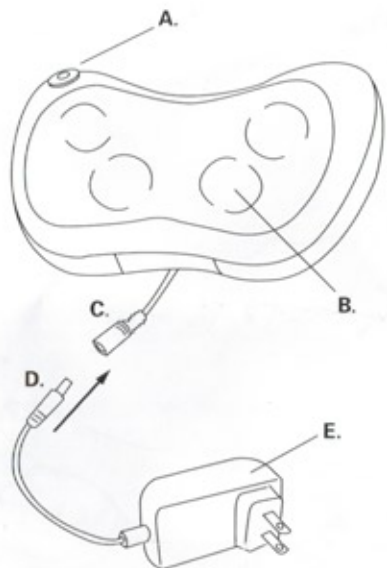


1. Insert power adapter end (D) into connector (C). Then, plug adapter (E) to a power outlet.
 - Press the On/Off button (A) once to begin massage with heat and light. Press (A) again to change the rotation of the knee heads (B) massage sequence.
 - Press (A) a third time to massage without heat and light. Press (A) again to turn Off.
2. Optional: Use the elastic strap located on the backside of pillow (F) to attach it to the headrest of your chair as shown.
3. Other options: Use the massage pillow to massage your mid, or lower back, legs and feet as desired.

Caution

- Consult with your doctor before beginning a physical training program such as massage therapy.
- Discontinue use if you experience pain or any discomfort.
- Do not exceed 30 minutes of continuous use.
- Do not wet pillow.
- Do not use if pillow has been dropped or damaged.
- Discontinue use if you notice unusual smell or smoke coming from pillow or power adapter.
- Do not use outdoors.
- Only use this pillow for intended purposes according to this manual.

1.



2.

