

## T.E.N.S. SOOTHING PULSE FOOT MASSAGER WITH INFRARED HEAT

Item No. 212188

User Guide



Thank you for purchasing the T.E.N.S. Soothing Pulse Foot Massager with Infrared Heat. Please read this guide and store it for future reference.

## INTRODUCTION

The foot is one of the most sensitive parts of the body, with a complex network of muscles, nerves and blood vessels. We depend on our feet every day, so it is only natural that we would want to keep them relaxed, refreshed and restored. In fact, many practitioners of foot reflexology believe that the health of the foot is directly related to the health of the heart, the liver, the kidneys and other vital organs.

The T.E.N.S. Soothing Pulse Foot Massager with Infrared Heat is designed to provide temporary relief from stress, fatigue and soreness in the feet. As an added feature, you may use the included electrode cables, belt and gel pads to administer T.E.N.S. massage to other parts of the body, including the legs, arms, back, etc. In addition to T.E.N.S. massage, this device provides Far Infrared Ray (FIR) heat for additional relief.

## WHAT IS T.E.N.S.?

Transcutaneous Electrical Nerve Stimulation (T.E.N.S.) is the advanced electrotherapy used by doctors and chiropractors worldwide. T.E.N.S. is a therapy that uses tiny electrical impulses that block pain signals before they can reach the brain. These gentle impulses also promote blood flow, which loosens and relaxes tight muscles. Finally, T.E.N.S. stimulates the production of endorphins, the body's own natural pain killers.

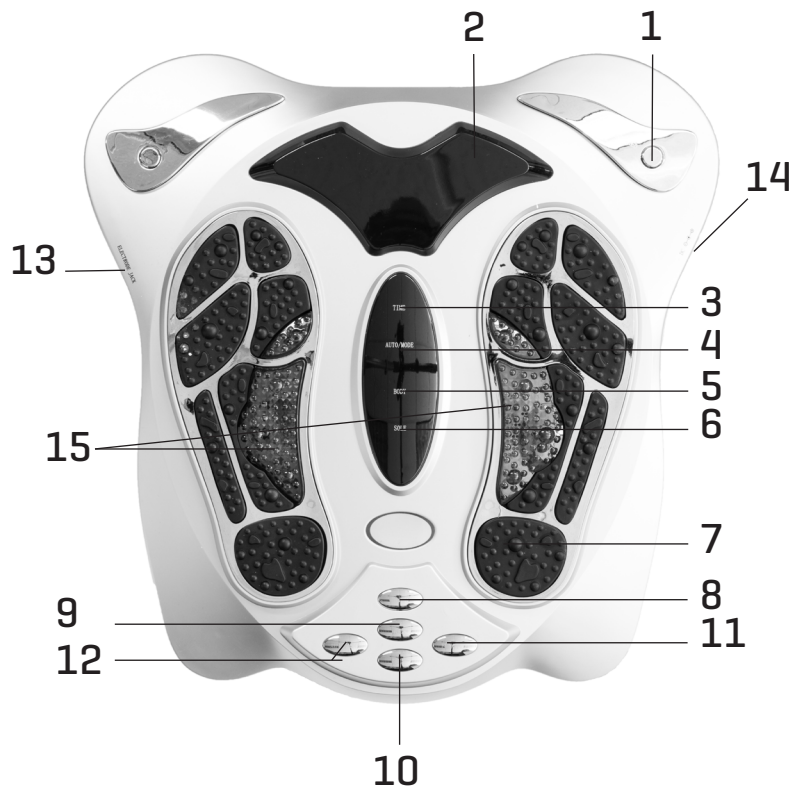
Several years ago, we revolutionized the massage industry by adapting professional T.E.N.S. therapy for the home market in a convenient, portable size. The T.E.N.S. Soothing Pulse Foot Massager with Infrared Heat has been designed and produced to our high standards, in order to deliver soothing and invigorating relief for feet and other parts of the body.

## FEATURES AND BENEFITS:

- T.E.N.S. and FIR heat can be used together or independently
- 25 Pulse Modes
- Automatic shutoff timer
- Includes Electrode cables and self-adhesive gel pads provide T.E.N.S. massage for other parts of the body
- Includes electrode belt for T.E.N.S. massage on the lower back or abdomen
- Low frequency electrical pulses stimulate the muscles, promote blood flow and the production of endorphins (the body's own natural pain killers)
- Far Infrared Ray (FIR) heat penetrates and soothes muscle and bone tissue without feeling hot to the touch
- Drug-free, non-invasive relief for stress, fatigue and sore muscles
- Multiple levels of electromagnetic wave intensity

## UNIT COMPONENTS

1. Far Infrared Ray [FIR] heat button
2. Pulse electromagnetic wave display screen
3. Timer display screen
4. Mode switch display screen
5. Body intensity display screen
6. Soles intensity display screen
7. Electrode pads for soles
8. On/Off button
9. Increase value function button [+]
10. Decrease value function button [-]
11. Function button
12. Auto/Mode switch button
13. Electrode jack
14. DC power jack
15. Infrared heat zones



## INCLUDED ACCESSORIES

1. Electrode cables
2. Self-adhesive electrode gel pads
3. Electrode belt
4. AC power adapter
5. Wireless remote control



## USING YOUR T.E.N.S. SOOTHING PULSE FOOT MASSAGER WITH INFRARED HEAT:

1. Place unit on a flat, stable surface.
2. Plug unit into an AC outlet.
3. Press the POWER button to turn unit on.  
NOTE: When the device is powered on, the default setting is: TIME = 25 minutes, AUTO/MODE = automatic, SOLE = 0 intensity/mode and BODY = 0 intensity/mode. The SOLE display will be flashing. Press “+” or “-” to set the massage mode and intensity.
4. Use the FUNCTION button to cycle through the four different functions: TIME, AUTO/MODE, BODY and SOLE.
5. Place your clean, dry, bare feet on the foot pads.
6. Select SOLE and press “+” or “-” to increase or decrease the intensity/mode to the desired level.
7. Select MODE and press “+” or “-” to select the desired MODE setting.

**PLEASE NOTE: BOTH feet must be bare and on unit to feel electrical pulses.**

## USING YOUR T.E.N.S. MASSAGER FUNCTION WITH YOUR SELF-ADHESIVE ELECTRODE GEL PADS AND ELECTRODE BELT:

1. Connect the electrode cables to the self-adhesive gel pads or the electrode belt.
2. Apply the self-adhesive gel pads to clean skin, or wrap the electrode belt around your waist.
3. Plug the electrode cables into the electrode jack.
4. Select BODY and press “+” or “-” to increase or decrease the intensity to the desired level.
5. Select MODE and press “+” or “-” to select the desired MODE setting.

## INTENSITY/PULSE MODES

| Mode # | Description                             |
|--------|---|
| 1      | Intermittent soft beat                  |
| 2      | Continuous powerful beat                |
| 3      | Right and left continuous powerful beat |
| 4      | Asynchronous gentle tap                 |
| 5      | Right and left heavy massage            |
| 6      | Light tap                               |
| 7      | Hard tap                                |
| 8      | Massage                                 |
| 9      | Hammer                                  |
| 10     | Beat                                    |
| 11     | Light beat                              |
| 12     | Invigorating wave                       |

|    |                              |
|----|------------------------------|
| 13 | Right and left jog           |
| 14 | Light press                  |
| 15 | Hard hustle                  |
| 16 | Hard tingle                  |
| 17 | Vibration                    |
| 18 | Intense knead                |
| 19 | Right and left heavy pulse   |
| 20 | Right and left heavy beat    |
| 21 | Right and left gentle hammer |
| 22 | Rhythmic tap                 |
| 23 | Powerful pulse               |
| 24 | Powerful hammer              |
| 25 | Right and left heavy press   |

## **SAFETY WARNINGS**

- Do not use this device near water. Do not immerse in water or any other liquid.
- Keep out of reach of children at all times.
- Clean this unit with a soft, dry cloth when needed.
- Always start with a low intensity level, then and work your way up to a stronger intensity.
- Stop using this device if you feel discomfort or nausea, or experience redness.
- Not for use if you have a pacemaker, defibrillator or other metallic device.
- Not for use if you have epilepsy, cancerous lesions, tumors, acute trauma, fractures, hernias, critical ischemia of lower limbs, blood flow deficiencies, venous thrombosis, or if you are recovering from surgery.
- Not for use by pregnant women.
- Unplug this device when not in use.
- Consult your doctor before using any at-home massage product.

## **WARRANTY/CUSTOMER SERVICE**

This item from SharperImage.com includes a 1-year limited replacement warranty. If you have any questions not covered in this guide, please call our Customer Service department at 1 (877) 210-3449. Customer Service agents are available Monday through Friday, 9:00 a.m. to 6:00 p.m. ET.

**SHARPER IMAGE®**

The SHARPER IMAGE® name and logo are registered trademarks.

©Sharper Image. All Rights Reserved.