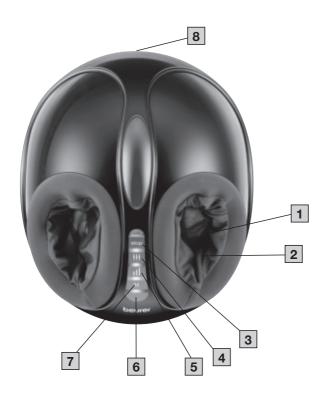
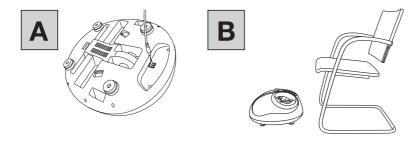
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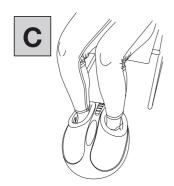
FM 90



ΕN	Foot massager	
	Instructions for use	1







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.

A WARNING

- The device 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 insensitive 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 exterior of the delivery cardboard packaging is intact and make sure that all components are present. Before use, ensure that the device and accessories show no visible damage and all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Service address.

- 1 x Foot 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

AWARNING

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

A 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.



Only use indoors.



Observe the instructions for use



Dispose of packaging in an environmentally friendly manner



Protection class 2 device



The electronic device must not be disposed of with household waste



Manufacturer



Protected against solid foreign objects 12.5 mm in diameter and larger



CE labelling

This product satisfies the requirements of the applicable European and national directives.



Energy efficiency level 6



Switching mains part



Short-circuit-proof safety isolating transformer



The products demonstrably meet the requirements of the Technical Regulations of the EAEU.



The device is suitable for use with direct current only



United Kingdom Conformity Assessed Mark



Separate the product and packaging elements and dispose of them in accordance with local regulations.



Importer

3. INTENDED USE

This device is solely intended for foot massage on people. The device is only intended for **private use**, and not for medical or commercial purposes. Use the device for the purpose it was developed for only and in the manner specified in these instructions for use. Any form of improper use can be dangerous. The manufacturer is not liable for damage resulting from improper or incorrect use. Do not use the device if one or several of the following notes applies to you. If you are unsure whether the device is suitable for you, please consult your doctor.

- Do not use the foot massager if you suffer from a medical abnormality or injury in the area of your feet (e.g. open wounds, warts, athlete's foot).
- Do not use the foot massager on acutely or chronically diseased, injured or irritated skin (e.g. inflamed skin whether painful or not, reddened skin, rashes, venous inflammation, arterial thrombosis, venous thrombosis, thrombophlebitis, varicose veins, allergies, burns, bruises, swellings, wounds that are still healing or post-operative scars).
- · Only use the foot massager on healthy and clean skin.
- Do not use the foot massager on animals.
- Do not use the foot massager for periods of longer than 15 minutes.
- Do not use the foot massager whilst asleep, driving a vehicle or operating machinery.
- Do not use the foot massager on tissue that is prone to bleeding.
 Never operate the foot massager unsupervised. Supervise
- children around the device to ensure they do not play with it.

 If you are unsure whether the foot massager is suitable for
- you, please consult your doctor before use.

 If you suffer from a severe illness or have recently had sur-
- gery on your feet, please consult your doctor before using the foot massager.

 If you suffer from dispetes or thrombosis, consult your doc-
- If you suffer from diabetes or thrombosis, consult your doctor before using the foot massager.
- If you suffer from sensory impairment that reduces the feeling of pain (e.g. metabolic disorders), please consult your doctor before use.
- If you are suffering from pain, the cause of which is unknown, consult your doctor before using the foot massager.

4. 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.

AWARNING

Keep the device and packaging material away from children. The mains adapter cable poses a risk of strangulation and there is a risk of choking due to small parts that can be swallowed.

Electric shock

AWARNING

As with every electrical device, use this device carefully and cautiously, in order to avoid hazards due to electric shock. The device should therefore:

- Only be operated with the voltage specified on the device
- Never be used if it or its accessories show visible signs of damage
- · Not be used during a storm.

In the event of defects or operational faults, switch the device off immediately and disconnect it from the mains socket. Do not pull on the mains cable or on the device to disconnect the plug from the socket. Never hold or carry the device by the mains cable. Keep the cables away from hot surfaces. Never open the device. Ensure that the device and the mains cable do not come into contact with water, steam or other liquids. Therefore, only use the device:

- In dry interior rooms (e.g. never in the bath or sauna)
- · With dry hands.

Do not pull, twist or bend the mains cable. Do not insert needles or any sharp objects. Ensure that the mains cable is not routed or pulled over pointed or sharp objects.

Never reach for a device that is submerged in water. Disconnect it from the mains plug immediately. Do not use the device if it or its accessories are visibly damaged. Do not drop the device or subject it to any impacts.

Repairs

AWARNING

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.

Risk of fire

A WARNING

There is a risk of fire if the device is used improperly or these instructions for use are ignored.

Therefore:

- Never operate the foot massager unsupervised, especially if there are children nearby
- Never operate the foot massager underneath a cover, such as a blanket, pillow, etc.
- Never operate the foot massager near petrol or other highly flammable substances

Handling

AIMPORTANT

The device must be switched off and disconnected after every use and before cleaning.

- Do not place your full weight (sitting, lying down, or standing) on the moving parts of the device or place any objects on the device.
- Do not expose the device to direct sunlight or high temperatures.
- · Protect the device from dust, dirt and humidity.
- Never submerge the device and the mains adapter in water or other liquids.

Damage

AWARNING

- 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.
- If the device is damaged, do not use it and contact your retailer or the specified Customer Services address.
- To ensure that the device functions effectively, do not drop it or dismantle it.
- Check the device for signs of wear and tear or damage.
 If there are such signs of wear and tear or damage or if the device was used improperly, it must be returned to the manufacturer or retailer before further use.
- Switch the device off immediately if it is faulty or not working properly.
- Never attempt to open and/or repair the device yourself.
 Repairs may only be carried out by Customer Services or authorised retailers. Failure to comply with this instruction will void the warranty.
- The manufacturer is not liable for damage resulting from improper or incorrect use.

5. DEVICE DESCRIPTION

The associated illustrations are on page 2.

1 Massage surface with massage heads		
2 Removable cover (washable)		
3 Stop button Stop		
4 Heat button		
5 Intensity button		
6 ON/OFF button ①		
7 Mode button M		
8 Connection socket for mains adapter		

6. INITIAL USE

Connecting the mains adapter

To operate the foot massager with the supplied mains adapter, you need to connect the mains adapter to the foot massager first. Proceed as follows:

- 1. Remove all packaging material.
- 2. Check the foot massager, the mains adapter and the mains cable for damage.
- 3. Connect the mains adapter cable to the connection socket on the underneath of the foot massager.
- 4. Insert the mains adapter into a suitable socket.

A WARNING

Trip hazard! Ensure that the mains cable does not pose a trip hazard.

7. USE

AWARNING

- Only use the foot massager when you are sitting down. Never use the foot massager when standing up.
- Use the massager for max. 15 minutes. Longer massages can lead to over-stimulation of the muscles, creating tension instead of aiding relaxation.

NOTE

The device features an automatic switch-off function, which is set to the maximum operating duration of 15 minutes. To start foot stimulation, proceed as follows:

Step 1: Place the foot massager on the floor

 Place the foot massager on an even, hard surface. Position a chair in front of the foot massager so that you can reach the device comfortably with your feet when sitting in the chair.

Step 2: Place your feet in the foot massager

NOTE

You can use the foot massager either barefoot or with socks.

Slip your feet into the foot massager. Ensure that the soles of your feet are placed on the massage heads.

Step 3: Switch on the foot massager (1)

Press the ON/OFF button ① to switch the foot massager on. The LED on the ON/ OFF button begins to light up green. The foot massager starts in mode 1 and the lowest intensity.

Step 4: Set the mode M

The foot massager has three different massage modes. Select your desired mode using the mode button M.

Mode 1: LED green = Only air pressure

Mode 2: LED blue = Massage without air pressure

Mode 3: LED red = Massage with air pressure

Step 5: Set the intensity

For the air pressure massage, the foot massager has three intensity levels (low, medium, high). Select your desired intensity level using the intensity button [1].

LED green = low intensity

LED blue = medium intensity

LED red = high intensity

Step 6: Switch the heat on/off

The foot massager has an optional heat function. You can warm your feet during the massage by using the heat function.

 To switch on the heat function, press the heat button during the massage. The LED on the heat button begins to light up red. Press the heat button again to switch off the heat function. The LED on the heat button goes out.

Step 7: Stop the foot massage

 If, during use, you experience an excessive or unpleasant feeling of pressure, press the start/stop button to stop the treatment. To start the foot massager again, press the ON/ OFF button ①.

Step 8: Switch off the foot massager

To switch off the foot massager, press the ON/OFF button

 When the device is switched on. The LED on the ON/OFF button
 OFF button
 Ogoes out.

8. CLEANING AND MAINTENANCE

Cleaning the foot massager

A WARNING

- Unplug the foot massager each time before cleaning.
- Clean the foot massager using only the methods specified.
 Under no circumstances may liquid enter the foot massager or the accessories.
- Clean the foot massager with a slightly damp cloth. If it is very dirty, you can also moisten the cloth with a mild soapy solution.

Cleaning the covers

The covers of the massage rollers can be washed by hand. Proceed as follows:

- To remove the covers from the foot massager, undo the hookand-loop fastener of the covers.
- 2. Wash the covers by hand.
- 3. Allow the covers to dry. Only insert the covers into the foot massager again when they are completely dry.
- 4. Ensure that the hook-and-loop fasteners of the covers are firmly attached to the foot massager.

Storage

If you do not plan to use the foot massager 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. Store the foot massager away from children and pets. Do not place any objects on the foot massager.

9. ACCESSORIES AND/OR REPLACE-MENT PARTS

To purchase accessories and/or replacement parts, visit 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	Solution
The massage heads are rotating too slowly	The load on the massage heads is too great.	Free up massage heads.
The massage	The device is not connected to mains power supply.	Connect the mains plug and switch on the device.
heads do not move	Overheating protection triggered.	Disconnect the device from the power supply, wait at least 15 minutes, then plug in again and switch on.

11. DISPOSAL

For environmental reasons, do not dispose of the device in the household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country. 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 SPECIFICATIONS

Mains operation: Input Output	100-240 V~, 50/60 Hz, 1.5 A 24.0 V === 2.0 A, 48.0 W
Average active efficiency:	≥ 89.35 %
Efficiency at low load (10 %):	≥ 87.87 %
No-load power consumption:	≤ 0.08 W
Dimensions:	36 x 42 x 25 cm
Weight:	approx. 4.5 kg

13. WARRANTY/SERVICE

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