

Manufactured for & Marketed by :
Lifelong Online Retail Private Limited

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

lifelong

FOOT MASSAGER

User Manual



Built for Relaxation. Built for India.

INTRODUCTION:

Dear Customer,

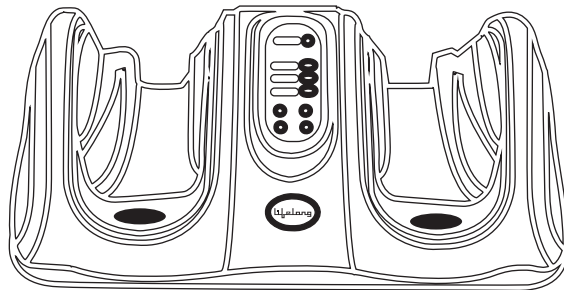
Congratulations! We welcome you to the Lifelong family, as you welcome the Lifelong Electric Foot Massager to be a part of your home.

At Lifelong, our products are carefully built for the needs of India, which is why we have crafted a diverse range of innovative products, across a spectrum of categories - Home, Kitchen, Grooming, Fitness, Lifestyle and Smart Home, to better help you. We then deliver them at the best prices, enriching your everyday living.

We are sure you can't wait to start using your new Lifelong Electric Foot Massager. We know we can't!

Looking forward to building our bond for life, cheers!

Thank you, Team Lifelong



LLM486

TABLE OF CONTENTS:

1. About the Product
2. Instruction
3. Know your product
4. Modes Instruction
5. Foot Massage Therapy
6. Health Benefits
7. Cleaning and Maintenance
8. Main technical parameters
9. Fault Errors and resolutions
10. Terms & Conditions
11. Warranty Card

ABOUT THE PRODUCT:

The Lifelong Electric Foot Massager is a rejuvenating device that gives you great value for money. The massager kneads and relaxes your muscles, letting the days worries melt away.

INSTRUCTION:

- Plug into Power.
- Press the button 'switch', to turn on the massager.
- 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.

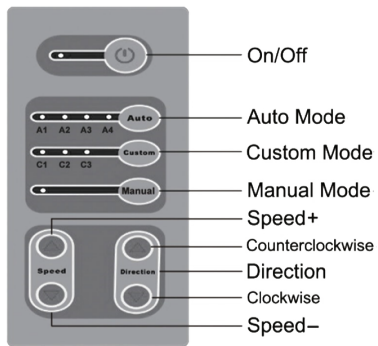
Note: It is recommended that the maximum time of using the massager is less than 30 minutes.

- Turn Off: 15 minutes after automatic procedure without any operation, the massager will automatically shut down.

Note: 'Never pull out plug directly in the course of using, unplug the power cord after shutdown.'

KNOW YOUR PRODUCT:

Control Panel



Kneading Components



Rolling Components

MODES INSTRUCTIONS:

Auto Mode: Press the Auto Mode button to choose Programs from A1 to M.

In these preset programs, the Kneading components always massage in clockwise direction, and the Rolling components change the massage speeds and directions automatically:

A1: The Rolling massage in clockwise direction and shuffle speeds between High-Medium-Low at intervals of 16/13/18/13 seconds.

A2: At first. The Rolling massage in High speed and change directions after every 12 seconds. for 3 times, then it changes speed among High-Medium. Low-Medium every 17 sec in clockwise, then it massages with the same speed in counterclockwise.

A3: Rolling massage in clockwise direction and change speeds among High-Medium-Low-Medium-High-Medium-Low at intervals of 10-1 sec. Then it massages with the same speed change in counterclockwise direction.

A4: Rolling massage in clockwise direction and changes speed among high-Medium-Low-Medium-High-Medium-Low-Medium at interval of 10-15 sec. Then it massages with the same speed change in counterclockwise direction

Custom Mode

Press the Custom Mode button to choose Programs from C1 to C3.

In these 3 preset programs, the Rolling components massage in clockwise direction with High speed, then change to counterclockwise with Medium speed at different intervals

C1: Massage in clockwise direction for 130 sec, then in counterclockwise at 110sec.

C2: Massage in clockwise for 70 sec. then counterclockwise for 65 sec.

C3: Massage in clockwise for 35 sec, then in counterclockwise for 40 sec. Then it repeats the speed and direction change.

Manual Mode

Press the Manual button to turn on Manual Mode, then it massages at medium speed in clockwise direction by default. You can press Speed or Direction buttons to choose the massage speed intensity and directions as per your needs.

When you press the Speed+ or Speed- button, you can hear the •bee• sound, the Speed is the highest or lowest when you cannot hear the 'bee' sound.

Product Features:

1. Massage fully, emphasizing key acupressure 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 to 3 to 5 times 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.

How to use:

- i. Power on the Foot Massager
- ii. For the automatic massage, press 'Auto'. You can select from 4 programs - P1, P2, P3 & P4. (Figure 1)
- iii. For the manual massage, 'Manual' button on the massager. (Figure 2)
- iv. In order to customise your massage settings, press 'custom' button - toe, arch, sole. (Figure 3)
- v. In order to control the speed of the massage, there are two buttons on the left hand side of the massager.
- vi. In order to control the effect of the massager on your feet, there are two buttons on the right hand side; for upwards and downwards direction.

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.

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.

(Figure 1)



(Figure 2)



(Figure 3)



FOOT MASSAGE THERAPY:

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.

HEALTH BENEFITS:

1. Muscle pain

Using foot massager machine can help loosen up your sore, aching muscles. A massager applies strategic pressure on tight muscles, tendons and ligaments, thus getting rid of pain.

2. Anxiety

It is a known fact that a foot massage helps relieve stress by releasing endorphins. However, there is more to it. People who suffer from anxiety and depression can benefit from the usage of a massager since it calms you down and elevates your mood.

3. Nervous system

Leg massages are great for your nerves and help relieve any numbness, weakness or pain present. A foot massager can stimulate your nerves and regulate the functioning of your nervous system to a great extent.

4. Blood circulation

Massaging the feet and legs can help optimize the supply of oxygen internally by regulating the blood flow. And we all know the importance of proper blood circulation.

5. Sleep

Foot massagers raise the serotonin levels (chemicals which are then converted into melatonin, a sleep hormone). This process enables you to sleep better and peacefully.

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.

MAIN TECHNICAL PARAMETERS:

- Model : LLM486
- Rated voltage : 11-240 V
- Power consumption: 45 W
- Time: 15 minutes
- Massage speed: high, medium and low three gears for adjustment
- Product Size: 56.5x35.5x27cm
- Storage temperature: -15°C - +85°C
- Running temperature: +10°C - +40°C

FAULT ERRORS AND RESOLUTIONS

Problems	Possible Reasons	Solutions
The Machine does not Work	1. Did not connect the power 2. Did not press the On/Off button 3. Speed & Direction button does not work	1. Check and connect the power 2. Press the On/Off button 3. Press manual button to turn on the function
The Machine Stop Working	1. Disconnection of power 2. Auto working time 15 minutes is over 3. The massage components stops working when applying too much pressure	1. Check and connect the power 2. Press the power button 3. Turn off the machine for a few minutes, then turn it on again

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 authorized service provider.
4. All expenses incurred in collecting the unit (s) or part(s) thereof from authorized service provider as well 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 warranties, 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 not withstanding 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.

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