

# ACTIVE FLEX Foot massager

Improve  
circulation  
with  
**ACTIVE FLEX**

6 massage modes  
10 intensity levels



Automatic shutdown if both bare feet are not on the massager.

### NOTE:

The massager only works while you have bare feet on the mat. If you remove your feet from the mat, the massager will turn off to save battery power. To turn it on again, press the ON/INC button.



## What is EMS Technology?

Muscle electrostimulation (EMS) consists of the induction of muscle contractions through a generator of electrical impulses similar to those emitted by the brain, capable of reproducing the natural physiology of contraction at the moment the motor nerve is stimulated. This physiotherapy for your feet allows you to benefit immediately from a relaxing massage, the stimulation of the acupuncture points, the releasing of tensions and a reduction in fatigue.

## What are the benefits of EMS technology?

- Reactivate circulation
- Limit water retention
- Reduce swelling of legs
- Soothe pain and swelling
- Prevent Muscle Cramps
- Increase mobility
- Recovery after surgery or if you are convalescing

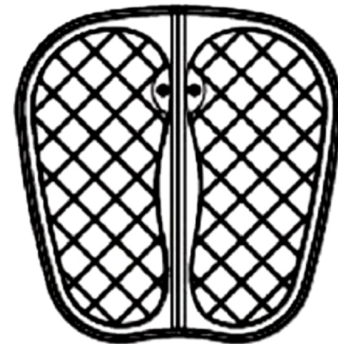
# Get to know your Foot Massager

Main device front side

Main device back side



Foot mat



The set includes: 1 Main device / 1 User manual / 1 Foot mat

**IMPORTANT! THIS PRODUCT IS COMPLETELY SAFE. BECAUSE OF ITS BATTERY POWER, YOU CAN INCREASE THE INTENSITY LEVEL WITHOUT THE RISK OF ELECTRIC SHOCK. USE ONLY AS DIRECTED. THIS IS NOT A MEDICAL DEVICE. THE INFORMATION PROVIDED HERE IS FOR INFORMATIONAL PURPOSES ONLY AND DOES NOT REPLACE THE ADVICE OF YOUR DOCTOR OR HEALTHCARE PROVIDER.**

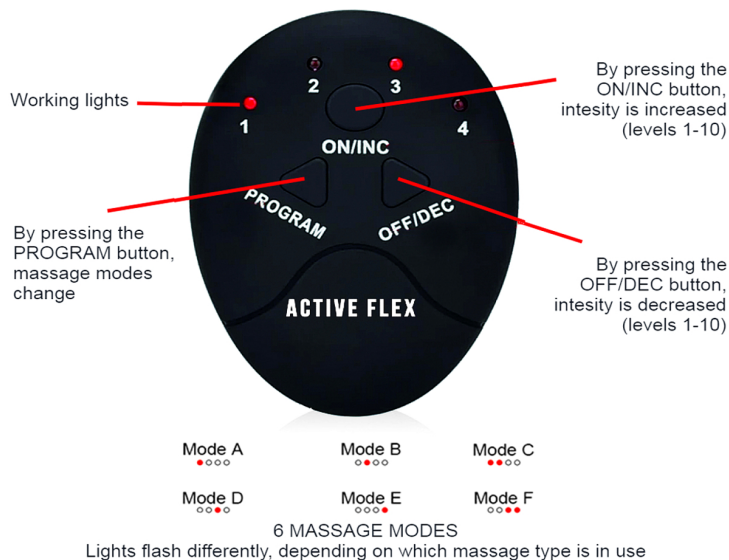
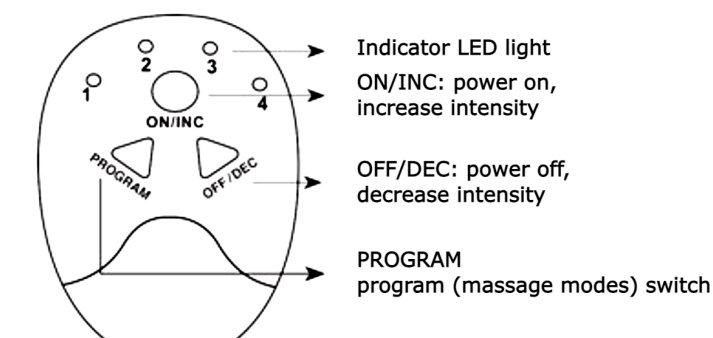
## Hot to use ACTIVE FLEX?

Place bare feet on the mat and press the ON/INC button to turn on the massager. When the massager is turned on, the intensity will be at its weakest level (1 of 10) and you need to increase it by briefly pressing the ON/INC button (up to 10 times). You can change the massage modes by pressing the PROGRAM button (6 modes in total). If you want to decrease the intensity, press the OFF/DEC button. When you want to turn off the massager, hold down the OFF/DEC button or remove feet from the mat and it will turn off automatically after a few seconds.

**IMPORTANT:** Each time you press the PROGRAM button and change the massage mode, the intensity will automatically decrease to the weakest level (1 of 10) and you need to press the ON/INC button again briefly to adjust the intensity as best suits you (up to max. 10).



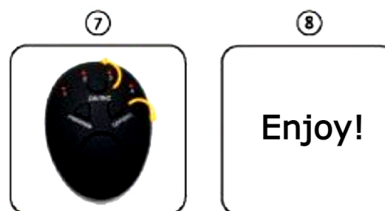
## How to use the device?



- Slide the battery cover of the main device.
- Insert 2 AAA batteries.
- Attach the main device onto the foot mat.



- Place both bare feet on the mat.
- Press the ON/INC button to turn on the device.
- Press the PROGRAM button to select massage mode.



- Press the ON/INC button to increase the intensity and press the OFF/DEC button to decrease the intensity.
- Relax and enjoy!

The device is not recommended to be used by pregnant women, if you have an implanted pacemaker or automatic defibrillator, if you suffer from vein thrombosis or heart disease, and if you have high blood pressure.

## TECHNICAL SPECIFICATIONS

Function	EMS Foot Massager
Modes	A - F (6 modes)
Intensity levels	10 levels
Voltage	DC3V
Output	Maximum 9.8 mA
Suggested temperature of using environment	Among 15 and 30 °C
Frequency	1 - 100 Hz
Battery type	2 AAA alkaline batteries (not included)
Dimensions	7,7x6x2,2 cm
Accessories	1 Main device, 1 foot mat

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## WARNINGS

Do not use this device on the following body areas as it may injure the area or cause skin injury:

- chest, head, face
- wounds, eyes, mouth, genital areas
- on the recently operated areas
- body areas with metal or plastic implants
- on tattoos

### GENERAL SAFETY INFORMATION

This EMS device should never be used to relieve undiagnosed pain. Before treating pain symptoms, consult your doctor. For safe and correct use of the device, first read these instructions.

### PRECAUTIONS

- Use low intensity and short duration during first use to avoid overstimulation.
- Keep out of reach of children and pets.
- This product is not waterproof. Do not put or wash it with water.
- Do not use this product with a sprained or injured foot or joint.

### OTHER PRECAUTIONS

- Use this device for physical therapy purposes only.
- Do not use with any other device or accessory other than the one supplied with the foot mat.
- Do not use in places with high humidity, such as the bathroom.
- Do not overload the electrical outlet.
- If the device does not work properly, disconnect it from the power source and contact customer service. Do not attempt to repair the device yourself as this will void the warranty.
- Make sure that the device is not in contact with metal objects.