



**Bliss**

# INSTRUCTION MANUAL

MASSAGE CHAIR



PLEASE BE SURE TO READ THIS MANUAL CAREFULLY TO LEARN THE OPERATIONS OF THE THIS PRODUCT. DO NOT DISPOSE OF THE MANUAL AND KEEP FOR FUTURE REFERENCE.

# IMPORTANT SAFETY INSTRUCTIONS

## OPERATING SURROUNDINGS

- OPERATING ENVIRONMENT
- Do not use or store the massage chair under damp conditions:
- i.e. bathroom, sauna, spa, to avoid any mold development, electric shock, fire or mechanical failure.
- Don't use the massage chair outdoors
- Don't use the massage chair under dusty and temperature varying conditions.
- Don't place the massage chair near heater(s), stove or direct sunlight to avoid inner components overheating which may lead to electrical fires and shock.
- Make sure to place the massage chair on flat level ground surface
- The chair should be placed on carpet, wood or hard surface flooring
- Make sure the power plug is properly grounded to avoid shock and injury.
- Don't use the machine while smoking



## FOLLOWING CONDITIONS REQUIRING CONSULT FROM A MEDICAL DOCTORS BEFORE USE

- Suffered from malignant tumor
- Serious heart disease
- Serious skin disease
- Bone disease
- While pregnant or menstruating
- On rest by the doctor
- Spinal condition including injuries associated to the back and spine
- Hypertension and cramping
- Arthritic bone disease
- Any implanted medical device such as pacemaker
- Suffering from internal conditions (i.e. gastritis, enteritis, diarrhea, Zepatitis)
- Serious blood circulation trouble
- Consciousness issues such as vertigo and other equilibrium matters

## WARNING

Children under the age of 18 years old or with physical or mental condition are not permitted to use this product unattended by an able adult and with the permission of a medical doctor. These precautions are taken to prevent injury and damage to the product

# IMPORTANT SAFETY INSTRUCTIONS

For safety reasons and in order to clearly indicate potential dangers should the product be used improperly, instructions have been marked in the following manners and should be strictly noted

## ⊘ CAUTIONS

**Non-authorized technicians are not permitted to dismantle or repair this product to avoid fire, electrical shock or serious injury**



**Do not clean or wipe down this product with anything wet or moist when this symbol is shown.**



**When storing or during maintenance, be sure to disconnect the power plug from socket. Do not detach the plug with wet hands**



**Make sure to turn the power switch to the "off" position and detach the power plug when cleaning or storing the product**



**During cleaning or when moving the chair, make sure to detach power cord from the wall and chair to avoid fire or electrical shock  
Do not place the machine on a unstable, uneven and unlevelled surface to avoid damage, insulation failure or electrical shock**



**When storing the machine, make sure to disconnect power plug from the outlet and chair to avoid fire caused by electrical surges.**



**Clean power plug periodically to avoid buildup leading possible fire**



**Do not use it at any unsafe area or for any other purposes than personal use. Not for commercial use.**



**Do not store the chair in areas that are not climate controlled.  
Must be in room temperature with very low humidity.**



**Keep the power cord unobstructed at all time, i.e. not twisted, knotted, over bent or pulled and do not place anything heavy on it**



# IMPORTANT SAFETY INSTRUCTIONS

## ⊘ CAUTIONS

**Do not make any modifications or change components by an unauthorized person**

---



**Do not dismantle the machine by unauthorized person to avoid electrical shock, short-circuit or fire**

---



**Do not store it near a fire, heater or flammable substances It is one of the major reasons of causing product damage.**

---



**Should any abnormality occur(i.e. burning smell), stop using immediately and detach power plug from outlet.**

---



**please contact your local seller or authorized service agent for maintenance to avoid electrical fire and injury.**

---



**Only proper rated voltage must be used . Stop using immediately if power cord or power plug is damaged or not tightly fitted into the outlet or the base of the chair**

---



**Be sure to keep children and pets away while operating to avoid any injury  
Do not place the chair in direct sunlight at all times**

---



**If the supply cord is damaged,it must be replaced by the manufacturer or an authorized technician**

---



# IMPORTANT SAFETY INSTRUCTIONS

## **FCC STATEMENT**

1. 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.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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.

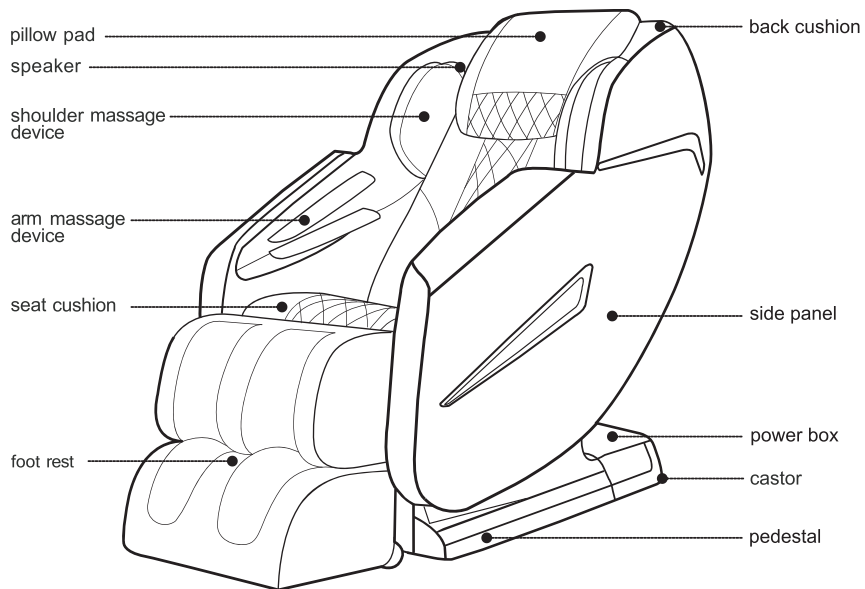
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- 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. In order to avoid the possibility of exceeding the FCC radio frequency exposure limits, Human proximity to the antenna shall not be less than 20cm (8 inches) during normal operation.

# NAME OF EACH PART



**!** **Warning:** Only rated supply 120V must be used to avoid damage to electronic elements.

# INSTRUCTIONS ON CONTROL PANEL

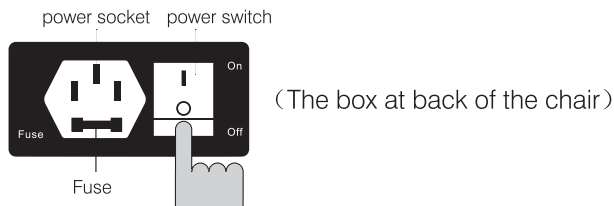


\* Remote screen will lock automatically if no operation over 1 minute.

# OPERATION GUIDE

## 1. Turn on the power and turn the switch to the “ I ” position.

- ▶ Insert the power plug into power socket, and push the power switch to “ I ” position. The chair is in resetting condition, remote power key indicator will flash quickly. After reset, the chair goes to standby mode.



- ⚠ **Warning:** Do not insert or pull out the power plug with wet hands, otherwise an electric shock would happen.

## 2. Sit on massage chair and press the “ON” button to start.

- ⏻ Long press ON/OFF button 1s to start , chair will recline to a suitable position. Long press 1s to power off.
- ⌚ Press Time Setting button to adjust massage time. Maximum is 30 minutes.
- ⏸ Press Pause button once, it will stop massage immediately, press again to continue.

## 3. Adjust backrest and legrest to a favorable angle.

- 🪑 Press once that back and leg move together to lie down, press again to stop.
- 🪑 Press once that back and leg move together to stand up, press again to stop.
- 🪑 Press once to lift up leg, press again to stop.
- 🪑 Press once to pull down leg, press again to stop.
- Ⓜ Press this button in order to activate the zero gravity position. ( I → II → III → Off )

## 4. Restore massage chair.

- ▶ Press “ ⏻ ” button after using. Do not stand in the leg cushion before it restores to original position to prevent any damage to leg cushion.







# OPERATION GUIDE

## 5. Start to massage

### Automatic massage program introduction

#### Operation method:

1. Press “” key to return to main menu.
2. Press “” key to select “Auto program” tab, then press “” & “” keys to select below auto programs. Press “OK” key to confirm, roller mechanism will detect shoulder position automatically. When you hear “Beeping”, the detection is finished, at this moment it allows to press the up or down key to fine tune a more accurate shoulder position if needed, then press “OK” key to confirm and start the automatic massage programs.



- ※ Automatic massage programs including the following massages. Each program massage different locations: Kneading finger, pressing, beating, soft hammer, and pressure.

## Play music

### Connecting to Bluetooth

- ※ To manually connect, first open the Bluetooth Function of the mobile phone, then select the matching Bluetooth Devices (codenamed: “BK8000L” a “beep” sound connects, beep twice and it will disconnect). Standby for the mobile phone will automatically match the massage chair speakers to your phone.

# OPERATION GUIDE

## AUTOMATIC MASSAGE PROGRAMS









| Option      | Description                     | Main function and adjustable range  |
|-------------|---------------------------------|---|
| <b>Auto</b> | Quick massage program           | ※ Press for a 6 minute demonstration of all available massage techniques.                       |
|             | Deep Tissue massage program     | ※ Switch from Shiatsu to the Main Massage program.  |
|             | Neck & Shoulder massage program | ※ To massage with a kneading beat, main program. Between the adjustable seat and foot position. |
|             | Waist & Hips massage program    | ※ The massage program mainly kneading scraping. Between the adjustable seat and foot position.  |
|             | Stretching massage program      | ※ Engages the full body into a stretching program.  |
|             | Shape & Tone massage program    | ※ Focused on buttock with full body air massage for body shaping.                               |
|             | Sweet Dream massage program     | ※ Gentle relaxation course based on tapping actions promoting aid in sleep.                     |
|             | Relax massage program           | ※ Engages the body into a relax program, by slow kneading and transitioning.                    |

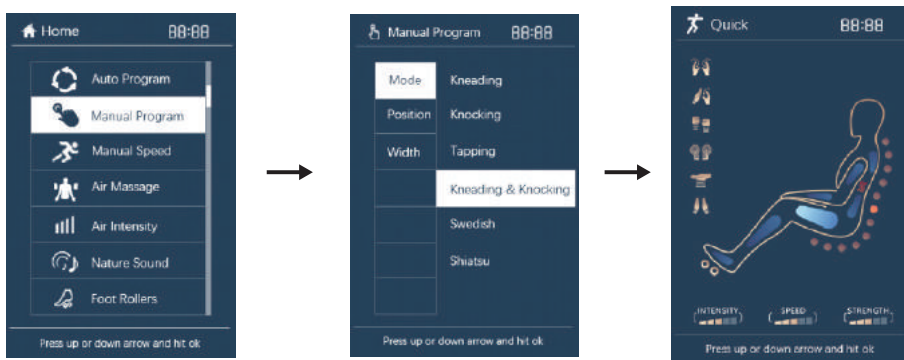
※ Above the program massage time by default to 15 minutes, the setting value of the air pressure is moderate, can choose the "strength" key to adjust the pressure intensity.

# OPERATION GUIDE

## Massages – Manual programs

### Operation method:


1. Press the “” menu button to return to the main menu.
2. Press the “ ” up and down arrow keys, select the " Manual program " tab: use the “ ” & “ ” arrow keys to select the manual massage program you need, and then press “” OK to start.



| Option | Description         | Main function  |
|--------|---------------------|--|
| Mode   | Kneading            | Kneading massage, can adjust the intensity.                      |
|        | Knocking            | Knocking massage, can adjust the intensity.                      |
|        | Tapping             | Tapping massage, can adjust the intensity and width.             |
|        | Kneading & Knocking | Kneading & Knocking massage, can adjust the intensity and width. |
|        | Swedish             | Swedish massage, can adjust the intensity.                       |
|        | Shiatsu             | Shiatsu massage, can adjust the intensity.                       |

# OPERATION GUIDE

## Massages – Manual programs


| Option/Button  | Description            | Main function and adjustable range                         |
|--|------------------------|--|
| <b>Position</b>  | Full back              | Full backmassage, can adjust the intensity.                |
|  | Partial                | Partial massage, can adjust the intensity.                 |
|  | Point                  | Point massage, can adjust the intensity.                   |
| <b>Width</b>  | Wide narrow regulation | Wide adjustment of massage wheel<br>Wide → Medium → Narrow |
| <b>Manual Speed</b>  | Speed adjustment       | Speed adjustment of massage wheel<br>1 → 2 → 3 → 4 → 5     |

※ For the above manual setting course, the default setting is spot-specific massage with medium width. Speed and width is adjustable by pressing relative button.

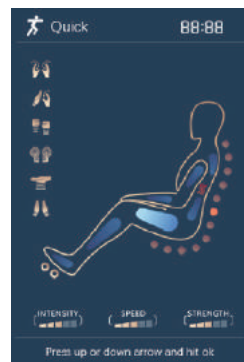
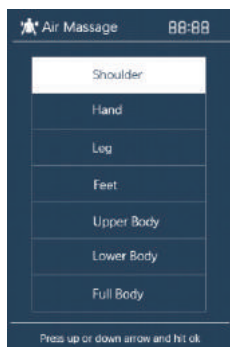
## Pressure massage program

Introduction of all kinds of functional buttons, it suitable for Automatic and manual massage program.

### Operation method:

1. Press “

The screenshot shows the main menu with the following options: Home, Auto Program, Manual Program, Manual Speed, Air Massage (highlighted), Air Intensity, Nature Sound, and Foot Rollers. The status bar at the top shows 'Home' and '88:88'. At the bottom, it says 'Press up or down arrow and hit ok'.



# OPERATION GUIDE

## AIR PRESSURE MASSAGE PROGRAMS






| Option               | Description     | Main function and adjustable range  |
|----------------------|-----------------|---|
| <b>Air Massage</b>   | Shoulder        | Shoulder Pressure Massage Manual Program.<br>The initial strength of the set value can be individually operated on and off.   |
|                      | Hand            | Hands Pressure Massage Manual Program.<br>The initial strength of the set value can be individually operated on and off.      |
|                      | Leg             | Leg Pressure Massage Manual Program.<br>The initial strength of the set value can be individually operated on and off.        |
|                      | Feet            | Feet Pressure Massage Manual Program.<br>The initial strength of the set value can be individually operated on and off.       |
|                      | Upper Body      | Upper Body Pressure Massage Manual Program.<br>The initial strength of the set value can be individually operated on and off. |
|                      | Lower Body      | Lower Body Pressure Massage Manual Program.<br>The initial strength of the set value can be individually operated on and off. |
|                      | Full Body       | Full Body Pressure Massage Manual Program.<br>The initial strength of the set value can be individually operated on and off.  |
| <b>Air Intensity</b> | Strength Adjust | Intensity adjustment of airbag massage.<br>1 → 2 → 3 → 4 → 5 → Off  |

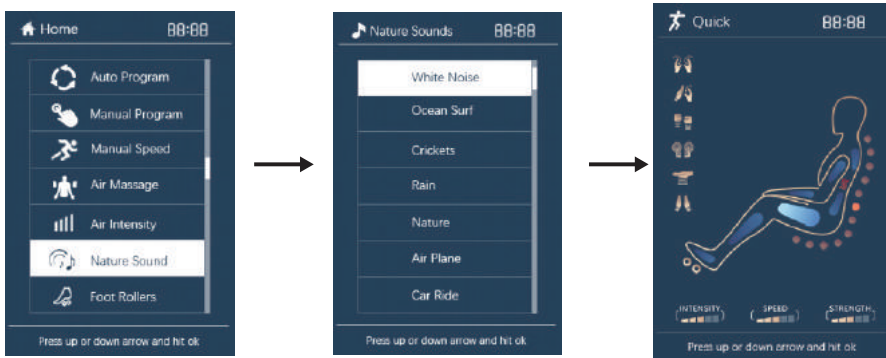
**⚠ Warning:** Supervision and guidance is mandatory for those disabled mentally and physically. Please advise with your doctor before using the chair if you have ANY medical conditions. Children under 18 should not use the chair and consult with a doctor for approval if attempted. Do not operate the chair if there are any children or pets near by. Serious injuries may occur if these instructions are not followed.



# OPERATION GUIDE

## Additional functions

### Operation method:

1. Press the “” menu button to return to the main menu.
2. Press the “” up and down key, select the " Nature Sound , Foot Rollers , Language , Settings " tab: use the “” & “” arrow keys to select the program you need, and then press “” OK to determine.



| Option/Button   | Description             | Main function and adjustable range  |
|---|-------------------------|---|
| Nature Sound  | Natural sound selection | White Noise → Ocean Surf → Crickets → Rain → Nature → Air Plane → Car Ride → Fireplace → Thunderstorm → Windy Night → Off |
| Foot Rollers<br> | Roller speed regulation | Slow → Medium → Fast → Off  |
| Language  | Select language         | English → 简体中文  |
| Settings  | Timer                   | 5min → 10min → 15min → 20min → 25min → 30min  |
|   | Beeps                   | On → Off  |
|   | Bluetooth               | On → Off  |
|   | Volume                  | Off → 1 → 2 → 3 → 4 → 5   |
|   | Voice Demo              | On → Off  |
|   | LED                     | On → Off  |
|                  | Waist heating           | On → Off  |

# SAFETY INSTRUCTIONS

1. Should any abnormality occur, shut off and detach power plug from socket.
2. When power cord damaged, it must be changed from special power cord or available from other manufacturer or service department.



**Warning:** Do not dismantle, modify or change components by unauthorized person to avoid electric shock or fire.

# DAILY CARE AND MAINTENANCE

## Storage guide

- ⊙ Do not dismantle any part the chair or make modifications. Serious injury may occur.
- ⊙ Do not attempt to repair the machine by unauthorized person to avoid electric shock or fire.
- ⊙ Make sure to shut off and detach the power plug when cleaning to avoid electric shock or hazard.
- ⊙ Keep the massage chair clean and free dust. Do not place the massage chair in a humid area.
- ⊙ If not in use for a long period, please cover it with a cloth to protect from dust.
- ⊙ Do not place the massage chair under sunlight or heating source like a heater or directly by a window that has direct sunlight.

## Maintenance

- ⊙ Use a neutral detergent only that is free of acid and alcohol.
- ⊙ Use a neutral detergent to clean the back cushion, head cushion and leg cushion. Let it dry.
- ⊙ With a damp cloth wipe down the plastic parts, pipe and Synthetic leather material of the chair.
- ⊙ Make sure not to use any gasoline, amyl acetate, benzene based cleaners to avoid leather color fading or discoloring.
- ⊙ Do not spray pesticide or aerosols near or on the chair to avoid electric shock or fire.
- ⊙ Please clean with dry cloth to avoid mechanical failure.

## Controller maintenance

- ⊙ Do not place the massage chair near heater or fire.
- ⊙ Keep away from humidity to avoid electric shock and damage to the chair.
- ⊙ Please clean dust with soft cloth or small banister brush.
- ⊙ Make sure not to use detergents containing benzene, gasoline, amyl acetate.

# TROUBLE SHOOTING

Checking is necessary in frequent usage.

Make sure the machine work normally before usage, after not in used for long time.

| Abnormality situation                       | Solution guide  |
|---|---|
| Failure to start and indicator light is off | <ul style="list-style-type: none"> <li>⊙ Check the plug is well connected</li> <li>⊙ Check the switch on the chair is turned on in the “1” position</li> </ul>  |
| Sound in operation                          | <p><b>The following sounds are normal</b></p> <ul style="list-style-type: none"> <li>⊙ The mechanism will produce a sound for kneading or knocking</li> <li>⊙ Sound changes after speed adjustment</li> <li>⊙ Sound from when the rollers go up or down</li> <li>⊙ When the chair does a tapping massage it will make the chair vibrate making a sound</li> <li>⊙ When the air inflates and deflates it will make a swooshing sound</li> <li>⊙ Sound for airbag inflating and venting. Airbags may crackle</li> <li>⊙ Sound for leg adjustment</li> <li>⊙ Sound for motor when the massage chair is loaded</li> </ul> |

# SPECIFICATION

|                    |               |
|--------------------|---------------|
| Product name       | Massage Chair |
| Model              | Bliss         |
| Power supply       | 120V~ 60Hz    |
| Rated power        | 150W          |
| Rated working time | 15min         |