

## IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, especially when children are present, basic safety instructions should always be followed, including the following: Polythene bags over product or package may be dangerous. To avoid danger of suffocation, keep this wrapper away from babies and children.

### DANGER – To reduce the risk of electric shock:

- Always unplug the appliance from the electrical outlet immediately after use and before cleaning.
- Do not use while bathing or in a shower. Use only in a dry area.
- Do not use when intending to sleep.
- Never use pins or metallic fasteners with this appliance.
- Carefully examine the covering before each use. Discard the appliance if the covering shows any signs of deterioration, such as blistering or cracking.



**WARNING –** Do not use the appliance in or near bathtubs or other vessels containing water. Keep dry - do not operate in wet or moist conditions.

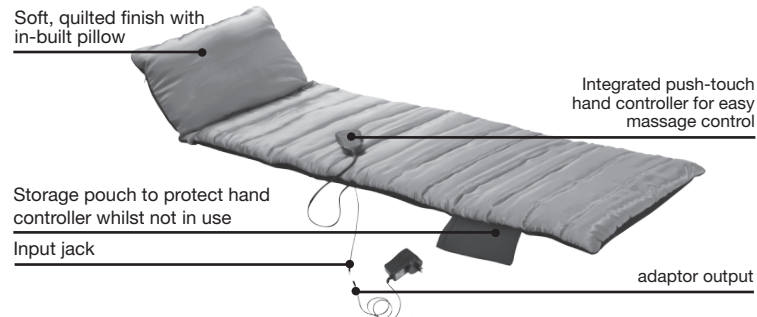
- Do not immerse the appliance in water or other liquids.
- Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place or drop into water or other liquids.
- Do not reach for an appliance that has fallen into water. Unplug immediately.
- This appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or medical capabilities, or lack of experience or knowledge, unless they are supervised and have been given instruction concerning the use of the appliance by persons responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The terry towels slippers are best used on carpet floors and may be slippery if worn on tiles or highly polished timber floors.

**IMPORTANT –** Always unplug the appliance when not in use or before cleaning. Do not leave unattended when plugged in or switched on. Do not place on any heat sensitive surface and always allow to cool before storing away.

- Do not use any attachments other than those supplied by Conair Australia Pty Ltd.
- Use this appliance only for its intended use as described within this instruction booklet.
- This appliance is not intended for commercial use.
- Never drop or insert an object into the appliance.
- Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not operate the appliance under a blanket or pillow. Excessive heating can occur and cause fire, electric shock or injury.
- To disconnect, switch all controls OFF, then remove plug from the power outlet.
- Do not crush - avoid sharp folds.
- Never remove cover.
- Keep the cord away from heated surfaces.
- Do not use an extension cord with this appliance, unless it has been checked and tested by a qualified technician or service person.
- Do not carry the appliance by the power cord or use the cord as a handle.
- Do not use the power cord if it is damaged. In the event of damage, discontinue use and contact your dealer for instructions on returning it for examination or exchange.
- After use, do not wrap the cord around the appliance, as in time this may cause the cord to fracture. Coil cord loosely beside the appliance.
- Always ensure that the voltage to be used corresponds with the voltage marked on the appliance.

## OPERATING INSTRUCTIONS RELAXATION MASSAGE MAT WITH HEAT

Congratulations on your purchase of the Relaxation Massage Mat with Heat. Now you can experience the comfort of your own personalised massage with a combination of 4 different massage programs, 3 intensity levels and 4 personalised zone controls for targeted relief from your shoulders down to your thighs.



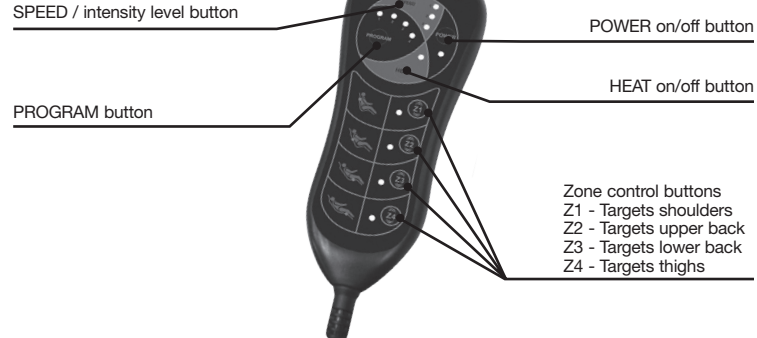
### CAUTION:

- This appliance should not be used if any of the following cases exist, unless directed by a physician – Tuberculosis, benign and malignant tumors, hemorrhages, inflammations of the skin, phlebitis and thrombosis, open and fresh wounds, bruises, broken skin or varicose veins, swollen areas of the skin, undetermined calf pain, or joint pain.
- If you are pregnant or have a pacemaker, please consult your physician before using.
- Do not use on any unexplained pain, swollen muscles or following a serious muscular injury before consulting your physician.
- Consult your physician if you have any therapeutic questions regarding this massager.
- Do not allow children to use this appliance.

### How to use your Relaxation Massage Mat with Heat

1. A plastic cover has been placed over the adaptor plug to protect it during transportation. Remove the plastic cover from the adaptor plug before use.
2. Place the appliance on a suitable lounge, bed or recliner. The massage mat can also be used directly on the floor; **however the best results will be gained from use on a soft, comfortable surface and will result in quieter operation.**
3. Remove the hand controller from the storage pouch attached to the massage mat.
4. Ensure that the appliance is switched off. Connect the adaptor output to the input jack on the massage mat.
5. Plug the adaptor into a suitable power outlet and switch the unit on.
6. Using the hand controller, switch the massage mat on by pushing the POWER button once. At this time the massage mat will operate at 'program mode' (program 1, intensity level/speed 2 with heat off) circularly from Z1 to Z4 for approximately 2 minutes. However, you can instantly change the:
  - Program
  - Intensity level/speed
  - Heat
  - Zone controlonce the massage mat is switched on. There is no need to wait for the 'program mode' to finish before selecting your desired massage combination.
7. For details on the various types of massage options, please refer to 'Massage Options' for further information.
8. This massage mat comes with an automatic safety cut-off system:
  - the massaging function will automatically switch off after 30 minutes if accidentally left on
  - the heat function will automatically switch off individually after 30 minutes if accidentally left on.
9. To switch the massage mat off, simply press the POWER button once. Then, switch the adaptor off and unplug the adaptor output from the input jack on the massage mat.
10. Store the massage mat in cool, dry place, away from direct heat and sunlight.

### Massage Options



This massage mat is equipped with an integrated push-touch hand controller that provides easy massage control:

- 4 different massage programs – Program 1, 2, 3 and 4
- 3 massage intensity levels – Speed 1, 2 and 3
- 4 personalised zone controls:
  - Z1 – Shoulders
  - Z2 – Upper back
  - Z3 – Lower back
  - Z4 – Thighs
- Soothing heat control on or off.

#### **4 Massage Programs:**

There are 4 different massage programs equipped with this massage mat:

Program 1	Provides a pulse massage
Program 2	Provides a knocking massage
Program 3	Provides a tapping massage
Program 4	Provides a wave massage

To change between these 4 different massage programs, simply press the PROGRAM button once, twice, three or four times to select the desired massage program. As you press the PROGRAM button, the red LED will illuminate above the number, showing which massage program has been selected.

Each massage program can only be selected individually – you cannot select a combination of programs.

You can change the massage programs at any time whilst massaging.

#### **3 Massage Intensity Levels:**

There are 3 massage intensity levels/speeds equipped with this massage mat:

Speed 1	Provides a relaxing, low massage intensity level
Speed 2	Provides a therapeutic, medium massage intensity level
Speed 3	Provides an invigorating, high massage intensity level

To change between these 3 different intensity levels/speeds, simply press the SPEED button once, twice or three times to select the desired intensity level. As you press the SPEED button, the red LED will illuminate to the side of the number, showing which intensity level has been selected.

Each intensity level/speed can only be selected individually – you cannot select a combination of intensity levels/speeds.

You can change the intensity levels/speeds at any time whilst massaging.

#### **4 Personalised Zone Controls:**

There are 4 personalised zone controls equipped with this massage mat:

Z1	Targets massage on the Shoulders
Z2	Targets massage on the Upper back
Z3	Target massage on the Lower back
Z4	Targets massage on the Thighs

To change between the 4 zone controls, simply press the Z1, Z2, Z3 or Z4 buttons that corresponds to the desired area which you would like massaged. As you press these

buttons, the red LED will illuminate to the side of the number, showing which zone control has been selected.

As well as selecting each zone control individually, you can also select a combination of zone controls or all 4 zone controls together, for the ultimate in relaxation. You can select:

- Z1, Z2, Z3 and Z4 together
- Z1 and Z2 together
- Z1 and Z3 together
- Z1 and Z4 together – etc, whichever combination of massage you desire.

If you choose to select each zone control individually, the massage mat will instantly switch to a vibration massage. At this time you can select the massage intensity level/speed and heat on or off, however you cannot select a different massage program.

You can change the zone controls at any time whilst massaging.

#### **Soothing Heat Control:**

This massage mat can be used with or without heat. Choose the heat option to apply soothing heat to the lower back.

To switch the heat on, simply press the HEAT button once. When you press the HEAT button on, the red LED will illuminate above the button, showing that the heat has been switched on.

To switch the heat off, simply press the HEAT button once again.

You can select heat on or off at any time whilst massaging.

#### **Recommended Massaging Times**

Generally, the massage mat should not be used for more than 30 minutes at any one time. Treatment may be applied once or twice daily as desired. You should adjust your massage time to suit your needs and personal comfort. If discomfort occurs, discontinue immediately. If you have any concerns regarding treatment, we recommend consulting your physician.

#### **User Maintenance**

1. Ensure that the massage mat is switched off, unplugged from the power outlet and the adaptor output is disconnected from the input jack on the massage mat. Also ensure that the massage mat has cooled down (if you have been using the heat setting).
2. To clean the massage mat, wipe with a clean, damp cloth and dry in shade away from direct heat or sunlight.
3. If fur and debris has built up on the massage mat, vacuum regularly using low suction.

- DO NOT REMOVE COVERS FOR CLEANING
- DO NOT WASH
- DO NOT DRY CLEAN
- DO NOT USE SOLVENTS OR CLEANING FLUID
- AVOID HARD RUBBING OR SCRUBBING
- PROTECT FROM DIRECT SUNLIGHT, DIRECT HEAT AND WEATHER.

#### **Limited One Year Warranty**

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. In New Zealand our goods come with a guarantee that cannot be excluded under the Consumer Guarantee Act 1993.

Conair Australia Pty Ltd. will repair or replace (at our option) your appliance free of charge for twelve months from the date of purchase if the appliance is defective in workmanship or materials.

This warranty is an additional benefit and does not affect your legal rights. To obtain service under this warranty, please read the Warranty Leaflet included or contact Conair Conair Customer Service at [aus\\_info@conair.com](mailto:aus_info@conair.com). To make a warranty claim you must retain your proof of purchase.

# RELAXATION MASSAGE MAT WITH HEAT



## Use and Care Guide

For your safety and continued enjoyment of this product, always read the instruction booklet carefully before using

**CONAIR®**

© 2018 Conair Australia Pty Ltd.  
Suite 101, 18 Rodborough Rd  
Frenchs Forest NSW, 2086 Australia  
Customer Service Hotline (Australia):  
1800 650 263

Model CBM29SA

Customer Service e-mail: [aus\\_info@conair.com](mailto:aus_info@conair.com)

Conair New Zealand Limited, PO Box 251159,  
Pakuranga, Auckland 1706 New Zealand  
Customer Service Hotline (New Zealand):  
0800 266 247

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