardening of the synthetic leather.

3) Installing



- ① The unit must be carried by two or more persons.

- Since the unit is heavy, be careful to avoid back injuries.

Unit weight

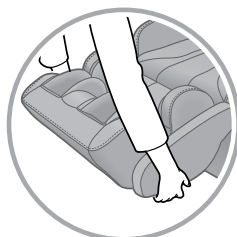
Approx. 87 kg
(191.8 lbs)

- ② Watch your step carefully and put down the unit slowly.

Lay out a mat, etc.

Since the unit may damage the flooring, it is recommended to place the unit on a mat. When placing a mat under the unit, the size of the mat should be sufficient (at least 120 cm × 70 cm (47.2 in. × 27.6 in.)) to cover the areas where the unit touches and where the legrest could touch the floor.

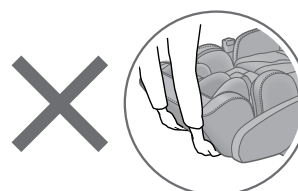
Hold the sides of the legrest.



Hold the legrest with your hands until it has been set on the floor completely. If you release the legrest too soon, it will spring back to the initial position.

Do not hold the foot part!

The sole massage section might slide, and injuries may occur.



- Lock switch key (1 pc.)



This is initially inserted in the lock switch of the power switch section prior to leaving the factory.

- Allen key (1 pc.)



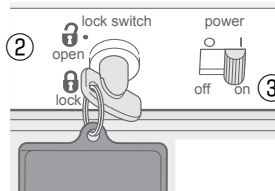
(Cross section)
4 mm
(0.16 in.)

- Attachment screws (M6 x 29), Silver (2 pcs)



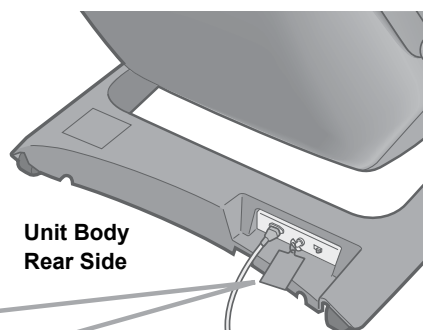
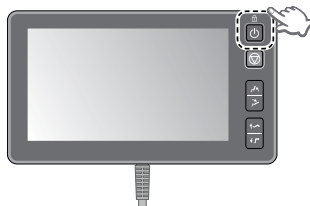
4) Turn on the power and raise the backrest to the upright position

- ① Insert the power plug into the power outlet.
 - Always be sure to insert into an AC 120 V plug.
- ② Confirm the lock switch is set to the "open" position.
- ③ Confirm the power switch is set to the "on" position.



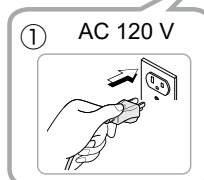
- ④ Press  on the controller twice.

- Press once, and then press again approx. 1 second later. Backrest will rise automatically.



Unit Body
Rear Side

Watch your step to prevent tripping on power cord or the like.



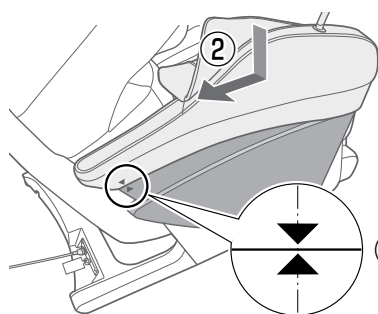
Assembly

1 Fasten the armrest

<Attaching the right armrest>

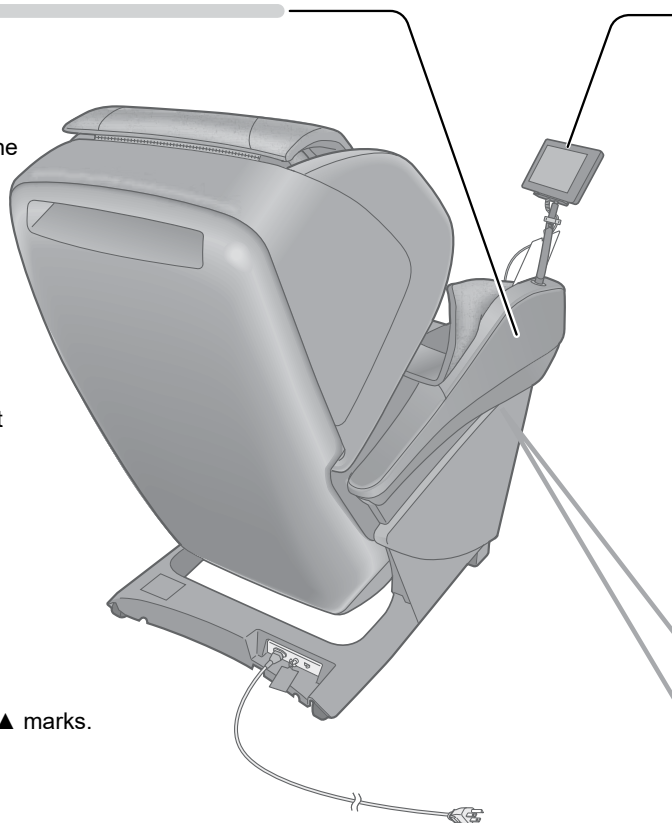
- ① Insert the armrest into the unit.
 - "Right" and "Left" are indicated at the back of the armrest.
 - Insert the armrest from the top aligning the ▲ marks on the side of the armrest.
 - Be careful to avoid pinching your fingers and controller cord.

- ② Slide the armrest toward the back while pushing it downward.



Front

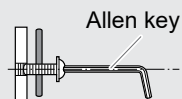
- ① Align the ▲ marks.



- ③ Fasten the armrest with the attachment screws (one for each side)

- Use this screw:
Attachment screws (M6 x 29) x 2 pcs. (silver)

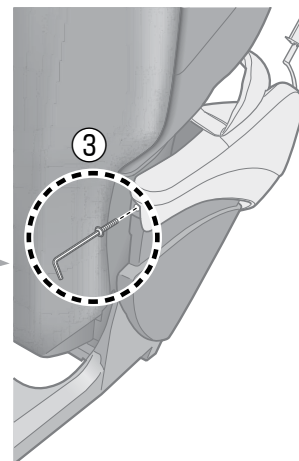
■ How to tighten the screws



Allen key

1. Place the screw on the tip of a allen key.
2. Tighten the screw while ensuring that the screw hole and the screw head are horizontally align.

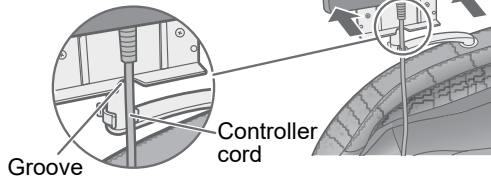
- Screw may be damaged if you tighten the screw inserted into the hole crookedly using an allen key.



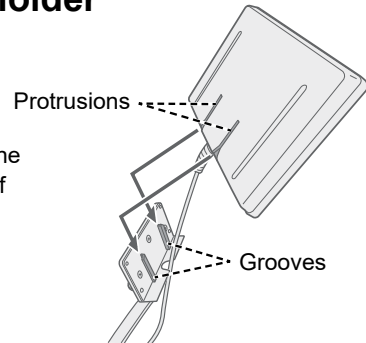
- ④ Fasten the armrest on the left side in the similar manner.

2 Attaching the controller to the controller holder

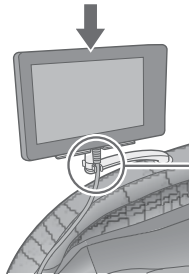
- ① Put the controller cord in the groove of the controller holder.



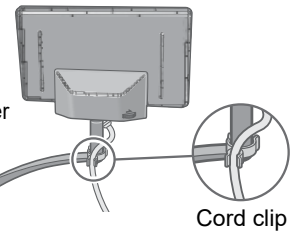
- ② Horizontally align the groove of the controller to the protrusions of the controller holder.



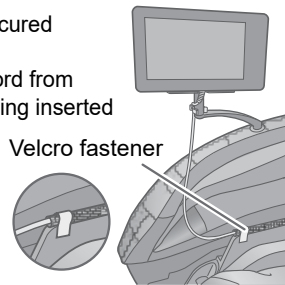
- ③ Push the controller.
 - Push until it snaps into place.



Secure the controller cord with cord clips to ensure the user is not caught by the controller cord when getting on and off the massage lounger.

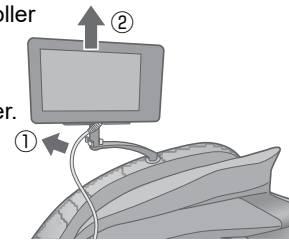


- The controller cord is secured with a velcro fastener. (This is to prevent the cord from obstructing the hand being inserted in the armrest.)
- The controller stand and controller holder cannot be installed on the left armrest.



<Detaching the controller>

- ① Remove the controller cord from the cord clips.
- ② Lift up the controller.



3 Attaching the pillow

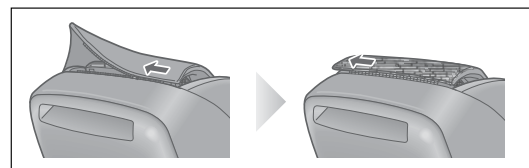
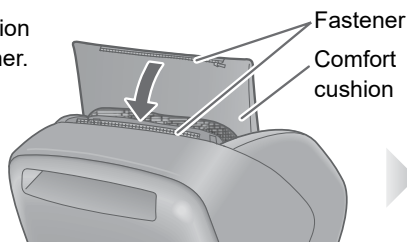
Attach the pillow using the velcro fastener.



- Recommended position of the pillow when using the massage lounger. (EN17)

4 Attaching the comfort cushion

Attach the cushion using the fastener.



Before starting massage

Check the surrounding area

Make sure there are no objects, persons, or pets in the vicinity of the unit.

- The massage lounger may not work when pets such as dogs and cats chew on or trip over the controller cord. (This may result in a breakdown.)

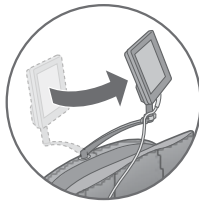
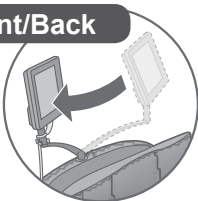


Watch for people and walls in the surrounding area to prevent hitting them when moving the controller stand to the outer side of the unit body.

Adjust the position and orientation of the controller

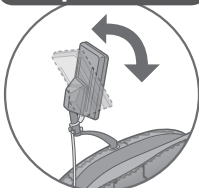
Position: Front - back can be adjusted by the controller stand.

Front/Back

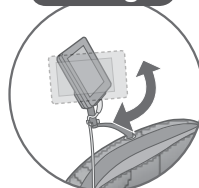


Orientation: Up - down and left - right can be adjusted by the controller holder.

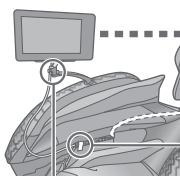
Up/Down



Left/Right



<Using with the controller detached>




The controller can be brought closer to the user by detaching the velcro fastener.

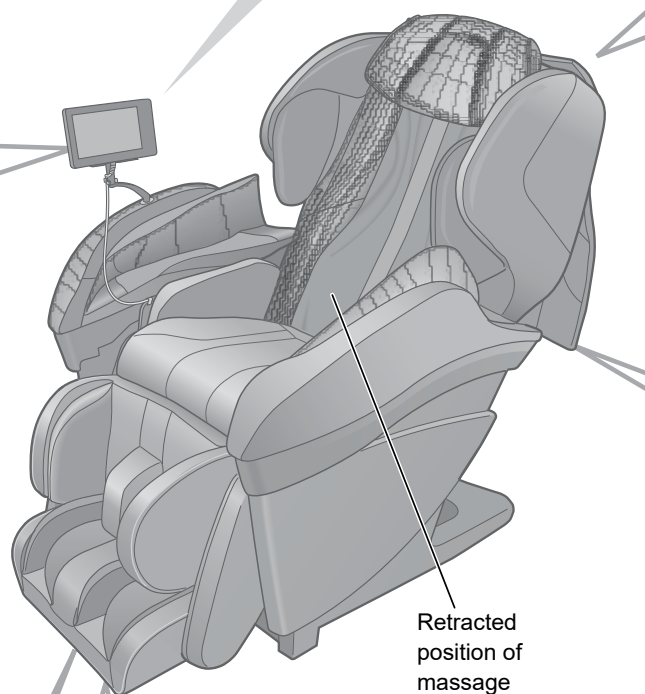
Remove the controller cord from the cord clips before use.

See EN45 for the method of fixing the controller holder.

Check the legrest position

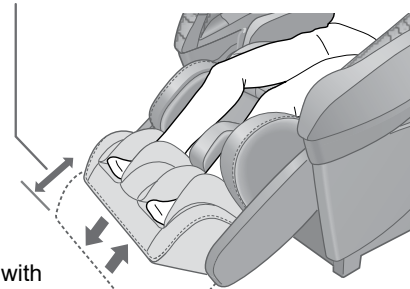
- Make sure the legrest is in the fully lowered position. (The legrest contacts the floor in the completely lowered state.)
 - **When the legrest is not fully lowered**
The legrest will lower by pressing  on twice.

- The fabric may emit a characteristic odor. It will fade with use.



Slide the sole massage section to your preferred position

- Adjust to your preferred position after raising the legrest. (See EN18 for Regarding the reclining angle adjustment) It will slides up to about 18 cm (7.1 in.).



Push with your feet to slide out

Lift your feet slightly and the sole massage section returns

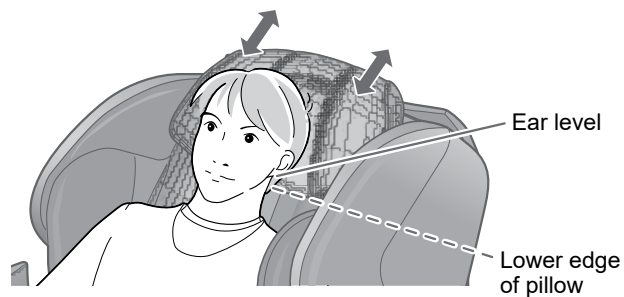
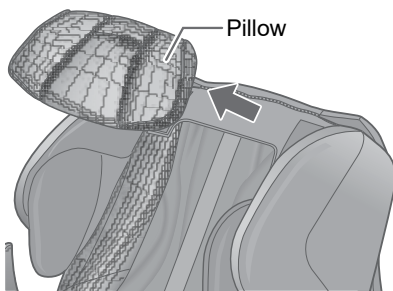
Insert the power supply plug, turn the lock key switch to "open", and power switch to "on".

(EN13)

Adjust the pillow position

Remove the pillow and adjust the height of the pillow so that the bottom edge is at ear level.


- The strength with which the massage roller presses the neck differs depending on the pillow position.
- When the reclining angle changes, the position of the pillow may shift. In that case, adjust the position again.



Flip up the comfort cushion to check the main unit

Check the following points:

- Is the fabric torn?
- Are there foreign objects sandwiched in the main unit?
- Are the massage rollers in their stowed positions?
 - **When the massage rollers are not in the retracted position**

Press  twice to return the massage rollers to the retracted position.

Do not massage with the comfort cushion still on the backrest.

- The fabric may wear faster.
- **U10** may be displayed when the body is not detected. (EN42)



WARNING

- Always check the fabric covering the backrest or legrest movable parts has not been ripped before using the unit. Please also check other areas to ensure the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power plug and have the unit repaired at an authorized service center. (Otherwise it may lead to injury or electric shock.)

Check your sitting position

In order to deliver an effective massage, there is a bulging area in the center of the seat to make sure you sit all the way back.



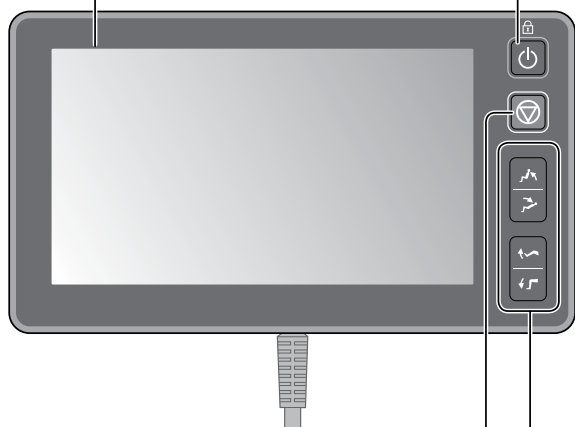
Sit down all the way to the back with your bottom in contact with the backrest.

- Refer to EN31 for details on correct placement of hands, arms, legs and soles.


Part names and functions of the controller

Controller

Touch Panel (EN19)



Emergency stop button

- In case of emergency or feeling abnormal sensations while in operations.
 - Press this button to stop the massage immediately.
 - The legrest, backrest, and massage rollers will not return to their storing positions.
 - Get off the unit body, being careful not to tip over.
 - In order to use, press  twice returning the backrest and the massage rollers to their storing positions, and then use again.

Press the reclining angle adjustment button



Press to adjust.

- Turn the power of the controller on to use the massage lounger.
- Backrest and legrest angles can be adjusted.
- When holding down the adjustment buttons, chair adjustment will continue until you hear the limit sound (beep-beep-beep).
- Armrests will move in conjunction with the reclining of the backrest.


OFF/ON button

- Starting massage operations
 - The power of the controller is turned on.
 - The power is automatically turned off when the massage operation is completed.
- Suspending ongoing massage operations
 - The legrest goes down automatically, the backrest rises, and the massage rollers are stored in the original positions.
- Setting and canceling child lock of the controller

Setting and canceling the child lock


- If this setting is made, the operations are no longer accepted.

How to set

Long press  for about 5 seconds when the power supply of the controller is OFF or when the user selection / registration screen is being displayed.


- The following screen is displayed, and about 10 seconds later the power is switched OFF automatically.



- When  is pressed after making the setting, the following screen is displayed, and after about 10 seconds, the power supply to the controller is switched OFF automatically.



How to cancel

Press and hold down  for about 5 seconds when the screen display described above is shown or when the power of the controller is turned off, in the set condition.

About language selection

The language selection screen will be displayed only the first time when the control unit is activated. (See EN37 for setting and changing)



Screen displays during massaging operations

- Press the displayed buttons to operate.
- The power is turned OFF automatically if massage is not started and no operation is performed for about 3 minutes.

<Viewing screens>

The "Full body auto massage" course is used as an example for the screen displays shown below. Buttons and status displays vary, depending on the selected course.

User display

- The selected user is displayed. (EN24 to EN26)
- The display is not shown when "Guest" is selected.

Returns to the previous screen

Displays the operation (EN28)

Displays the course (EN25 to EN27)

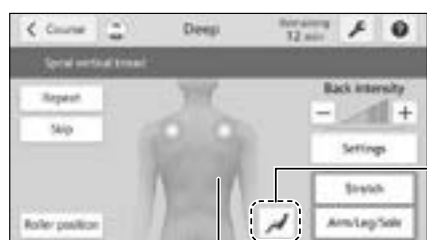
Displays the remaining time

Settings button (EN37)

Help button (EN37)

- Settings button and Help button are displayed regardless of the selected course.

Operations can be adjusted (EN32 to EN36).



- The display of body parts can be switched between upper half of body and full body.
- The display of body parts cannot be switched while the program is being edited. (EN27)



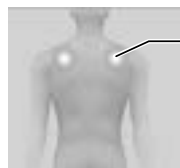
Press



Press

Display of the operation, position, and pressure

- The statuses of massage rollers in operation, as well as sole and air are displayed. (The display indicates rough movements; actual movements or sensations may vary.)



Massage rollers

- The color becomes darker as the pressure on the massage rollers becomes higher.



Air

(Example: In case of air arm course)



Setting of air: Off



Setting of air: On



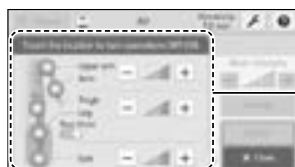
Air operating

The color of the body part changes continuously.

Sole

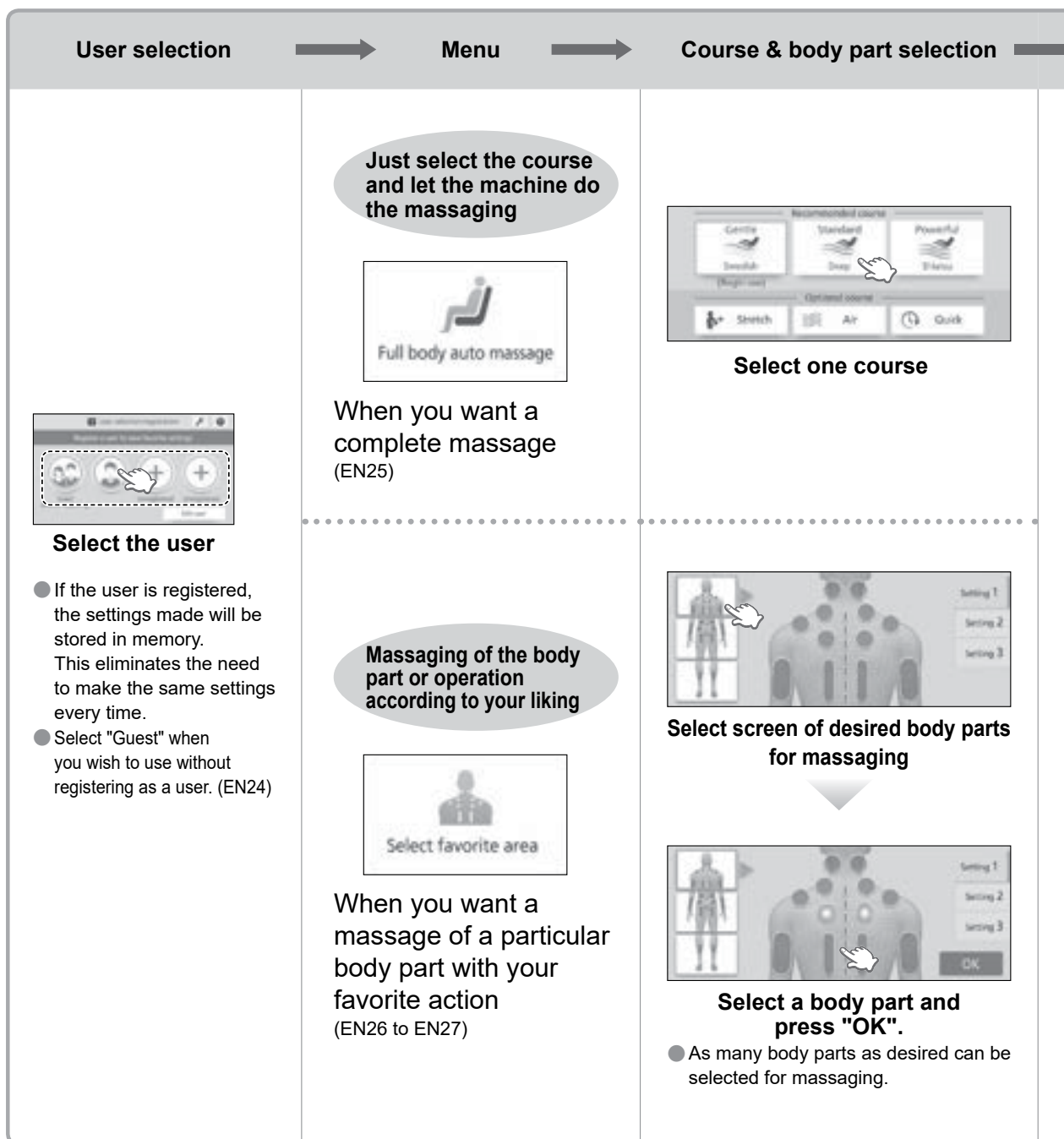
- rotates during operation.

- The screen on the right is displayed when the air course or operations for body parts that only activates air is selected. (See EN28 for regarding air massage.)



Arm/Leg/Sole actions
Turning operations OFF/
ON, Intensity of actions
display (EN34 to EN35)

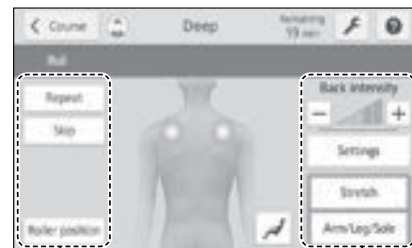
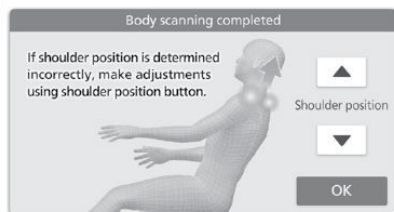
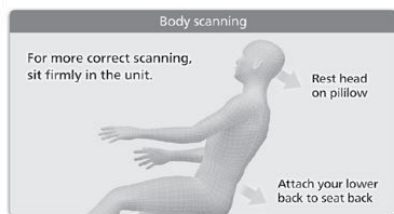
Simple use



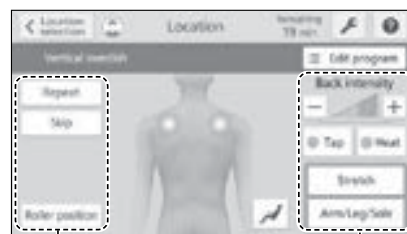
Scanning of shoulder roller position

Start the massage and adjust to suit your desire

● See EN22 to EN23 for details.



Operations can be adjusted (EN32 to EN36)



Operations can be adjusted (EN32 to EN36)

Simple use

Sensing is not performed when any of the followings is selected.

<When air course is selected>



<When operations for body parts that only activates air is selected>



Body parts for which only air is activated:
Upper Arm/Arm/Pelvis/Leg/Sole



EN21

Scanning of shoulder roller position

- Scanning of shoulder roller position is the operation of estimating the shoulder position in order to ensure that massaging is done matching with the body shape.
(Height range of scanning of shoulder roller position is about 140 cm to 185 cm (55.1 in. to 72.8 in.).)

Scanning of shoulder roller position flow

Select a course
Otherwise, select a body part and press "OK".

- No scanning is made if the air course, or operation with only air is selected.
(See EN28 for regarding air massage.)

The unit body moves automatically and becomes reclined to an angle suitable for scanning.

- The movement is not made when the unit body is deeply reclined.

Sit back and lean gently back so that your head touches the pillow.

- For adjustment of the position of the pillow.
(EN17)



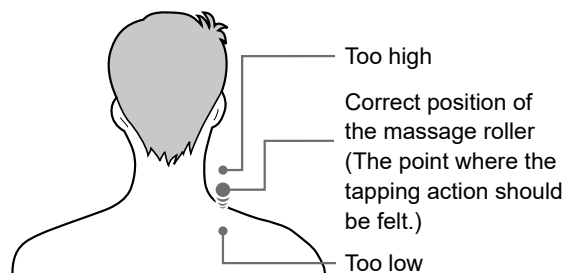
■ Shoulder tapping position is not aligned

Press "▲" or "▼" during the tapping action (about 12 seconds) to adjust the shoulder height position and press "OK".



Moves approx.
1.2 cm (0.5 in.)
up or down for
each press.

When "OK" is pressed, the scanning of shoulder roller position is completed and the massaging is started.



Scanning of shoulder roller position

Complete

Massage roller movements

- While a beeping sound is being made, the massage roller rises along the spine to the vicinity of the neck, and the massage roller protrudes.
(When the shoulder position is not correct, the massage roller rises again to the shoulder position repeating the scanning of shoulder roller position.)
- Seat surface air operates to prevent the body from moving during scanning.

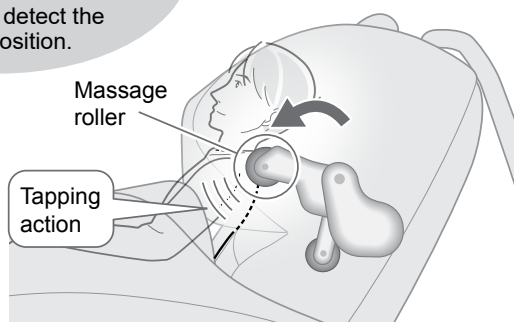
Tapping action

When adjusting the shoulder position, tapping action is performed to make it easy to identify where the massage rollers are.

- About 30 seconds after starting, the massage roller gradually goes down to the shoulder position and starts tapping.
(When tapping position is not correct, verify details described below.)

Do not move your head from the pillow until tapping action begins!

It will not be able to accurately detect the shoulder position.




- When completed, the following screen is displayed, and the massaging is started.



- Even during the tapping action, when you press "OK", scanning will end and massage will start.
- To estimate the approximate height based on the shoulder position, the legrest may automatically adjust its angle so that the sole of the foot touches.

Scanning of shoulder roller position

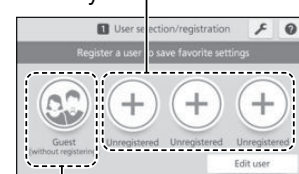
- If the shoulder position is greatly shifted, one press of  will stop the action.
Rest your shoulders back against the backrest firmly and press the button to start again.

About user selection / user registration

When you would like to store the settings made to suit your liking in memory

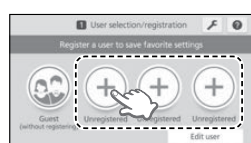
- Perform user registration before using the lounge for massaging.
If user registration is made, the adjustments and settings to massaging are automatically stored and updated in memory.
There is no need to carry out any special operation for storing the settings.
 - The contents of "Skip" and "Stretch" are not stored.
 - Since the shoulder position differs depending on how the user sits, the "Scanning of shoulder roller position" is carried out every time, even if user registration has been made.
- Even when terminated in the middle of massaging, the settings made until then are stored in memory.
 - However, the settings will not be stored in memory if there is a power failure, or the power supply switch at the back panel of the unit body is switched "OFF", or if the power supply cord is pulled out from its power socket.
- Select "Guest" if you do not wish to register and wish to start massaging immediately.

Register as a user and store the massage adjustments and settings made in memory.

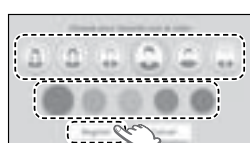


Start massaging immediately

User selection / registration method



Press the button for user registration



Select the icon and color to be registered and press "Register"



Once registration has been completed, the registered icon is displayed.

The settings made to suit your desire are stored in memory, thereby avoiding the tediousness of having to make the same settings every time!

- Once a user is registered, the user only needs to select the registered user for subsequent sessions and the massage lounge performs massage according to details recorded in memory from the previous session.

Edit user (Changing and deleting user buttons)

- It is possible to change the icon of a registered user, and to delete the registration itself.

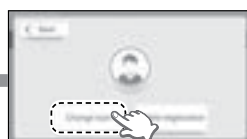


Press "Edit user"



Select the user to be edited

Changing



Press "Change icon"



Select a new icon, then press "Register".

Deleting



Press "Delete registration"



Press "Delete"





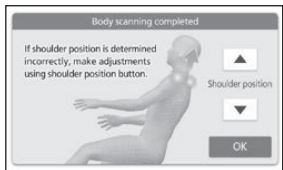

To abort editing



Press "Back"

When you want a complete massage

- The power is turned OFF automatically if massage is not started and no operation is performed for about 3 minutes.

- 1 Turn on the power.**

- 2 Select the user.**
 (EN24)

 (The registered user is just an example)
- 3 Select "Full body auto massage".**

- 4 Select one course.**

 - Sensing operation starts (EN22 to EN23).
- 5 After scanning ends, massage starts.**
 (EN22 to EN23)


 - Displays for massage action.
 - During the massage, you can create favorite settings. (EN32 to EN36)
 - Details of massage do not change even when Guest is selected.
- 6 Message finished automatically.**
 After the massage is started, it will automatically end in a maximum of approximately 19 minutes.
 - From next time onwards, the operations will be started with the content previously stored in memory.

About user selection / user registration
When you want a complete massage

■ Features of full body auto massage

<Recommended course>

Until you get used to massaging, please use the Swedish course.

Soft (Beginning to use)

Swedish course: 19 minutes

When you want to gently loosen your body

Gently loosens tension primarily with a spreading operation on the surface of the body.

Air operation is used to apply pressure on fingertips and toe tips.

Standard

Deep course: 19 minutes

When you want to firmly loosen your body

Muscles are properly loosened, primarily with deeply loosening operations.

Finely circling "ultra knead" operation is applied to loosen knotted points. Arms, soles and calves are thoroughly loosened to release fatigue from the whole body.

Stronger

Shiatsu course: 19 minutes

When you want to strongly loosen your body

Knotted points are powerfully loosened, primarily with shiatsu pressure operations. Shiatsu pressure is applied in a perpendicular angle to the body, from the top of shoulders and by squeezing lower back from sides.

Arms, soles and calves are thoroughly loosened to release fatigue from the whole body.

<Optional course>

Stretch course: 16 minutes

When you want to stretch the whole body

This course relaxes the body with six stretching operations.

Stretching operations involve movements stretching or twisting the body through combined operation of air pressure and massage rollers.

Air course: 16 minutes

When you want to gently loosen your body with air

This course wraps the body with air only and gently loosens the body.

(Massage rollers for the upper body do not move)

Quick course: 10 minutes

When you want to quickly loosen your body

This course loosens tension in the whole body in about 10 minutes.

This course thoroughly loosens the body, primarily with grabbing and loosening operations.

Finely circling "ultra knead" operation is applied to loosen knotted points.

When you want a massage of a particular body part with your favorite action

- The power is turned OFF automatically if massage is not started and no operation is performed for about 3 minutes.
- In "Select favorite area", it is possible to select the desired part and select the desired massaging operation. (See EN27 for details)
- Massage is performed for about 19 minutes after starting. If only a small number of body parts are selected, the massage is repeated on respective body parts.
- Up to three patterns of setting details, such as body parts selected from personal preference, edited massage action and the like.

1 Turn on the power.

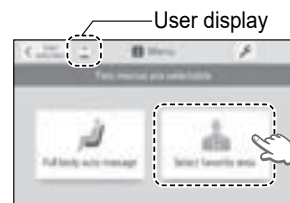


2 Select the user. (EN24)

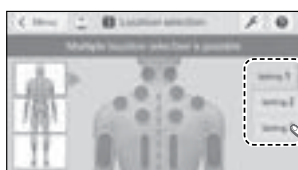


(The registered user is just an example)

3 Select "Select favorite area".



4 Select one of "Setting 1 to 3".



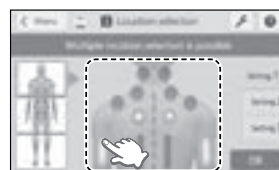
- Screen displays for selected body parts and body parts can be stored in memory.

5 Select the screen for body parts.



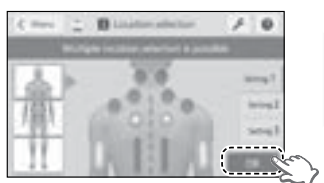
- Select the screen for the desired body part to massage.

6 Select a body part.



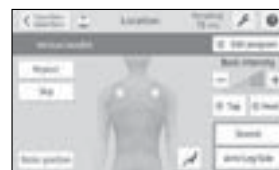
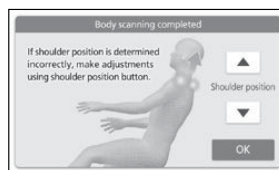
- Select the desired body part for massaging.
- Multiple selection is possible.
- Repeat Steps 5 and 6 to select body parts.

7 press "OK".



- Sensing motion starts. (EN22 to EN23)
- Scanning of shoulder roller position is not made if body parts are selected where only air operates. (See EN28 for air massage)

8 After scanning ends, massage starts. (EN22 to EN23)



- The selected body parts, from neck down to hips, are massaged in sequence.
 - When body part combination only consists of the upper arm, arm, pelvis, legs and sole, massage actions that involve air operations only is performed.
 - When the body part combination consists of the upper arm, arm, pelvis, legs or sole with any other body parts, massage actions are performed on such other body parts as well as the upper arms, arms, pelvis, legs or sole at the same time.
- Storing of setting details in the memory starts.



Details stored in the memory are used to start the operation for subsequent sessions, with the controller displaying the previously set "Setting 1 to 3", "Screen for the desired location" and "Location". There is no need to select body parts. When body parts or settings for ongoing massage are changed, details stored in the memory are overwritten. (Updating of memory does not occur if a power outage occurs)

When  was selected, "Settings 1 to 3" is not displayed.

This eliminates the tediousness of having to select the desired body part or the adjustments of massaging every time!

Would like to massage with operations to your liking

- It is possible to switch OFF or ON the massaging operation for each body part, and to carry out only the desired massaging operation. (Edit program)
- The operation is made after starting to massage.
- If user registration has been made, the contents selected in program editing will be stored in memory.

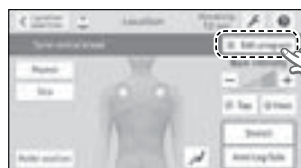
Method of editing a program



Screen displays and actions are described, using the example of the "Neck shiatsu" course.

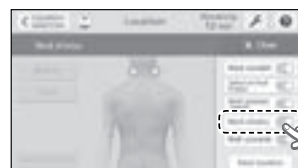
Body part selections: Neck and back.

① Press "Edit program"



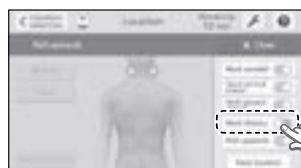
- The program editing screen for the currently selected body part is displayed.
- The operations within the frame (yellow) is performed while the program is being edited.
(Example: Neck squeeze-knead)

② Select the operation for editing.



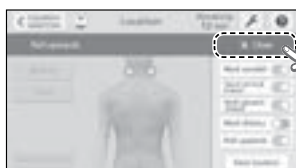
- The edited operation is started.

③ Press



- The selected action expires and the next action is performed.
- If the massaging operations on the same location continue for 5 minutes, the massage rollers move upward by about 3 cm (1.2 in.).
(Massage rollers may move downward, depending on their position)

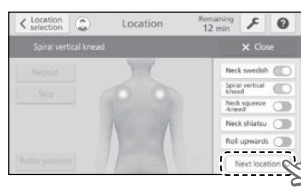
④ Press "Close"



Switches each time it is pressed.

<When editing operations of other body parts>

Press , then select the operation for editing, then perform Steps ③ and ④ described above.



Press 



- Each time  is pressed, the program editing screen for the selected body part is displayed.

When you want a massage of a particular body part with your favorite action

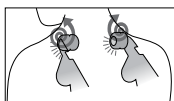
The contents of the action

Massage operation by massage rollers

- When "Full body auto massage" is selected, massaging operations that are suitable for the course are performed automatically.
- When "Select favorite area" is selected, operations that can be displayed or turned on/off vary depending on the selected body parts.

Ultra knead

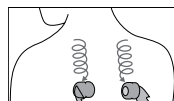
Small kneading action at points.



- 3D Ultra knead
- Ultra knead
- Hip ultra knead
- Shoulder ultra knead
- Squeeze ultra knead

Spiral ultra knead

Kneading action while moving up and down.



- Spiral vertical knead
- Spiral lateral knead
- Spiral hip knead
- 3D spiral knead

Shiatsu

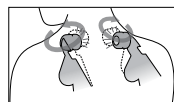
Action compressing muscle knots vertically.



- Neck shiatsu
- Squeezing shiatsu
- Spiral vertical shiatsu
- Hip shiatsu
- Shoulder shiatsu
- Triple shiatsu

Knead

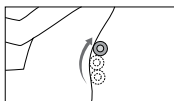
Deep kneading action.



- Neck squeeze-knead
- Compress upwards
- Squeeze-knead
- Deep tissue
- Shoulder knead
- Compress downwards
- Hip knead
- Triple compress

Roll

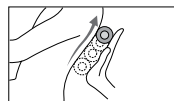
Action to stretch an area.



- Roll upward
- Compress roll upwards
- Compress roll
- Hip roll
- Waist compress

Swedish

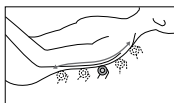
Action of rubbing gently across a wide area.



- Neck swedish
- Upper shoulder swedish
- Vertical swedish
- Vertical spreading swedish
- Hip swedish
- Shoulder swedish
- Swedish downwards
- Pat swedish

Full back roll

Action stretching the body along the backbone.



- Roll
- Swedish roll
- Knead roll

- The respective actions are suitable for specific body parts. (Actions of Shiatsu for the "Neck" are different from of the actions for the "Shoulder".)

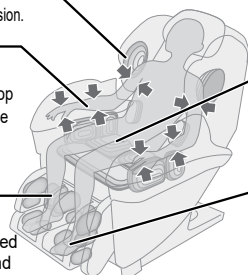
About air massage operation

Air massage is that of softly relaxing the body with air bags only air. (The massage rollers of the upper half of the body do not move)

Upper arm
Upper arms are squeezed from sides for compression.

Arm
The palms and arms are squeezed from top and bottom to provide compression.

Leg
Rear knees and calves are squeezed from both sides and pushed up from behind for upwards compress roll.



Pelvis
Lower back down to thighs are squeezed from sides for compression.

Sole
Feet are held down on the sides and heels, then the soles are thoroughly loosened with rollers.



Upper arm

Arm

Pelvis

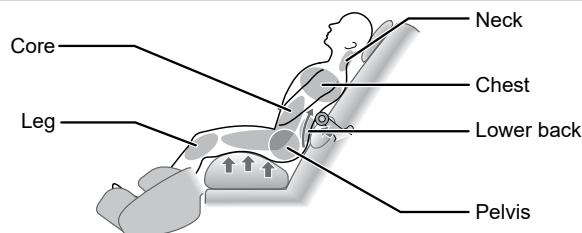
Leg

Sole

Stretching

A stretching operation is that of stretching or twisting the body using the movements of air or massage rollers.

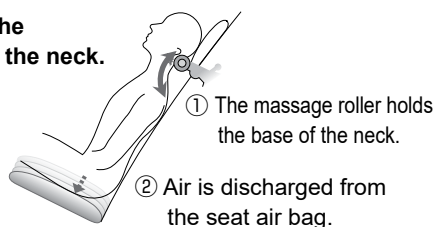
Body parts for stretching



Description of stretch action

"Neck" stretch

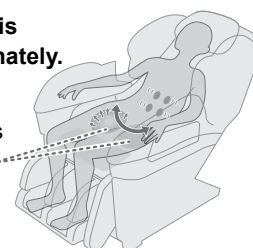
Stretches the muscles of the neck.



"Pelvis" stretch

Stretches and twists the muscles around the pelvis to the left and right alternately.

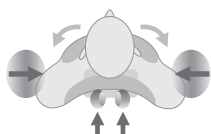
- ① Legrest will lower.
- ② Seat air bag inflates alternately left and right.



"Chest" stretch

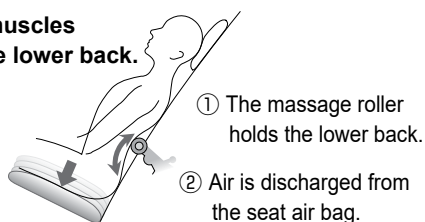
Extends the muscles around the shoulder blades and chest.

- ① Hold the shoulders with the shoulder-side air bags.
- ② Press the back forward with the massage roller.



"Lower back" stretch

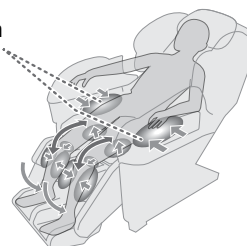
Extends muscles around the lower back.



"Leg" stretch

Extends the muscles from the knee area to the thighs.

- ① The body is held with air bags on the seat or on the sides of thighs.
- ② The legrest is lowered, then calves and knees are pressed from behind.

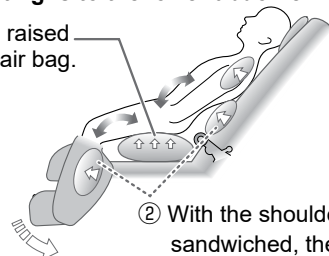


● If you do "leg" stretching with the sole massage section slid out, it may hit the floor.

"Core" stretch

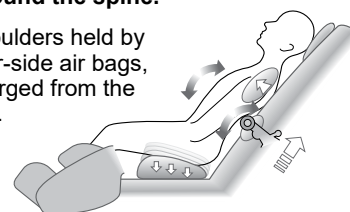
1) Extends from thighs to the lower abdomen.

- ① Your hip are raised by the seat air bag.



2) Extends around the spine.

- ③ With the shoulders held by the shoulder-side air bags, air is discharged from the seat air bag.



The contents of the action (continued)

Hip massage

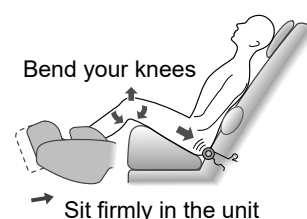
During a hip massage, the seat air bag will lift up your hip and the massage rollers will go round your hip to massage. In addition, by supporting your lower back with the lower back air bag to raise your hip, the massage rollers will be able to reach the muscles of your hip more effectively.

Flow of hip massage

- ① Legrest rises to the highest level.
 - ② Seat airbags are inflated to raise the body.
(positions of legs and hands may shift when this occurs)
 - ③ Rollers move to the buttocks to start massaging.
- Massaging on other body parts stop when hips are massaged.
The air operation starts after massaging the hips when hip massage and air massage are selected in "Select favorite area".
(See EN34 to EN35 for hip massage and EN28 for air massage)

How to use hip massage

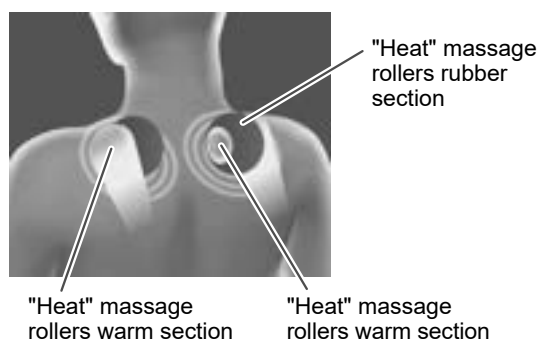
- **Sit back** with your hip in contact with the backrest.
(The massage rollers will not reach the hip adequately if you do not sit back.)
- The intensity of rollers contacting is raised when you **bend your knees**.



"Heat"

The warm section in the "Heat" massage rollers will warm up the fabric of the massage areas.

- Temperature adjustment cannot be made.
- Sense of warmth differs depending on the room temperature, clothing, body shape, action, position, and course.



About course and operating time

Automatically stops at maximum 19 minutes from the start of the massage.
Timer function time setting differs depending on the course.



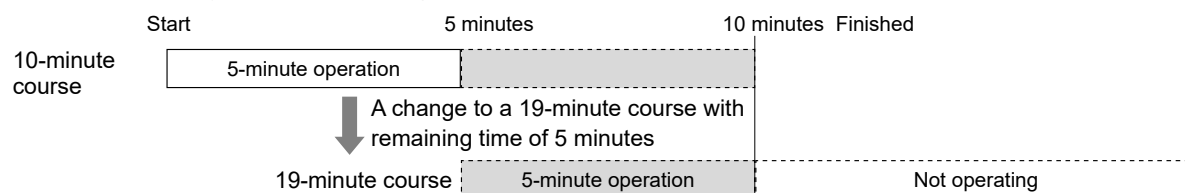
"Swedish", "Deep", "Shiatsu": about 19 minutes
"Stretch", "Air": about 16 minutes
"Quick": about 10 minutes



About 19 minutes

<When courses are changed>

- When the time setting for the course after change is shorter (example: A change from a 19-minute course to a 10-minute course), the remaining time is updated according to time setting after change.
- The remaining time never increases, even when courses are changed while one is ongoing.
(Example: The operation that starts with a 10-minute course and changed to a 19-minute course does not result in the remaining time of 19 minutes.)

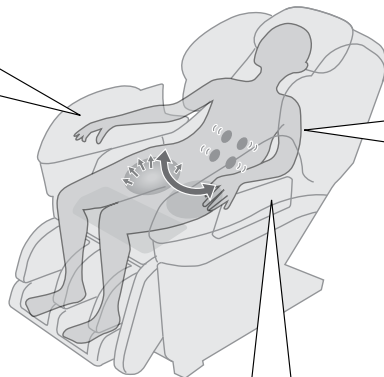
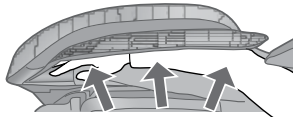


- The remaining time starts with 5 minutes remaining, while the 19-minute course starts with body parts and operations according to the sequence set for the course.

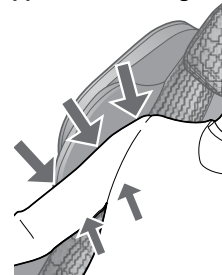
Proper placement of hands, arms, legs and soles

Hand & arm massage

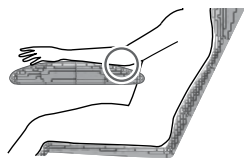
Insert hands and arms deeply into the section.



Place the shoulders and arms so that they come into contact with the Upper Arm Massage Section.



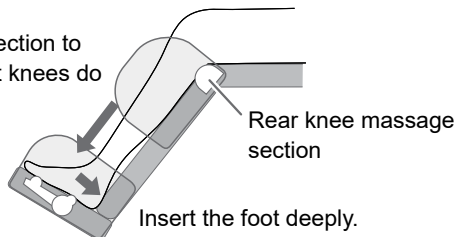
Align elbows with armrests.



Leg & sole massage

- If the contacting positions for rear knee massage section drift during massage, re-align the position again.

Slide the section to ensure that knees do not float.



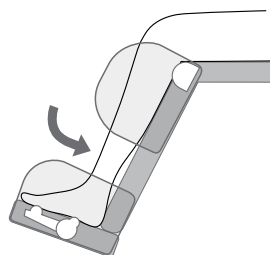
Insert the foot deeply.

For taller persons: Knee floating even when legs are slid with section.

In order to prevent knees floating, the angle of the legs is lowered.



Lowering

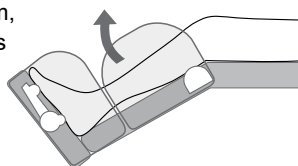


Short individuals: Soles do not reach the bottom.

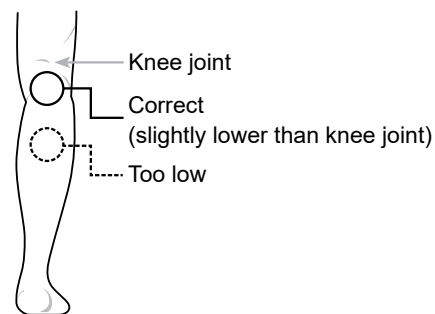
In order to ensure that soles reach the bottom, the angle of the legs is raised.



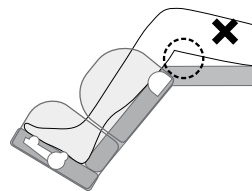
Rising



Rear knee massage section not properly aligned



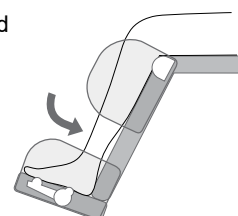
- ① Slide the section to ensure that knees do not float.



- ② The angle of the legs is lowered if that does not work.




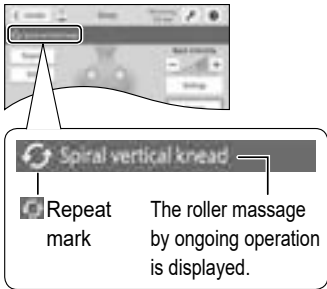









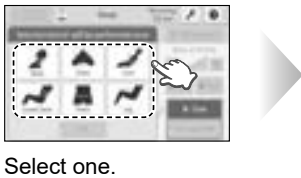

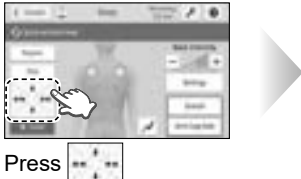
Lowering



The contents of the action
Proper placement of hands, arms, legs and soles

Adjusting the intensity

- It is possible to adjust to your liking the adjustments and settings, etc., during massaging.
- The overall operation time does not change even when adjustments are made with "Repeat", "Skip" or "Stretch" and the like during a massage operation.
 - When "Repeat" or "Stretch" is pressed: Time is taken for adjustment and the course may not be completed.
 - When "Skip" is pressed: The operation may be completed and then resumed from the beginning, depending on the remaining time.
- The content that can be adjusted can differ depending on the selected course. See EN36 for details.

Function name	Description							
Repeat	The currently operating roller massage is repeated about twice the number of operations.	 <p>Press "Repeat".</p> 						
Skip	Suspend ongoing roller massage and move onto the next operation.	 <p>Press "Skip".</p>						
Back intensity	Back intensity can be adjusted in 5 stages.	 <p>Press "-" or "+".</p> <table border="1"> <thead> <tr> <th>Intensity</th><th>Lowest</th><th>Low</th></tr> </thead> <tbody> <tr> <td>Back intensity display</td><td></td><td></td></tr> </tbody> </table>	Intensity	Lowest	Low	Back intensity display		
Intensity	Lowest	Low						
Back intensity display								
Stretch	One stretching operation is added to the ongoing course.	 <p>Press "Stretch".</p> 						
Roller positions adjustment	Roller positions in vertical and horizontal directions can be adjusted.	 <p>Press "Roller position".</p> 						

Settings & adjusting method

- This may not be accepted if selected when an operation is switching to another operation.
- Details can be checked on the touch panel while the motion is repeated.
- The number of repetitions is the same whether pressed once or pressed twice or more times.

Medium	High	Highest

- Refer to descriptions provided on EN44 for instructions when the highest intensity setting is not strong enough or when the lowest intensity setting is too strong.
- The adjustment may not be accepted if selected when an operation is switching to another operation.
- The intensity display section flashes while adjusting. Adjustments are not accepted when flashing.




Press "OK".


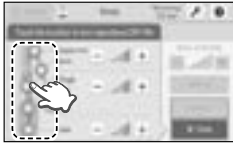
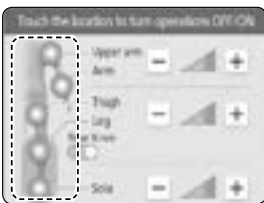

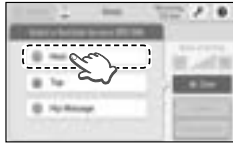

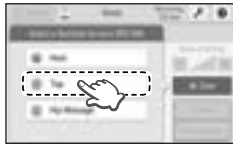

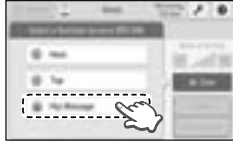
- The selected stretch operation is made once.
After it is completed, the operation returns to the original course.
- See EN29 for details of stretch actions.



Press "Close".

- Press  to perform adjustments when adjusting positions of rollers for an ongoing motion.
- Adjustments can be made up to three times in each direction.
 - Adjustment may not be possible depending on the place where the massaging is being made.

Adjusting the intensity (continued)

Function name	Description	
Arm/Leg/Sole actions	<p>Turns OFF/ON operations for upper arm/arm, as well as thigh/leg and soles.</p> <p>The operating intensity can be adjusted in 3 stages.</p>	 <p>Press "Arm/Leg/Sole".</p>  <p>Select a body part</p> <ul style="list-style-type: none"> When "Select favorite area" is selected, it is possible to add or cancel a body part from this screen. <p><Turning operations OFF/ON></p> <p>Motions are turned OFF/ON by pressing the body parts.</p>  <p> <input checked="" type="checkbox"/> Turned on: ON <input type="checkbox"/> Turned off: OFF </p> <ul style="list-style-type: none"> Since movement of the leg part is necessary for sole massaging, if the sole part is set to "ON", the leg part will also turn "ON". The rear knee operation is included in the operation of the leg part. It is possible to switch the rear knee part ON or OFF by making the leg part "ON".
Heat	Heat is turned OFF/ON.	<p>Settings for full body auto massage</p>  <p>Press "Settings".</p>  <p>Press "Heat".</p> <p> <input checked="" type="checkbox"/> Turned on: ON <input type="checkbox"/> Turned off: OF </p>
Tap action	Tapping operation is turned OFF/ON.	<p>Settings for full body auto massage</p>  <p>Press "Settings".</p>  <p>Press "Tap".</p> <p> <input checked="" type="checkbox"/> Turned on: ON <input type="checkbox"/> Turned off: OF </p>
Hip massage	Hip massage is turned OFF/ON.	<p>Settings for full body auto massage</p>  <p>Press "Settings".</p>  <p>Press "Hip Massage".</p> <p> <input checked="" type="checkbox"/> Turned on: ON <input type="checkbox"/> Turned off: OF </p>

Settings & adjusting method



Press "-" or "+".



Press "Close".

● See EN28 for air action.

<Intensity of actions>

Intensity of motions can be adjusted in 3 stages by pressing "-" or "+" for desired body parts.



Intensity	Low	Medium	High
Upper arm/arm and thigh/leg and sole intensity display			

Adjusting the intensity



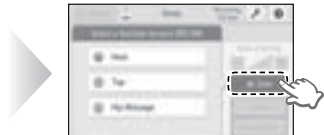
Press "Close".

Settings for select favorite area



Press "Heat".

- Turned on: ON
- Turned off: OFF



Press "Close".

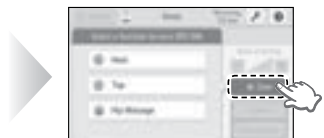
Settings for select favorite area



Press "Tap".

- Turned on: ON
- Turned off: OFF

● Individual operations can be turned OFF/ON.



Press "Close".

Settings for select favorite area

- Hip massage can be turned OFF/ON on the Body Part Selection screen.



▶ Continued on the next page EN35

Adjusting the intensity (continued)

Details on available adjustments

Details on available adjustments vary depending on the selected course.

O: Adjustments available —: Adjustments not available

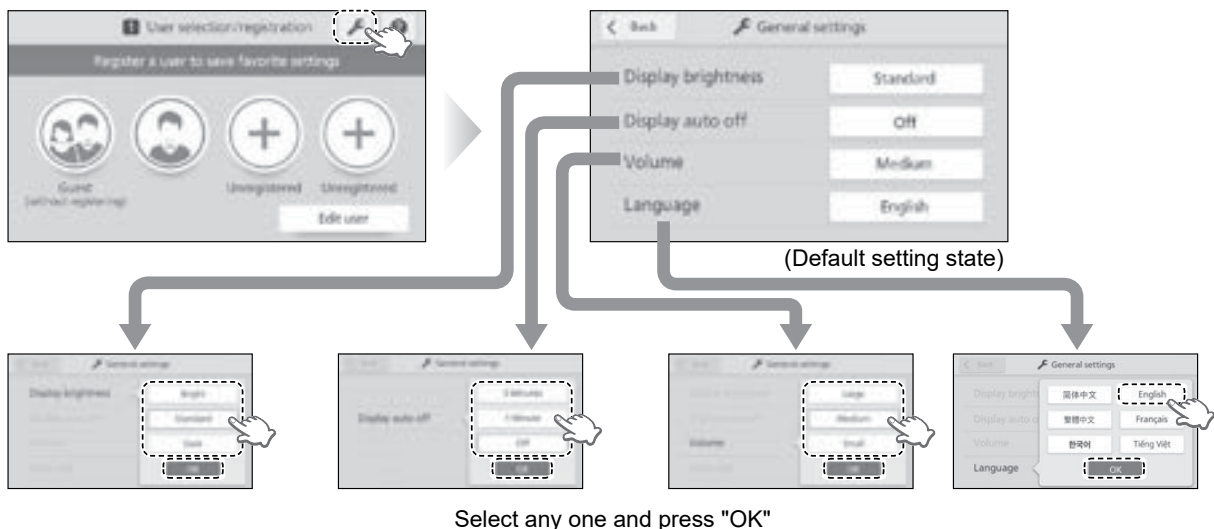
Adjustment function	Full body auto massage				Select favorite area
	Recommended course	Optional course			
	Swedish/Deep/Shiatsu	Stretch	Air	Quick	
Repeat	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Skip	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Back intensity	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Stretch	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Roller position adjustment	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Arm/Leg/Sole actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heat	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Tap action	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/> Individual operations can be turned OFF/ON.
Hip massage	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	—

About the settings and screen panel

Settings screen



- **Display brightness** **Setting the brightness of the touch panel**
- **Display auto off** **Setting the time until the screen becomes dark**
 - The screen is dimmed when operation is not performed for a set time. When the screen is touched, it returns to a brighter display. Operation is possible when the screen display is bright.
 - If massaging has not been started, the power supply turns OFF automatically if no operation is made for about 3 minutes.
- **Volume** **Setting the operation tone volume**
- **Language** **Select a language**

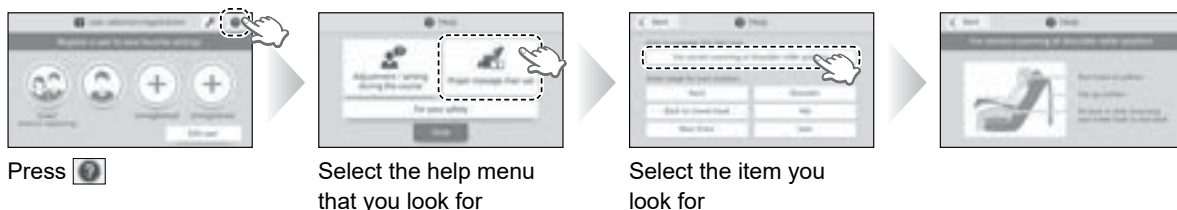


Adjusting the intensity
About the settings and screen panel

Help screen



The help screen is displayed, and it will be possible to view the explanations according to the screen that was being displayed.



After completing the massage

Once the time is up


After the timer has finished,

- The legrest will lower so you can stand up safely.

If you have extended the sole massage section slide, it may hit the floor and not stow completely. Raise your legs to retract all the way.

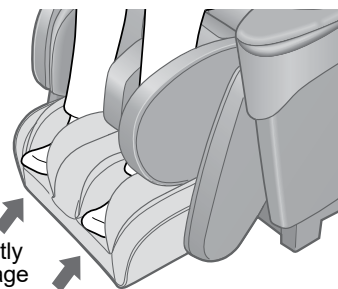
- Backrest does not rise automatically. Press **Return the backrest** and the backrest will rise.
- The massage rollers move to their retracted positions.

In the middle of the massage, when it ends with the emergency stop button

Fully return the sole massage section to the original position and then press  twice.

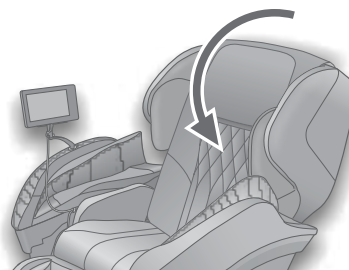
- The legrest is lowered automatically, the backrest is returned to the upright position and massage rollers as well as sole rollers are stored at original positions.

Lift your soles slightly and the sole massage section returns.



Return the massage lounge to normal status

Place a comfort cushion on the backrest.

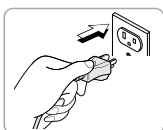


Turn the power off

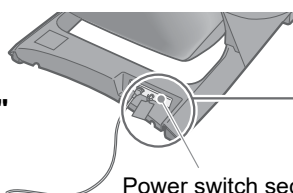
1 Slide the power switch to the "off" position.

2 Turn the lock switch key to the "lock" position and remove it.

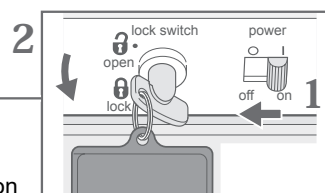
3 Remove the power plug from the electrical outlet.



4 The lock switch key must be stored out of the reach of children.



Power switch section



WARNING

- After each massage, slide the power switch on the unit backside to the "off" position, turn the lock switch to the "lock" position and then remove the lock switch key and power plug.
(To prevent breakage or injury from misuse by children.)


Moving the unit

Lift and move the main unit

Lift and move with one person holding the sides of the legrest and one person holding the backrest cover groove. (EN12)

Always carry the lounge with at least two people!!

Moving the unit on its casters

- Remove the obstacles in the vicinity
- Move with the backrest fully upright.
The backrest rises up if  is pressed twice.

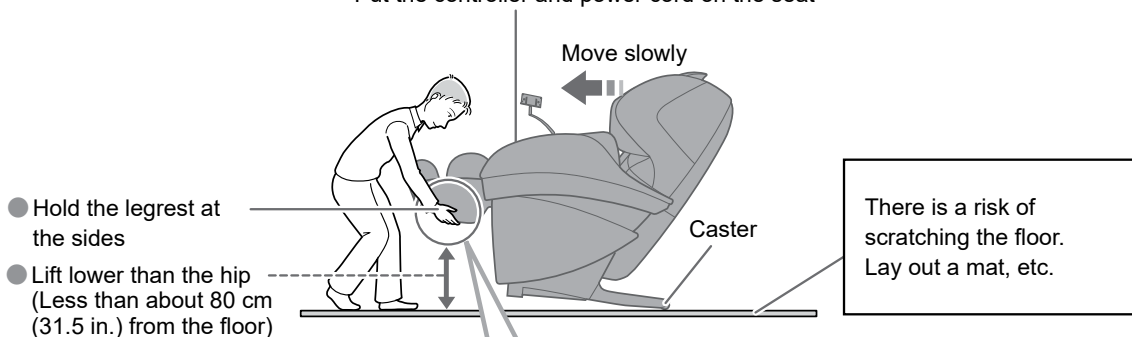
Since the unit is heavy, be careful to avoid back injuries.

Lifting weight when moving on casters

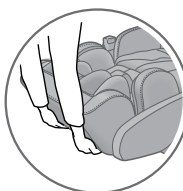
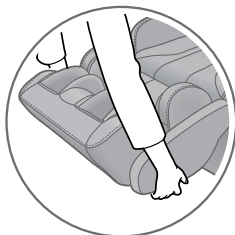
Approx.
35 kg
(77.2 lbs)

Hold the legrest at the sides and move the unit on its casters.

Put the controller and power cord on the seat



Hold at the sides



Do not hold by the foot part. The sole massage section might slide, and injuries may occur.

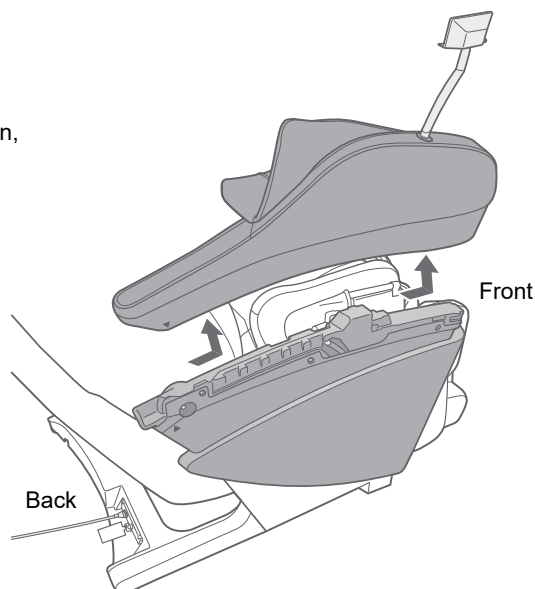
■ When you lower the unit

- Put the unit down slowly and watch your step carefully.
- Hold the legrest with your hands until it has been set on the floor completely. If you release the legrest too soon, it will spring back to the initial position.

■ Detaching the armrest

Detaching the armrest makes it easier to move.

- ① Remove the attachment screws (EN14 Step 1- ③).
- ② Slide armrests to the front and raise with both hands.



After completing the massage
Moving the unit

Cleaning and maintenance

Never use chemicals such as thinner, benzene, alcohol, etc.

Notes on use

- Be careful when using the unit with clothing such as jeans or colored clothes. (Cause of color transfer to the synthetic leather and fabric portions)
- Please avoid long time contact with plastic products etc. (Cause of discoloration)
- If you use hair dressing, please spread a towel on the parts they may touch.

Synthetic leather part

Wipe with a soft and dry cloth

- Never use cleaners available on the market that contain ethanol ingredients. (Cause of discoloration, change of properties)
- Do not rapidly dry off with a dryer, etc.



<When the dirt is severe>

- ① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well.
- ② Briskly rub the surfaces.
- ③ Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
- ④ Wipe with a soft, dry cloth.
- ⑤ Allow the unit to dry naturally.



- For hard-to-clean soiling, wipe with the same neutral kitchen detergent solution, etc. but using a commercially available "sponge of melamine foam material".

Fabric parts

- ① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well and wipe.
- ② Use water or a neutral kitchen detergent and brush on areas where the seat fabric is particularly soiled.
 - Be careful not to brush the fabric too much to avoid damage.
- ③ Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
- ④ Allow the unit to dry naturally.
 - Since color may transfer from clothing to the seat fabric, be careful when using the unit with clothing such as jeans or colored clothes.



Plastic area

- ① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well and wipe.
- ② Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
 - Make sure to wring tightly before wiping the controller (other than the touch panel part).
- ③ Allow the unit to dry naturally.



Touch panel part

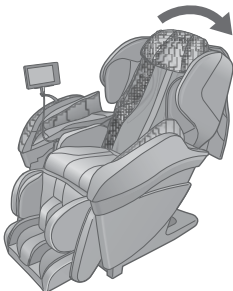



Lightly wipe using a soft dry cloth such as a gauze.

<When the dirt is severe>



Wipe off the dirt using a cloth dipped in water and wrung thoroughly, and then lightly wipe using a dry soft cloth such as a gauze, etc.



Q&A

	Question	Answer
Before use		
Doctor Consultation	Can I use the unit if I have an illness that requires regular medical attention?	<p>Consult your doctor before using this unit.</p> <p>Massage is a form of stimulation by tactile pressure in which pressure is applied to the muscles to relax them. This may exacerbate some illnesses. Be sure to consult a doctor if you have an illness. (EN6)</p>
How to use	The position of the upper body and the position of the legs do not match. What can I do to align massaging positions?	<p>Separating massage of the upper body and legs is recommended.</p> <div> <p>● Massaging only the upper body</p> <p>Raise the comfort cushion to expose the backrest and pillow for use.</p>  </div> <div> <p>● Massaging only the legs</p> <p>Use the leg & sole massage section with the comfort cushion on the backrest.</p>  </div>
	Can people shorter than 140 cm (55.1 in) or taller than 185 cm (72.8 in) still use it?	<p>Yes.</p> <p>The following methods are recommended, as the correct shoulder position may not be found during scanning of shoulder roller position.</p> <div> <p><If shorter than 140 cm (55.1 in)></p>  <p>Place a cushion on the seat and sit firmly.</p> </div> <div> <p><If taller than 185 cm (72.8 in)></p>  <p>Recline the backrest and slide your body down.</p> </div> <p>For taller persons: Please use by reclining the backrest. For shorter persons: Please use by raising the backrest and lifting the legrest.</p>
	How many times can this be used in one day?	<p>Use for less than about 30 minutes in one day.</p> <p>● Rest for about 10 minutes after using for 16 minutes or more.</p>

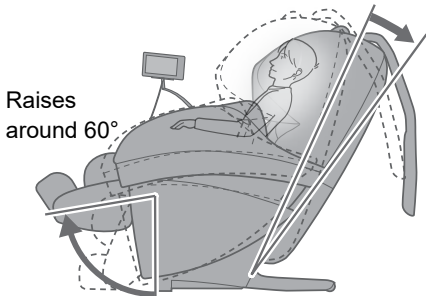



Q&A (continued)

Question		Answer
During operation		
Scanning of shoulder roller position*	During scanning of shoulder roller position or a massage, 7 short beeps sounded (U10 was displayed) and the action stopped. What happened?	<p>Messages stop for safety if the body cannot be detected for one of the following reasons.</p> <ul style="list-style-type: none"> ● The user is not sitting. ● The head and/or back is not touching the backrest. ● A cushion is placed against the backrest or the user is wearing thick clothing. <ul style="list-style-type: none"> • Sit firmly, lean gently back so that your head touches the pillow, press  and then press  to start again. ● The comfort cushion is not raised.
Upper body	The mechanical intensity adjustment button for the upper half of the body does not work sometimes.	<p>The upper body massage roller intensity button is ineffective in following instances.</p> <p>This is an intentional condition to prevent suddenly intensifying strength and is not a malfunction.</p>
	There is a delay in movement when adjusting the position.	<p>The message rollers may not move immediately depending on when the position button is pushed. (There may be a small time lag. This is not an abnormality.)</p> <p>If you hear the limit sound (beep-beep-beep) when the button is pushed, this means that it is at the furthest position and cannot move any further.</p>
	The height (intensity) on the left feels different to that on the right.	<p>It is designed to differ in some cases.</p> <p>An alternating tapping mechanism is used to create a more natural sensation. The message rollers therefore do not move in unison in some massages. The message roller height (intensity) on the left differs from that on the right in these massages. This is not a malfunction.</p>
	The message rollers sometimes move bit by bit in a twitching manner.	<p>The chair is detecting the pressure acting on the message rollers and changing the message strength. The message rollers may move bit by bit depending on the pressure but this is not an abnormality.</p>
Soles	The sole roller sometimes moves before the course begins...	<p>Before the course begins, the sole roller moves into place. This is not an abnormality.</p>
Hands & Arms	During auto course (including memory course), air action and sole roller action may suddenly stop and transit to the next operation...	<p>When hip massage or stretching operations start during an automatic course, air operation and sole roller movements are suspended. This is due to the priority on the air motion that is linked to movements of rollers to enhance the effectiveness of hip massage or stretching operations.</p> <p>For this reason, in the number of times arm massage is performed on the left and the right may differ with alternated application of pressure for air arm massage.</p>

* Scanning of shoulder roller position: action of measuring the body.

Question	Answer
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During operation (continued)

Reclining	<p>The angle of the backrest, legrest or armrest automatically changes at times.</p>	<p>The angle automatically changes in the following cases.</p> <ul style="list-style-type: none"> While scanning the shoulder roller position <div>The unit body moves automatically, and gets inclined to the angle that makes scanning easy.</div> <ul style="list-style-type: none"> The movement is not made when the unit body is inclined deeply.  <ul style="list-style-type: none"> When  is pressed to end the massage. <div>The chair automatically returns to the upright position.</div> <ul style="list-style-type: none"> Only the legrest returns to the original position if the massage is completed according to the timer. If  is pressed to end the massage, all operations immediately stop and the angle does not automatically change.
	<p>The backrest is not restored to upright position after massaging.</p>	<p>Only the legrest is retracted when the motion comes to stop by timer operation.</p> <p>Press  twice to restore the backrest to the upright position.</p>

After use

Hand & arm	<p>Red marks are left on the under side of my hands/arms after a hand & arm massage.</p>	<p>Marks may remain on the hands and arms after use. These eventually fade and are not a problem.</p>
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Q&A

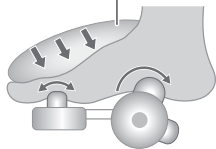
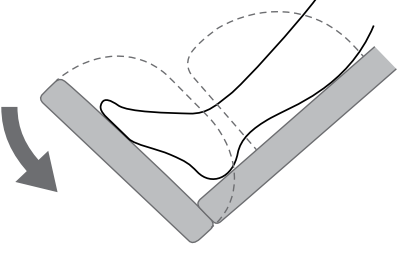
How to adjust the <Position>

Scanning of shoulder roller position	<p>The correct shoulder position cannot be found during scanning of shoulder roller position. (The shoulder position slips each time.)</p>	<p>Correct scanning of shoulder roller position may not be possible for some sitting positions (such as leaning forward).</p> <p>Adjust with the shoulder position "▲" and "▼" button. (EN 22 to EN23)</p> <p>For more correct scanning, sit firmly in the unit and lean back gently so that <u>your head is touching the pillow (backrest)</u>.</p>
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Q&A (continued)


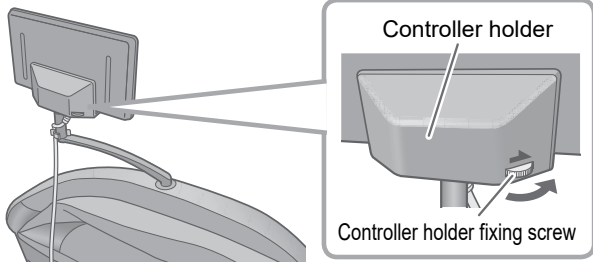



Question	Answer
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How to adjust the <Intensity>

Upper body	<p>The auto course is "not strong enough even at the strongest setting..." or is "too strong even at the weakest setting...".</p> <p>Try the following methods.</p> <ul style="list-style-type: none"> ● Maximum intensity is set for a course but the intensity is insufficient. Leaning back the backrest results in more body weight pressing against the main unit for stronger massaging. ● Minimum intensity is set for a course by the intensity is excessive. Placing cloth or blanket over the backrest can soften the contact sensation of massage rollers.
Hip	<p>The hip massage is weak ...</p> <p>Please sit further in. When you sit further in, the gap between the backrest and the hip becomes smaller, making it easier for the massage rollers to contact your body. (EN30)</p>
Hand & arm	<p>Can hand & arm massage be performed simultaneously?</p> <p>Massaging is performed alternately, to ensure that the user can stop the operation whenever any anomaly or danger is sensed.</p>
Sole	<p>I hardly feel any difference in intensity in the sole roller even after adjustment ...</p> <p>The sole roller intensity is adjusted by the strength of the foot side air pressure holding the soles. Therefore, depending on the operating pattern, intensity difference may not be felt.</p> <p>Foot side air bag</p> 
	<p>Sole roller is too intense even at the gentlest setting ...</p> <p>Slightly lower the sole massage section so that the heel is raised above it, which will weaken the effect of the roller.</p> 

Question	Answer
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Other

Controller	The controller holder is unsteady.	<p>Tighten the controller holder fixing screw.</p> <p>The holder is held tighter by turning the mounting screw in the direction of .</p> <ul style="list-style-type: none">Controller holder cannot be completely secured in order to allow adjustment to desired positions and orientations. <div></div>
	The displays of the operation or position seem to be different ...	<p>The actions shown represent rough movements. Actual movements or sensations may vary.</p>
Noise	The noise grows louder after using the chair for a long time.	<p>This may be a malfunction. Contact the nearest Panasonic service center for an inspection and repair.</p>
Timer function	Is there a timer function?	<p>Yes.</p> <p>To prevent overuse, the massage automatically ends at a maximum of 19 minutes after starting. (EN30)</p> <p>When the timer ends, the legrest automatically lowers and the massage rollers are stowed.</p> <p>Press  to use again.</p>
	Does the time vary depending on the course?	<p>The time setting of the timer function changes depending on the course. (EN30)</p> <div><div></div><div><div>Swedish</div><div>Deep Shiatsu</div><div>Stretch</div><div>Air</div><div>Quick</div></div><div><div>] about 19 minutes</div><div>] about 16 minutes</div><div>about 10 minutes</div></div></div>
	Can I change time settings myself?	<p>That is not possible.</p> <p>The set time is predetermined for each course.</p> <div><div></div><div>About 19 minutes</div></div>

Troubleshooting




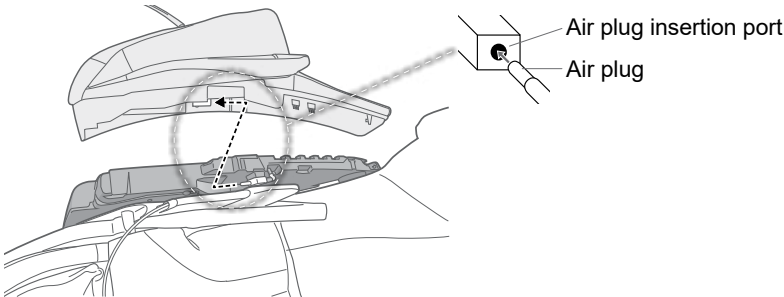



Investigate the "Problem" and apply the "Remedy" below.

If the problem still exists after following the remedy, contact an Panasonic service center.

Refer to EN53 for details when requesting repair.

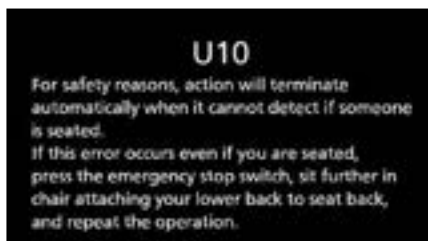
Problem	Cause and Remedy
The action stops mid-way.	There was a power outage. → Since the operation would have stopped, press  twice to return the backrest and the massage rollers to the storage position, and then start to use again. (The operation does not restart even if the unit has recovered from a power failure.)
	If excessive force is applied to the massage rollers during operation, in the interests of safety the action may stop. → Turn off the power switch, wait for approx. 10 seconds and then turn the power switch on again.
	If the operation returns to the menu selection screen while a course was ongoing, the operation stops.
The seat cannot be reclined and the legrest cannot be lowered.	If the unit encounters an obstacle or if excessive force is exerted on it during operation, in the interests of safety the unit will come to a stop. → When the backrest and the legrest have stopped, switch slide the power switch on the backside of unit body to the "off" position, and switch it "on" again after about 10 seconds, and then operate the unit.
The massage rollers do not come up to the shoulder or neck.	If your head does not contact the pillow or your back does not contact the backrest, the shoulder position may be detected as lower than the actual position during the scanning of shoulder roller position. → Sit on the seat in the deepest position and put your head on the pillow, and then repeat the operations again from the start. (EN22 to EN23)
The height of the left and right massage rollers is different.	An alternating tapping method is employed, which means that this phenomenon will naturally occur. There is nothing wrong with the unit. (EN42)
"Heat" massage rollers do not get warm.	"Heat" is set to Off. <hr/> Sense of warmth from the massage rollers differs depending on your body shape, the massage body part, massage action, clothing, and room temperature.
The "Heat" massage rollers do not cool down even after being turned off.	Because of the structure of the heater, the "Heat" massage rollers will feel warm for a while after heating due to the residual heat. <hr/> Continuing to massage the same area even after turning off the "Heat" switch may increase the temperature felt.


Troubleshooting (continued)

Problem	Cause and Remedy
Reclining does not take place even though a massage is started. (The seat does not automatically recline.)	If the backrest has fallen over about 20 °, it does not recline automatically. (EN43)
The backrest does not return to the upright position.	If the unit is stopped by automatic shut-off or by pressing  , it will not return automatically for safety. → To return from the reclined position to the original position, press  twice.
The unit will not operate at all.	There is a power failure.
	The power plug has been disconnected. (EN13)
	Power switch on the rear panel is set to "off".
	The child lock has been applied. (EN18)
	Course selection or body part selection has not been made.
Touch panel is inoperable	Touch panel may become inoperable due to interference from other electronic devices in the vicinity. → Press the  button and turn off the power switch on the back of the main unit. After about 10 seconds, turn the power back to "on" to operate.
It is not possible to massage hands and arms.	Air plug may come loose from the air plug insertion port if the armrest is not secured.  → Check connection of the air plug and secure installation of the armrest. (EN14)
Sometimes the power won't turn on when  is pressed again when a massage has finished.	Due to shutdown (approx. 5 seconds)  may not be accepted. → Wait at least 5 seconds once all movement has stopped before pressing  .
	The child lock has been applied. (EN18)
Red, blue, or green pixels are visible on the touch panel	Defective pixels that do not light, remain continuously lit, appear non-uniform, or experience color shifts are characteristic of touch screens and considered normal.
The unit has been damaged.	→ To prevent accidents, be sure to contact an Panasonic service center. (EN53)
The power cord or power plug is abnormally hot.	

Error display

<Example of error display>



Error display	Contents
U10	For safety reasons, action will terminate automatically when it cannot detect if someone is seated. If this error occurs even if you are seated, press  , sit back all the way to the backrest, and operate from the start again.
F03 ~ F39	There is a malfunction inside the massage device. Stop using and ask your dealer to inspect and repair the chair. (Service and maintenance will be carried out smoother if the error number is communicated when contacting.)

Sounds and sensations of the unit

The following sounds and sensations occur while using the unit. However, they occur due to the construction of the unit and are perfectly normal.

From each air massage unit (see EN10 for the position of each air massage unit)

"Snapping", hollow, bending and thrusting sounds

Inflating sound of air bag as well as sounds and sensations of air bag as they rub against each other during air operations.

"Popping", "Clunking" sounds

Sounds and feels like the massage rollers are straining to get over wrinkles in the cloth

"Rattle", "Squeak", "Rustle" sounds

Operating sounds of the kneading or tapping actions

"Creaking" sound

Creaking sound when the massage rollers are in operation

"Rattle", "Jerk" sounds

Operating sounds when the massage rollers move up or down

"Rumble" sound

Sound of the belt rotating

"Motor" sounds

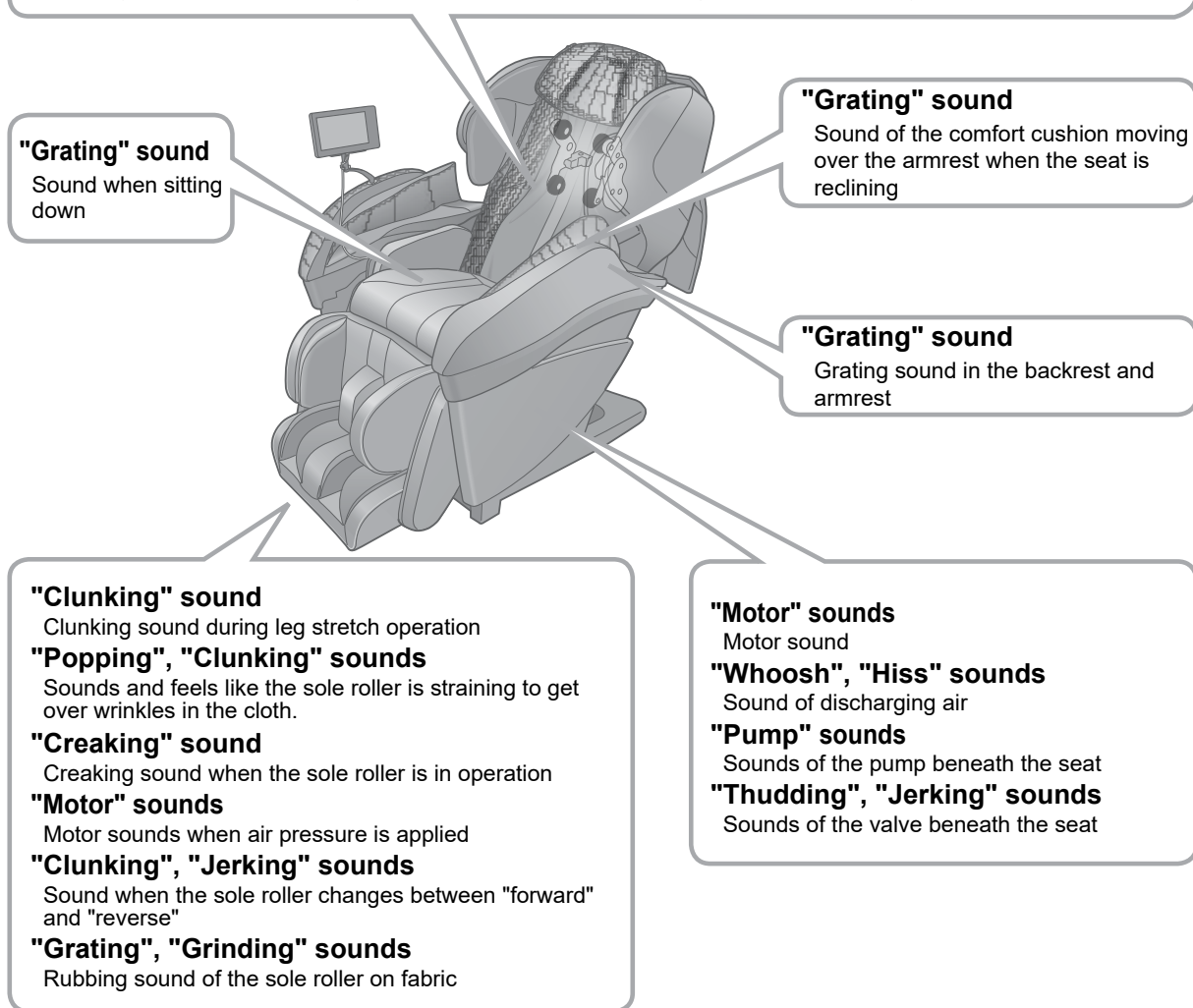
Motor sounds when air pressure is applied

"Clunking", "Jerking" sounds

Sounds when the massage rollers change from "push" to "pull"

"Rubbing" sound

Rubbing sound of the massage rollers on the seat fabric



Sounds and sensations of the unit

Error display

If these sounds have grown louder, there may be a malfunction.

● Contact the nearest Panasonic service center for inspection and repair.

Specifications

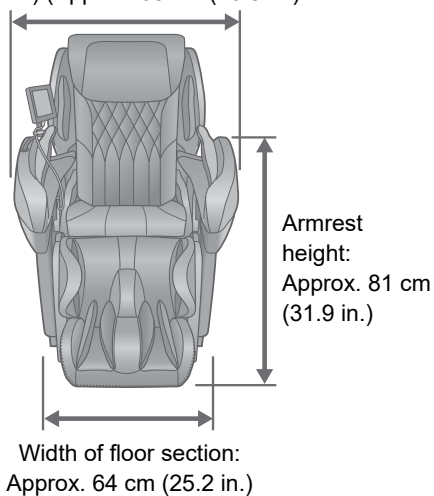
Power supply		AC 120 V 60 Hz
Power consumption		3.0 A (when the controller is "off", approx. 0.3 W)
Heater unit power consumption		23 W
Upper body massage	Massage area (Up-Down)	Approx. 79 cm (31.1 in.) (The massage rollers move a total of approx. 63 cm (24.8 in.))
	Massage area (Left-Right)	Roller spacing during kneading operations (including roller widths) Neck, shoulders and back: Approx. 5 cm to 21 cm (2.0 in. to 8.3 in.); Lower back and buttocks: Approx. 5 cm to 25 cm (2.0 in. to 9.8 in.) Roller spacing (including roller widths) for vertical movements and spinal stretching Approx. 5 cm to 17 cm (2.0 in. to 6.7 in.)
	Massage area (Front-Back)	Strength adjustment range: Approx. 10 cm (3.9 in.)
	Massage speed	Knead: Approx. 4 times per minute to 73 times per minute Tap: Approx. 190 times per minute to 520 times per minute (one side) Moving speed: Approx. 1 cm per second to 5 cm per second
Air massage	Air pressure (Rear knee)	3: Approx. 34 kPa 2: Approx. 31 kPa 1: Approx. 18 kPa (there are slight variations between body parts)
Soles massage	Massage speed	Approx. 8 times per minute to 21 times per minute
Reclining angle		Backrest: Approx. 120° to 170° Legrest (Leg & Sole Massage Section): Approx. 5° to 85°
Timer		Around 19 minutes (automatically ends)
Dimensions	When not reclining (H × W × D)	Approx. 120 cm × 85 cm × 130 cm (47.2 in. × 33.5 in. × 51.2 in.)
	When reclining (H × W × D)	Approx. 79 cm × 85 cm × 200 cm (31.1 in. × 33.5 in. × 78.7 in.)
Mass		Approx. 87 kg (191.8 lbs)
Upholstery		Synthetic leather

For persons weighing 100 kg (220.3 lbs) or more, the product operations may make more noise and the fabric cover may wear faster.

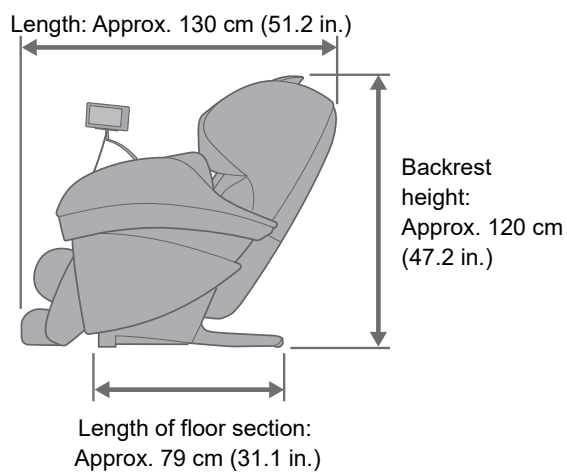
Unit dimensions

Front

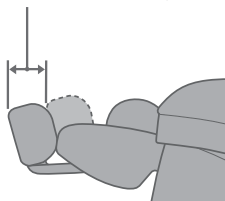
Max. width: Approx. 85 cm (33.5 in.) (Approx. 68 cm (26.8 in.) with the armrest detached)



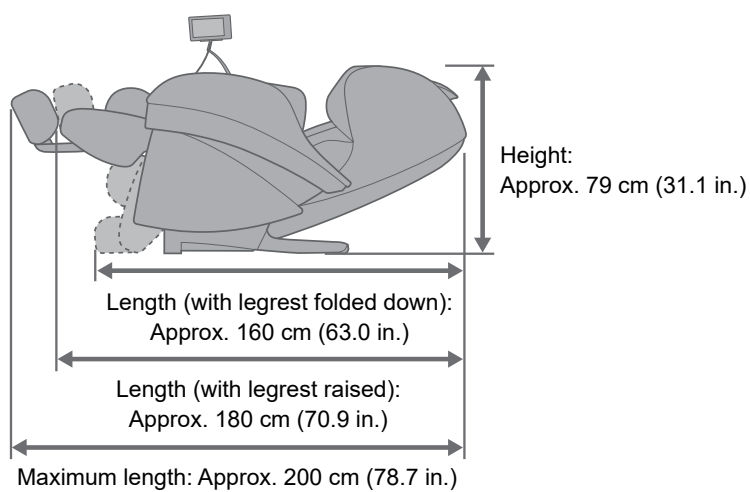
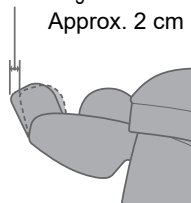
Side



Extension length of sole massage section:
Approx. 18 cm (7.1 in.)



Sole massage section movement:
Approx. 2 cm (0.8 in.)



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<http://shop.panasonic.com/support>

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