

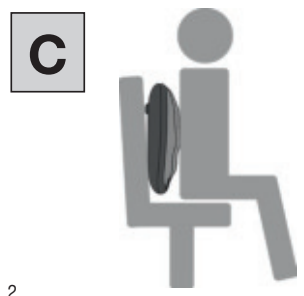
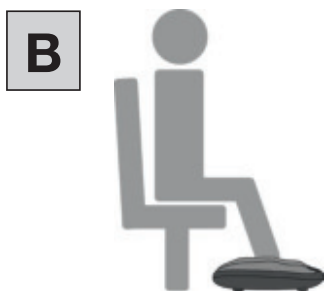
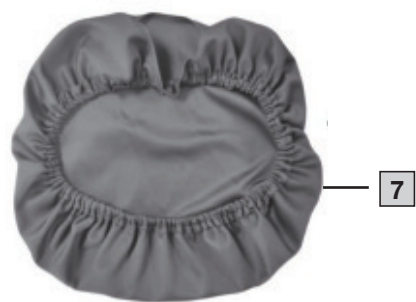
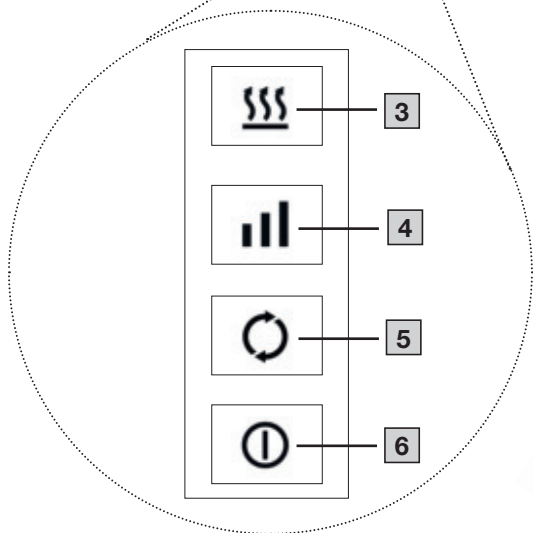
# beurer

FM 70



**EN** Shiatsu foot and back massager  
Instructions for use

CE





Read these instructions for use carefully. Observe the warnings and safety notes. Keep these instructions for use for later use. Make the instructions for use accessible to other users. If the device is passed on, provide the instructions for use to the next user as well.

## ⚠ WARNING

- This device may be used by children over the age of 8 and by people with reduced physical, sensory or mental skills or a lack of experience or knowledge, provided that they are supervised or have been instructed on how to use the device safely, and are fully aware of the consequent risks of use.
- Children must not play with the device.
- Cleaning and user maintenance must not be performed by children unless supervised.
- If the mains connection cable of this device is damaged, it must be disposed of. If it cannot be removed, the device must be disposed of.
- Do not insert any objects in the device apertures or in the moving parts. Ensure that the moving parts can move freely at all times.
- Do not force or jam any part of your body, in particular your fingers, between the moving massage elements or their holders in the device.
- Under no circumstances should you open or repair the device yourself, otherwise proper functionality can no longer be guaranteed. Failure to comply will invalidate the warranty.
- The device has a heated surface. People who are not sensitive to heat must be careful when using the device.

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## 1. INCLUDED IN DELIVERY














Check that the exterior of the cardboard delivery packaging is intact and make sure that all contents are present. Before use, ensure that there is no visible damage to the device or accessories and that all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the customer service address provided.







- 1 Shiatsu foot and back massager
- 1 hygienic cover
- 1 mains adapter
- 1 copy of these instructions for use

## 2. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

	<b>WARNING</b>
Indicates a potentially impending danger. If it is not avoided, there is a risk of death or serious injury.	
	<b>CAUTION</b>
Indicates a potentially impending danger. If it is not avoided, slight or minor injuries may result.	
	<b>NOTICE</b>
Indicates a potentially harmful situation. If it is not avoided, the system or something in its vicinity may be damaged.	

	<b>Product information</b> Note on important information
	Read the instructions
	The electronic device must not be disposed of with household waste
	Energy efficiency level 6
	Manufacturer
	For indoor use only
	Separate the product and packaging elements and dispose of them in accordance with local regulations.
	Marking to identify the packaging material. A = material abbreviation, B = material number: 1–7 = plastics, 20–22 = paper and cardboard
	Protection class II device
	The products demonstrably meet the requirements of the Technical Regulations of the EAEU.
	<b>CE labelling</b> This product satisfies the requirements of the applicable European and national directives.
	United Kingdom Conformity Assessed Mark
	Direct current

	Protected against solid foreign objects 12.5 mm in diameter and larger, and against vertically falling drops of water
	Switch mode power supply unit
	Safety isolating transformer, short-circuit proof
	Polarity of d.c. power connector
	Importer
	Do not use the power adapter if the plug is damaged.

## 3. INTENDED USE

### WARNING

This device is intended for providing foot and back massages only. Do not use the device if one or several of the following warnings applies to you. If you are unsure whether the device is suitable for you, please consult your doctor. The device is not suitable for animals.

The device is only intended for the purpose described in these instructions for use. The manufacturer is not liable for damage resulting from improper or careless use.

## 4. WARNINGS AND SAFETY NOTES

### WARNING

- Danger of suffocation! Keep packaging material away from children.
- Do not use the device if you suffer from a medical abnormality or injury in the area of your feet or back (e.g. open wounds, warts, athlete's foot, slipped disc).
- Do not use the device for periods of longer than 15 minutes.
- Never operate the device unsupervised.
- Supervise children around the device to ensure they do not play with it.
- If you suffer from a severe illness or have had surgery on your feet or back, please consult your doctor before using the device.
- If you suffer from diabetes or thrombosis, consult your doctor before using the device.
- Do not use the device if you are experiencing pain in your leg or foot (e.g. varicose veins, venous inflammation) or back problems.
- Do not use the device if you are suffering from pain, the cause of which is unknown.

### NOTICE

- Do not place your full weight (sitting, lying down, or standing) on the moving parts of the device or place any objects on the device.
- Do not expose the device to high temperatures.

## Electric shock

### WARNING

As with every electrical device, use this device carefully and cautiously, in order to avoid hazards due to electric shock.

- Keep the device, the mains adapter and the mains cable away from water, steam and other liquids.

- Only operate the device in dry indoor areas. Do not operate the device near bathtubs, shower trays or other containers that have water in them.
- Do not operate the device in the sauna.
- Only operate the device with dry hands.
- Only operate the device with the mains voltage specified on the device.
- Never operate the device if it or any of its accessories are visibly damaged.
- Do not operate the device during a storm.
- In the event of defects or operational faults, switch the device off immediately and disconnect it from the mains socket. Do not pull on the mains cable or on the device to disconnect the plug from the socket.
- Never hold or carry the device by the mains cable. Keep the cables away from hot surfaces. Never open the device.
- If the power cable of the device is damaged, it must be replaced by the manufacturer or an authorised customer service point.
- Do not pull, twist or bend the mains cable. Ensure that the mains cable is not routed or pulled over pointed or sharp objects.
- Never reach for a device that has been submerged in water. Unplug the mains adapter from the socket immediately.
- Do not use the device if it or its accessories are visibly damaged.
- Do not drop the device or subject it to any impacts.

## Repairs

### ⚠ WARNING

Only specialist personnel may perform repairs on electrical devices. Improper repairs may put users in significant danger. For repairs, please contact Customer Services or an authorised retailer.

## Risk of fire

### ⚠ WARNING

There may be a risk of fire if the device is used improperly or these instructions for use are ignored.

- Never leave the device unattended when it is in operation, particularly if there are children nearby.
- Never use the device underneath a cover, such as a blanket or pillow. This does not apply to the hygienic cover provided for this purpose.
- Never use the device near petrol or other highly flammable substances.

## 5. DEVICE DESCRIPTION

The associated drawings are shown on page 3.

- 1** Message heads
- 2** Connection socket
- 3** Heat button
- 4** Intensity button
- 5** Mode button
- 6** ON/OFF button
- 7** Hygienic cover
- 8** Mains adapter

## 6. USAGE

### 6.1 Initial use/preparing for use

1. Remove the packaging. Check the device, mains adapter and cable for damage.
2. Connect the mains adapter **8** to the connection socket **2** on the side of the device (see figure **A**). Plug the other end of the mains adapter into a suitable socket.
3. Ensure that the cable does not pose a trip hazard.

### 6.2 Using the device on your feet

#### ⚠ CAUTION

Do not force or jam any part of your body, in particular your fingers, between the rotating massage heads **1** or their holders in the device.

**i** Use the device for a maximum of 15 minutes. Longer massages can lead to over-stimulation of the muscles, creating tension instead of aiding relaxation. Massaging a specific point on the sole of the foot can influence the corresponding organs of the body. However, we recommend studying relevant literature and asking your doctor before using point reflex zone massage to achieve the desired effect for you.

1. Place the device on a firm, level surface.
2. Remove your shoes before each use. Sit in a comfortable position.
3. If you wish, you can place the hygienic cover **7** over the device for hygiene reasons (e.g. when using the device barefoot).
4. Place your feet on the massage heads **1** (see figure **B**). Rubber feet on the base of the device stop it from slipping.
5. Press the ON/OFF button **6** to switch on the device. The ON/OFF button **6** will start to light up green and the massage heads **1** will begin to rotate. At the beginning, the device intensity is always preset to low (green) and the heat function is always deactivated. Further information on the individual settings options can be found in chapter "6.4 Settings options".
6. The massage should feel pleasant and relaxing at all times. If the massage is painful or uncomfortable, stop the massage or change your position or the contact pressure.


**i** The device has an automatic switch-off function. It switches off automatically after 15 minutes of operation.




7. To end the application manually, press the ON/OFF button **6** again. The ON/OFF button **6** will go out and the massage heads **1** will stop.

### 6.3 Using the device on your back

1. Sit in a comfortable position.
2. If you wish, you can place the hygienic cover **7** over the device for hygiene reasons.
3. Place the device between the back rest and your back (see figure **C**). You can place the device higher or lower depending on which part of your back you want to massage.
4. Press the ON/OFF button **6** to switch on the device. The ON/OFF button **6** will start to light up green and the massage heads **1** will begin to rotate. At the beginning, the device intensity is always preset to low (green) and the heat function is always deactivated. Further information on the individual settings options can be found in chapter "6.4 Settings options".

5. The massage should feel pleasant and relaxing at all times. If the massage is painful or uncomfortable, stop the massage or change the position of your back or the contact pressure.



 The device has an automatic switch-off function. It switches off automatically after 15 minutes of operation.

6. To end the application manually, press the ON/OFF button  again. The ON/OFF button  will go out and the massage heads  will stop.

## 6.4 Settings options





### Direction of rotation of the massage heads

The massage heads on the device can rotate either to the left or right.

- To change the direction of rotation of the massage heads, press the mode button   with the device switched on.







### Intensity of the massage heads

You can adjust the intensity of the massage heads on the device.

- To adjust the intensity, press the intensity button     with the device switched on (green = low, blue = medium, red = high).

### Switching on the heat function

The device has a heat function. If the heat function has been activated, the massage heads will become pleasantly warm during the application.

- To switch on the heat function, press the heat button   with the device switched on. The heat button   will start to light up red.
- Press the heat button   again to switch off the heat function. The button will no longer be lit red.





## 7. CLEANING AND MAINTENANCE

### CAUTION


Always disconnect the device from the socket before cleaning it. Clean the device using only the methods specified. Liquid must not penetrate the device or the accessories.

- Clean the device with a slightly damp cloth. If it is very dirty, you can also moisten the cloth with a mild soapy solution.
- Small marks can be removed using a cloth or damp sponge, and some liquid delicate laundry detergent where necessary. Do not use any solvent-based cleaning products.
- Do not use the device again until it is completely dry.

### Washing the hygienic cover

- Remove the hygienic cover  from the device.
- Hand wash the hygienic cover  (max. 30 degrees).
- Then allow the hygienic cover  to dry completely.
- When completely dry, place the hygienic cover  back over the device.

### Storage













If you do not intend to use the device for a long period of time, we recommend placing the hygienic cover  over the device to protect it from dust and dirt. Store the device in its original packaging in a dry environment, ensuring it is not weighed down by additional items.

## 8. ACCESSORIES AND/OR REPLACEMENT PARTS

To purchase accessories and/or replacement parts, visit [www.beurer.com](http://www.beurer.com) or contact the corresponding service address (as per

the service address list) for your country. Accessories and/or replacement parts are also available from retailers.

## 9. WHAT IF THERE ARE PROBLEMS?

Problem	Possible cause	Solution
Massage heads  rotate too slowly.	The load on the massage heads  is too great.	Free up massage heads  .
Massage heads  do not move.	Device not connected to a suitable socket.	Plug the mains adapter  into a suitable socket. Switch the device on using the ON/OFF button.
The device switches off automatically after 15 minutes.	The device has an automatic switch-off function and switches off automatically after 15 minutes of operation.	Allow the device to cool down for 15 minutes. Press the ON/OFF button  to switch the device back on afterwards.
The device will not switch on.	Mains adapter  is not connected to the connection socket  on the device.	Connect the mains adapter  to the connection socket  on the device.
	Mains adapter  is not connected to a suitable socket.	Plug the mains adapter  into a suitable socket.

## 10. DISPOSAL

For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country. Observe the local regulations for material disposal. Dispose of the device in accordance with EC Directive Waste Electrical and Electronic Equipment (WEEE). If you have any questions, please contact the local authorities responsible for waste disposal. You can obtain the location of collection points for old devices, for example, from the local or municipal authorities, local waste disposal companies or your retailer.



## 11. TECHNICAL SPECIFICATIONS

Dimensions:	Approx. 36.5 x 34.5 x 9.5 cm
Weight:	Approx. 2.1 kg
Voltage: Input	100-240 V~, 50/60 Hz, 1.2 A or 100-240 V~, 50/60 Hz, 0.8 A
Output	12.0 V === 3.0 A; 36.0 W
Automatic switch-off:	After 15 minutes
Average active efficiency:	≥ 87.40 %
Efficiency at low load (10 %):	≥ 86.37 %
No-load power consumption:	≤ 0.1 W

## 12. WARRANTY

Further information on the warranty and warranty conditions can be found in the warranty leaflet supplied.





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