

# Panasonic®

## Operating Instructions 使用說明書

### (Household) Massage Lounger (家用) 電動按摩椅

Model No. EP-MAN1  
型號

English EN2  
繁體中文 TC2



Thank you for purchasing this Panasonic product.

**Before operating this unit, please read these instructions completely and save them for future use.**

感謝您購買本Panasonic產品。

使用本產品之前，請仔細閱讀本說明書，並妥善保存以供未來使用。



S

Check interesting items immediately!

## EN10

Delivery, installation and assembly

- Dimensions of main unit! (EN53)

## EN20

The touch panel makes it easy to perform the massage of your choice.

- About user selection / user registration (EN24)
- When you want a complete massage (EN25)
- When you want a massage with your favorite action (EN26)
- Adjusting the intensity (EN31)
- Adjust the massage time (EN38)

## EN30

About "Heat" massage

## EN51

The sound is irritating!

- Operating sound, perception, etc.

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# Safety Precautions

Always follow these instructions

This section contains instructions that you must follow to prevent personal injury or damage to property.

■ The instructions are classified according to the level of injury or damage that may occur due to the mistaken use of this unit.

 <b>WARNING</b>	Denotes a potential hazard that could result in serious injury or death.
 <b>CAUTION</b>	Denotes a hazard that could result in minor injury or property damage.

## WARNING

### Symptoms



- The following persons should not use this unit:

- (1) Persons who are prohibited from receiving massages by a physician (e.g.: due to thrombosis, deep vein thrombosis of the lower limbs, pulmonary embolism, severe aneurism, acute varicose veins, phlebitis, any type of dermatitis or skin infection [including inflammation of the hypodermis], etc.)
- (2) Persons suffering from osteoporosis, spine fracture, sprain or acute pain such as a pulled or torn muscle
- (3) Persons who have a pacemaker, defibrillator, or other personal medical devices prone to electronic interference
- (4) Pregnant women and women who have just given birth
- (5) Persons with symptoms of acute low back pain, herniated disk, spondylolisthesis, spinal stenosis, degenerative lumbar spondylosis
- (6) Persons who have abnormalities or curvature of the spine

- The following persons should not use the leg massage, lower back/hip massage or pelvis stretch.

- (1) Those with symptoms of acute inflammation around the hip area, acute hip pain, piriformis muscle syndrome or sciatic neuralgia
- (2) Those suffering from osteoarthritis of the hip and bad hip joint
- (3) Those who feel pain, numbness, lethargy in the hip and legs during use

(Otherwise it may worsen symptoms.)

- This unit is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the unit by a person responsible for their safety. Children should be supervised to ensure that they do not play with the unit.  
(Otherwise it may lead to accident or injury.)



- Persons with any of the conditions listed below or who are undergoing medical treatment should consult with their physicians before using the unit.

- (1) Persons who have a malignant tumor
- (2) Persons suffering from heart disease
- (3) Persons who have a loss of heat sensation
- (4) Persons who have sensory abnormalities due to a severe peripheral circulatory disturbance such as diabetes mellitus
- (5) Persons undergoing anticoagulation therapy
- (6) Persons suffering from tenosynovitis
- (7) Persons who have a wound where the massager operates
- (8) Persons whose body temperature is over 38 °C (who have a fever)  
(E.g.: When a person has acute inflammation symptoms (fatigued, chills, blood pressure fluctuations, etc.) or when debilitated)
- (9) Persons who require bed rest or who are in poor physical shape
- (10) Persons other than those listed above who feel unwell

- If you begin to feel unwell during use or if you do not feel effects of the massage lounger, stop use immediately and consult a physician.

- The unit has a heated surface. Persons insensitive to heat must be careful when using the unit.  
(Otherwise it may lead to accident, injury or become unwell.)

### Take note of the following points as well



- Absolutely do not modify, disassemble or repair the unit by yourself.  
(Otherwise it may lead to fire, or cause the unit to function abnormally resulting in injury.)

■ Instructions that you must follow are indicated using the following symbols. (The following symbols are examples.)



Denotes a specific operating procedure that must not be performed.



Denotes a specific operating procedure that must be performed.

## WARNING

### When in use



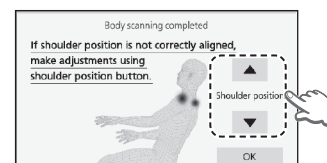
- When massaging the neck area, be careful of the movement of the massage rollers and avoid massaging the throat area and excessively strong massage action.
- Do not use the massage rollers on your head.
- Do not use the unit on any body part where a medical device is implanted or worn and the area around it.
- Do not sit on the legrest, backrest or armrests.
- This unit should not be used by children. Also, do not allow children to play on the unit, or to climb on the legrest, seat, backrest or armrests.
- Do not use the massage lounger while holding children.
- Do not push your hands, elbows, arms or feet against the fabric covering the moving parts of the backrest during use.

(Otherwise it may lead to accident or injury.)

- When "HEAT" are used, do not let the massage rollers touch the same place for a long time. (Low temperature burns\* may occur.)
- ※ Burns may occur at relatively low temperatures (40 °C to 60 °C) when in contact with the same area of skin for long periods of time, even if you do not feel heat or pain.



- Always check the fabric covering the backrest or legrest movable parts has not been ripped before using the unit. Please also check other areas to ensure the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power plug and have the unit repaired at an authorized service center. (Otherwise it may lead to injury or electric shock.)
- Select a gentle massage when using for the first time.
- Do not massage for more than 30 minutes a day.
- Do not massage any one part of your body for more than 5 minutes at a time. (Otherwise it may lead to adverse effect or injury.)
- Use the massage lounger correctly by following instructions for use provided in the Operating Instructions.
- Keep an eye on your children to make sure that they do not play with the unit.
- Use buttons to adjust the position of shoulder height, if it is not properly aligned when shoulder scanning (EN23).





- Make sure there are no persons or pets around the unit (front, back, underneath or sides of the unit) before using it for massaging or moving the backrest or legrest. (Otherwise it may lead to accident or injury.)
- After each massage, push the power switch on the unit backside to the "O" (off) position and unplug the power plug.



## Safety Precautions (continued)

### **WARNING**

#### Power plug, power cord etc.


-  ● Do not do anything that may damage the power cord or power plug.  
Do not scratch, modify, use near a heater, excessively bend, twist, pull, place heavy objects on top of, or bundle the cord or plug.  
(Otherwise it may lead to electric shock, ignition, or fire due to a short circuit.)  
→ Contact the nearest authorized service center for repairs to the power cord or power plug.
- Do not insert or unplug the power plug with wet hands.  
(Otherwise it may lead to electric shock.)
-  ● Use AC 220 V.  
(Cannot be used overseas, nor with a transformer.)
- Always insert the power plug fully into the socket.  
(Otherwise it may lead to electric shock or fire due to overheating.)
- Dust the power plug on a regular basis.
  - Remove dust using a dry cloth.  
(Otherwise it may lead to fire, due to damp shorting the insulation.)
- When unplugging the power plug, hold the plug itself and do not pull on the power cord.  
(Otherwise it may lead to electric shock, ignition, or fire due to a short circuit.)

#### If a malfunction or breakdown occurs



-  ● If a malfunction or breakdown occurs, stop using the chair immediately and unplug the power plug from the wall socket.  
(Otherwise it may lead to smoke/ fire or electric shock.)  
<Examples of malfunctions/breakdowns>
  - Does not start when pressing .
  - The power supply goes on and off when the power cord is moved.
  - Burning smells or abnormal sounds occurring during operation.
  - The unit becomes deformed or unusually hot.→ Contact an authorized service center immediately for inspection/ repairs.

### **CAUTION**

#### Symptoms


-  ● Persons who are otherwise healthy but have any of the conditions listed below should consult with their physicians before using the unit.
  - (1) Persons whose muscles have deteriorated due to age or weight loss
  - (2) Persons with symptoms of lower back and hip pain caused by the bones and muscles, organs and nerves
  - (3) Persons who suffer bruises or sprains easily
  - (4) Persons who suffer from severe motion sickness
  - (5) Persons who have undergone heart or internal surgery in the past(Otherwise it may lead to adversely affected health.)
- If symptoms such as rashes, reddening, itching, etc. occur as a result of using this unit, stop using the unit and consult a physician.  
(Otherwise it may lead to accident or adversely affected health.)

#### Installation and movement



-  ● The unit should not be used on top of heating appliances, such as electric carpets, etc.  
(Otherwise it may lead to fire.)
- Do not drag or push the unit in an installed state.  
(Otherwise it may damage flooring.)
- Do not hold the sole massage section when moving the unit.  
(It may slide in movement, causing injury.)
- Do not use in damp or humid places such as a bathroom.  
(Otherwise it may lead to electric shock.)
-  ● Place a mat or other such covering on the floor when moving the unit using the castors.  
(Otherwise it may damage the flooring.)
- When moving the unit on its castors, remove any obstacles in the surroundings of the unit, lift up the backrest to the fully upright position, lift the legrest to a position below the waist (less than 80 cm from the floor), and move the unit slowly.
  - Put the controller and power cord on the seat
  - Since holding the toe part causes the sole massage section to slide, always hold the sides of the legrest.
  - Take care with your feet when lowering the body of the unit, and support the legrest with your hand until finished.(Otherwise the unit may fall and cause injury.)

## CAUTION



### Power supply

-  Always unplug the power plug from the wall socket when not using. (Since dust and humidity deteriorates insulation, which may result in fire due to electrical fault.)
- Make sure the power cord is not twisted before stowing (Otherwise it may lead to electric shock, ignition, or fire due to a short circuit.)

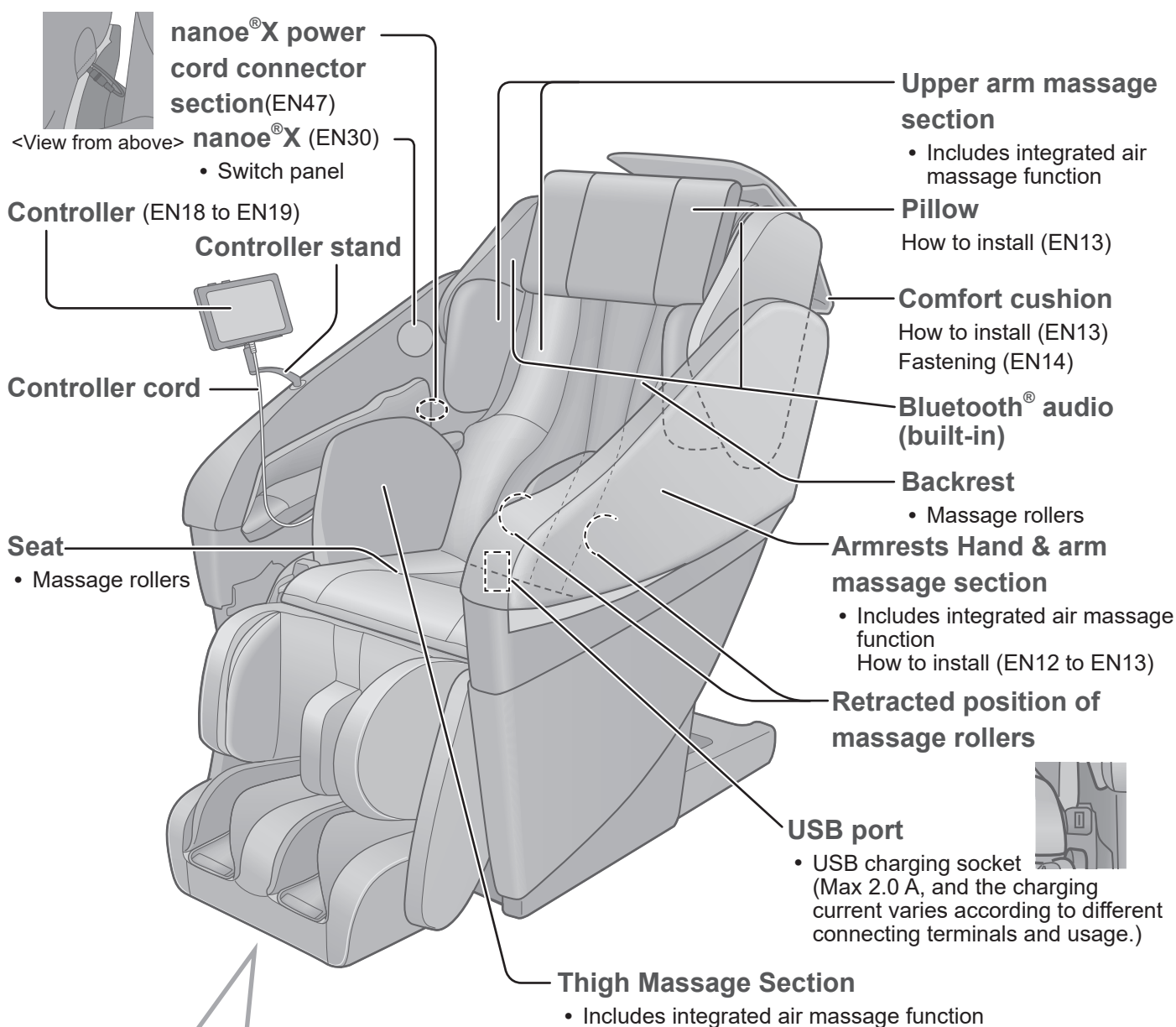
### Before and during use

-  Do not use the massage rollers on your head, stomach or bare skin. Also, do not place your hands or feet between the massage rollers.
- Do not use the hand & arm massage section with only tips of fingers inserted.
- Do not use the sole massage section with only tips of toes inserted.
- Do not place your knees between the leg & sole massage section.  
(Otherwise it may lead to accident or injury.)
- Do not insert your hands, fingers, feet or head into the following spaces:
  - (1) Between the backrest and seat or armrest
  - (2) Between the legrest and seat or armrest
  - (3) Between the seat and armrest
  - (4) Between the back cover and leg cover when reclining
  - (5) Back of the legrest
- Do not unplug the power plug or turn the power switch "O" (off) during massage.
- Do not use the sole massage in a standing position.  
(Otherwise it may lead to injury.)
- Do not sit on, stand on, or place objects on the legrest when the legrest is not completely lowered. (Otherwise it may lead to rotation of the legrest or the unit tipping over, resulting in accident or injury.)
- Do not use at the same time as another medical device.
- Do not fall asleep while using the unit. Do not use the unit after drinking alcohol.  
(Otherwise it may lead to accident or deteriorated health.)
-  Check that the massage rollers are in the retracted position.
- Be sure that all operations have stopped before getting off the unit during a massage.
- Check that there is no foreign matter between the parts of the unit before sitting down.
  - Check that there are no foreign objects stuck in the backrest, legrest or hand & arm massage section.  
(Otherwise it may lead to accident or injury.)
- Remove the accessories (hair ornaments, necklaces, watches, rings, artificial nails, etc.) on the massage parts.  
(Otherwise it may lead to injury.)
- Do not drop anything from your pockets, etc. into the gaps of the device.  
(Otherwise it may lead to loss.)
- Precautions for using Bluetooth audio function
  - (1) Excessive sound pressure of audio can cause hearing loss.
  - (2) Hearing experts recommend that audio should not be used at a high volume for a long period of time.
  - (3) If you have suffered from tinnitus, reduce the volume or stop using it.  
(Otherwise it may lead to injury.)

### Take note of the following points as well

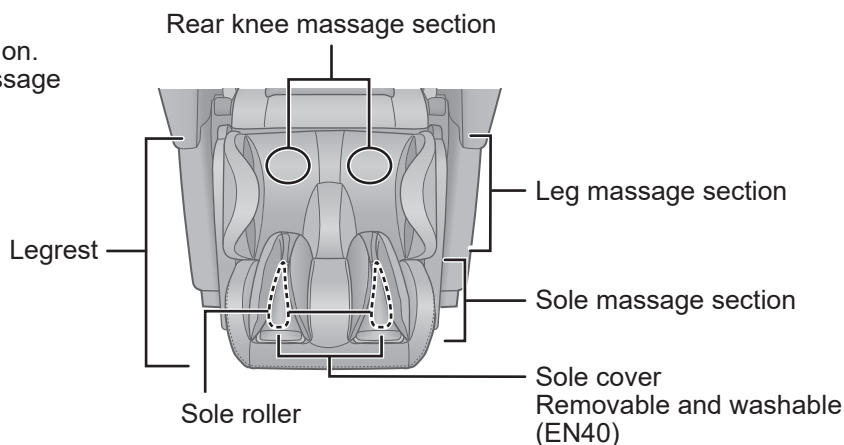
-  Do not spill water on the unit or controller. (Otherwise it may lead to electric shock, ignition, or fire due to a short circuit.)
-  In the event of a power outage, unplug the power plug immediately. (Otherwise it may lead to accident or injury when the power supply returns.)
- If you have not used the unit for a while, carefully read the operating instructions again and check that the unit is operating normally before use. (Otherwise it may lead to accident or injury.)

# Part names and functions of main unit



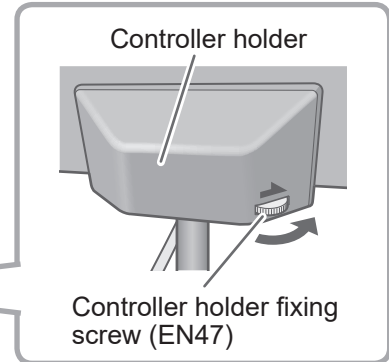
## Legrest (Leg & Sole Massage Section)

- Massage by sole roller.
- Includes integrated air massage function.
- Adjust position by sliding the sole massage section. (EN17)





**Comfort cushion**  
How to install (EN13)  
Fastening (EN14)



**Caution label**

**Back cover**

**Caster**

**Rating sticker**

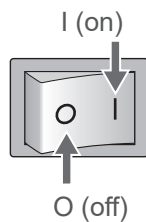
**Caster base**

**Caster**

**Power plug**

**Power cord (Approx 1.8 m)**

**Power switch section**



Condition of chair at time of purchase

- Power switch "I" (on)

# Setting up the massage lounger

## 1 Checking the accessories

Armrests (Left/Right)  
Controller stand and controller holder are located on the right armrest.

Comfort cushion

Power cord

Pillow

Sole cover  
Attached to the main unit at purchase.

Allen key (1 pc.)  
(Cross section) 4 mm

Attachment screws (M6×13) Black (2 pcs)

Left/Right indication (armrest back)

## 2 Where to use the unit

Ensure there is adequate space to recline.

Unit body dimensions Height approx. 122 cm × Width\* approx. 85 cm × Depth\* approx. 200 cm

(See EN53 for detailed unit dimensions.)

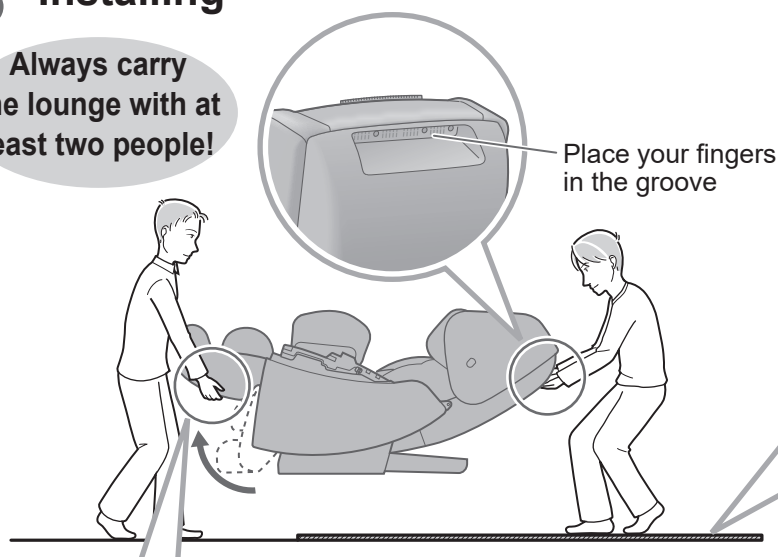
\* When installing near a wall, etc.

In the reclining state, make sure that the backrest and the legrest are separated from walls, etc., by 10 cm or more, and the armrest is separated from walls, etc., by 5 cm or more.

- Do not expose the massage lounger to direct sunlight or high temperatures, such as in front of heating sources. This can cause discoloration or hardening of the synthetic leather.

## 3 Installing

**Always carry the lounge with at least two people!**



① **The unit must be carried by two or more persons.**

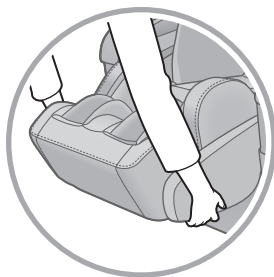
- Since the unit is heavy, be careful to avoid back injuries.

**Unit weight** Approx. 91 kg

② **Watch your step carefully and put down the unit slowly.**

**Lay out a mat, etc.**

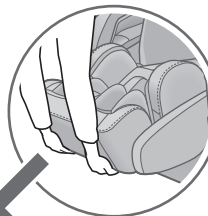
Since the unit may damage the flooring, it is recommended to place the unit on a mat. When placing a mat under the unit, the size of the mat should be sufficient (at least 130 cm × 70 cm) to cover the areas where the unit touches and where the legrest could touch the floor.



■ **Hold the sides of the legrest.**

■ **Hold the legrest with your hands until it has been set on the floor completely.**

- If you release the legrest too soon, it will spring back to the initial position.

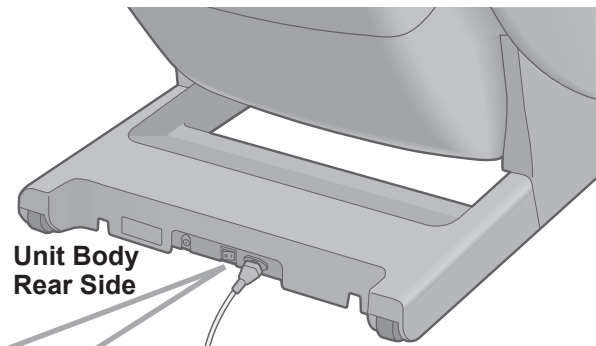
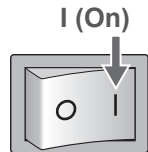


**Do not hold by the foot part.**

The sole massage section might slide, and injuries may occur.

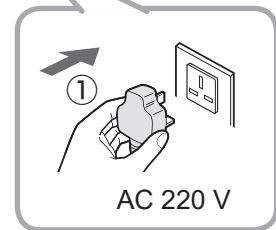
## 4 Turn on the power and raise the backrest to the upright position

- ① Insert the power plug into the power outlet.
  - Always be sure to insert into an AC 220 V plug.
- ② Confirm the power switch is set to the "I" (On) position.



Unit Body  
Rear Side

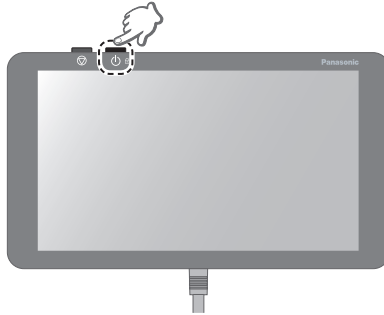
Watch your step to prevent tripping on power cord or the like.



AC 220 V

- ③ Press  on the controller twice.

- Press it once, and then press it again after the screen appears. Backrest will rise automatically.



## 5 Switch OFF the power

- ① Set the power switch to the "O" (off) position on the back of the main unit
- ② Unplug the power plug from the wall socket



### WARNING

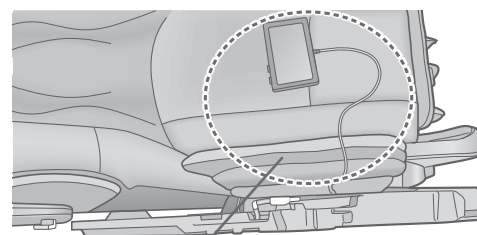
- After each massage, push the power switch on the unit backside to the "O" (off) position and unplug the power plug. (To prevent breakage or injury from misuse by children.)

# Assembly

- Always raise the backrest. (EN11 steps 4 to 5)  
If the backrest is collapsed, the armrest cannot be installed correctly.
- Be careful not to get your fingers trapped.

## 1 Place the controller on the seat so that the controller cord passes over the thigh massage section

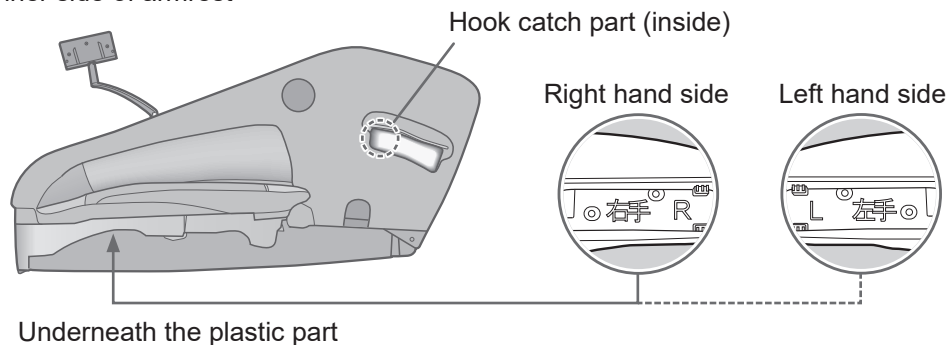
(Do not trap the controller cord when installing armrests)



Thigh Massage Section

## 2 Check the "Right" and "Left" markings on the underside of the armrest and the hook catch part on the inside

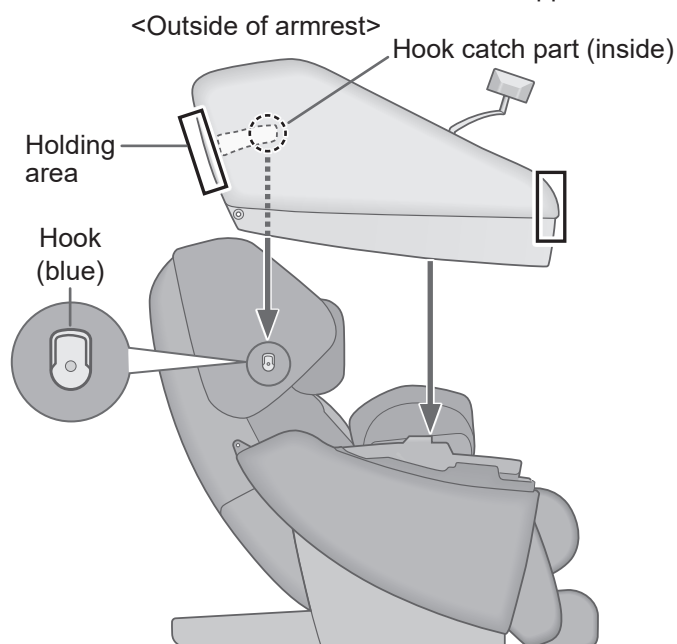
<Inner side of armrest>



Underneath the plastic part

## 3 Attach the right hand side armrest to the main unit

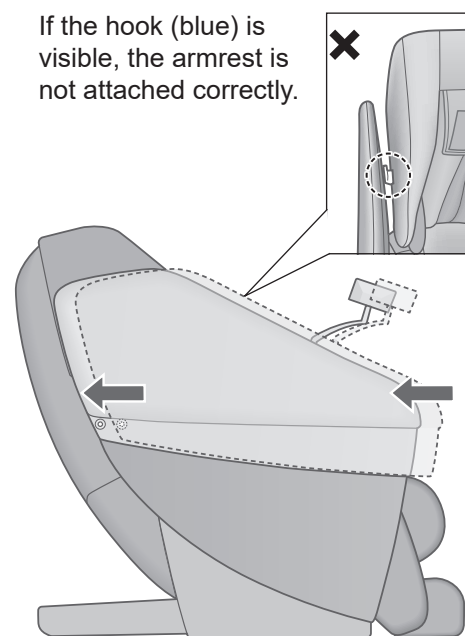
- ① Hold the  part of the armrest on the right hand side with both hands from the outside
  - ② Hook the inside hooks onto the hooks (blue) on the side of the main body and lower the armrests along the main body
- Make sure that the controller cord is not trapped.



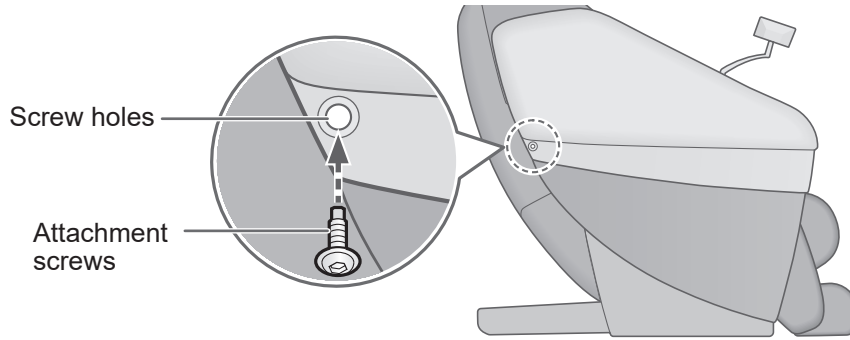
## 4 Slide the armrests back

- Make sure that the hooks (blue) on the side of the main unit are not visible through the gap between the main unit and the armrest.

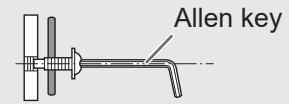
If the hook (blue) is visible, the armrest is not attached correctly.



## 5 Check for misaligned screw holes and secure with mounting screws



### How to tighten the screws



- ① Place the screw on the tip of a allen key.
- ② Tighten the screw while ensuring that the screw hole and the screw head become flat.

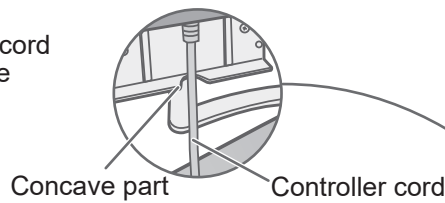
- Screw may be damaged if you tighten the screw inserted into the hole crookedly using an allen key.

## 6 Attach the left hand side in the same way

## 7 Attach the controller to the controller holder

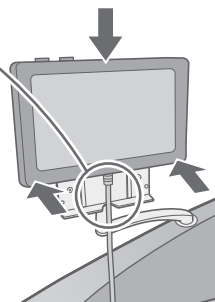
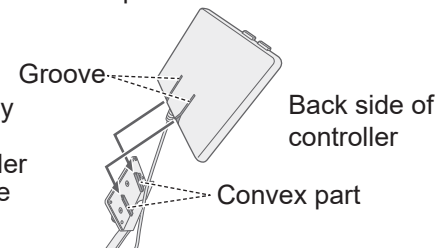
The controller stand and controller holder cannot be replaced with the left armrest.

- ① Insert the controller cord into the recess of the controller holder



- ③ Push it in until it clicks into place

- ② Align the groove on the back of the controller horizontally with the convex part of the controller holder and slide it into place

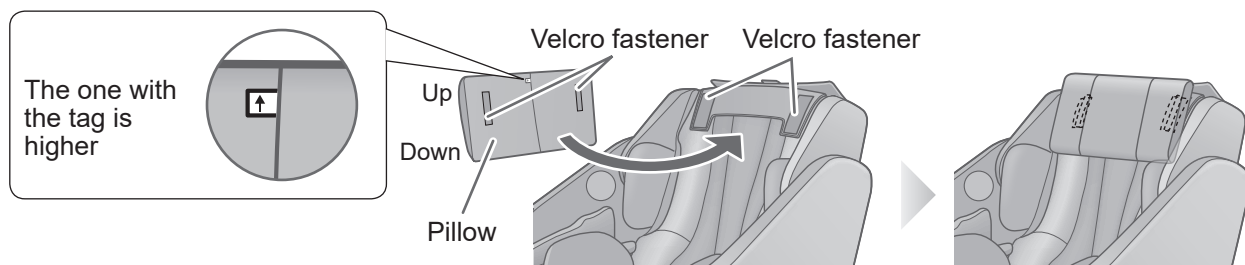


- To remove the controller, lift it up.

## 8 Attaching the pillow

Attach the pillow using the velcro fastener.

Recommended position of the pillow when using the massage lounger. (EN16)

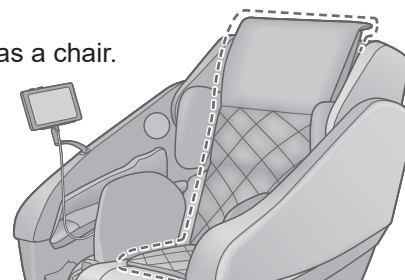
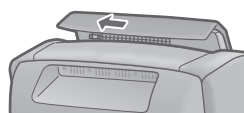
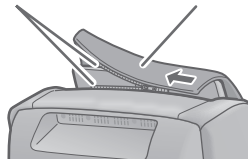


## 9 Attaching the comfort cushion

Attach the cushion using the fastener.

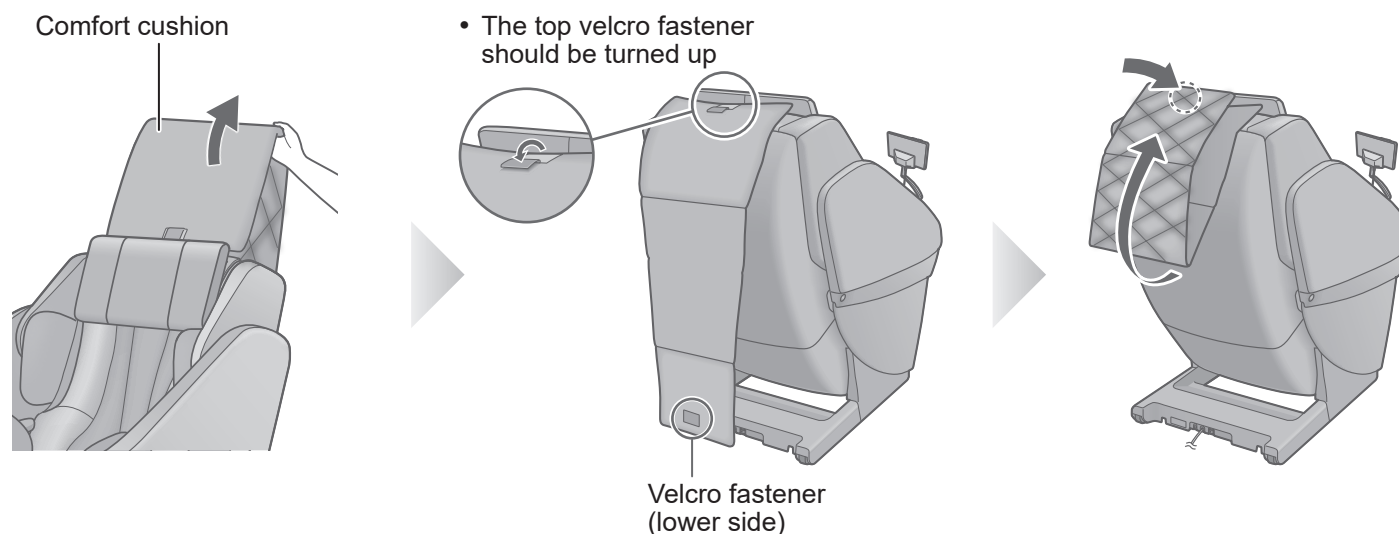
- When the Comfort cushion is attached, the chair can be used as a chair.

Fastener      Comfort cushion



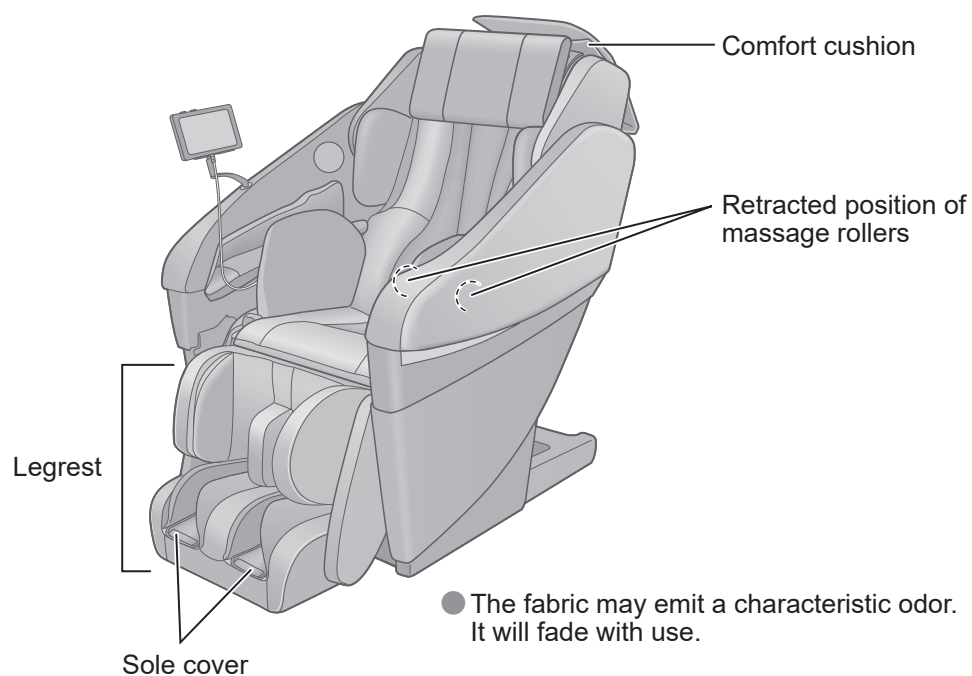
# Before starting massage

When massaging, flip up the comfort cushion and fasten it with the velcro fastener so that it does not touch the floor.



Do not massage with the comfort cushion over the backrest.

- The fabric may wear faster.
- **U10** may be displayed when the body is not detected. (EN44)





## **WARNING**

- Always check the fabric covering the backrest or legrest movable parts has not been ripped before using the unit. Please also check other areas to ensure the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power plug and have the unit repaired at an authorized service center.  
(Otherwise it may lead to injury or electric shock.)

Before starting massage

### Check the surrounding area

- Make sure there are no objects, persons, or pets in the vicinity of the unit.  
The massage lounger may not work when pets such as dogs and cats chew on or trip over the controller cord.  
(This may result in a breakdown.)
- Are there any tears in the fabric of the body or sole cover?
- Are there foreign objects sandwiched in the main unit?
- Are the massage rollers in their stowed positions?
  - **When the massage rollers are not in the retracted position**  
Press twice  to return the massage rollers to the retracted position.
- Is the legrest in the fully lowered position (fully lowered position means the legrest is touching the floor)?
  - **When the legrest is not fully lowered**  
The legrest will lower by pressing  on twice.

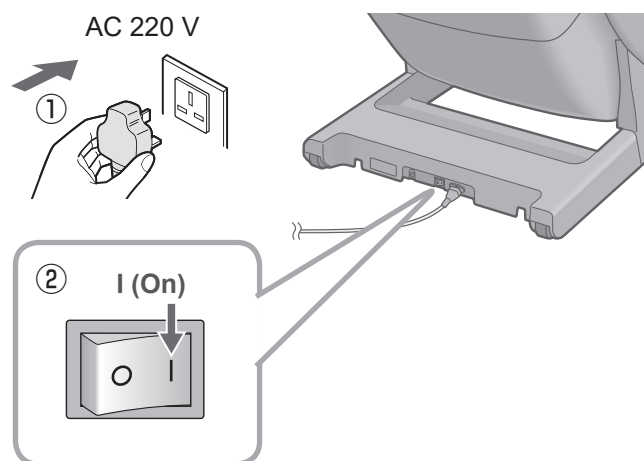


#### <About the sole cover>

- Due to the characteristics of the fabric used for the sole cover, the fabric may be crushed or partially whitened by repeated use.  
(You cannot restore it to its original state even after washing it, which does not affect its use.)
- If you are concerned about creases, please iron it. (EN40)

### Turn on the power

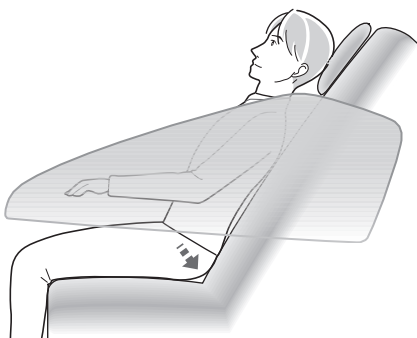
- ① Insert the power plug into the power outlet.
  - Always be sure to insert into an AC 220 V plug.
- ② Set the power switch on the back of the main unit to "I" (On)



Continued on the next page EN15

## Before starting massage (continued)

### Check your sitting position

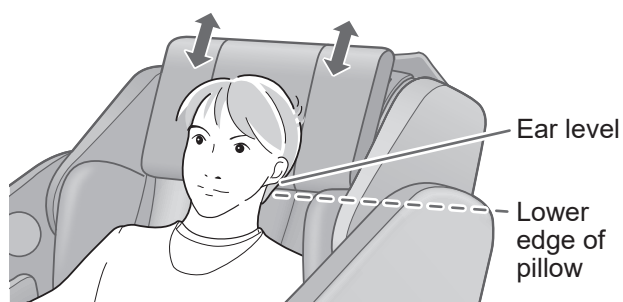
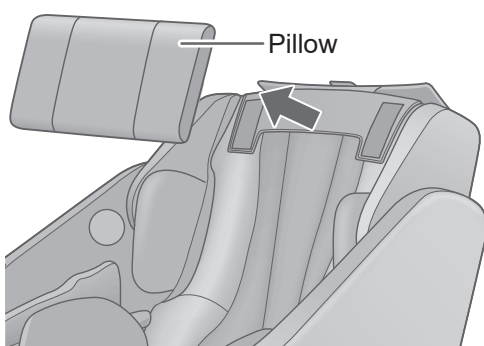


Sit back so that your hips are resting on the backrest.

### Adjust the pillow position

For effective massage, the pillow should be mounted in the correct orientation. (EN13)  
Peel off the pillow and adjust it so that the bottom edge of the pillow is at the ear level.

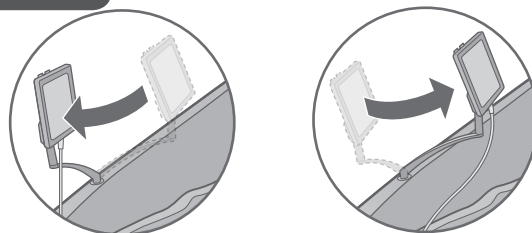
- The strength with which the massage roller presses the neck differs depending on the pillow position.
- When the reclining angle changes, the position of the pillow may shift. In that case, adjust the position again.
- As the pillow is easily soiled, it is recommended to spread a towel over it.



### Adjust the position and orientation of the controller

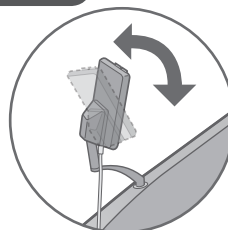
Position: Front - back can be adjusted by the controller stand.

#### Front/Back

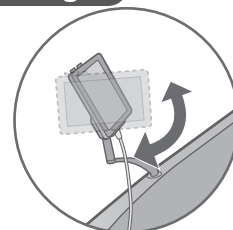


Orientation: Up - down and left - right can be adjusted by the controller holder.

#### Up/Down



#### Left/Right



- The controller can be removed from the controller holder. (See EN13 for how to remove.)
- The controller holder can be fixed. (EN47)

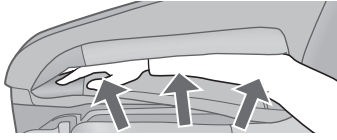




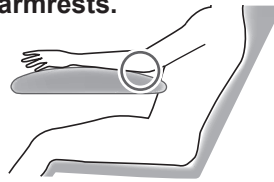
- For an effective massage, make sure it is in the correct position. If the position where it hits shifts during the massage, reposition it.

### Hand & arm massage

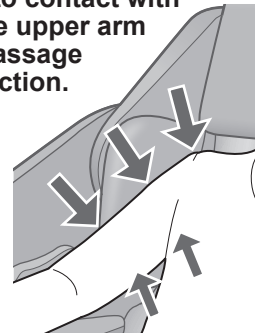
Insert hands and arms deeply into the section.



Align elbows with armrests.



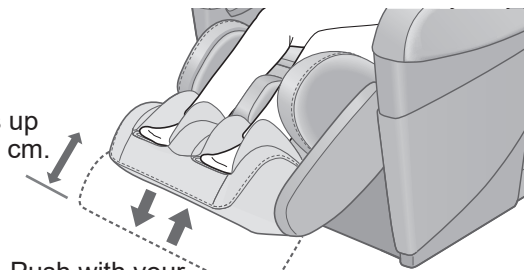
Place the shoulders and arms so that they come into contact with the upper arm massage section.



### Slide the sole massage section to your preferred position

- Adjust to your preferred position after raising the legrest. (See EN19 for Regarding the reclining angle adjustment)

It will slide up to about 18 cm.

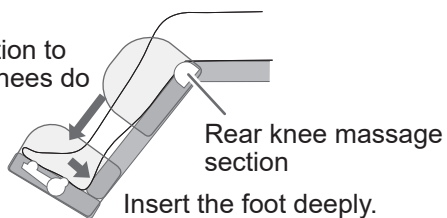


Push with your feet to slide out.

Lift your soles slightly and the sole massage section returns.

### Leg & sole massage

Slide the section to ensure that knees do not float.

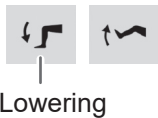


Rear knee massage section

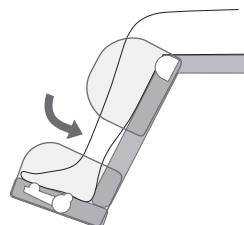
Insert the foot deeply.

**For taller persons:** Knee floating even when legs are slid with section.

In order to prevent knees floating, the angle of the legs is lowered.



Lowering

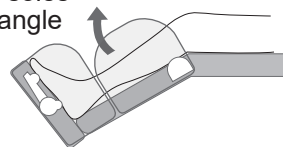


**For short individuals:** Soles do not reach the bottom.

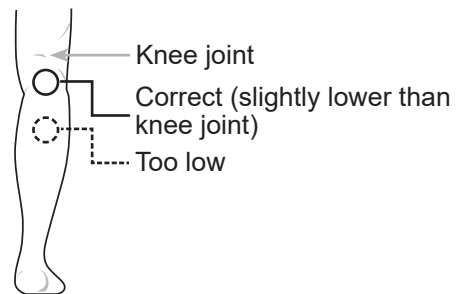
In order to ensure that soles reach the bottom, the angle of the legs is raised.



Rising



Rear knee massage section not properly aligned

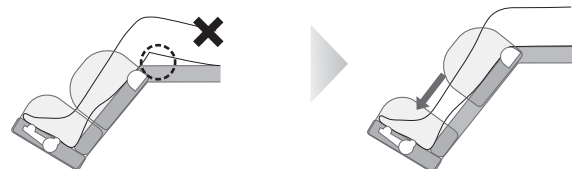


Knee joint

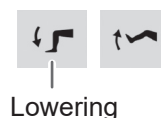
Correct (slightly lower than knee joint)

Too low

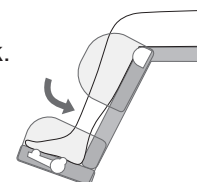
- ① Slide the section to ensure that knees do not float.



- ② The angle of the legs is lowered if that does not work.



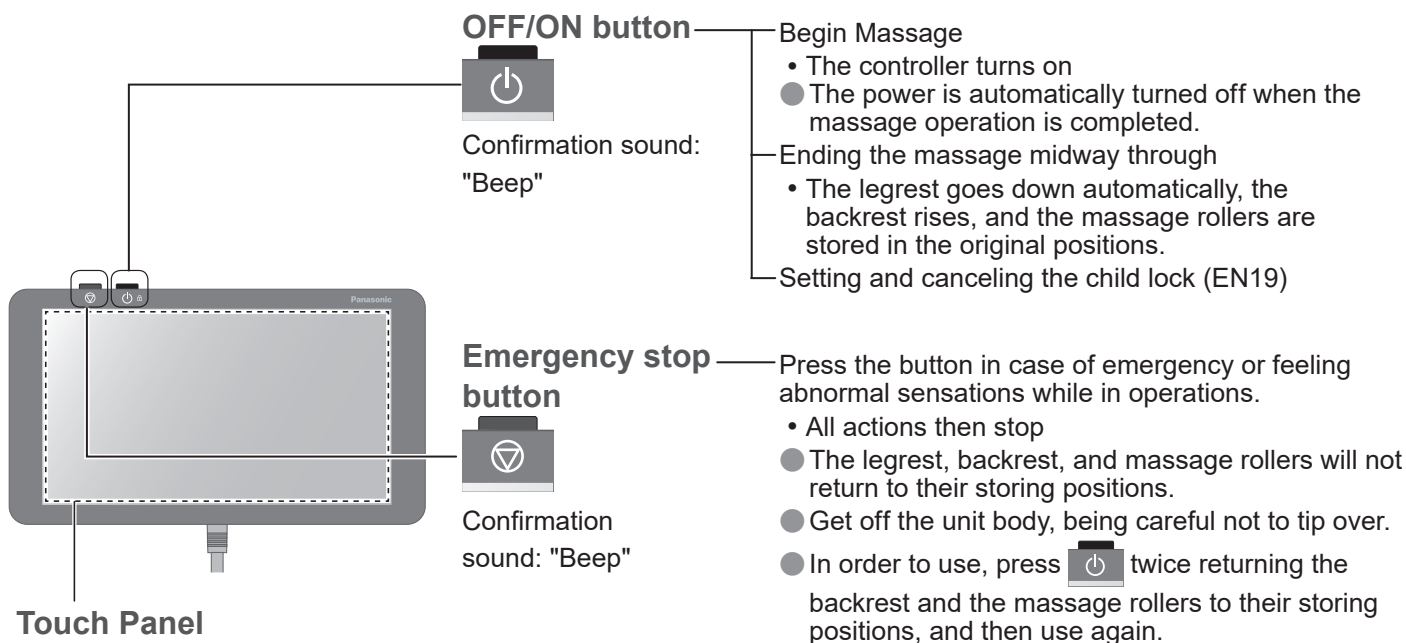
Lowering



# Part names and functions of the controller

## Controller

The illustrations on the operation screen are explained in a black-and-white inverted display.



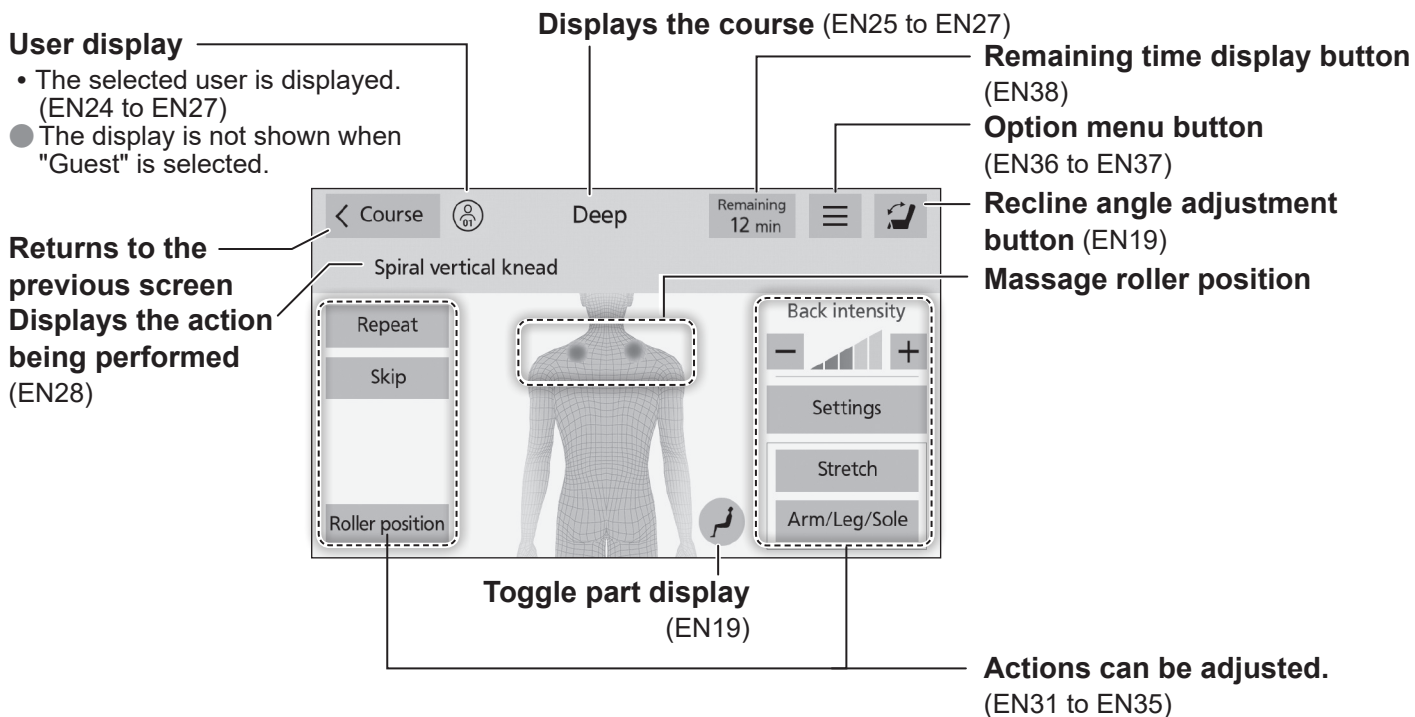
## Screen displays during massaging operations

Press the indicated button to operate.

- The power is turned OFF automatically if massage is not started and no operation is performed for about 3 minutes.

### <Viewing screens>


The "Full body auto massage" course is used as an example for the screen displays shown below. Buttons and status displays vary, depending on the selected course.




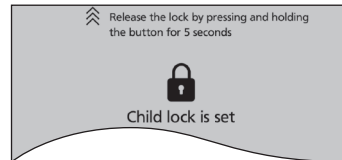
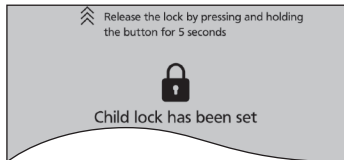
## Setting and canceling the child lock

If this setting is made, the operations are no longer accepted.


### How to set

Long press  for about 5 seconds when the power supply of the controller is turned OFF or when the user selection / registration screen is being displayed.

- The following screen is displayed, and about 10 seconds later the power is switched OFF automatically.
- When  is pressed after the setting is made, about 10 seconds later the supply to the controller is switched OFF automatically.



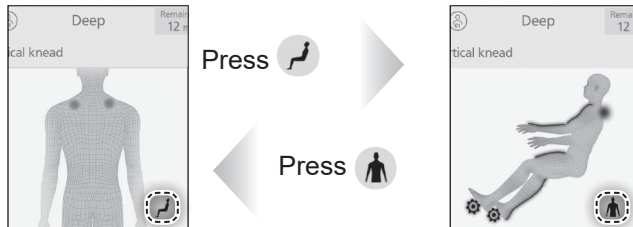
### How to cancel

After the child lock is set, press and hold  for about 5 seconds when the screen display described above is shown or when the power of the controller is turned OFF.

### Toggle part display

The display of part can be toggled between upper body and whole body.

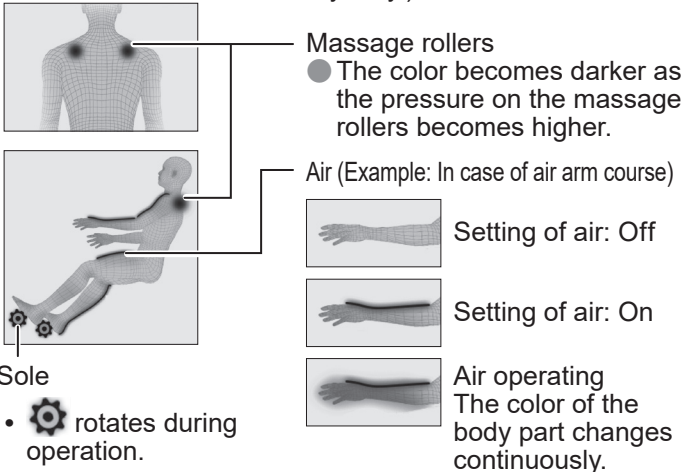
- During program editing, part display cannot be toggled. (EN27)




### Display of the operation, position, and pressure

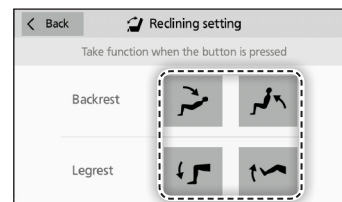
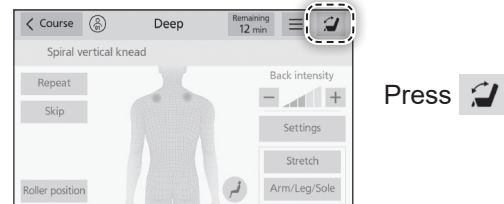
The statuses of massage rollers in operation, as well as sole and air are displayed.

(The actions shown represent rough movements. Actual movements or sensations may vary.)



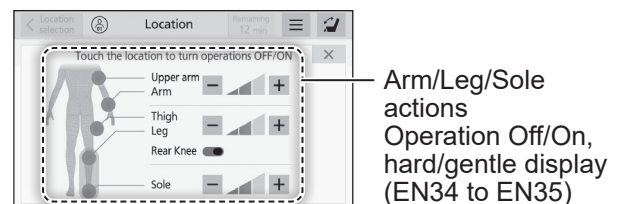
### Display reclining angle adjustment screen

The angle of the backrest and legrest can be adjusted at any time by pressing .

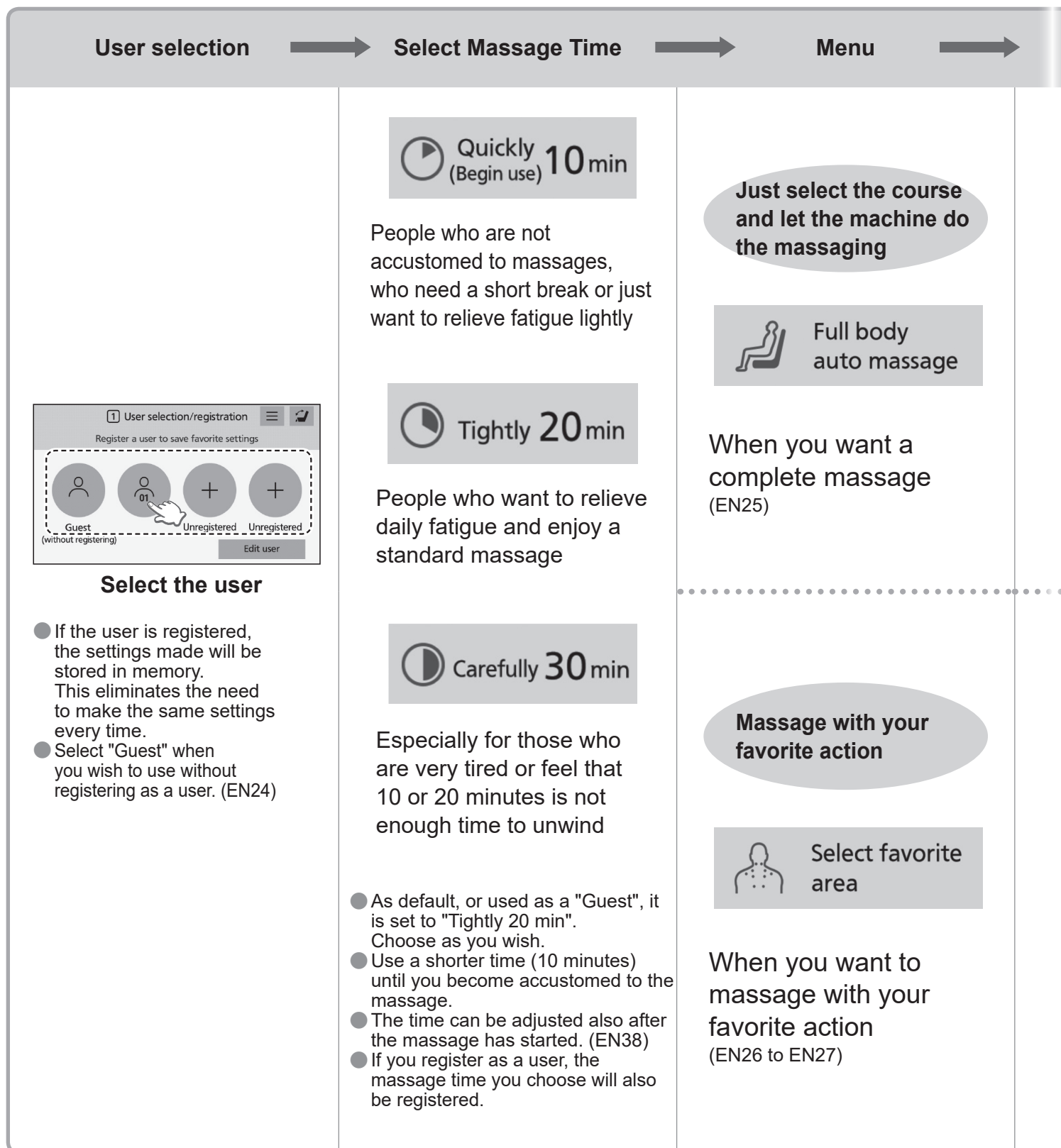


- When the button is pressed, a "Beep" confirmation sound is heard and the unit moves one step at a time.
- Press and hold to keep it moving until you hear a "Beep-beep-beep" sound.

- If you select only those areas where only air operates, the screen below will be displayed. (See EN30 for air massage operations.)



# Simple use

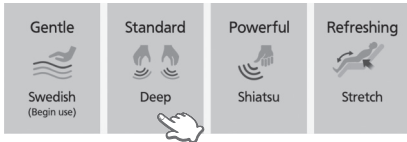


<p><b>Bluetooth audio playback instructions</b></p> <p>The massage lounge has built-in Bluetooth receiving module, which can be connected with Bluetooth mobile phones, tablet computers and other devices to play music, so that you can enjoy music while having massage.</p>	<p>To ensure the security of Bluetooth connection, the password should be put in as follows. (EN47)          Bluetooth ID: EP-MAN1-XXXXXX          Bluetooth password: 1316          This device includes a wireless module with the certification number R-R-ZcE-ZEN-BDM10A.</p>
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**Course & body part selection**

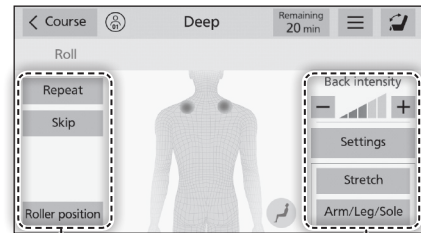
**Scanning of shoulder roller position**

**Start the massage and adjust to suit your desire**



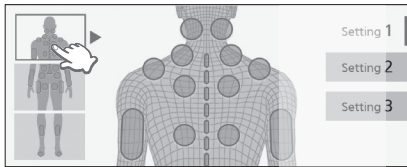
Select one course

● See EN22 to EN23 for details.

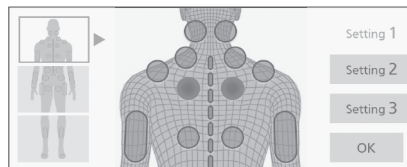
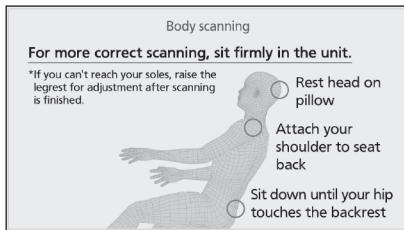


Actions can be adjusted. (EN31 to EN35)

Simple use

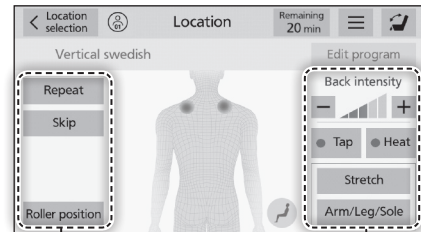
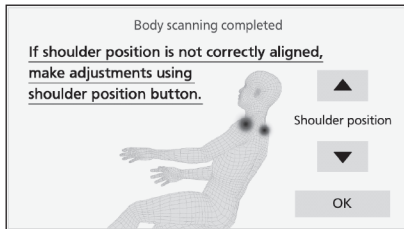


Select screen of desired body parts for massaging



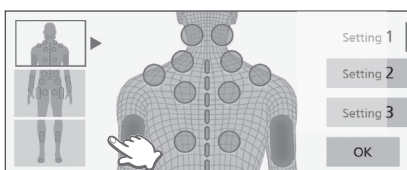
Select a body part

● As many body parts as desired can be selected for massaging. (EN26)

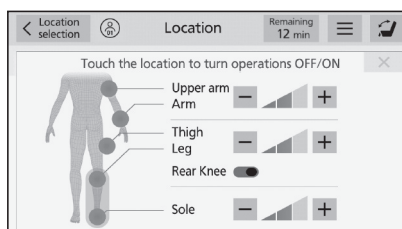


Actions can be adjusted. (EN31 to EN35)

Shoulder position is not sensed when the part that operates with air only is selected



Upper arm, arm, thigh, leg, sole



Example: Screen display during massage

# Scanning of shoulder roller position

Scanning of shoulder roller position is the operation of estimating the shoulder position in order to ensure that massaging is done matching with the body shape.  
 (Height range of scanning of shoulder roller position is about 140 cm to 185 cm.)

## Scanning of shoulder roller position flow

**Select a course  
 Otherwise, select a  
 body part and press  
 "OK".**

- No scanning is made if operation with only air is selected. (See EN30 for air massage operations.)

**The unit body moves  
 automatically and becomes  
 reclined to an angle  
 suitable for scanning.**

- If you have adjusted the reclining before use, the angle will not change.

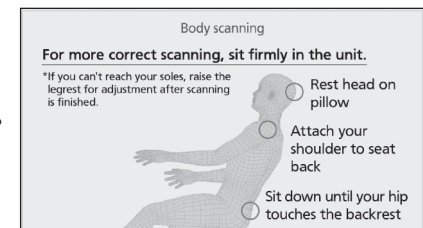
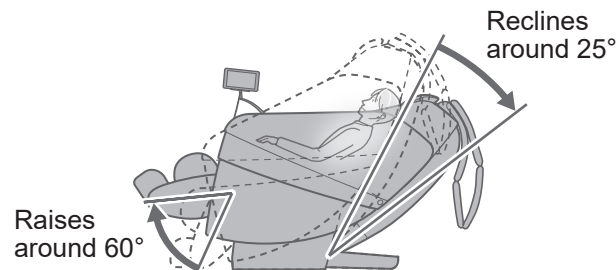
**Sit back so that your  
 hips are on the backrest  
 and lean back with your  
 head on the pillow**

- Shoulders should also be on the backrest
- Pillows can be positioned and adjusted. (EN16)

**Massage roller moves  
 automatically and  
 senses shoulder  
 position**

While a beeping sound is being made, the massage roller rises along the spine to the vicinity of the neck, and the massage roller protrudes.

- If the shoulder position is not correct, repeat the action of raising the massage roller again and adjusting the shoulder position. The massage roller then slowly lowers to the shoulder position and the tapping action begins.





### Fine-tune the shoulder position during the tapping action



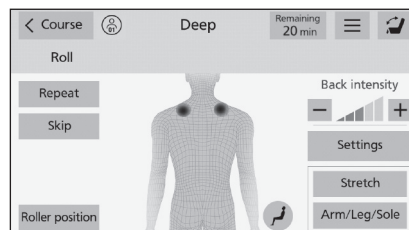
### Complete

Perform tapping action to easily confirm that the massage roller is in the correct position.

- If the shoulder position is not correct, use "▲" and "▼" to make fine adjustments then press "OK". (Check below for details)
- If the shoulder position is correct, press "OK" to confirm. (If "OK" is not pressed, it will be automatically OK after about 12 seconds.)

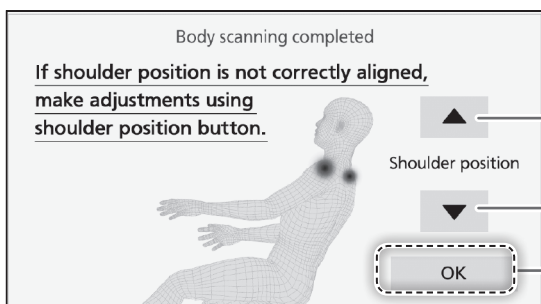
After the shoulder position is OK, the display switches to the massage screen and massage begins.

- The approximate height is estimated based on the shoulder position, and the angle of the legrest may be automatically adjusted so that the soles of the feet are flat.



Scanning of shoulder roller position

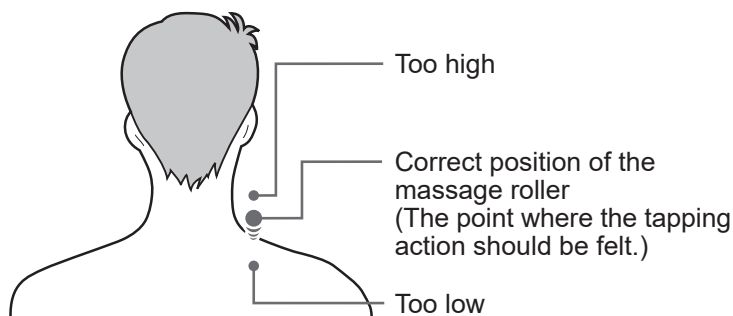
### Shoulder tapping position is not aligned




- ① Press "▲" or "▼" during the tapping action (about 12 seconds) to adjust the shoulder height position.
- ② Press "OK".

Moves approx. 1.2 cm up or down for each press.

When "OK" is pressed, the scanning of shoulder roller position is completed.



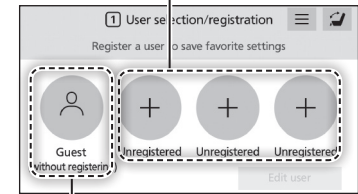
- If the shoulder position shifts significantly, stop the operation by pressing  once, sit back so that your hips touch the backrest, and operate again.

# About user selection / user registration

If you register as a user before starting a massage, the system automatically remembers and updates the adjustments and settings you made during the massage, allowing you to perform a massage to your liking at any time.

- Shoulder position sensing is done every time even if the user is registered, because shoulder position changes with sitting posture.
- Even when terminated in the middle of massaging, the settings made until then are stored in memory.  
(Settings will not be stored if the power is interrupted, the power switch on the back of the main unit is set to the "O" (off) position, or the power plug is unplugged.)
- The contents of "Skip" will not be stored.
- Select "Guest" if you do not wish to register and wish to start massaging immediately.

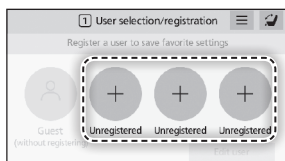
Register as a user and store the massage adjustments and settings made in memory.



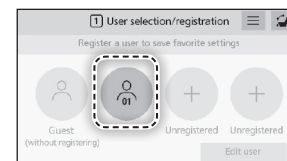
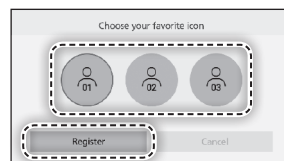
Start massaging immediately

Example: If user 01 is selected

**1** Press "Unregistered" user button once



**2** Select an icon and press "Register"



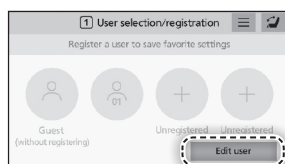
Displays the registered icons.

- From the next time onward, simply select the registered user, and the massage will be performed with the previously memorized content.

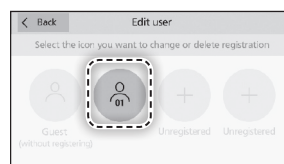
## <Edit User (change/delete user buttons)>

- Once a user is registered, the user's icon can be changed and the registration itself can be deleted.

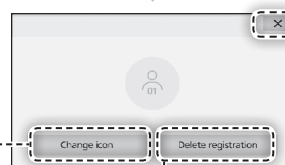
Example: Changing from user 01 to 03



Press "Edit user"

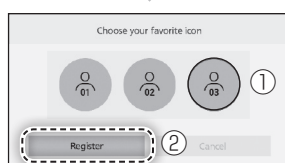


Select the user to be edited  
(If 01 is selected)



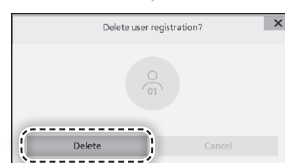
stop editing

Press "Change Icon"



- ① Choose a new icon
- ② Press "Register"
  - The icon will be outlined in color

Press "Delete registration"



Press "Delete"

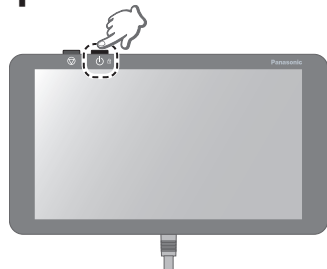
Press "X" (Close)



# When you want a complete massage

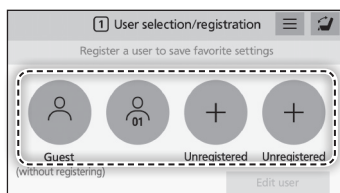
Example: If you choose "Standard" or "Deep course"

## 1 Turn on the power



- The power is turned OFF automatically if massage is not started and no operation is performed for about 3 minutes.

## 2 Press the user icon (EN24)



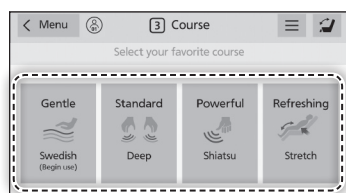
(The registered user is just an example)

## 3 Choose your massage time and "Full body auto massage"



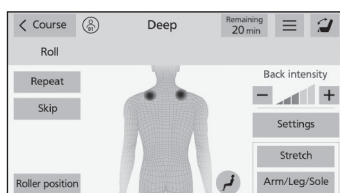
- The outline of the selected time and "Full body auto massage" glows blue.

## 4 Select a course



- Sensing operation starts. (EN22 to EN23)

## After scanning ends, massage starts



- Displays for massage action.
- During the massage, you can create favorite settings. (EN31 to EN35)
- Massage ends automatically after a maximum of approximately 30 minutes from the start of the massage.
- Details of massage do not change even when Guest is selected.
- The next time the program starts, it will start with the previously memorized information.

About user selection / user registration  
When you want a complete massage

### ■ Features of full body auto massage

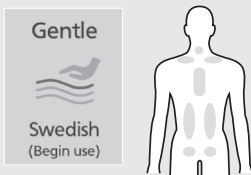
Combining massage roller and air massage, the whole body is comfortably relaxed.

- If you want to massage only with the massage roller or only with air, select "Select favorite area".
- Use the **Gentle**, "Swedish" course until you get used to the massage.

**Gentle** (Beginning to use)

#### Swedish course When you want to gently loosen your body

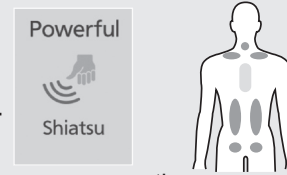
Gently loosens tension primarily with a spreading operation on the surface of the body.  
Air operation is used to apply pressure on fingertips and toe tips.



**Powerful**

#### Shiatsu course When you want to strongly loosen your body

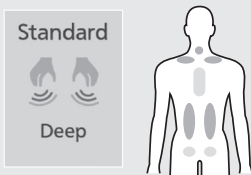
Knotted points are powerfully loosened, primarily with shiatsu pressure operations. Shiatsu pressure is applied in a perpendicular angle to the body, from the top of shoulders and by squeezing lower back from sides.  
Arms, soles and calves are thoroughly loosened to release fatigue from the whole body.



**Standard**

#### Deep course When you want to firmly loosen your body

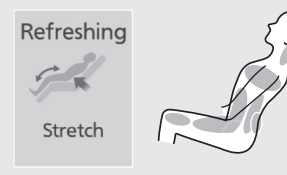
Muscles are properly loosened, primarily with deeply loosening operations. Finely circling "Ultra knead" operation is applied to loosen knotted points.  
Arms, soles and calves are thoroughly loosened to release fatigue from the whole body.



**Refreshing** (Strength)

#### Stretch course When you want to stretch the whole body

This course relaxes the body with 8 stretching operations. A stretching operation is that of stretching the body using the movements of air or massage rollers.



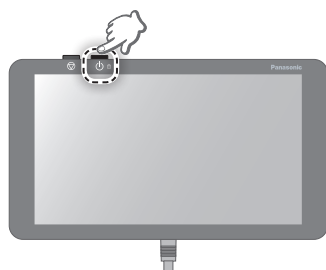
# When you want a massage with your favorite action

In the "Select favorite area" you can select your favorite part and edit the massage action, eliminating the need to select and edit it again next time.

- Settings such as the part of the body chosen by the user, edited massage movements, etc. can be stored in three patterns for each selected time.
- From the next time onward, when "Select favorite area" is selected, the previously set "Settings 1 to 3" screen will be displayed and the program will start with the memorized settings.
- If guest is selected, it will not be remembered.

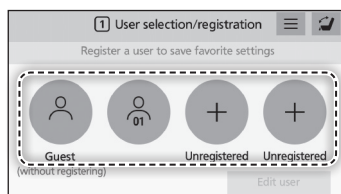
Example: "Setting 1" is selected

## 1 Turn on the power



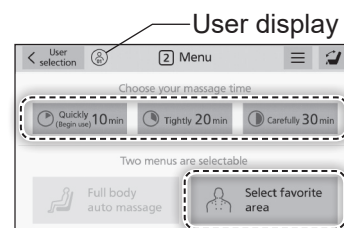
- The power is turned OFF automatically if message is not started and no operation is performed for about 3 minutes.

## 2 Press the user icon (EN24)



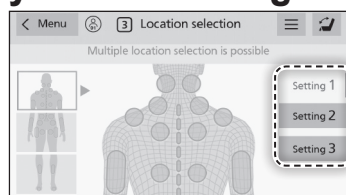
(The registered user is just an example)

## 3 Select "Select favorite area"



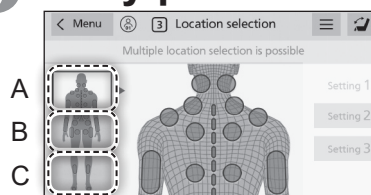
- The outline of the selected time glows blue.

## 4 Select the setting number you want to register



- The currently selected setting number is displayed in blue.
- If you chose guest, go to step 5.

## 5 Select screen of desired body parts for massaging

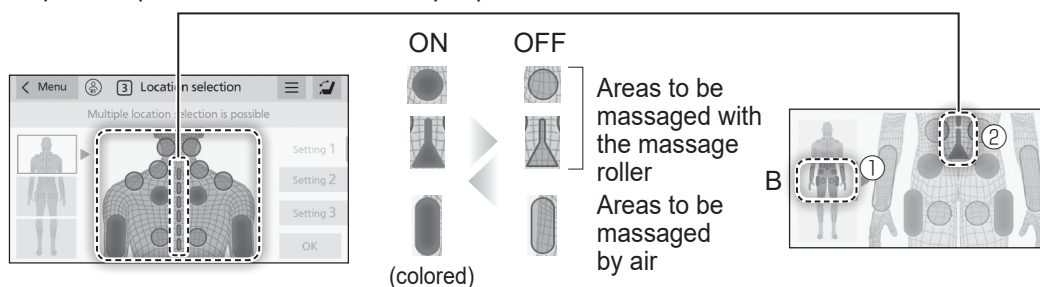


Three massage ranges (A B C ranges) can be selected.

- An enlarged view of the selected massage range is displayed in the center of the screen.
- When the massage range is re-selected, the magnified view switches.


## 6 Select the area to be massaged

Repeat steps 5 and 6 to select multiple parts.

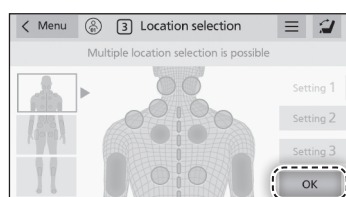


- Upper arms, arms, thighs, legs, and soles are massaged with air. If only these five areas are selected, the massage roller will not move and only air will be used for massage. (EN30)

If you want to select the Back

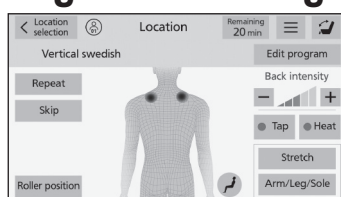
- ① Select the B range
- ② Select  for a magnified view of the massage range

## 7 Press "OK"



- Sensing operation starts. (EN22 to EN23)
- Sensing may not be performed depending on the selected area. (EN21)

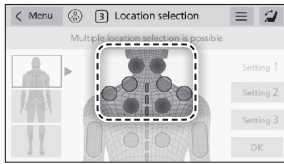
## After the shoulder position is set, massage begins according to the settings



- Displays for massage action.
- During the massage, you can create favorite settings. (EN31 to EN35)
- Massage ends automatically after a maximum of approximately 30 minutes from the start of the massage.
- If you select an air-only part, the display screen will be different. (EN21)

# 8 Edit movements for each part of the body after the massage starts.

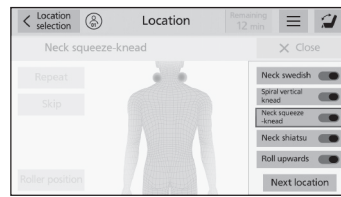
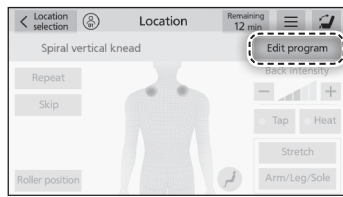
- If the user is registered, the contents set in program editing are also memorized.



Example: If you select neck/shoulder for editing

Area: Neck and shoulder selection

## ① Press "Edit Program"



- The current operation of the part is displayed.
- The currently executed operation is framed (yellow). (e.g., Neck squeeze-knead) Repeat until the next action is selected.

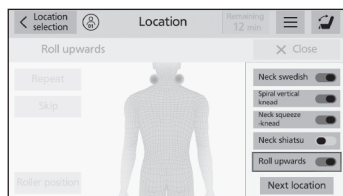
## ② Press

- The selected operation is cut off and the next operation is executed.

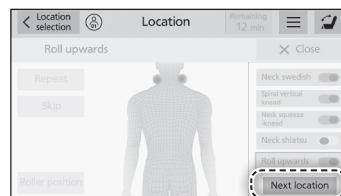


It switches with each press.

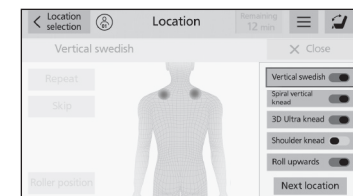
## ③ Selects whether to turn each operation on or off



## ④ Press "Next location"



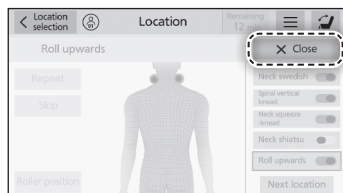
## ⑤ Turn on/off the operation to be edited



- The shoulder program edit screen will appear.

- If the massage of the same area continues for about 5 minutes, as if only one part is selected and repeated, a "Beep" will sound and the massage roller will automatically move upward about 3 cm. (May move downward, depending on the part)

## ⑥ Press "X" (Close) to exit.



- You can also press this button when you want to exit during part/operation selection.

When you want a massage with your favorite action

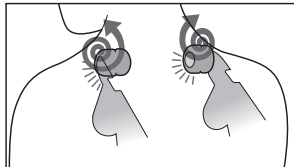
# The contents of the action

## Massage operation by massage rollers

- When "Full body auto massage" is selected, massaging operations that are suitable for the course are performed automatically.
- When "Select favorite area" is selected, operations that can be displayed or turned on/off vary depending on the selected body parts.

### Ultra knead

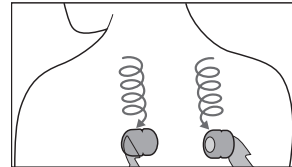
Small kneading action at points.



- 3D Ultra knead
- Ultra knead
- Hip ultra knead
- Shoulder ultra knead
- Squeeze ultra knead
- Pat knead

### Spiral ultra knead

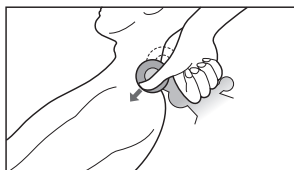
Kneading action while moving up and down.



- Spiral vertical knead
- Spiral lateral knead
- Spiral hip knead
- 3D Spiral knead

### Shiatsu

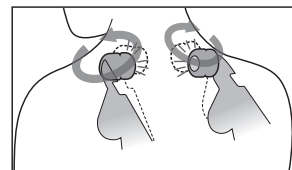
Action compressing muscle knots vertically.



- Neck shiatsu
- Squeeze shiatsu
- Spiral vertical shiatsu
- Hip shiatsu
- Shoulder shiatsu
- Triple shiatsu

### Knead

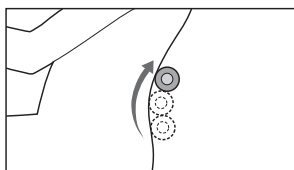
Deep kneading action.



- Neck squeeze-knead
- Compress upwards
- Squeeze-Knead
- Deep tissue
- Shoulder knead
- Compress downwards
- Hip knead
- Triple compress

### Roll

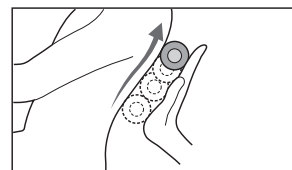
Action to stretch an area.



- Roll upwards
- Compress roll
- Waist compress
- Hip roll
- Lower hip roll
- Compress roll upwards

### Swedish

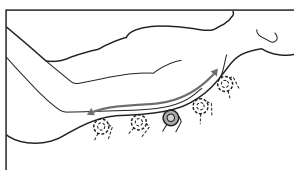
Action of rubbing gently across a wide area.



- Neck swedish
- Upper shoulder swedish
- Vertical swedish
- Vertical spread swedish
- Hip swedish
- Lower hip swedish
- Shoulder swedish
- Swedish downwards
- Pat swedish

### Full back roll

Action stretching the body along the backbone.



- Roll
- Swedish roll
- Knead roll

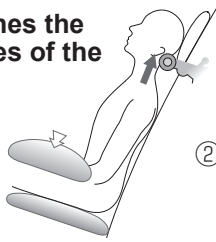
- The respective actions are suitable for specific body parts. (Actions of Shiatsu for the "Neck" are different from of the actions for the "Shoulder".)

## Stretching

A stretching operation is that of stretching the body using the movements of air or massage rollers.

### "Neck" stretch

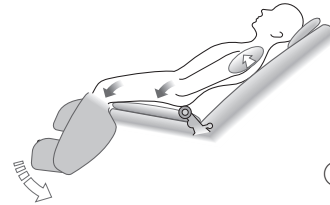
Stretches the muscles of the neck.



- ① The backrest rises up and holds the thighs with air bags.
- ② Slowly move up to lift the head while clipping the base of the neck with the massage roller

### "Pelvis" stretch

Stretch the muscles around the pelvis.

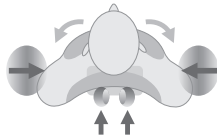


- ① The legrest lowers and the shoulders are held with the air bags, the hips are lifted from below with the massage roller as if to bend the body back.
- ② Repeat the action of lifting the hips.

### "Chest" stretch

Extends the muscles around the shoulder blades and chest.

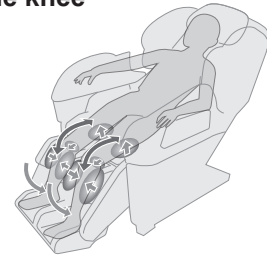
- ① Air bags hold the shoulder
- ② Press forward with the massage roller near the shoulder blades.



### "Leg" stretch

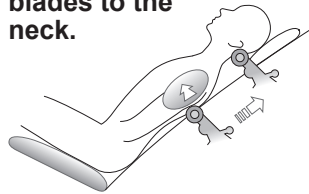
Extends the muscles from the knee area to the thighs.

- ① Air bags hold the legs
- ② The legrest is lowered, then calves and knees are pressed from behind.



### "Upper spine" stretch

Stretch the muscles from the lower shoulder blades to the neck.

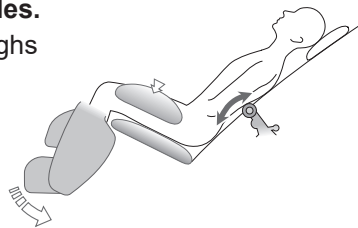


- ① Air bags hold the shoulder
- ② Stretch the spine from the bottom to the top as if pressing with the massage roller.

### "Lower spine" stretch

Stretch the muscles from the lower back to near the shoulder blades.

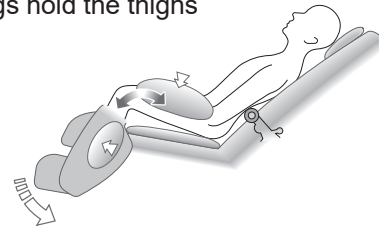
- ① Air bags hold the thighs and pelvis
- ② The legrest lowers and extends as if pushing with the massage roller



### "Thigh" stretch

Focuses on stretching the muscles around the thighs.

- ① Air bags hold the thighs

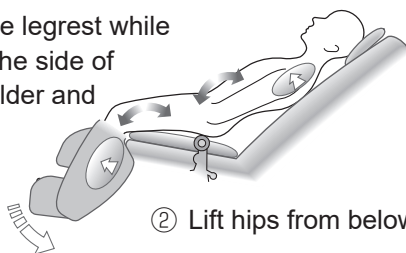


- ② While supporting the lower back with the massage roller, the legrest is lowered and the thighs stretched.

### "Core" stretch

#### 1) Extends from thighs to the lower abdomen.

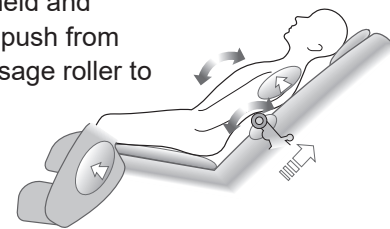
- ① Lower the legrest while holding the side of the shoulder and calf/foot



- ② Lift hips from below with massage roller

#### 2) Extends around the spine.

- ③ With shoulders held and legrest lowered, push from behind with massage roller to deflect the hips



The contents of the action

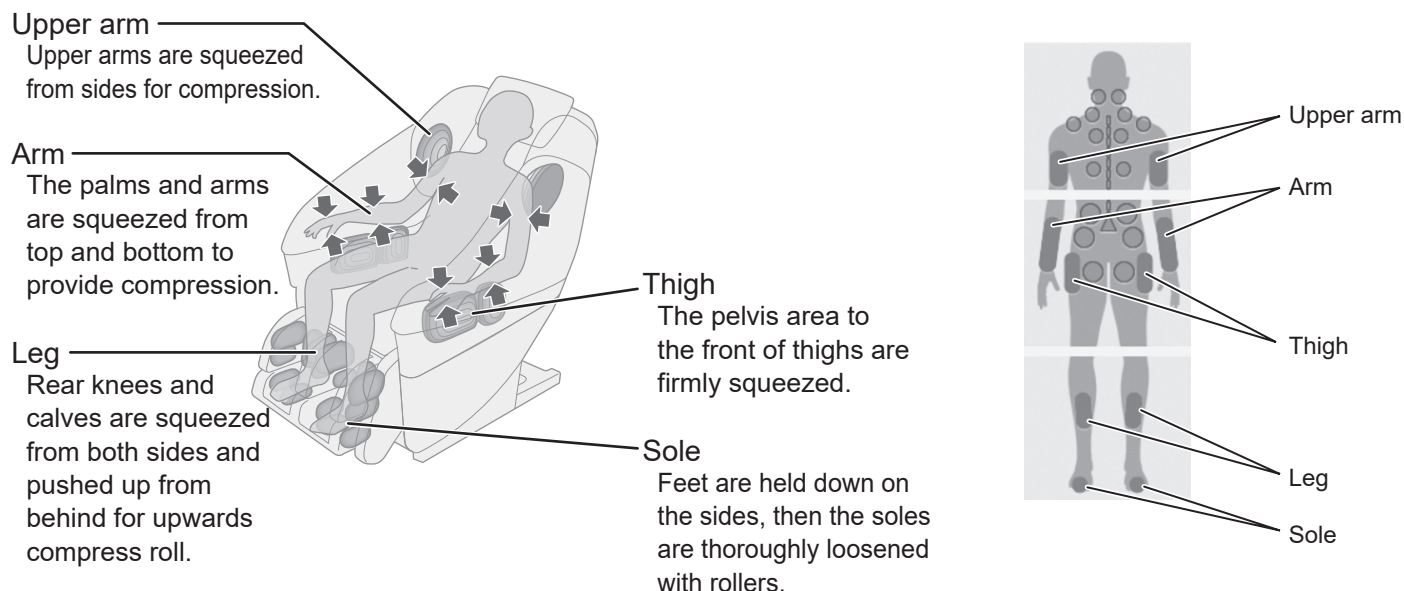
● The sole massage part may touch the floor when you do "Lower spine", "Core", "Pelvis", "Leg", and "Thigh" stretches with the sole massage part slid and stretched.

Continued on the next page EN29

## The contents of the action (continued)

### About air massage operation

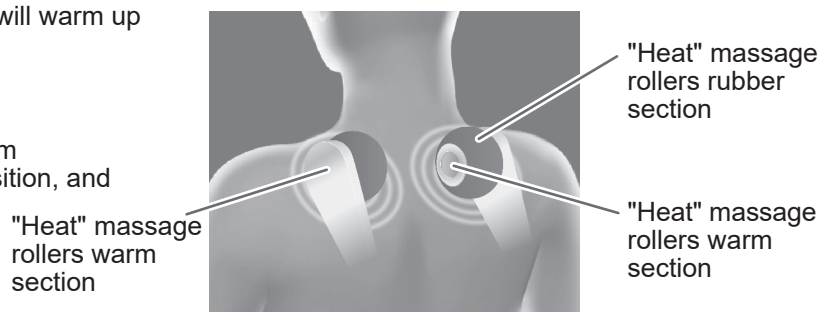
Air operation is that of softly relaxing the body with only air. (The massage rollers do not move)



### About "Heat" massage

The warm section in the "Heat" massage rollers will warm up the fabric of the massage areas.

- Temperature adjustment cannot be made.
- Sense of warmth differs depending on the room temperature, clothing, body shape, action, position, and course.



### About nanoe<sup>®</sup>X

This massage lounger is equipped with the nanoe<sup>®</sup>X device.

#### ■ How to use

- When using for the first time, first connect nanoe<sup>®</sup>X power supply relay line with the power cord.
- When the massage lounger is powered on, turn the function ON and OFF by tapping the nanoe<sup>®</sup>X switch button.
- nanoe<sup>®</sup>X will automatically turn off after 13 hours of continuous use.

<Turning ON/OFF Operation>

- Tap the center of the switch panel to turn ON. A "beep" sound is made and the indicator will turn on.
- Tap the center of the switch panel to turn OFF. A "beep" sound is made and the indicator will turn off.

#### ■ Conditions of use

nanoe<sup>®</sup>X is generated by using the air in the room. It may not take effect depending on the temperature and humidity.

<Temperature and humidity range reference>

Room temperature: approx. 5 °C ~ approx. 35 °C (Dew point temperature: approx. 2 °C or more)

Relative humidity: approx. 30 % ~ approx. 85 %

- Avoid continuous use in an environment with a humidity of 85 % or more.

# Adjusting the intensity

## Details on available adjustments

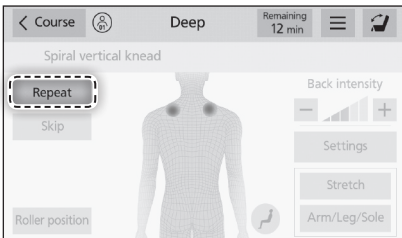
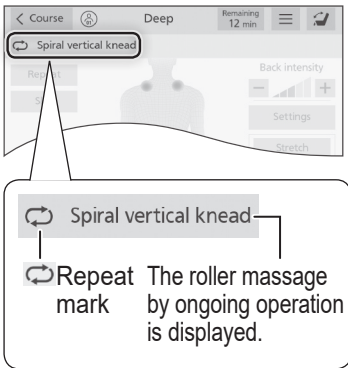
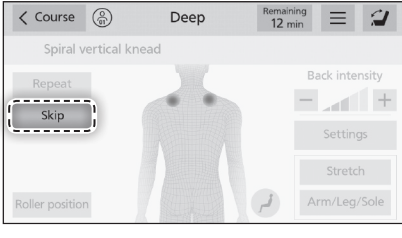
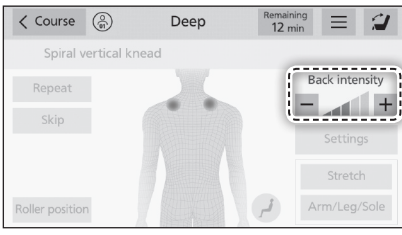
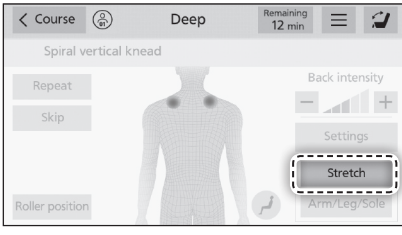
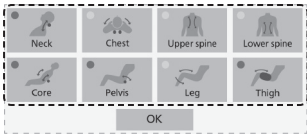
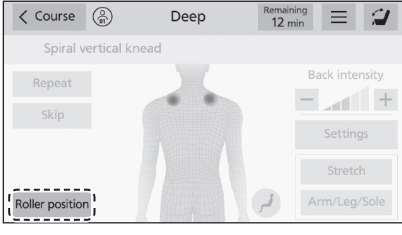
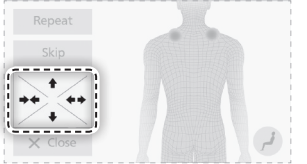

- Details on available adjustments vary depending on the type.
  - If you have registered as a user, your adjustments will be stored in the memory. (excluding skips)
- : Adjustments available    —: Adjustments not available

Adjustment function	Full body auto massage	Select favorite area	Air operation only
Repeat	○	○	—
Skip	○	○	—
Back intensity	○	○	—
Stretch	○	○	—
Roller position adjustment	○	○	—
Arm/Leg/Sole actions	○	○	○
Tap action	○	○ Individual operations can be turned OFF/ON.	—
Heat	○	○	—
Hip massage	○	○	—

The contents of the action  
Adjusting the intensity


# Adjusting the intensity (continued)

- It is possible to adjust to your liking the adjustments and settings, etc., during massaging.
- The overall operation time does not change even if "Repeat", "Skip", "Stretch", or other adjustments are made during massage.
  - When "Repeat" or "Stretch" is pressed: The course may not reach the last operation due to the time required by the adjustment.
  - When "Skip" is pressed: The operation may be completed and then resumed from the beginning, depending on the remaining time.
- Details on available adjustments vary depending on the type. See EN31 for details.




Function name	Contents							
<b>Repeat</b>	The currently operating roller massage is repeated about twice the number of operations.	 <p>Press "Repeat".</p> 						
<b>Skip</b>	Suspend ongoing roller massage and move onto the next operation.	 <p>Press "Skip".</p>						
<b>Back intensity</b>	Back intensity can be adjusted in 5 stages.	 <p>Press "-" or "+".</p> <table border="1" data-bbox="1250 1274 1716 1420"> <thead> <tr> <th>Intensity</th> <th>Lowest</th> <th>Low</th> </tr> </thead> <tbody> <tr> <td>Back intensity display</td> <td></td> <td></td> </tr> </tbody> </table>	Intensity	Lowest	Low	Back intensity display		
Intensity	Lowest	Low						
Back intensity display								
<b>Stretch</b>	Perform one stretching movement of your choice <ul style="list-style-type: none"> <li>● The selected operation is set "On".</li> </ul>	 <p>Press "Stretch".</p>  <p>Multiple operations can be selected</p> <ul style="list-style-type: none"> <li>● Turned on: Setting is on</li> <li>○ Turned off: Setting is off</li> </ul>						
<b>Roller position adjustment</b>	Roller positions in vertical and horizontal directions can be adjusted.	 <p>Press "Roller position".</p>  <p>Press </p>						



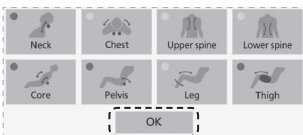
## Settings & adjusting method

- This may not be accepted if selected when an operation is switching to another operation.
-  is displayed during repeat.
- The number of repetitions is the same whether pressed once or pressed twice or more times.

- This may not be accepted if selected when an operation is switching to another operation.

Medium	High	Highest
		

- Pressing "-" or "+" will not accept adjustments while strength display is blinking.
- Refer to descriptions provided on EN46 for instructions when the highest intensity setting is not strong enough or when the lowest intensity setting is too strong.
- The adjustment may not be accepted if selected when an operation is switching to another operation.



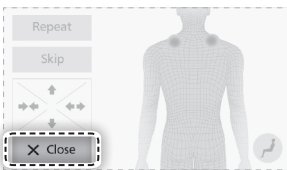
Press "OK".

Selecting and pressing "OK" will perform one stretch operation that has been newly set to "On".


Stretching operation with the setting "On" is also performed during the course.\*

- When a user registers, the settings are memorized for each course. (EN24)
- When multiple operations are newly set to "On", the order in which they are performed cannot be set.
- The timing of the stretching operation cannot be set during the course.
- See EN29 for details of stretch actions.

\* If the setting "On" is made during the course, it may not be performed depending on the progress of the original course operation.

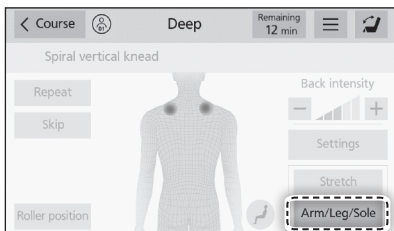
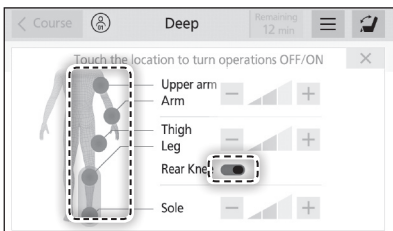
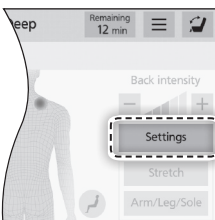

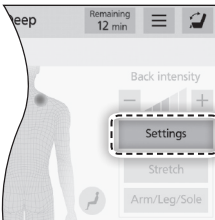
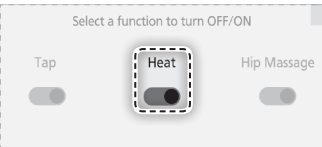
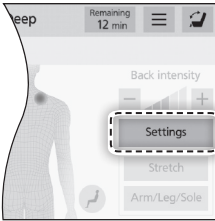
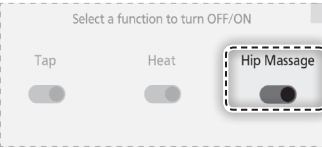


Press "X" (Close)

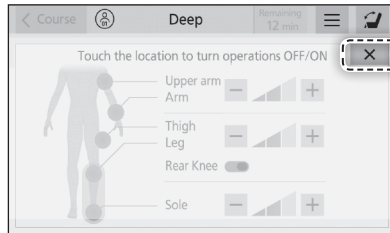
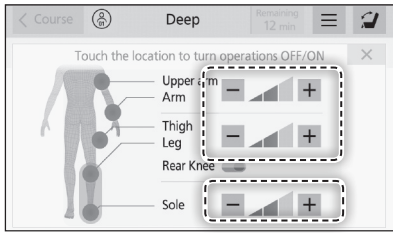
Press  to perform adjustments when adjusting positions of rollers for an ongoing motion.

- The maximum number of adjustments per operation is 3 per direction.
- When "Beep-beep-beep" is heard, no further adjustment is possible.
- Adjustment may not be possible depending on the place where the massaging is being made.

## Adjusting the intensity (continued)

Function name	Contents	
<p><b>Arm/Leg/ Sole actions</b></p>	<p>Turns OFF/ON operations for upper arm/arm, as well as thigh/leg and soles.</p> <p>The operating intensity can be adjusted in 3 stages.</p>	 <p>Press "Arm/Leg/Sole".</p>  <p>Motions are turned OFF/ON by pressing the body parts.</p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Turned on: ON</li> <li><input type="radio"/> Turned off: OFF</li> <li>● Since movement of the leg part is necessary for sole massaging, if the sole part is set to "ON", the leg part will also turn "ON".</li> <li>● The rear knee operation is included in the operation of the leg part. It is possible to switch the rear knee part ON or OFF by making the leg part "ON".</li> </ul> <p><input checked="" type="checkbox"/> Turned on (blue): ON</p> <p><input type="checkbox"/> Turned off (black): OFF</p> <ul style="list-style-type: none"> <li>● You can also change the area set in "Select favorite area".</li> </ul>
<p><b>Tap action</b></p>	<p>Tapping operation is turned OFF/ON.</p>	<p style="text-align: center;"><b>Settings for full body auto massage</b></p>  <p>Press "Settings".</p>  <p>Press <input checked="" type="checkbox"/> for "Tap"</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Turned on (blue): ON</li> <li><input type="checkbox"/> Turned off (black): OFF</li> </ul>
<p><b>Heat</b></p>	<p>Heat is turned OFF/ON.</p>	 <p>Press "Settings".</p>  <p>Press <input checked="" type="checkbox"/> under "Heat"</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Turned on (blue): ON</li> <li><input type="checkbox"/> Turned off (black): OFF</li> </ul>
<p><b>Hip massage</b></p>	<p>Hip massage is turned OFF/ON.</p>	 <p>Press "Settings".</p>  <p>Press <input checked="" type="checkbox"/> for "Hip Massage".</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Turned on (blue): ON</li> <li><input type="checkbox"/> Turned off (black): OFF</li> </ul> <ul style="list-style-type: none"> <li>● When turned "OFF" and then "ON" again, it immediately moves to the hips for massage.</li> </ul>

## Settings & adjusting method



● See EN30 for air action.

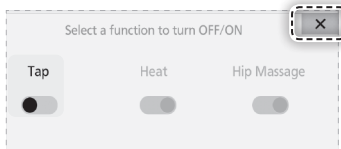
Press "X" (Close)

Intensity of motions can be adjusted in 3 stages by pressing "-" or "+" for desired body parts.

Intensity	Low	Medium	High
Upper arm/ Arm and thigh/Leg and sole intensity display			

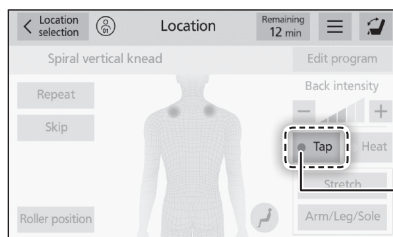
Adjusting the intensity

(Example of setting to "OFF")



Press "X" (Close)

Settings for "Select favorite area" (example of setting to "OFF")



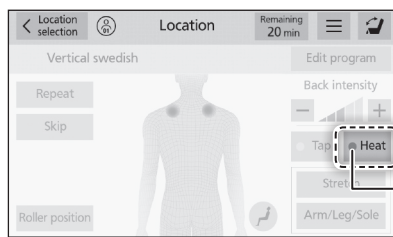
● Individual operations can be turned OFF/ON.

Press "Tap".

- Turned on (blue): ON
- Turned off (black): OFF



Press "X" (Close)

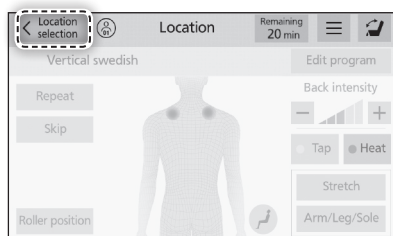


Press "Heat".

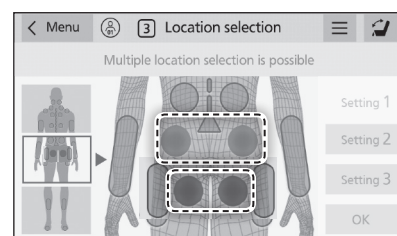
- Turned on (blue): ON
- Turned off (black): OFF



Press "X" (Close)



Press "Location selection".

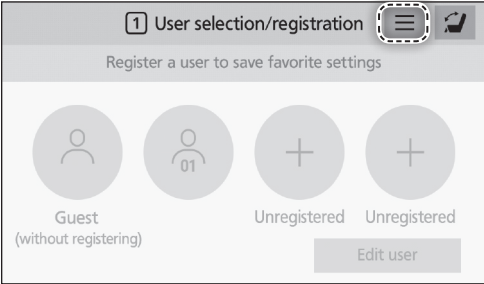



● Hip massage can be turned OFF/ON. (EN26)

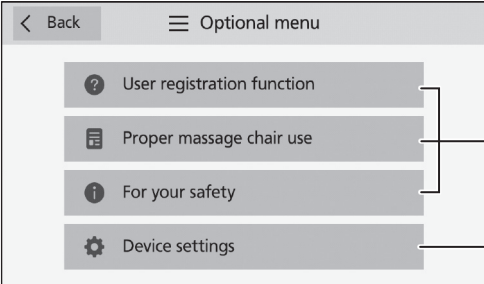
# Optional menu screen

Press  to display the Optional menu (Help menu and Device settings menu) screen.

Example: If the option menu is selected from the user selection/registration screen



Press 



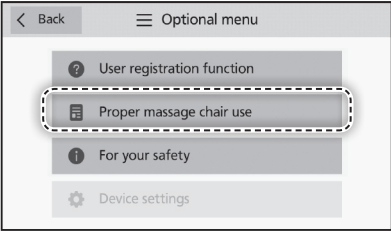
**Help menu**  
Detailed instructions on how to operate the screen, the message function, and how to use it.

**Device settings menu**  
Detailed settings can be made for the controller, backrest and legrest

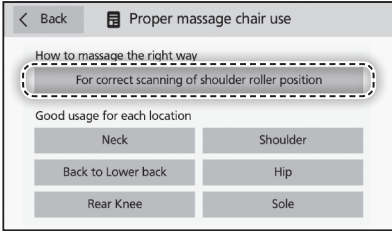
Select a menu item from the options menu screen

## Help menu

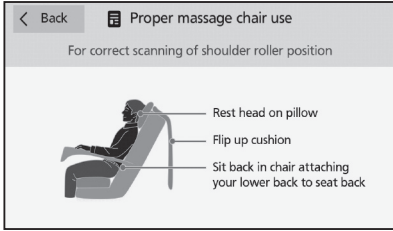
Example: If you choose "Proper message chair use" → "For correct scanning of shoulder roller position"



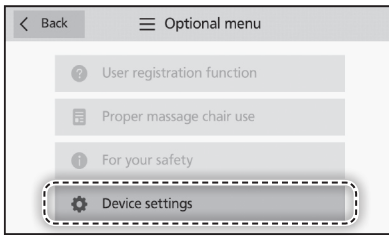
Select the help menu you want to see



Select the item you want to see



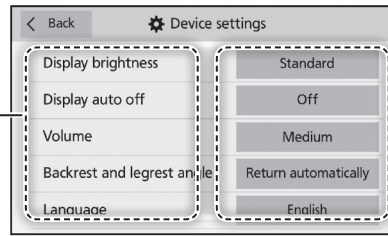
## Device settings menu



Select "Device settings"



Items that can be set



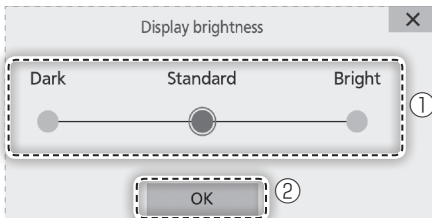
Select the item you want to set

Setting button for each item

After selecting an item, follow the steps below to set it up.

- ① Select what you want to set
- ② Press "OK"

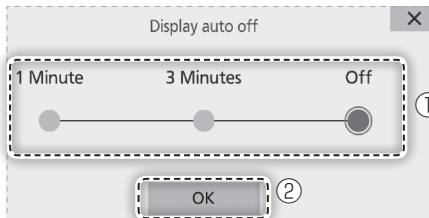
### ● Display brightness



#### Set the brightness of the touch panel

Select from "Dark", "Standard", and "Bright"

### ● Display auto off

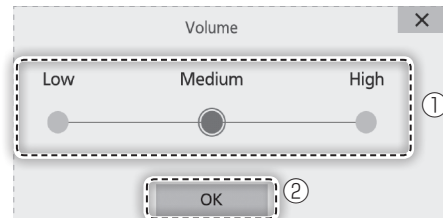


#### Set the time for Display auto off

Select from "1 Minute", "3 Minutes", or "Off"

- If no operation is performed within the set time, the screen will go dark. Touch the screen to return to the original brightness. The screen can be operated in bright conditions.
- Even if the time is set, the power will automatically turn off if the machine is not operated for approximately 3 minutes without starting massage.

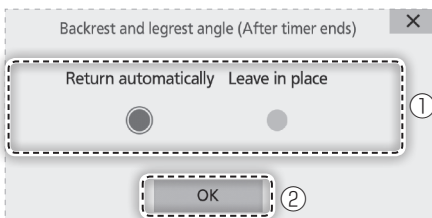
### ● Volume (sound)



#### Set operation sound volume

Select from "Low", "Medium", and "High"

### ● Backrest and legrest angle



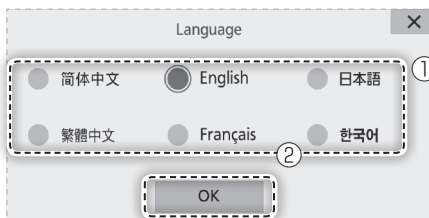
#### Set the angle of backrest and legrest after timer expires

"Return automatically": Return to the initial angle.

"Leave in place": The angle remains unchanged.

- The factory default setting is "Return automatically".

### ● Language



#### Select controller language

Select from "Simplified Chinese", "English", "Japanese", "Traditional Chinese", "French", or "Korean"

- The factory default setting is "English".

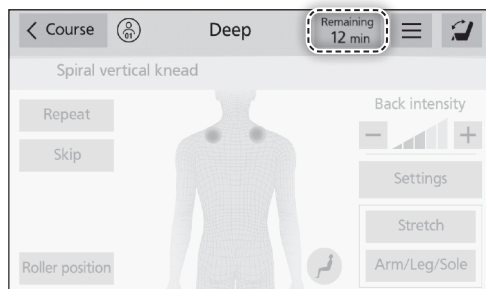
# Adjust the massage time

The time from when shoulder position sensing starts to when the massage roller is retracted and automatically stops can be adjusted.

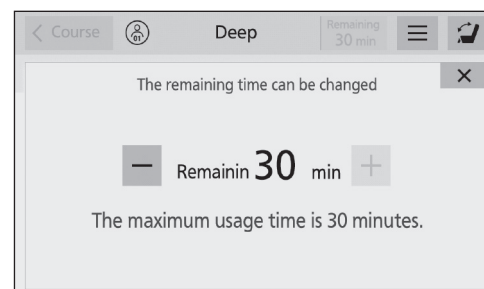
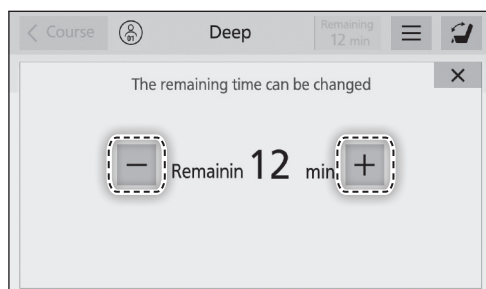
A timer is activated when shoulder position sensing begins and automatically stops at the selected time.

- Displays the remaining massage time on the screen.

## 1 Press the remaining time display button during massage

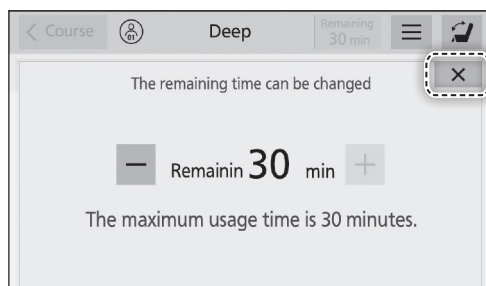


## 2 Use "-" and "+" to adjust.



- The time from the start of the massage can be increased up to 30 minutes. It can also be reduced to one minute remaining.
- When 30 minutes is selected for the massage time (EN25 and EN26), the time cannot be increased.
- The remaining time is increased, and when the total of the massage elapsed time and remaining time reaches 30 minutes, "The maximum usage time is 30 minutes." is displayed and "+" cannot be pressed.

## 3 Press "X" (Close)



# After completing the massage

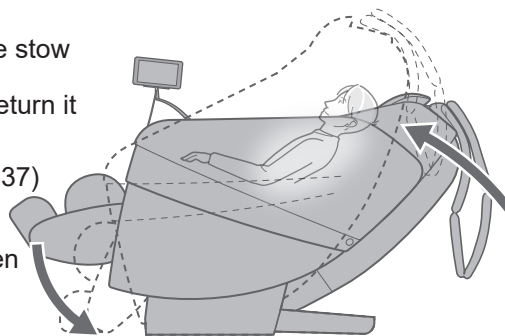
## 1 Return backrest/legrest

- The backrest and legrest return automatically so that the user can stand up safely, and the massage roller and sole roller move to the stow position. In the following cases, the return will not be automatic; you must return it yourself.


1) When the backrest and legrest angle is set to "Leave in place" (EN37)

- ① Slide back the sole massage section completely
- ② Press **Return the backrest and legrest** on the controller screen

Or, if the controller is turned off, press  twice



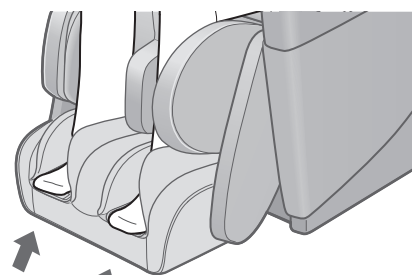
2) When the massage is terminated with an abrupt press of the stop button in the middle of the massage

- ① Slide back the sole massage section completely
- ② Press  twice

- The legrest is lowered automatically, the backrest is returned to the upright position and massage rollers or sole rollers as well as sole rollers are stored at original positions. When storage is complete, you will hear a confirmation beep sound.

Lift your soles slightly and the sole massage section returns.

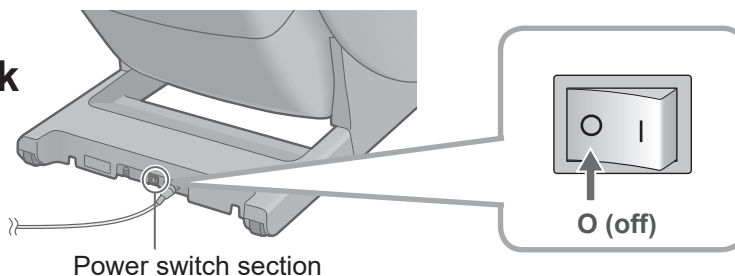
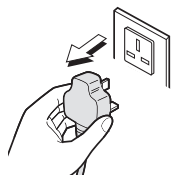
When the sole massage unit is extended, it will not be stored on the floor. Slide the slide back completely.



Adjust the massage time  
After completing the massage

## 2 Set the power switch to the "O" (off) position on the back of the main unit

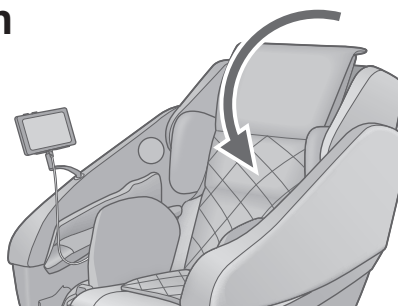
## 3 Unplug the power plug from the wall socket



### **WARNING**

- After each massage, push the power switch on the unit backside to the "O" (off) position and unplug the power plug. (To prevent breakage or injury from misuse by children.)

## 4 Hang the comfort cushion on the backrest



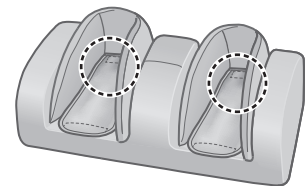
# Cleaning and maintenance

- Never use chemicals such as thinner, benzine, alcohol, etc.  
(Causes cracking and discoloration of parts, discoloration, deterioration and cracking of synthetic leather)
- Be careful when using the unit with clothing such as jeans or colored clothes. (Cause of color transfer to the synthetic leather and fabric portions)
- Please avoid long time contact with plastic products etc. (Cause of discoloration)

## Sole Massage Section

### Remove the dirt from the heel section with a vacuum cleaner.

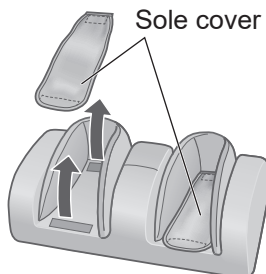
- Any accumulated fibers or dust will adhere to the velcro fastener of the sole cover, which may weaken the fixing force. Clean regularly with a vacuum cleaner.



### Sole cover: totally removable and washable

#### ■ Removal

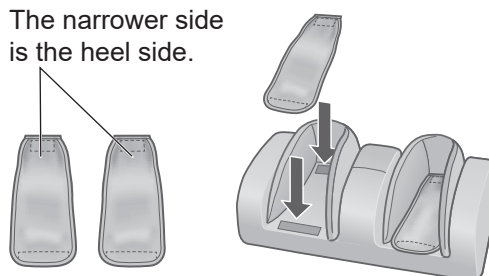
##### Remove the velcro fastener.



#### ■ Installation

##### Fasten it with the velcro fastener in the order of heel side and then the toe side.

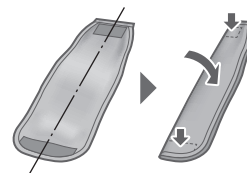
The narrower side is the heel side.



- If the whole surface of the velcro fastener of the sole cover is not in close contact, socks and stockings may get torn.

### <How to wash>

- Wash it with a laundry net.
- Fold the sole cover in half, fasten the velcro fastener, and wash it completely.  
If you wash it without folding, the velcro fastener may damage the sole cover.
- If dust or hair gets tangled in the velcro fastener, remove it with a toothpick.



#### ■ To wash with water

- Do not use a washing machine.

① Soak it in water below 30 °C and press to wash it gently.

- Never wash by rubbing (causes damage to the fabric)
- Never use detergents containing bleaching ingredients.  
(Causes color fading)
- Do not wash together with other items (causes dye transfer)



② Rinse thoroughly.

③ Drain the water by pressing it lightly.

- Never dehydrate by wringing.  
(Causes fabric damage and fraying of woven threads)

④ Stretch the wrinkles lightly and dry it in the shade.

- Never sun dry or tumble dry.  
(Causes fabric shrinkage and fading)
- Dry immediately after washing (otherwise dye will transfer)

⑤ After washing, if you are concerned about creases, please iron it.

- Precautions for using an iron



Cover it with a cloth and limit the temperature of the sole plate to 150 °C.

#### ■ In case of dry cleaning

When requesting dry cleaning (Chemical fiber type) at a dry cleaner, request as follows (may cause fabric damage)

- Wash it with a laundry net.
- Wash it softly and never tumble dry it.



### Touch panel section

**Wipe lightly with a soft, dry cloth such as gauze**

**<When the dirt is severe>**

Wring out a cloth soaked in water and then wipe off the stain, followed by a light wipe with a soft, dry cloth such as gauze.



### Fabric parts

- ① Soak a soft cloth in water or a 3% - 5% solution of neutral kitchen detergent with warm water and squeeze well and wipe.
- ② Use water or a neutral kitchen detergent and brush on areas where the seat fabric is particularly soiled.
  - Be careful not to brush the fabric too much to avoid damage.
- ③ Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
- ④ Allow the unit to dry naturally.



### Plastic area

- ① Soak a soft cloth in water or a 3% - 5% solution of neutral kitchen detergent with warm water and squeeze well and wipe.
- ② Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
  - When cleaning the controller (other than the touch panel area), be sure to wring out the cloth especially well before wiping.
- ③ Allow the unit to dry naturally.



### Synthetic leather part

**Wipe with a soft, dry cloth.**

- Never use cleaners available on the market that contain ethanol ingredients. (Cause of discoloration, change of properties)
- Do not rapidly dry off with a dryer, etc. (Cracking may occur)

**<When the dirt is severe>**

- ① Soak a soft cloth in water or a 3% - 5% solution of neutral kitchen detergent with warm water and squeeze well.
- ② Briskly rub the surfaces.
- ③ Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
- ④ Wipe with a soft, dry cloth.
- ⑤ Allow the unit to dry naturally.



- For hard-to-clean soiling, wipe with the same neutral kitchen detergent solution, etc. but using a commercially available "Sponge of melamine foam material".

# Moving the unit

## Lift the main unit when moving

Lift and move with one person holding the sides of the legrest and one person holding the backrest cover groove. (EN10)

Always carry the lounge with at least two people!

## Moving the unit on its casters

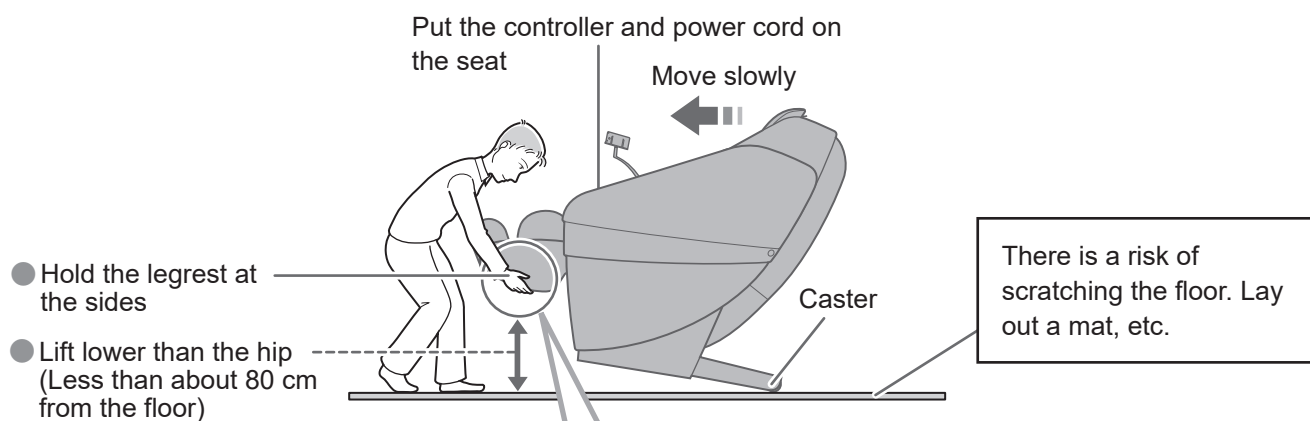
- Remove the obstacles in the vicinity.
- Move with the backrest fully upright.

The backrest rises up if  is pressed twice.

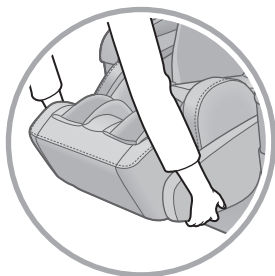
Since the unit is heavy, be careful to avoid back injuries.

Lifting weight when moving on casters	Approx. 37 kg
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Hold the legrest at the sides and move the unit on its casters.



Hold at the sides



Do not hold by the foot part.  
The sole massage section might slide, and injuries may occur.

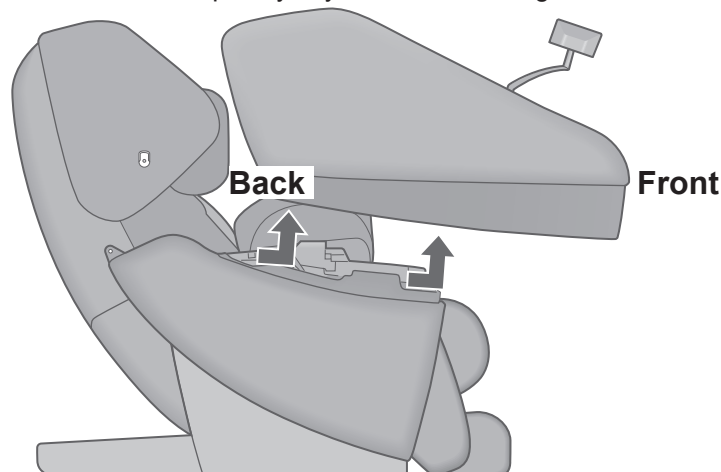
## When you lower the unit

- Put the unit down slowly and watch your step carefully.
- Hold the legrest with your hands until it has been set on the floor completely. If you release the legrest too soon, it will spring back to the initial position.

## Armrest release

(Reverse order of steps 3 to 5 on EN12)  
Remove the armrests to make it easier to move around.


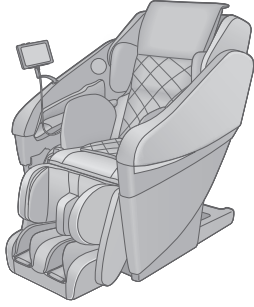


Remove the mounting screws, slide the elbow rest forward, and pull it up with both hands.



# Q&A

Question	Answer
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## Before use

Doctor Consultation	<p>Can I use the unit if I have an illness that requires regular medical attention?</p>	<p><b>Consult your doctor before using this unit.</b></p> <p>Massage is a form of stimulation by tactile pressure in which pressure is applied to the muscles to relax them. This may exacerbate some illnesses. Be sure to consult a doctor if you have an illness. (EN4)</p>
How to use	<p>The position of the upper body and the position of the legs do not match. What can I do to align massaging positions?</p>	<p><b>Separating massage of the upper body and legs is recommended.</b></p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="738 837 1112 1001"> <p><b>&lt;Massaging only the upper body&gt;</b> Raise the comfort cushion to expose the backrest and pillow for use.</p>  </div> <div data-bbox="1179 837 1566 976"> <p><b>&lt;Massaging only the legs&gt;</b> Use the leg &amp; sole massage section with the comfort cushion on the backrest.</p>  </div> </div>
	<p>Can people shorter than 140 cm or taller than 185 cm still use it?</p>	<p><b>Yes.</b></p> <p>The shoulder position may not be adjustable; in that case it is recommended that the following methods be used.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="713 1537 1005 1773"> <p><b>&lt;If shorter than 140 cm&gt;</b></p>  <p>Place a cushion on the seat and sit firmly.</p> </div> <div data-bbox="1161 1537 1501 1773"> <p><b>&lt;If taller than 185 cm&gt;</b></p>  <p>Recline the backrest and slide your body down.</p> </div> </div> <p>For shorter persons: Please use by raising the backrest and lifting the legrest. For taller persons: Please use by reclining the backrest.</p>
<p>How many times can this be used in one day?</p>	<p><b>Use for less than about 30 minutes in one day.</b></p>	

Moving the unit

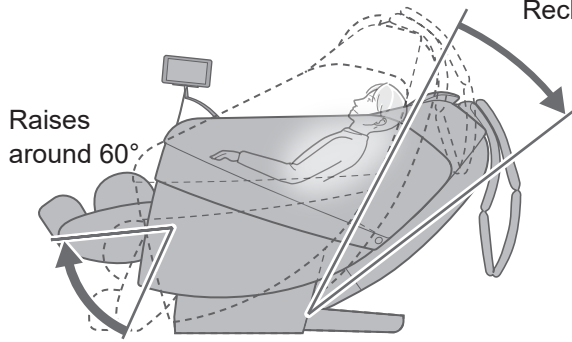





Q&A

## Q&A (continued)

	Question	Answer
<h3>During operation</h3>		
<b>Controller (U10 display)</b>	During shoulder scanning or a massage, 7 short beeps sounded ( <b>U10</b> was displayed) and the action stopped. What happened?	<p>Massages stop for safety if the body cannot be detected for one of the following reasons.</p> <ul style="list-style-type: none"> <li>• The user is not sitting.</li> <li>• The head and / or back is not touching the backrest.</li> <li>• A cushion is placed against the backrest or the user is wearing thick clothing.</li> <li>• The comfort cushion is not raised.</li> </ul> <p>● Sit firmly, lean gently back so that your head touches the pillow, press  and then press  to start again.</p>
<b>Upper body</b>	The mechanical intensity adjustment button for the upper half of the body does not work sometimes.	<p>The upper body massage roller intensity button is ineffective in following instances. The intensity display flashes during adjustment. No adjustments will be accepted while it is flashing.</p> <p>This is an intentional condition to prevent suddenly intensifying strength and is not a malfunction.</p>
	There is a delay in movement when adjusting the position.	<p>The massage rollers may not move immediately depending on when the position button is pushed. (There may be a small time lag. This is not an abnormality.)</p> <p>If you hear the limit sound (beep-beep-beep) when the button is pushed, this means that it is at the furthest position and cannot move any further.</p>
	The height (intensity) on the left feels different to that on the right.	<p>It is designed to differ in some cases.</p> <p>An alternating tapping mechanism is used to create a more natural sensation. The massage rollers therefore do not move in unison in some massages. The massage roller height (intensity) on the left differs from that on the right in these massages. This is not a malfunction.</p>
	The massage rollers sometimes move bit by bit in a twitching manner.	<p>The chair is detecting the pressure acting on the massage rollers and changing the massage strength.</p> <p>The massage rollers may move bit by bit depending on the pressure but this is not an abnormality.</p>
<b>Sole</b>	The sole roller sometimes moves before the course begins...	<p>Before the course begins, the sole roller moves into place. This is not an abnormality.</p>
<b>Hand &amp; arm</b>	During auto course (including memory course), air action and sole roller action may suddenly stop and transit to the next operation...	<p>When hip massage or stretching operations start during an Automatic course, the supply of air used for operations and sole roller movements are suspended.</p> <p>This is due to the priority on the air motion that is linked to movements of rollers to enhance the effectiveness of hip massage or stretching operations.</p> <p>For this reason, in the number of times arm massage is performed on the left and the right may differ with alternated application of pressure for air arm massage.</p>
	Can you do hand/arm massage on both sides at the same time?	<p>The massage alternates between left and right so that it can stop immediately when it senses abnormality or danger.</p>

Question	Answer
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## During operation (continued)

<b>Reclining</b>	<p>The angle of the backrest, legrest or armrest automatically changes at times.</p> <p><b>The angle automatically changes in the following cases.</b></p> <ul style="list-style-type: none"> <li>While scanning the shoulder roller position <ul style="list-style-type: none"> <li>The unit body moves automatically, and gets inclined to the angle that makes scanning easy.</li> <li>If you have adjusted the reclining before use, the angle will not change.</li> </ul> </li> </ul>  <ul style="list-style-type: none"> <li>When  is pressed to end the massage.</li> <li>When finished by timer <ul style="list-style-type: none"> <li>Backrest and legrest will return automatically.</li> <li>If the backrest and legrest angle is set to "Leave in place" in the settings, it will not return automatically. (EN37)</li> <li>If you exit with , the angle does not change automatically and all operations stop on the spot.</li> <li>It may change automatically when performing stretching movements.</li> </ul> </li> </ul>
<p>You do not want to return backrest / legrest after timer expires</p>	<p>If the backrest and legrest angle is set to "Leave in place", the backrest / legrest will not return automatically after the timer expires. (EN37)</p>
<p>Backrest / legrest does not return after the timer ends</p>	<ul style="list-style-type: none"> <li>After the timer ends, press the  Return the backrest and legrest displayed on the control panel.</li> <li>If the controller is turned off, press  twice.</li> </ul>
<p>It displayed as not being able to finish correctly last time...</p> <div data-bbox="313 1766 636 1948" style="border: 1px dashed gray; padding: 5px; margin: 10px 0;"> <p>Since it was not finished correctly last time, return the backrest and legrest to the original positions before start.</p> <p style="text-align: center;"></p> </div>	<p>It is displayed in the following cases</p> <ul style="list-style-type: none"> <li>Previously shut down due to power outage</li> <li>Stopped by turning the power switch on the back of the main unit to (O) "OFF" or unplugging the power plug from the outlet before normal termination operation</li> </ul> <p>Press "OK"</p> <p>After stowing the backrest or legrest in its original position, resume the operation.</p>

Q&A

## After use

<b>Hand &amp; arm</b>	<p>Red marks are left on the under side of my hands / arms after a hand &amp; arm massage.</p> <p>Marks may remain on the hands and arms after use. These eventually fade and are not a problem.</p>
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Continued on the next page EN45

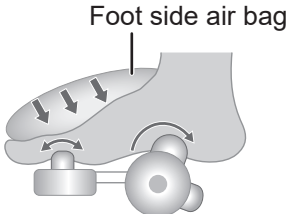
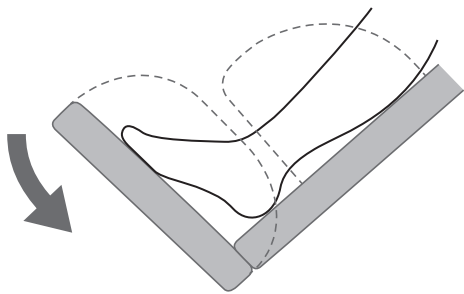
## Q&A (continued)

Question	Answer
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### How to adjust the <Position>


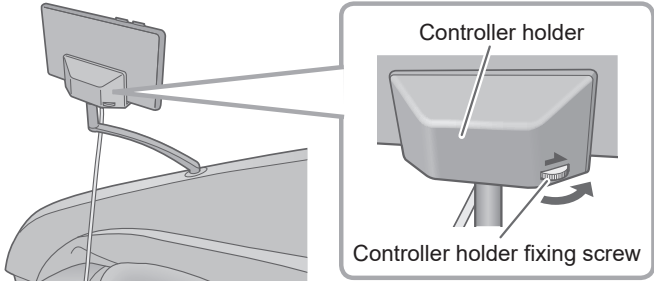

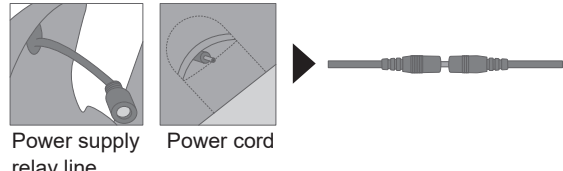
Scanning of shoulder roller position	<p>The correct shoulder position cannot be found during scanning of shoulder roller position. (The shoulder position slips each time.)</p>	<p>Correct scanning of shoulder roller position may not be possible for some sitting positions (such as leaning forward). Adjust with the shoulder position "▲" and "▼" button. (EN22 to EN23)</p>
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### How to adjust the <Intensity>

Upper body	<p>The auto course is "Not strong enough even at the strongest setting..." or is "Too strong even at the weakest setting..."</p>	<p>Try the following methods.</p> <ul style="list-style-type: none"> <li>• Maximum intensity is set for a course but the intensity is insufficient. Leaning back the backrest results in more body weight pressing against the main unit for stronger massaging.</li> <li>• Minimum intensity is set for a course by the intensity is excessive. Placing cloth or blanket over the backrest can soften the contact sensation of massage rollers. (EN31) Cloths and blankets can also be used.</li> </ul>
Hip	<p>The hip massage is weak ...</p>	<p>It is easier to work on the hips when the backrest is down. Also, if you raise the legrest and sit back so that your hips are on the backrest, the massage roller will be more firmly against the backrest. If the knees are lifted, the area under the hips will be weakened. Adjust the angle of the legrest and the slide of the sole part to prevent the knees from being lifted.</p>
Sole	<p>I hardly feel any difference in intensity in the sole roller even after adjustment ...</p>	<p>The sole roller intensity is adjusted by the strength of the foot side air pressure holding the soles. Therefore, depending on the operating pattern, intensity difference may not be felt.</p>  <p style="text-align: center;">Foot side air bag</p>
	<p>Sole roller is too intense even at the gentlest setting ...</p>	<p>Slightly lower the sole massage section so that the heel is raised above it, which will weaken the effect of the roller.</p> 

Question	Answer
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
## Other

<b>Controller</b>	The controller holder is unsteady.	<p><b>Tighten the controller holder fixing screw.</b></p> <p>The holder is held tighter by turning the mounting screw in the direction of .</p> <ul style="list-style-type: none"> <li>● Controller holder cannot be completely secured in order to allow adjustment to desired positions and orientations.</li> </ul> 
	The displays of the operation or position seem to be different ...	<p><b>The actions shown represent rough movements. Actual movements or sensations may vary.</b></p>
<b>Noise</b>	The noise grows louder after using the chair for a long time.	<p><b>This may be a malfunction. Contact the nearest authorized service center for an inspection and repair.</b></p>
<b>Timer function</b>	Is there a timer function?	<p><b>Yes.</b></p> <p>To prevent overuse, the massage automatically ends at a maximum of 30 minutes after starting. (EN38)</p> <p>When the timer runs out, the backrest and legrest return automatically and the massage roller moves to the bottom and stops in the stowed position. If the backrest and legrest angle is set to "Leave in place" in the settings, the backrest / legrest will not return. (EN37)</p> <p>To use again, press .</p>
<b>Bluetooth audio</b>	How to connect and use Bluetooth audio of the massage lounger?	<p>When using the massage lounger for the first time, turn on the mobile phone and open the Bluetooth to search for the massage lounger model [EP-MAN1-XXXXXX], and correctly enter the Bluetooth password: 1316</p> <p>Select the music playing.</p> <ul style="list-style-type: none"> <li>• If you have used the Bluetooth audio playback function of the massage lounger, turn on the Bluetooth of the mobile phone. It will automatically connect to the Bluetooth audio of the massage lounger, and select the music playing.</li> </ul>
<b>nanoe<sup>®</sup>X</b>	The switch button fails to work.	<ul style="list-style-type: none"> <li>• Check if the massage lounger is powered on.</li> <li>• Check if nanoe<sup>®</sup>X relay line is connected.</li> <li>• If there is still any abnormality after confirmation, the switch assembly may be damaged.</li> </ul> <p>→ Contact an authorized service center for inspection and repair immediately.</p>
<b>nanoe<sup>®</sup>X</b>	The indicator does not light up but there is sound.	<p>The indicator components may be the damaged. If necessary, contact an authorized service center for inspection and repair.</p>
<b>nanoe<sup>®</sup>X</b>	How to connect the power cord connector?	<p>Insert the power cord connector into the power supply relay line.</p> 







# Troubleshooting

**Investigate the "Problem" and apply the "Remedy" below.**

If the problem still exists after following the remedy, contact an authorized service center.  
Refer to EN55 for details when requesting repair.

Problem	Cause and Remedy
<p>The action stops mid-way.</p>	<p>If excessive force is applied to the massage rollers during operation, in the interests of safety the action may stop.</p> <p>→ Turn off the power switch on the back of the main unit once, and then turn it "I" (On) again after about 10 seconds before operating it.</p>
	<p>If the operation returns to the menu selection screen while a course was ongoing, the operation stops.</p>
	<p>There was a power outage.</p> <p>→ Since the operation would have stopped, press  twice to return the backrest and the massage rollers to the storage position, and then start to use again. (The operation does not restart even if the unit has recovered from a power failure.)</p> <p>→ Press  and when the screen on the right appears, press "OK".</p> <div data-bbox="1268 1066 1591 1244" style="border: 1px dashed gray; padding: 5px; margin-top: 10px;"> <p>Since it was not finished correctly last time, return the backrest and legrest to the original positions before start.</p> <p style="text-align: center;"></p> </div>
<p>The seat cannot be reclined and the legrest cannot be lowered.</p>	<p>If the unit encounters an obstacle or if excessive force is exerted on it during operation, in the interests of safety the unit will come to a stop.</p> <p>→ If the backrest or legrest stops, please turn off the power switch on the back of the main unit once, turn it "I" (On) again after about 10 seconds and operate.</p>
<p>The massage rollers do not come up to the shoulder or neck.</p>	<p>If your head does not contact the pillow or your back does not contact the backrest, the shoulder position may be detected as lower than the actual position during the scanning of shoulder roller position.</p> <p>→ Sit on the seat in the deepest position and put your head on the pillow, and then repeat the operations again from the start.</p> <p style="text-align: right;">(EN22 to EN23)</p>
<p>The height of the left and right massage rollers is different.</p>	<p>An alternating tapping method is employed, which means that this phenomenon will naturally occur. There is nothing wrong with the unit.</p> <p style="text-align: right;">(EN44)</p>
<p>"Heat" massage rollers do not get warm.</p>	<p>"Heat" is set to "Off"</p> <hr style="border-top: 1px dotted gray;"/> <p>Sense of warmth from the massage rollers differs depending on your body shape, the massage body part, massage action, clothing, and room temperature.</p>





Problem	Cause and Remedy
The "Heat" massage rollers do not cool down even after being turned off.	<p>Because of the structure of the heater, the "Heat" massage rollers will feel warm for a while after heating due to the residual heat.</p> <p>Continuing to massage the same area even after turning off the "Heat" switch may increase the temperature felt.</p>
Reclining does not take place even though a massage is started. (The seat does not automatically recline.)	If you have adjusted the reclining before use, it will not recline automatically. (EN45)
The backrest does not return to the upright position.	<p>When the backrest and legrest angle is set to "Leave in place" in the settings, (EN37) or when you press  to exit, it will not return automatically.</p> <p>→ Press <b>Return the backrest and legrest</b> if there is a screen display on the controller.</p> <p>→ If the controller is turned off, press  twice.</p>
The unit will not operate at all.	<p>The power plug has been disconnected. (EN11 and EN15)</p> <p>Power switch on the back of the unit is set to "O" (off). (EN11 and EN15)</p> <p>The child lock has been applied. (EN19)</p> <p>Course selection or body part selection has not been made. (EN25 to EN27)</p> <p>There is a power failure.</p>
Touch panel is inoperable	<p>Touch panel may become inoperable due to interference from other electronic devices in the vicinity.</p> <p>→ Press , turn off the power switch on the back of the main unit once, and turn it "I" (On) again after about 10 seconds to operate it.</p>
Cannot massage hands/arms	<p>Mounting screws have come off and armrest is misaligned.</p> <p>→ Align the armrest and retighten the mounting screws. (EN12 to EN13)</p>
Sometimes the power won't turn on when  is pressed again when a massage has finished.	<p>Due to shutdown (approx. 5 seconds)  may not be accepted.</p> <p>→ Wait at least 5 seconds once all movement has stopped before pressing .</p> <p>The child lock has been applied. (EN19)</p>
Red, blue, or green pixels are visible on the touch panel	Defective pixels that do not light, remain continuously lit, appear non-uniform, or experience color shifts are characteristic of touch screens and considered normal.
The unit has been damaged.	→ To prevent accidents, be sure to contact an authorized service center.
The power cord or power plug is abnormally hot.	

# Error display

<Example of error display>

## U10

For safety reasons, action will automatically stop when it cannot detect if someone is seated. If this error occurs even if you are seated, press the emergency stop switch, sit further back in the chair pressing your lower back against the seat back, and repeat the operation.

Error display	Contents
U10	For safety reasons, action will automatically stop when it cannot detect if someone is seated. If this error occurs even if you are seated, press  , sit further back in the chair pressing your lower back against the seat back, and repeat the operation.
U20	If excessive load is applied to the sole roller, the operation will be terminated for safety. Press  , then sit back down to avoid excessive load and operate again.
F03 ~ F39	There is malfunction inside the massage device. Stop using and ask your dealer to inspect and repair the chair. (Service and maintenance will be carried out smoother if the error number is communicated when contacting.)

# Sounds and sensations of the unit

The following sounds and sensations occur while using the unit. However, they occur due to the construction of the unit and are perfectly normal.

From each air massage unit (see EN8 and EN30 for the position of each air massage unit)

**"Snapping"**, hollow, bending and thrusting sounds

Inflating sound of air bag as well as sounds and sensations of air bag as they rub against each other during air operations.

**"Popping", "Clunking" sounds**

Sounds and feels like the massage rollers are straining to get over wrinkles in the cloth

**"Rattle", "Squeak", "Rustle" sounds**

Operating sounds of the kneading or tapping actions

**"Creaking" sound**

Creaking sound when the massage rollers are in operation

**"Rattle", "Jerk" sounds**

Operating sounds when the massage rollers move up or down

**"Rumble" sound**

Sound of the belt rotating

**Motor sounds**

Motor sounds when air pressure is applied

**"Clunking", "Jerking" sounds**

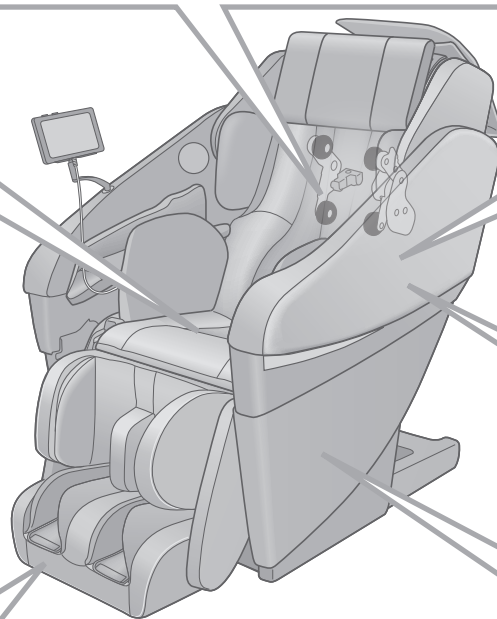
Sounds when the massage rollers change from "Push" to "Pull"

**"Rubbing" sound**

Rubbing sound of the massage rollers on the seat fabric

**"Grating" sound**

Sound when sitting down



**"Grating" sound**

Sound of the comfort cushion moving over the armrest when the seat is reclining

**"Grating" sound**

Grating sound in the backrest and armrest

**"Clunking" sound**

Clunking sound during leg stretch operation

**"Popping", "Clunking" sounds**

Sounds and feels like the sole roller is straining to get over wrinkles in the cloth.

**"Creaking" sound**

Creaking sound when the sole roller is in operation

**Motor sounds**

Motor sounds when air pressure is applied

**"Clunking", "Jerking" sounds**

Sound when the sole roller changes between "Forward" and "Reverse"

**"Grating", "Grinding" sounds**

Rubbing sound of the sole roller on fabric

**Motor sounds**

Motor sound

**"Whoosh", "Hiss" sounds**

Sound of discharging air

**Pump sounds**

Sounds of the pump beneath the seat

**"Thudding", "Jerking" sounds**

Sounds of the valve beneath the seat

Sounds and sensations of the unit  
Error display

**If these sounds have grown louder, there may be a malfunction.**

● Contact the nearest authorized service center for inspection and repair.

# Specifications

<b>Power supply</b>		AC 220 V 50 Hz
<b>Power consumption</b>		135 W (when "off" at the controller, approx. 10 W)
<b>Heater unit power consumption</b>		23 W
<b>Upper body massage</b>	<b>Massage area (Up-Down)</b>	Approx. 93 cm (The massage rollers move a total of approx. 77 cm)
	<b>Massage area (Left-Right)</b>	Massage roller spacing during massage operation (including width of massage roller) Neck, shoulders, back approx. 5 cm to 21 cm, hips and buttocks approx. 5 cm to 25 cm Massage roller spacing (including the width of the massage roller) when stretching the back and moving up and down approx. 5 cm to 17 cm
	<b>Massage area (Front-Back)</b>	Massage roller protrusion (strength adjustment) approx. 10 cm
	<b>Massage speed</b>	Kneaded: Approx. 4 sets per minute to 73 sets per minute Tap: Approx. 190 sets per minute to 520 sets per minute (one side) Moving speed: Approx. 1 cm per second to 5 cm per second
<b>Air massage</b>	<b>Air pressure (Upper arm)</b>	3: Approx. 33 kPa 2: Approx. 29 kPa 1: Approx. 16 kPa (there are slight variations between body parts)
<b>Soles massage</b>	<b>Massage speed</b>	Approx. 8 sets per minute to 21 sets per minute
<b>Reclining angle</b>		Backrest: Approx. 130 degrees to 170 degrees Legrest (Leg & Sole Massage Section): Approx. 5 degrees to 85 degrees
<b>Timer</b>		Around 30 minutes (automatically ends)
<b>Dimensions</b>	<b>When not reclining (H × W × D)</b>	Approx. 122 cm × 85 cm × 135 cm
	<b>When reclining (H × W × D)</b>	Approx. 82 cm × 85 cm × 200 cm
<b>Mass</b>		Approx. 94 kg
<b>Upholstery</b>		Synthetic leather
<b>Bluetooth Version</b>		Bluetooth 5.3

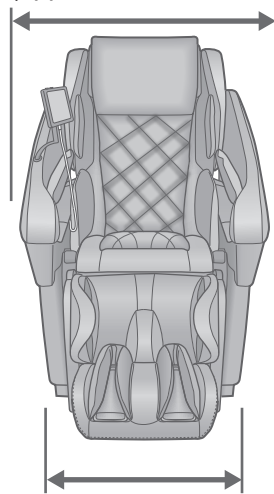
"The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Panasonic Corporation is under license. Other trademarks and trade names are those of their respective owners."

If this product is used by a person weighing 100 kg or more, or by several people, the operating noise may become louder and the cloth cover may wear out more quickly.

## Unit dimensions

### Front

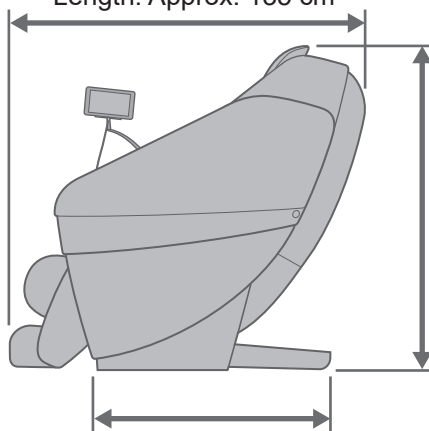
Width with the armrests: Approx. 85 cm  
(approx. 68 cm with armrest removed)



Width of floor section:  
Approx. 65 cm

### Side

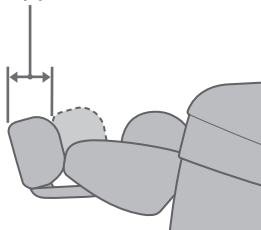
Length: Approx. 135 cm



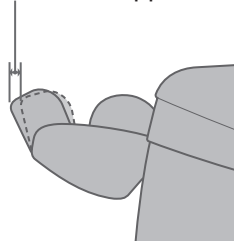
Height: Approx. 122 cm  
(approx. 117 cm with  
cushion removed)

Length of floor section:  
Approx. 90 cm

Extension length of  
sole massage section:  
Approx. 18 cm



Sole massage section  
movement: Approx. 2 cm



Height: Approx. 82 cm

Length (with legrest folded down):  
Approx. 163 cm

Length (with legrest raised):  
Approx. 180 cm

Maximum length: Approx. 200 cm