

# anko

## Massage Pillow User Manual



Model No.: FR-P11  
Rev 2

**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.

The appliance has a heated surface. Persons insensitive to heat must be careful when using 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.

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



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

Children under the age of three are not to use this appliance due to their inability to react to overheating.

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.

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

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 machine 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.

Prolonged Heat application can result in skin burns.

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.

## **Additional Safety Instructions Relating to the Plug and Power Cord**

If using an extension cord:

The technical specifications of the extension cord must match or exceed the technical specifications of this appliance.

Do not allow the cord to hang over the edge of the work surface or to come into contact with stoves or other hot surfaces.

If the cord or plug are worn or damaged, do not use.

Unplug from the power point by grasping the adaptor body - do not pull on the cord.

### **3 Introduction**

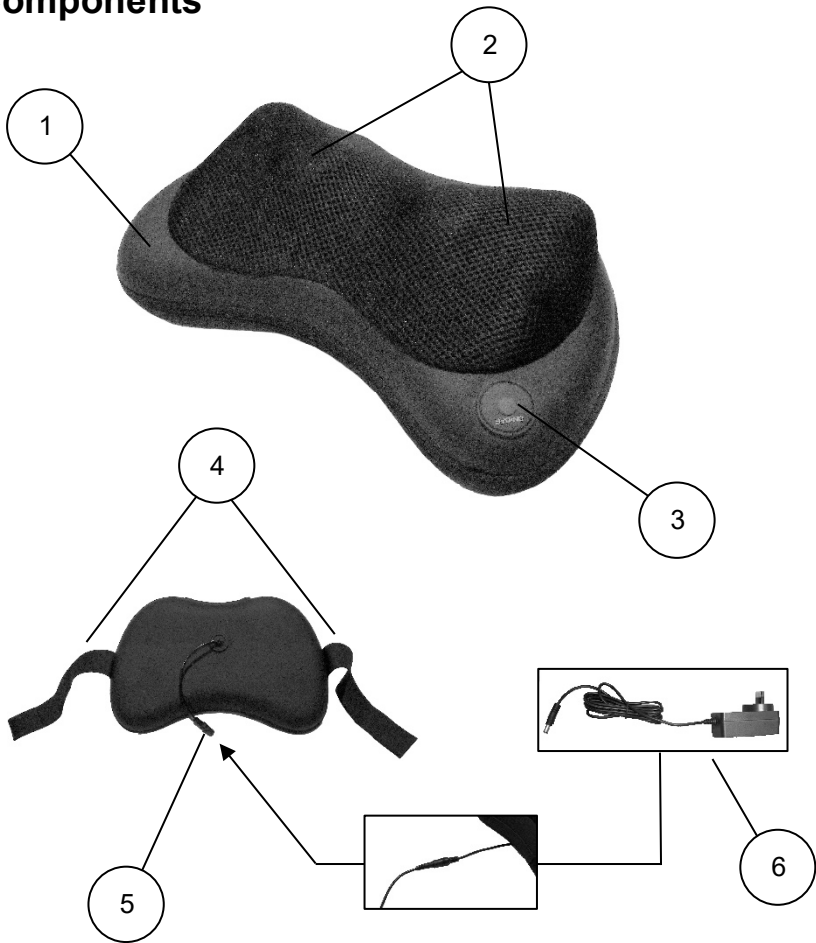
The effect of the rotating fingers are designed to massage your neck, shoulder, back, calf, thigh and abdomen. You can easily attach it to your seat at home or office to get continuous relief on the go in a comfortable way, similar to that of a manual massage.

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

The heating function can also increase the sense of well-being when used in conjunction with the rotating heads. However, it can also be used separately. It is ideal for a relaxing treatment.

The ergonomic design allows easy handling and comfort.

## 4 Components



1	Massage Pillow Body	4	Elastic Strap
2	Rotating Massage Fingers	5	Power Jack Socket
3	Massager / Heat On / Off Button	6	Power Adaptor CW1202000AU

## 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 20 minutes.

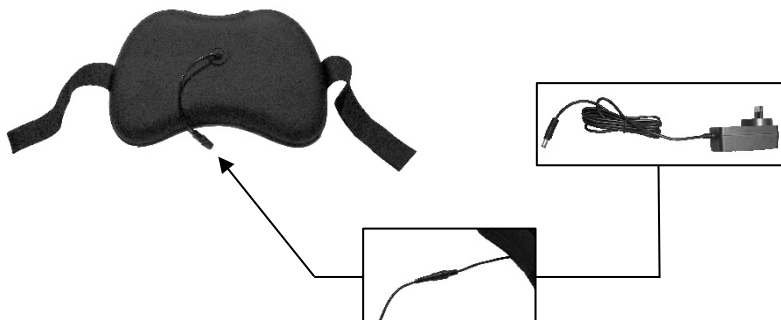
**Do Not** use for more than 15 minutes at a time without a 30 minute cool down period in between uses.

**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 Power

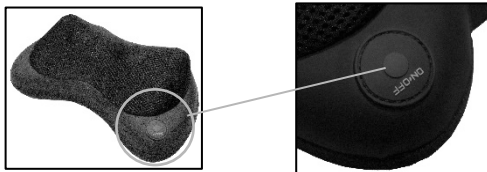
- Before first use, please read the Instruction Manual carefully.
- Connect the power adaptor cable jack to the massage appliance.



- Insert the Power Adaptor into the power point and switch on.
- The appliance is now ready for use.

### 5.2 Massage Control Operation

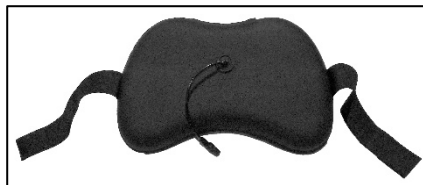
- Press the On /Off switch, which is located on the side at the bottom right corner.



- This massager can be used while you are lying on the floor or sitting in a chair.



- You can use the elastic straps on the back of the massager to attach to a chair back for upper or lower back massage.



- The massager can also be used to massage your neck, shoulder, calf, thigh and abdomen.
- Once you have found your most comfortable position for the massager on your body, press the On / Off Button and the massager fingers will start to rotate.
- After approximately 1 minute, the massager fingers will rotate the opposite way.
- After approximately another 1 minute, the massager fingers will rotate the opposite way, and so on.
- 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 20 minutes.

- When the product is in use, pressing the On / Off button for approximately 2 seconds (long press) will turn the unit off.

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

## 5.3 Heat Function

- To use the Heat Function, press the On / Off button to start the fingers rotating.
- Press the On / Off button again and the massage fingers will continue to rotate and the heat lamps will turn on glowing Red through the massager surface.
- After approximately 1 minute, the massager fingers will rotate the opposite way.
- After approximately another 1 minute, the massager fingers will rotate the opposite way, and so on.

**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 20 minutes.

- When the product is in use, pressing the On / Off button for approximately 2 seconds (long press) will turn the unit off.

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

## 6 Completion and Storage

- After you have finished using the appliance, unplug the power adaptor and disconnect from the appliance.
- Store the appliance safely in its box and in a dry place.
- Do Not wind the power adaptor cord around the appliance body as this will damage the cord over time. Simply loop the cable and place next to the appliance.

## 7 Cleaning the Appliance

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

- Turn off and unplug appliance prior to cleaning.
- Do Not immerse the appliance 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 appliance especially the power socket or power adaptor.
- 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.

## 8 Troubleshooting

Problem	Cause	Remedy
No Power.	Power Not Switched On.	<p>Plug in power adaptor and Switch On at power point.</p> <p>If still no power, check the power point has power supplied by checking with another appliance such as a table lamp.</p> <p>If no power to the power point, call an electrician.</p>
	Power adaptor not plugged into the appliance	Insert small plug end on the Power adaptor into the appliance
No Massage	Appliance not switched on	Press the On / Off button
		Refer to Section "No Power" for Remedy
No Heat Function	On / Off Button has only been pressed once	From the Off Position, Press the On / Off button two times.
Appliance turns off when trying to select the Heat Function	Pressing the On / Off Button for too long	Press the On / Off button for no longer than two seconds.
Appliance will not turn off when pressing the On / Off Button	The On / Off Button is not being pressed long enough	Press the On / Off button for more than two seconds. (long press)
Appliance turns off during use.	The appliance has an auto off function which activates after approx. 20 minutes of use.	Allow the product to cool for at least 30 minutes and then turn on again.

## 9 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).**