

# Foot Massager

【 Internal Data 】



Intelligent Robot-arm  
Three-dimensional Biomimetic Massage  
Foot Machine Operation Manual

# Preface

Do you know the distance walking on your foot in your life is equivalent to the four laps traversing round the Earth? Do you know three-quarters of adults suffer from foot disease? Do you know the truth "The tree dries roots first, and people grow old from feet"?

With the quickening pace of modern life and the increase of work pressure, more and more people are in sub-healthy state, people often feel tired when they work under strain. Fatigue is a self-feeling or self-consciousness, displaying the body feels fatiguing, mental fatigue, concentration and memory impaired, the working efficiency is low. People in long-term fatigue will suffer from various disease easily if not promptly regain their strength.

Modern medicine service model is being transited by medical illness to preventive medicine and health care medicine, today people's healthy knowledge are richer, family health care will become a trend and will get the most extensive promotion and application.

Chinese magical efficacy of medicine and health has been concerned by all over the world, "natural therapy" families usually use is a powerful weapon to prevent disease and ensure the health, and it can assist in people's daily lives to help the body upright, adjust the balance, improve resistance of diseases, and guarantee people's quality of life and health.

Foot is the most difficult part in the body movement of mankind, and the foot concentrates organ nerve reflex areas and points, often correct massage will help relieve fatigue, eliminate pain, and achieve health goals.

Three-dimensional biomimetic method of massage is not only absorbed the essence of traditional massage techniques, but also using the core content of modern magnetic therapy and foot health, it is a physical therapy basing on the meridian theory and modern scientific research, whose basic elements is traditional massage. It bases on the partial adjustment to adjust the overall.

Foot massager is popular with a way to be able to do foot treatment all the time, convenience, saving time and money, and with a safe and effective approach to health care.

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# Domestic Foot Massage

- Domestic foot therapy is the unique choice for body building and health care.

Today people are more and more emphasis on health care, "Family Reflexology" is becoming a popular trend in health care. During the holidays, we all like taking a trip around town, going shopping. When you became exhausting, going back home and taking a foot-dipping, doing a "Family Foot" will sweep away the body's fatigue. The fast pace of life, more work pressure, more social occasions, environmental pollution, all making more and more people been in sub-health status, increasing their sense of physical fatigue, then family reflexology is a ideal mode to adjust status and ease the pressure of living.

Chinese medicine thought that: the human body internal organs and legs has a corresponding relationship. Between the human ankle follows more than 60 points, foot care of these points can promote blood to run, warm the organs. Adhere to doing foot treatment before sleeping can help relieve fatigue, soothe the nerves at ease, finally make sleep more soundly

Reflexology in family is becoming a new health trend, I hope you can have healthy feet and enjoy a higher quality of life.

- Advocating Domestic Foot Health Care

Foot care is a self-care therapy including massage, meridian science, holographic, reflective. It is easy to learn, the result is obvious, and has no side effects. Especially for the elderly, self-care is more realistic. Everyone has two hands and two feet, everyone can take self-care approach and the flexibility to use it. If this ideal of mass self-care methods accesses to millions of households, it will generally improve people's physique, and this is a magic weapon for family disease prevention and health care. We should vigorously promote it and use natural therapies to promote the family foot care.

"A thousand miles begins with a single step", "old man walks fast", these words are all note the importance of foot health. Both feet play an unusual role in one's life, foot health as a folk medicine needn't take medicine and can promote health. Foot care is the easiest, safest, most effective therapy of health care in the promotion of health.

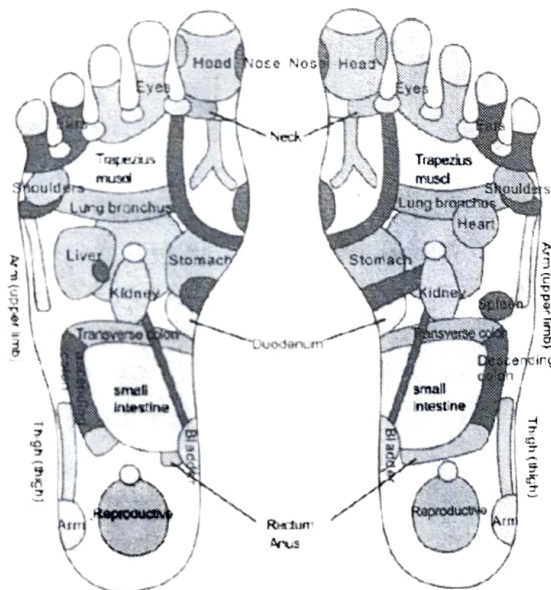
In short, please be care of your feet, and always rid the body unhealthy factors, keep the disease nipping in the bud.

# Product Theory Of Foot Massager

Reflexology is based on traditional medicine, meridian science, magnetic science, as well as reflexology health law; it is made of integration of modern electronic technology and medical research achievements.

## ● Foot reflex zones in the Health Act - Principles of neural reflex

Reflex is a human right as a shift from reactive to outside stimuli. When the body's tissues and organs are abnormal, the foot reflex zones corresponding to the bubble will appear air bubble, sand granular, granular, bar-shaped locks, small nodules and so on. When you massage these reflex points, they will have a very clear sense of tenderness. This pain will transmit from the afferent nerve to the central nervous system, and be controlled by the central nervous and issued a new regulation and the conduction of nerve impulses into the body tissues and organs, causing a series of humeral regulation of neural response, triggering the body's potential to adjust the body's imbalance.



## ● Traditional medicine – on the principle of bio-holographic

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## ● Jingluo - Chinese medicine Collateral Theory

Jingluo theory is the main theory, and it is an important content of Chinese traditional medicine. Five thousand years ago the chapter of "Watching the toe chapter." in "Inner Canon of the Yellow Emperor" records a foot massage can make a person healthy- "Meridian is a "channel", channel blocked, people will feel uncomfortable. Meridian line through the line of the cave by the various parts of the body connect the dots, and our feet have a lot of points, when we massage foot radiation zone, they stimulate these points, it is the same as the blood circulation and the reflection principle along the transmission lines along the meridian lines, which play a clear role of the meridian of Chinese medicine that "pain is unreasonable, not General pain", is this theory, so the foot reflex massage can play a clear role of the meridian.

## Product Features Of Fengrui Foot Massager

1. Massage fully, emphasizing key points. "Massage the whole foot, massage the middle part of the sick to carry out focused massage.
2. Bipedal pairs of points simultaneously: the development and testing by the researchers concluded that compared the method of biped pairs of points Reflexology Foot Reflexology effect of a single 3 to 5 times higher.
3. "Symptomatic acupoints" Foot machine is based on individual health status of different areas to choose their own against the pathology of different points.
4. Not subject to any time and space constraints: Shi Foot Reflexology is like to go home the same professional, you can shower every day after, before sleeping, watching television when the fallow land "self-Foot", and is convenient, simple, quick method.
5. Unique shape the design and distribution of perfect match point structure of the human foot, according to the distribution of the human foot acupuncture points, using the maximum convex-concave design to play a foot massage functions.
6. Using micro-computer control, power is only 200W, once in power consumption is only 0.1 degrees, completely reliable, durable.
7. May be adjusted at any time based on personal likes speed and steering, the use of simple and convenient.

## Applicable Scope

1. Health care massage for home, office, leisure time etc. and relieving fatigue;
2. Rehabilitation treatment for the diseases such as headaches, migraine headaches, neck and shoulder acid, stomach pain, fatigue, abnormal blood pressure, constipation, weight loss, detoxification, lack of sleep, insomnia, cold, pressure, dysmenorrheal, menopause syndrome, irregular menstruation, infertility, etc.
3. Rehabilitation and health care for the population in sub-health state

## ● What is the reaction after using the Foot machine?

A: In a foot massage after a course of treatment (5-10) times, the human body, expect the appropriate therapeutic role, may appear some special reactions. Clinical experience has demonstrated that these reactions are the normal healthy response and it should not interrupt foot massage.

(1) Sleeping increases. In the course of human massage people feel tired, want to sleep. Sleeping in the night deepened many dreams and so on. This reaction indicated that the physiological functions of the body being self-adjustment, in the "Protection of inhibition" state.

(2) Sweating increases. The massage foot sweating increased; there is sweat smell to help the discharge toxins and metabolic products. Foot sweating increased, pointing to the foot's blood circulation improved.

(3) An incensement in maturation.

(4) The increase in stool frequency. Foot massage stool frequency and volume of patients increased significantly increase emissions. After using this production to massage it will enhance intestinal peristalsis and it help to eliminate the diseases caused by poor qi and blood.

(5) Patients with back, shoulder pain, will feel pain through massage area may be more pain, but the pain had several days later, the pain will be greatly reduced. This is a reaction of blood acceleration, and clears the meridians after the massage.

(6) Some patients through massage bare feet would be swelling, especially in patients with lymphatic disorders and continue to massage go on until smooth body fluids, the swelling will naturally disappear.

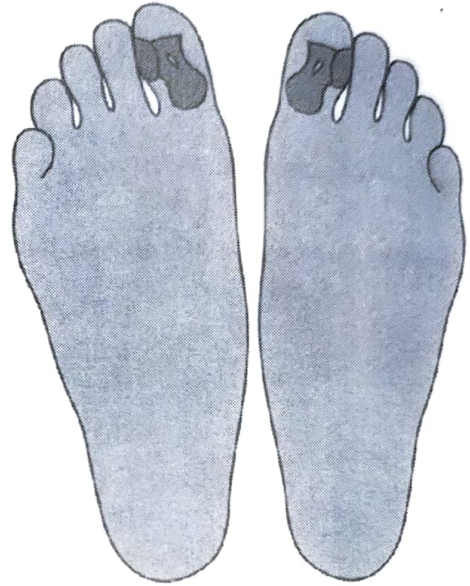
(7) Heat phenomenon. This is due to reflex zone massage lymph nodes caused by epidemic response, indicating a latent lesions in vivo was excited, can continue to massage.

(8) Reflex response to pressure Fen is more obvious, or diseased organ lesions increased and continue to massage 3-5 days, symptoms of self-elimination.

## Common diseases and Foot therapy of sub-health symptoms

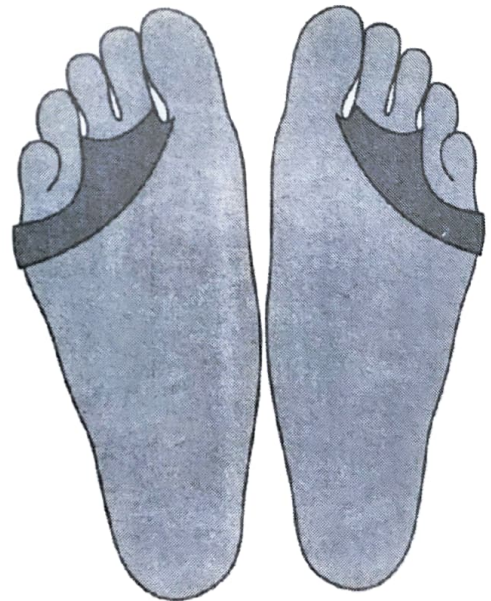
### ● Headache, migraine headache

Massage Icon region can greatly ease the headache. Without a headache, adhere to stimulating acupuncture point has the preventive effect. Unswervingly massage can maintain daily health.



### ● Sore shoulders

Massage icon on the shoulder area is a massage getting direct effects to promote blood stagnation under the upper improve blood circulation, relieve sore shoulders.





## ● Cervical acid

Neck pain shoulder most of the cases will be accompanied, in accordance with regional and sore shoulders icons at the same time point massage more effective.

In addition, the icon point to the treatment of stiff neck is also effective. If in the morning to feel neck pain, massage the point about this bar! When the neck pain, does not directly lightly tapping the neck, in severe cases may cause cervical dislocation, we must hurry to the hospital.



## ● Stomachache

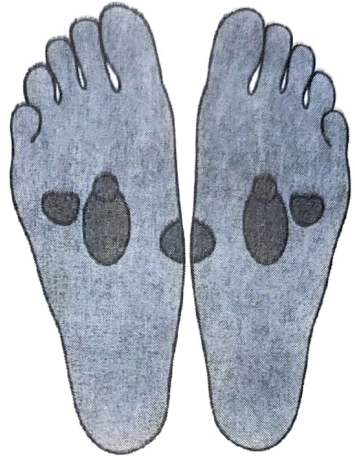
Massage icon acupuncture can not only ease the stomach pain, vomiting, and gastritis, etc. for the healing cards like are very effective.

Icon in the massage felt very stiff; there is swelling on the skin when the stomach is the abnormal signal. Massage when there may be some pain, we must adhere to a few days to massage, to the straight without discomfort feeling.



## ● Fatigue

Massage on the icon of the region, by adjusting the neural reflex, adjust endocrine, improve blood circulation role, to ease muscle tension and fatigue.



## ● Abnormal blood pressure (blood pressure high blood pressure)

Icon is to adjust blood pressure points acupuncture points. High blood pressure of people, massage icon area, make blood pressure drop; hypotension people, massage area icon can high blood pressure.



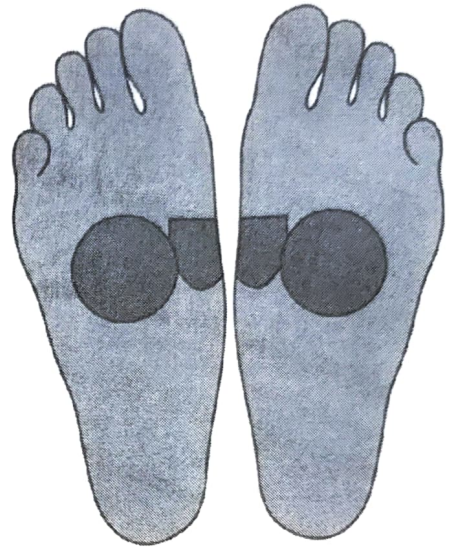
## ● Eliminate constipation

Massage icon region, can enhance gastric peristalsis, promote bowel movements, which greatly improved the unhealed protracted constipation and repeated attacks, and avoid the drugs on the gastrointestinal tract caused by direct stimulation, protecting the liver, spleen, kidney and other important organs.



## ● Slimming

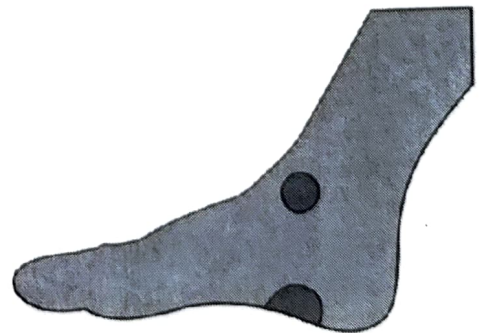
By motorcycle icon areas, mainly aimed at conditioning the digestive system. Persist in a few day by motorcycle, the stomach can feel comfortable, long-term adherence, played slimming effect.



## ● Detox

Most of toxins through urination, defecation and discharge, so to have a massage for the kidneys, bladder the role of acupuncture points, so that smooth flow of lymph points to achieve the purpose of detoxification.

The inside of the front heel is the low-lying outside the bladder points. Poor bladder condition that will appear a little swelling. Lateral ankle front part of it is upper body lymph node points, the big toe on the extension line is the lower body lymph node points, in addition to easy point of entry points, and massage is the trick.

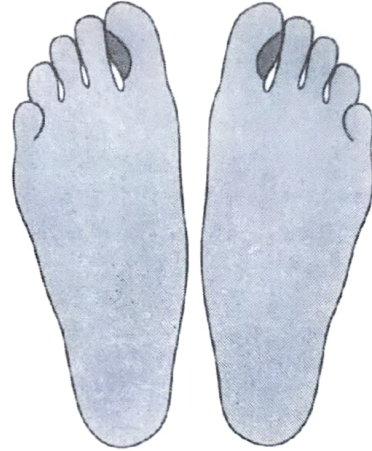


# Foot Massager

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## ● Insufficient sleep, insomnia

Massage icon area, you can reconcile qi and blood, promote blood circulation, relieve stress, improve sleep



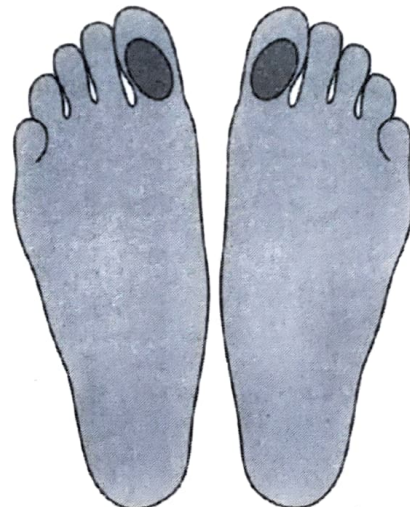
## ● Cold

Icon area are the nose, lung, bronchus, larynx and other respiratory reflex zone. Massage of this region can promote blood circulation, improve the body's resistance to adjust the physical state of equilibrium, and thus alleviate the symptoms. Usually as a health massage, you can prevent colds.



## ● Excessive pressure

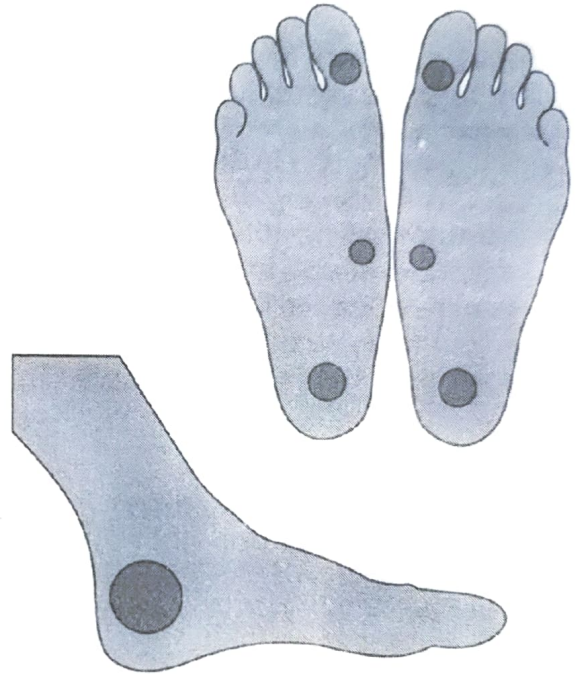
There is pressure on the brain-worker and whose big toe becomes hard. To massage it and makes it soft. The central point of the big toe big toe is the pituitary gland. Pituitary gland has the function of the secretion of various pituitary hormones. Massage to stimulate the pituitary gland, can promote the balance of pituitary hormone secretion, brain regulating both the excitement and inhibitory central nervous system, thereby reducing the pressure, anxiety level solution to control the depression, relaxation mentally.



## ● Dysmenorrheal

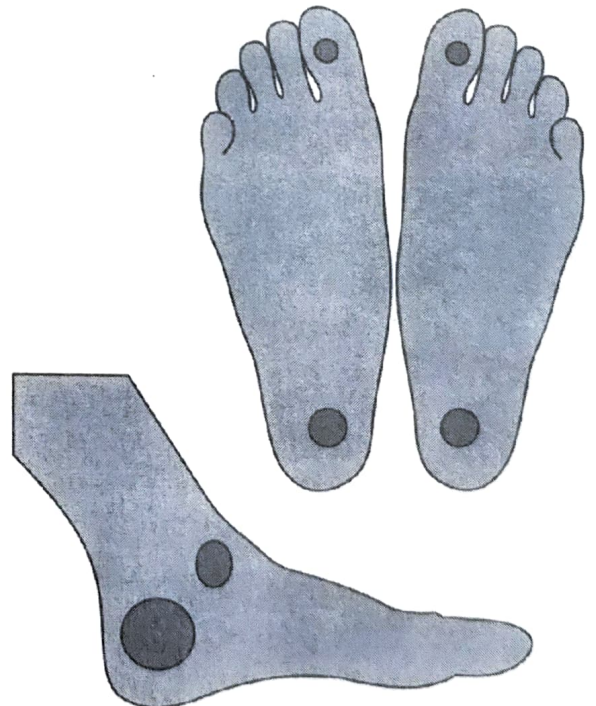
Under normal menstrual period it is not good for massage, but it is not related to foot massage. The dysmenorrheal point massage preferably starts from the first day of menstruation, so women can ovulate normally.

In accordance with the icon massage the Feet until you feel comfortable and soft. . Lateral ankle on the lower which is the point of ovarian, ovarian dysfunction is difficult to distinguish. Medial ankle on the lower part of it is the womb points, weak when the body massage will be accompanied by pain, to persist in conducting massage.



## ● Menopausal syndrome

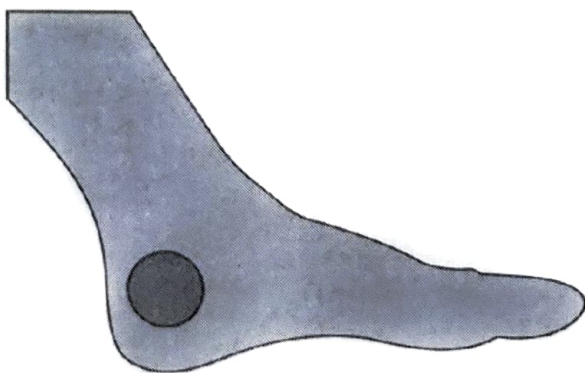
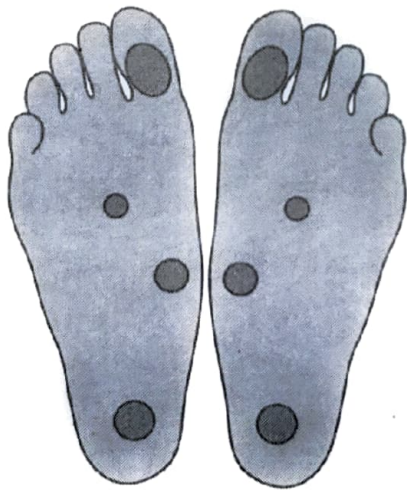
In accordance with icons massage can stimulate the ovaries and pituitary gland functions, to achieve the health care, to ease menopause.



## ● Menstruation Infertility

It is also existence of infertility and disease of the uterus caused irregular menstruation. Carry out the full massage around the center of ankle.

Lateral ankle on the lower part which is the ovary points. Recovery of ovarian function, then the ankle will be able to clearly distinguish them. Medial ankle on the lower part is the uterus point, when the body is weak massage will be accompanied by less pain, and to persist massage.



# Foot Machine Operation Manual

## 1. Overview

Foot massage is based on traditional medicine, the meridian science, magnetic science as well as the Health Act about the pace of reflex zones, integrating modern electronic technology and medical research achievements made.

## 2. Procedures and key notes

Click the button "automatic program", massage program cycles between "program I", "program II", "program III", "Procedure IV", beep prompt (Figure 1.)

Program I : health care massage

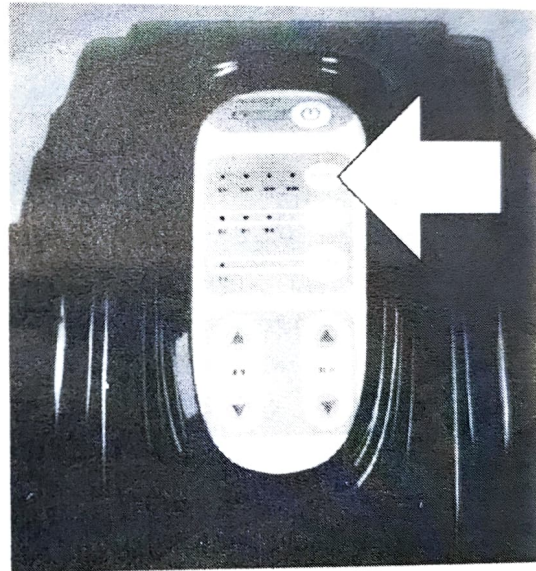
Program II : massage focus on head, neck, lumbar spine, shoulders, head and other parts

Program III : massage focus on intestinal, liver, stomach and other parts

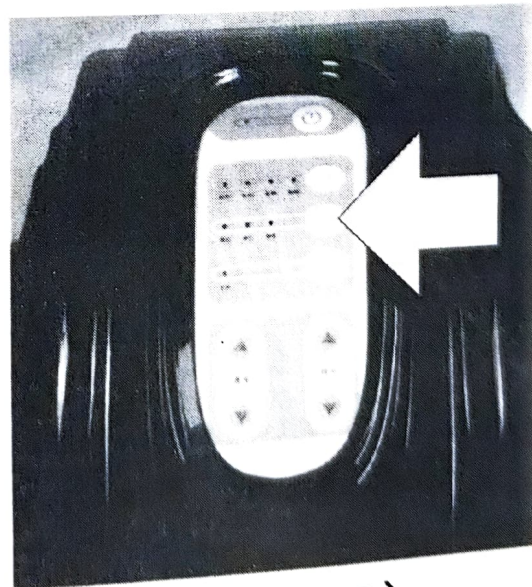
Program IV : massage focus on legs, reproductive and urinary system

Click the button "personalized program", massage program circles in the " tiptoe ", " arch of the foot, " " sole of the foot ". Click the button "speed, adjustable speed, beep prompt (Figure 2).

For the tiptoe, arch of the foot, sole of the foot massage program area.



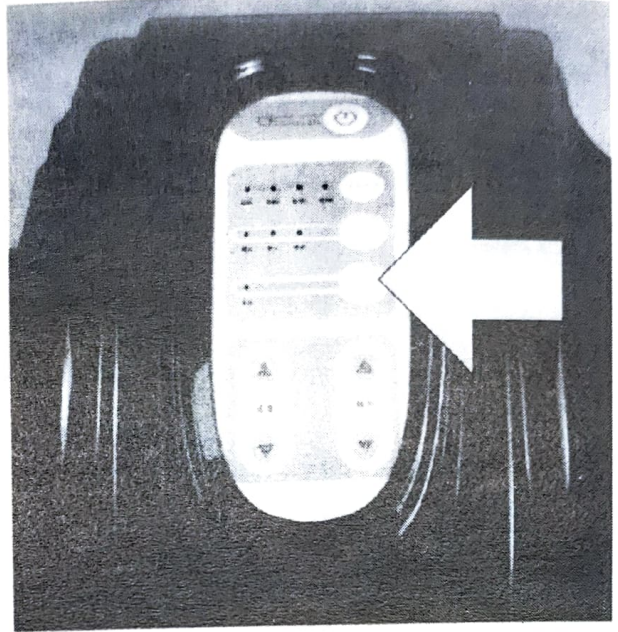
( Figure 1 )



( Figure 2 )

## Foot Massager

Click the button "manual setting" , and click the key "speed" and "shift" , you can manually adjust the speed and direction (Figure 3)



(Figure 3)


Re-use: every massage time is automatically setting about 15 minutes. re-use, please re-set according to the model key massager to repeat a cycle of 15-minute massage.

### 3. Operation Instruction

1. Plug Power
2. Press the button "switch", open the power.
3. Set up massage model for your requirement, massager begins to work

General foot massage can massage from arch of the foot, tiptoe, sole of the foot to foot side. Foot massage can be tilted to the side of the foot.

You can also focus on foot reflex zone's massage in a period of time (i.e., when massage acid, up, pain and other sensory areas).

 Note: It is recommended the time of using massager is normally less than 30 minutes.



4, Turn off:

5 minutes after automatic procedures without any operation, the massager will automatically shut down.

When massage, press the button "switch", massager suspends from work, and then press the button "switch", massager devices continue to work. When suspension, there is no action within 10 minutes, massager will automatically shut down.

Press the button "switch" 2 seconds, massager will shutdown.

Note: "Never pull out plug directly in the course of using, unplug the power cord after shutdown.

⚠ Note: "Never pull out plug directly in the course of using, unplug the power cord after shutdown.

## 4. Attentions

1, check whether the massage voltage specifications on the line, do not use wet hands to plug the power. After the massage device into an electrical outlet, do not let in the cold state.

2, do not use massage devices in a poor ventilation place, such as under the covers or pillow and blanket can overheat and cause or may cause fire, electric shock or other injury.

3, only use indoor, do not use in the bathroom.

4, do not sit or forceful step on the foot massage device.

5, Do not insert objects of any openings of Massager

6, if the massage or the wires is in any form of damage please immediately stop using it.

7, do not use of massage in the wet feet during the sleeping.

8, cancer patients: osteoporosis, high fever, impaired consciousness, erythematic epileptic patients, malignant tumors, with active tuberculosis, severe cardiac dysfunction in vivo in patients with electronic devices, bleeding disorders or bleeding tendencies in patients, pregnant women, allergic constitution and allergy treatment instrument are cautious to this machine.

9 prohibit using with the following medical electronic devices simultaneously. At the same time use may be dangerous.

A). cardiac pacemakers and other implanted medical electronic devices

B). human-type heart and lung and other life-sustaining medical equipment,

C). ECG medical scanners and other electronic devices

## 5. Main Technical Parameters

Power Supply: 220-240V AC

Power consumption: 40W

Time: 15 minutes

Massage speed: high, medium and low three gears for adjustment

Product Size: 650mm x 390mm x 305mm

Product weight: 9.5kg

Storage temperature: -15C ~ +85C

Running temperature: +10C ~ +40C

## 6. Cleaning and Maintenance

1, you should unplug the power cord before cleaning the massage machine.

2, Do not use benzene, thinner, or other corrosive solvents to clean your massage machine

3, Do not clean the massage machine and the power with wet cloth can not use alcohol, you must use a dry cotton cloth

4, If there is a long time no use, it is recommended that you roll up massage the AC power cord, and store you massage in clean, dry environment.

5, Do not store your equipment in high temperatures, open flame or direct sunlight.

6, Do use the equipment in light; avoid throwing, pressure, collision or strong impact.

## 7. After-sales service

1. The warranty card users can enjoy the warranty for one year of service, as follows

A). The product is free to change after-sales one week, and it is free to warranty in one year if there is the issue of quality problem.

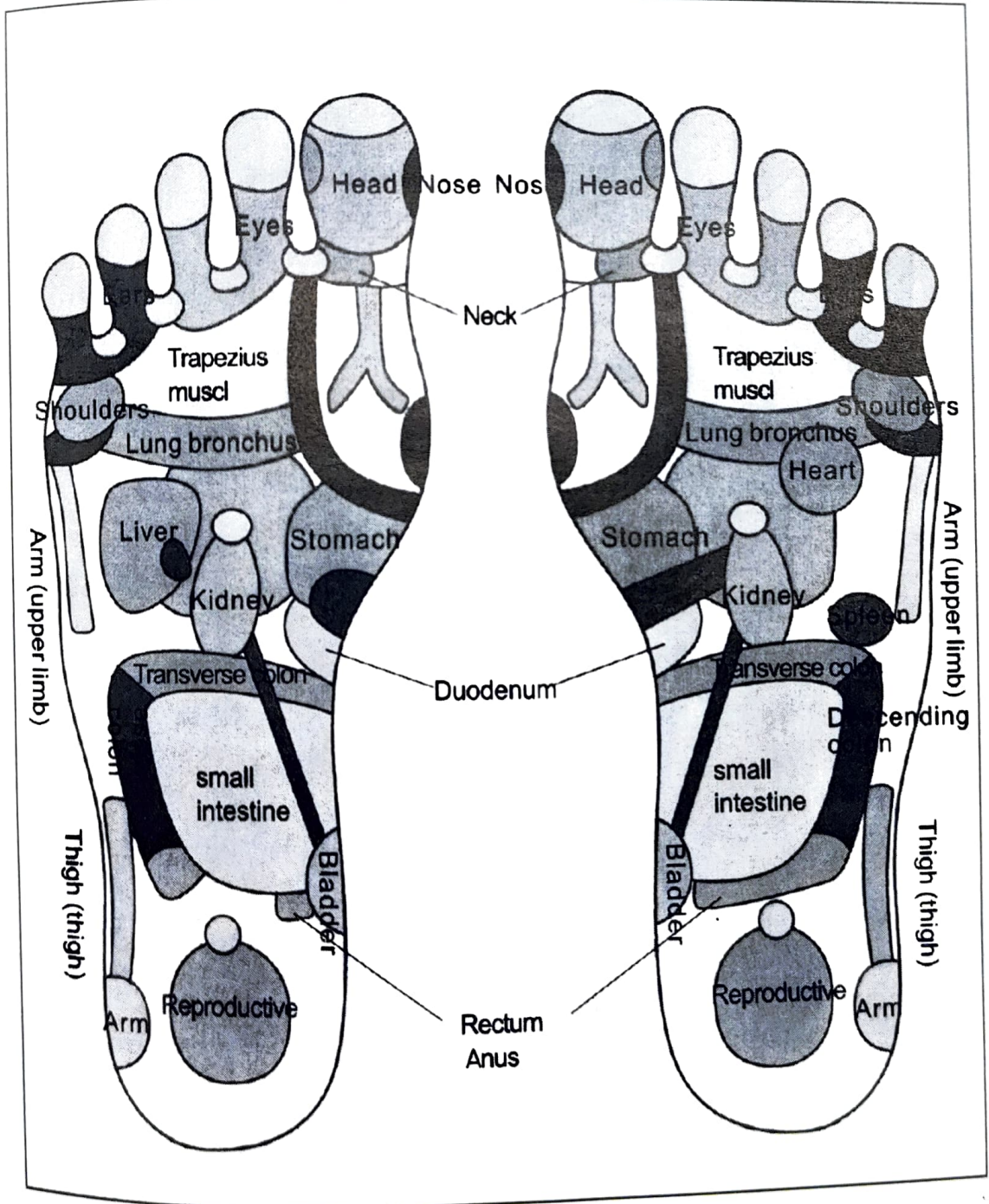
B). repair the machine disassembly, man-made damage, natural disasters and force majeure factors such as the problems caused by non-warranty.

2, service for lifetime .Purchasing equipment over a year, you just need charged the cost of parts and components for maintenance fee

## 8. Package and Accessory

Great packaging using corrugated cardboard boxes, host a massage, a manual, a certificate and the product warranty.

## Appendix: Reflexology Diagram



# Foot Massager

