

NWIS

Your personal masseur is on the spot whenever you need him

You can now enjoy a relaxing, effective massage in the privacy of your own home whenever you like and without being dependent on others. Congratulations on having bought a NAI'S Massage Lounger. Nothing could be easier to use.

Before you settle back for your first massage, read through the following pages: they will tell you everything you need to know about selecting the required course on the control panel and the specific uses of the various massage modes. The massage heads can be adjusted.

Please read the entire Operating Instructions carefully before using your Massage Lounger. Observe the safety instructions on page 23, in particular.

There is nothing to prevent you enjoying a NAI'S massage if your orthopaedic specialist or physician has not banned spinal massages for you. Feel the tiredness drain out of you. Backache is usually due to muscular tension or strain. NAI'S - the name for professional massage of the neck, shoulders and entire back.

Severe back pain (for instance, if you have taken a fall or injured your back) could indicate serious spinal damage. **Consult an orthopaedic specialist without delay in such cases, so that the precise cause can be established. Massage can be dangerous if the spine has been injured!**





Only the backrest will move up.

Initial settings after unpacking Massage Lounger

When the Massage Lounger is first unpacked, it will be as shown above. In this position, normal reclining operation is not possible. After determining where the Massage Lounger will be located and placing it there, check that there is enough space for reclining. Then plug the power cord into a wall outlet (AC 230V).



The power switch is located at the rear left side of the Lounger. Use the key provided to prevent it from being switched on accidentally (childproof lock). You can remove the key only when the power switch is in the “off” position. You should always disconnect the power switch after your massage to avoid misuse by children. Always keep the key in a safe place. *The power supply is not disconnected simply by switching off the hand-held control panel!*

Please note: The lock may be damaged if the key is accidentally overturned in either direction. In addition, always remember to securely insert the key all the way into the cylinder before turning, otherwise there is a risk of damaging the lock.




Criteria for reclining space

- Position the Massage Lounger so that when the pillow's flipped over the back of the Massage Lounger, it does not touch the wall or other objects. (The backrest and legrest should be at least 45 cm / 17-3/4 in. from the wall or other objects in normal position) to avoid contacting the backrest and legrest to the wall or other objects.
- Check that an adult can stand sideways between the Massage Lounger and the wall.

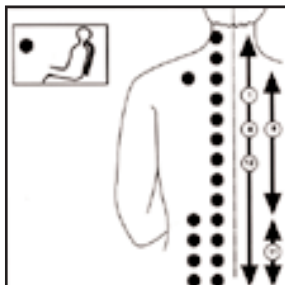
Final steps

Because this Massage Lounger was delivered in special formed for transport, please bring it into normal position as following steps.

- ① With the legrest in the stored position, press and hold the Recline button  on the control panel.
- ② Release the button when the Massage Lounger backrest has stopped moving completely.
 - When this operation is performed, never extend the legrest with the lever. Doing so may cause a malfunction.

Control panel

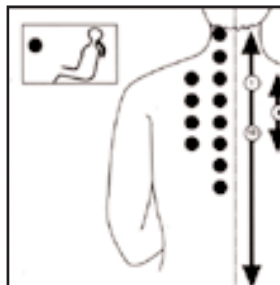
The hand-held control panel is normally kept in the left-hand side pocket of the chair.



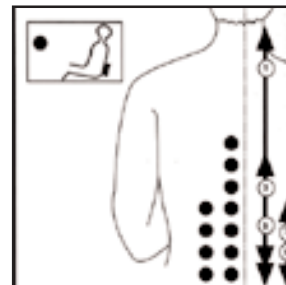
Back course

Three automatic massage courses

Each course lasts approx. 15 minutes. Different massage techniques are used as by a professional masseur and massage your back accordingly.



Neck and shoulder course



Lower back course

Switching on

Press the "I/S" button. The pilot lamp will change from red to green. The massage course does not start immediately, even when the massage heads begin to move.

Restore and stop

Press the "I/S" button. The massage heads do not stop immediately but return to their home position first, so that they do not make it uncomfortable to sit in the Lounger. The pilot lamp turns to red and the chair remains operational. The power supply is not disconnected until the power switch at the rear left of the chair has been switched off.

Quick stop

Press the red "O" button. The massage heads stop immediately. Depending on their position, however, they are often uncomfortable when sitting in the chair. It is therefore advisable to start again and then to stop with the "I/S" button so that the massage heads return to their home position.

1.

Press the sliding cover lightly and push downwards fully, so that the automatic massage courses can be selected. The sliding cover must engage.

2.

Set your height (automatic courses)
Use the slide control to set your height.

The massage heads must start with your shoulders when correctly set. If necessary, you can correct the setting with the slide control. The position of the massage heads can also be corrected during the massage course.

3.

Selecting an automatic massage course

Press the required massage button:



- Back (whole back)
- Neck and shoulders
- Lower back (lumbar region)

For details of massage courses, see p. 21.

The corresponding red pilot lamp lights up. Simply press the required button to change over to a different massage course. The new commands will then take priority. Press "5 min." if you wish to reduce the massage course to 5 minutes. This short operation is stopped by pressing the button again.


4.

Gentle mode (automatic courses)

If the massage feels too strong, press the  button. The pilot lamp will light up and the entire massage course will become gentler. To return to the standard intensity, press the  button again. This massage halts automatically at the end of the course and the massage heads return to their home position.

5.

Leg massage

Press  after folding out the massage legrest. Leg massage does not stop automatically like the selected course, but continues for approx. 30 minutes altogether. It should therefore be switched off if it is no longer required.

Slide control

Range of body height*:

- Stage 1: 1.85 m and taller
- Stage 2: > 1.70 m
- Stage 3: > 1.60 m
- Stage 4: 1.60 m and shorter

* These heights are only approximate since people's torsos are usually of different lengths.


Sliding cover



Setting a specific massage program





In addition to the three automatic massage courses, you can also program the NAI's Massage Lounger to your own specific requirements.

1.

Push the sliding cover on the control panel upwards. Press down lightly and slide it up until the sliding cover engages. The  pilot lamp lights up and the specific massage programs can be used.



2.

Adjusting the height of the massage heads

Press  to move the massage heads upwards or  to move them downwards. Hold the button down until the massage heads have reached the required position on your back, then release it. In rolling, tapping rolling and kneading rolling massage you can change the rolling direction by pressing  or  buttons.



3.

Select the width of the massage heads

Use the  or  buttons to select the width between the massage heads (available only in the tapping, rolling and tapping rolling massage).

4.










Setting the massage intensity



The intensity of the massage can be adjusted as required by pressing the  and  buttons.

5.

Choice of massage mode

Press "massage mode" until the red or green pilot lamp lights up beside the required massage mode. The massage mode will change in the following order each time the button is pressed.

-  Shiatsu/upward massage
-  Shiatsu/downward massage
-  Tapping
-  Rolling/stretching massage/whole back
-  Rolling/stretching massage/regional
-  Kneading and rolling/stretching massage/whole back
-  Kneading and rolling/stretching massage/regional
-  Tapping and rolling/stretching massage/whole back
-  Tapping and rolling/stretching massage/regional

All functions which include "rolling", are available for the whole back (indicated by red lamp) or a limited section of the back (indicated by green lamp). You can change the area by pressing  and  buttons.

Try out the various modes and see which suits you best!



Important: Do not massage the same area for too long, otherwise the muscles may become cramped. We therefore recommend that such individual massage should be limited to not more than 5 or 10 minutes. Like a masseur, you should end your personal massage with an automatic course for the whole back to ensure uniform blood circulation throughout the whole of the back.



Rest after a massage course intensifies the relaxing effect.

ADJUSTING THE MASSAGE LOUNGER

Before sitting down

After checking the positions of the massage heads with your hands, sit down slowly in the center of the Massage Lounger.

- The massage heads should be spread apart near the top of the Massage Lounger backrest (home position).
- If the massage heads are not in the position describe above, do not sit down in the Massage Lounger. Press the I/S button on the control panel twice. Wait for the massage heads to reach the home position before sitting down.



Reclining

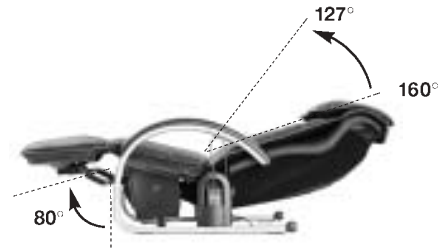
- Use the reclining function as desired. (Reclining can also be performed during a massage.)

1 Press and hold

While the button is held pressed, the legrest will be raised and the backrest will be reclined.



2 Release the button when the desired position has been reached.



Returning back to upright after reclining

Press and hold

- The legrest will be returned to its normal position (lowered) and the backrest will be raised.
- After use, always be sure to return the legrest and backrest to their normal positions (legrest lowered and backrest raised).

Raising and lowering only the legrest

Raising

While pressing the lock button, tilt the lever toward the back.

- Always tilt it back completely (until it locks).

Lowering

While pressing the lock button, pull the lever up.

About the legrest

- Although the legrest is moved automatically according to the movement of the Massage Lounger backrest during reclining, the legrest can also be raised and lowered independently using the side lever.
- The maximum height (angle) of the legrest when using powered reclining and when using the side lever may vary slightly.
- The legrest cannot be stored completely if the Massage Lounger backrest is not raised completely. (The same condition occurs for lever operation.)
- Be careful of the lever during powered reclining. It will move automatically.
- Since the legrest will be locked in position when it is raised using the side lever, it cannot be lowered using the reclining buttons. Always use the side lever to lower it if it has been raised using the side lever.



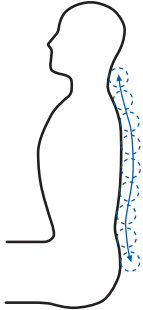
Caution

- Do not sit or stand on the legrest when it is raised. (Doing so may result in an accident.)
- Do not raise the legrest directly by pulling it with your hands, since the lock may not operate correctly in such cases. (Doing so may result in an accident.)

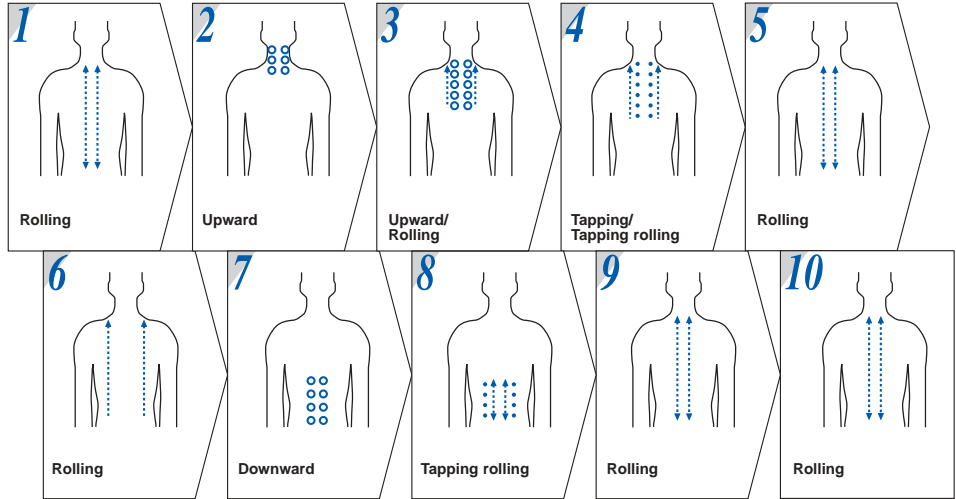
PROGRAMMED MASSAGE

Details of Automatic Course

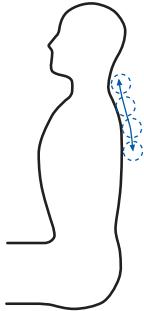
Whole back course



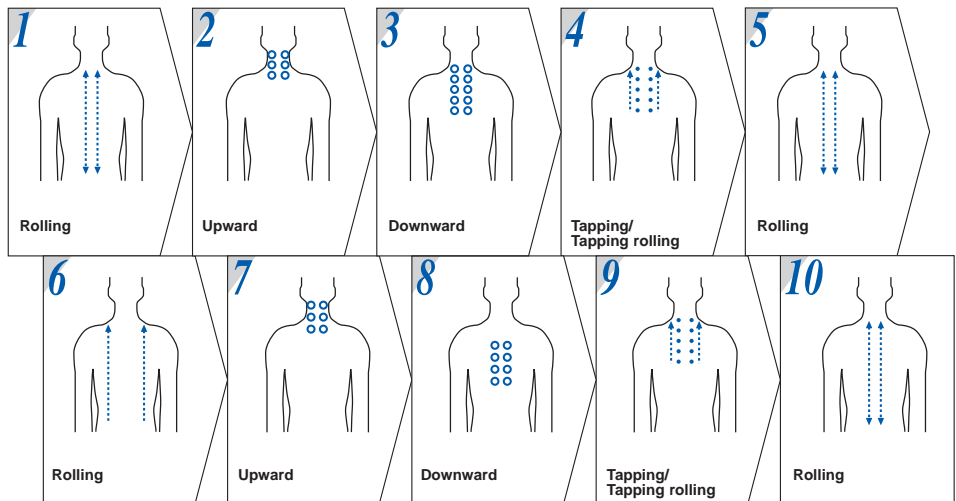
Complete massage including neck, shoulder, back stretching and lower back



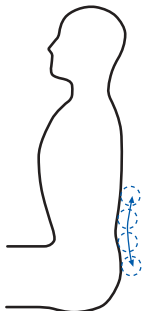
Neck and shoulder course



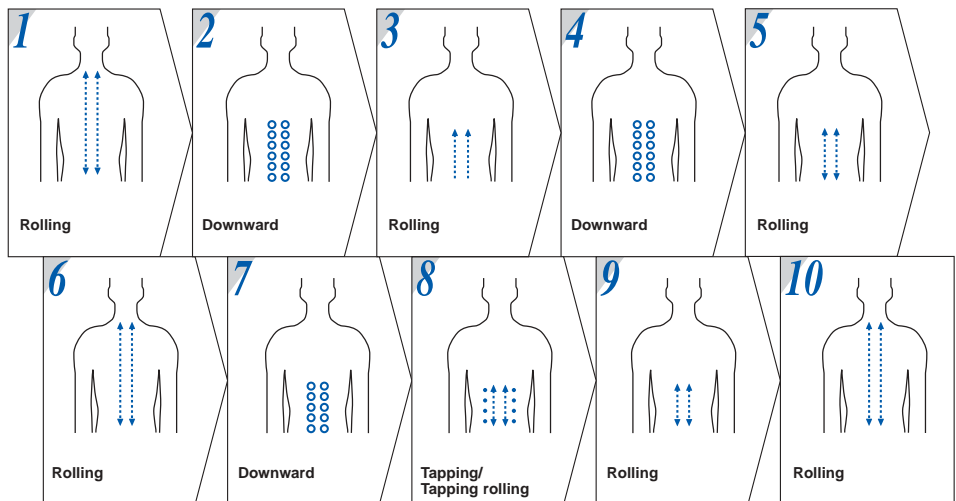
Concentrated massage of neck and shoulders



Lower back course



Concentrated massage of lower back



The above diagrams have been abbreviated to enable easy understanding of the massage action.



What to do if ... (something does not work)

If your Massage Lounger does not work, this is often due to minor causes which you can remedy yourself. Check the following points/tips before you call the customer service department.

... the Massage Lounger does not work at all

- Has the Lounger been plugged into the mains socket?
- Has the other end of the lead been plugged into the Lounger?
- Has the switch at the rear left of the Lounger been switched on?
- Does the childproof lock prevent the Lounger being switched on?

... the power indicator does not light up

- Has the sliding cover on the control panel engaged?
- Has the power lead been plugged into both the mains socket and the Lounger?
- Has the switch at the rear left of the Lounger accidentally been switched off?

... the Massage Lounger does not massage you at all or not correctly

- Has the required massage course button been pressed? (The corresponding red pilot lamp lights up.)
- Has the sliding cover on the control panel engaged?
- Has the correct height been set for automatic massage courses? – Check the setting and correct it if necessary.

... massage stops and the control panel issues a warning in flashing pilot lamps

- This is a safety precaution to prevent the motor overheating. Such a stop may occur under adverse conditions when massage starts, for instance if you have pressed heavily against the massage heads at the very beginning. Remedy: raise yourself slightly in the chair and start again.
- Call the customer service department if the chair cannot be restarted and pilot lamps start flashing again.

... massage does not start immediately

- When a specific massage program has been set, there may be a short delay while the massage heads first move to their starting position before rolling/stretching massage, for instance, begins.

... the massage heads stop when personal massage is set

- This is normal when the massage heads have reached the upper or lower limit positions, for example, or the “strong/gentle” or “narrow/wide” limits. Release the button and correct the setting in the opposite direction or select the required massage mode (see page 19, No. 3 and 4).

... the massage heads start too high or too low for one of the automatic courses

- You have not set the slide control (right-hand side of the control panel) to the correct body height for you. Further details on page 18, No. 2.

The faults listed under “What to do if ...” are due to causes which you can remedy yourself. Be sure to check this list before contacting the service department as you may otherwise have to pay service charges, even during the warranty period. This also applies to malfunction arising from incorrect operation.

Important safety instructions

Please read before using the NAIIS Massage Lounger for the first time.

- **The NAIIS Massage Lounger has been tested by Germany's Technical Control Board (TÜV Rheinland Product Safety GmbH) and has been awarded their safety-tested GS symbol. This appliance complies with the provisions of the EC council directive 89/336/EEC as amended by 92/31/EEC and Art. 5 of 93/68/EEC as well as the provisions of the EC council directive 73/23/EEC as amended by Art. 13 of 93/68/EEC.**
- The chair is secured to the floor by means of the enclosed screws, which are inserted through the holes in the underframe.
- **The Lounger should only be connected to an AC supply (see rating plate on the rear of the chair).**
Refer also to the Specifications in the Operating Instructions.
- The back of the chair can be lowered by up to 160 degrees. It should not be allowed to strike a wall or other obstacle, as this may cause malfunctions. Care should therefore be taken to ensure that there is always sufficient space behind the Lounger. Do not leave anything under the chair either.
- The Massage Lounger must not be used in "wet rooms" (sauna, swimming pool) or out of doors.
- Invalids or elderly persons must never be allowed to use the Massage Lounger without supervision. It must not be used by children either.
- **As with all electrical appliances, never pull the power lead in order to disconnect the plug from the socket. The Lounger must always be switched off via the power switch (at the rear left of the chair) after use. It should be secured by means of the childproof lock.**
- **The Massage Lounger must never be started up if the power lead or the chair itself is damaged.**
- Do not attempt to repair any faults yourself; always call the customer service department or your retailer. All warranty rights become void if you attempt to repair the Lounger yourself. Such repairs can also cause danger to the user.
- Do not sit on or drop the control panel. Ensure that the control panels lead does not become jammed between the armrest and the back of the chair.
- Repeatedly pressing one of the buttons on the control panel at short intervals can cause malfunctions.
- The massage heads may stop for reasons of safety if too much pressure is applied to them.
- Please treat your Massage Lounger with care: do not turn it on its side or upside down and do not stand on it. Avoid direct sunlight, otherwise the upholstery fabric may fade or become discolored.
- **Never sit on the extended massage legrest, as the chair may tip and/or the legrest be damaged. The same applies to the backrest.**
- **The NAIIS Massage Lounger has been specially designed to massage your neck, shoulders or whole back. Do not attempt to massage other parts of the body, such as the head, abdomen, arms, etc. with it, as these might get jammed. The NAIIS Massage Lounger is not suited for massaging other parts of the body.**
- Please only use the extended legrest to massage your feet and legs.
- **Never put your hands under the mechanism on the underside of the Lounger as they might get jammed or possibly injured.**
- **The Massage Lounger should not be used by expectant mothers, invalids and children. Consult your physician/orthopedic specialist if in doubt. *Massage may be dangerous if the spine has been injured or after surgery.***
- **Excessive massage may have the opposite effect. The automatic massage courses consequently stop after 15 minutes. We recommend that the personal massage of an individual area of tension be limited to not more than 5 or 10 minutes.**
- Do not lie on the Massage Lounger without clothing. Even a flimsy garment can protect your skin from irritation.
- **Massage should never be unpleasant! Do not lower the back of the Lounger too far at first, for the massage effect is intensified by your body weight.**

Specifications

AC supply: 230 V, 50Hz
 Power construction: 150 W

Massage modes and courses:

- Shiatsu (kneading) massage
- Rolling/stretching massage
- Tapping massage
- 3 automatic massage courses
- Individual massage can be set entirely to meet your personal needs
- Leg massage

Massage area:	Massage Mode	Upward kneading Downward kneading	Kneading/ Rolling	Tapping	Tapping/ Rolling
Neck Shoulders Back Hips	Position (approx.) * Units are cm				

Seat dimensions, normal:

Height: 105 cm
 Width: 75.5 cm
 Depth: 105 cm

Horizontal:

* Backrest lowered completely: Height: 62 cm
 * Legrest extended: Width: 75.5 cm
 Depth: 175 cm

Weight of Lounger: 56 kg
 Max. body weight of user: 120 kg

Casters

The Massage Lounger has casters under the chair base and can be moved easily by tilting the front end up. Be careful not to allow the power cord to become entangled around the casters. The casters are for transport purposes only. Do not move the chair during operation.

Instructions for transport

If you have to transport the Lounger, we recommend that the massage heads be set to their lowest position. Use the personal massage course for this purpose and press the button.

