Using the relaxing sounds

**Sounds**: Press MENU button, then choose SOUNDS. Here, you can select from 10 different relaxing sounds, adjust the volume, and turn the sound on or off.
MULTI-FUNCTION SCREEN: Menu options and massages appear on this screen.

ON/OFF: Use this button to turn the chair on and off.

MENU: Press this button in the main interface to switch to the menu to set functions of the massage chair. Press again when in menu to return to main screen.

SHOULDER POSITION: Use this option to adjust the position of the massage in manual and point mode.

FOOT ROLLER ON/OFF: Press this button to turn the foot rollers on or off.

DIRECTIONAL BUTTON: In the menu, select Auto mode, then click the up, down, left, and right buttons to choose the function, and click “OK” to confirm.

FEET ADJUST: Use these buttons to raise and lower the legrest.

BACK ADJUST: Use these buttons to recline and raise the seat back.

3D BUTTON: Push this button to adjust the 3D intensity. See 3D on multi-function screen to adjust.

FEET EXTEND: Press this button to extend the foot rest. Release button to stop.

FEET RETRACT: Press this button to retract the foot rest to the original position. Release button to stop.

AUTO PROGRAMS
Once you turn on the massage chair, press MENU to enter the Auto Program menu. There, you can choose from the following programs:

Sports Refresh: Recover after a physically-demanding day with this strenuous and invigorating full-body massage.

Extension: Revive and revitalize your system with a gentle full-body massage.

Rest & Sleep: Enjoy this gently soothing full-body massage created to relieve stress, decompress your body, and prepare you for sleep.

Working Relief: Relieve sore muscles with a soothing moderate rub-down featuring air pressure massage for the neck and shoulders.

Neck & Shoulder: Relax with a full-body massage focusing on stress and tension relief in your upper body.

Waist & Spine: Realign and correct your spine to reduce pressure and improve posture.

Deep Shiatsu: Deep shiatsu on the back for 10 mins.

Healthy Breath: 5 mins. of healthy breath massage with rhythm to assist with breathing in and out.

All Air: Full-body airbag-only massage

MyMassage: To save customized massages, simply choose your settings under the MANUAL menu, and then run the massage. Next, under the AUTO menu, scroll down and select either MyMassage 1 or MyMassage 2. Here, you have the option to Save the current manual massage, or Run a saved custom massage.

MANUAL MASSAGE
Press MENU, then select MANUAL to select from one of the following massage styles: Kneading, Tapping, Knocking, Shiatsu, or Sync.

ADDITIONAL MANUAL MASSAGE TIPS

Activate the foot rollers by pressing MENU > MANUAL > ROLLER. You can choose from 3 speeds in this menu.

Select MENU > HEAT to activate the lumbar heat. Allow a few minutes to feel the full benefits.

Select MENU > LANGUAGE to set the preferred language for the menus.

Select MENU > AIRBAG to adjust functioning airbag zones. Options are Full, Arm & Shoulder, Back & Waist, Leg & Foot and Buttock.