

HOMEDICS

HOMEDICS®

The beauty of living well.™

Two Year Limited Warranty

(Valid in USA Only)

HoMedics, Inc., guarantees this product free from defects in material and workmanship for a period of two years from the date of purchase, except as noted below.

This HoMedics product warranty does not cover damage caused by misuse or abuse; accidents; the attachment of any unauthorized accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of HoMedics. This warranty is effective only if the product is purchased and operated in the USA. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under warranty. HoMedics shall not be responsible for any type of incidental, consequential or special damages. All implied warranties, including but not limited to those implied warranties of fitness and merchantability, are limited in the total duration of two years from the original purchase date.

To obtain warranty service on your HoMedics product, either hand deliver or mail the unit and your dated sales receipt (as proof of purchase), postpaid, along with a check or money order in the amount of \$5.00 payable to HoMedics, Inc., to cover handling.

Upon receipt, HoMedics will repair or replace, as appropriate, your and return it to you, postpaid. Warranty is solely through HoMedics Service Center. Service of this product by anyone other than HoMedics Service Center voids warranty.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state. Because of individual state regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit:
www.HoMedics.com

Mail To:
Consumer Relations
HoMedics
Service Center, Dept 168
3000 Pontiac Trail
Commerce Township, MI
48390

Email:
cservice@homedics.com

MatMassager™

5-motor Full Body Massager



**Instruction Manual and
Warranty Information**

MM-100H

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IB-MM100H-A

2year
limited warranty

2year
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Unroll and unwind.

Thank you for purchasing Mat Massager, HoMedics' portable 5-motor, full-body massager. This, like all of HoMedics' products, is built with high-quality craftsmanship and comes backed by our two-year limited warranty. Mat Massager is guaranteed to provide you soothing massage relief for years to come.

HoMedics is dedicated to bringing you better health through innovation. However, you should never substitute this, or any other manufacturer's massager, for professional medical attention. Persistent ailments and symptoms could indicate a more serious condition.

Mat Massager Features

- 5 powerful motors to massage away stress from your neck and shoulders down to your calves and feet.
- Soothing heat to ease stiffness in your lower back.
- 3 computerized massages. Relax and revive with a full-body massage, target one specific tense area, or to multiple body areas.
- Customization that allows you to massage at 3 speeds.
- 120 volt AC home adapter.
- Unique strapping system to roll up the unit for compact storage and portability. These convenient straps are sewn into the backside of the mat, so they're never misplaced.
- Exclusive HoMedics hand control. L.E.D. illuminated and easy to use.

**Caution:
All servicing of
this massager
must be
performed by
authorized
HoMedics
service
personnel only.**

Automatic Shut Off

We've designed Mat Massager for convenience and safety. As a special precaution against falling asleep while using the unit, or leaving the unit on while it's still in operation, we've programmed it to automatically stop massaging 15 minutes after receiving your last command.

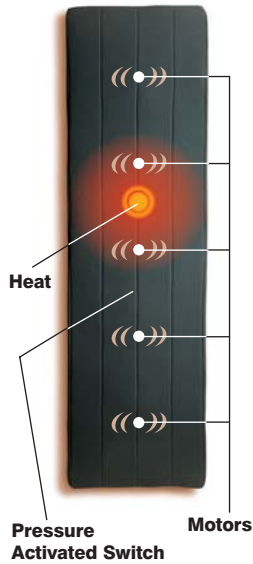
To reactivate Mat Massager, simply press any button. Any time you change massage functions, the timer will reset. This special feature should not be considered as a substitute for OFF. Always remember to turn your unit off when not in use.

Important Notice

Unit hand control must be in the OFF position before plugging the adapter into the wall outlet. If you experience any type of distortion or interference when turning the unit to the ON position, immediately turn the unit off. Wait a few seconds before turning the unit on and distortion/interference should be eliminated.

Caution – Please read all instructions carefully before operating.

- If you have any concerns regarding your health, consult your doctor before using Mat Massager.
- Individuals with pacemakers should consult a physician before using this product.
- If you experience pain in a muscle or joint for a prolonged period of time, discontinue use of Mat Massager and consult your doctor. Persistent pain could be a symptom of a more serious condition.
- We recommend using this unit for no longer than 30 minutes at a time. Extensive use could cause the product to overheat. Should this occur, discontinue use and allow the unit to cool before operating.



Important Safety Instructions

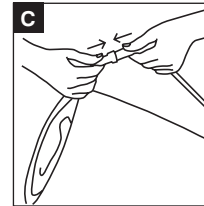
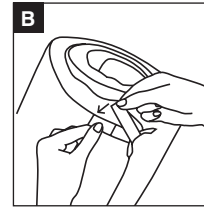
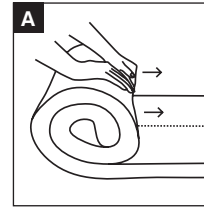
As with all electrical appliances, basic safety precautions must be practiced, as follows:

- Use this appliance only for its intended use as described in this manual.
- Close supervision is necessary when this appliance is used by people with mental or physical disabilities.
- This unit is not a toy. Children should not use it or play with it.
- Never use while sleeping.
- Do not place or store appliance where it can fall or be pulled into a tub or sink.
- Do not place or drop into water or any other liquid.
- Never reach for an appliance that has fallen into water. Unplug it immediately.
- This appliance should never be left unattended when plugged in. Unplug from outlet when not in use.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged or dropped into water. Return it to the HoMedics Service Center for examination and repair.
- Keep cord away from heated surfaces.
- Do not carry this appliance by supply cord or use cord as handle.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not operate under a blanket. Excessive heating can occur and cause fire, electrical shock or injury to persons.
- To disconnect, turn all controls to the OFF position; then remove plug from outlet.

Please Note:

For your safety, this product is equipped with a pressure activated switch to control the heat function. **Heat will not operate unless pressure is applied to this switch, located between the second and third motors of the unit.**

Once pressure is removed, heat will turn off. After applying pressure, please allow 5-10 minutes for heat to reach maximum temperature.



Maintenance

To Roll Mat Massager incorporates a unique strapping system that allows you to roll up the unit, like a sleeping bag, for compact storage and transportation. Place the unit zipper side up on a flat surface. Starting at the top, fold the unit over and roll toward the bottom – the end with elastic loops on the corners (Diagram A). Once rolled, insert the Velcro straps into the elastic loops and fold over to attach onto the same strap (Diagram B). To create the unique carrying strap, grasp the canvas belt from one side of the rolled-up unit and snap it to the canvas belt located on the other side (Diagram C). Adjust the carrying strap to the size you need for comfortable carrying.

To Store Place massager in its box or safe, dry, cool place. Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface. To avoid breakage, do not wrap the power cord around the unit. Do not hang the unit by the controller cord.

To Clean Unplug the unit and allow it to cool before cleaning. Clean only with a soft, slightly damp sponge. Never allow water or any other liquid to come into contact with the unit.

- Do not immerse in any liquid to clean.
- Never use abrasive cleaners, brushes, gasoline, kerosene, glass/furniture polish or paint thinner to clean.
- Do not attempt to repair Mat Massager massager. There are no user serviceable parts. For service, send the unit to the HoMedics address listed in the warranty section.

MatMassager

5-motor Full Body Massager

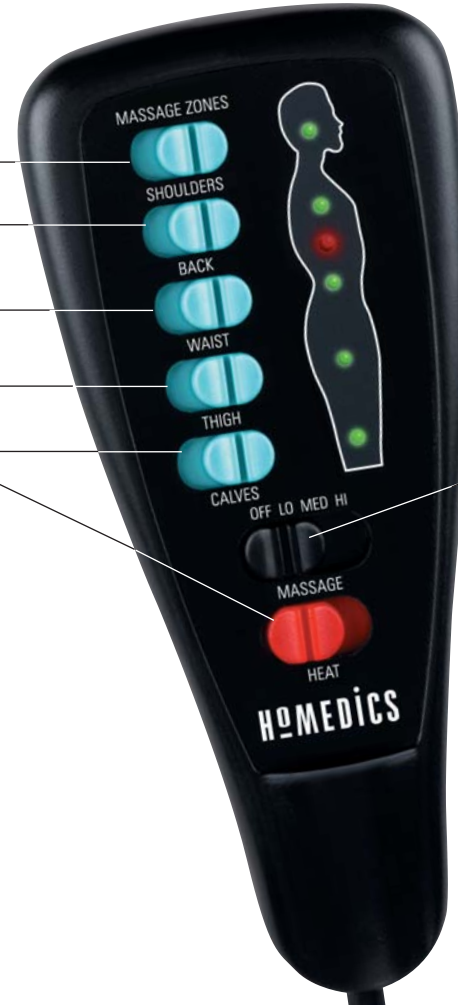
Targeted Massage Buttons

Zone buttons activate motors to massage specific areas: shoulders, back, waist, thighs and calves/feet. Customize your massage by choosing one specific area or any combination of areas. To select a massage area, simply slide the button to the right and the corresponding L.E.D. light will illuminate. To deselect, simply slide the button to the left and the corresponding L.E.D. light will turn off.

Heat

Soothing, penetrating heat in the lower back region is activated by sliding this button to the right.

Note: When selecting the heat feature with massage action, there will be a slight decrease in the strength of the massage output. This adjustment is perfectly normal and should not be interpreted as a defect.



On/Off Massage Strength

Before connecting power source, be sure ON/OFF controls are in the OFF position. Mat Massager gives you three options of massage strengths: low (L), medium (M) and high (H). To change the strength of your massage, simply slide the button to the corresponding position.