

To save your preferences

Automatic programmes

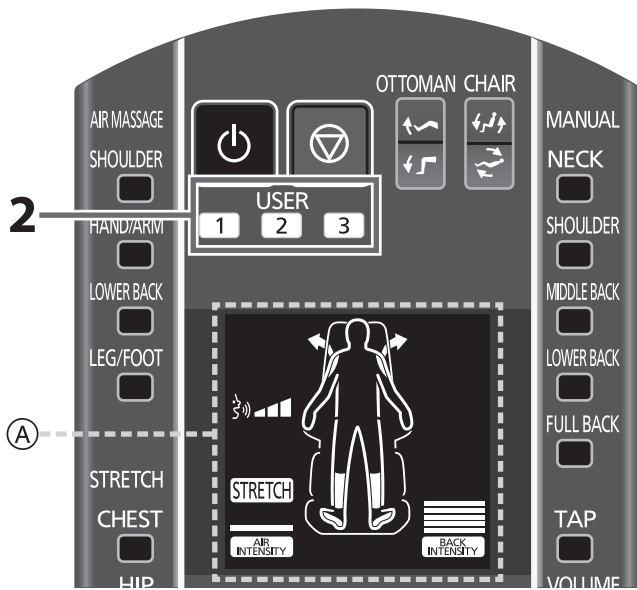
You can save your preferred settings set during the Automatic programmes, and have them reproduced next time you are being massaged.

You can save the settings for each programme.

Example: When using the "REFRESH" programme

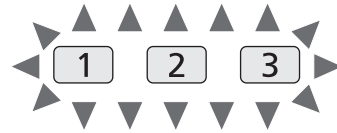
1. You have set Air Massage "SHOULDER" and "LEG/FOOT" to "On", and Stretch "CHEST" to "On".
(Air intensity was set to "Level 1" at this time.)
2. "Heat" massage heads was set to "Off", and Back intensity was set to "Level 3".
3. Volume for "voice guidance function" (see page GB42) was set to "Loud".
4. These settings were saved to User **1** after the massage completed.

Contents of the saved settings (1, 2, and 3 above) are restored if User **1** is pressed when the "REFRESH" programme is used next time.



1 After the Automatic programme has finished, or when the massage is completed by pressing during the programme.

A: Your preferred settings (pages GB22–GB23, GB42 (volume)) are displayed and the User buttons will flash.



2 Select and press one button from **1** **2** **3** to store your settings while the buttons are flashing (approx. 15 seconds).

• Selected button will light. (Example: **1**)



When saving your preferences is completed

- The pressed button will turn off, and the power of the chair will be turned off automatically in approximately 3 seconds.

- Be careful since preferred contents will not be saved when the power switch is turned "Off" or the power cord is disconnected during the massage.

Contents that can be saved

- Air intensity and Back intensity settings
- "Heat" Massage Heads on/off setting
- Air and Stretch on/off settings
(See pages GB22–GB23.)
- Voice guidance volume setting (See page GB42.)

* Settings at the time the Automatic programme is completed will be saved.

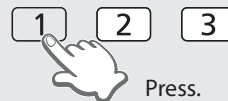
About the "Heat" massage heads and Voice guidance volume settings

Only these 2 settings are applied to all the Automatic programmes.

For example, "Heat" massage heads "Off" and Voice guidance volume "Loud" of the settings saved to User **1** for "REFRESH" in the above "Example" are applied, even if User **1** is pressed during a programme other than "REFRESH". (The settings for Air and Stretch are not applied.)

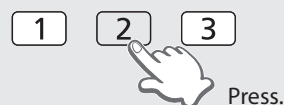
If there is another setting already saved, "Other settings are already registered." will be announced.*

To overwrite the contents with new settings* press the same button again.

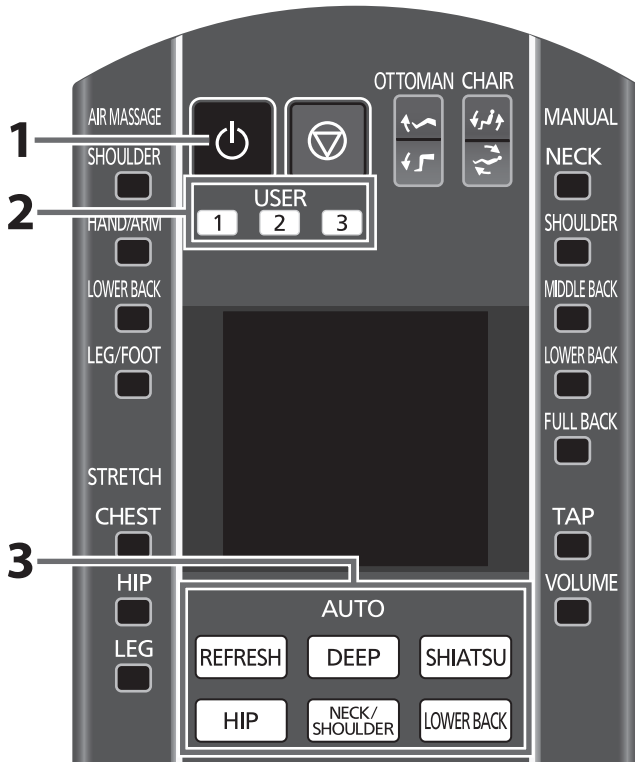


* This will also be announced when you try to save to a separate Automatic programme or same Automatic programme contents that are the same as those already saved.

If you do not want to delete the settings already saved press another User buttons.




To start a saved programme

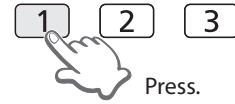


1 Press the button to turn on the power.

- The power is turned off automatically if 3 minutes or more pass without operation.

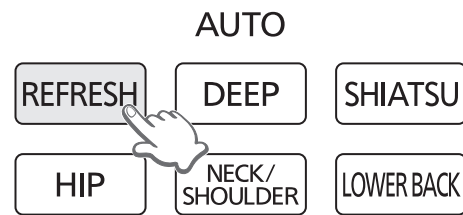
2 Select the User button with your saved settings.

- The selected User button will light. (Example: )



3 Select and press the Automatic programme that was saved using the User button.

- (Example: "REFRESH")

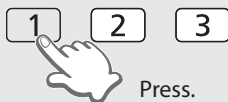


The massage with your stored settings will start after body scanning.

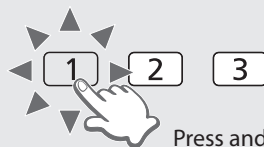
- If you select a different automatic programme than that which was stored with your saved settings (using one of the user buttons), your saved settings will not be reproduced. Only the saved settings regarding the "Heat" massage heads and Voice guidance volume will be applied. (See page GB24.)

To delete your saved settings (Example:)

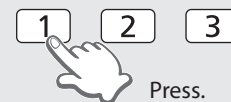
1 Press the button to turn on the power. Select the programme number you want to delete.



2 Press again and hold for more than 3 seconds until the button changes to flashing.



3 Press again while the button flashes (about 10 seconds).

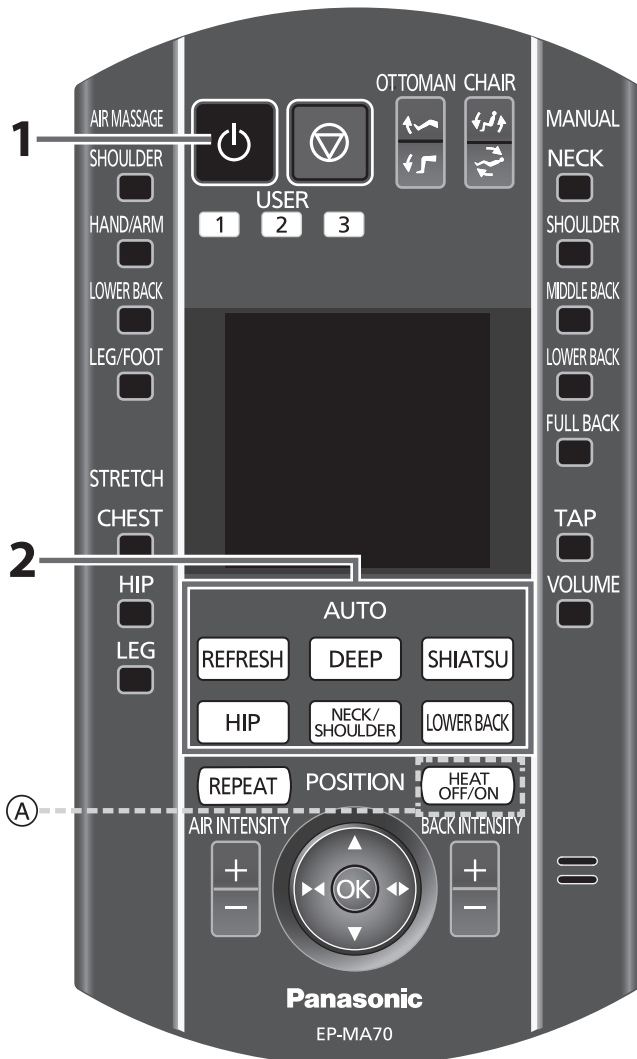


Deleting is completed once the flashing stops.

To turn the "Heat" massage heads on or off

Automatic programmes

⚠ See Warning No. 20 on page GB3.

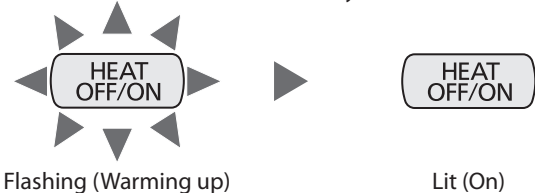


1 Press the button to turn on the power.

- The power is turned off automatically if 3 minutes or more pass without operation.

2 Press the Automatic programme button and start the massage.


- Ⓐ: The "Heat" function is automatically turned on.



HEAT Flashing: Warming up "Heat" massage heads.
Lit: "Heat" massage heads are on.

- The temperature cannot be adjusted.
- The sense of warmth from the massage heads will differ depending on your body shape, massage area, massage action, clothing, and ambient temperature.

To turn the "Heat" massage heads off

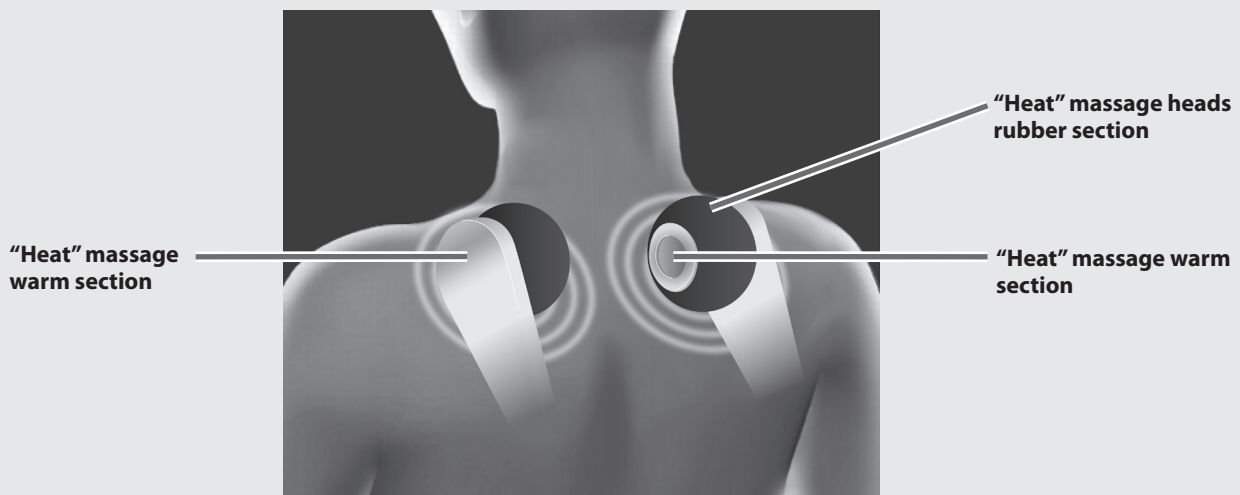
Press  to turn them off.

- Button will turn off.

To always have the "Heat" massage heads turned off

- Switch the "Heat" massage heads off and save this setting. (See page GB24.)

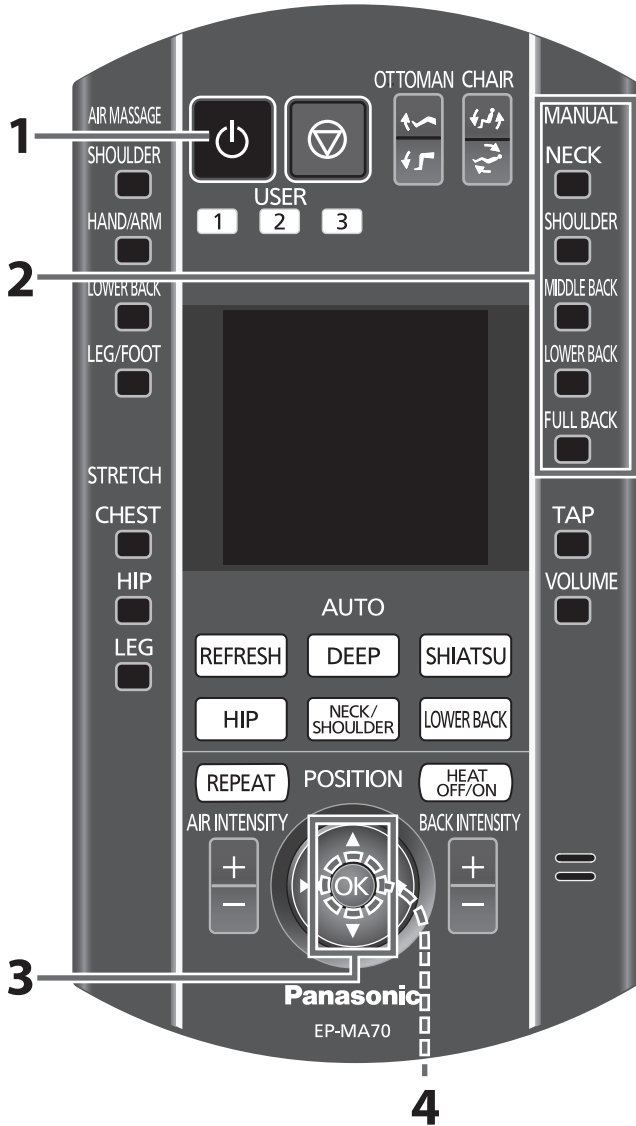
The warm section on the "Heat" massage heads warm up the cloth, transferring the warmth to the massage location.



Selection of a massage technique and body region

Manual Operation

⚠ See Warning No. 4 on page GB2.



Body scanning for Manual Operation

Neck/Shoulder/Full back
....Normal body scanning.

Middle back/Lower back
....Simple body scanning. (The massage heads will not come up to the shoulder position.)

1 Press the button to turn on the power.






• The power is turned off automatically if 3 minutes or more pass without operation.

2 Select the part you want to massage

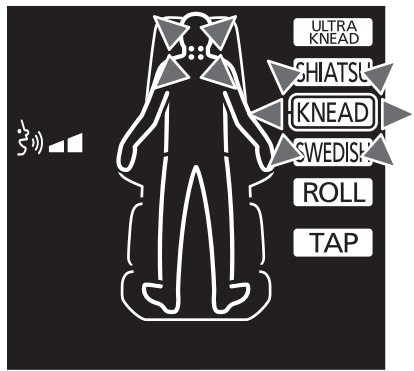
NECK SHOULDER MIDDLE BACK LOWER BACK FULL BACK
(    ).

MANUAL • The list of body parts that can be selected is displayed on the left.

NECK

-  (hand cursor pointing to it)
- 
- 
- 
- 

(Example) When "NECK" is selected

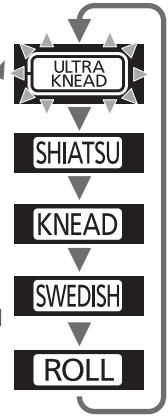



3 Select the massage action you prefer.



• The flashing frame is the currently selected operation.

• The massage technique can also be selected by repeatedly pressing the area selected in Step 2.



• When  is selected, "ROLL" or a combination of "ROLL" and another technique can be selected.

4 Press the button to start the massage.

- The massage heads will move to the selected position automatically to start the massage after the body scanning is completed.
See page GB21 about body scanning.
- See pages GB28–GB29 for setting the massage in accordance with your preferences.
- When a massage to the same location has continued for 5 minutes, it will automatically move up approximately 3 cm.

To change the technique in the middle of a massage

Select your favourite technique in Steps 2 to 4.

- Press the **OK** button within approximately 40 seconds after reselecting the technique in Step 2, otherwise the reselection will be cancelled automatically.

If you want to massage with tap technique only

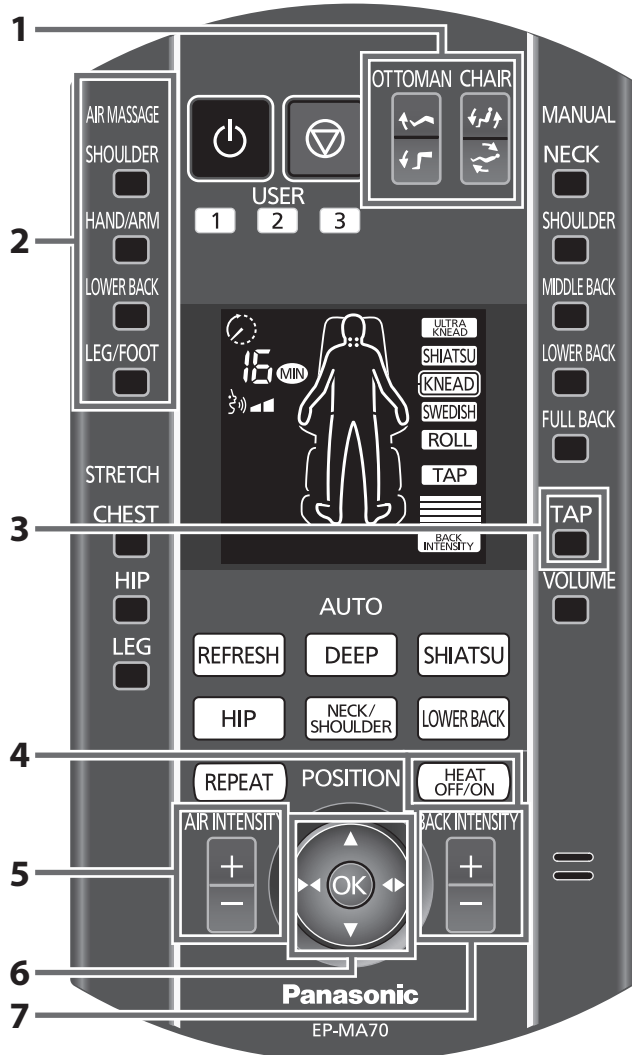
1 Press the **Power** button to turn on the power.

2 Select **TAP**.

3 Start the tap technique by pressing **OK**.

- Body scanning will not be performed.
- To change the technique, select with Steps 2–4 on the previous page.

To customize



1. Adjusting the reclining angle and legrest to massage in a relaxing position

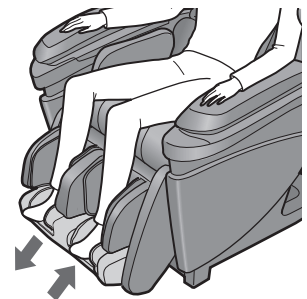
To adjust the reclining angle and the legrest angle:

Adjust by pressing **OTTOMAN CHAIR** button.

To adjust the protrusion of the foot massage section:

Push with your feet to slide the legrest out.

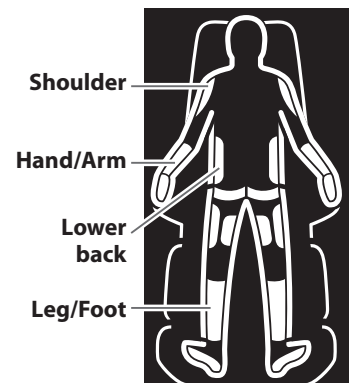
Lift your feet slightly and the legrest returns.



- See page GB35 for description on how to adjust the reclining angle and the legrest.

2. Combining air massages

- AIR MASSAGE** Operation can be turned on/off by pressing the buttons on the left.
- SHOULDER**
 - HAND/ARM**
 - LOWER BACK** On/off for the air massage or stretch can be confirmed on the display. (Lit: On, Off: Off)
 - LEG/FOOT**




3. Adding tapping actions to the current operation

TAP

Press the  button.

- You can select tap on/off every time it is pressed.
- * You cannot select on/off when you are massaging only with the tap action.

4. To turn the "Heat" message heads on or off

You can turn the "Heat" message heads on or off by pressing  .

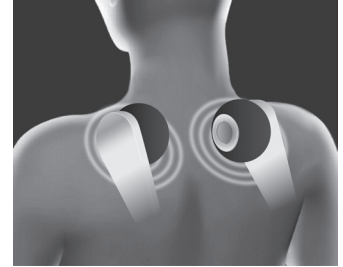
HEAT

Flashing: Warming up "Heat" message heads.

Lit: "Heat" message heads are on.

Off: "Heat" message heads off.

- The temperature cannot be adjusted.
- The sense of warmth from the message heads will differ depending on your body shape, massage area, massage action, clothing, and ambient temperature.
- See page GB26 for details about "Heat" message heads.



5. Changing the intensity of the air massage

When performing an air massage,
AIR INTENSITY

adjust by pressing the  button.



- The intensity is displayed in 3 levels.

6. Fine adjustment of the massage heads position

POSITION

It can be adjusted with the  button.

- When you keep on pressing the button up or down, the position will move continuously until you release the button.

7. Adjusting the intensity of the massage

BACK INTENSITY



The back intensity can be adjusted by pressing the "+" or "-" of the Back Intensity button.

- The intensity for the manual operation is displayed in 5 steps.
- The level of intensity that can be adjusted differs depending on the action.

Caution

The intensity might increase drastically when increased in multiple steps. Always increase the intensity one step at a time, checking how it feels.

- For safety reasons, it is recommended not to increase the intensity drastically.

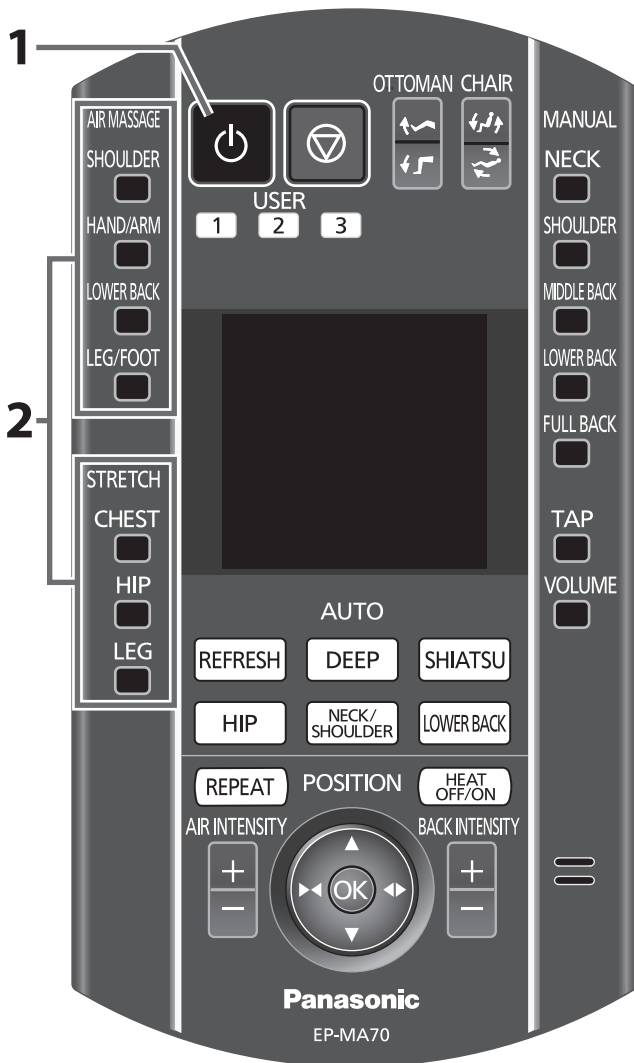


Caution

The stretch action will not be performed simultaneously. The manual operation is cleared when the Stretch button is pressed.

Performing Air massage or Stretch action

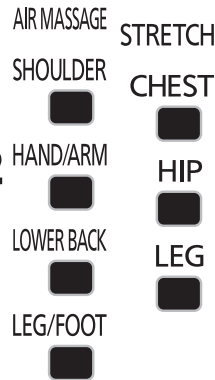
Air actions/Stretch actions



1 Press the button to turn on the power.

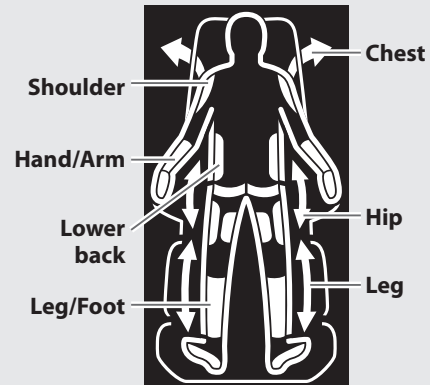
- The power is turned off automatically if 3 minutes or more pass without operation.

2 The operation can be turned on/off by pressing the buttons on the left.



On/off for the air massage or stretch action be confirmed on the display.

(Lit: On, Off: Off)



- See page GB33 about the action of the air massage.
- See page GB34 about the action of the stretch action.
- For the stretch action, the massage heads will automatically move to selected after the body scanning, has been completed.

To adjust the air intensity


AIR INTENSITY

Adjust by pressing the  button.

- The intensity is displayed in 3 levels.

To adjust the back intensity (only for stretch)

BACK INTENSITY

Adjust by pressing the  button.

- The intensity is displayed in 3 levels.

To turn the "Heat" massage heads on or off (only for stretch)

You can turn the "Heat" massage heads on or off by pressing



- See page GB26 for details about "Heat" massage heads.

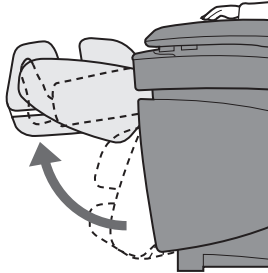
Effective method for using the leg/foot air massage/stretch

Adjust the legrest so that your feet fit in it completely.

For a person with small body dimensions

- If the legrest is raised, it is easier to fit your sole on it.

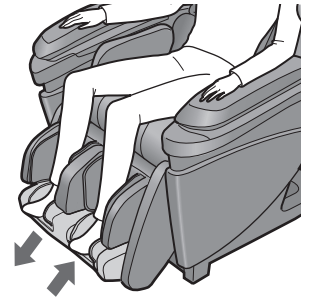
Press the  button.



For a person with large body dimensions

- If the slide of the sole massage section is adjusted, your knees will not be lifted as much.

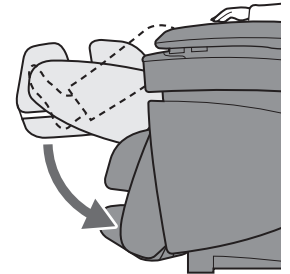
Push with your feet to slide the legrest out.



Lift your feet slightly and the legrest returns.

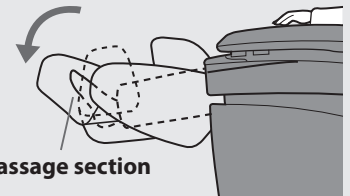
- The knees will not be lifted as much if lowering the legrest.

Press the  button.



It is possible to massage your leg completely by laying the foot massage section flat.

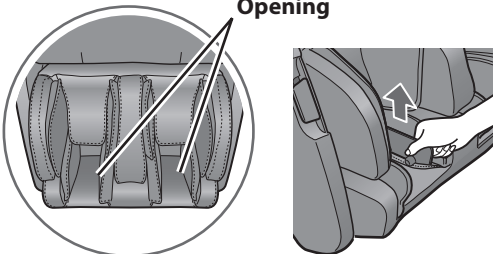
Foot massage section



For the sole shiatsu sheet

The sole shiatsu sheet is removable.

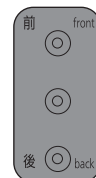
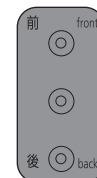
Opening



To attach the sole shiatsu sheet

Be sure of the proper direction of the sole shiatsu sheet and insert it into the opening.

Protections are on the upper side.



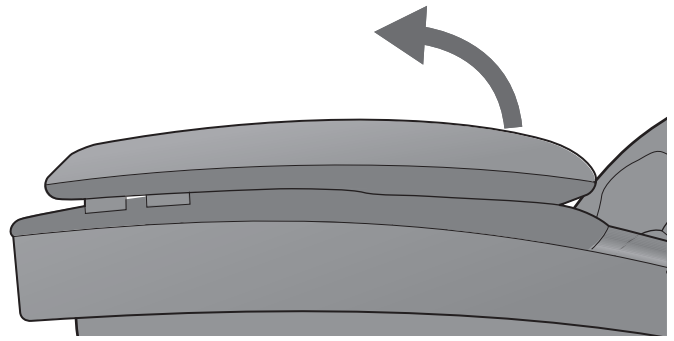
Toe

Heel

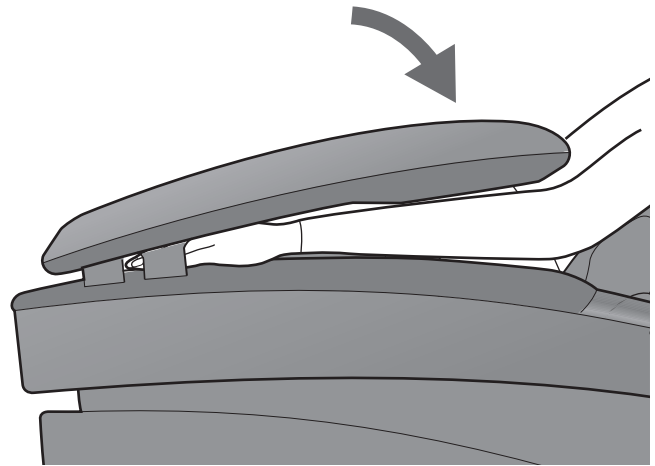
How to use the Hand/Arm massage

⚠ See Warning No. 17 on page GB3.

1 Lift up the Hand/Arm massage section.

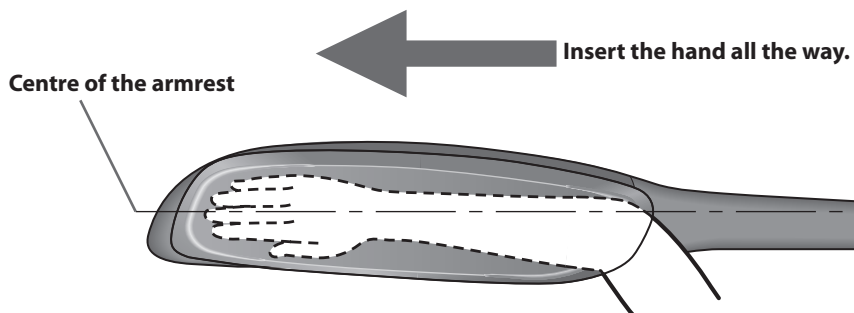


2 Insert the hand with fingers extended.



Effective method for using the Hand/Arm massage

Position the forearm and hand at the centre of the armrest.



- Raise the backrest if any difficulty is experienced when positioning the hand and forearm.

Operation of the Shoulder, Hand/Arm, Lower back, Leg/Foot Air massage

Operation of the Shoulder massage

Lateral pressure is applied to squeeze your shoulders to your arms.

Operation of the Lower back massage

Lateral pressure is applied to squeeze from your lower back to your thighs.

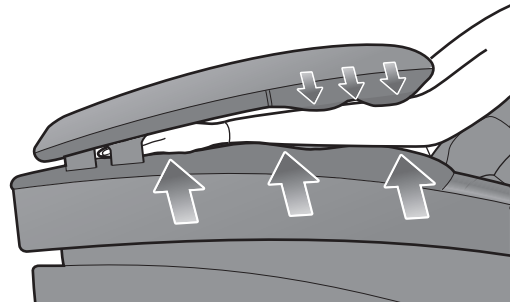
The region from your posterior to your hamstrings is stimulated with 3 airbags on the seat.



Operation of the Hand/Arm massage

Hand/Arm

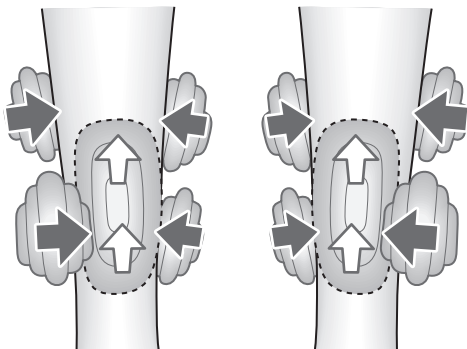
Hand to arm will be compressed as it is clamped from top and bottom.



Operation of the Leg/Sole massage

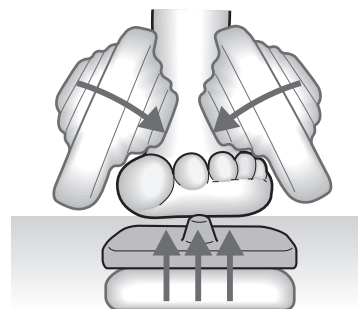
Leg

Calves will be compressed by embracing sidewise airbags.



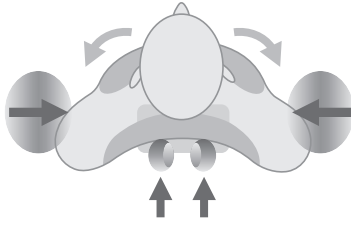
Sole

Feet will be compressed by embracing lateral airbags pressing the feet onto the shiatsu sole plate.



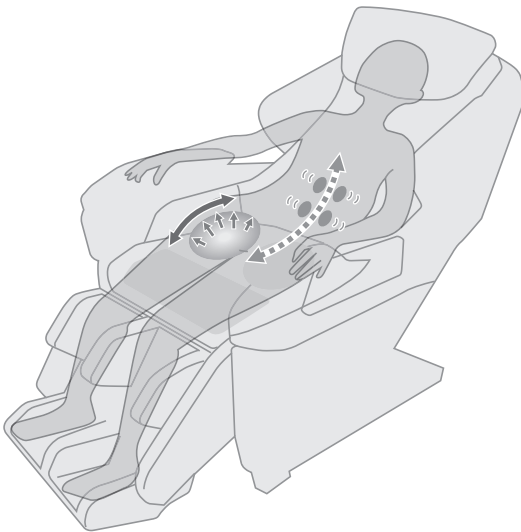
Operation of the Shoulder Blade, Pelvis, Leg Stretch

Operation of the Shoulder Blade Stretch



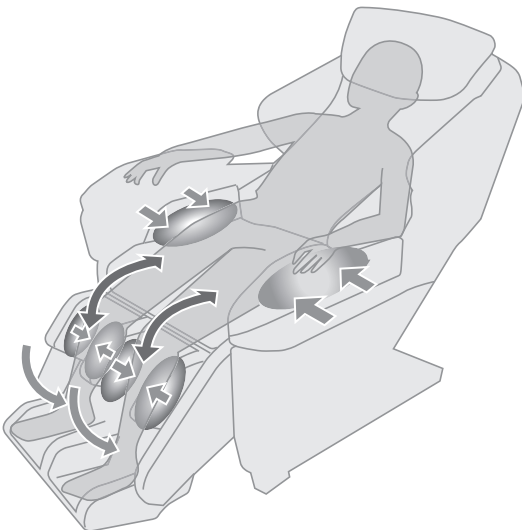
The muscles in the region from your shoulder blades to your chest are stretched by holding your shoulders with the shoulder side massage section and pressing your back with the massage heads.

Operation of the Pelvis Stretch



The muscles are loosened by widely twisting and swaying around your pelvis.

Operations of the Leg Stretch



The legs are stretched by fixating your thighs and legs/soles while lowering the legrest.

- The legrest might hit the floor when fully extended.