

# anko

## Cordless Hand Held Massager User Manual



Model No.: CF-4802

Rev 1

**Note:** The specifications and/or components of this appliance are subject to change without prior notice.

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**READ AND SAVE THESE INSTRUCTIONS FOR  
FUTURE REFERENCE**

# 1 Warnings

We recommend checking with your doctor before using the massager, especially if you have health problems.

Before using this appliance, read and follow all warnings and instructions in this manual, even if you are familiar with this product.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

# 2 Important Safeguards



Please read this instruction manual carefully before first use. It is advisable to keep this instruction manual for future reference.

**DO NOT** use this product as a substitute for medical attention.

**DO NOT** use this product for more than 15 minutes at a time. Allow at least 30 minutes cool down period in between uses. Extensive use could lead to the appliance overheating and reduce the life of the product.

This product has a heated surface. Persons insensitive to heat must be careful when using this product.

The unattended use of heat by children or incapacitated persons may be dangerous.

The unattended use by children or incapacitated persons may be dangerous.



This product is not to be used by very young children (0-3 years)

This product is not intended for medical use. It is intended only to provide a comfortable massage.

This appliance must not be used by persons insensitive to heat and other very vulnerable persons who are unable to react to overheating if using the Heat Function.

Prolonged Heat application can result in skin burns.

If you have any concerns regarding your health, consult your doctor before using this appliance.

Individuals with pacemakers should consult a physician before using this product.

In case of pregnancy, diabetes or illness, consult your doctor before using this product.

Massage should be pleasant and comfortable. Should pain or discomfort result, or if you experience pain in a muscle or joint for a prolonged period of time, stop use and consult your doctor.

Never use any massager on the face, open wounds, discoloured areas, areas of poor circulation or any areas of the body that are swollen, burned, inflamed or where skin eruptions or sores are present.

**DO NOT** use the appliance while under the influence of alcohol, sleeping pills or sedatives.

It is normal to feel itching, tingling or see redness on area of the skin where the massager was used after use. These symptoms will soon disappear. However, if these symptoms remain for an extended period, we suggest you consult your doctor as there may be a more serious underlying issue.

To prevent bruising, do not press too hard on the device.

**DO NOT** leave the appliance unattended when in use or plugged in.

Take care that children cannot touch the appliance when in use, and make sure they cannot reach and pull the power cord.

To protect against the risk of electric shock, do not immerse the appliance, cord or power adaptor in water or other liquids.

**DO NOT** use or store the product near sinks, baths or showers containing water or near running water.

**DO NOT** use in the bath, shower, spa. pool etc.

Always disconnect the power adaptor from the power point after use.

**DO NOT** use this appliance if it has been dropped or any part of the appliance (including cord or power adaptor) has been damaged.

The use of accessories not intended for use with this appliance may cause injuries to the user or damage to the appliance.

**DO NOT** place this unit on other appliances, on uneven surfaces or where it could be subject to heat sources (e.g. radiators or stoves), direct sunlight, excessive dust

This appliance should not be placed near a hot gas or electrical burner or placed in a heated oven.

The appliance should always be switched off before disconnecting from the power supply. Never pull the cord to disconnect the power adaptor from either the appliance or the power point. Grasp the plug / adaptor body.

There are no user serviceable parts in this appliance.

If this appliance is to be used by a third party, please supply the instruction manual with it.

Ensure children and babies do not play with plastic bags or any of the packaging material.

**DO NOT** operate the appliance with wet hands or wet feet to reduce the risk of electric shock.

**DO NOT** carry the appliance by the power cord.

**DO NOT** use the appliance while sleeping or if feeling sleepy.

**DO NOT** use this product before bed. The massager has a stimulating effect and may delay sleep.

**DO NOT** use this product while in bed.

**DO NOT** use machinery or heavy equipment while using this appliance.

**DO NOT** cover the appliance while in use. The product will overheat and may cause fire, electrocution, damage to property or injury to persons.

This appliance is intended for human use only. Not for animals and pets.

**DO NOT** Allow Pets or Animals to Lie or Chew on this appliance or on the electrical cord etc.

Never reach or touch an appliance which has fallen into water. Unplug from the mains power point immediately.

Position the power adaptor cord properly so that it will not be walked on, tripped over or pinched by items placed on or against it.

**DO NOT** store or use the appliance near or in high temperature areas.

If the power adaptor or power adaptor supply cord is damaged, do not use. It must be disposed in order to avoid a hazard.

**ONLY** for indoor domestic use. Industrial or commercial use invalidates the warranty.

No liability can be accepted for any damage caused by non-compliance with these instructions or any other improper use or mishandling of appliance.

## **IMPORTANT**

If you have any concerns regarding your health, consult your doctor before using this appliance. Individuals with pacemakers should not use this product. If you experience pain in a muscle or joint for a prolonged period of time, discontinue use and consult your doctor. Persistent pain could be a symptom of a more serious condition.

### **WARNING**



Only use the Power Supply / Battery Charger ZD12D090100AU that was supplied with this appliance. This Battery Charger is not designed to charge any other battery type other than Li-ion.

Never try to charge non-rechargeable batteries as they may explode or catch on fire.

Consumers are cautioned against trying to replace the battery. Using and/or purchasing counterfeit and/or inferior quality batteries have the potential to cause fire, personal injury, and/or damage to property. These batteries are typically found on online-auction websites or from other retailers, and are known to pose a potential safety risk.

- Batteries may explode if disposed of in fire.
- The battery is not replaceable. Do Not open the Appliance.
- Do not use or store in temperatures above 40°C



At the end of the appliances' life, it must be disposed of correctly.

Contact your local waste management authority for more information on Battery Recycling and disposal regulations in your area.

Do not dispose of electrical appliances or batteries as unsorted municipal waste, use separate collection facilities. Contact your local council for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being. Please contact your local council or regional authority for more information on collection, reuse, and recycling programmes.

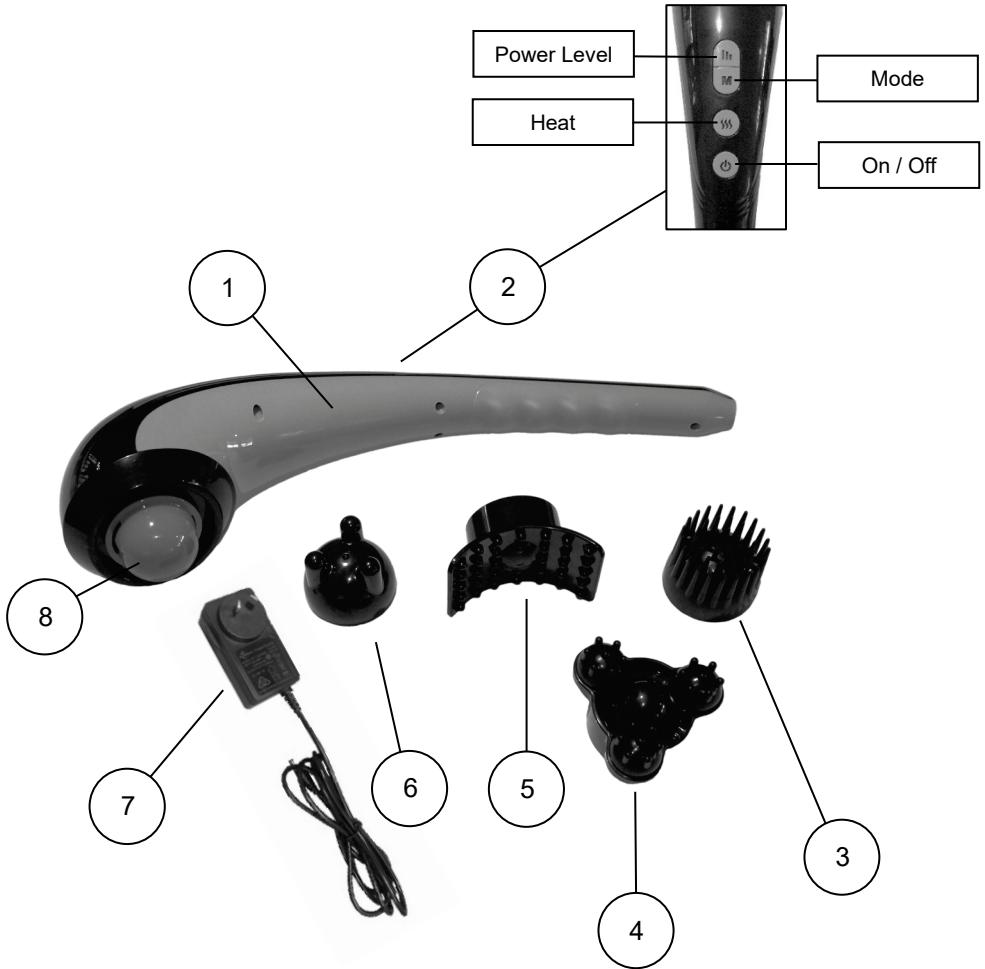
## **3 Introduction**

The massager is supplied with five different massaging heads (four interchangeable) for use on different parts of your body.

The use of the massager can immediately improve the blood circulation in muscle tissue and give relief from fatigue.

The ergonomic design allows easy handling and comfort.

# 4 Components



1	Massager Body	5	Massager Head – U Shape
2	Control Panel	6	Massager Head – Shiatsu
3	Massager Head - Acupuncture	7	Power Adaptor ZD12D090100AU
4	Massager Head - Multi Finger	8	Massager Head – Heated Dome

## 5 Operation Procedure

**NOTE:** If you forget to turn the massager off after the recommended maximum 15 minutes of use, the unit will automatically turn off after approximately 15 minutes +/-1min.

**Do Not** use for more than 15 minutes at a time without a 30-minute cool down period in between uses; otherwise, the massager will overheat.

**Do Not** use more than 2 times a day. (total of 30 minutes per day)

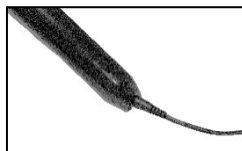
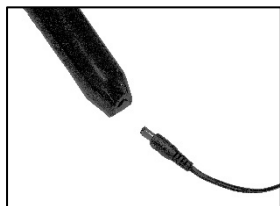
Always remember to turn off and unplug when not in use.

### 5.1 Charging

**Note:** Charge the Massager for at least 4 hours prior to use.

Only use the Battery Charger which was supplied with this appliance.

Take the small plug on the end of the battery charger cable and plug it into the charging port in the end of the massager handle.



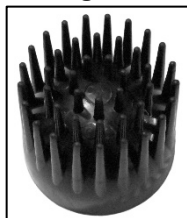
During Charging, the On / Off button will flash Red Colour. When the battery is fully charged the On / Off button will show solid Red Colour, then unplug the charger from the massager and switch off and unplug the battery charger from the power supply.

### 5.2 Massage Heads

Each massage head can be used on different parts of the body.

For Example:

#### 5.2.1 Massager Head – Acupuncture



Suitable for stimulating specific body parts such as when tapping on the palms of your hands, soles of your feet, calves, etc.



### 5.2.2 Massager Head – Multi Finger



Suitable for stimulating larger massage areas such as legs, waist, back buttocks, etc.

Suitable for stimulating all part of the body.

### 5.2.3 Massager Head – U Shape



Simulating multi point massage for shoulders and legs, arms, etc.

### 5.2.4 Massager Head – Shiatsu



Simulating multi point massage for shoulders and legs, for stress relief and relaxation etc.

### 5.2.5 Massager – Dome



The fixed domed head on the massager can be used to Massage, but it also has a heating function. The heating function can increase the sense of well-being when used in conjunction with the massaging function. However, the heat function can be used separately to the massage function. It is ideal for a relaxing treatment. Refer to the “Heating” section of this Instruction Manual for more information.

#### **IMPORTANT**

**Do Not attach any of the Massage Heads when using the Heat Function.**

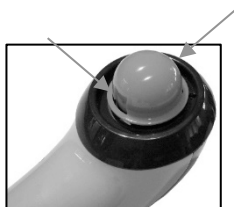
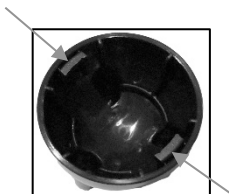
### 5.3 Attaching the Massage Heads

If you are not using the Heated Function, you can attach one of the Massage Heads for your particular area of massage.

To do this, ensure the massager is not being charged and that it is turned off, then turn the massager upside down so that the Massage Dome is pointing up.



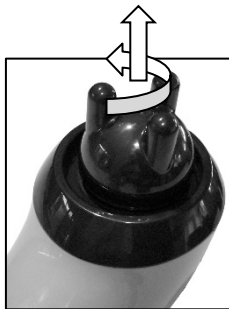
Select the massage head required, and place on top of the Dome ensuring the two locking tabs inside the underneath of the massager head are aligned with the grooves and slots in the dome.



Push the Massage Head all the way down then rotate clockwise to lock in place.



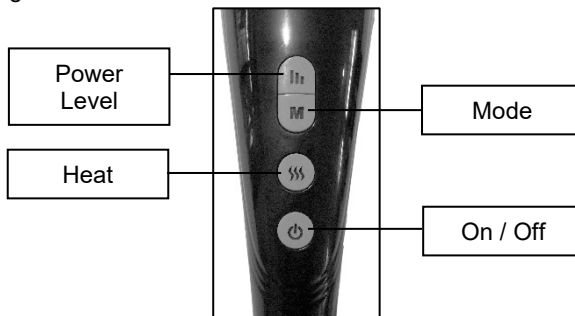
To remove the massage head, rotate the massage head anticlockwise to unlock and pull up to take it off.



## 5.4 Massage Control Operation

### 5.4.1 On / Off

- Press the On /Off button, which is located on the top of the handle to start the massager.



- The massager will start Full Speed and in Normal Mode.

The On / Off button, the “M” (Mode) button and the Power Level button will illuminate Green Colour.

## 5.4.2 Power Level

- Press the Power Level button to decrease the massager intensity to Mid Level. The button colour will change to Light Blue colour.
- Press the Power Level button again to decrease the massager intensity to Min Level. The button colour will change to Dark Blue colour.
- Press the Power Level button again to cycle the massager intensity back around to Full Level. The button colour will change to Green colour.
- Press the On /Off button, to turn the massager off.

Do Not use for more than 15 minutes at a time without a 30 minute cool down period in between uses.

**Note:** If you forget to turn the massager off after the recommended maximum 15 minutes of use, the unit will automatically turn off after approximately 15 minutes +/- 1min.

**Note:** Avoid using the massager before going to sleep or in conditions where you may fall asleep when using the massager.

## 5.4.3 Mode Function

The mode function gives you three different modes of massaging.

The Default mode give a continuous steady vibration.  
The button colour will be Green colour.

- Press the Mode button to change the mode to short on / off bursts of vibration  
The button colour will change to Light Blue colour.
- Press the Mode button again to change the mode to long on / off bursts of vibration  
The button colour will change to Dark Blue colour.
- Press the Mode button again to cycle back around to the default mode.  
The button colour will change to Green colour.
- Press the On /Off button, to turn the massager off.

Do Not use for more than 15 minutes at a time without a 30 minute cool down period in between uses.

**Note:** If you forget to turn the massager off after the recommended maximum 15 minutes of use, the unit will automatically turn off after approximately 15 minutes +/- 1min.

**Note:** Avoid using the massager before going to sleep or in conditions where you may fall asleep when using the massager.

## 5.4.4 Heating

### **IMPORTANT**

#### **Do Not attach any of the Massage Heads when using the Heat Function.**

The Heat function can be used with or without massage function.

- To use the Heat Function, press the Heat button.

The lamps underneath the Red Dome will illuminate and the Heat Button will illuminate Red Colour.

- Press the Heat Button again and the heat lamps will turn off.

Do Not use for more than 15 minutes at a time without a 30 minute cool down period in between uses.

**Note:** If you forget to turn the massager off after the recommended maximum 15 minutes of use, the unit will automatically turn off after approximately 15 minutes +/- 1min.

**Note:** Avoid using the massager before going to sleep or in conditions where you may fall asleep when using the massager.

## 6 Cleaning the Massager

### **CAUTION: DO NOT IMMERSE IN WATER OR LIQUID.**

- Turn off and unplug from battery charger prior to cleaning.
- Do Not immerse the Massager or battery charger in water, or any other liquid.
- Clean only with a soft, very slight damp sponge.
- **NEVER** allow water or any other liquids to come into contact with the massager especially the charging socket or and battery charger.
- Never use abrasive cleaners, solvents, steel wool, scouring pads, brushes, or strong chemicals that might or might not be flammable and/or damaging to the product to clean.
- Clean the massage heads in warm soapy water, rinse and dry.

**DO NOT** place in a dishwasher.

## 7 Completion and Storage

- After you have finished using the massager, clean it as described under the Cleaning section then store safely in its box and in a dry place.
- Do Not wind the battery charger cord around the massager or charger body as this will damage the cord over time. Simply loop the cable and place next to the charger.

## 8 Technical Specifications

**Battery Charger Voltage:** Input: AC 100-240V~ 50Hz, 0.5A

**Battery Charger Power:** Output: 9VDC 1000mA. 9 Watt

**Battery Type:** Li-ion

**Battery Pack Spec:** 2000mAh, 7.4VDC (2 Cells)

**Massager Automatic runtime:** 15 minutes

## 9 Troubleshooting

Problem	Cause	Remedy
No Power.	Battery has not been charged.	Plug in battery charger to massager and power point and allow to charge for a minimum of 4 hours
No Massage	Appliance not switched on	Press the On / Off button Refer to Section "No Power" for Remedy
	The Speed setting is too low	Press the Speed + button until the desired intensity has been reached
No Heat	Heat not turned on	Press the Heat button. The button will illuminate Red Colour
	Not enough time to heat	The Heating globes will take a little time to heat the Dome.
Appliance turns off during use.	The appliance has an auto off function which activates after approx. 15 minutes +/-1min of use.	Allow the product to cool for at least 30 minutes and then turn on again.
	Battery power has run out	Plug in battery charger to massager and power point and allow to charge for a minimum of 4 hours

# 10 Warranty Against Defect

## 12 Month Warranty

Thank you for your purchase from Kmart.

Kmart Australia Ltd warrants your new product to be free from defects in materials and workmanship for the period stated above, from the date of purchase, provided that the product is used in accordance with accompanying recommendations or instructions where provided. This warranty is in addition to your rights under the Australian Consumer Law.

Kmart will provide you with your choice of a refund, repair or exchange (where possible) for this product if it becomes defective within the warranty period. Kmart will bear the reasonable expense of claiming the warranty. This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse or neglect.

Please retain your receipt as proof of purchase and contact our Customer Service Centre 1800 124 125 (Australia) or 0800 945 995 (New Zealand) or alternatively, via Customer Help at [Kmart.com.au](http://Kmart.com.au) for any difficulties with your product. Warranty claims and claims for expense incurred in returning this product can be addressed to our Customer Service Centre at 690 Springvale Rd, Mulgrave Vic 3170.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

For New Zealand customers, this warranty is in addition to statutory rights observed under New Zealand legislation.

### **IMPORTANT!**

**For all technical queries or difficulties in operating the product and for spare parts, contact H.E. Group customer service 1300 105 888 (Australia) and 09 8870 447 (New Zealand).**

