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PANASONIC EP1061 Owner's Manual

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Panasonic[®]

WEDEATSU[™]
Massage Lounger

WEDEATSU[™]
Sillón de masaje

Operating Instructions

Instrucciones de uso

Model No. **EP1061/EP1060**

Modelo No. **EP1061/EP1060**



EP1061



EP1060

Before operating this unit, please read these instructions completely, and save for future reference.
Antes de utilizar esta unidad, lea completamente estas instrucciones y guárdelas por si necesita consultarlas en el futuro.

Thank you for purchasing the Panasonic Swede-Atsu™ Massage Lounger EP1061/EP1060. Please read this manual carefully to ensure optimum performance and safety.

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed when using an electrical unit, including the following.

Please ensure that you read all instructions before using the Household Massage Lounger.

DANGER – To reduce the risk of electric shock:

1. Always unplug the unit immediately after use.
2. Always unplug the unit before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. Always insert the power plug all the way into the socket to reduce the risk of short-circuit and fire.
2. The unit should never be left unattended when plugged in. Always unplug the unit when not in use.
3. Close and continuous supervision are necessary when the unit is used by people who are limited in their ability to move or communicate.
4. Only use the unit for the purpose described in these instructions.
5. Do not stand on the unit.
6. Do not use any accessories other than those recommended by the manufacturer.
7. This unit should not be used by children. Keep children away from the unit. Always return the seat to the upright position and retract the legrest completely to avoid possible injury. Make sure that nothing is in the way when retracting the legrest.
8. Never operate the unit if it has a damaged power cord or plug. Return the unit to the nearest authorized service center if it is not working properly, if it has been dropped or damaged, or if it has been immersed in water.
9. Always raise the center cushion to check that the fabric of the unit itself has not been ripped before using the unit. Please also check other areas to ensure that the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power cord and have the unit repaired at an authorized service center.
10. Keep power cords away from heated surfaces. Do not allow pins, rubbish or moisture to come into contact with the plug. Do not use the unit on top of heating appliances, such as electric carpets, etc.
11. Never block the air openings during operation and make sure that all air openings are kept free of lint and hair, etc.
12. Do not drop or insert anything into any of the openings of the unit.
13. Do not use the unit in bathrooms or other damp or humid places as this may cause electric shock or cause the unit to malfunction. Do not spill water, etc. onto the controller.
14. Do not use the unit outdoors.
15. Do not use the unit in places where aerosol spray products are in use or where oxygen is handled.
16. When unplugging the unit, turn off all controls before removing the plug from power socket. Do not use the unit with a transformer as this may lead to malfunction or electric shock.
17. Connect this unit to a properly grounded outlet only. See Grounding Instructions.
18. To avoid electric shock or injury, do not attempt to open or disassemble any part of the unit as it contains no user-serviceable parts.

SAVE THESE INSTRUCTIONS

SAFETY PRECAUTIONS

WARNING: To avoid the risk of injury, follow these precautions:

1. Pregnant women, people who are ill, in poor physical shape or undergoing medical treatment, and people suffering from back, neck, shoulder or hip pain should consult their doctor before using the unit. If you have a pacemaker, defibrillator, or other personal medical device, consult with the manufacturer of your device before using the unit. Your physician may be able to assist you in obtaining this information.
2. Sit down slowly after checking the position of the massage heads. Never put any part of your body between the massage heads as the squeezing action of the massage heads may cause injury. Never put your fingers or feet in the gap between the backrest and seat, the backrest and the armrest, the seat and cover under the armrest, or the gap between the legrest and the footrest. Do not place your fingers or any part of your body in the mechanical section of the legrest located under the seat.
3. Do not use the unit against bare skin. While thin clothing may increase effectiveness, exposing the skin directly to the massager may irritate the skin.
Do not use the unit while wearing anything hard on your head like a hair accessory, etc.
4. Do not use the unit for massaging the head, abdomen, elbows or knees.
5. Always check that the shoulder position is correct. If it is not correct, use the Neck Roller Position Adjustment Button to adjust it properly (In programmed operation).
6. Do not stretch the back muscles for more than approximately 15 minutes at a time. To avoid overstretching the muscles which may result in discomfort, do not use the unit for more than 5 minutes when first using it. You can gradually increase the duration and intensity of the massage as you become used to it.
Do not massage any one point for more than 5 minutes at a time.
To prevent excessive massaging, do not use the massager for more than a total of 15 minutes each session. After approximately 15 minutes, the massage heads will be retracted and stop moving.
7. While using the unit, if you start feeling sick or if the massage seems painful, stop using it immediately. While using the massager, if the pressure seems too strong, the movement of the massage heads can be stopped at any time by pressing the Stop Button.
8. Do not go to sleep while using the unit. Do not use the unit after drinking alcohol.
9. When the seat back is in a reclined position, do not sit on it or sit with your legs resting on the headrest. Do not sit on the legrest as the unit may fall over.
10. Do not allow children or pets to play on or around the unit, especially during operation.
11. Do not unplug the unit or turn it off during operation. Unplug the unit immediately if there is a power interruption.
12. For those who are trying the massage for the first time, it is recommended to start on the gentle massage program. The shiatsu massage is stronger and should be enjoyed after one has gotten accustomed to the chair.

OPERATING PRECAUTIONS

WARNING: To avoid damaging to the chair, follow these precautions:

1. The chair is designed for a maximum user weight of 264lbs (120kg). Exceeding the maximum weight may cause permanent damage to the massage mechanism and/or other components of the chair. Any such damage is deemed to be user abuse and is not covered under the Limited Warranty.
2. Do not sit on or drop the controller. Do not pull the controller cord or the power cord. Be careful not to catch the cord of the controller between the armrest and the chair back.
3. Do not treat the chair roughly, such as turning the chair on its side, turning the chair over or standing on it.
4. Do not treat the covering roughly.
 - Keep sharp or pointed objects away from the covering of the chair. Be careful not to drop lit ashes, lit cigarette or matches on the chair.
 - Exposure to direct sunlight can cause fading or a change in color of the covering.
5. If the massager functions abnormally, immediately turn off the power and have the massager checked by an authorized service center.
6. Do not attempt to repair the massager yourself.
7. Do not repeatedly operate any switch at short intervals. Such action may cause the switch to malfunction.
8. Some noise may be heard coming from the massager while in use. This is due to the structure of the massager and is normal.
9. Make sure there are no obstacles behind the chair before reclining it. The chair can be reclined to a maximum angle of 170°. If the back hits a wall or pillar, the chair may malfunction. Be sure to have ample space behind the chair. Recline the chair slowly in order to avoid contact with an obstacle.
10. When excessive pressure is applied to the massage heads, they may stop moving for safety. When moving the heads up from the lowered position, one's body weight may stop the heads' movement. In such case, slightly raise the body and allow the massage heads to move up.
11. After each massage, slide the power switch, which is located on the back of the chair, to the "off" position and turn its lock switch to the "lock" position.
12. Do not sit on massage chair with wet body or hair.
13. The massage Lounger must not be used in "wet rooms" (sauna, swimming pool) or out of doors.

CARING FOR THE MASSAGER

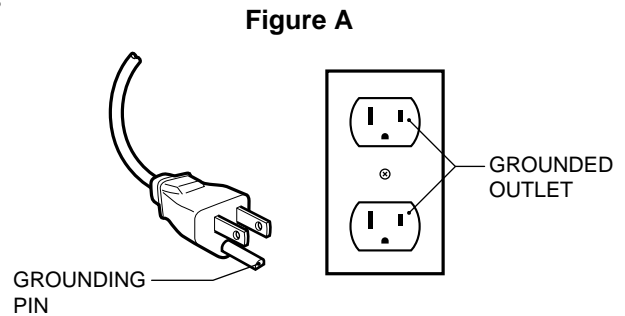
- Always unplug the chair before cleaning.
- If the covering becomes soiled, dampen with liquid soap and brush the surface. Wipe with a cloth dampened with water. Allow to dry naturally. If the plastic portions become soiled use lukewarm water, with liquid soap on a soft cloth, to clean the surface.
- Do not use thinner, benzene or other solvent-type cleaners. Chemicals can discolor or damage the materials.

GROUNDING INSTRUCTIONS

- The product must be grounded. If it should malfunction, grounding provides the path of least resistance for electric current to reduce the risk of electric shock.
- This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

- Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product even if it does not fit the outlet. Have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug shown in Figure A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.



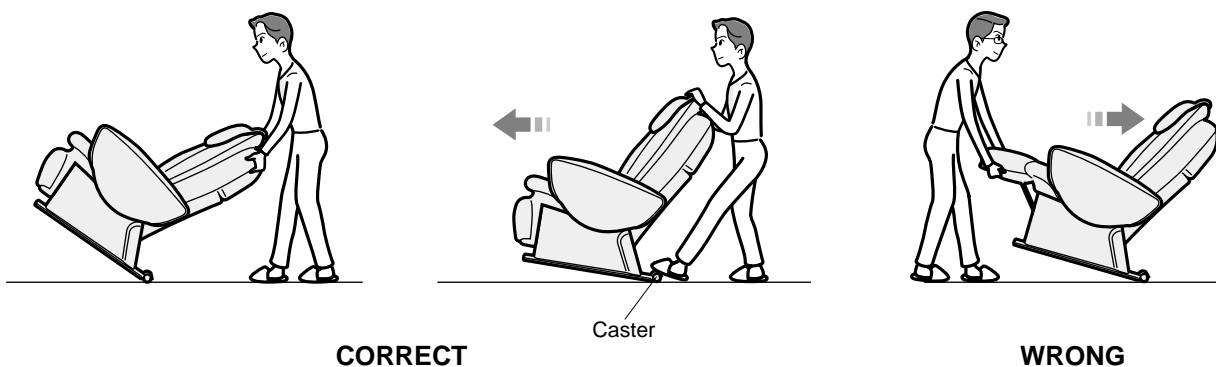
HOW TO MOVE THE CHAIR

CAUTION

Do not move the chair while someone is sitting in it.
Failure to observe this point may cause the chair to tip over, possibly resulting in personal injury.

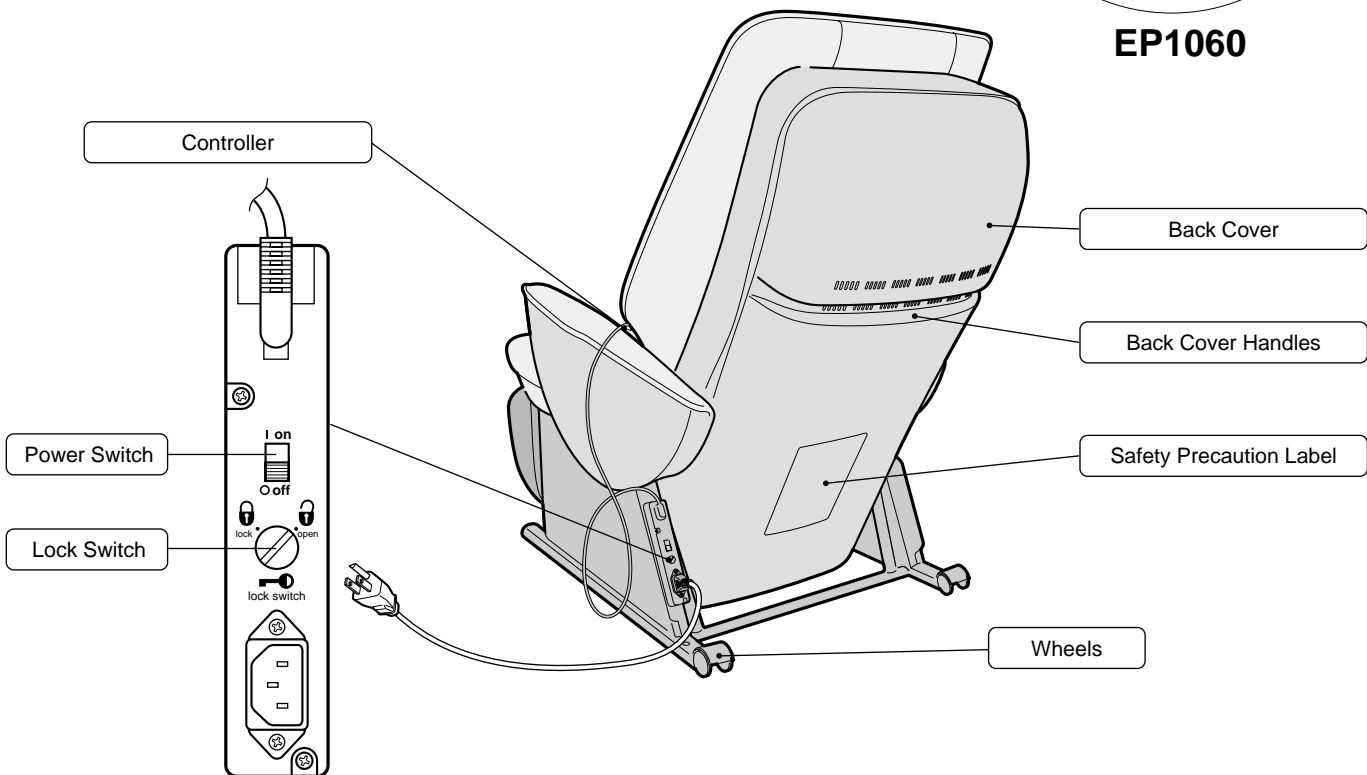
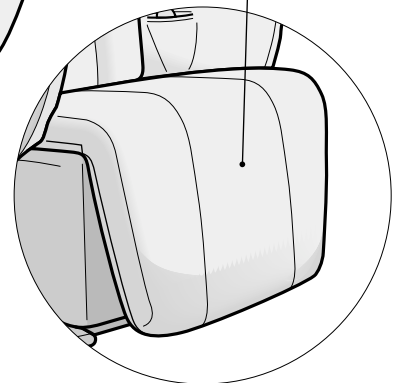
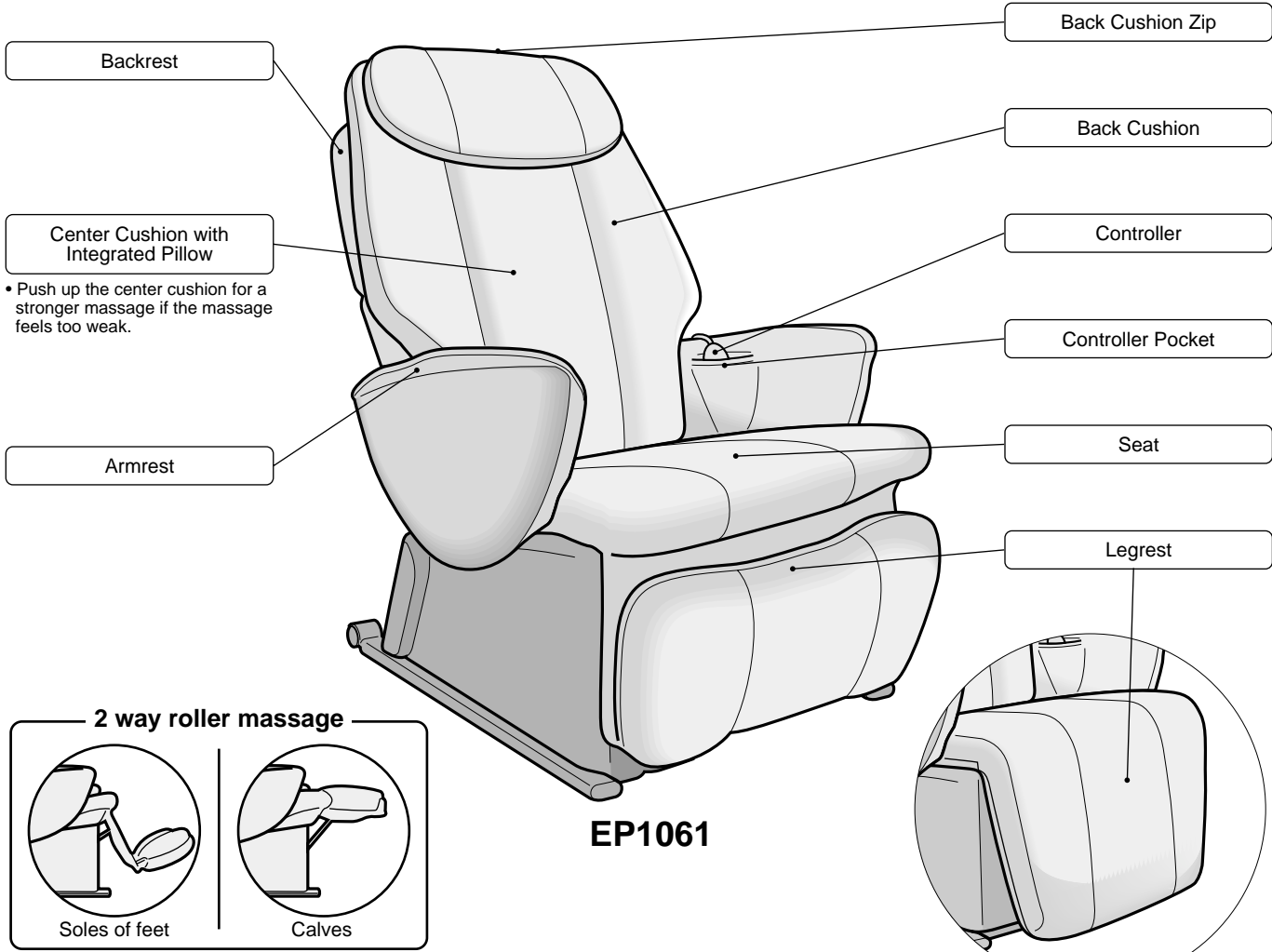
Use the casters to move the chair.

- Do not attempt to move the chair by lifting from the front (right illustration). The correct way to move the chair is by putting your foot on the caster and pushing down from behind the chair (left illustration).
- It is easier to move the chair if the massage heads have been moved to their resting positions and the backrest reclined.
- Moving the chair may damage easily marked floor surfaces, therefore, place a mat or cloth on the floor and move the chair slowly.
- Before pushing down the chair, prepare yourself for its weight and exercise caution when moving it.



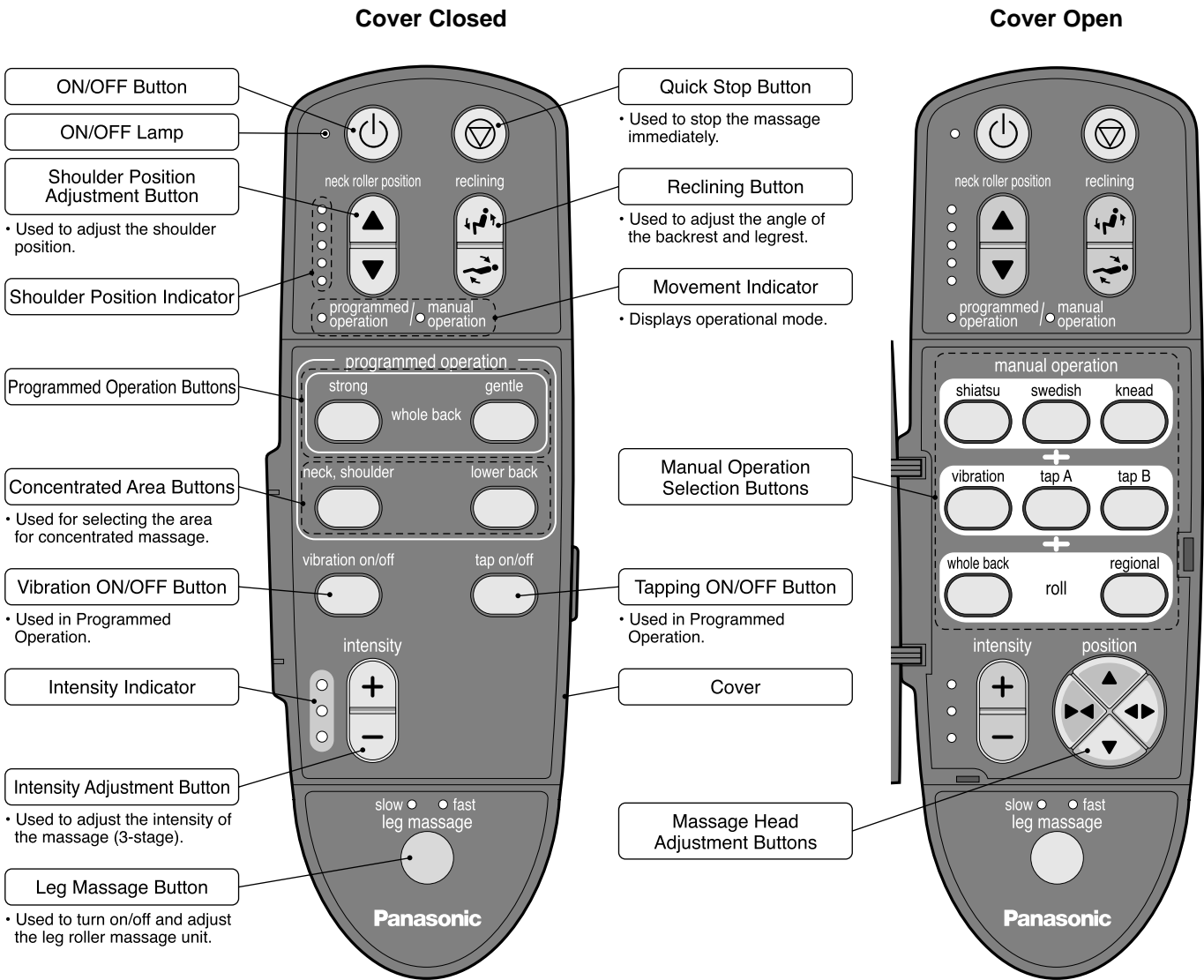
PART NAMES AND FUNCTIONS

SEAT

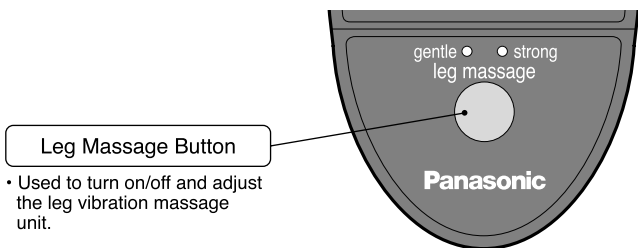


PART NAMES AND FUNCTIONS

CONTROLLER (EP1061)



CONTROLLER (EP1060)



SETTING UP THE MASSAGE LOUNGER

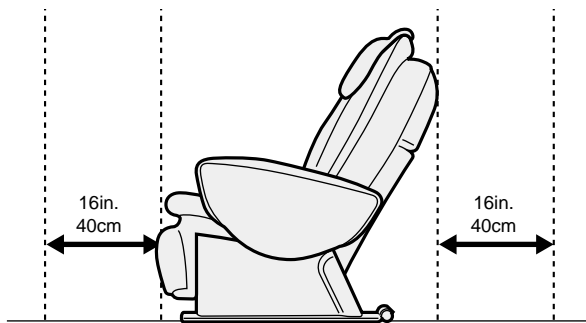
WHERE TO USE THE UNIT

CAUTION

- Do not use the unit in areas with high humidity, such as the bathroom, etc. as this can lead to electric shock or other accidents.
- Place the unit on a totally flat surface. Failure to do so may result in the seat tipping over.

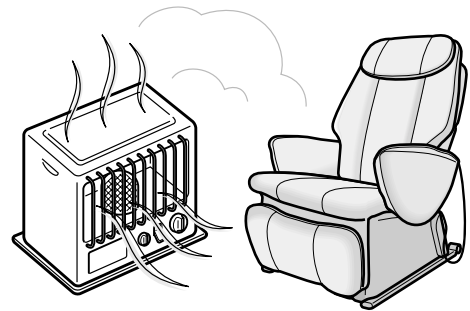
Ensure there is Adequate Space for Reclining

- Ensure that there is approximately 16in. (40cm) behind and at least 16in. (40cm) in front of the unit.



Places to Avoid

- Do not use the unit in direct sunlight or in places where it will be exposed to high temperatures, such as in front of a heater, etc. as this can cause discoloration or hardening of the synthetic leather.

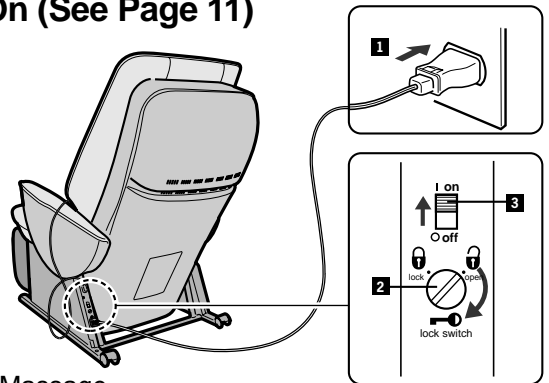


HOW TO USE THE MASSAGE LOUNGER — INTRODUCTION


• Here you will find an overview of how to use the massage lounger. Please refer to the pages shown for further details.

1. After Carrying Out Safety Checks, Turn the Unit On (See Page 11)

- 1** Plug the power plug into the power socket.
 - 2** Turn the lock switch to the “open” position.
 - 3** Turn on the power switch on the back of the unit.
- Please always check for the following before using the unit.
 - Check that there is no person, pets, or obstacles around the unit.
 - Check that there are no rips in the fabric.



2. Press button.

- When you press  button, the Programmed Operation and Leg Massage Buttons will flash. If the cover of the controller is open, then the Manual Operation Selection Buttons will flash.

3. Select the Desired Program or the Desired Movement on the Manual Operation (See details on page 14)


Programmed Operation

- Ideal for people who feel tired all over.
- Ideal for people who want to operate the massage lounger simply.

- 1** Select the required program.
- 2** Press the Neck/Shoulder or Lower Back Buttons if you want to focus on a particular area.
- 3** The chair will recline to the optimum angle for the massage. The massage will then begin and continue until the end of the selected program is reached, at which time the massage will automatically stop. An average program massage is 15-17 minutes.

Manual Operation

- Used for selecting a particular massage movement or area to be massaged.
- Ideal for people who want to adjust movement and location during the course of a massage.
- Ideal for people who want just a little more on the shoulders at the end of their massage.

- 1** Open the cover of the controller and select the massage required.
- 2** The seat will automatically recline to the optimum massage position.
- 3** Adjust the position and intensity of the massage rollers.
- 4** Press  button to complete the massage.



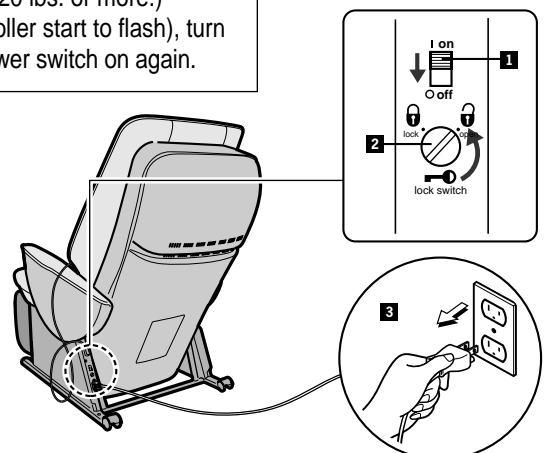
4. Adjust the Angle of the Backrest and Legrest (See Page 13)

- **Adjust the angle of the backrest and legrest to the most comfortable position.**
 - When retracting the backrest, as the massage heads must be retracted in the interests of safety there may be a slight delay before the backrest actually starts to retract. Please continue to hold down the Reclining Button until the backrest is fully retracted.

If excessive pressure is applied to the massage heads during upper body massage, in the interests of safety the massage heads may stop moving. If this occurs, raise your body slightly before restarting it. (This may happen more frequently for people with a weight of 220 lbs. or more.) If the massage mechanism stops (or if all markings and buttons on the controller start to flash), turn off the power switch, wait for approximately 10 seconds, and then turn the power switch on again.

5. Turn the Power Off to Finish the Massage (See Page 20)

- 1** Turn the power switch to the “off” position.
- 2** Turn the lock switch the “lock” position.
- 3** Unplug the power cord.

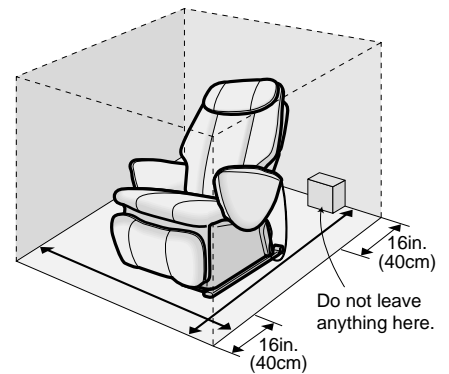


BEFORE USING THE UNIT

AFTER CHECKING THE SURROUNDING AREA, TURN ON THE POWER

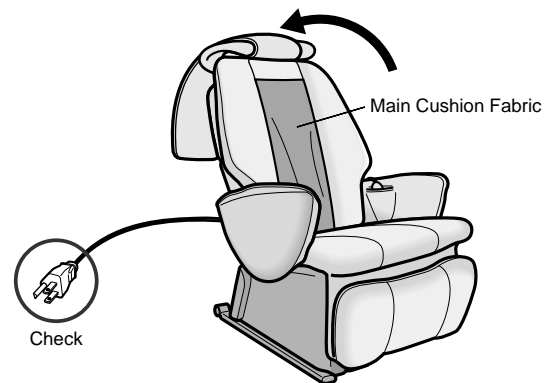
1. Check the Surrounding Area

- 1 Check that there is nothing behind the unit.
- 2 Check that there is enough room to recline the unit.
 - In the interests of safety, the unit may stop moving if it hits something while reclining.



2. Check the Unit

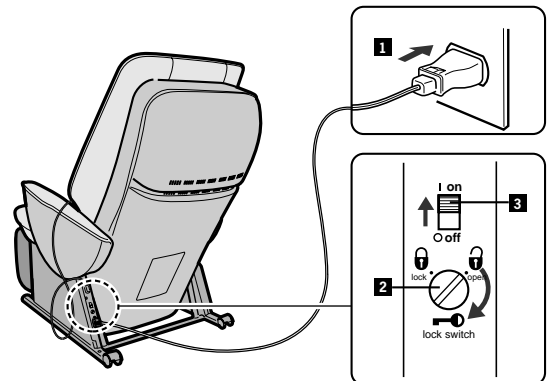
- 1 Lift up the pillow and the center cushion to check that there are no rips in the fabric of the back cushion, etc.
- 2 Check that the power plug has not been damaged or has pins or dust sticking to it.



3. Turn the Power On

- 1 Plug the power plug into the power socket.
- 2 Turn the lock switch to the "open" position.
- 3 Turn on the power switch on the back of the unit.

When plugging the unit in, make sure that there is at least 4in. (10cm) slack in the power cord. (Take care to ensure that the power cord is not caught by the unit when it reclines.)



NOTE:

Be careful not to pinch the cord under the leg frames of the chair or any other objects.

After each use

- Be sure to turn the power switch to "off".
- To prevent children from using this unit, lock the power switch by moving the operating lock switch to the "lock" position.
- As a further precaution, unplug the power cord from the outlet after each use.

NOTE:

The operating lock switch prevents the unit from being turned on when switch is in the "lock" position.



ADJUSTING THE SEAT

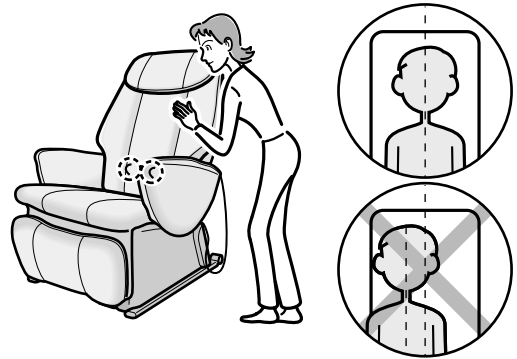
BEFORE SITTING DOWN

CAUTION


- **Slowly sit down after checking the position of the massage heads.**

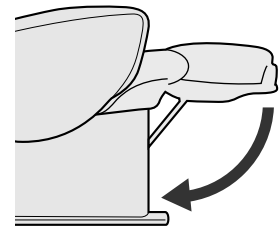
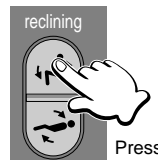
Do not exceed the maximum user weight of 264 lbs. (120kg). Before sitting down, you must first check the position of the massage heads with your hands. If you do not check the position of the massage heads then this can lead to injury or the cause of the unit to malfunction.

- The massage heads are normally in the retracted position (to the left and right at the lower part of the backrest).
- Do not sit down if the massage heads are not in the retracted position. Instead, push  button twice to retract the massage heads to the proper position. (If  button is pushed during the massage, then the massage heads will not be retracted.)
- Please do not sit on the controller as the reclining button may be pressed causing the seat to automatically recline.



Sit Down Only When the Legrest is Lowered

- If you sit on the unit when the legrest is raised, there is the possibility that it may fall over and you may be injured.
- When the legrest is raised, press  button to lower the legrest before sitting down.



WARNING:

To avoid the risk of personal injury, do not put your fingers or any part of your body in the mechanical section of the legrest.

ADJUSTING THE PILLOW

- When the massage does not feel strong enough, lift up the pillow and carry out the massage again.
- To make the massage even stronger, the center cushion with integrated pillow can also be flipped up after unclipping it at the bottom.



MASSAGE FOR SOLES OF FEET

- To open the leg massager for a soles feet massage, grab the top of part of the ottoman on both sides and fold out and away from you.

NOTE:

- DO not sit on or get off the lounger by standing on the legrest while it is folded down. Always remove your feet from the massager prior to standing.
- DO not open or close leg massager while reclining.



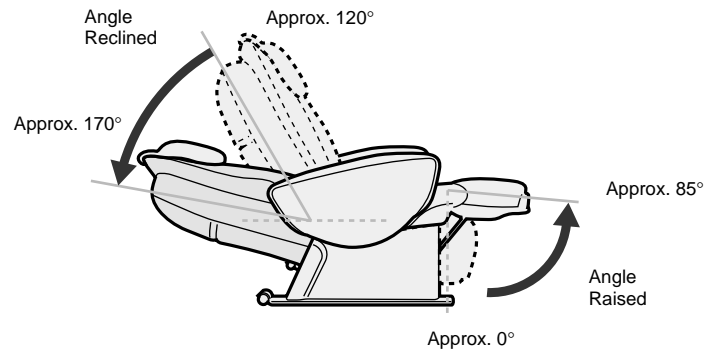
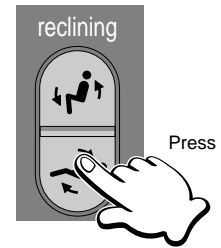
RECLINING THE SEAT

NOTE:

Position the chair at least 16 in. (40cm) away from any wall or other obstacle to ensure adequate reclining space.

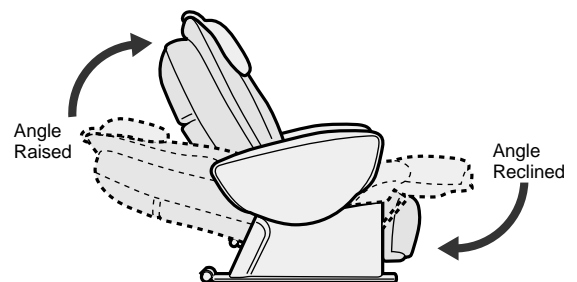
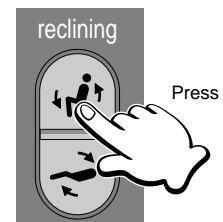
1. Reclining The Seat

- Hold down the Reclining Button to recline the seat and raise the legrest.
- When both the backrest and legrest have been extended as far as possible you will hear a “peep, peep, peep” sound.
- When first using the unit, please do not fully recline the seat.



2. Retracting The Seat

- Check that there is nothing behind the seat or under the legrest.
- Hold down the Reclining Button to retract the backrest and lower the legrest.
- When both the backrest and legrest have been retracted as far as possible you will hear a “peep, peep, peep” sound.
- When retracting the backrest, as the massage heads must be retracted in the interests of safety there may be a slight delay before the backrest actually starts to retract. Please continue to hold down the Reclining Button until the backrest is fully retracted.



CAUTION

To avoid personal injury, after use, always be sure to return the legrest and backrest to their resting positions (legrest lowered and backrest raised).

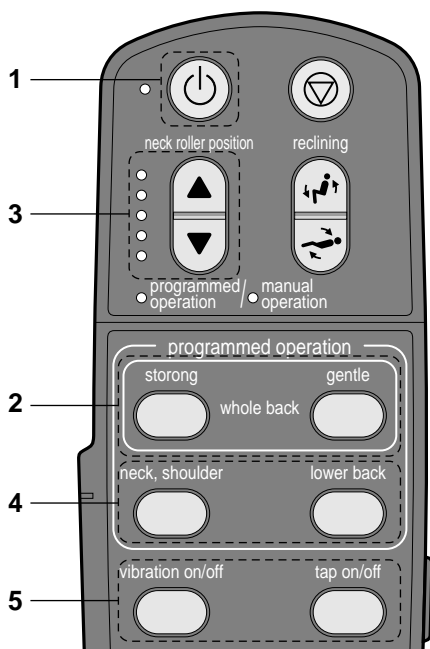
Be sure that there is no person or pet under the legrest before lowering the legrest to its resting position.

WARNING:

To avoid the risk of personal injury, do not put your fingers or any part of your body in the mechanical section of the legrest.

PROGRAMMED OPERATION

• Please check that there are no children or pets in the vicinity of the unit before use.



1. Press button

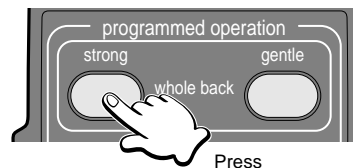
- The ON/OFF lamp will come on.
- You can now select either strong or gentle or one of the manual settings that can be accessed by opening the cover of the controller.

2. Select the Program You Want

- See Page 21 for details regarding the content of each of these programs.

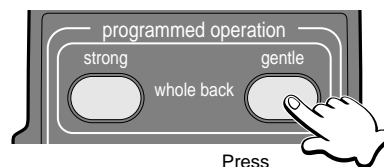
Vigorously Massage the Whole Back

- Strong uses mainly a kneading massage and Shiatsu massage to relax stiff muscles.
- This type of massage is ideal for people with stiff muscles throughout their entire back.
- Massage starts out predominantly in the upper back.



Gently Massage the Whole Back

- This type of massage is ideal for people who are feeling tired or weary.
- It is gentler than shiatsu massage - more like a Swedish palm massage.

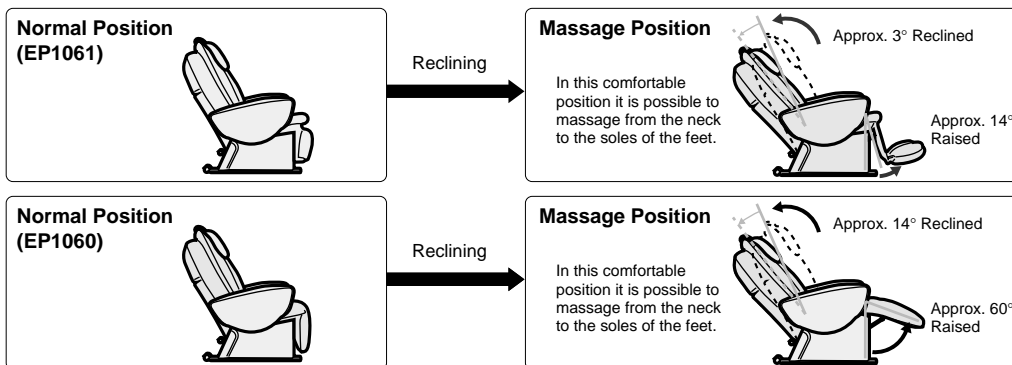


The Selected Program will Start

- It is possible to change the program selected and the desired movement mid-way through a massage.
- In Programmed Operation, the leg massage begins at the same time. It is possible to stop or change the intensity of the leg massage during the program. (Please see Page 18.)
- When retracting the backrest, as the massage heads must be retracted in the interests of safety there may be a slight delay before the backrest actually starts to retract. Please continue to hold down the Reclining Button until the backrest is fully retracted.

The Seat Automatically Reclines to the Massage Position

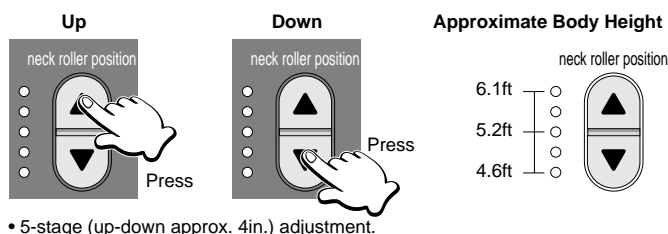
- Initial position if auto recline is for both back and open ottoman operation. (for soles and feet.)
- To recline further, please use the recline button, but it is not recommended to keep the ottoman open.



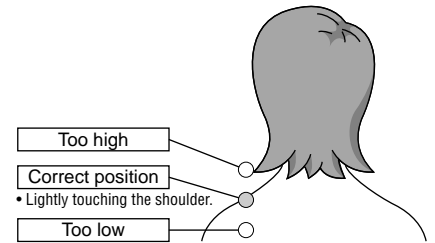
3. Adjusting Shoulder Position

- When programmed operation begins, the seat automatically reclines to the massage position where the massage heads carry out a Shiatsu massage in the area around the shoulders. During the time that the Shoulder Position Indicator is flashing (approx. 20 seconds), use the Shoulder Position Adjustment Button to adjust the position of the massage heads, limiting how high they will go. Approximate positions for adjusting the position of the rollers are shown below.

- It is possible to change the position of the rollers during the massage.
- As the position of the shoulders will change when the reclining angle is changed during a massage, please readjust the shoulder position every time you change the reclining angle.



- When the Shoulder Position Indicator is flashing, adjust the position of the massage heads (upper roller) so that they lightly touch the shoulder.
- The shoulder position can be adjusted up and down 4in. (10cm).
- When it is not possible to correctly adjust the shoulder position, slide your body down and try adjusting it again.

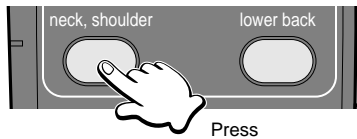


4. Selecting an Area for Concentrated Massage

- Please see Page 21–23 for details regarding the programs.

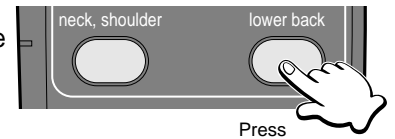
Massaging the Neck and Shoulders

- Press this button to focus the program on the neck and shoulders. (The upper and lower back will also be massaged slightly.)
- Press the button again to toggle off.



Massaging the Lower Back

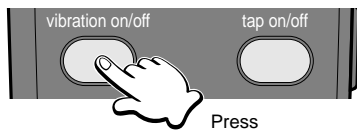
- Press this button to focus the program on the lower back. (The neck and shoulders will also be massaged slightly.)
- Press the button again to toggle off.



5. Removing Vibration and Tapping from Programs

Removing Vibration from Programmed Operation

- Press this button to remove vibration in programmed operation. (The vibration will change to a kneading massage.)
- * Press the button again to restore vibration to the program.



Removing Tapping from Programmed Operation

- Press this button to remove tapping in programmed operation. (The tapping will change to a kneading massage.)
- * Press the button again to restore tapping to the program.

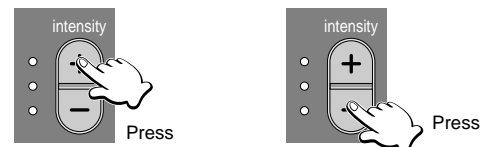


- For Tapping B, and Vibration, unless the massage heads are actually touching the body then you may not feel anything.

6. Adjusting Massage Intensity

- Massage intensity can be adjusted up to 3 levels.
- When the massage heads reach their limit you will hear a “peep, peep, peep” sound.

Increasing massage intensity Decreasing massage intensity



7. Auto Stop in Programmed Operation

When the selected program has been completed, the unit will automatically come to a stop.

(Although programmed operation lasts for approximately 15 minutes (12–17 minutes), this will vary according to the shoulder position and program selected, whether or not tapping is on or off, and the weight of the person using the unit.)

- The massage heads will move to the retracted position and stop.
- The ON/OFF lamp will flash until the heads have stopped moving.
- If you want to start another massage, please press ⏻ button.
- Please rest at least 10 minutes between massages.

8. Stopping Programmed Operation

Press ⏻ button to stop programmed operation.

- The ON/OFF lamp will continue to flash until the massage heads have returned to the retracted position.

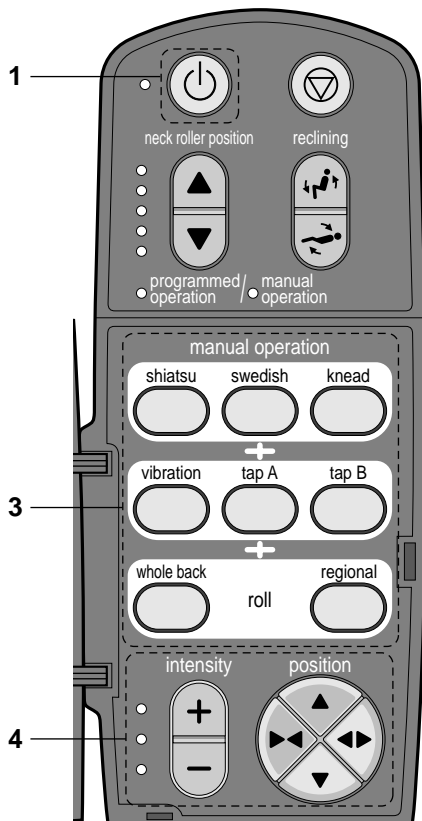
9. Stopping the Massage Immediately

Press ⏻ button to stop programmed operation immediately.

- All movement will stop immediately.
- The massage heads will not return to the retracted position, which may make sitting in the seat somewhat uncomfortable.
- Please press ⏻ button twice in order to return the massage heads to the retracted position.

MANUAL OPERATION

MANUAL OPERATION FOR THE UPPER BODY

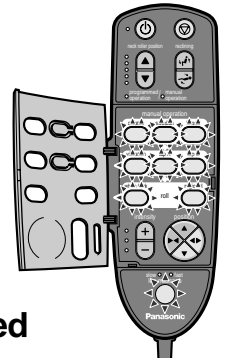


1. Press button

- The ON/OFF lamp will come on.
- You can now select either Strong or Gentle or one of the manual settings that can be accessed by opening the cover of the controller.

2. Open the Cover of the Controller

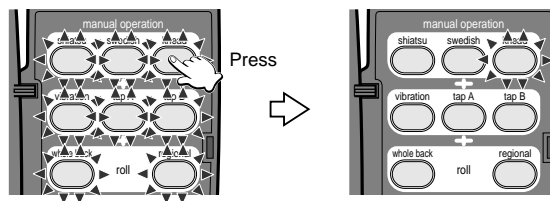
- All of the manual operation buttons will start to flash.



3. Selecting the Massage Type Required

- Press the button of the massage you require. The button will be lit.
- The seat will automatically recline to the massage position.

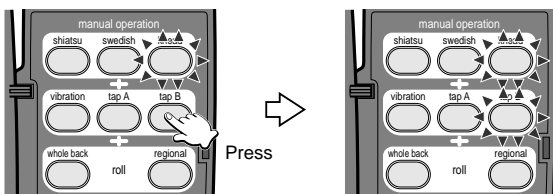
E.g. Selecting Knead.



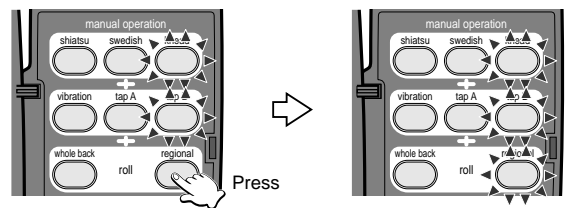
Combining Messages

- It is possible to combine message types.
- It is not possible to combine message types in the same category.

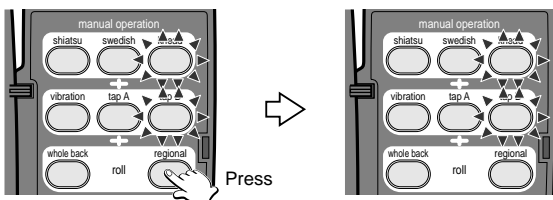
E.g.1 Adding Tap B when Knead is selected.



E.g.2 Adding Roll to the selection.

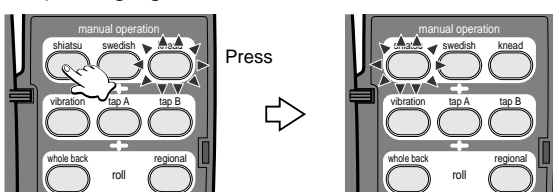


E.g.3 Toggling off Roll pressing it again.



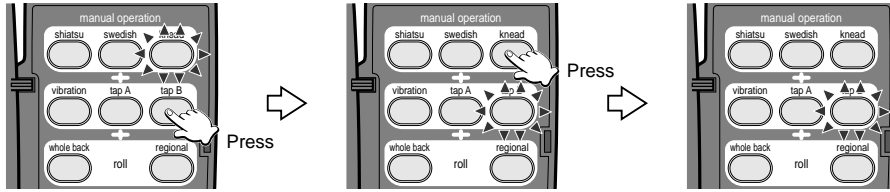
Changing Massage Types

E.g.1 Changing message types in the same category.
(Changing to Shiatsu when Knead is selected.)



E.g.2 Changing to a massage type outside the category.
 (Changing to Tap B when Knead is selected.)

- When Knead is combined with Tap B, deselecting Knead will leave only Tap.

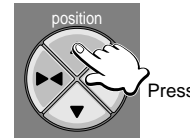


4. Adjusting Manual Massage Settings

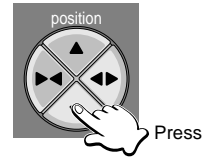
Adjusting the Vertical Position of the Massage Heads

- The massage heads will move a little each time the button is pressed. If you hold down the button, the massage heads will continue to move until you release the button. When the massage heads reach their limit you will hear a “peep, peep” sound.

Raising the massage heads



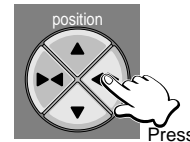
Lowering the massage heads



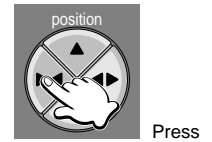
Adjusting the Width between Massage Heads

- Vibration, Tap, Shiatsu Whole Back Roll, and Regional Roll can be adjusted in 5-stages while Swedish (gentle) can be adjusted in 3-stages.
- As Swedish covers the entire width of the back, it is not possible to adjust width settings.
- The massage heads will move a little each time the button is pressed. If you hold down the button, the massage heads will continue to move until you release the button.
- When the massage heads reach their limit you will hear a “peep, peep, peep” sound.

Increasing the width



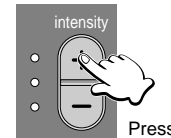
Decreasing the width



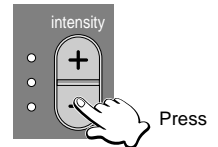
Adjusting Massage Intensity

- Massage intensity can be adjusted up to 3 levels.
- When the massage heads reach their limit you will hear a “peep, peep, peep” sound.
- As Roll or combining Roll with other massages sometimes produce an especially strong massage, adjustment is limited to medium or weak.

Increasing message intensity



Decreasing message intensity



Roll, Roll + (Shiatsu, Tap B, Tap A, Vibration) Combination.....Weak/Medium only

Roll + (Knead, Swedish Combination)Weak only

- For Tap B, Swedish, and Vibration, unless the massage heads are actually touching the body then you may not feel the movement.

5. Auto Stop in Manual Operation

- A timer will automatically stop the unit approximately 15 minutes (15–17 minutes) after the massage started. (This is to prevent overuse in the interests of safety.)
- The massage heads will move to the retracted position and stop.
- The ON/OFF lamp will flash until the heads have stopped moving.
- If you want to start another massage, please press ⏻ button.
- Please rest at least 10 minutes between massages.

6. Stopping Manual Operation

Press ⏻ button to stop manual operation.

- The ON/OFF lamp will continue to flash until the massage heads have returned to the retracted position.

LEG MASSAGE IN MANUAL OPERATION (EP1061)

- The leg massager has two functions.
The massager can also massage the soles of the feet.

1. Press button

- The programmed operation and leg massage button will flash.


2. Press the Leg Massage button

- The leg massage will start.
- The speed of the massage will be displayed.
- It is possible to adjust the reclining angle during the massage.

3. Adjusting Massage Speed

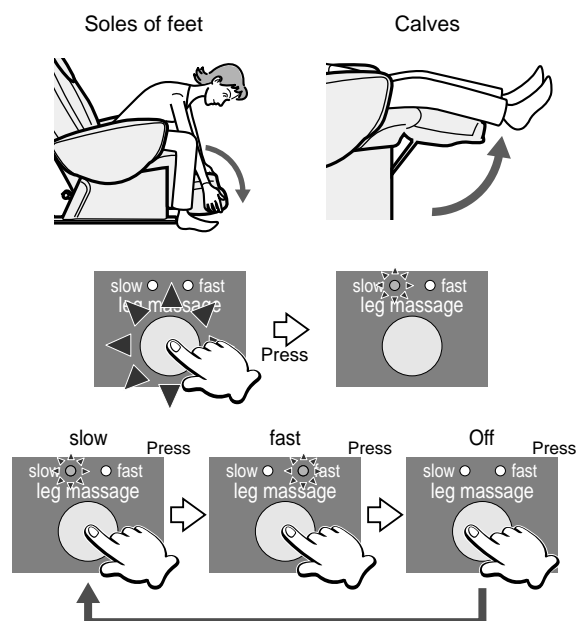
- Leg massage intensity can be adjusted in 2-stages.

4. Leg Massage Auto Stop

- A timer will automatically stop the unit approximately 15 minutes (15–17 minutes) after the massage started.
- If you want to start another massage, please press .

5. STOPPING MANUAL OPERATION

- Press  button to stop the leg massage.



LEG MASSAGE IN MANUAL OPERATION (EP1060)

- If your calves are not in the correct position in the legrest, please adjust your legs so that they are.

1. Press button

- The programmed operation and leg massage button will flash.


2. Press the Leg Massage button

- The vibration massage will start.
- The strength of the massage will be displayed.
- It is possible to adjust the reclining angle during the massage.

3. Adjusting Massage Intensity

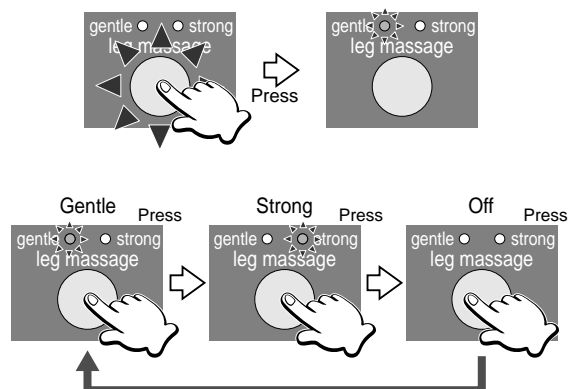
- Leg massage intensity can be adjusted in 2-stages.

4. Leg Massage Auto Stop

- A timer will automatically stop the unit approximately 15 minutes (15–17 minutes) after the massage started.
- If you want to start another massage, please press .

5. STOPPING MANUAL OPERATION

- Press  button to stop the leg massage.



NOTE:

(EP1061) DO NOT sit on or get off the lounge by standing on the legrest while it is folded down. Always remove your feet from the massager prior to standing.

(EP1060/EP1061) Integrated Timer to Prevent Overuse

- An integrated timer prevents overuse of the unit.
- When using manual operation, the timer automatically stops operation after 15 minutes (15–17 minutes).
- * If you want to continue to use the unit, please ensure that you have a break of at least 10 minutes between massages to allow your body to rest.

AFTER COMPLETING THE MASSAGE

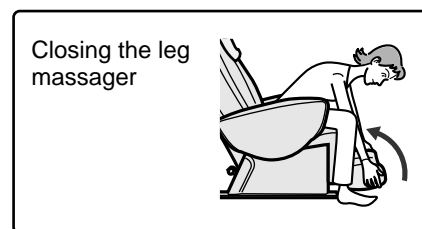
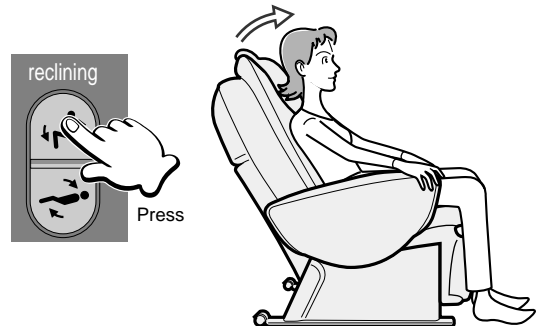
RETURN THE SEAT TO THE ORIGINAL POSITION

1. Check that there is Nothing Under the Backrest or the Legrest.



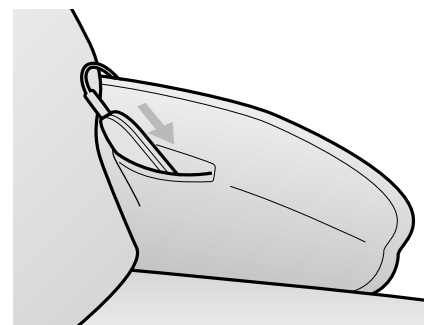
2. Return the Seat to the Upright Position.

- When returning the seat to the upright position, as it may take some time for the massage heads to return to the retracted position, please continue to press the Reclining Button until the seat is fully upright.



3. Place the Controller in its Pocket

- Using the controller pocket as a grip to help you stand up can place excessive force on the pocket, which can cause it to rip. Please refrain from doing so.



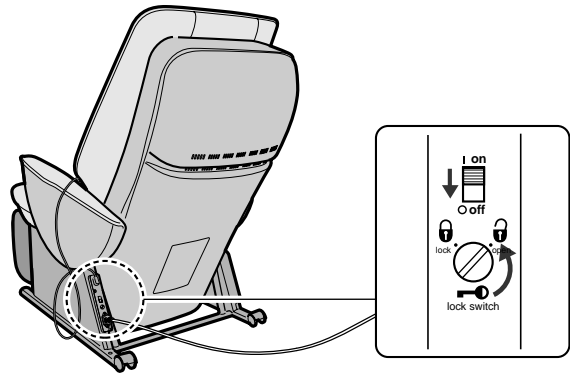
4. Return the Center Cushion to its Original Position.



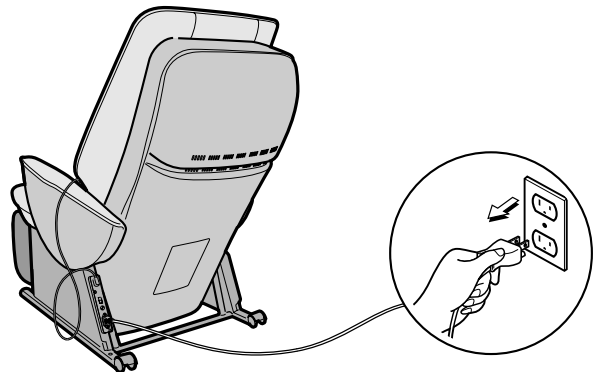
DISCONNECT THE POWER

1. Turn Off the Power

- 1 Turn the power switch to the "off" position.
- 2 Turn the lock switch to the "lock" position.



2. Unplug the Power Cord



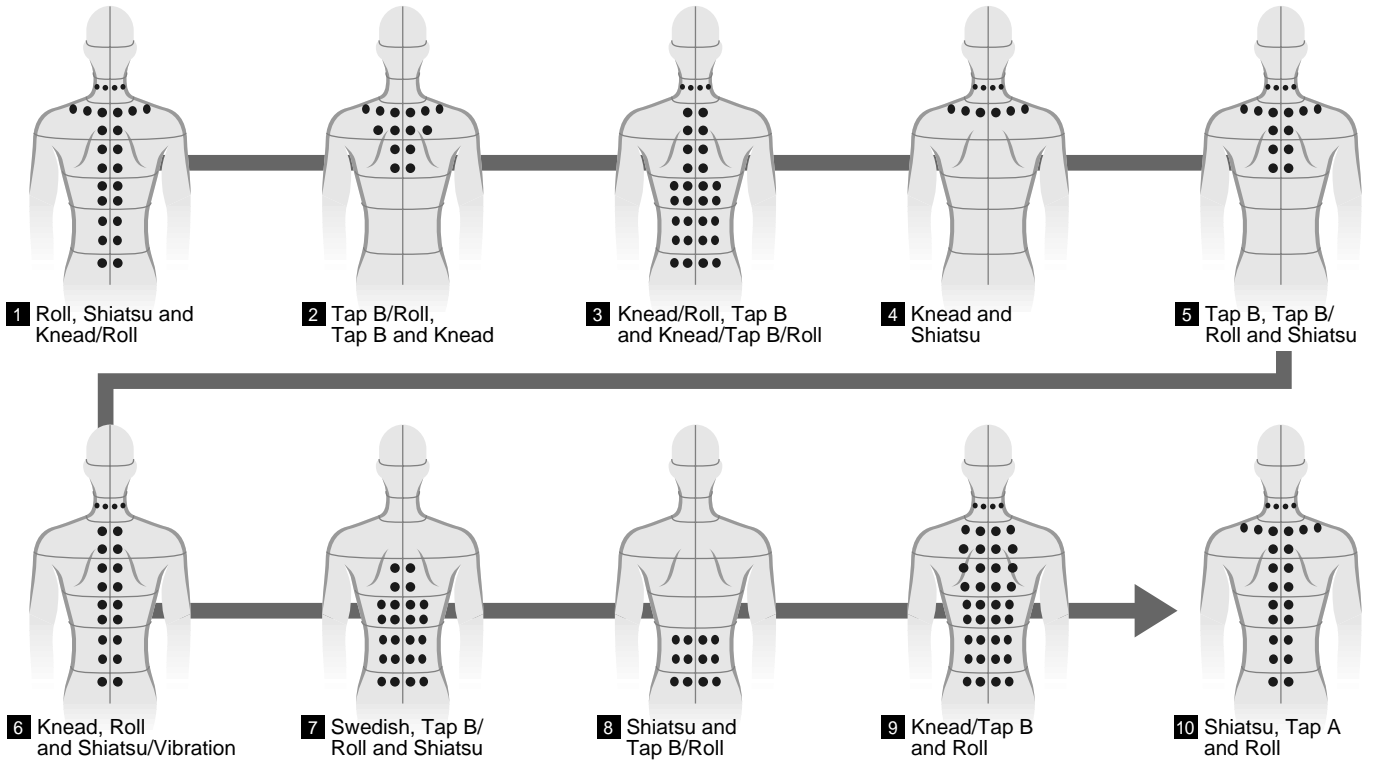
CAUTION

- Always turn the power switch to the "off" position and the lock switch to the "lock" position. Failure to do so may lead to accidents if children play with the unit.
- Do not pull on the power cord when unplugging the unit from the power supply. Always hold the power plug itself. Failure to do so may lead to electric shock or short-circuits.
- Always unplug the unit from the power supply when not in use. Failure to do so may lead to insulation deterioration due to dust or moisture, which may in turn lead to short-circuits or fire.

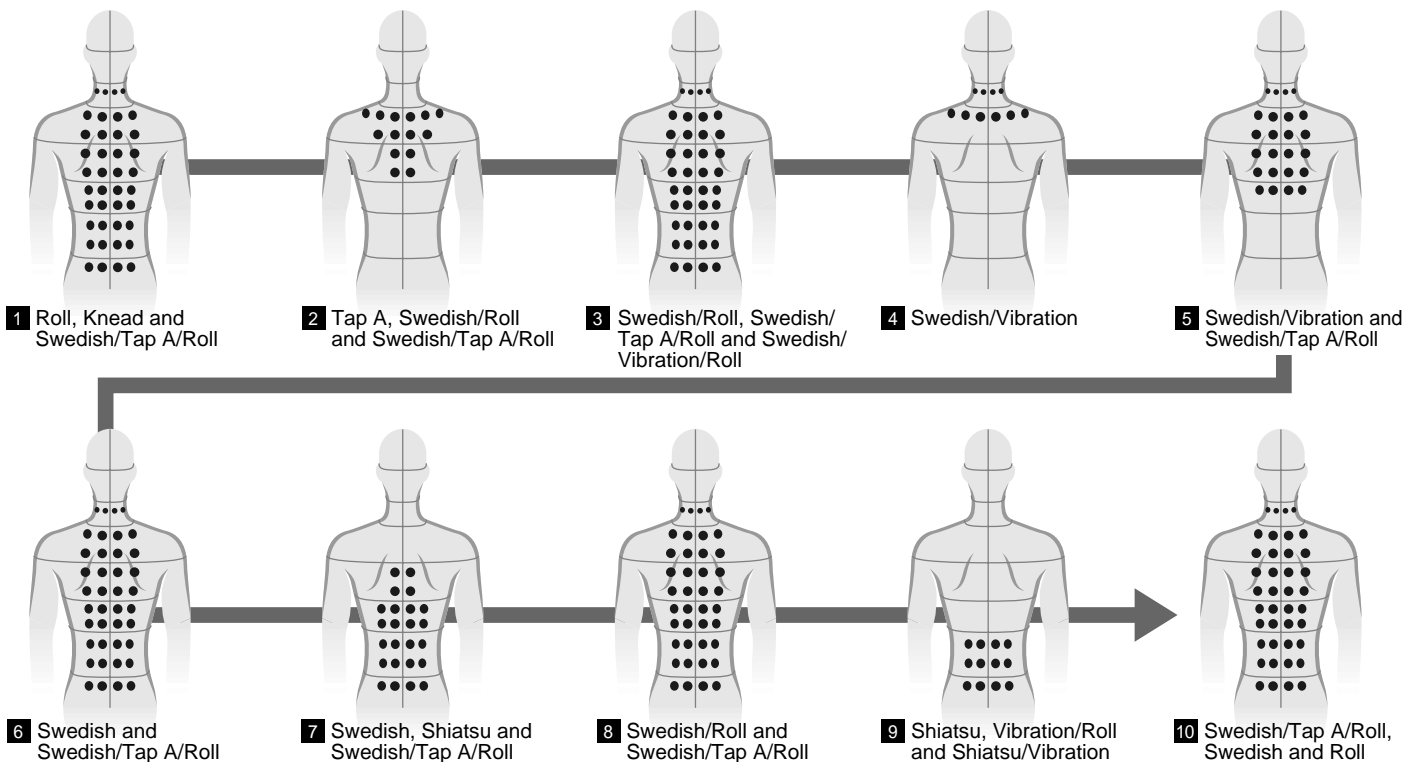
DETAILS REGARDING PROGRAMMED OPERATION

- The movements below are shown in simplified form for the sake of illustration.
- When the programs have finished the unit will automatically stop. (Although programmed operation lasts for approximately 15 minutes (12–17 minutes), this will vary according to the shoulder position and program selected, whether or not tapping is on or off, and the weight of the person using the unit.)

STRONG

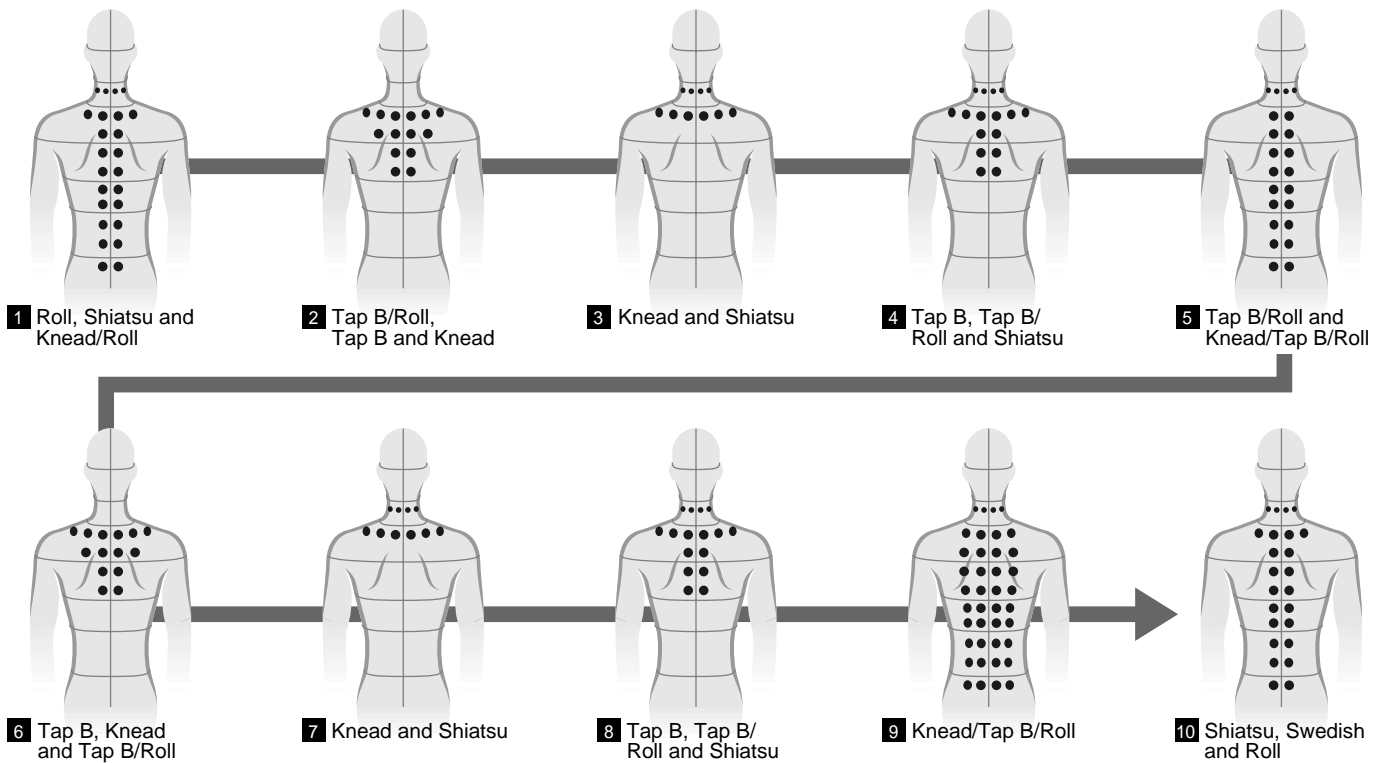


GENTLE

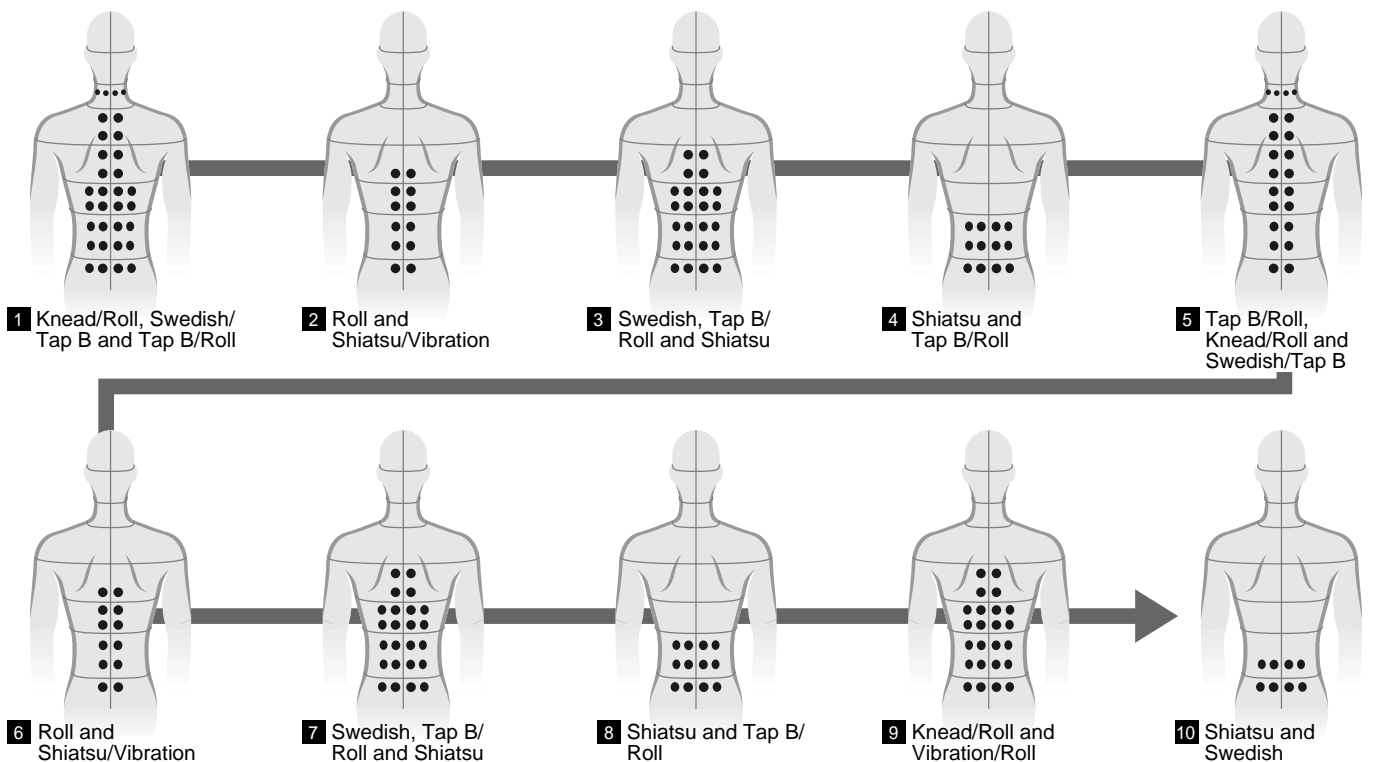


- The movements below are shown in simplified form for the sake of illustration.
- When the programs have finished the unit will automatically stop. (Although programmed operation lasts for approximately 15 minutes (12–17 minutes), this will vary according to the shoulder position and program selected, whether or not tapping is on or off, and the weight of the person using the unit.)

STRONG/NECK & SHOULDER COMBINATION

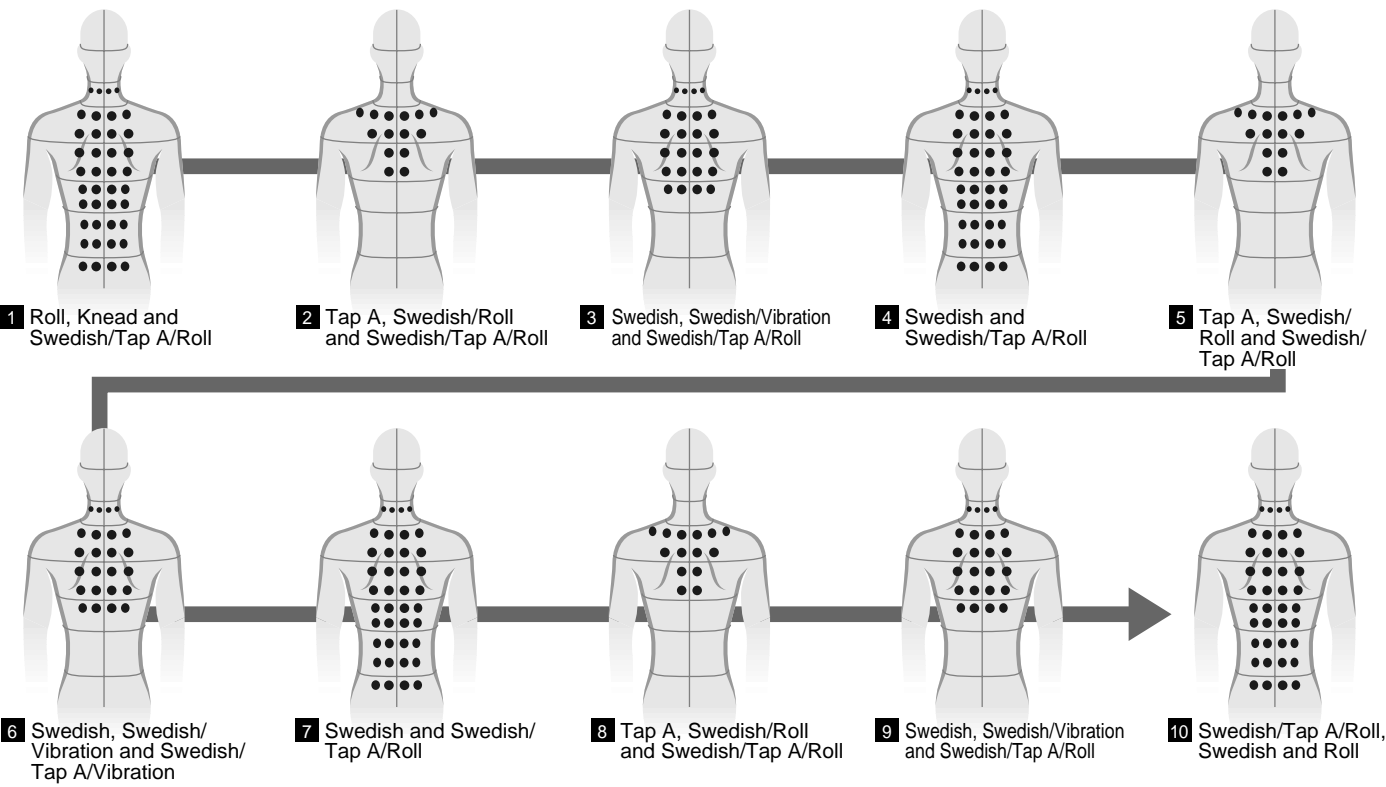


STRONG/LOWER BACK COMBINATION

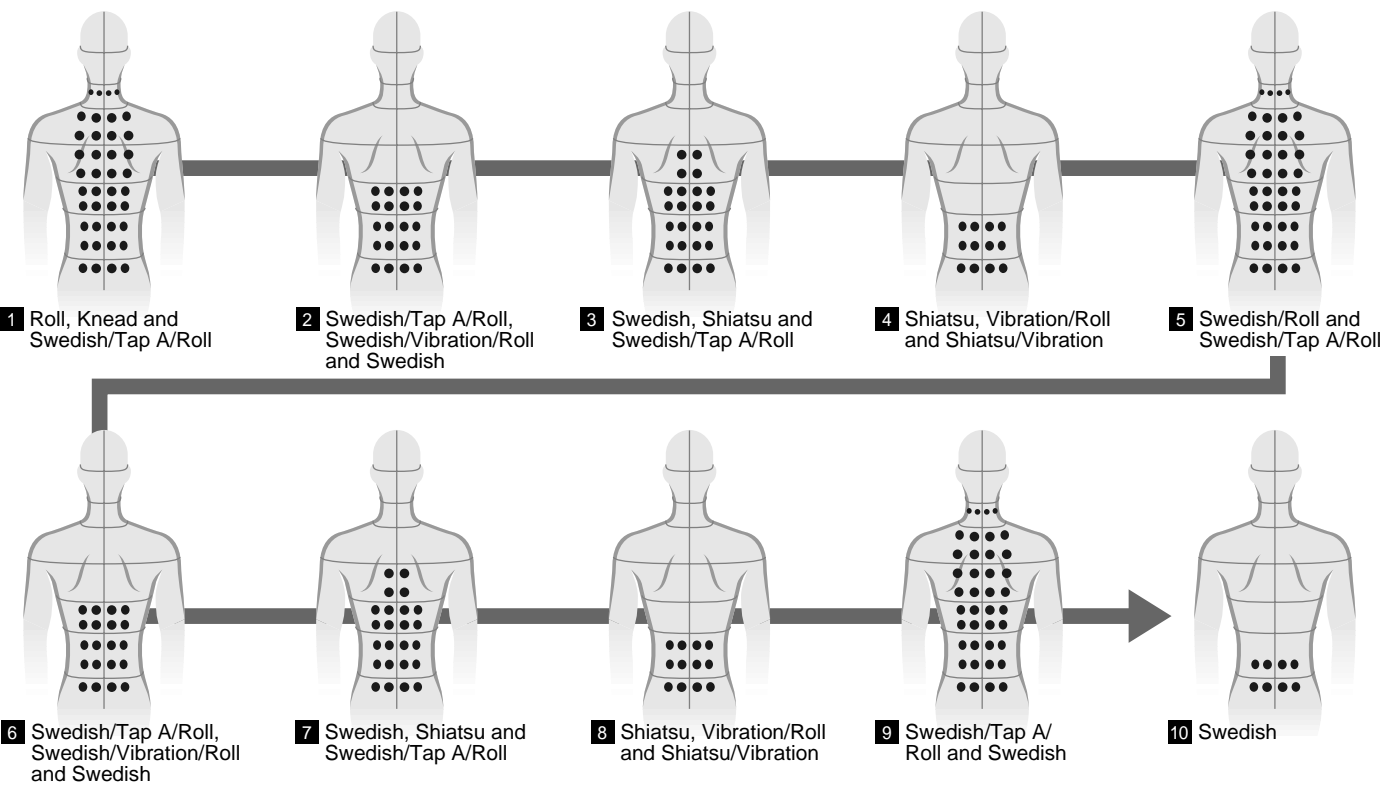


- The movements below are shown in simplified form for the sake of illustration.
- When the programs have finished the unit will automatically stop. (Although programmed operation lasts for approximately 15 minutes (12–17 minutes), this will vary according to the shoulder position and program selected, whether or not tapping is on or off, and the weight of the person using the unit.)

GENTLE/NECK & SHOULDER COMBINATION

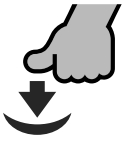


GENTLE/LOWER BACK COMBINATION



DETAILS REGARDING MANUAL OPERATION

Shiatsu



This feels as though the thumbs of both hands are being used to work on the acupressure points. The initial strong push is followed by a short pause to give the impression of a professional shiatsu masseur. This type of massage is ideal for people with tight muscles and pain who want a point massage.

Tap A



This motion resembles the outer edge of the fingers being used to tap in a rhythmic motion that is designed to penetrate into the body and relax the muscles. It is ideal to use on the fine muscles of the neck or as a finishing massage.

Swedish



This motion is like the palms of both hands being used to press and rub over a wide area from both sides of the body. This type of massage is ideal for someone wanting a broad massage on the back or lower back.

Tap B



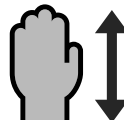
This motion is like a fist used in a rhythmic pattern to provide a solid tapping that is designed to eliminate stubborn stiffness and tiredness. This kind of massage is ideal for thick muscles such as those found in the shoulders.

Knead



With this massage, a strong push is followed by a quick release in a rhythm that is designed to relax stiff muscles. It is ideal for loosening stiff muscles in the neck and shoulders.

Whole Back Roll



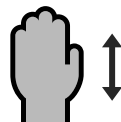
The massage heads become rollers that roll over the back up and down from the neck to the lower back to stretch the back muscles and relieve tension. It is ideal to use at the beginning of a massage as it is relatively soft.

Vibration



The minute vibrations are designed to relax even the tensest body. Combined with a rolling massage, etc., this type of massage is ideal for the whole back.

Regional Roll

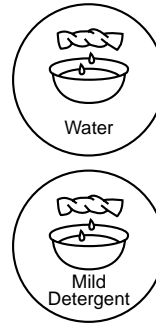


The massage heads become rollers that roll over the back muscles, but this time in a specified location. It is ideal for combining with Knead, Tap B and Vibration.

CLEANING AND MAINTENANCE

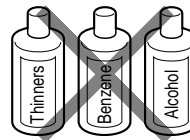
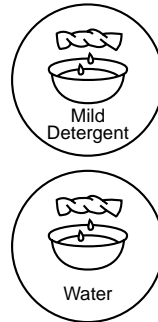
PILLOW, BACK CUSHION, SEAT AND ARMREST COVERS

- Rub the covers lightly using a soft and dry cloth for normal cleaning.
(Please do not use a cloth containing any kind of chemicals.)
- If the covers becomes dirty, apply a 3–5% solution of a mild detergent in warm water using a soft cloth, tapping the surface to remove it. Afterwards, thoroughly rinse the cloth and use it to remove the detergent, wipe it gently with a dry cloth, and then leave it to dry naturally.
(Please do not use a hair dryer in an attempt to dry the covers more quickly.)
- If the covers is allowed to come into contact with vinyl for an extended period of time, this may cause it to become discolored.



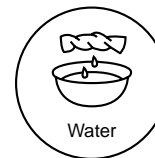
PIPES AND PLASTIC AREAS

- 1 Wipe the unit with a cloth that has been soaked in a mild detergent and then thoroughly wrung out.
 - 2 Next wipe the unit with a cloth that has been dampened with just water.
* Make sure you thoroughly wring out the cloth first when cleaning the controller.
 - 3 Allow the unit to dry naturally.
- Never use benzene, thinners or alcohol.



SEAT FABRIC

- 1 Wipe the seat fabric with a cloth that has been soaked in a weak mild detergent solution and then thoroughly wrung out.
- 2 Use a weak mild detergent to brush on to areas where the seat fabric has become particularly soiled. Be careful not to brush the fabric too much as this may cause damage.
- 3 Next wipe the fabric with a cloth that has been dampened with just water.
- 4 Allow the fabric to dry naturally.



CAUTION

- Always remove the power plug from the power socket when cleaning the unit. Take care to dry your hands thoroughly before attempting to plug the power plug back into the power socket when you have finished. Failure to do so may lead to electric shock or burns.

TROUBLESHOOTING

Before requesting service for this unit, check the table below for the possible cause of the problem. Some simple checks or minor adjustment on your part may eliminate the problem and restore proper operation. If you are in doubt about some of the check points, or if the remedies indicated in the chart do not solve the problem, call us at 1-800-338-0552 to locate the servicer near to you.

Problem	Cause and Remedy
<p>Motor Noises</p> <ul style="list-style-type: none"> • The motor gets louder when it comes under load. • There is excessive noise during Tapping. (The noise is louder at the top of the unit.) • The motor sounds louder when adjusting massage intensity and width. • There is a rubbing sound produced by the massage heads rubbing on the seat fabric. • There is a rubbing sound produced by fabric rubbing on fabric. 	<p>▶ These sounds are perfectly normal and will not have any effect on the operation of the unit.</p>
<p>The massage heads stop during operation.</p>	<p>▶ <u>When the massage heads are raised or lowered, if they come into contact with a wall or other obstruction, in the interests of safety the massage heads may stop moving.</u> In such a situation, move the chair or remove the obstruction and start the massage again. If all markings and buttons on the controller start to flash, which is extremely unusual, turn off the power switch, wait for approximately 10 seconds and then turn the power switch on again.</p> <p>▶ <u>If excessive force is applied to the massage heads during operation, in the interests of safety the massage heads may stop moving.</u> If this occurs, raise your body slightly before restarting it. If all markings and buttons on the controller start to flash, which is extremely unusual, turn off the power switch, wait for approximately 10 seconds and then turn the power switch on again.</p>
<p>Nothing can be felt when using Tap A, Tap B or Vibration.</p>	<p>▶ If the massage heads are not touching your body then you will, of course, feel nothing. Therefore, please make sure that your body comes into close contact with the massage heads.</p>
<p>The massage heads do not come up to the shoulder or neck.</p>	<p>▶ The position of the shoulders is incorrect. (See Page 14)</p>

Problem	Cause and Remedy
<p>It is not possible to recline the unit. The legrest cannot be raised or lowered.</p>	<p>▶ <u>If the unit encounters an obstacle or if excessive force is exerted on it during operation, in the interests of safety the unit will come to a stop.</u> If all markings and buttons on the controller start to flash, which is extremely unusual, turn off the power switch, wait for approximately 10 seconds and then turn the power switch on again.</p>
<p>Even though I press the reclining button nothing appears to happen.</p>	<p>▶ When retracting the backrest, in the interests of safety, the massage heads move to the retracted position before the backrest starts to retract. Please hold down the button until the backrest is fully reclined.</p>
<p>The controller becomes warm.</p>	<p>▶ If the unit is used continuously for an extended period of time it will naturally become warm. If the controller becomes too hot, immediately stop using the unit and return it for inspection or repair to the place that you bought it.</p>
<p>The unit will not operate at all.</p> <ul style="list-style-type: none"> • Upper body (neck to lower back) massage. • Leg massage. 	<p>▶ • The power cord has been disconnected. (See Page 11)</p> <p>▶ • The power switch on the unit has not been turned on. (See Page 11)</p> <p>▶ • After pressing Ⓞ button, the program button or the manual operation selection button has not been pushed. (See Pages 14–17)</p> <p>▶ The power cord has been disconnected.</p>
<p>The length of the programs selected in programmed operation varies.</p>	<p>▶ • When using the massage lounger in programmed operation, when the program is finished movement automatically stops. (Although programmed operation lasts for approximately 15 minutes (12–17 minutes), this will vary according to the shoulder position and program selected, whether or not tapping is on or off, and the weight of the person using the unit.)</p>
<p>The unit has been damaged.</p>	<p>▶ Unplug AC cord from outlet immediately and have massage lounger serviced.</p>
<p>The power cord or power plug is abnormally hot.</p>	<p>▶ Unplug AC cord from outlet immediately and have massage lounger serviced.</p>

SPECIFICATIONS (EP1061)

Power Supply:	120V AC, 60Hz
Power Consumption:	160W (Approx. 5W in Standby mode with the controller turned off or when the unit is turned off.)
Upper Body Massage	
Massage Area (Up-Down):	Approx. 27.6in. (70cm)
Massage Area (Left-Right):	Distance between Massage Heads during Operation Approx. 2.4 – 5.9in. (6 – 15cm)
Massage Area (Forward-Back):	2.2in. (5.5cm)
Massage Cycle:	Shiatsu: Approx. 12 cycles/min. Swedish: Approx. 11 cycles/min. Knead: Approx. 12 cycles/min. Vibration: Approx. 3,000 – 3,600 cycles/min. Tap A: Approx. 50 – 3,600 cycles/min. Tap B: Approx. 200 – 300 cycles/min. Whole Body Roll: Approx. 2 cycles/min. (Approx. 35 sec./cycle) Regional Roll: Approx. 6 – 10 cycles/min. (Approx. 6 – 10 sec./cycle)
Leg Massage	
Roller speed:	Fast: Approx. 60 cycles/min. Slow: Approx. 50 cycles/min.
Reclining Angle:	Backrest: Approx. 120° – 170° Legrest: Approx. 0° – 85°
Automatic Shut-Off:	Approx. 15 min. for both upper body and legs (15 – 17min.)
Dimensions:	
When not reclined. (H × W × D)	41.3 × 31.5 × 41.3in. (105 × 80 × 105cm)
When reclined. (H × W × D)	23.6 × 31.5 × 65in. (60 × 80 × 165cm)
Weight:	128 lbs. (58kg)
Maximum user weight:	264 lbs. (120kg)

SPECIFICATIONS (EP1060)

Power Supply:	120V AC, 60Hz
Power Consumption:	135W (Approx. 5W in Standby mode with the controller turned off or when the unit is turned off.)
Upper Body Massage	
Massage Area (Up-Down):	Approx. 27.6in. (70cm)
Massage Area (Left-Right):	Distance between Massage Heads during Operation Approx. 2.4 – 5.9in. (6 – 15cm)
Massage Area (Forward-Back):	2.2in. (5.5cm)
Massage Cycle:	Shiatsu: Approx. 12 cycles/min. Swedish: Approx. 11 cycles/min. Knead: Approx. 12 cycles/min. Vibration: Approx. 3,000 – 3,600 cycles/min. Tap A: Approx. 50 – 3,600 cycles/min. Tap B: Approx. 200 – 300 cycles/min. Whole Body Roll: Approx. 2 cycles/min. (Approx. 35 sec./cycle) Regional Roll: Approx. 6 – 10 cycles/min. (Approx. 6 – 10 sec./cycle)
Leg Massage	
Vibration:	Strong: Approx. 3,000 cycles/min. Weak: Approx. 2,500 cycles/min.
Reclining Angle:	Backrest: Approx. 120° – 170° Legrest: Approx. 0° – 85°
Automatic Shut-Off:	Approx. 15 min. for both upper body and legs (15 – 17min.)
Dimensions:	
When not reclined. (H × W × D)	41.3 × 31.5 × 41.3in. (105 × 80 × 105cm)
When reclined. (H × W × D)	23.6 × 31.5 × 67in. (60 × 80 × 170cm)
Weight:	117 lbs. (53kg)
Maximum user weight:	264 lbs. (120kg)

**Panasonic Consumer
Electronics Company**

One Panasonic Way 3D-1

Secaucus, New Jersey 07094

1-800-338-0552 for questions and comments.

www.panasonic.com/massage