



■ INFRARED MASSAGER

GB Instruction Manual
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ID-Nr.: KH310-04/07-V2

BALANCE

KH 310



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Read the operating instructions carefully before using the appliance for the first time and preserve this booklet for later reference. Pass this booklet on to whoever might acquire the appliance at a later date.

Infrared Massager KH310

Safety instructions

Danger of electric shock!

- Connect the appliance only to correctly installed and properly earthed power sockets. Ensure that the rating of the local power supply tallies completely with the details given on the rating plate of the appliance.
- Always remove the plug from the wall socket when you attach accessories, in the case of malfunctions, before cleaning the appliance and when it is no longer required for use.
- NEVER submerge the appliance in liquids. Should liquids nonetheless permeate into the appliance housing, immediately remove the plug from the wall socket. Arrange for it to be repaired by a qualified specialist.



DO NOT use the appliance in the bath, in the vicinity of water-filled baths, swimming pools or washbasins.

- NEVER grasp the appliance, power cable or power plug with wet hands.
- Always remove the power cable from the socket by pulling on the plug, do not pull on the cable itself. Do not hold or carry the appliance with the power cable.
- Do not fold or crush the power cable. Ensure that the power cable does not run over sharp edges.
- Always check the power cable and plug before use. To reduce risks in the event of damage to the power cable, arrange for it to be examined and repaired as soon as possible by the manufacturer, by Customer Services or by a similarly qualified person.

Risk of Fire!

- Do not leave the appliance unattended when in use.
- To avoid a build-up of heat, NEVER cover the appliance or the ventilation openings when it is in use. Do not use the appliance under a blanket or at other poorly ventilated locations.
- Avoid the addition of heat from other sources e.g. from direct sunlight, heating appliances, other devices etc.!
- Do not use an extension cable. In the event of danger, the plug must be quickly and easily accessible.

Risk of personal injuries!

- This appliance is not suitable for children or for people whose physical, sensorial or intellectual faculties prevent the safe usage of the appliance without support or supervision. Children should be watched-over to ensure that they do not play with the appliance.
- Lay the power cable in such a way that no one can tread on or trip over it.

Medical Warning Note

This Infra Red Massage Appliance is intended for personal use and is not a substitute for physiotherapeutic or medicinal treatments.

The appliance may not be used ...

- by people fitted with heart pace-makers
- by people with heart problems or pains of unknown origin
- in the event of feverish colds, varicose veins, thrombosis, phlebitis, jaundice, diabetes, nerve ailments such as sciatica, acute inflammations or during pregnancy.
- on swollen, inflamed or injured body parts.
- for the massage of bones, especially the spine and the skull.
- close to the eyes or other sensitive body parts.
- on small children.

If you are unsure about your current medical condition, obtain advice from your doctor before using the Infra Red Massage Appliance.

⚠ Notices regarding usage

- Utilise the appliance exclusively for the purposes and usages described in these operating instructions.
- To avoid an overheating of the appliance, do not use it for more than 20 minutes continuously. Before re-using it, allow the appliance to cool down for approx. 15 minutes.
- Use the appliance exclusively with the supplied accessories.
- Do not use the appliance outdoors.
- Do not use the appliance on animals.
- Do not use the appliance to fall asleep in bed. There is a risk of suffering burns or causing a fire.


⚠ ATTENTION!

The upper surface of the infra red lamp becomes warm when in use. Heat non-sensitive people must therefore handle the appliance with particular caution.

Intended use

This appliance is intended for the relaxation and stimulation of muscle mass through massage. The appliance is intended exclusively for domestic use.


Technical data

Mains voltage: 230 V~ 50 Hz
 Power consumption: 13 W
 Protection class: II / 
 CO Time: 20 min

CO Time

The CO Time (Continuous Operation Time) details how long an appliance can be operated without the motor overheating and becoming damaged. After the appliance has run for this period it must be switched off until the motor has cooled itself down.

Appliance description

- 1 Massage head with massage accessory
- 2 Grip cavity to release accessory
- 3 Revolvable ring
- 4 Switch INFRARED 
- 5 Switch MASSAGE
- 6 Power cable
- 7 Grip
- 8 Locking button for swing arm
- 9 Infra red lamp
- 10 Roller accessory
- 11 Nub accessory
- 12 Surface accessory
- 13 Shiatsu accessory
- 14 Knead-massage accessory
- 15 Accessory for exacting massage

Items supplied

- Infra Red Massage Appliance
- Roller accessory
- Nub accessory
- Surface accessory
- Shiatsu accessory
- Knead-massage accessory
- Accessory for exacting massage
- Operating instructions

Before taking the appliance into use, check that all items are present and free of visible damage.

Utilisation

In use, the infra red lamp ⑨ creates warmth and it penetrates into the deeper layers of skin. This has a stimulating effect and is thus effective against tiredness and tensions.

With vibration switched on in the massage head ①, a relaxing and pain relieving effect can be achieved for tired muscles through gentle massage.

Taking into use

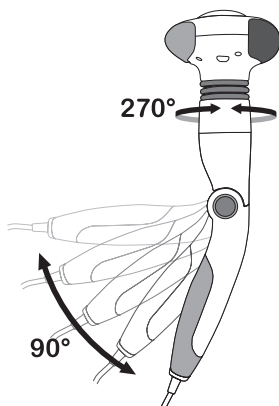
Unpacking

- Take the Infra Red Massage Appliance and the accessories from the packaging.
- Remove all packaging material.

⚠ ATTENTION:

Do not permit small children to play with plastic packaging. There is a risk of suffocation!

Adjusting the rotatable parts of the massage appliance.



- With the revolvable ring ③ the massage head ① can be turned through a radius of 270°. Thus either the infra red lamp ⑨ or the massage head ① is directed at the body part to be treated.

The grip ⑦ can be turned in five levels over a radius of 90°.

- For this, press the locking button on the swing arm ⑧ down and move the grip ⑦.
- Release the locking button ⑧ and turn the grip ⑦ until it engages.

Equipping the massage head with accessories

Select, according to the application requirement, an accessory (⑩, ⑪, ⑫, ⑬, ⑭, ⑮) for the massage:

The roller accessory ⑩:

Stimulates the blood circulation. Guide the roller accessory back and forth over the whole of the body.

The nub accessory ⑪:

The 20 nubs are suitable for deep massage and large muscle groups.

The surface accessory ⑫:

Use this accessory on the whole body to relieve muscle pain and tensions.

The Shiatsu accessory ⑬:

The Shiatsu accessory simulates the finger posture of a masseur and is suitable for deep massage.

The knead-massage accessory ⑭:

This accessory is suitable for kneading simulation and deep massage.

The accessory for exacting massage ⑮:


Use this accessory for the massage of individual muscle groups.

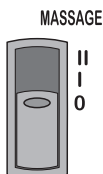
1. Release a possibly fitted accessory from the massage head ①, in that you hold the grip cavity ② and pull it off.
2. Place the accessory (⑩, ⑪, ⑫, ⑬, ⑭, ⑮) of your choice on the massage head ① and pay attention that the round curbs of the massage head ① and the accessory (⑩, ⑪, ⑫, ⑬, ⑭, ⑮) lie one on top of the other.
3. Push the accessory (⑩, ⑪, ⑫, ⑬, ⑭, ⑮) onto the massage head then check to make sure that it is firmly fixed.

Usage

- Insert the power plug into a wall power socket.

Switching on

- To switch on the Infra red lamp slide the switch INFRARED  4 into the position "I".
- Slide the switch MASSAGE 5 into the position "I" for normal vibration.
- For a stronger vibration slide the switch MASSAGE 5 into the position "II".



ATTENTION!

After an extended heating-up of the infra red lamp 9 without bodily contact, the temperature of the lamp can be perceived as unpleasantly high! Always check the temperature of the infra red lamp 9 with the tip of a finger before making contact with the body itself. A temperature that is too high can be reduced by switching the infra red lamp 9 off for a short period.

Massage


- Hold the Infra Red Massage Appliance by the grip 7 and, dependant on the application, place the infra red lamp 9 or the massage head 1 against the skin.
- Guide the infra red lamp 9 or the massage head 1 in circular or straight movements slowly over the skin.
- Massage without applying undue pressure.
- To achieve an optimal effect, try to keep the skin taut.
- Always start the massage at the position furthest from the heart and then slowly work towards the heart.

ATTENTION!

Never use the appliance for more than 20 minutes. You can thus avoid an overheating of the appliance.

Ending usage

Switching off

- After use, dependant on the application, return the switches INFRARED  4 and MASSAGE 5 back into the position "0".
- Remove the plug from the wall power socket.

WARNING!

After use do not lay the Infra Red Massage Appliance down with the infra red lamp 9 facing downwards! It could still be hot and there is still a grave risk of fire!

- When laying it down always ensure there is sufficient safety distance between the massage appliance and inflammable objects such as curtains, tablecloths etc..
- Remove the accessories (10, 11, 12, 13, 14, 15) from the massage head 1 and lay the massage appliance with the flat area of the massage head 1 facing downwards.

ATTENTION!

For approx. 15 minutes after the last usage do not leave the appliance without supervision.

Storage

- Allow the Infra Red Massage Appliance to cool sufficiently after the last usage then store it in a carton or in a cool and dry location.

ATTENTION!


When storing it, do not wrap the power cable around the appliance. The cable could become damaged. Do not hang the appliance up by the cable.

Cleaning


The appliance and the accessories should be cleaned regularly and after each usage.


Danger of electrical shock!

Before cleaning, ALWAYS remove the plug from the wall power socket.

 Never submerge the appliance in water.

ATTENTION!

Always wait until the infra red lamp  has cooled down before cleaning the appliance.

- Clean your Infra Red Massage Appliance only with neutral detergents and a moist, soft cloth.
- Clean the accessories () in a warm soapy solution.

Before taking the appliance back into use, check to ensure that it and the accessories are completely dry.

Non-functionality

- Do not attempt to dismantle the appliance or to carry out repairs yourself. You could potentially damage the sensitive electronic components.
- Repairs to your appliance are to be carried out exclusively by qualified service personnel or by Customer Services!
- No liability will be accepted for damage resulting from improper use and/or the opening of the appliance!
- In the event of a malfunction please make contact with our service partner in your country.

Disposal

Disposal of the appliance



Do not dispose of the appliance in your normal domestic waste.

Dispose of the appliance through an approved disposal centre or at your community waste facility.

Observe the currently applicable regulations. In case of doubt, please contact your waste disposal centre.

Disposal of packaging



Dispose of packaging materials in an environmentally responsible manner.

Warranty and Service

This appliance is guaranteed for 3 years from the date of purchase. It has been carefully produced and meticulously checked before delivery. Please keep your receipt as proof of purchase. Contact your service centre by telephone in case of questions pertaining to the warranty.

Your goods can be transmitted free of cost only in this manner.

The warranty covers only material or manufacturing faults, not normal wear or damage to fragile parts such as switches or rechargeable batteries.

The appliance is intended solely for private, not commercial, use. If this product has been subjected to improper or inappropriate handling, abuse, or interventions not carried out by one of our authorised sales and service outlets, the warranty will be considered void. This warranty does not affect your statutory rights. This warranty applies only to the initial purchaser and is non-transferable.

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