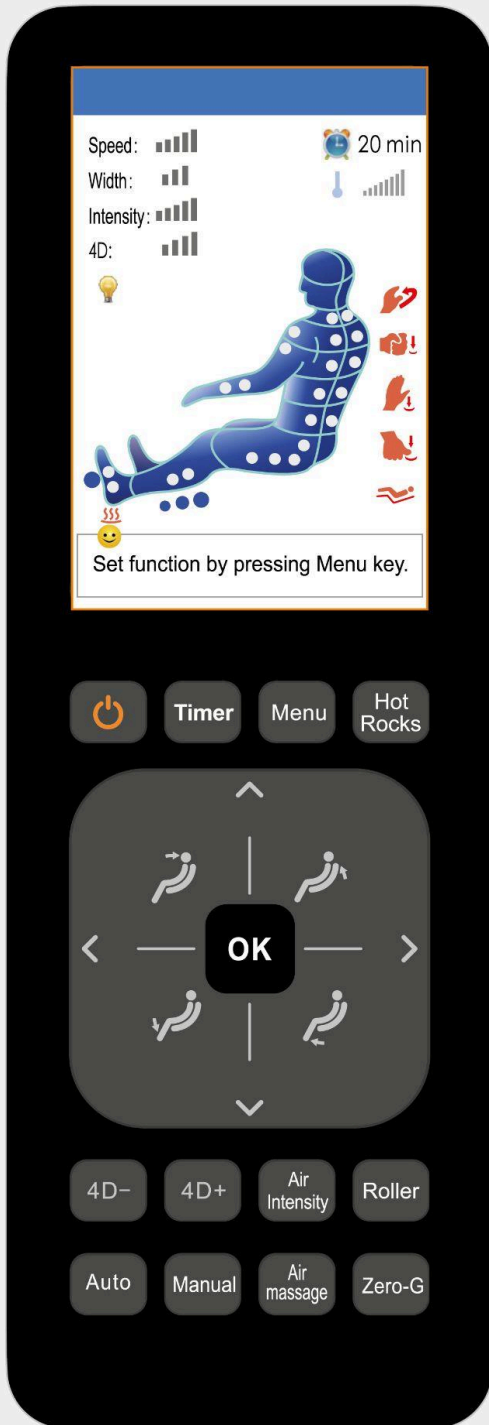


Remote control Health Mate 4D massage chair



Press the on/off button to start the massage chair; the massage chair will now place itself in standby mode. Select an automatic or manual massage program from the menu; the massage device will first detect the shoulder height and then start the massage. To turn the chair off, press the on/off button again, the massage chair will now turn off and return to its original position. The control panel will shut down in 3-5 seconds.



Use this shortcut to adjust the duration of the massage. The selected time appears at the top right of the home screen.



The menu button can be used to get a detailed view and provide detailed control of all the functions.



Press this button to start the "Quick relax program". This is a massage program lasting eight minutes.



Use the navigation button to move up, down, left and right. These buttons can also be used to go back and forward in the menu.



Press the OK button to continue in the menu.



Press and hold this button to increase the angle of the backrest.



Press and hold this button to decrease the angle of the backrest.



Press and hold this button to lift the leg massage unit.



Houd deze knop ingedrukt om de beenmassage-unit omlaag te brengen.



Use these buttons while choosing a manual massage to increase or decrease the intensity of the massage. The start screen displays stripes behind the icon to denote the number of times it has been pressed.



Press this button to increase or decrease the intensity of the air cushions after selecting an automatic massage. The start screen displays stripes behind "Intensity" to denote the number of times it has been pressed.



This button adjusts the force with which the foot unit massages. Pressing this button once will provide a softer massage, pressing it again will stop the massage.



This shortcut is used to start one of the six automatic massage programs. The chosen automatic massage program can be seen at the top left.



This shortcut is used to start one of the five manual massage programs. The chosen automatic massage program can be seen at the top left.



In addition to the manual and automatic programs, there is a choice of four different air pressure massages.



The massage chair is brought into weightlessness position. There are three phases.