

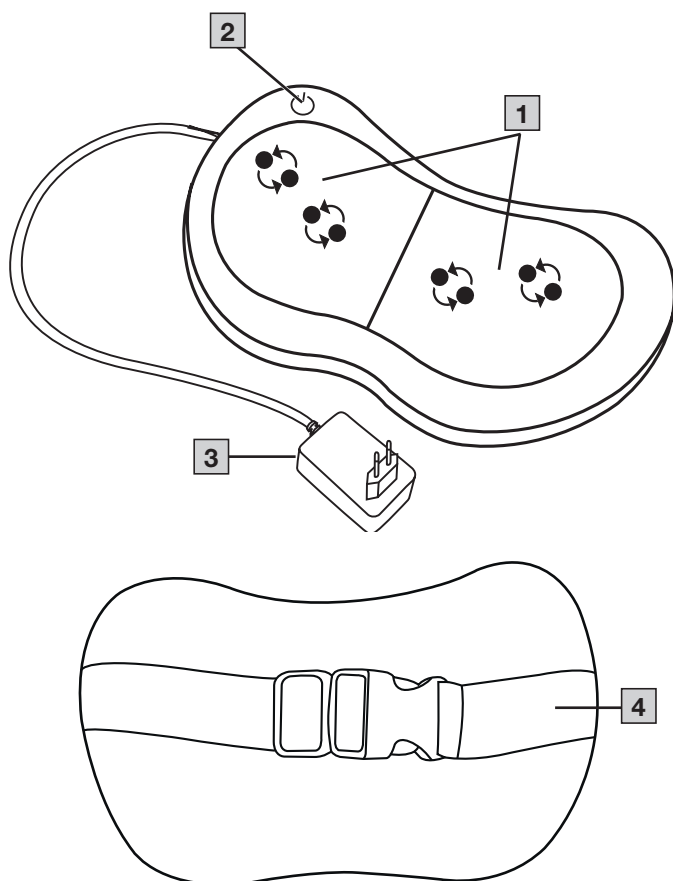
# beurer

## MG 149



**EN** Shiatsu massage cushion  
Instruction for Use

CE



**A**



# ENGLISH



Read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

## ⚠ WARNING

- The unit is only intended for domestic/private use, not for commercial use.
- 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.
- The device has a hot surface. Persons who are sensitive to heat must be careful when using the device.
- Under no circumstances should you open or repair the device yourself, as faultless functionality can no longer be guaranteed thereafter. Failure to adhere to this instruction will void the warranty.

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## 1. INCLUDED IN DELIVERY

Check that the device packaging has not been tampered with 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 specified Customer Services address.

- 1 x Shiatsu massage cushion
- 1 x Power supply unit
- 1 x These operating instructions

## 2. EXPLANATION OF SYMBOLS

The following symbols are used in the operating instructions and on the type plate:

### ⚠ WARNING











Indicates a potentially impending danger. If it is not avoided, there is a risk of death or serious injury.

### ⚠ CAUTION

Indicates a potentially impending danger. If it is not avoided, slight or minor injuries may result.

## NOTICE

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
	Protection class II device
	For indoor use only
	Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard
	The electronic device must not be disposed of with household waste
	Manufacturer
	<b>CE labelling</b> This product satisfies the requirements of the applicable European and national directives.
	United Kingdom Conformity Assessed Mark
	Wash at a maximum temperature of 30 °C Very gentle wash
	Do not bleach
	Do not tumble dry
	Do not iron
	Do not dry clean
	Protected against solid foreign objects 12.5 mm in diameter and larger
	Safety isolating transformer, short-circuit proof
	The products demonstrably meet the requirements of the Technical Regulations of the EAEU.
	Direct current
	Switch mode power supply unit
	Polarity of d.c. power connector
	Energy efficiency level 6
	Importer
	Separate the product and packaging elements and dispose of them in accordance with local regulations.

## 3. WARNINGS AND SAFETY NOTES

Please read these operating instructions carefully. Failure to observe the information provided below can lead to personal injury or material damage. Keep these instructions in a safe place where they can also be read by other persons using the

device. Always pass on these instructions together with the appliance if you sell it or pass it on.

## ⚠ WARNING

Keep children away from the packaging materials. Risk of suffocation.

## Electric shock

## ⚠ WARNING

- Just like any other electrical appliance, this massage device must be handled with due care and attention in order to prevent the risk of electric shock.
- For this reason, the device must only be operated as follows:
  - only with the supplied power supply unit at the mains voltage indicated on the power supply unit,
  - do not use the device if damage to the device itself or any of its accessories is evident,
  - never use the appliance during a thunderstorm.
- In the event of a defect or malfunction, switch the device off immediately and disconnect it from the
- power supply. Never pull on the power cable or on the appliance in order to disconnect the power supply from the mains outlet. Never hold or carry the device by the power cable. Keep the cables away from hot surfaces. Do not pinch, kink or twist the cables. Do not stick in any pins, needles or sharp objects.
- Make sure that the massage device, the switch, the power supply unit and the cable do not come
- into contact with water, damp or other liquids. Therefore, use the device only in dry interior rooms
- (e.g. never in the bath, sauna).
- Never try to retrieve the device if it falls into water. Disconnect the plug immediately from the mains outlet.
- Do not use the device if damage to the device itself or any of its accessories is evident.
- Do not subject the device to any impact and do not drop it.

## Repairs

## ⚠ WARNING

- Repairs to electrical appliances must only be carried out by qualified persons. Incorrect repairs can lead to considerable danger for the user. In the event of repairs, please contact our customer service or an authorized dealer.
- The zip fastener on the Shiatsu massage device must not be opened. It is only fitted for reasons relating to the manufacturing of the device.

## Fire hazard

## ⚠ WARNING

- There is a risk of fire if the device is used incorrectly or if it is not used according to these operating instructions.
- For this reason, the massage device must only be operated as follows:
  - Never use the device under covers, such as blankets or pillows.
  - Never use the device in the vicinity of petrol or other easily flammable materials.

## Handling

### ⚠ CAUTION

- Switch the device off and disconnect the power supply after every use and before every cleaning.
- Never insert any objects into openings on the device, and never insert anything into the rotating parts. Make sure that all moving parts can move freely at all times.
- Never sit or stand on the moving parts of the device with all your weight and do not place objects on the device.
- Keep the device away from high temperatures.

## 4. PROPER USE

This device is intended only for the massaging of individual parts of the human body. It cannot replace medical treatment. Do not use the massage device if any of the following warnings apply to you. Please consult your doctor if you are unsure whether or not the massage device is suitable for you.

### ⚠ WARNING

- Use of the massage device is prohibited in the following cases:
  - On animals.
  - if you suffer from a medical abnormality or injury in the area to be massaged (e.g. herniated disc, open wounds),
  - Never use the massage device to massage the heart region of persons fitted with a pacemaker. Always consult a doctor before using the massage device on other parts of the body of a person fitted with a pacemaker.
  - Never use the massage device on swollen, burned, inflamed or damaged skin or body parts.
  - The massage device must not be used on lacerated wounds, capillaries, varicose veins, acne, couperose, herpes or other skin diseases.
  - The massage device must not be used during pregnancy.
  - Do not use the massage device on the face (eyes), on the larynx or on other particularly sensitive parts of the body.
  - Do not use the device for foot massage.
  - Never use the device while you are asleep.
  - Never use the device after taking medication or consuming alcohol (reduced levels of awareness).
  - Not in the car.
- You should consult your doctor before using the massage device if:
  - you suffer from a serious illness or are recovering from an operation on the upper body,
  - you are fitted with a cardiac pacemaker, implant or other aid,
  - Thromboses,
  - Diabetes,
  - in case of pains of unclarified origin.
- The device is only intended for the purpose described in these operating instructions. The manufacturer cannot be held liable for damage occurring as a result of inappropriate or careless use.

## 5. DEVICE DESCRIPTION

The associated drawings are shown on page 3.

- 1** Message heads (4 heated and illuminated massage heads), rotating in pairs

- 2** ⏻ Button

- 3** Mains part

- 4** Clip buckles for attachment

## 6. START-UP

- Remove the packaging
- Check the device, mains part and cable for damage.
- Connect the power supply plug to the massage device.
- Route the cable safely so that there is no risk of anyone tripping over it.

## 7. USE

To start with, gently press the part of your body you wish to massage against the massage device. Then make sure that you are in a comfortable position before gradually shifting your weight onto the massage device. **A** The massage must be pleasant and relaxing at all times. Stop the massage or change your position or the contact pressure if you find it is painful or unpleasant.

- Do not trap or squeeze any part of your body, especially feet, hands and fingers, between the rotating massage heads and their mountings in the device.
- Switch on the massager using the -button. The massage heads start to rotate and automatically change the massage direction. Press the -button again to activate the light and heat function.
- Press and hold the ⏻ button to turn off the massager.

### NOTICE

- Do not use the massage device for longer than 20 minutes. Otherwise, using the device for longer can over-stimulate the muscles and cause tension instead of relaxation.
- The device features an automatic switch-off function, which is set to the maximum operating duration of 20 minutes.

## 8. CLEANING AND MAINTENANCE

### CLEANING

#### ⚠ WARNING

- Before cleaning disconnect the power supply unit from the mains socket and disconnect it from the device.
- Only clean the appliance in the manner specified. Fluid must never be allowed to enter into the device or accessories.
- 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.

### Storage

If you do not use the device for longer periods, we recommend storing it in the original packaging in a dry place without weighing it down.

## 9. 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.

10. WHAT IF THERE ARE PROBLEMS?


Problem	Cause	Remedy
Massage heads rotating at reduced speed.	The load on the massage heads is too great.	Release the massage heads.
Massage heads not moving.	Appliance not connected to the power supply.	Connect the mains part and switch on the device.

11. DISPOSAL

For environmental reasons, do not dispose of the device in the household waste at the end of its useful life. Dispose of the unit at a suitable local collection or recycling point. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal.



12. TECHNICAL DATA

Technical data:	
Input	100-240 V~; 50/60 Hz; 0.8 A
Output	12.0 V  1.5 A; 18.0 W
Average active efficiency:	≥ 85.00 %
Efficiency at low load (10 %):	≥ 80.16 %
No-load power consumption:	≤ 0.100 W
Dimensions:	33 x 20 x 11.5 cm
Weight:	approx. 1.41 kg

13. WARRANTY /SERVICE

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





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