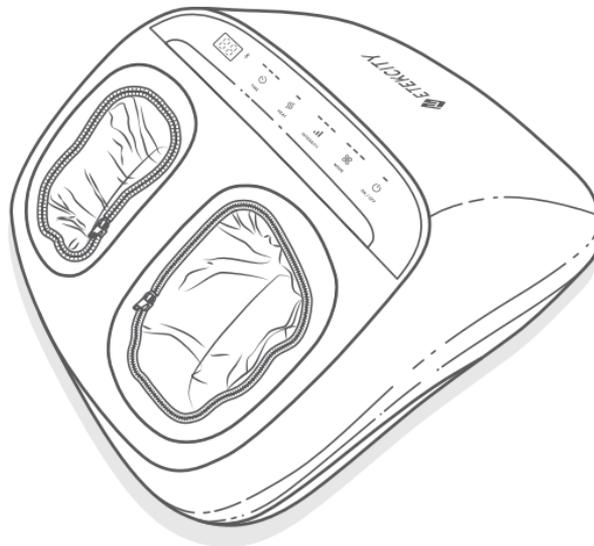




User Manual

Smart Shiatsu Foot Massager

Model: EM-SF3



Questions or Concerns? support@etekcity.com • (855) 686-3835

Thank you for purchasing the
EM-SF3 Smart Foot Massager by Etekcity.

If you have any questions or concerns, please reach out to our helpful Customer Support Team at **support@etekcity.com**. We hope you enjoy your new foot massager!

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Package Contents

- 1 x Foot Massager
- 1 x AC Power Adapter
- 1 x Quick Start Guide
- 1 x Warranty Card

Specifications

Power Supply	Input: AC 100-240V, 50-60Hz Output: DC 12V, 3A
Rated Power	36W
Dimensions	18.4 x 15.4 x 10.7 in / 467 x 390 x 272 mm
Weight	12.1 lb / 5.5 kg
Operating Temperature	32°-104°F / 0°-40°C
Storage Temperature	14°-122°F / -10°-50°C
Bluetooth® Version	5.0
Compatible Systems	Android 5.1/iOS 9.2 and above

Important Safety Information

To reduce the risk of burns, fire, electric shock, or other injury, follow all instructions and safety guidelines. Read all instructions before using.

DANGER:

- **Always** unplug this massager from the electrical outlet immediately after using and before cleaning.
- Examine your massager's fabric covering for any sign of damage before using. If there are any blisters, tears, or cracks, **do not** use your massager.
- **Never** use pins or other metallic fasteners with this massager.
- Keep dry. **Do not** use the massager if it is wet.
- **Do not** operate under a blanket or pillow. Overheating can occur causing fire, electric shock, or other injury.
- Close supervision is necessary when your massager is used by or near children, invalids, or persons with disabilities.
- **Only** use this appliance as directed in this manual. **Do not** use attachments not recommended by Etekcity.
- **Do not** use the massager if it has been dropped, if it is not working properly, or if any of its parts (including the cord or plug) are damaged. Contact **Customer Support** (see page 24).
- **Do not** use the massager if it has been dropped in water.
- Turn off and stop using the massager immediately if it makes an unusual noise, emits a strange smell, or if smoke comes from it. Contact **Customer Support** (see page 24).
- **Do not** carry the massager by the cord.

WARNING:

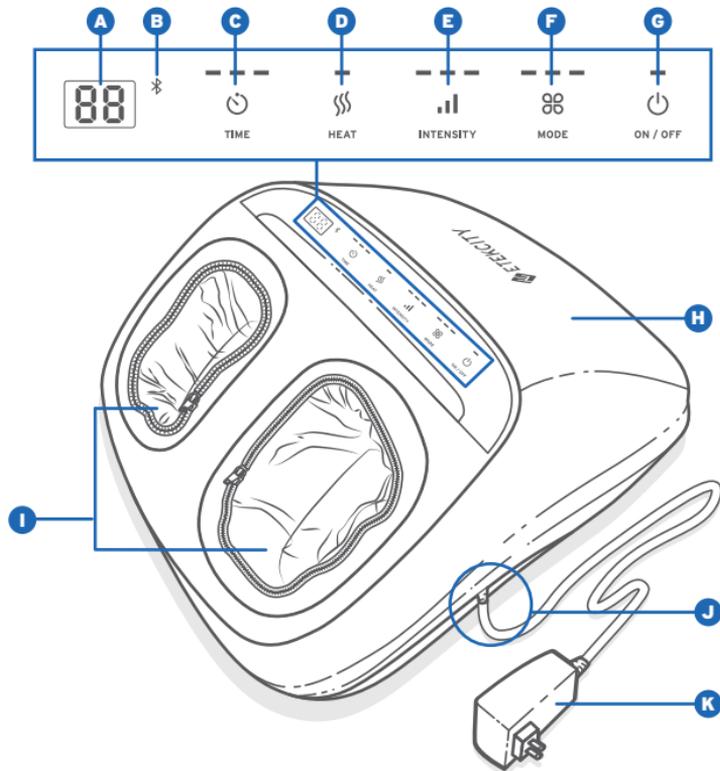
- **Do not** leave your massager unattended when plugged in. Unplug when not in use, and before putting on or taking off parts.

- Keep the cord and adapter away from heated surfaces.
- **Do not** insert any object into any opening unless directed by the manual.
- **Do not** use outdoors.
- **Do not** operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn off all controls, then unplug.
- The massager may get hot enough to cause burns on any control setting. **Do not** use when sleeping. **Do not** use on infants, disabled persons, or people who are sleeping or unconscious. **Do not** use on sensitive skin or if you have poor blood circulation. Check the skin in contact with the heated area of the massager frequently to reduce the risk of blistering.
- **Do not** use this massager on swollen or inflamed areas. If you have any injury, disease, or reduced feeling in your lower legs or feet, then consult a physician before using.
- The massager is not intended for medical use or as a substitute for medical attention.
- **Do not** crush the massager.
- **Do not** use this massager for more than 30 minutes at a time.
- **Never** stand with feet in the massager. **Only** use while seated.
- **Do not** stand on the massager or place heavy objects on it.
- **Do not** remove the housing cover.
- **Do not** try to repair the massager. Contact **Customer Support** (see page 24) if the massager is malfunctioning.
- Positioning your massager incorrectly or applying excess pressure may result in pain or injury.
- Not for commercial use. Household use **only**.

SAVE THESE INSTRUCTIONS

Function Diagram

- A. Timer Display
- B. Bluetooth® Indicator
- C. Timer Button
- D. Heat Button
- E. Intensity Button
- F. Mode Button
- G. Power Button
- H. Massager Housing
- I. Detachable Foot Sleeves
- J. AC Power Adapter Input
- K. AC Power Adapter



Using the Massager

Before using, connect the AC power adapter to the massager [Figure 1.1] and plug in to an outlet.

- A. Tap  to start the massager. Tap  again at any time to stop the massager.
- B. Tap  to adjust the massage time between 15, 20, and 25 minutes.

Note: The timer will restart each time you tap .

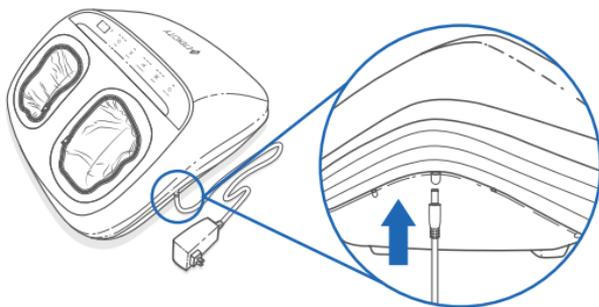


Figure 1.1

- C. Tap  to turn the heating function on or off.
- D. Tap  to adjust the massage air pressure level between 1 (Low), 2 (Medium), and 3 (High).
- E. Tap  to change the massage mode between Mode 1, 2, and 3.

- **Mode 1:** The massage rollers move slower for a gentler massage.
- **Mode 2:** The massage rollers move faster for a more powerful massage.
- **Mode 3:** The massage rollers will start and pause regularly for a massage with more air pressure.

Note: The default settings when the massager is turned on are a 15 minute timer with heat off and low intensity in massage mode 1.

CAUTION: Never stand with feet in the massager. Only use while seated.

Using the Massager

Tips

- **Do not** use this massager for more than 30 minutes at a time.
- If the massager is used for too long, overheat protection will activate and the massager will shut down. Allow the massager to cool for about 40 minutes before using again.
- Avoid using with only 1 foot unless necessary, as this may shorten the life of the massager.
- If you feel uncomfortable or feel pain while using the massager, stop using immediately. Consult a physician if necessary.

VeSync App Setup

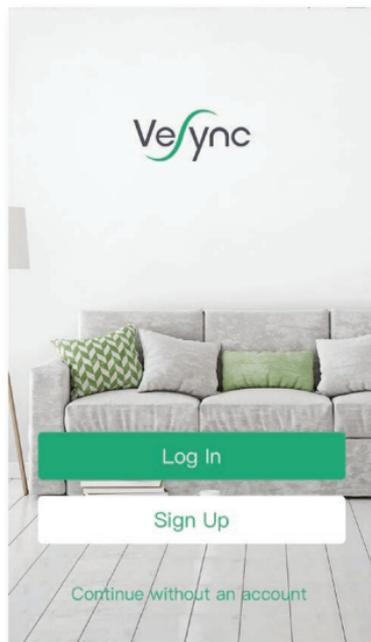
Note: Due to continuing updates and improvements, the VeSync app may appear slightly different. In case of any differences, follow the in-app instructions.

1. To download the VeSync app, scan the QR code, or search “VeSync” in the Apple App Store® or Google Play™ Store.

Note: For Android users, you must select **Allow** to use VeSync.



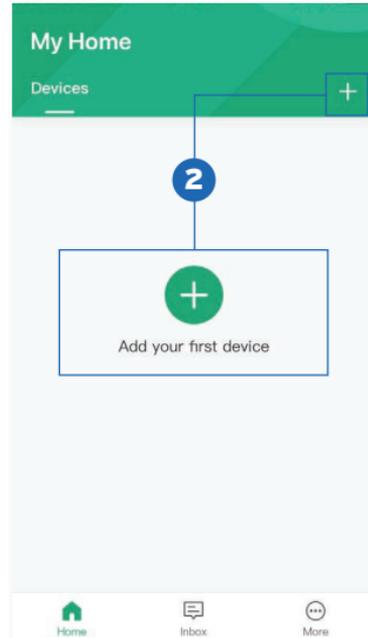
2. Open the VeSync app. If you already have an account, tap **Log In**. To create a new account, tap **Sign Up**.



Configuration

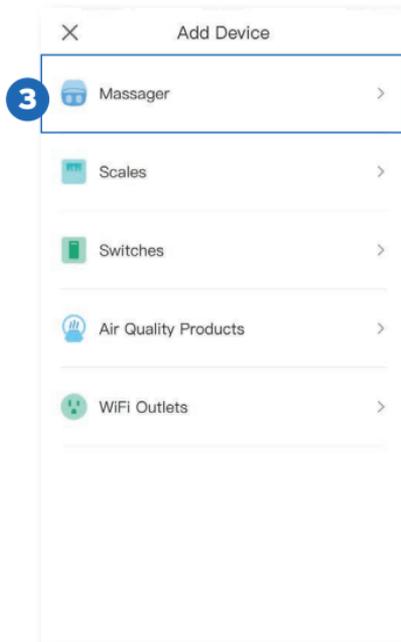
Set up your massager with the VeSync app.

1. Press  to turn on the massager. The massager will automatically go into Bluetooth pairing mode, and  will blink.
2. Tap .

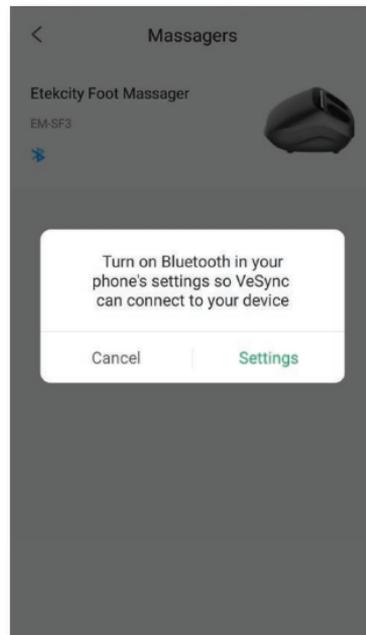


Configuration (cont.)

3. Tap **Massager** and select your massager.



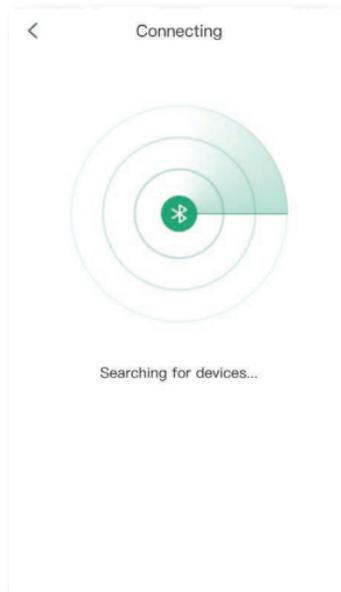
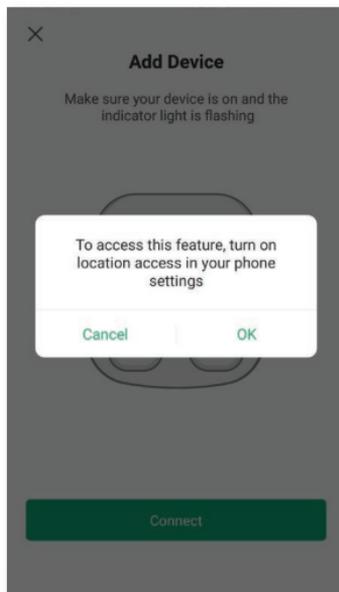
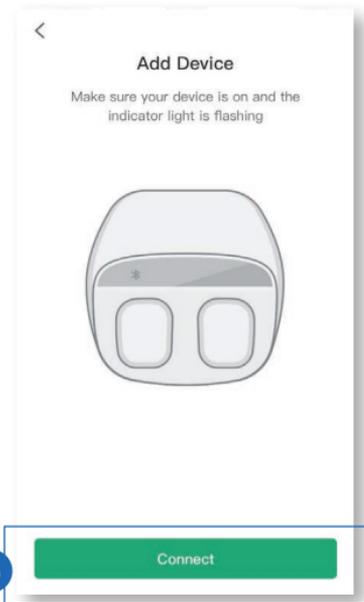
Note: Your phone's Bluetooth must be turned on to connect to the massager. If prompted, turn on Bluetooth in your phone settings.



Configuration (cont.)

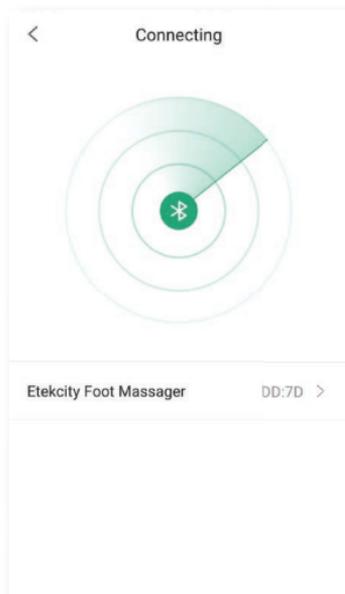
4. Tap **Connect**. When the app discovers your massager, tap on its name.

Note: Your phone's GPS / Location service must be turned on to discover the massager. If prompted, turn on Location in your phone settings.



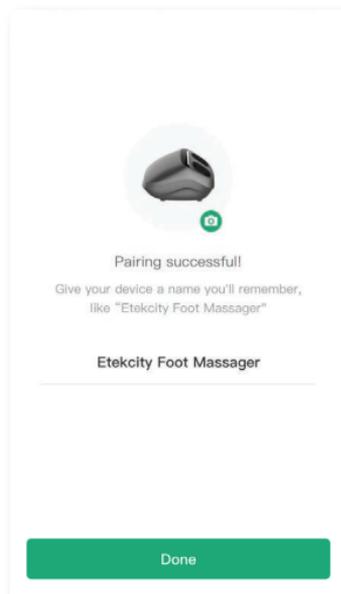
Configuration (cont.)

5. Give your massager a unique name, or use the default name.



Note:

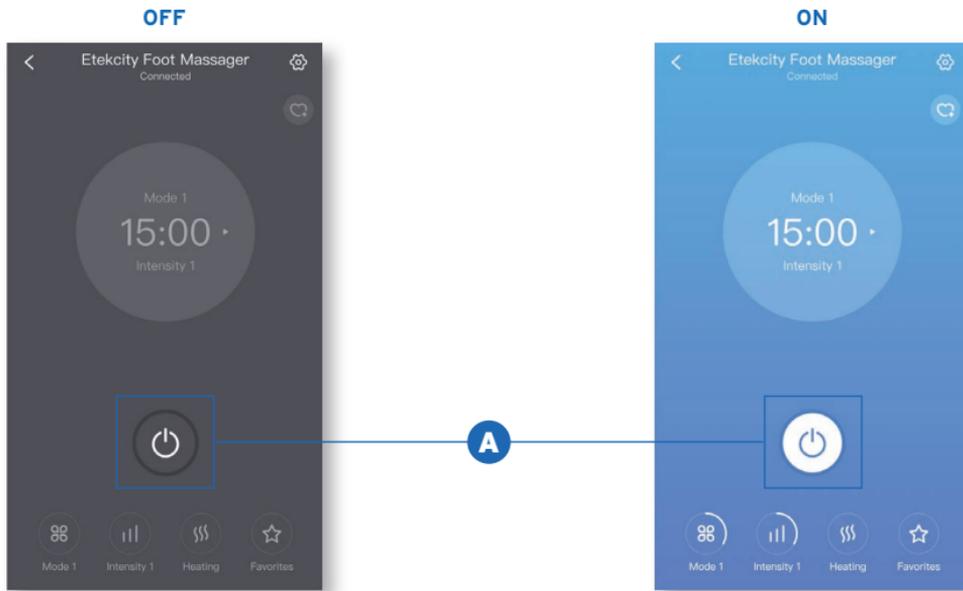
- Tap  to change the massager icon.
- You can change the name and icon at any time by going to the massager screen and tapping .



App Operation

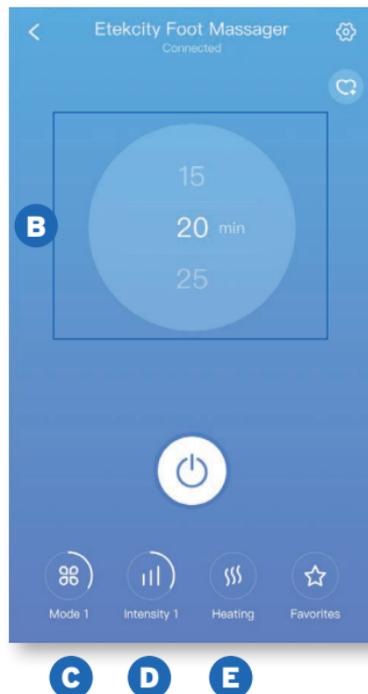
Note: The massager must be plugged in before using with the app.

A. Tap  to turn the massager on or off.



App Operation (cont.)

- B.** Scroll on the central display to select a timer. Choose between 15, 20, and 25 minutes.
- C.** Tap  to change the massage mode between Mode 1, 2, and 3.
- D.** Tap  to adjust the massage pressure level between 1 (Low), 2 (Medium), and 3 (High).
- E.** Tap  to turn on or off the heating function.

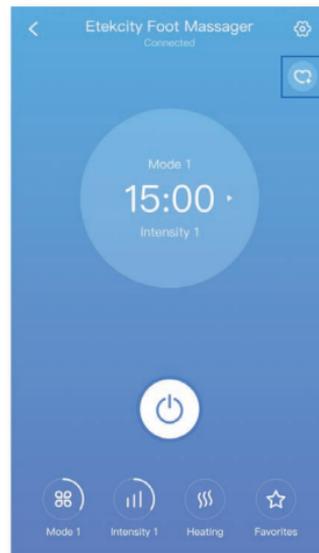
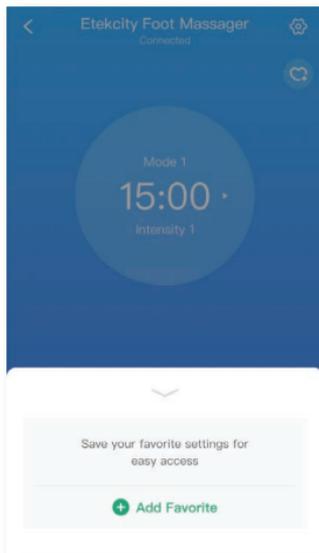


Favorite Settings

A Favorite is a shortcut to easily apply saved settings to your massager.

To add a Favorite, tap **Favorites** and follow the in-app instructions.

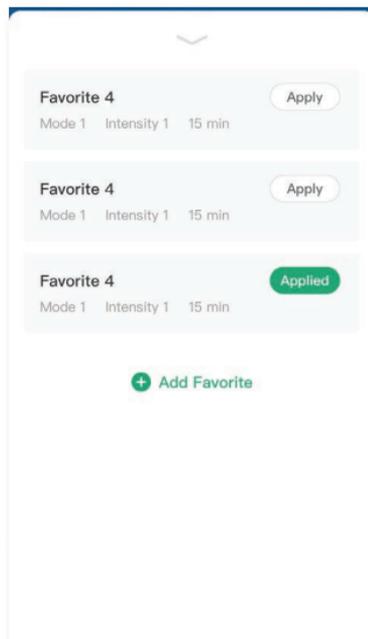
You can also tap  in the upper right corner to save your current settings as a Favorite.



Favorite Settings (cont.)

Tap **Favorites** to view a list of all your saved Favorite settings. Tap **Apply** to immediately use a Favorite setting. Tap on a **Favorite** to edit it. To remove a Favorite, swipe left and tap . Tap  to collapse the list.

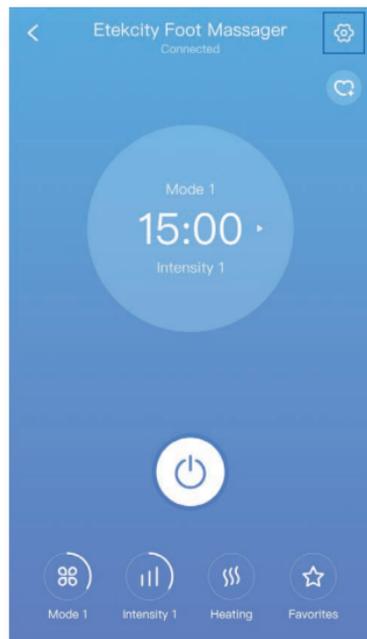
Note: You can change your settings at any time, even while using a Favorite.



Massager Settings

Tap  to see Device Settings.

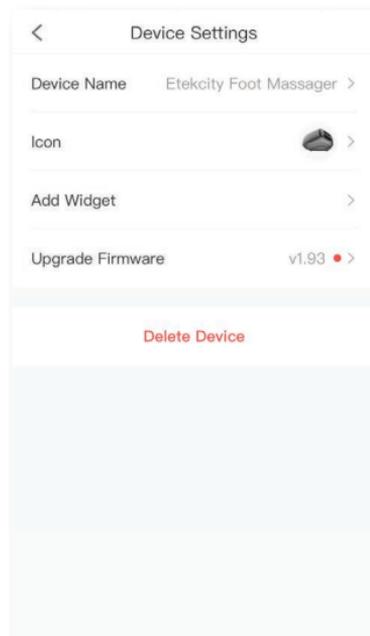
In Device Settings, you can change the massager's name and icon, upgrade firmware, and delete the massager from your VeSync app.



Massager Settings (cont.)

Note:

- Regularly upgrade your firmware to make sure your massager works correctly.
- You can also delete your massager from the My Home screen in the VeSync app.
 - **iOS™:** Swipe left on the massager's name to delete.
 - **Android™:** Press and hold for 2 seconds on the massager's name to delete.



Maintenance

- Launder the removable foot sleeves when necessary. Wash on delicate cycle in cool or warm water (lower than 122°F / 50°C).

Note: Laundering may slightly discolor the cloth cover. Wash with dark colors.

- Use a soft cotton cloth and non-abrasive detergent to clean the massager. **Never** immerse in water.
- Keep away from heat sources and direct sunlight.
- **Do not** store in extreme temperatures. Storage temperature should be 14°-122°F / -10°-50°C.

Troubleshooting

Problem	Possible Solution
The massager won't turn on.	Make sure the massager is plugged in.
	Unplug the AC power adapter from the massager and plug it back in.
The massager won't connect to my phone.	Make sure your phone has Bluetooth turned on and is within 32 ft / 9.75 m of the massager.
	Make sure your massager isn't connected to any other phones. Bluetooth devices can only connect to 1 phone at a time.
The massager is turned on, but the message functions stopped working.	If you have been using the massager for a long time, overheat protection may have activated. Turn the massager off and allow it to cool for at least 40 minutes.
The message intensity is too strong or too weak.	Change the mode and intensity settings of the massager to match your preferences.
An unknown error occurred.	Turn off the massager and turn it back on again.
	Unplug the AC power adapter from the massager and plug it back in.
The massager is making an unusual noise, emitting a strange smell, or smoke is coming from it.	Turn off and stop using the massager immediately. Contact Customer Support (see page 24).