

HOMEDICS™

#1 BRAND IN MASSAGE*



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MOMENT NOW
REGISTER YOUR PRODUCT AT:

www.homedics.com/register

Your valuable input regarding this
product will help us create the
products you will want in the future.

SHIATSUFLEX™ ANKLE AND FOOT MASSAGER

INSTRUCTION MANUAL AND WARRANTY INFORMATION

TWO YEAR LIMITED WARRANTY

FMS-355H

IMPORTANT SAFETY INSTRUCTIONS

WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

READ ALL INSTRUCTIONS BEFORE USING.

DANGER – TO REDUCE THE RISK OF ELECTRIC SHOCK:

- ALWAYS unplug this appliance from the electrical outlet immediately after using and before cleaning.
- DO NOT reach for an appliance that has fallen into water. Unplug it immediately.
- Never use pins or other metallic fasteners with this appliance.

WARNING – TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

- An appliance should NEVER be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts or attachments.
- Not for use by children.
- Close supervision is necessary when this unit is used by, on, or near children, invalids, or disabled persons.
- DO NOT use outdoors.
- Use this appliance only for its intended use as described in this manual. DO NOT use attachments not recommended by HoMedics; specifically any attachments not provided with the unit.
- DO NOT carry this appliance by the supply cord or use cord as a handle.
- 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 it to HoMedics Service Center for examination and repair.
- Keep the cord away from heated surfaces.
- 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 operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT stand on or in appliance. Use only while seated.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- To disconnect, turn all controls to the “OFF” position, then remove plug from outlet.
- 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.

SAVE THESE INSTRUCTIONS

CAUTION – PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE OPERATING.

- This product is not intended for medical use. It is intended only to provide a luxurious massage.
- NOT for use by children.
- Consult your doctor prior to using this product, if
 - You are pregnant
 - You have a pacemaker
 - You have any concerns regarding your health
- NOT recommended for use by Diabetics.
- NEVER leave the appliance unattended, especially if children are present.
- NEVER cover the appliance when it is in operation.
- DO NOT use this product for more than 15 minutes at a time.
- Extensive use could lead to the product’s excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- NEVER use this product directly on swollen or inflamed areas or skin eruptions.
- DO NOT use this product as a substitute for medical attention.
- The product is equipped with overheating protection circuit, if the power is cut-off, please wait until the product is cooled down.
- DO NOT use this product before bed. The massage has a stimulating effect and can delay sleep.
- NEVER use this product while in bed.
- This product should NEVER be used by any individual suffering from any physical ailment that would limit the user’s capacity to operate the controls.
- This product should NOT be used by children or invalids without adult supervision.
- This product is intended for household use only.
- This product is not intended for use in automobiles.

NOTE: There is a 15 minute auto shut off on the unit for your safety.

NOTE: This unit may turn off after an extended period of use. If your unit turns off (LED may remain on). If your unit overheats, unplug the unit and let cool for 30 minutes before plugging in again and continuing use.

INSTRUCTIONS FOR USE

To reduce the risk of electric shock, this unit is equipped with a polarized plug (one blade wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.

1. Plug into a 120-volt outlet.
2. It is highly recommended that you wear socks while using this foot massager. Do not use the unit with shoes.
3. Place massager on the floor in front of your chair or seat and place feet in massager.
4. To activate massage, press the power button once. The unit will beep and the power button will illuminate white to confirm the unit is powered on.
5. Choose your massage style(s) and add heat if you wish:

FLEX (STRETCHING) MESSAGE AND SHIATSU MESSAGE

When the power is on, press button once to begin ankle rotation. The button will illuminate blue. Press this button again, and the ankle rotation will change to an asynchronous rotation. Press this button for third time, and the rotation will stop.

AIR COMPRESSION MESSAGE

1. Pressing the Air Massage button will allow you to adjust the intensity of the air pressure, how firmly it squeezes your feet.
2. When first turned on, Air Massage will begin in the lowest setting with the number 1 illuminated.
3. Pressing the button again will change the air pressure to medium, with the number 2 illuminated.
4. Pressing the button a third time will change the pressure to high. The number 3 will illuminate.
5. Pressing the button once more will return the air pressure to its lowest setting.

SOOTHING HEAT

To activate the soothing heat function, press the heat button. The button will illuminate red and the shiatsu nodes will glow red. Soothing heat will only work if Ankle Rotation Massage is selected. Press this button for a second time to turn heat off.

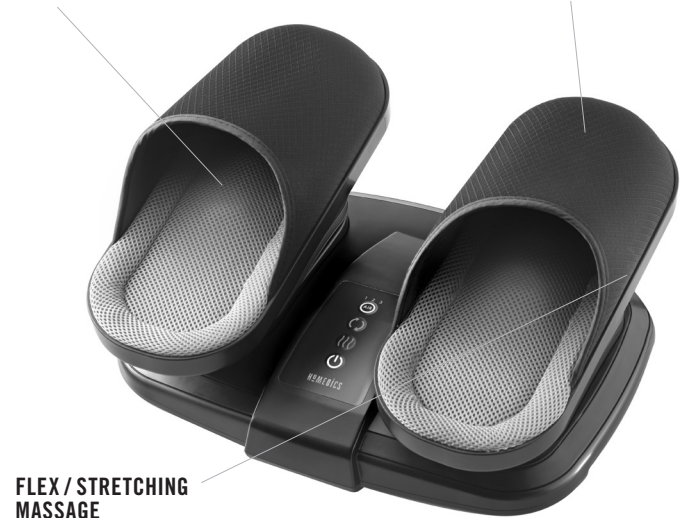
6. Once your massage is complete simply press the power button again. The unit will automatically reset. During this time the power LED will flash.

NOTE: This unit is equipped with a 15 minute auto-off feature for your safety.

SHIATSU FLEX ANKLE AND FOOT MASSAGER

ROTATING MESSAGE NODES AND SOOTHING HEAT

AIR MESSAGE



FLEX / STRETCHING MESSAGE



AIR INTENSITY

FLEX & SHIATSU MESSAGE

SOOTHING HEAT

POWER

CUSTOM APP

Smart device users can go to your App Store to download our HoMedics Massage APP. This APP will allow you to create and save your own unique massage programs, and will also allow you to operate the foot massager using your smart device.

MAINTENANCE

TO STORE

Place massager in its box or in a safe, dry, cool place. Avoid contact with sharp edges or pointed objects. To avoid breakage, DO NOT wrap the power cord around the unit. DO NOT hang the unit by the controller cord.

TO CLEAN

Unplug the unit and allow it to cool before cleaning. Clean only with a soft, slightly damp sponge. NEVER allow water or any other liquids to come into contact with the unit.

- DO NOT immerse in any liquid to clean.
- Never use abrasive cleaners, brushes, or strong chemicals that might or might not be flammable and/or damaging to the product to clean.
- DO NOT attempt to repair the massager. There are no user serviceable parts. For service, contact the Consumer Relations telephone number listed in the warranty section.

FCC STATEMENT

NOTE: HoMedics is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user authority to operate the equipment.

NOTE: 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 with the supplied fastener.
DO NOT hang the unit by the power cord.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

HoMEDICS™

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TWO YEAR LIMITED WARRANTY

HoMedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of two years from the date of original purchase, except as noted below. HoMedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to Retailers.

To obtain warranty service on your HoMedics product, contact a consumer relations representative for assistance. Please make sure to have the model number of the product available.

HoMedics does not authorize anyone, including, but not limited to, Retailers, the subsequent consumer purchaser of the product from a Retailer or remote purchasers, to obligate HoMedics in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse, accident, the attachment of any unauthorized accessory, alteration to the product, improper installation, unauthorized repairs or modifications, improper use of electrical/power supply, loss of power, dropped product, malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance, transportation damage, theft, neglect, vandalism, or environmental conditions, loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair, or any other conditions whatsoever that are beyond the control of HoMedics

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESS OR IMPLIED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HoMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE REPAIR OR REPLACEMENT OF ANY PART OR PARTS WHICH ARE FOUND TO BE DEFECTIVE WITHIN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, HoMEDICS RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged and/or resealed products, including but not limited to sale of such products on Internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof which are repaired, replaced, altered, or modified, without the prior express and written consent of HoMedics.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state and country to country. Because of individual state and country regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit: www.homedics.com. For Canada, please visit: www.homedics.ca.

FOR SERVICE IN THE USA:

Email: cservice@homedics.com

Monday-Friday 8:30am-7:00pm EST

1.800.466.3342

FOR SERVICE IN CANADA:

Email: cservice@homedicsgroup.ca

Monday-Friday 8:30am-5:00pm EST

1.888.225.7378

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IB-FMS355H
Made in China

HoMEDICS™

#1 BRAND IN MASSAGE*



SHIATSUFLEX™

ANKLE AND FOOT MASSAGER

MODE D'EMPLOI ET INFORMATIONS SUR LA GARANTIE

GARANTIE LIMITÉE DE DEUX ANS

FMS-355H