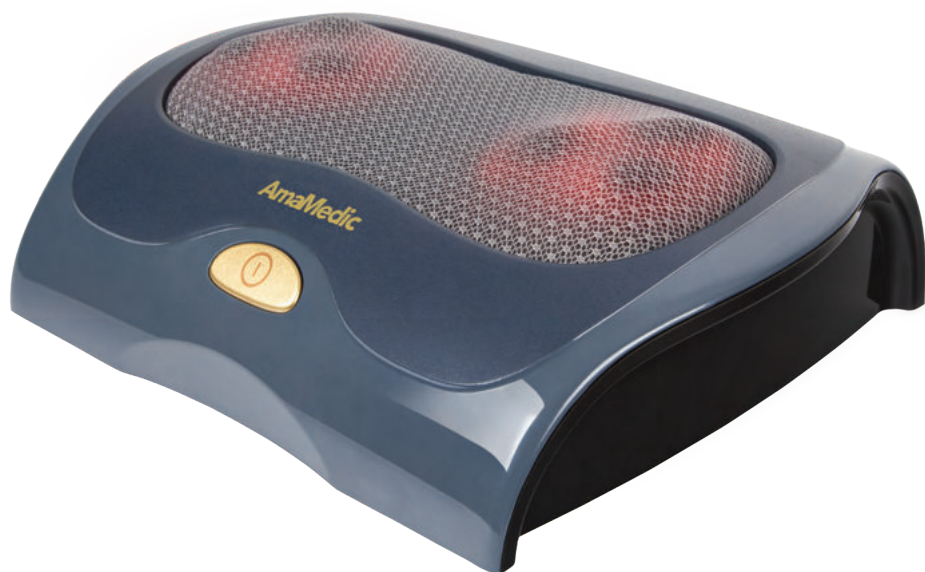


**AmaMedic**  
**AM-34**  
**FOOT MASSAGER**



## Items included in the package

- Shiatsu foot massager
- These operating instructions

## Explanation of symbols

The following symbols are used in the operating instructions and on the type plate:



**WARNING** Warning of risks of injury or health hazards.



**CAUTION** Safety information about possible damage to appliance/accessories.



**Note** Important information.



The device has double protective insulation and therefore complies with protection class 2.

## 1. About Shiatsu massage

Shiatsu is a form of body massage which was originally developed in Japan around 100 years ago. It is based on ideas anchored in traditional Chinese medicine, in particular the meridian system, i.e. the paths in the human body along which energy is conveyed.

The aim of any Shiatsu massage is to promote the physical, emotional and mental wellbeing of the person being treated. To do this, energy blocks and bottlenecks in the meridians need to be dissolved and the self-regulating ability of the body needs to be stimulated.

Shiatsu therapists achieve this by exercising pressure in flowing movements along the meridians. Although Shiatsu can be literally translated as “finger pressure”, practitioners also use the heels of their hands, their elbows and knees as well as their fingers. In the process, the therapist will use his or her full body weight in order to generate the required pressure.

## 2. Getting to know your appliance

The 6 rotating massage heads in your Shiatsu massager imitate the pressure and kneading movements of a Shiatsu massage.

Relax yourself and your feet with this foot massager.

It can have the following beneficial effects:

- stimulates the circulation,
- promotes cell regeneration,
- revitalises and invigorates the feet,
- relaxes tense muscles.

The device is for **private use only and is not intended** for medical or commercial purposes.

## 3. Proper use

This unit is intended for massage of the feet. Do not use the massage device if any of the following warnings apply to you. Please consult your doctor if you are unsure whether or not the massage device is suitable for you.

Use the massager

- if you have a changes caused by disease or injury in the region of your foot (e.g. open wounds, warts, fungal infection),
- with children,
- with animals,
- no longer than 15 minutes.

This device is not intended for use by persons (including children) with restricted physical, sensory or mental capabilities and/or by persons lacking the required understanding of the equipment and how it is used, unless they are supervised by a person who is responsible for their safety or they are given instructions on how to use the device.

Never allow the unit to operate unsupervised.

Children should be supervised to ensure that they do not use the device as a toy.

You should consult your doctor before using the massage device if:

- if you are not sure whether the massager is suitable for you,
- if you suffer from a serious illness or are recovering from an operation on one of your feet,
- if you have diabetes or thrombosis,
- if you have leg or foot conditions (e.g. varicose veins, vein inflammations),
- if you have pains of unclear origin.

The device is only intended for the purpose described in these operating instructions. The manufacturer cannot be held liable for damage occurring as a result of inappropriate or careless use.

## 4. Safety information

Please read these operating instructions carefully. Failure to observe the information provided below can lead to personal injury or material damage. Keep these instructions in a safe place where they can also be read by other persons using the device. Always pass on these instructions together with the appliance if you sell it or pass it on.



### **WARNING**

Keep children away from the packaging materials. Risk of suffocation.

### **Electric shock**



### **WARNING**

Just like any other electrical appliance, this massage device must be handled with due care and attention in order to prevent the risk of electric shock.

For this reason, the device must only be operated as follows:

- With the mains voltage specified on the device only.
- Do not use the device if damage to the device itself or any of its accessories is evident.
- Never use the appliance during a thunderstorm.

In the event of a defect or malfunction, switch the device off immediately and disconnect it from the power supply. Never pull on the power cable or on the appliance in order to disconnect the plug from the mains outlet. Never hold or carry the device by the power cable. Keep the cables away from hot surfaces. Never open the device for any reason.

If the power cord of the device is damaged, it must be replaced by the manufacturer or an authorised customer service technician.

Make sure that the massage device, the switch, the power supply unit and the cable do not come into contact with water, steam or other fluids.

For this reason, the device must only be operated as follows:

- Only in dry inside rooms (e.g. never in the bathtub or sauna).
- Only with dry hands.

Do not pull, twist or kink the power cord. Do not stick in any pins, needles or sharp objects. Take care not to lay out or pull the power cord over sharp or pointed objects.

Never try to retrieve the device if it falls into water. Disconnect the plug immediately from the mains outlet. Do not use the device if damage to the device itself or any of its accessories is evident.

Do not subject the device to any impact and do not drop it.

## Repairs



### WARNING

- Repairs to electrical appliances must only be carried out by qualified persons. Incorrect repairs can lead to considerable danger for the user. In the event of repairs, please contact our customer service or an authorized dealer.
- If the power cord is damaged it must be replaced by an authorised dealer.

## Fire hazard



### WARNING

There is a risk of fire if the device is used incorrectly or if it is not used according to these operating instructions.

For this reason, the massage device must only be operated as follows:

- Never leave the device unsupervised, particularly if children are around.
- Never use the device under covers, such as blankets or pillows.
- Never use the device in the vicinity of petrol or other easily flammable materials.

## Handling



### CAUTION

Switch the device off and disconnect the power supply after every use and before every cleaning.

- The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.
- Never insert any objects into openings on the device, and never insert anything into the rotating parts. Make sure that all moving parts can move freely at all times.
- Never sit or stand on the moving parts of the device with all your weight and do not place objects on the device.
- Keep the device away from high temperatures.

## Disposal



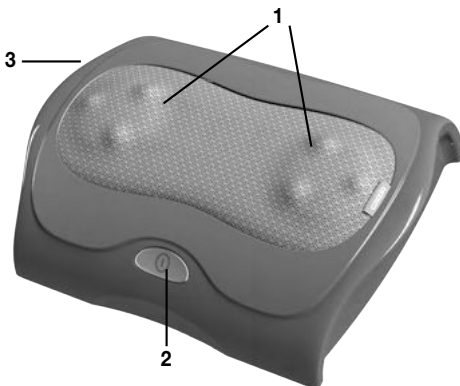
### CAUTION

Follow local regulations regarding the disposal of materials. The appliance should be disposed of according to Regulation 2002/96/EC-WEEE (Waste Electrical and Electronic Equipment). In case of queries, contact the municipal authorities responsible for waste disposal in your area.



## 5. Appliance description

### Shiatsu foot massager



**1** Platform with 3 massage heads that rotate in opposite directions.

**2** Button

Press 1x: Shiatsu massage

Press 2x: activates the heat function

Press 3x: off

**3** Main plug

## 6. Start-up

- Remove the packaging.
- Check the device, power supply and cables for damage.
- Connect the device to the mains power supply.
- Route the cable safely so that there is no risk of anyone tripping over it.

## 7. Operation

When seated comfortably place your feet on the two platforms. The rubber feet on the base of the unit prevent it from sliding.

Switch on the massager using the On/Off button. Press the On/Off button again to activate the heat function. Press the On/Off button once more to switch off the device.

The massage must be pleasant and relaxing at all times. Stop the massage or change your position or the contact pressure if you find it is painful or unpleasant.

- Do not force any part of your body, in particular your fingers, between the rotating massage heads and their mountings in the device.

### Note

- Do not use the massage device for longer than 15 minutes. Otherwise, using the device for longer can over-stimulate the muscles and cause tension instead of relaxation.

Massage of a specific point on the sole of the foot may influence the corresponding organ of the body. However, we recommend studying relevant literature and asking your doctor before using point reflex zone massage to achieve the desired effect.

## 8. Care and storage

### CLEANING

#### WARNING

- Disconnect the device before cleaning it.
- Only clean the appliance in the manner specified. Fluid must never be allowed to enter into the device or accessories.

### Storage

If you do not use the device for longer periods, we recommend storing it in the original packaging in a dry place without weighting it down.

## 9. In the event of problems

Problem	Cause	Remedy
<b>Massage heads rotating at reduced speed.</b>	The load on the massage heads is too great.	Release the massage heads.
<b>Massage heads not moving.</b>	Appliance not connected to the power supply.	Connect the plug to the mains supply and switch on the appliance.
	Overheating protection tripped.	Disconnect the device from the power supply, wait at least 15 minutes, then plug in again and switch on.