

# beurer

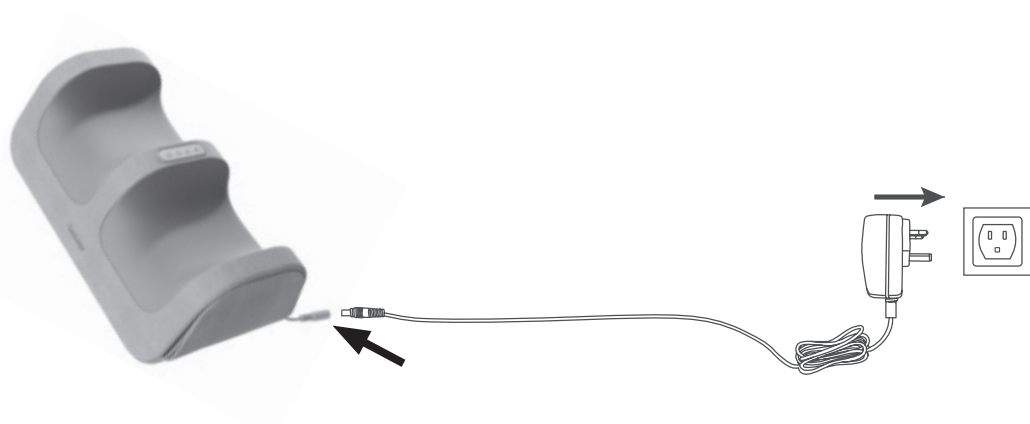
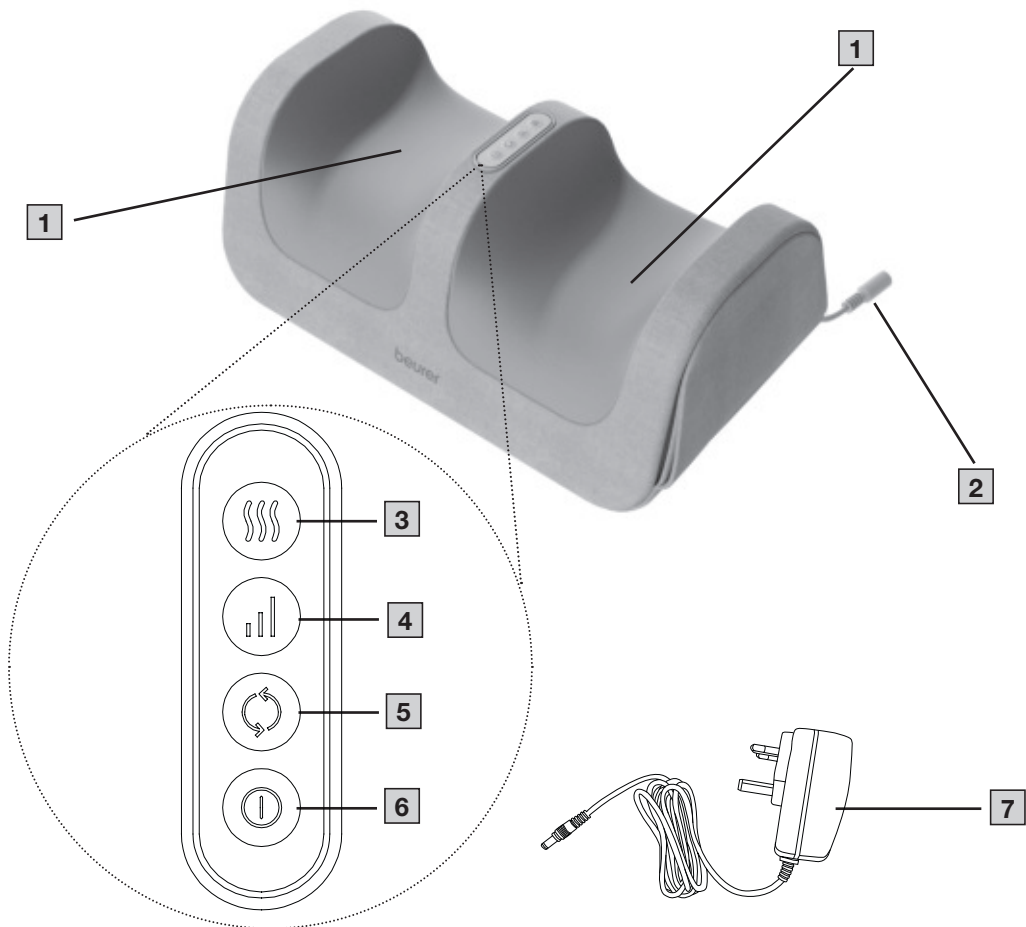
**FM 42**  
**Green Planet\***



**EN** Foot and calf massager  
Instructions for use

\*Find out more  
about Beurer Green  
Planet on:







Read these instructions for use carefully. Follow 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.

- 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.
- Do not insert any objects in the device apertures or in the moving parts. Ensure that the moving parts can move freely at all times.
- Do not force or jam any part of your body, in particular your fingers, between the moving massage elements or their holders in the device.
- Under no circumstances should you open or repair the device yourself, otherwise proper functionality can no longer be guaranteed. Failure to comply will invalidate the guarantee.
- The device has a heated surface. People who are not sensitive to heat must be careful when using the device.
- The device is only intended for domestic/private use, not for commercial use.
- Only use the mains adapter supplied.

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# 1. INCLUDED IN DELIVERY

Check that the exterior of the cardboard delivery packaging is intact 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 Service address.

- 1 foot and calf massager
- 1 mains adapter
- 1 copy of these instructions for use

# 2. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

|                                                                                                                          |                |
|--------------------------------------------------------------------------------------------------------------------------|----------------|
|                                          | <b>WARNING</b> |
| 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. |                |

|                                                                                   |                                                                                                                                 |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
|    | <b>Product information</b><br>Note on important information                                                                     |
|    | Read the instructions                                                                                                           |
|    | For indoor use only                                                                                                             |
|    | The electronic device must not be disposed of with household waste                                                              |
|    | Manufacturer                                                                                                                    |
|  | Energy efficiency level 6                                                                                                       |
|  | Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard |
|  | The products demonstrably meet the requirements of the Technical Regulations of the EAEU.                                       |
|  | United Kingdom Conformity Assessed Mark                                                                                         |
|  | Protected against solid foreign objects 12.5 mm in diameter and larger                                                          |
|  | Safety isolating transformer, short-circuit proof                                                                               |
|  | Importer                                                                                                                        |
|  | <b>CE labelling</b><br>This product satisfies the requirements of the applicable European and national directives.              |
|  | Direct current                                                                                                                  |

|                                                                                   |                                                                                                       |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
|    | Switch mode power supply unit                                                                         |
|  | Polarity of d.c. power connector                                                                      |
|  | Do not use the power adapter if the plug is damaged.                                                  |
|  | Protection class II device                                                                            |
|  | Separate the product and packaging elements and dispose of them in accordance with local regulations. |
|  | Rated ambient temperature<br>t <sub>amb</sub> =40°C                                                   |
|  | Alternating current                                                                                   |

# 3. INTENDED PURPOSE

|                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
|                                                                                                                                                                                                                                                                                                                                                                          | <b>WARNING</b> |
| This device is only intended for massaging feet and calves. The device is not suitable for animals.<br>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.<br>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. |                |

# 4. WARNINGS AND SAFETY NOTES

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>WARNING</b> |
| <ul style="list-style-type: none"><li>• Danger of suffocation! Keep packaging material away from children.</li><li>• Do not use the device if you suffer from a medical abnormality or injury in the area of your feet or calves (e.g. open wounds, warts, athlete's foot).</li><li>• Do not use the device for periods of longer than 15 minutes.</li><li>• Never operate the device unsupervised.</li><li>• Supervise children around the device to ensure they do not play with it.</li><li>• If you suffer from a severe illness or have had surgery on your feet or calves, please consult your doctor before using the device.</li><li>• If you suffer from diabetes or thrombosis, consult your doctor before using the device.</li><li>• Do not use the device if you are experiencing pain in your leg or foot (e.g. varicose veins, venous inflammation).</li><li>• Do not use the device if you are suffering from pain, the cause of which is unknown.</li><li>• Do not use the device while standing.</li></ul> |                |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>NOTICE</b>  |
| <ul style="list-style-type: none"><li>• 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.</li><li>• Do not expose the device to high temperatures.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                |

## Electric shock

|                                                                                                                                                                                                                                                                                |                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
|                                                                                                                                                                                             | <b>WARNING</b> |
| As with every electrical device, use this device carefully and cautiously, in order to avoid hazards due to electric shock. <ul style="list-style-type: none"><li>• Keep the device, the mains adapter and the mains cable away from water, steam and other liquids.</li></ul> |                |

- Only operate the device in dry indoor areas. Do not operate the device near bathtubs, shower trays or other containers that have water in them.
- Do not operate the device in the sauna.
- Only operate the device with dry hands.
- Only operate the device with the mains voltage specified on the device.
- Never operate the device if it or any of its accessories are visibly damaged.
- Do not operate 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 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.
- If the power cable of the device is damaged, it must be replaced by the manufacturer or an authorised customer service point.
- Do not pull, twist or bend the mains cable. Ensure that the mains cable is not routed or pulled over pointed or sharp objects.
- Never reach for a device that has been submerged in water. Unplug the mains adapter from the socket 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

### **⚠ 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.

## 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 leave the device unattended when it is in operation, particularly if there are children nearby.
- Never use the device underneath a cover, such as a blanket or pillow.
- Never use the device near petrol or other highly flammable substances.

## 5. DEVICE DESCRIPTION

The associated drawings are shown on page 2.

- 1** Message heads
- 2** Connection socket
- 3** Heat button
- 4** Intensity button
- 5** Direction of rotation button
- 6** ON/OFF button
- 7** Mains adapter

## 6. USAGE

### 6.1 Initial use/preparing for use

1. Remove the packaging. Check the device, mains adapter **7**, and cable for damage.

2. Connect the mains adapter **7** to the connection socket **2** on the side of the device. Plug the other end of the mains adapter **7** into a suitable socket.
3. Ensure that the cable does not pose a trip hazard.



### 6.2 Using the device on your feet

#### **⚠ CAUTION**

- Only use the device on the feet when sitting down and never when standing.
- Do not force or jam any part of your body, in particular your fingers, between the rotating massage heads **1** or their holders in the device.

**i** Use the device for a maximum of 15 minutes. Longer massages can lead to over-stimulation of the muscles, creating tension instead of aiding relaxation. Massaging a specific point on the sole of the foot can influence the corresponding organs of the body. However, we recommend studying relevant literature and asking your doctor before using point reflex zone massage to achieve the desired effect for you.

1. Place the device on a firm, level surface.
2. Remove your shoes before each use. Sit in a comfortable position.
3. For hygiene reasons, we recommend always wearing socks during use.
4. Place your feet on the massage heads **1**. Rubber nubs on the base of the device stop it from slipping.
5. Press the ON/OFF button **6** to switch on the device. The massage heads **1** start to rotate at the medium intensity level and the heat function switches on (the massage surface lights up red and heats up). At the beginning, the device is always preset to the medium intensity level and the heat function is always activated. Further information on the individual settings options can be found in chapter "6.4 Settings options".
6. 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.



**i** The device comes with an automatic switch-off function. It switches off automatically after 15 minutes of operation.

7. To end use manually, press the ON/OFF button **6** again. The massage heads **1** will stop.

### 6.3 Using the device on your calves

1. Sit in a comfortable position.
2. Place the device on a raised surface with a solid base from which you can comfortably place your calves in the device.



3. Press the ON/OFF button [6] to switch on the device. The massage heads [1] start to rotate at the medium intensity level and the heat function switches on (the massage surface lights up red and heats up). At the beginning, the device is always preset to the medium intensity level and the heat function is always activated. Further information on the individual settings options can be found in chapter "6.4 Settings options".
4. 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.



The device comes with an automatic switch-off function. It switches off automatically after 15 minutes of operation.

5. To end application manually, press the ON/OFF button [6] again. The ON/OFF button [6] will go out and the massage heads [1] will stop.

### 6.4 Settings options

#### Direction of rotation of the massage heads

The massage heads on the device can rotate either to the left or right.

- To change the direction of rotation of the massage heads, press the direction of rotation button ( [5] with the device switched on.

#### Intensity of the massage heads

You can set the intensity of the massage heads on the device.

- To set the intensity, press the intensity button ( [4] with the device switched on. The device has a total of three intensity levels (low, medium and high).

#### Switching on the heat function

The device has a heat function that you can switch on as an option. If the heat function has been activated, the massage surface will become pleasantly warm and light up red during use.

1. To switch on the heat function, press the heat button ( [3] with the device switched on. The LED display will light up in red.
2. Press the heat button ( [3] again to switch off the heat function. The red light goes off.

### 7. CLEANING AND MAINTENANCE

#### CAUTION

Always disconnect the device from the socket before cleaning it. Clean the device using only the methods specified. Liquid must not penetrate the device or the accessories.

1. Clean the device with a slightly damp cloth. If it is very dirty, you can also moisten the cloth with a mild soapy solution.
2. 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.
3. Do not use the device again until it is completely dry.

#### Storage

Store the device in its original packaging in a dry environment, ensuring it is not weighed down by additional items.

### 8. WHAT IF THERE ARE PROBLEMS?

| Problem                                                 | Possible cause                                                                                                | Solution                                                                                                           |
|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| Massage heads [1] rotate too slowly.                    | The load on the massage heads [1] is too great.                                                               | Free up massage heads [1].                                                                                         |
| Massage heads [1] do not move.                          | The device is not connected to a suitable socket.                                                             | Plug the mains adapter [7] into a suitable socket. Switch the device on using the ON/OFF button.                   |
| The device switches off automatically after 15 minutes. | The device has an automatic switch-off function and switches off automatically after 15 minutes of operation. | Allow the device to cool down for 15 minutes. Press the ON/OFF button [6] to switch the device back on afterwards. |
| The device will not switch on.                          | Mains adapter [7] is not connected to the connection socket [2] on the device.                                | Connect the mains adapter [7] to the connection socket [2] on the device.                                          |
|                                                         | Mains adapter [7] is not connected to a suitable socket.                                                      | Plug the mains adapter [7] into a suitable socket.                                                                 |

### 9. DISPOSAL

For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country. Observe the local regulations for material disposal. 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. You can obtain the location of collection points for old devices from the local or municipal authorities, local waste disposal companies or your retailer, for example.

### 10. TECHNICAL SPECIFICATIONS

|                                      |                                                           |
|--------------------------------------|-----------------------------------------------------------|
| Dimensions:                          | Approx. 37 x 20 x 15 cm                                   |
| Weight:                              | Approx. 1.2 kg (without mains adapter)                    |
| Voltage:<br>Input<br>Output          | 100-240 V~; 50/60 Hz; 0.8 A max<br>12.0 V — 2.0 A; 24.0 W |
| Automatic switch-off:                | After 15 minutes                                          |
| Average efficiency during operation: | ≥ 87.57%                                                  |
| Efficiency at low load (10%):        | ≥ 85.70%                                                  |

|                                           |                |
|-------------------------------------------|----------------|
| No-load power consumption:                | ≤ 0.051 W      |
| Device power consumption when set to off: | 0.1 W          |
| Device power consumption in standby mode: | not applicable |

**11. GUARANTEE**

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

