

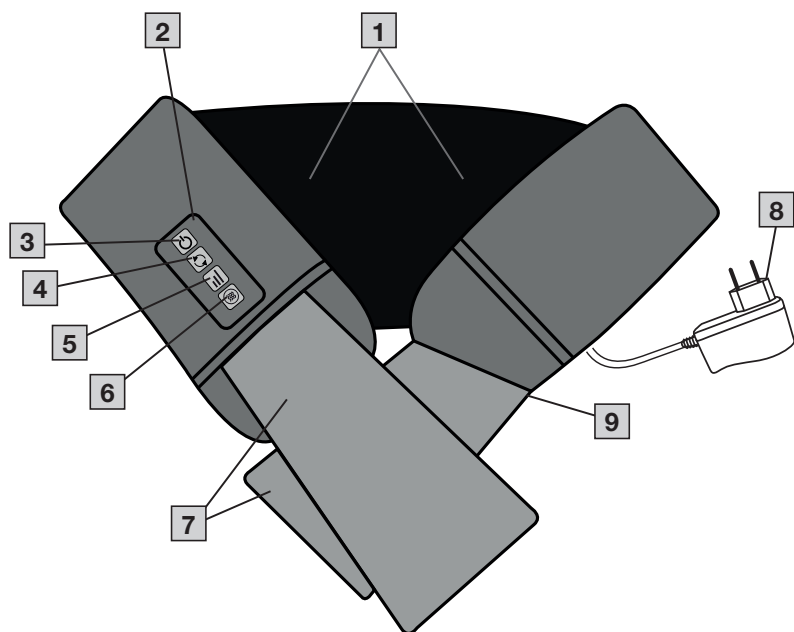
# beurer

## MG 151

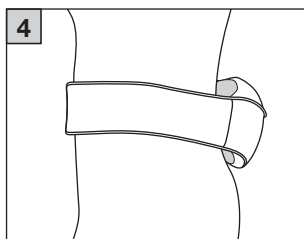
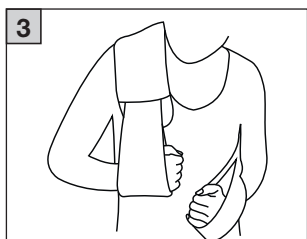
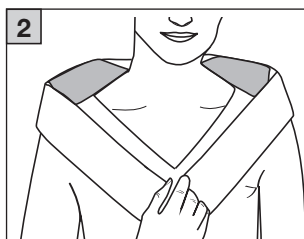
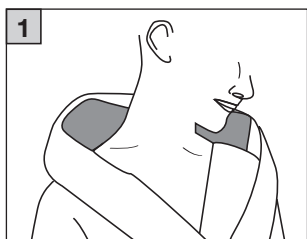


**EN** 3D Shiatsu massager  
Instruction for Use

CE



**A**





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 sensitive to heat must be careful when using the device.
- Do not insert any objects into the device apertures or the rotating parts. Ensure that the moving parts can move freely at all times.
- 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 3D Shiatsu massager
- 1 x Mains adapter
- 1 x These instructions for use

## 2. SIGNS AND SYMBOLS

The following symbols appear in the instructions for use 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.

<b>⚠ CAUTION</b> Indicates a potentially impending danger. If it is not avoided, slight or minor injuries may result.	
<b>NOTICE</b> Indicates a potentially harmful situation. If it is not avoided, the system or something in its vicinity may be damaged.	
	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
	Read the instructions
	Do not bleach
	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. GETTING TO KNOW YOUR DEVICE

The rotating massage heads in your Shiatsu massager imitate the pressure and kneading movements of a Shiatsu massage. Using this electric Shiatsu massager, you can provide yourself or others with a soothing, effective massage with no help required. Massages can be relaxing or stimulating and are effective against strained muscles, aches and fatigue. The device offers a powerful, intensive massage for the neck, shoulders and thighs.

The Shiatsu massager is suitable only for private use, not for medical or commercial purposes.

The Shiatsu massager also offers you the following benefits:

- Easy operation
- Clockwise and anti-clockwise rotation
- Heat and light function
- 3 speed settings.

### 4. INTENDED USE

This device is designed for massaging the neck, back, shoulders and thighs of the human body. It cannot replace medical treatment. Do not use the Shiatsu massager if one or several of the following warnings applies to you. If you are unsure whether the Shiatsu massager is suitable for you, please consult your doctor.

#### ⚠ WARNING

- Do not use the Shiatsu massager:
  - On animals,
  - If you suffer from a medical abnormality or injury in the area to be massaged (e.g. herniated disc, open wounds),
  - Under any circumstances for massages in the area around the heart if you wear a pacemaker – and consult your doctor regarding other parts of the body,
  - On swollen, burnt, inflamed or damaged skin and body parts of any kind,
  - On cuts, capillaries, varicose veins, acne, couperose, herpes or other skin diseases,
  - On the head or on hard parts of the body (e.g. knees and joints),
  - During pregnancy,
  - On the face (eyes), on the larynx or any other particularly sensitive body parts,
  - For foot massages,
  - While sleeping,
  - After the consumption of medicines or alcohol (reduced cognition!),
  - Not on skin with previously applied cream (e.g. warming ointment),
  - In vehicles,
- You should consult your doctor before using the Shiatsu massager, particularly in the following cases:
  - If you suffer from a severe illness or have recently had surgery on your upper body,
  - If you have a pacemaker, implant or other aids,
  - If you suffer from thrombosis,
  - If you suffer from diabetes,
  - If you are suffering pain, the cause of which is unknown.
- The device is only intended for the purpose described in these instructions for use. The manufacturer is not liable for damage resulting from improper or careless use.

### 5. WARNINGS AND SAFETY NOTES

Read these instructions for use carefully. Non-observance of the following information may result in personal injury or material damage. Store these instructions for use and make them accessible to other users. Make sure you include these instructions for use when handing over the device to third parties.

#### ⚠ WARNING

Keep packaging material away from children! There is a choking hazard.

## Electric shock

### ⚠ WARNING

- As with every electrical device, use this Shiatsu massager carefully and cautiously, in order to avoid hazards due to electric shock.
- The Shiatsu massager must therefore be operated as follows:
  - Use the device only with the mains part provided and at the mains voltage specified on the mains part
  - Never use the Shiatsu massager if it or its accessories show visible signs of damage
  - Do not use the device during a thunderstorm
- In the event of defects or operational faults, switch the Shiatsu massager off immediately and disconnect it from the mains socket. Do not pull on the mains cable or on the Shiatsu massager to disconnect the mains adapter from the socket. Never hold or carry the device by the mains cable. Keep the cables away from hot surfaces. Do not crush, bend or twist the cables. Do not insert needles or any sharp objects.
- Ensure that the massager, the switch and the mains adapter do not come into contact with water, steam or other liquids. Only use the Shiatsu massager in a dry room (e.g. never in the bath, sauna).
- Never reach for a device that has been submerged in water. Pull the mains adapter out of the mains socket immediately.
- Do not use the device if it or its accessories are visibly damaged.
- Do not subject the device to any impacts or drop the device.

## Repairs

### ⚠ WARNING

- Only specialist personnel may perform repairs on electrical devices. Improper repairs may subject users to considerable danger. For repairs, please contact Customer Services or an authorised retailer.
- The zip fastening of the Shiatsu massager must not be opened. It is only used for technical production reasons.
- Use the mains cable for its intended purpose only.

## Risk of fire

### ⚠ WARNING

- There is a risk of fire if the device is used improperly or these instructions for use are ignored.
- The Shiatsu massager must therefore be operated as follows:
  - Never use the device underneath a cover, such as a blanket, pillow, etc.
  - Never use the device near petrol or other highly flammable substances.

## Handling

### ⚠ CAUTION

- The device must be switched off and disconnected from the mains every time after use and before cleaning.
- Do not place your full weight on the moving parts of the device or place any objects on the device.
- Do not expose the device to high temperatures.

## 6. UNIT DESCRIPTION

The associated drawings are shown on page 3.

- 1 8x 3D massage heads (4 heated and illuminated massage heads), rotating in pairs
- 2 Control element
- 3 ⏻ -button
- 4 ↻ - button (anti-clockwise/clockwise rotation of the massage heads)
- 5 📶 -button (3 intensity levels)
- 6 🔥 -button (heat function)
- 7 Handles
- 8 Mains adapter
- 9 Mains connection cable (cable is secured to the side)

## 7. INITIAL USE

- Remove the packaging.
- Check the device, mains part plug and cable for damage.
- Insert the connector plug into the socket on the Shiatsu massager.
- Ensure that the cable does not pose a trip hazard.

## 8. USE

Switch on the Shiatsu massager with the ⏻ -button. The massage heads start to rotate.

You can select the massage direction by pressing the ↻ - button.

If you want to switch on the heat function, press the 🔥 button. If you then press the 🔥 button again, the heat function switches off.

You can select from 3 intensity levels using the 📶 -button. The device automatically starts on the lowest intensity level.

Press the ⏻ -button to switch the Shiatsu massager off again.

### NOTICE

- The massage should feel pleasant and relaxing at all times. If the massage is painful or uncomfortable, stop the massage or change the contact pressure using the handle.
- Use the Shiatsu massager for max. 15 minutes. Longer massages can lead to over-stimulation of the muscles, creating tension instead of aiding relaxation.
- The Shiatsu massager features an automatic switch-off function, which is set to the maximum operating duration of 15 minutes.

## Massage variations

### Neck massage **A1**:

- Place the Shiatsu massager on your neck.
- Set the contact pressure to your preferred setting using the handle.

### Back massage (upper back area) **A2**:

- Place the Shiatsu massager around your upper back area.
- Set the contact pressure to your preferred setting using the handle.

### Back massage (shoulder blade) **A3**:

- Place the Shiatsu massager diagonally around your left or right shoulder as shown.

- Set the contact pressure to your preferred setting using the handle.

**Back massage (lower back area) A4:**

- Place the Shiatsu massager around your hips as shown.
- Set the contact pressure to your preferred setting using the handle.

## 9. CLEANING AND MAINTENANCE

### Cleaning

**⚠ WARNING**

- Always unplug the mains part from the socket and disconnect it from the device before carrying out any cleaning.
- Clean the device using only the methods specified. Under no circumstances may liquid enter the device or the accessory.
- 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 plan to use the device for a long period of time, we recommend that you store it in the original packing in a dry environment, ensuring it is not weighed down by additional items.

## 10. 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.

## 11. WHAT IF THERE ARE PROBLEMS?

Problem	Cause	Solution
Massage heads rotating too slowly.	The load on the massage heads is too great.	Free up massage heads.
Massage heads do not move.	The device is not connected to mains power supply.	Connect the mains adapter and switch on the device.

## 12. 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.



## 13. TECHNICAL DATA

Supply:	
Input	100–240 V~, 50/60 Hz, 0.8 A
Output	12.0 V <span style="text-decoration: underline double;">==</span> 2.0 A, 24.0 W
Average active efficiency	≥ 87.38 %
Efficiency at low load (10 %)	≥ 85.66 %

No-load power consumption	≤ 0.072 W
Dimensions	128 x 15.7 x 14 cm
Weight	ca. 1.68 kg

## 14. WARRANTY/SERVICE

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





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