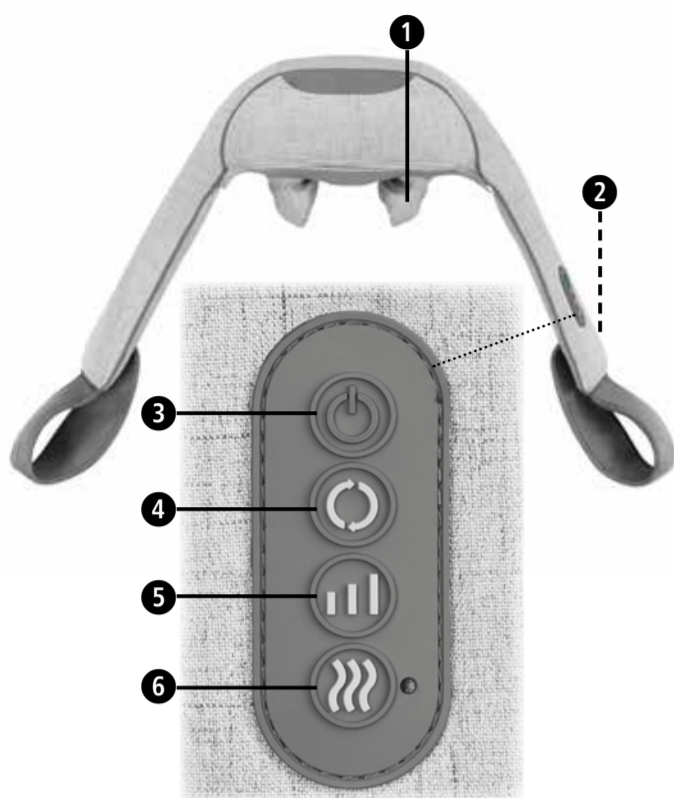


Device and controls



Explanation of symbols

**IMPORTANT**  
Non-observance of these instructions can result in serious injury or damage to the device.

**WARNING**  
These warning notes must be observed to prevent any injury to the user.

**CAUTION**  
These notes must be observed to prevent any damage to the device.

**NOTE**  
These notes give you useful additional information on the installation or operation.

Only use the device indoors.

Do not use the device in damp rooms (e.g. when bathing or showering).

**Protection category II**

**Lot number**

**Manufacturer**

**GB Safety instructions**

**IMPORTANT INSTRUCTIONS. RETAIN FOR FUTURE USE.**



The device must only be used for its intended purpose as described in the instruction manual. Using the appliance for any other purpose invalidates the warranty. The device is not to be used for commercial use or medical purposes.

**about the power supply**

- Before connecting the device to your power supply, please ensure that the supply voltage stated on the rating plate is compatible with your mains supply.
- Only insert the power supply unit into a socket when the appliance is switched off.
- Only use the power supply unit supplied for the massager. It must only be supplied at extra low voltage corresponding to the marking on the appliance.
- Keep the power supply unit, cable and appliance well away from heat, hot surfaces, moisture and liquids.
- Do not touch the power supply unit if you are standing in water or if your hands are wet or damp.
- Do not take hold of a device if it falls into water. Pull out the power plug and the power supply unit from the socket immediately.
- Only plug the device into a socket where the plug is freely accessible.
- Always switch off the appliance after use with the buttons on the control unit and unplug the power supply unit.
- To disconnect the unit from the power supply, always pull the plug out of the socket. Do not pull on the cable!
- Do not carry, pull or twist the device by the cable or the power supply unit.
- You must not continue to use the unit if the cable or power supply unit are damaged. For safety reasons, these parts may only be replaced by authorized service personnel. In order to prevent hazards, always send the unit in to the service centre.
- Ensure that no one can trip over the cable. The cable must not be kinked, trapped or twisted.

**specific groups of people**

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Do not use this unit to supplement or replace medical treatment. Chronic complaints and symptoms may be made worse.
- Do not use the massager, or only after consulting your doctor, if:
  - you are pregnant,
  - you have a cardiac pacemaker, artificial joints or electronic implants,
  - you suffer from one or more of the following illnesses and complaints: Circulation disorders, varicose veins, open wounds, bruises, broken skin, inflammation of the veins.
- Do not use the appliance near your eyes or near any other sensitive areas.
- If you experience any pain or discomfort during the massage, stop immediately and consult your doctor.
- Take care when using the heating function. The appliance has hot surfaces. Do not use the appliance on infants, vulnerable individuals or people who are not sensitive to heat.
- Before using the massager, consult your doctor regarding any unexplained pain, if you are undergoing medical treatment or using medical equipment.
- NOTE: If the device is disconnected from power during operation, the massage heads will directly move to park position after reconnecting power.

**before using the unit**

- Check the power supply unit, cable and massager carefully for damage before each use. Do not attempt to use a defective unit.
- Do not use the appliance if it, or the power cord show signs of damage, if it is not in perfect working order, or if it has been dropped or become damp. In order to prevent hazards, always send the unit in to the service centre.
- Do not keep or place any electrical device on a surface where it is in danger of falling into a bathtub or sink.
- Only use the appliance in the proper place, as described in this instruction manual.
- Do not use the appliance while you are asleep or when you are lying in bed.
- Do not use the appliance before going to sleep. The massage has a stimulating effect.
- Never use the appliance while driving a vehicle or operating a machine.
- The maximum operating time for one session is 15 minutes. Longer use shortens the life of the device and can lead to tension of the muscles instead of relaxation.

- Very long periods of use can lead to overheating. Always allow the appliance to cool down before using it again.
  - Never store or use the appliance next to an electric stove or other sources of heat.
  - Never leave the unit unattended if it is connected to the power supply.
  - Do not allow the device to come into contact with pointed or sharp objects.
  - Do not cover up the appliance when it is switched on. Never use it under blankets or cushions. There is a risk of fire, electric shock or injury.
  - Make sure, that no fingers or other parts of the body come between the rotating massage heads. Risk of injuries!
  - Do not use an external time switch or a separate remote control system to operate the appliance.
  - Do not use the device whilst using aerosol sprays or simultaneously using oxygen.
- maintenance and cleaning**
- The unit is maintenance free. If a fault does occur, just check whether the mains power adapter is properly connected. Do not open the device. There are no parts in it that are to be cleaned or serviced by the user.
  - You may only clean the device yourself. If the device malfunctions please do not repair it yourself as this leads to the automatic expiry of all warranty rights. Consult your specialist dealer and have repairs carried out by the service centre.
  - Do not immerse the device in water or other fluids.
  - If, nonetheless, liquid should penetrate the device, unplug the mains cable immediately.
  - Cleaning and user maintenance shall not be carried out by children without supervision.

**Intended use**

The device is used to massage certain body parts for relaxation and well being. It is not intended for medical therapeutic use. It is not suitable for clinics, massage practices, wellness studios etc. The massage device is not a medical device and is not intended for the treatment of pain. In case of doubt or uncertainty, consult your doctor before use.

**WARNING**  
Please ensure that polythene packing is kept away from the reach of children! Risk of suffocation!

**Device and controls**

- ① Massage heads
- ② Connection for power supply
- ③ ON-/OFF- button
- ④ Button for setting massage direction
- ⑤ Button for setting massage speed
- ⑥ Warmth - button (switches warming function on or off)

**Scope of supply**

Please check first of all that the device is complete and is not damaged in any way. In case of doubt, do not use it and contact your dealer or your service centre. The following parts are included:

- 1 **medisana** Shiatsu Neck Massager **NM 890**
- 1 Power supply
- 1 Instruction manual

If you notice any transport damage during unpacking, please contact your dealer without delay.

**Operation**

1. Insert the power supply unit plug into the connection for power supply ② on the backside of the device. Plug in the power supply unit.
2. Place the massage device around the neck with the zip facing upwards in such a way that it receives sufficient support on the shoulders.
3. Guide your hands through the hand straps on right and left side. By pulling on the straps you may stabilize the device in its position and adjust the massage intensity (pulling more stronger increases the massage intensity)
4. Press the ON-/OFF-button ③ to switch on the device. The shiatsu massage starts at the lowest level.
5. Press button ⑤: the massage intensity switches to the middle massage speed. Pressing button ⑤ once more switches it to the highest massage speed. Pressing the button ⑤ again switches the massage intensity back to the lowest speed, and so on. Button ④ switches the direction in which the massage heads move.
6. To switch on the warming function, press the WARMTH-button ⑥. To switch off the warming function, press the WARMTH-button ⑥ again.
7. Press the ON-/OFF-button ③ to switch off the device. After 15 minutes of constant massage the device will switch off automatically and massage heads to their park position.

**Cleaning and maintenance**

- Before cleaning the appliance, make sure that the appliance is switched off and the power supply unit is disconnected. Allow the unit to cool down.
- Clean the massager with a slightly damp sponge only. Never use brushes, aggressive cleaning agents, petrol, thinners or alcohol. Rub the massager dry with a clean dry cloth. Do not dry on a radiator or with the hair dryer.
- The cover of the massage heads can be removed for cleaning. The cover can be cleaned according to the care instructions on the labels.
- Never immerse the appliance in water to clean it and ensure water cannot get into the appliance.
- Wait until the device is completely dry before using it again.
- Undo any kinks in the cable.
- Take care when rolling up the mains lead to avoid damaging it.
- You should ideally store the device in its original packaging and keep it in a clean, dry place.

**Disposal**

This product must not be disposed together with domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether or not they contain toxic substances, at a municipal or commercial collection point so that they can be disposed of in an environmentally acceptable manner. Consult your municipal authority or your dealer for information about disposal.

**Technical specifications**

Name and model : **medisana** Shiatsu Neck Massager **NM 890**  
Current supply : 100 - 240 V~ 50/60 Hz  
12 V 2.5 A

Dimensions LxWxH : approx. 38 x 18 x 29.5 cm  
Weight : approx. 2.5 kg  
Storage conditions : clean and dry  
Item number : 48838  
EAN number : 40155 88 48838 2

**In accordance with our policy of continual product improvement, we reserve the right to make technical and visual changes without notice.**

**Warranty and repair terms**

Please contact your dealer or the service centre in case of a claim under the warranty. If you have to return the unit, please enclose a copy of your receipt and state what the defect is. The following warranty terms apply:

1. The warranty period for **medisana** products is three years from date of purchase. In case of a warranty claim, the date of purchase has to be proven by means of the sales receipt or invoice.
2. Defects in material or workmanship will be removed free of charge within the warranty period.
3. Repairs under warranty do not extend the warranty period either for the unit or for the replacement parts.
4. The following is excluded under the warranty:
  - a. All damage which has arisen due to improper treatment, e.g. non-observance of the user instructions.
  - b. All damage which is due to repairs or tampering by the customer or unauthorised third parties.
  - c. Damage which has arisen during transport from the manufacturer to the consumer or during transport to the service centre.
  - d. Accessories which are subject to normal wear and tear.
5. Liability for direct or indirect consequential losses caused by the unit are excluded even if the damage to the unit is accepted as a warranty claim.

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