

# beurer

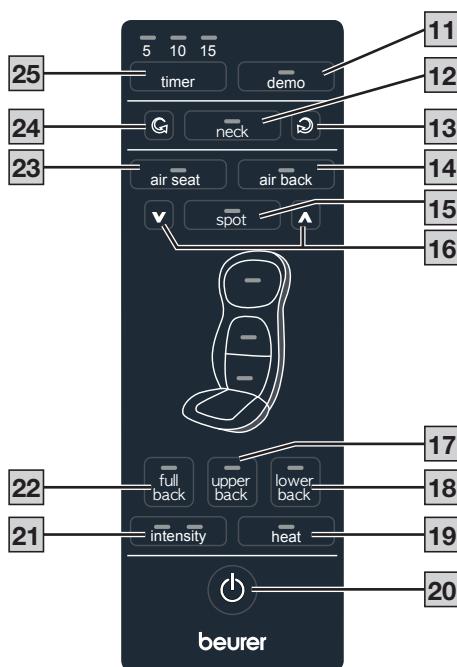
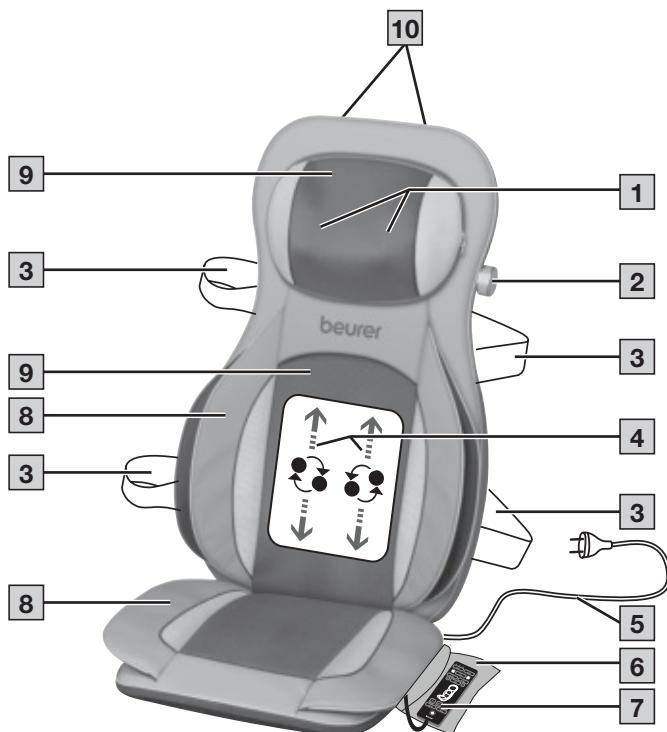
# MG 320



**EN** Shiatsu Air Compression Seat Cover  
Instructions for use

CE







Read these instructions for use carefully. Observe the warnings and safety notes. Keep these instructions for use for future reference. Make the instructions for use accessible to other users. If the device is passed on, provide the instructions for use to the next user as well.

## ⚠ WARNING

- The device is intended only for domestic/private use, not for commercial use.
- This device can 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 aware of the consequent risks of use.
- The device has a hot surface. Persons sensitive to heat must be careful when using the device.
- 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.
- 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 Air Compression Seat Cover  
1 x These instructions for use

## 2. SIGNS AND SYMBOLS

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

## ⚠ DANGER

Indicates an imminent danger. If it is not avoided, it will result in death or serious injury.

## ⚠ 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
	Read the instructions
	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.
	Marking to identify the packaging material. A = material abbreviation, B = material number: 1-7 = plastics, 20-22 = paper and cardboard
	Separate the product and packaging elements and dispose of them in accordance with local regulations.
	Protection class II device
	The products demonstrably meet the requirements of the Technical Regulations of the EAEU
	For indoor use only
	Conformity assessed marking for the United Kingdom
	Importer

following information may result in personal injury or material damage.

### Intended use

This device is exclusively intended to massage the back and neck of humans. It cannot replace medical treatment. Do not use the device if one or several of the following warnings applies to you. If you are unsure whether the device is suitable for you, please consult your doctor.

### WARNING

- Do not use the device if you suffer from a medical abnormality (e.g. swelling, burns, inflammations) or injury in the area of the body to be massaged (e.g. herniated disc, open wound, lacerations, capillaries, varicose veins, acne, couperose, herpes or other skin diseases).
- Do not use the device during pregnancy.
- Never use the device while sleeping.
- Do not use the device after the consumption of substances that lead to impaired cognitive function (e.g. pain medication, alcohol).
- Do not use the device in a vehicle.
- Do not use the device whilst undertaking any activity where an unexpected reaction could be dangerous.
- Consult your doctor before using the device if you suffer from a serious illness, have undergone surgery on your upper body or have a pacemaker, implants or other aids.
- Consult your doctor before using the device if you suffer from thrombosis, diabetes or pain, the cause of which is unknown.
- Danger of suffocation! Keep packaging material away from children.

### **NOTICE**

- Do not use the device on animals.
- Do not use the device for longer than 15 minutes (risk of overheating) and leave the device to cool down for at least 15 minutes before using it again.

### Electric shock

### DANGER

- Never pick up a device that has fallen into water. Unplug the mains adapter immediately. Do not drop the device or subject it to any impacts.

### WARNING

- As with every electrical device, use this device carefully and cautiously, in order to avoid hazards due to electric shock.
- Only use the device with the mains voltage specified on the device.
- Never use the device if there is visible damage to the device, accessories and/or replacement parts.
- Do not use the device 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 mains adapter or plug from the socket. Never hold or carry the device by the cable. Keep the cables away from hot surfaces. Do not crush, bend or twist the cables. Do not insert needles or any sharp objects.

### Repairs

### WARNING

- Only specialist personnel may perform repairs on electrical devices. Improper repairs may put users in significant danger. For repairs, please contact Customer Services or an authorised retailer.

## 3. ABOUT SHIATSU MASSAGE

Shiatsu is a type of body massage that was developed in Japan over 100 years ago, based on ideas taken from traditional Chinese medicine. The basic principle is that there is a system of energy channels (meridian system) within the human body.

The objective of a Shiatsu massage is to boost the physical, emotional and mental well-being of the treated person. To this end, energy blockages in the energy channels must be removed and the self-regulating powers of the body must be stimulated.

Shiatsu therapists achieve this by applying pressure in flowing movements along the energy channels (meridians). Although Shiatsu literally translates as "finger pressure", treatment is not just given with the fingers, but also with the heels of the hand, elbows and knees. The therapist uses their whole body weight to create the necessary pressure.

## 4. GETTING TO KNOW YOUR DEVICE

The rotating massage heads in your massager imitate the pressure and kneading movements of a Shiatsu massage. This device comes complete with rotating massage heads and provides a powerful and intensive deep massage for the whole back.

In addition to Shiatsu massage, the MG 320 offers an air compression massage in the midsection and on the seat.

For this purpose, you must place the Shiatsu air compression seat cover on a suitable seating surface.

The device is suitable only for **private use**, and not for medical or commercial purposes.

## 5. WARNINGS AND SAFETY NOTES

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. Failure to observe the

- Never attempt to repair the device yourself!
- The zip fastening on the back part of the device must not be opened. It is only used for technical production reasons.
- If the mains adapter or the mains cable is damaged, this must be replaced by an authorised retailer.

## Risk of fire

### ⚠ WARNING

- There may be a risk of fire if the device is used improperly or these instructions for use are ignored!
- Never use the device underneath a cover, such as a blanket or pillow.
- Never use the device near petrol or other highly flammable substances.

## Handling

### ⚠ WARNING

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

### NOTICE

- 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 high temperatures.
- Operate the device only in an upright position, and never place it flat on the ground.

## 6. DEVICE DESCRIPTION

The related illustrations are on page 3.

### Shiatsu air compression seat cover (front side)

- 1** 2 Neck massage fingers
- 2** Turning handle for height adjustment
- 3** Fastening straps
- 4** 4 Massage heads
- 5** Mains cable
- 6** Storage bag
- 7** Hand switch
- 8** Air cushion
- 9** Removable and washable covers
- 10** Coat hanger loops (rear)

### Hand switch

- 11** Demo button
- 12** Neck button
- 13** Neck  button (clockwise rotation)
- 14** Air back button (air compression massage)
- 15** Spot button (spot massage)
- 16** Height adjustment button (spot massage)
- 17** Upper back button (massage for the upper back area)
- 18** Lower back button (massage for the lower back area)

**19** Heat button (heating)

**20**  button

**21** Intensity button (massage intensity)

**22** Full back button (massage for the whole back area)

**23** Air seat button (air compression massage)

**24** Neck  button (anti-clockwise rotation)

**25** Timer button (5 – 10 – 15 minutes)

## 7. INITIAL USE

- Position the seat cover upright on a suitable seat with a sitting area and back rest (chair, sofa or similar). Make sure that the seat has a sufficiently high backrest.
- In order to secure the Shiatsu air compression seat cover, use the flexible tie straps and hook and loop fasteners.
- Connect the device to the mains by plugging the plug into the socket.

## 8. USAGE

At first, press your back only carefully against the massager. Then check carefully whether the massage position is pleasant for you and then lower your weight gradually towards the massager. The massage should feel pleasant and relaxing at all times. If the massage is painful or uncomfortable, stop the massage or change your position or the contact pressure.

- Do not force or jam any part of your body, in particular your fingers, between the rotating massage elements or their holders in the unit.
- Sit comfortably and upright on the seat cover. Take care to ensure you are positioned in the middle of the massager and that the massage heads can move to the left and right of your spine.
- Switch on the massager with the  button. The LEDs signal the massage functions which are currently selected.
- Automatic switch-off is automatically activated when the device is switched on and is pre-set to 15 minutes. By pressing the **timer** button, you can set the automatic switch-off to 5, 10 or 15 minutes. Please note that the timer begins to count again when you change the timer setting. In order to prevent overheating of the device, set the maximum massage period at the beginning of the massage and do not change it again during the massage.

### You can specify the settings as follows:

#### 1. Shiatsu back massage

The device automatically begins the Shiatsu massage for the entire back area immediately after being turned on. Then, if needed, press the **upper back** or **lower back** button to select the desired massage area.

#### 2. Demo run

Press the **demo** button to begin a quick 5-minute run-through of the functions contained in the device. The manual controller indicates which function is being displayed by flashing the respective LED. The device switches off automatically once the demo run has finished.

#### 3. Neck massage

Press the **neck** button to start the neck massage. Press **neck ** (clockwise rotation) or **neck ** (anti-clockwise rotation) or **neck ** (clockwise rotation) to change the direction of the massage.

#### 4. You can choose a spot massage

i.e. a Shiatsu massage with minimal vertical movement by pressing the **spot** button. You can change the position of the spot massage by holding down one of the two arrows next to the **spot** button until the desired position is reached.

## 5. Air compression massage

For the compressed air massage, 3 different massage intensities are available, which can be selected using the **intensity** button. Firstly, press the **air back and/or air seat** button to switch to compressed air massage, and then to set your desired intensity:

- Level 1: left LED lights up
- Level 2: right LED lights up
- Level 3: both LEDs light up

Once it has been activated, the compressed air massage will begin at the lowest intensity level.

## 6. Heat function

You can activate the heat function of the massage heads by pressing the **heat** button. The massage heads light up in red when the heating function is in use.

- Use the massager for max. 15 minutes and then leave it to cool down. Long massages can lead to over-stimulation of the muscles, creating tension instead of aiding relaxation. You can end the massage at any time by pressing the  button. Please note that the massage heads will return to their start position in the lumbar area when the device is switched off. This is indicated by a flashing LED light. Once this position is reached, the device switches off.
- If the device is stopped by pressing a massage area button twice, it will also return to the start position after the timer ends and switch itself off.
- Do not disconnect the device from the power supply while it is in operation. Always switch it off first and then wait until it has reached its initial position.

 The device features an automatic switch-off function, which is set to the maximum operating duration of 15 minutes.

## 9. CLEANING AND MAINTENANCE

### Cleaning

#### WARNING

- Unplug the device each time before cleaning.
- Clean the device using only the methods specified. Under no circumstances may liquid enter the device or the 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.
- The removable covers are machine-washable at 40°C. Please note the symbols for care and cleaning on the label sewn into the cover.
  - The velour cover to the rear is secured with a hook and loop fastener under the material bearing the beurer logo and can be removed from there.
  - The cover for the neck area can be removed using the zip at the side of the control knob for the height-adjustable neck massage.
- 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. Alternatively, you can hang the device in a wardrobe with a coat hanger. To do so, the coat hanger must be threaded through the hanging loops on the rear side of the device.

## 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.	Reduce the contact pressure from your body.
Massage heads are rotating in the upper or lower area only.	The massage was only activated for the limited area in question.	Press the <b>full back, upper back, lower back</b> buttons to change or extend the area. Press the <b>neck</b> button to activate the neck massage.
Massage heads are not moving at all or air chambers are not inflating.	The device is not connected to mains power supply.	Connect the mains plug and switch on the device.
Device not switched on.	Switch the device on by pressing  .	Select the massage area.
Overheating protection triggered, device is damaged.	Contact your retailer or the service address.	

## 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 SPECIFICATIONS

Disposal	100-240 V~, 50/60 Hz, 35 W
Dimensions	50 x 17 x 82 cm
Weight	ca. 6.5 kg

## 14. WARRANTY/SERVICE

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



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