

# Health N Massage<sup>®</sup>

FULL CONTOUR 10-MOTOR  
CUSHION MASSAGER  
WITH SOOTHING HEAT



**ITEM NO: 900804**

**MODEL NO: KM8579AA**

## **IMPORTANT SAFETY INSTRUCTIONS**

When using an electrical appliance, basic precautions should always be followed, including the following:

**READ ALL INSTRUCTIONS BEFORE USING THIS APPLIANCE KEEP AWAY FROM WATER**

Keep this appliance out of the reach of children and infirm persons. Young children should be supervised to ensure that they do not play with the appliance.

**DANGER** – To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
2. DO NOT reach for a product that has fallen into water. Unplug it immediately.
3. DO NOT use while bathing or in the shower.
4. DO NOT place or store appliance where it can fall or be pulled into a tub or sink.
5. DO NOT place in or drop into water or other liquid.

**WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. This appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. DO NOT operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Use this appliance only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
4. DO NOT carry this appliance by supply cord or use cord as a handle.
5. Keep the cord away from heated surfaces.
6. Never drop or insert any object into any opening.
7. DO NOT use outdoors.
8. To disconnect turn controls to the off (0) position, then remove plug from outlet.
9. The appliance has a hot surface persons sensitive to heat must be careful when using the appliance.

## **PRODUCT CARE AND MAINTENANCE**

- Place massager in a safe, cool and dry place when out in use.
- Wipe with a soft, damp cloth. DO NOT use abrasive cleaner.
- Never submerge the unit in any liquid. Keep away from all solvents and harsh detergents.
- DO NOT dry clean.
- DO NOT attempt to repair this cushion massager. There are no user-serviceable parts.

**Note to User: Do not use the massager on the following body areas in these instances:**

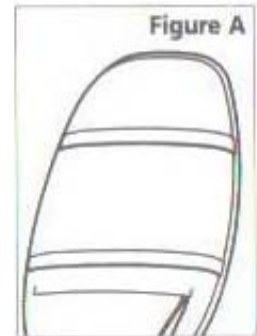
- A. Any area of the body that is swollen, burned or inflamed or where skin eruptions or ulcerated sores are present.
- B. Any area of the body that is anaesthetized or lacks the ability to sense heat, pressure or pain unless approved by your physician.
- C. The abdomen when pain is present.
- D. Legs with varicose veins.
- E. Calves of legs with explained pain.
- F. On or near the carotid artery on the left or right side of the neck.

**NOTE: Massage should be pleasant and comfortable. Should pain or discomfort result, discontinue use and consult your physician.**

**HOW TO USE**

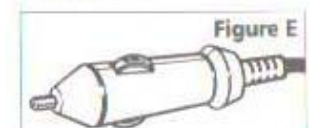
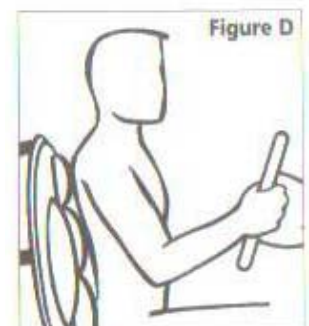
At home or at office:

1. Place unit in chair and fasten to chair back using the attached elastic straps (see Figure A).
2. Insert plug on adapter cord into socket found on handset. Then plug adapter into outlet.
3. Turn the unit on by sliding the control switched or the heat (\*\*\*) switch to the desired position. LEDs will illuminate when each massage zone is activated (see Figure B)
4. Turn on the massage in each zone by sliding the UPPER BACK, LOWER BACK, NECK or THIGHS button to the (●) position. (I) for low massage or (II) for deep –penetrating massage.
5. Turn the heat function on by sliding the heat (\*\*\*) switch to the (●) position. To turn heat off, slide the switch to the (O) position.
6. DO NOT use for more than 25 minutes of continuous usage.



In the car:

1. Place unit on car seat and fasten using the attached elastic straps (see Figure D).
2. Insert plug on the adapter cord into socket found on handset. Then plug auto adapter cord into cigarette lighter receptacle (see Figure E).
3. LEDs will illuminate when each zone is activated (see Figure B).
4. Turn on the massage in each zone by sliding the UPPER BACK, LOWER BACK, NECK or THIGHS button to the (●) position. (I) for low massage or (II) for deep –penetrating massage.
5. Turn the heat function on by sliding the heat (\*\*\*) switch to the (●) position. To turn heat off, slide the switch to the (O) position.
6. DO NOT use for more than 25 minutes of continuous usage.



**DO NOT adjust massage settings while driving or engage in other activity that will distract you while driving. Pull over safely and stop your vehicle before making any adjustments or when turning the massager ON or OFF.**