

Terms and Conditions

- 1 This Warranty is void if:
 - a. The completely filled warranty card is not presented at the time of servicing the product.
 - b. The product is not operated according to the instructions given under the user manual.
 - c. Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
 - d. Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
 - e. Product label specifying the model number, serial number and production code has been removed and altered.
 - f. Defects or parts requiring replacement due to ordinary wear and tear, corrosion, rust or stains, scratches, dents on the casing or paintwork of the product.
 - g. Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
 - h. Defects or faults in product which have been used for commercial/industrial purposes or which have been rented/leased or have been otherwise subject to non-household/non-domestic use.
2. Repairs or replacements will be carried out by authorized service provider.
3. During the limited warranty period, Lifelong or its authorized service provider will repair without charge the defective unit inclusive of labor and parts and restore the unit to its optimum working condition. All defective parts used for the warranty repair should be surrendered to Lifelong and/or its authorised servicer.
4. All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as will as any other expenses and incidentals will be borne by the consumer.
5. Lifelong obligations are limited to the repair and replacement of the defective product. Except as set forth above, there are no other express or implied warranty and all warranted, conditions or other terms implied by statute or common law (including any warranty of satisfactory quality, merchantability or fitness for a particular purpose) are excluded to the fullest extent permitted by the law.
6. Lifelong total liability for damages relating to or arising out of the purchase or use of the product regardless of the type or cause of such damage of the form of characterization of the claim asserted (e.g. contract or tort) shall not exceed the original purchase price paid for the product.
7. However in no event shall Lifelong and Lifelong authorized distributors be liable for any punitive, special incidental, indirect or consequential losses or damages whatsoever (including without limitation, damages for the loss of revenue, business, profits, goodwill, or contracts, business interruptions, loss of business information or any other pecuniary loss.) Whether or not Lifelong has been advised of the possibility of such damages. These limitations shall apply notwithstanding the failure of the essential purpose of any limited warranty. This limited warranty does not affect consumer's statutory rights under the law.
8. No carrier, dealer or employee is thereof authorized to make modifications to this warranty and you should not rely on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.

Manufactured for & Marketed by :
Lifelong Online Retail Private Limited
Made in China

For queries and complaints please contact:
customer@lifelongindia.com
www.lifelongindiaonline.com

lifelong

Foot Massager LLM72

Instruction Manual & Warranty Card





Preface

Did you know that the distance you walk on foot in your entire life is equivalent to four laps traversed around the Earth?

Do you know more than 75% adults suffer from foot related diseases?

Do you know that like 'tree roots dry first', which signifies 'people grow old from their feet'?

With the quickening pace of modern life and the increase in work pressure, more and more people are in an unhealthy state, people often feel tired and stressed when they work under pressure. Fatigue is a state of body that displays extreme tiredness resulting from mental or physical exertion, stress or illness. People with long-term fatigue are prone to various diseases easily if they do not promptly regain their strength.

Foot is the most difficult part in the body movement of man, and the foot concentrates organ nerve reflex areas and points, often correct massage will help relieve fatigue, eliminate pain, and achieve health goals. Three-dimensional biomimetic method of massage not only absorbs the essence of traditional massage techniques, but also uses the core content of modern magnetic therapy and foot health. It is a physical therapy based on the meridian theory and modern scientific research, whose base element is a traditional massage.

Foot massager is a convenient, time and money saving, safe and effective approach to health care.

Consumer Warranty Card

Dear Customer,

Thank you for choosing a Lifelong consumer product. All Lifelong Consumer products are designed and manufactured to the highest standards to deliver high quality performance, as well as easy installation and use. At Lifelong, we believe in providing not only service, but adding value to your purchase. The warranty has therefore been designed especially for you with your interest at heart.

Warranty Service

All Lifelong consumer products are covered against manufacturing defects from their date of purchase.

Name of the product: _____

Model: _____

Warranty coverage: 1 year

Please note: Purchase receipt is necessary for warranty verification.

Customer Care: customercare@lifelongindia.com

Customer Details

Name: _____

Address: _____

Home Number: _____

Office Number: _____

E-mail Address: _____

Product Details

Model No.: _____

Serial No.: _____

Purchase Date: _____

Invoice Number: _____

Online Site: _____

Please log onto to www.lifelongindiaonline.com and complete the online warranty form with your personal and product details within 14 days.

- Prohibit using with the following medical electronic devices simultaneously at the same time use may be dangerous.
 - A. cardiac pacemakers and other implanted medical electronic devices
 - B. human-type heart and lung and other life-sustaining medical equipment,
 - C. ECG medical scanners and other electronic devices

5. Main Technical Parameters

- Power Supply: 220V AC 50Hz
- Power consumption: 40W
- Time: 15 minutes
- Massage speed: high, medium and low three gears for adjustment
- Product Size: 580*240*330mm
- Product weight: 5.5kg
- Storage temperature: -15C - +85C
- Running temperature: +10C - +40C

6. Cleaning and Maintenance

- You should unplug the power cord before cleaning the massage machine.
- Do not use benzene, thinner, or other corrosive solvents to clean your massage machine
- Do not clean the massage machine and the power with wet cloth or alcohol, you must use a dry cotton cloth
- If there has been no use for a long time, it is recommended that you roll up massager the AC power cord, and store in clean, dry environment.
- Do not store your equipment in high temperatures, open flame or direct sunlight.
- Do use the equipment in light; avoid throwing, pressure, collision or strong impact.

7. After-sales service

- Users can enjoy the warranty for six months of service. Please read warranty instructions carefully

8. Package and Accessory

- Great packaging using corrugated cardboard boxes, includes a massager, a manual, and product warranty.

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Domestic Foot Massage

Domestic foot therapy is the unique therapy for building a healthy body and maintaining health care. Today people emphasize more on healthcare, "Reflexology" is becoming a popular trend. The fast pace of life, more work pressure, more social occasions, environmental pollution, makes people sub-healthy, increasing their sense of physical fatigue.

The foot massager based on reflexology technology is an ideal way to adjust and ease the pressure of living. It is found that the internal human body organs have a close relationship with the feet and legs. Between the human ankle to the base of the foot there are more than 60 points. Foot care of these points can promote blood supply to these organs.

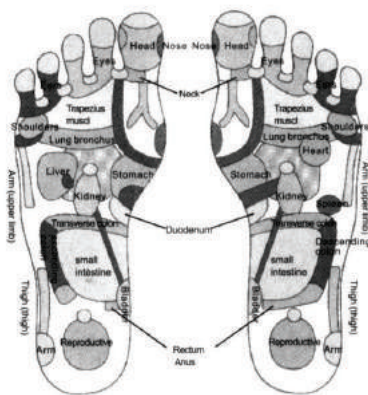
Foot treatment before sleeping can help relieve fatigue, soothes the nerves, enabling sound sleep.

Advocating Domestic Foot Health Care Foot care is a self-care therapy including massage and meridian science. The result is obvious, and has no side effects.

Product Theory of Foot Massager

Reflexology is based on traditional medicine, meridian science, magnetic science, as well as reflexology health law; it is made of integration of modern electronic technology and medical research achievements.

When the body's tissues and organs are abnormal, the foot reflex zones corresponding to that zone will appear as air bubbles, granular, bar-shaped locks, small nodules and so on. When you massage these reflex points, they will have a very clear sense of tenderness. This pain will transmit from the afferent nerve to the central nervous system, and be controlled by the central nervous and issued a new regulation and the conduction of nerve impulses into the body tissues and organs, causing a series of humeral regulation of neural response, triggering the body's potential to adjust the body's imbalance.



3. Operation Instruction

- Plug Power
- Press the button "switch", Turn on the power.
- Set up massage mode as per your requirement, massager begins to work.
General foot massage can massage from arch of the foot, tiptoe, sole of the foot to foot side. Foot massage can be tilted to the side of the foot.
You can also focus on foot reflex zone's massage in a period of time (i.e., when massage acid, up, pain and other sensory areas).
Note: It is recommended that the maximum time of using the massager is less than 30 minutes.
- Turn off: 15 minutes after automatic procedure without any operation, the massager will automatically shut down.
Press the button "switch", massager suspends from work, and then press the button "switch", massager device continues to work. If there is no action within 10 minutes, massager will automatically shut down.
Press the button "switch" 2 seconds, massager will shutdown.
Note: "Never pull out plug directly in the course of using, unplug the power cord after shutdown.

4. Attention

- Check whether the massage voltage specifications match the region of use, do not use wet hands to plug on the power socket. After using the massaging device into an electrical outlet, do not let keep it plugged in for long.
- Do not use massage devices in a poor ventilation place, such as under the covers or pillow and blanket can overheat or may cause fire, electric shock or other injury to person using it.
- Only use indoor, do not use in the bathroom.
- Do not sit or forceful step on the foot massage device.
- Do not insert objects in any openings of the Massager
- If the massager or the wires are in any form damaged please immediately stop using it.
- Do not massage on wet feet.
- Cancer patients: osteoporosis, high fever, impaired consciousness, erythematic epileptic patients, malignant tumors, with active tuberculosis, severe cardiac dysfunction in patients with electronic devices, bleeding disorders or bleeding tendencies in patients, pregnant women, allergic constitution and allergy treatment instrument are suggested not to use this machine.

Foot Massager - Operations

1. Overview

Foot massage is based on the traditional medicine, the meridian science, magnetic science as well as the Health Act about the pace of reflex zones, integrating modern electronic technology and medical research achievements made.

2. Procedures and key notes

- i. Power on the Foot Massager
- ii. Choose from Programs P1, P2, P3 and P4.
 - P1 - Healthcare
 - P2 - Focus on head, neck, lumbar, spine, shoulders and other parts
 - P3 - Focus on Intestinal, liver, stomach and other parts
 - P4 - Focus on legs, reproductive and urinary system
- iii. Click the button "personalized program", massage program circles in the " tiptoe", " arch of the foot", " sole of the foot ". Click the button "speed, adjustable speed, beep prompt (Figure 2).

For the tiptoe, arch of the foot, sole of the foot massage program area.

Click the button "manual setting", and click the key "speed" and "shift" you can manually adjust the speed and direction (Figure 3)

Re-use: every massage time is automatically setting about 15 minutes. re-use, please re-set according to the model key massager to repeat a cycle of 15-minute massage.

(Figure 1)



(Figure 2)



(Figure 3)



Product Features of Foot Massager

1. Massage fully, emphasizing key points.
2. Bipedal pairs of points to be activated simultaneously: research concludes that compared to single point reflexology the method of biped pairs of points being massaged together has 3 to 5 times higher effectiveness.
3. "Symptomatic acupoints" based on individual health status of different areas of the body, choose functions of the machine to relieve afflicted areas.
4. Not subject to any time and space constraints: Foot Reflexology can be part of your every day regime - after or before sleeping, easy to do when watching television. It is convenient, simple, quick method of relief.
5. Unique shape the design and distribution of perfect match point structure of the human foot, according to the distribution of the human foot acupuncture points, using the maximum convex-concave design to play a foot massage functions.
6. Using micro-computer control, power is only 200W, power consumption is only 0.1 degrees.
7. Easily adjustable based on personal likes - speed and steering. Simple, convenient, reliable and durable.
8. Healthcare massage for home, office, leisure time, etc and relieving fatigue
9. Rehabilitation treatment for the diseases such as headaches, migraine headaches, neck and shoulder acid, stomach pain, fatigue, abnormal blood pressure, constipation, weight loss, detoxification, lack of sleep, insomnia, cold, pressure, dysmenorrheal, menopause syndrome, irregular menstruation, infertility, etc.

FAQ

1. When should you refrain from using the Foot Massager?

A: Foot Massager should not be used within 30 minutes before meals; which may inhibit secretion of gastric juice for digestion.

Similarly it should not be carried out within 1 hour after meals, which may cause decrease in gastrointestinal blood volume.

2. What is an appropriate time for one foot massage?

A: It is recommended that 30 minutes of massage every time is appropriate.

3. What do you recommend after each Foot Massage?

A: Drinking a cup of warm water after massage within 30 minutes, can enable blood circulation. Avoid tea, wine, alcohol, aerated drinks and other beverages for 30 to 60 mins.

4. What are the benefits of the Foot Massager for women?

A: For the women, Reflexology has the effect of weight-loss and beauty. It has a positive effect on dysmenorrheal, irregular menstruation, menopausal syndrome, resulting in a great degree of mitigation.

Foot massage stimulates the adrenal glands which control hormones that stimulate the vitality of skin cells and speeds up its metabolism, reduces pigmentation, makes the skin soft and elastic. It relives tension in the feet caused by high-heeled shoes leaving feet fully cared. It also eliminates constipation and helps detoxification.

5. What are the positive effects of using the foot massager?

- A:
- Sleep increases. Foot Massage causes relief and comfort, resulting in sound sleep for longer period of time.
 - Sweating increases. Regular foot massage activates sweat cells on the foot, this results in discharge of toxins, increased metabolism and improved blood circulation.
 - Foot massage increases blood circulation and metabolism which leads to correct constipation and regulates bowel movement.
 - Foot Massage relieves afferent nerves in the feet that circulate blood to back, shoulder, arms, and other body parts. It causes relief in pain (if present) in these areas.

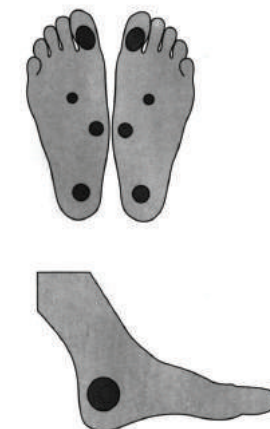
Menopausal syndrome

In accordance with the figure, the massage can stimulate the ovaries and pituitary gland functions, which helps in maintaining good health, and eases the problems caused during menopause.



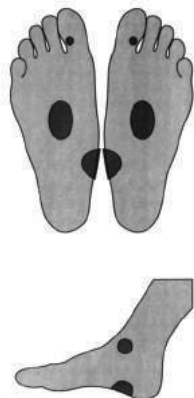
Menstrual Infertility

Menstruation Infertility is also existence of infertility and diseases of the uterus caused by irregular menstruation. Carry out the full massage around the center of ankle & Lateral ankle on the lower part which signifies the ovary points. Recovery of ovarian function, then the ankle will be able to clearly distinguish them. Medial ankle on the lower part is the uterus point, when the body is weak massage will be accompanied by less pain, and to persist massage.



Detox

Most toxins are released through urination, defecation and discharge through sweat, but not all are released. Kidneys are primarily responsible for the detoxification of the body toxin and cleansing the acids from the body. Massage the Acupuncture points of the feet to achieve detoxification.



Cold

These regions are responsible for nose, lungs, bronchitis, larynx and other respiratory areas of the body. Massaging these region can show significant relief from diseases related to these parts.



Dysmenorrheal

Under normal menstrual period it is not recommended to massage, but it is not related to foot massage. The dysmenorrheal point massage preferably starts from the first day of menstruation, so women can ovulate normally.



Common Diseases and Foot Therapy for Health Problems

Headache, migraine headache

Massaging the regions shown in the figure, greatly reduces the headaches and ache caused due to migraine. Regular massage can maintain healthy body and has long term preventive effects.



Sore shoulders





Massaging these regions improves upper body blood circulation and relieves from sore shoulders or injuries caused by exertion in the upper body.





Cervical acid

These points are main regions for the cause of stiff neck or cervical pain. If the patient is suffering from neck pain, massaging these regions gently can bring great relief.



<p>Stomachache</p> <p>As shown in the fig. massaging these regions of the feet eases stomach pain, reduces vomiting and gastritis related problems. If these regions feel stiff, it is an indication that the person is suffering from stomach problems. Massage these regions on a continual basis for long lasting effects.</p>	
<p>Excessive Pressure</p> <p>In jobs which require long standing hours, the toes and areas around it become stiff. The areas near the center of the toe are located the Pituitary glands. Pituitary glands are responsible for the secretions of various pituitary hormones in the body. Massaging these regions gently stimulates the pituitary hormones and promotes balancing the pituitary hormone secretion. Massaging these regions also helps the central nervous system and reduces anxiety, controls depression and relaxes the mind.</p>	
<p>Insufficient sleep, Insomnia</p> <p>When a person experiences lack of sleep, insomnia and sleep related problems, gently massage these regions of the toe.</p>	
<p>Fatigue</p> <p>Massage these regions of the feet for neural reflexes, adjusting endocrine and improve blood circulation. This massage greatly reduces muscle tension and fatigue in body due to stress.</p>	

<p>Abnormal blood pressure (blood pressure high blood pressure)</p> <p>Massaging these areas can reduce High blood pressure in people. Regular massage will help significantly reduce hypertension and stabilize blood pressure.</p>	
<p>Eliminate Constipation</p> <p>Massage these regions of the feet to enhance gastric peristalsis and promote bowel movement and digestion. People complaining from unhealed protracted constipation will feel relieve after regular usage and will experience better gastrointestinal tract simulation.</p>	
<p>Slimming</p> <p>This region is also know as the motorcycle region of the feet. Continuous massage will cause the person to have better digestion and release of necessary acids in the body which in turn leads to weight loss. Long term results show loss of weight.</p>	