

Nekteck

User Manual

Smart Shiatsu Foot & Calf Massager with Heat

Model: NK-FLM01



Questions or Concerns?

Contact us at support@nekteck.com



Thank You

Thank you for purchasing Nekteck Smart Shiatsu Foot & Calf Massager with Heat. Nekteck is committed to providing our customers with high-quality products and great services. Should you have any questions or concerns about using your new product, feel free to contact our helpful customer support team at support@nekteck.com.

We hope you enjoy your new product!

Explore more surprises at
 **www.nekteck.com**

The following pages of this manual have the instructions for all the functions and features of your Nekteck Smart Shiatsu Foot & Calf Massager with Heat. Please read the user's manual carefully.

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS	01
PACKAGE CONTENTS	03
SPECIFICATIONS	03
KNOW YOUR SMART FOOT & CALF MASSAGER	04
BEFORE FIRST USE	06
OPERATING INTRODUCTIONS	12
CLEANING AND MAINTENANCE	17
TROUBLESHOOTING	18
FCC STATEMENT	19
LIMITED WARRANTY	20
DISCLAIMER	21
CUSTOMER SERVICE	21
NOTES	22

I IMPORTANT SAFETY INSTRUCTIONS

Please read ALL instructions carefully before using the Foot & Calf Massager for the first time. We recommend that you keep this manual for future reference, even if you are familiar with the product. Improper use or unauthorized repairs are not permitted for safety reasons and will lead to loss of warranty. The basic safety precautions should always be followed. Failure to comply with this manual may cause fire, electric shock, and other serious injuries.

When using an electrical appliance, basic precautions should always be followed, including the following:

DANGER:

- To reduce the risk of electric shock: Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING:

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.
- Use heated surfaces carefully as it may cause serious burns. Do not use over sensitive skin areas or where there's poor blood circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
- To reduce the risk of burns, fire, electric shock, or injury An appliance should never be left unattended when plugged in. Unplug from the outlet when not in use, and before putting on or taking off parts.
- **Do not** operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury.

- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Keep the cord away from heated surfaces.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- **Do not** carry this appliance by the power cord or use cord as a handle.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- **Do not** use outdoors.
- **Do not** operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- **Do not** use the massager in close proximity to loose clothing or jewelry.
- Keep long hair away from the massager while in use.

ELECTRIC SAFETY:

- The appliance is only to be used with the power adapter that comes with the appliance.
- **Do not** use this appliance if it has been dropped or if any part of the appliance (including the massager cloth cover, power cord, or power adapter) has been damaged.
- **Do not** operate the appliance with wet hands or wet feet to reduce the risk of electric shock.
- Turn off and unplug this appliance before moving it.
- Unplug this appliance after use and before cleaning.
- Unplug IMMEDIATELY and DO NOT use the product if it has malfunctioned or has been damaged in any way. Inspect the product by a qualified person.



**SAVE THESE INSTRUCTIONS
HOUSEHOLD USE ONLY**

PACKAGE CONTENTS

- 1 x Nekteck Smart Shiatsu Foot & Calf Massager with Heat
- 1 x User Manual
- 1 x Power Adapter

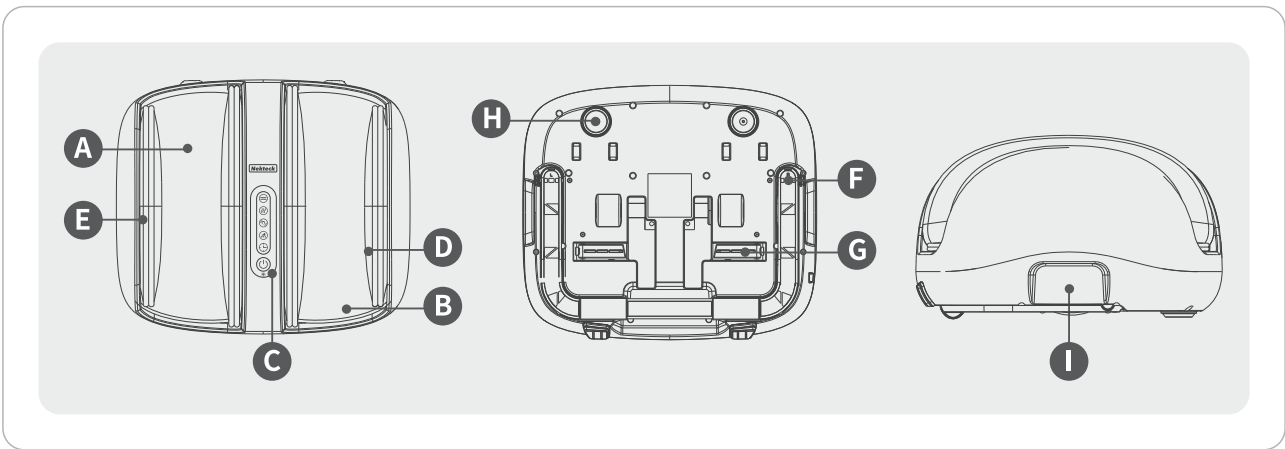
SPECIFICATIONS

Product Name:	Nekteck Smart Shiatsu Foot & Calf Massager with Heat
Color:	White
Model Number:	NK-FLM01
Rated Voltage:	12V DC \equiv 5.0A
Rated Power:	60W
Dimensions:	18.5 x 10.1 x 16.3in / 47 x 25.7 x 41.5cm
Net Weight:	11.9 lbs / 5.4 kg
Website:	www.nekteck.com
Email:	support@nekteck.com

KNOW YOUR SMART FOOT & CALF MASSAGER

Nekteck Shiatsu Foot & Calf Massager with Heat combines the shiatsu massage with heat therapy to relieve tension and fatigue for your feet and calves. It features an adjustable bar and adjustable feet to position the massager at different angles to fit your needs. Enjoy the comfortable massage time with Nekteck Shiatsu Foot & Calf Massager with Heat.

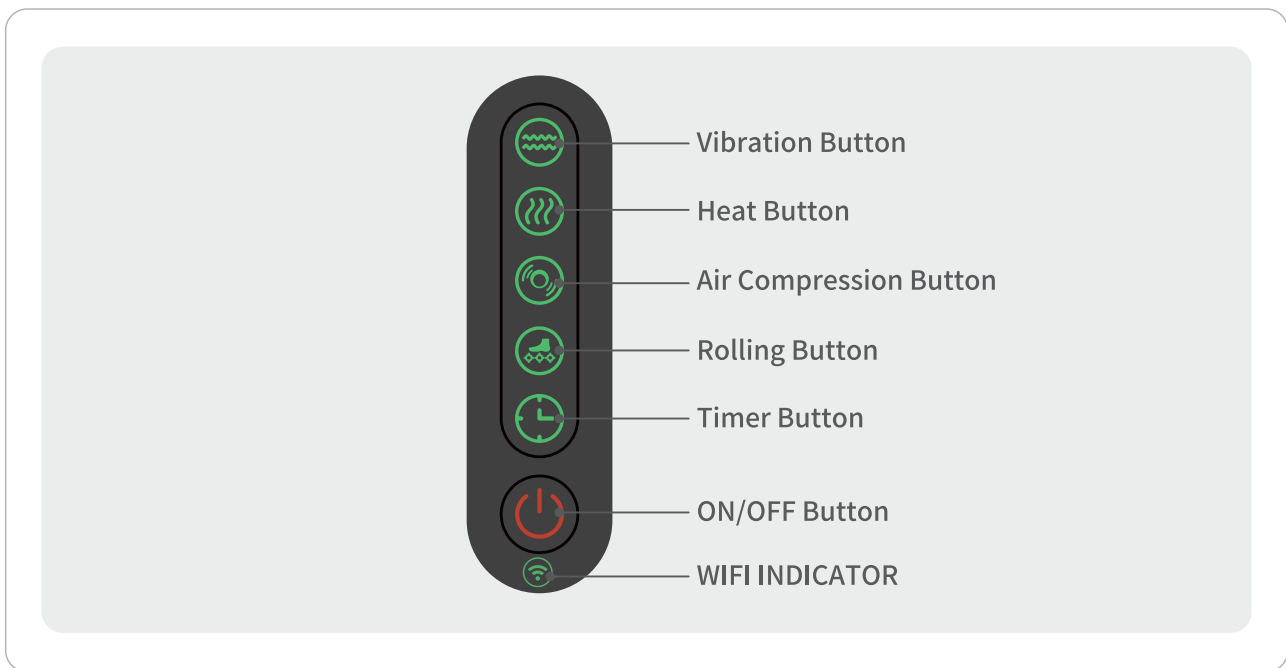
PARTS & FEATURES



NO	PART NAME	FEATURE
A	Rolling Area	Combine rolling, kneading, and scraping functions to offer you optimum massage experiences.
B	Vibrating Area	Focus on massaging your heels with vibrations.
C	Control Panel	Press the buttons to choose your preferred massage modes and intensity levels, or turn on/off the massager.
D	Airbags	Provide air pressure by inflating and deflating the airbags.
E	Removable & Washable Covers	For easy cleaning.
F	Adjustable Bar	Position the massager at an angle of about 54° for calf massage when you are sitting. NOTE: The adjustable bar can NOT be used to carry the massager.

NO	PART NAME	FEATURE
G	Adjustable Feet	Position the massager at an angle of about 20° for a sole massage when you are sitting, or calf massage when you are lying down.
H	Anti-slip Foot Pads	Combine rolling, kneading, and scraping functions to offer you optimum massage experiences.
I	Handle	Designed on both left and right sides for better portability.

CONTROL PANEL

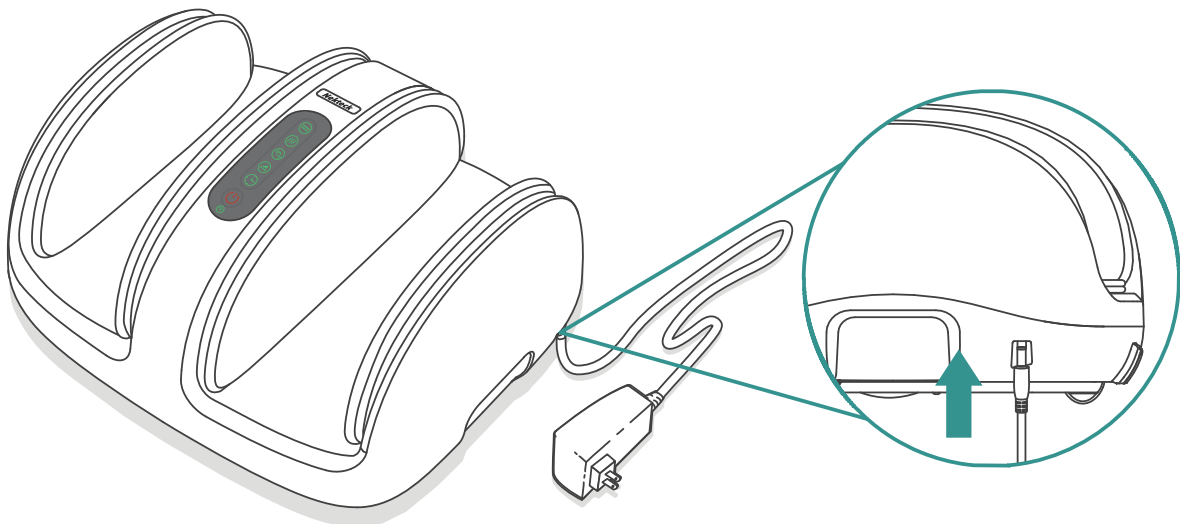


Note: The green light flashes slowly, and the green light flashes quickly when the wifi connection is triggered.

BEFORE FIRST USE

1. USING THE MASSAGER

1. Remove the Smart Foot & Calf Massager and its accessories from the packaging box. Kindly check if all package contents are included.
2. Connect the DC power adapter to the massager [Figure 1.1] and plug it into an outlet.
3. If you feel mild pain during the initial use of the massager, we recommend you wear thick socks or put a towel under your feet to get moderate pressure and improve your massage experience. When you get used to the massage intensity, you can remove the towel or socks for a better massage experience.



[Figure 1.1]

2. NEKTECK APP SETUP

Note: Due to the ongoing updates and improvements, the NEKTECK app may look slightly different than shown in the manual. In case you see a different setup, just follow the in-app instructions.

3. NEKTECK APP SETUP

A. DOWNLOAD THE NEKTECK APP

To download the NEKTECK App, please scan the QR code or search for "NEKTECK" in Apple App Store®(iOS)or Google Play Store(Android).



NEKTECK app



Note:

For Android™ users, choose "Allow" to use Nekteck. It won't be used to record personal, private information.

The Nekteck App is continually being improved and may change over time.

If there are any differences, follow the in-app instructions.

Follow the instructions to finish setting up your Smart Foot & Calf Massager.

B. CREATE ILOGIN YOUR OWN NEKTECK ACCOUNT



Open the Nekteck App, If you already have an account tap Log In. If create a new account, tap Sign Up.

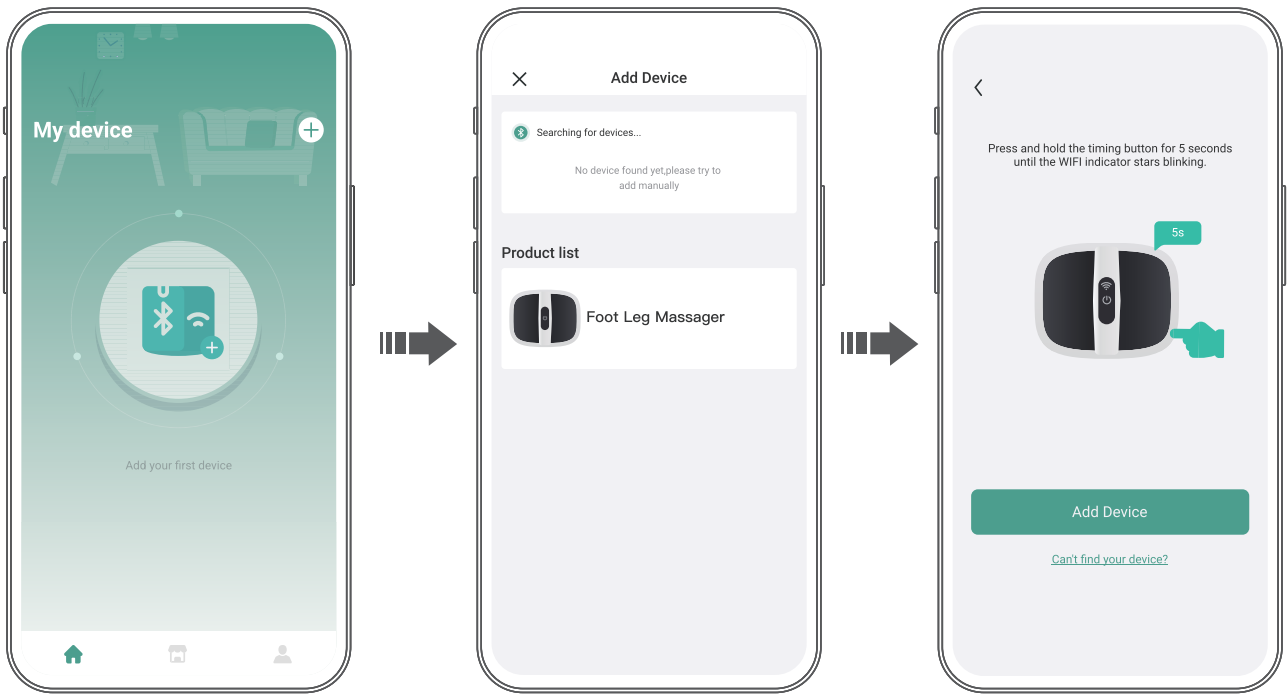



Note:

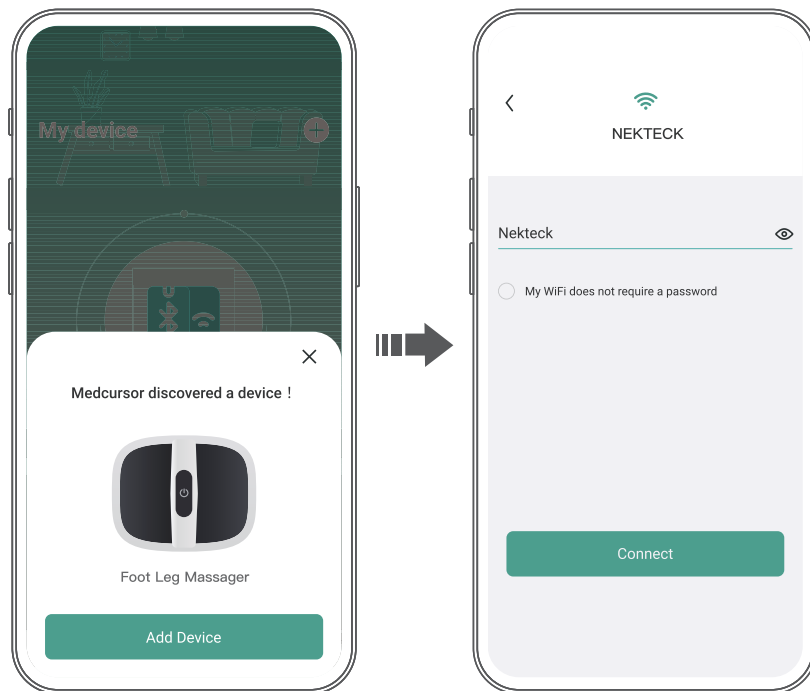
You must create your own NEKTECK account to use third-party services and products. These will not work with a guest account. With a NEKTECK account, you can also allow your family and friends to control your Smart Foot & Calf Massager.

C. PAIRING WITH NEKTECK APP

1. Turn on your smartphone's Bluetooth®  and  Wi-Fi®.
2. Touch the device icon and follow the in-app instructions to touch the button to complete the pairing.



3. Tap + in the NEKTECK App and select your smart foot massager machine from the Product list at the first connection. Once paired successfully, it will remain in "Searching for Devices". You can tap it directly the next time you use it.
4. Press and hold power button "  " for 5s to turn on Wi-Fi of the machine. And then the Wi-Fi indicator will blink and wait for pairing. The connection status will be displayed on the App.



5. If it discovered the smart foot massager machine. Please tap "Add Device" and set up Wi-Fi.



Note:

Make sure your router is turned on and connectable.
The Wi-Fi® password is entered correctly.
Make sure your Wi-Fi® signal can cover the device.
Only use 2.4G network connection.

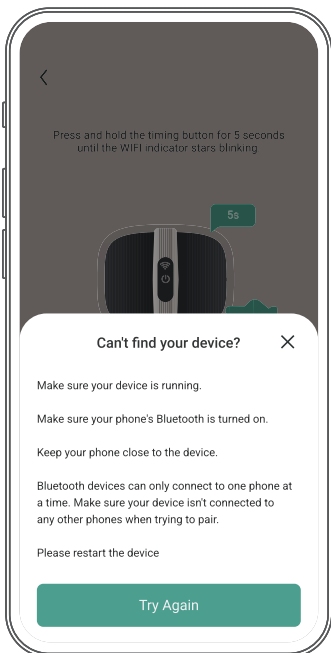


ATTENTION!

If you're having trouble setting it up or pairing it, please follow the steps below to troubleshoot.



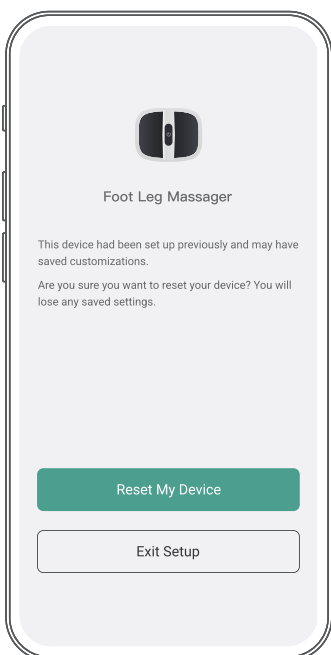
TROUBLESHOOTING



Can't find your device

SOLUTIONS:

1. Make sure the Wi-Fi® indicator is blinking.
2. Make sure your phone's Bluetooth® is turned on.
3. Please check that the foot massager machine device is plugged in and powered on, then click "Try Again" and follow steps 4 and 5 of **PAIRING WITH NEKTECK APP**.
4. Turn this device off and on again by unplugging the device and reinserting it.



Reset My Device

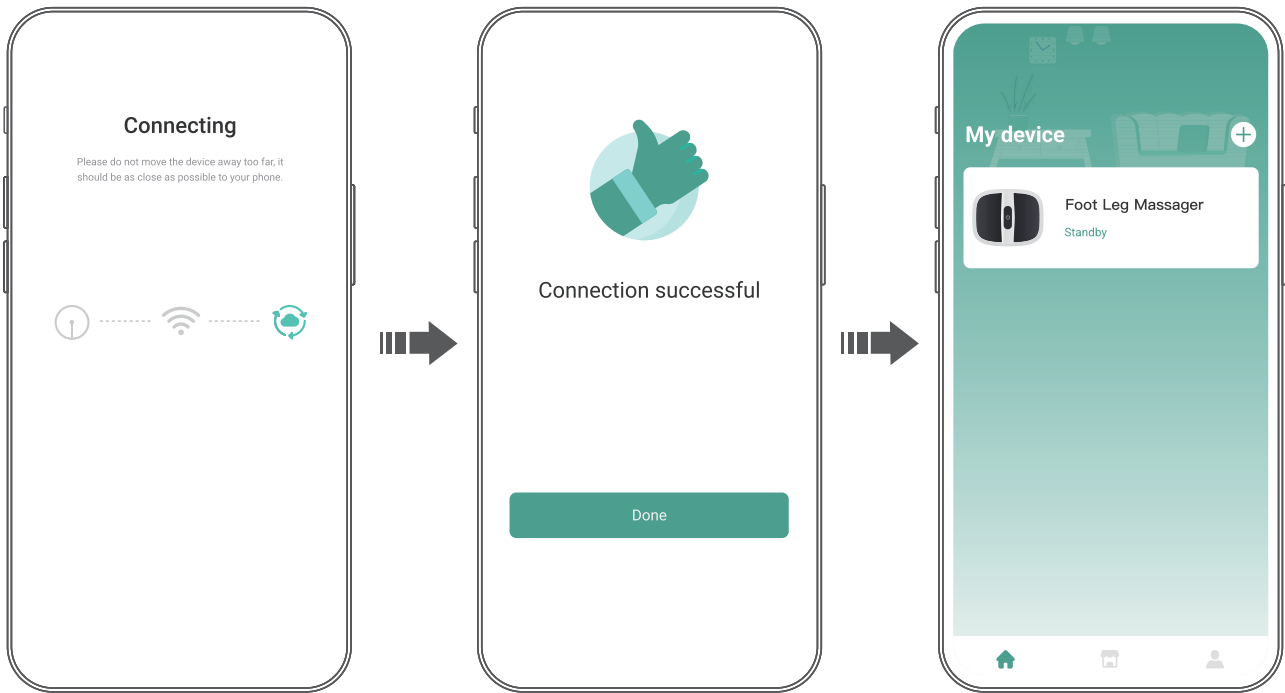
WHY DOES IT SHOW THIS REMINDER?

1. You or your family have used another Nekteck account to connect this foot massager machine with NEKTECK App before.
- 2.Repeat connecting the same device on this app.

SOLUTION:

Please click "Reset My Device" and then you can connect to other new devices. However, it will lose all your saving settings on this device.(You can also use this method to reset your device upon demand)If you don't want to reset your device, please click "Exit SetUp" and it will keep all your saved settings.

D. PAIRING WITH THE DEVICE



1. It takes time for the first time to pair with the NEKTECK App. Please wait for the connection, and you can visit the foot massager machine operation interface after the connection is successful.



Note: The Wi-Fi indicator will keep on once connected successfully.

2. This device needs to be set up above these steps only for the first time, just click up the device on "My device" at the next time of use, and it will automatically connect.



Note: If you complete the connection and unplug the device, you can see the device status is off on your app. Please wait for 5 - 10 seconds after connecting the plug to the power source again to let the device automatically connect to the App. (The Wi-Fi indicator will blink for 5 -10 seconds and then change to keep on once automatically connected.)



Bluetooth® Connection Failed

If the Bluetooth® connection failed, please keep your phone close to the device and reconnect again.




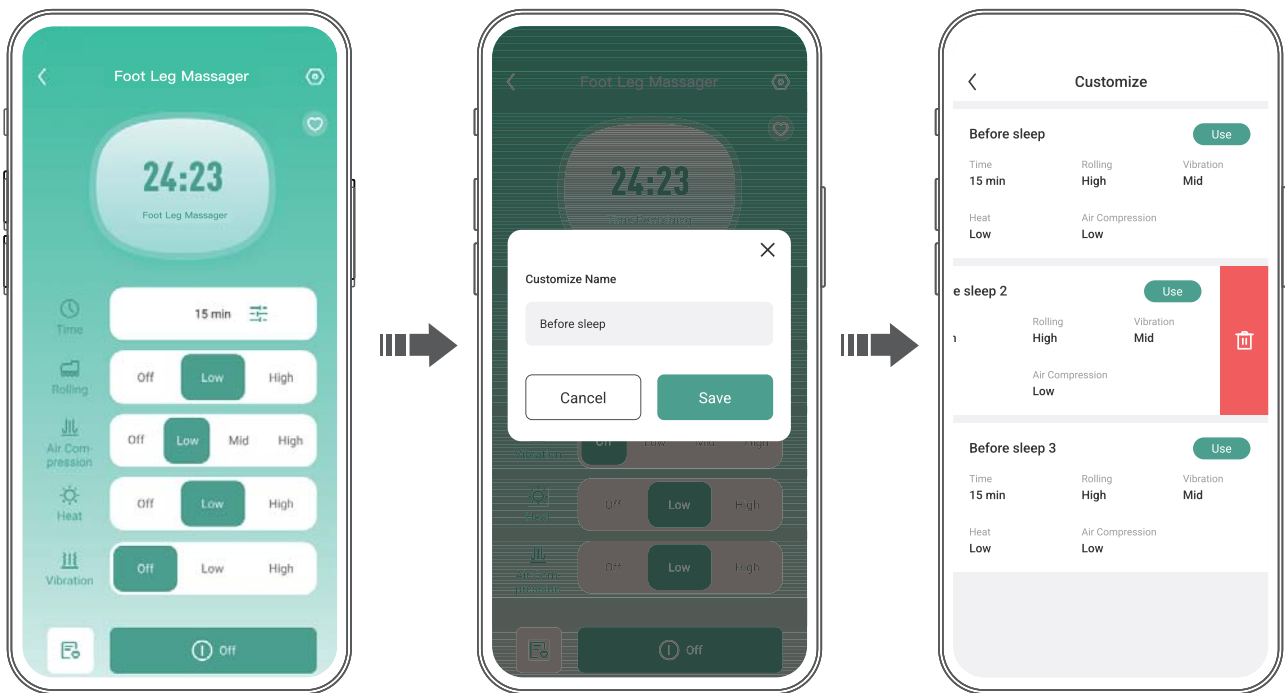
Wi-Fi® Connection Failed

If the device network configuration failed, please make sure the Wi-Fi® password is correct, or try to switch Wi-Fi® to connect.



Device Connection Failed

Press and hold the power button  for 5 seconds until the Wi-Fi® indicator starts blinking, and reconnects again.



APP FUNCTIONS:

1. Remote Control

All basic functions are available on the app.

2. Custom Timer

It can be timed on the App, not limited to 15 or 30 minutes of the machine itself.

3. Custom Mode Setting

Save your favorite settings, and you can select them for the next use.


4. Memory Function

The device will remember the current working mode status, It will become the default setting when restarting the machine the next time.







OPERATING INTRODUCTIONS

MESSAGE OPERATION

STEP 1: TURN ON THE MASSAGER









Press the ON/OFF Button "  " on the controller or the control panel. The massager will beep once and start in the default message mode (see the chart below).


















Default Settings for Each Mode and Timer





MODE/TIMER/ INDICATOR LIGHT COLOR	VIBRATION	HEAT	AIR COMPRESSION	ROLLING	TIMER	WIFI
Button						
Default Intensity/Time	OFF	High Intensity	Low Intensity	Low Intensity	15 Mins	Flashing slowly
Indicator Light Color	light off	Red	Green	Green	Green	Green

STEP 2: ADJUST THE MESSAGE MODES AND INTENSITY LEVELS TO FIT YOUR NEEDS (OPTIONAL)

Reference Chart of Modes and Intensity Levels.


MODES/TIMER	BUTTONS	PRESS TO CHANGE THE INTENSITY (OR TURN ON/OFF THE MODE)
Vibration		 OFF(Default Light off) →  Low Intensity (Green indicator) ↓  High Intensity (Red indicator) ↑
Heat		 High Intensity (Default Red indicator) →  Low Intensity (Green indicator) ↓  OFF (Light off) ↑

MODES/TIMER	BUTTONS	PRESS TO CHANGE THE INTENSITY (OR TURN ON/OFF THE MODE)
Air Compression		 Low Intensity (Green indicator) →  Medium Intensity (Yellow indicator)  OFF (Light off) ←  High Intensity (Red indicator)
Rolling		 Low Intensity (Default Green indicator) →  High Intensity (Red indicator)  OFF (Light off) → 
WIFI		 Flashing slowly (Default display) →  Flashing quickly (Distribution network status)  Indicator light on (Connected device)
TIMER SETTING		
Timer		 15 Mins (Default Green indicator) ↔  30 Mins (Red indicator)

Press the Mode Buttons "     " to change the intensity levels or turn on/off the corresponding mode. With each press of the button, the intensity level will change once, cycling through the sequence shown in the chart above.



For example:

Press the Rolling Button "  " once, the intensity will change to the next level, cycling through the following sequence: Low Intensity (Default Setting with Green Indicator) → High Intensity (Red Indicator) → OFF (Light Off).

Note:

Each of the 4 massage modes can be adjusted and run individually.


Reference Chart of Indicator Light Color and Its Corresponding Intensity Level or Timer.

INDICATOR LIGHT COLOR	INTENSITY LEVEL	TIMER
Green	Low Intensity	15 Mins
Red	High Intensity	30 Mins
Yellow	Medium Intensity (for Air Compression Only)	---



Note: Medium Intensity is available for the Air Compression Mode ONLY.

STEP 3: SET THE MESSAGE DURATION (OPTIONAL)

By default, this massager will automatically shut off after a 15-min massage session. Press the Timer Button "" to switch the timer between 15 and 30 mins.

 15 Mins (Default Green indicator) \rightleftharpoons  30 Mins (Red indicator)



Note:

If you want to have a 30-min massage session instead of the default 15 mins session, it's highly recommended to set the time in the beginning. If you want to change the time during the operation, please follow the chart below.

SWITCH /CHANGE THE TIME	WHEN THE MASSAGER WORKED FOR	HOW THE TIMER CONTINUES TO WORK AFTER SWITCHING
From 15 to 30 mins	0-15 mins	The previous working time will NOT be cleared and will be accumulated to the 30-min session. *If you want to have another exact 30-min session during the operation, turn off and on the massager and set the modes and time again.
From 30 to 15 mins	< 15 mins	The previous working time will NOT be cleared and will be accumulated to the 15-min session.
	\geq 15 mins	The massager will still run through the previous 30-min session. In this situation, please turn off and restart the massager to run the 15-min massage session.

CAUTIONS

- After each massage session, please rest for 30 minutes before starting the next massage session.
- Each Individual should NOT use the massager for over 45 minutes a day.
- It is highly recommended to start the operation from the lowest intensity at the beginning of each use.
- It is highly recommended to wear socks while using this massager.
- If you want to stop the massage session, press the ON/OFF button at any time you like.

EXAMPLES		EXPLANATION
When Massager has worked for	10 mins	If you switch from 15 mins to 30 mins when the massager has worked for 10 minutes, it will continue to work for 20 minutes, not another 30 minutes.
Remaining working time after switching	20 mins	
When Massager has worked for	5 mins	If you switch from 30 mins to 15 mins when the massager has worked for 5 minutes, it will continue to work for 10 minutes, not another 15 minutes.
Remaining working time after switching	10 mins	
When Massager has worked for	25 mins	If you switch from 30 mins to 15 mins when the massager has worked for 25 minutes, it will continue to work for only 5 minutes, not another 15 minutes.
Remaining working time after switching	5 mins	

I CLEANING AND MAINTENANCE

TO CLEAN:

- Unplug the massager and allow it to cool down before cleaning. The fabric cover can be removed for cleaning.
- Clean the base only with a soft, very slightly damp sponge or cloth.
- **Do not** allow water or any other liquids to get into the massager.
- **Do not** immerse the product in any liquid to clean.
- **Do not** use abrasive cleaners, brushes, or strong chemicals to clean the product, for it might cause damage to the product.

TO STORE:

- Place the massager in its package box or a safe, dry, and cool place.
- Avoid sharp edges and objects to protect the product from scratching or damaging.
- **Do not** wrap the power cord around the product to avoid breakage.
- Keep out of high temperatures.

I TROUBLESHOOTING

Troubleshoot your problem by using the chart below. If the Shiatsu Foot & Calf Massager still does not operate correctly, it may be defective. Please contact our customer support for assistance. DO NOT try to repair it by yourself. Otherwise, there is a risk of electric shock.

CUSTOMER SUPPORT:

If you believe you received a defective unit, please contact our CustomerService Team at support@nekteck.com for a solution.

PROBLEM	POSSIBLE CAUSE	SOLUTION
The product does not work	The adapter is not plugged properly	Plug in again
	The ON/OFF button is not pressed	Press the ON/OFF button
	The adapter is not the original one	Check whether the adapter specifications are the same as the original adapter: 12V 5A
The product suddenly stops working	The product turns off automatically after a 15-min or 30-min session	Press the ON/OFF button again for another session
	The DC connector is not connected properly to the DC power jack	Check and reconnect the connector and jack port
	The product is overused and the overheat protection turns on	Unplug the product and let it cool down completely before using it again
	The device is pressed too hard and the massage rollers get stuck	Press the ON/OFF button to restart the product
The heat function does not work	The heat button is not pressed	Press the Heat Button

PROBLEM	POSSIBLE CAUSE	SOLUTION
The product is abnormally warm	The product is likely to be overused	Unplug the product and let it cool down completely before using it again

I FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

FCC RADIATION EXPOSURE STATEMENT

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. To maintain compliance with FCC RF exposure compliance requirements, please follow operation instructions as documented in this manual. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. This equipment should be installed and operated with a minimum distance of 5 cm between the radiator and your body. The availability of some specific channels and/or operational frequency bands are country dependent and are firmware programmed at the factory to match the intended destination. The firmware setting is not accessible by the end user.

LIMITED WARRANTY

Nekteck provides all of our customers with a warranty of 12 Months from the date of purchase. Please contact our customer service team at support@nekteck.com if you have any questions.

Order ID: _____

Date of Purchase: _____

*For your own reference, we recommend that you record your order number and date of purchase.

I DISCLAIMER

Nekteck and its subsidiaries assume no liability for damage caused by the use of the product other than for its intended use or as instructed in the user manual. Some countries or states do not allow this exclusion or limitation of incidental or consequential losses so the foregoing disclaimer may not apply to you.

MPROPER USE OF NEKTECK'S PRODUCTS INVOLVES SERIOUS RISKS INCLUDING INJURY AND DISABILITY. YOU UNDERSTAND THAT BY KEEPING, USING, OR ALLOWING USE OF NEKTECK'S PRODUCTS, YOU AGREE TO THE FOLLOWING:

- (1) NEKTECK ACCEPTS NO RESPONSIBILITY FOR ANY INJURY WHICH MIGHT OCCUR WHILE USING NEKTECK'S PRODUCTS.
- (2) USE LIMITATION. YOU MAY NOT MODIFY AND REPRODUCE NEKTECK'S PRODUCTS. YOU SHALL CAREFULLY INSPECT NEKTECK'S PRODUCTS BEFORE EACH USE TO ENSURE IT HAS NOT BEEN DAMAGED AND IS FULLY FUNCTIONAL.

I CUSTOMER SERVICE

Feel free to contact our friendly Customer Support Team if you have any questions or concerns regarding your new product. Your satisfaction is our priority.



Email: support@nekteck.com

We will reply to your message within 24 hours!

Please include your Order ID in your email when you are contacting Customer Support for faster solutions.

Nekteck



QUESTIONS & CONCERNS?
Contact us at support@nekteck.com

