

Auto Programs

Auto mode

Full Body 6 Demo 2

Focused 3 Gentle 4

Deep Sleep 5 All Air 7

Choose from 14 Auto Programs:

A1 Full Body

A2 Refreshing

A3 Relaxing

A4 Sport Care

A5 Deep Stretch

A6 Spine Care

A7 Neck & Shoulder

A8 Waist & Back

A9 Glutes

10 Deep Sleep

11 Gentle

12 All Air

13 Demo w/ Voice

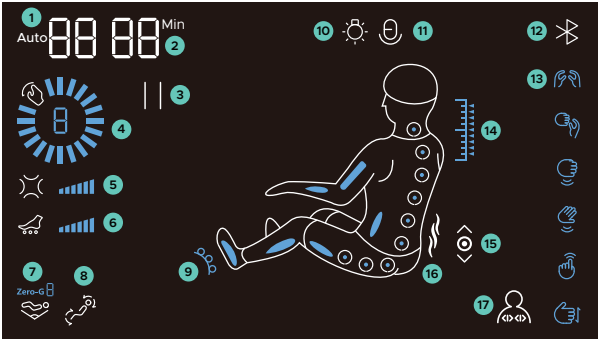
14 Demo w/o Voice



Display: Shows Which Auto Program You Are On

Display Panel

The display panel will show icons that illuminate when they are on or in use.



- 1 Auto Program Number

2 Massage Time

3 Pause

4 Mechanism Roller Speed

5 Airbag Intensity

6 Foot Roller Speed

7 Zero Gravity Recline

8 Legrest/Backrest Up/Down
- 9 Foot Roller On/Off

10 Chromotherapy Light

11 Voice Broadcasting

12 Bluetooth* On/Off

13 Massage Techniques

14 Shoulder Adjustment

15 Mechanism Adjustment

16 Lumbar Heat On/Off

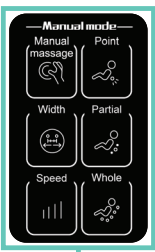
17 Mechanism Width

Manual Mode

Manual mode gives you full control; select your technique, adjust width, speed, and intensity, and target whole, partial, or point areas for precise relief.

Manual Massage Techniques:

- Kneading
- Knocking
- Tapping
- Clapping
- Shiatsu
- Rolling



Display: Massage technique will illuminate

Manual Mode: Adjustments

- Width** - Press to adjust the width of the back mechanism during Tapping or Shiatsu.
- Speed** - Press to change the mechanism speed, there are 6 speed levels. Press to cycle through.
- Whole** - Moves the mechanism across your entire back for full-area coverage.
- Partial** - Limits the mechanism to a smaller section of your back for focused coverage.
- Point** - Locks the mechanism in one exact spot for targeted relief.

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Quick Start
Guide

Zenara™
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QR code to watch a
remote tutorial video.

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Full Body - Programs are Full Body, Refreshing, Relaxing, Sport Care, Deep Stretch and Spine Care. Tap to cycle through.

Focused - Programs are Neck & Shoulder, Waist & Back, and Glutes.

Deep Sleep - Relieve stress and tension before bed.

Demo - The programs are Demo (with audio) and Demo (without audio).

Gentle - A program that focuses on gentle massage techniques.

All Air - Airbag compression therapy for the whole body.

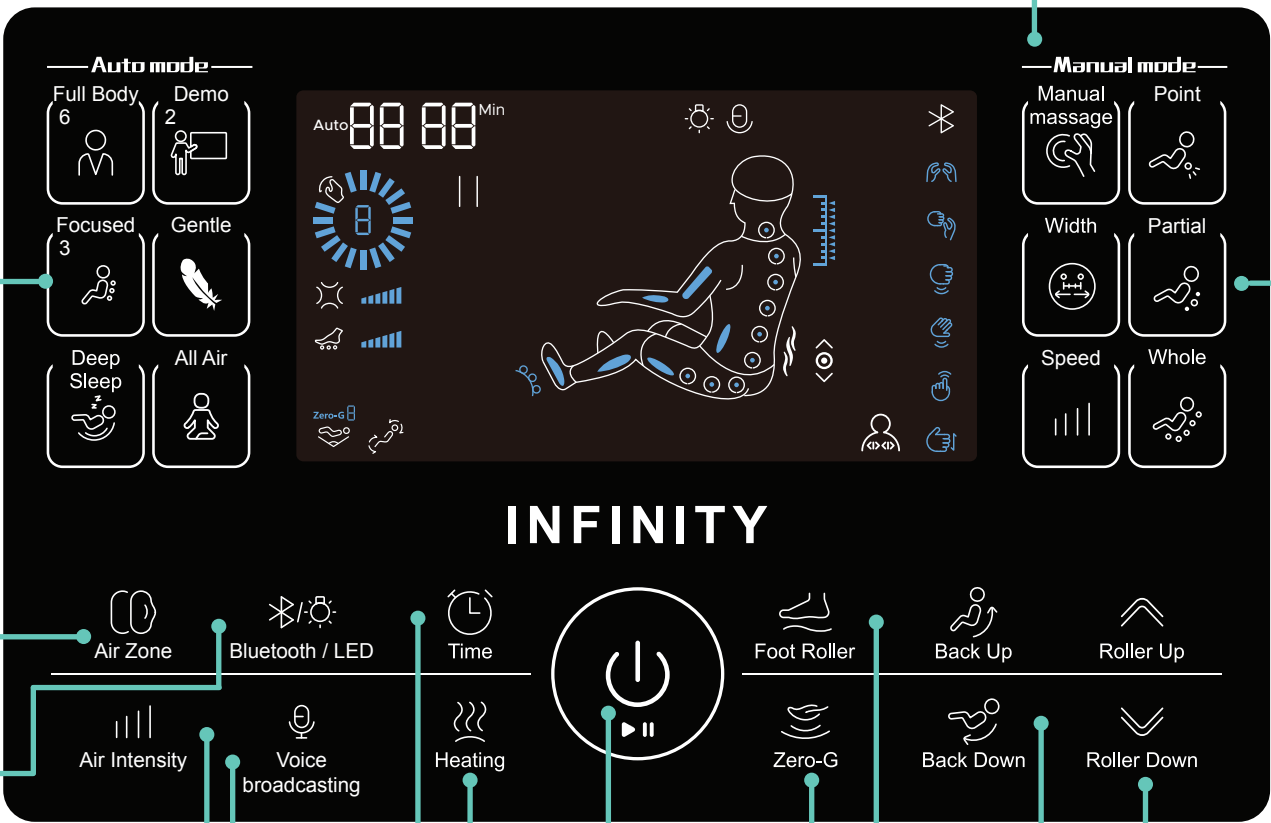
Air Zone - Tap this button to cycle through air zones; upper body, lower body, and whole body.

Bluetooth/LED - Tap to turn on/off Bluetooth*. Tap and hold to turn on/off the ambient LED light.

Air Intensity - Tap to cycle through airbag intensity, after reaching maximum intensity, Tap again to return to the lowest.

Voice Broadcasting - Tap to turn on or off audible descriptions of the massage chairs actions.

Time - Set the massage time in 10/15/20/25/30 minutes.



Manual Mode - Allows you to customize your massage experience by adjusting specific functions like roller speed, width, air intensity, and targeted body areas.

Manual Massage - Tap this button to cycle through massage techniques.

Width - Tap to cycle through massage widths; narrow, medium, and wide. *Note: width can only be changed during knocking, tapping, and shiatsu.*

Speed - Tap to cycle through 6 massage mechanism speeds.

Point - Move the rollers up or down to target a specific spinal point.

Partial - Move the rollers up or down to target an area of your body.

Whole - Tap this button to focus on your entire back.

Power/Play/Pause - Tap & hold to power on the massage chair, tap the play/pause button to pause/resume the massage session.

Heating - Tap to turn on/off lumbar heating.

Zero-G - Tap this button to cycle through 3 levels of recline.

Roller Up/Down - Tap these buttons to move up/down the back mechanism.

Back Up/Down - Tap these buttons to recline or incline the backrest.

Foot Roller - Tap this button to cycle through 3 foot roller intensities.