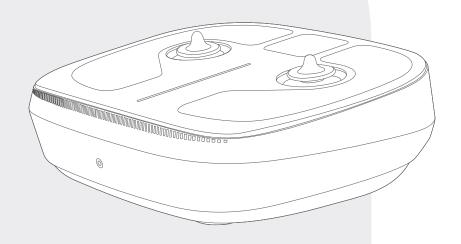
PEDICURE INSTRUMENT 高頻足療養生儀



產品使用說明書

MAX-F04G5HFFM





企業介紹

maxcare 集團領導人憑著二十多年生產健康按摩產品經驗·瞭解亞洲人對按摩產品的特別需求·創立了maxcare 品牌·並於2012年在香港大力拓展按摩產品市場·更於2017年獲得香港名牌殊榮。maxcare 以香港作為基地·專注於研發、生產及銷售家庭健康器械。

maxcare 秉持「科技提升生活質量」、「用心關愛家庭健康」的服務宗旨,不斷推出創新性的高品質產品,maxcare 產品不僅通過歐盟CE、美國UL/ETL、德國GS、TUV、中國3C等多項國際品質和安全認證,同時申報並獲得了多項國際專利。

maxcare 在集團創立者的領導下及企業使命的推動下,現已成為香港最具競爭優勢的家庭健康按摩品牌之一。maxcare 企業在專注於研究按摩椅技術的基礎上,融入人們對生活的全新理解——簡約、時尚的設計元素。maxcare 本著關愛生活的健康原則,努力致力於研發、設計、生產優質的家庭健康按摩產品,為家庭和辦公室人群提供高品質的健康按摩產品和全身全方位的健康解決方案。maxcare 將「無限關愛・源自點滴」的企業理念融入產品之中,將健康帶到每個人的身邊。

PEDICURE INSTRUMENT 高頻足療養生儀

感謝您選購 maxcare 產品,使用前請仔細閱讀產品使用說明書,並特別注意安全事項,以便正確操作及使用本產品。

本手冊提供使用者安全及有效的操作模式,請在閱讀後妥為收藏,以便 日後隨時取出參閱。

目錄

安全注意事項	P.01-P.03
機件名稱及功能	P.04
使用方法	P.05-P.07
產品的清潔、保養	P.08
故障排除	P.09
產品技術與參數	P.10

🔓 安全注意事項

1. 重要安全警告

- · 請仔細參閱本使用說明書, 並按照說明書指示使用產品。
- ·請確保產品遠離水源,避免進水引起短路。
- · 請使用符合產品規格的插頭。
- ·用後或清潔前請拔離電源插頭,以免造成設備或人身損害。
- · 請勿在室外使用。
- ·請務必謹慎使用溫熱功能,以避免可能會導致嚴重灼傷。
- ·建議使用時間為15分鐘。
- · 連續使用此產品時間請勿超過30分鐘。
- ·使用前,請檢查機件、電源線或插頭是否破損或損壞 ·如有破損請立即停止使用,請勿 擅自拆卸修理,應聯絡本公司來修理。
- · 醉酒或感覺不適時請勿使用此產品。
- ·請勿在進餐之後一小時內使用本產品。
- · 請不要在按摩開始時調到最大強度以免受傷。
- ·禁止用水清洗本產品。

2. 使用環境

- · 請勿在高度潮濕的環境如浴室中使用此產品。
- ·在環境溫度急劇變化時請勿使用此產品。
- 請勿在灰塵嚴重或有腐蝕性氣體的環境下使用此產品。
- ·請勿在空氣不流通的環境下使用此產品。
- · 使用完畢後請關閉電源, 拔掉電源插頭。
- ·請勿在室溫高於40°C的環境下使用本產品。
- ·請勿在室溫低於5°C的環境下使用產品·因為潤滑油的稠化可能會加大機器齒輪傳動件的磨損·影響使用壽命。
- ·請勿在雷擊時使用,並將電源插頭拔離電源插座。
- 請勿將產品放置在靠近火源或陽光百射的地方。
- ·如產品由低溫處移到較溫暖的環境使用時,內部金屬機件可能會聚集水氣而影響產品正常 運作,甚至造成機器損壞,建議移動後將產品在正常室溫放置一小時後再開機使用。

3. 如有以下症狀,請先諮詢醫生,在醫生指導下方可使用

- 皮膚有創傷或有傳染性皮膚病患者。
- 患有糖尿病、感覺障礙、惡性腫瘤、急性疾病、心臟病、嚴重高、低血壓等患者。
- ·有出血傾向、血栓症、嚴重的動脈瘤或急性靜脈瘤等血液重複障礙等症狀者。
- · 腳部腫痛或發炎人十。
- ·靜脈炎、血栓形成、關節功能障礙、炎症、骨骼脆弱或骨質疏鬆症患者。
- · 有心臟問題以及佩戴電子醫療器如心臟起搏器者。
- ·身體有銷釘、螺絲或人工關節人士。
- · 發高燒者。
- . 孕婦或經期婦女。
- ·無人監管時14歲以下兒童及神志不清者禁止使用本產品。
- · 經醫生囑咐需要休養或感覺身體不適者。
- 產品有發熱功能,對熱敏感的人使用時必須注意。

安全注意事項

4. 安全事項

- ·請勿在產品上放置重物。
- ·請將產品放置在平坦的地面上。
- ·使用時,請勿在產品上覆蓋毛毯或枕頭,以免引起過熱而導致使用者灼傷,甚至引起火災。
- · 使用本機時請勿站立。
- ·本產品僅限一人使用,請勿兩人或以上同時使用。
- · 檢查電壓是否符合此產品的規格要求。
- · 請勿使用濕手拔插電源插頭或操作控制面板。
- ·防止液體進入此產品,避免觸電,導致故障或損壞機器。
- · 插拔電源插頭時請勿拉扯電源線,不可過於粗暴。
- ·請勿使電線受損或更改此產品電路。
- ·請勿用濕布清潔此產品電源開關、插頭等帶電部位;應用乾布清潔,不可使用稀釋劑、苯 或酒精。
- ·如果發生停電應該拔掉電源,停止使用產品,以免電力突然恢復時導致傷害。
- ·如果在使用中感到此產品異常請立即停止使用,並向本公司諮詢。
- ·如果您在使用此產品期間感到身體異常請立即停止使用,並向醫生諮詢。
- ・本產品不適合提供給身體有殘障、感官或神經有缺陷或缺乏經驗與常識的人士(包括兒童) 使用,應先諮詢醫生意見,及必須在監護人的看護下謹慎使用。
- ·兒童必須被監督以確保他們不會拿產品來玩耍。
- ·移動產品時,請勿直接拉扯電源線或拖拉本產品,以免造成損壞。
- ·本產品只能由本公司維修。用戶不可自行拆卸,修理,任意改造機體結構或更換零件。
- ·請勿放置在接近火源、高溫及易燃的地方,避免發生故障和危險,易造成變形、變色或損壞。
- · 請勿在使用本機的同時使用其它治療儀器。
- ·本產品為個人按摩產品,不能代替藥品和醫療器:請勿用於治療目的。
- ·請正確使用本產品,否則可能會發生事故或引起身體不適。

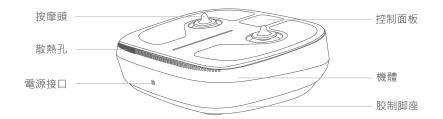
🥱 5. 產品保養和維護

- 本產品只能由本公司維修。用戶不可自行拆卸或修理。
- · 請用乾布清潔此產品。不可使用稀釋劑、苯或酒精。
- ·請保持產品清潔並遠離高濕度或高溫的場所以及有揮發性氣體的環境。
- ·切勿將產品置放於陽光照射或高溫的場所,以免造成產品褪色。



₩ 機件名稱及功能

機件名稱



內含配件



足部按摩器



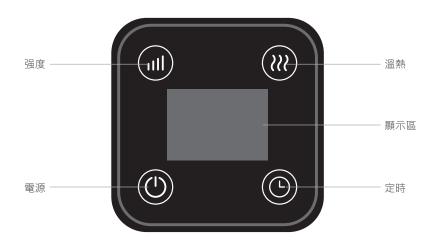
電源插頭



說明書

使用方法

使用說明



插上電源,產品進入待機狀態,指示燈閃爍顯示。

功能	圖標	顯示	説明	
電源鍵	(1)	PU	長按此鍵2秒進入待機狀態,再次長按關閉整機功能, 進入關機狀態時,顯示區無任何顯示。	
75 474		88	進入待機狀態后·短按此鍵顯示區倒計時3秒開啓按摩功能·此時顯示區 "AU" 顯示2秒。	
强度鍵	St 58 58	共3擋强度可調節·默認2擋强度(S2)·再短按一次為 3擋(S3)·再短按一次為1擋(S1)·以此循環。		
溫熱鍵	≅	88 88 88 88	短按此鍵開啓溫熱功能1擋(H1)·再短按一次為2擋(H2)·再短按則關閉溫柔(H0)·以此循環。	
定時鍵	(<u>L</u>)	15 38	開始按摩后·默認工作15分鐘·按下此鍵可選擇按摩時間15分鐘或30分鐘。	

使用方法

血壓過高改善方案



足療方案:以下為反射區/穴位(請按數字順序按摩)

1. 合理膳食

少鹽、少油及味精,控制主食,控制高熱量含糖飲料;少食含鹽量高的腌製品。

2. 心理平衡

保持樂觀和積極向上的態度。避免負面情緒·積極面對生活;避免焦慮、緊張;避免熬 夜·做到規律起居。

3. 滴量運動

運動要有恆·經此地、規律地運動;要有序·循序漸進地運動;要有度·根據自身年齡和體質適度運動。運動方式如不行、跑步、騎車、游泳、打太極等。

使用方法

使用小貼士

步驟1:

將電源綫插入產品后端的電源輸入接口·然後將適配器插頭插入電源插座。顯示屏閃爍2s;



步驟2:

長按"電源鍵"2s進入待機狀態·"電源鍵"常亮。短按 "强度鍵"倒計時3s后開啟按摩功能·默認2擋强度按摩· 共3擋强度可調節。



步驟3:

短按"溫熱鍵"可自由選擇是否加熱按摩頭·2擋溫度可調節;短按"定時鍵"可選擇15或30分鐘定時。設備默認15分鐘后自動關機·關機前30秒倒計時提示;



步驟4:

長按"電源鍵"2s或自動關機后,可用濕巾或乾抹布情結 主機。(切記關機後,再清潔主機)

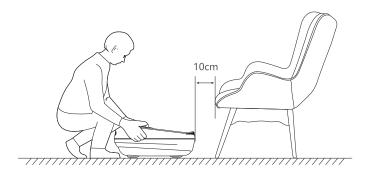




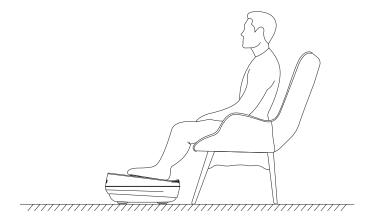
使用方法

使用前準備

1. 請將本產品置于平整的台面上, 距離座椅10cm。



- 2. 請保持正確的坐姿,將雙脚放在按摩頭上,雙腿呈舒適狀態彎曲;
- 3. 使用時須保持足部乾燥。





產品的清潔、保養

清潔

- ·清潔之前,請確保關閉電源,電源插頭已經從插座拔出。
- ·請使用柔軟的乾布或輕微濕潤的布擦拭產品表面。



- 請勿濕手拔插電源插頭。
- ·請勿用水沖洗產品,或將任何液體濺到產品內部。
- ·請勿使用苯或稀釋劑等腐蝕性液體清潔產品·以免造成產品褪色 或損壞。
- ·產品潮濕時,請停止使用及請勿拆卸,讓產品自然風乾即可。

保養

- ·請保持產品清潔並遠離高濕度或高溫的場所,以及有揮發性氣體的環境。
- · 把產品放進箱子,再存放於安全、乾爽、陰涼的地方。
- ·如果長時間不使用此產品,請用防塵罩 (請自行購買) 套住此產品,防止落入灰塵。



注 音

- ·請勿將此產品放置於陽光直接照射,以免造成產品褪色。
- ·請勿在產品上擱置重物。
- ·不使用時,請確認關閉電源,並拔去電源插頭。

溫鑿提示

- · 長年使用時, 請務必檢查是否有以下症狀:
 - * 有焦糊氣味:
 - * 觸動導線後有時通電,有時斷電;
 - *電源線發熱:
 - * 電源線是否破損:
 - * 拆洗腳套時,請勿用力拉扯拉鍊,以免造成損壞布套;
 - * 其它異常。



- ·如有上述現象,為防止故障和事故的發生,請停止使用產品。
- ·切斷電源開關,拔下電源插頭;請勿私自拆卸修理,請與本公司聯絡。



? 故障排除

以下現象並非表示故障。請在聯絡客戶服務部之前,先檢查是否出現以下情況,從而找出解決方案。若問題仍未能解決,請勿自行拆開及維修。應立即停止使用及我們聯絡。

現象	可能原因	處理方法
運作時出現"咻咻" "嗒嗒"的聲音	產品正常工作時發出的聲 音或內部機件與布套之間 的摩擦聲音	無需任何處理
無法開機	電源插頭沒有插好	連接好插頭
	未開啟開/關按鈕	重新開啟開/關按鈕
	工作時間過長,電機過熱 保護	待電機自然冷卻後再使用
突然停止操作	斷電	檢查電源插頭是否連接好
	按摩時間超過15分鐘·自 動關機	重新開啟開/關按鈕
	連續使用時間過長,產品 過熱保護	產品冷卻後·重新開啟 開/關按鈕
	施力過大・按摩堵轉保護	放鬆腳掌,減輕機器負荷

⑥ 產品技術與參數

產品名稱: 高頻足療養生儀

產品型號: MAX-F04G5HFFM

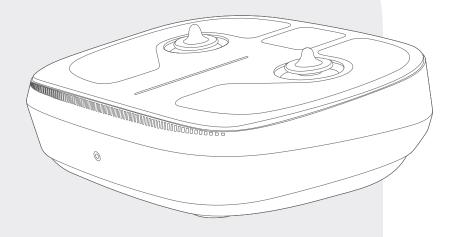
輸入電壓: 24V 額定功率: 60W

產品尺寸: 390×350×150mm

產品净重: 約5kg

執行標准: GB4706.1-2005 GB4706.10-2008

PEDICURE INSTRUMENT



User Manual

MAX-F04G5HFFM





COMPANY PROFILE

After two decades of experience in the health industry, maxcare founder utilized his knowledge and expertise in massage therapy from an Asian-Pacific perspective to establish our brand - maxcare. Our massage therapy business was expanded to Hong Kong in 2012 and is conferred 2017 Hong Kong Top Brand Award. Based in Hong Kong, we are specializing in design & innovation, manufacturing, and retailing of massage and healthcare products.

Believing in the value of 'Technology improves our quality of life' and 'Caring for your family', maxcare' has been innovating highly qualified products with international patents. Besides, maxcare' products fulfill various international safety standards, namely EU CE Mark, US UL/ETL Mark, Germany GS Mark, TUV certification, and China CCC Mark.

Motivated by our value, <code>maxcore</code> founder has been leading us to be one of the most competitive brands in Hong Kong health industry. <code>maxcore</code> applies the contemporary fashion design – neat and modern – on the mechanical engineering of massage chairs. To deliver our value and offer incredible massage experience and healthcare solution to the public, <code>maxcore</code> devotes to the innovation, design, manufacturing the top-notch family massage products. By integrating the company philosophy –Spirit of Healthy Life - into our products, <code>maxcore</code> brings health to everyone.



Thank you for purchasing Maxcare's products. Before using the product, please read this manual thoroughly, particularly the Safety Precautions section, for the correct use of the product.

This manual should be well kept for easy reference. It enables you to perform a safe and efficient operation.

CONTENT

Safety Precautions	P.14-P.16
Name and Function of Components	P.17
How to Use	P.18-P.21
Cleaning and Maintenance	P.22
FAQs and Solutions	P.23
Technical Specifications	P.24





Safety Precautions



1. Important safety warning

- · Please read and comply with the user manual before operation.
- · Keep product away from sources of water to prevent short circuit caused by ingress of water into the product.
- Please use an adapter which is in accordance with the specification of the product.
- Disconnect the product after use or before cleaning to prevent injury or damage.
- · Do not use outdoors.
- Be careful when using the heating function, to prevent possible burns.
- Recommended usage time of this product is 15 minutes/ session.
- Please do not keep this product running continuously for over 30 minutes.
- · Please check if any part of this product is damaged before use. If so, please stop using it immediately and do not dismantle or repair by yourself. You should contact us for repair.
- · Please do not use it if drunk or feeling unwell.
- · Please do not use it within one hour after having meal.
- Please do not adjust to the maximum intensity at the beginning of the massage to avoid possible injury.
- · Do not wash the product



2. Environment for usage

- Do not use it in a humid environment such as a bathroom
- Do not use it when there is a drastic change in temperature.
- · Do not use it under heavy-dusty or caustic environment.
- Do not use it in an environment with poor ventilation.
- Please turn off the power and remove the adapter from socket.
- Do not use it when the surrounding temperature is up to 40°C.
- Please do not use it when surrounding temperature is below 5°C. The lubricant will get thicker quickly and increase the friction between parts.
- · Turn off and unplug during thunderstorms.
- · Do not place it near fire or direct sunlight.
- When moved from a low-temperature storage to a warm environment, the moisture inside the machine may affect, or damage, its functionality. Please rest the product within room temperature for 1 hour before use.





Safety Precautions



3. People who have the below symptoms, please consult a doctor before use

- · People who have rashes or infectious skin diseases.
- · People who have diabetes, sensory impairment, malignant tumors, acute illnesses, heart diseases, or severe high blood pressure, etc.
- · People who suffer from any bleeding tendency, thrombosis, severe aneurysm or acute venous aneurysm and other symptoms of blood circulation disorder.
- · People who are suffering from swollen feet or inflamed feet.
- People who are suffering from phlebitis, thrombosis, joint dysfunction, inflammation, weak bones or osteoporosis, etc.
- · People who suffer from heart disease or carrying electronic medical device such as a heart pacemaker.
- People who have pins or screws inside the body, or artificial joints.
- · People who have a fever.
- · Pregnant or menstruating women.
- · Children under 14-year-old or who are delirious without being supervised are not allowed to use this product.
- For those who need to rest or feel unwell after being instructed by a doctor.
- The product has a heating function. It must be used carefully by those who are sensitive to heat.

4. Safety

- · Do not place heavy objects on top of the product.
- · Please place the product on flat ground.
- · Do not operate under a blanket or pillow. Overheating can occur causing fire, electric shock, or other injuries.
- · Do not stand while using the product.
- The product can only be used by a single user at a time.
- Check if the voltage in accordance with the specification of this product.
- · Do not use wet hands to pull the plug or touch the control panel.
- Do not allow liquid to get into the product, to prevent electric shock or damage to this product.
- Do not pull or drag the power cord when unplugging. Please be gentle.
- Do not damage the wires or change the circuit of this product.
- Do not use wet cloths to clean the electric parts such as the switch and plug. Please clean this product with dry cloths. Do not use thinner, benzene or alcohol.
- · Be away from this product and turn off the plug during a power cut, to prevent injury in case power resumes suddenly.
- · Stop using this product if there is any irregularity, and please contact us immediately.
- · Stop using this product if you feel any physical abnormality. Please consult a doctor.





Safety Precautions

- This product is not intended for people (including children) who are physically handicapped, sensory or neurological deficits, or lack of experience and knowledge, unless they are under supervision or instruction concerning the use of the product by their guardian.
- Children should be supervised to ensure they do not play it as a toy.
- Do not directly pull or drag the power cord when moving the product to avoid damage.
- · This product should be maintained by us, users are prohibited to dismantle, repair or maintain by themselves.
- · Keep away from fire, high temperature or flammable, to avoid malfunctions and dangers that may cause deformation, discoloration or damage.
- Do not use other therapy devices while using this product.
- This product is a personal care massager and cannot replace medicines and medical devices.
- Please strictly follow the instructions, otherwise an accident or physical discomfort may occur.

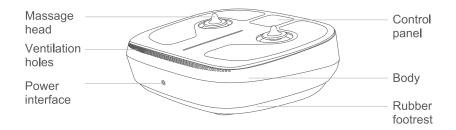
5. Maintenance

- This product should be maintained by us, users are prohibited to dismantle or repair by
- Please clean this product with dry cloths. Do not use thinner, benzene or alcohol.
- · Keep the product clean and away from the places with high humidity or high temperature and environment with volatile gases.
- Do not place it near fire or direct sunlight, to prevent product color fading.



Name and Function of Components

Product structure



Components



Foot massager



Adapter



User manual

How to Use

HOW TO USE



Connect to the power supply, the product turn into standby mode and the indicator light flash.

Function	Icon	Display	Instructions	
Power Button	(1)	PU	Press and hold this button for two seconds to enter standby mode. Press again to turn off the machine. When the machine is shut down, there is no display on the screen.	
Intensity			88	After entering standby mode, press this button to start the massage function with a countdown of 3 seconds on the display screen. The "AU" will be displayed for two seconds.
Button	St S2 S3	There are 3 adjustable intensity levels. The default is level 2 (S2). Press again to switch to level 3 (S3), and press again to switch to level 1 (S1), This cycle repeats.		
Heat Button	(XX)	83 88 88	Press this button to turn on the heat function at level 1 (H1), Press again to switch to level 2 (H2), and press again to turn off the heat (HO). This cycle repeats.	
Timer Button	(<u>L</u>)	IS 38	After starting the massage, the default working time is 15 minutes. Press this button to selecta massage time of 15 or 30 minutes.	





High Blood Pressure Improvement Plan



Foot reflexology plan: The following are reflex zones/acupressure points (massage in numerical order)

- 1. Head (brain) kneading for 2 minutes
- 3. Adrenal gland pressing for 2 minutes
- 5. Ureter pushing for 3 minutes
- 7. Heart -kneading for 1 minute
- 9. Neck pressing for 1 minute

- 2. Cerebellum and brainstem pressing for 3 minutes
- 4. Kidney pressing for 2 minutes
- 6. Bladder pressing for 1 minute
- 8. Liver kneading for 2 minutes

1.Reasonable diet

Reduce salt, oil, and MSG intake, control staple foods, and limit high-calorie sugary drinks. Consume less preserved foods that are high in salt.

2.Psychological balance

Maintain an optimistic and positive attitude. Avoid negative emotions and actively face life. Avoid anxiety, tension, and staying up late, and establish a regular daily routine.

3. Moderate exercise

Maintain an optimistic and positive attitude. Avoid negative emotions and actively face life. Avoid anxiety, tension, and staying up late, and establish a regular daily routine.



How to Use

Tips for Use

Step1:

Insert the power cord into the power input interface at the back of the product, and then plug the adapter into the power socket. The display screen will flash for 2 seconds.



Step2:

Press and hold the "power button" for 2 seconds to enter standby mode, and the "power button" will remain on. Press the "intensity button" to start the massage function after a countdown of 3 seconds. The default massage intensity is level 2, and there are a total of 3 adjustable intensity levels.



Step3:

Press the "heat button" to choose whether to use the heating function on the massage head. There are two temperature levels that can be adjusted. Press the "timing button" to choose between 15 or 30 minutes of timing. The device will automatically shut down after 15 minutes by default, and there will be a 30-second countdown reminder before shutdown



Step4:

After pressing and holding the "power button" for 2 seconds or automatic shutdown, clean the main unit with a damp cloth or dry cloth. (Remember to turn off the power before cleaning the main unit.)

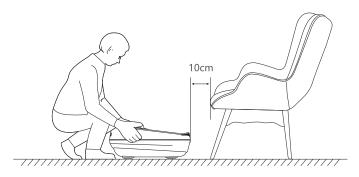




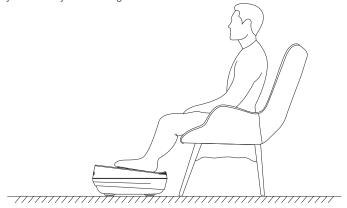


Preparation before use

1. Please place this product on a flat surface, 10cm away from the seat.



- 2. Please maintain the correct sitting posture, place both feet on the massage heads, and bend both legs in a comfortable position.
- 3. Keep your feet dry when using.







Cleaning and Maintenance

Cleaning

- Please ensure to turn off the power and unplug before cleaning.
- Use a soft dry cloth or slightly damp cloth to wipe the product surface.



- · Do not touch the plug with wet hands.
- · Do not wash or spill any liquid on the product.
- Do not use corrosive liquid such as benzene or thinner to clean the product, to prevent color fading and damage.
- When the product is damp, stop using it and do not dismantle. Leave it to dry naturally.

Maintenance

- · Keep the product clean and away from the places with high humidity or high temperature and environment with volatile gases.
- If the product will not be used for a long period, please use a dust cover (buy separately) to prevent dust, then store in a safe, dry and cool place.



- CAUTION
- Do not place it near fire or direct sunlight, to prevent product color fading.
- · Do not place heavy objects on top of the product.
- Please ensure to turn off the power and unplug when it's not in use.

Kindly reminding

- If the product has been used for a long time, please check the conditions as below:
 - * Burnt smell.
 - * Unstable power supply after connecting with the power cord.
 - * Power cord overheat
 - * Power cords damage
 - * Do not pull the cloth cover and the zipper forcefully to avoid damage.
 - * Other abnormalities



- If the above phenomenon occurs, please stop using the product to prevent malfunctions and accidents.
- · Please turn off the power and unplug immediately. Users are prohibited to dismantle and repair by themselves. Please contact us for repair.





Troubleshooting

The following symptoms do not indicate malfunction. Please check the below phenomenon to find out the solution before contact customer services department. If the problem still cannot be solved, please do not dismantle or repair the product. You should stop using it and contact us immediately.

Issues	Possible Causes	Solutions
"Tik tik" or "Tak tak" sound during operation	Normal mechanical sound during operation or the friction sound between the massage balls and cloth cover	No action required
Not working	The adapter has not been well connected	Connect the adapter properly
	The power switch is off	Switch on the power button
	The massager is used for too long, overheat protection will activated	Allow the massager to cool down before using again
Abrupt stop during operation	Power disconnected	Check if the power cord is connected
	Rated working time (15 minutes) is up and the massager is automatically stop	Press the power button to restart
	If you have been using the massager for a long time, overheat protection may get activated.	Turn the massager off and allow it to cool down before using again
	The massage intensity is too strong, stall protection may get activated	Change the mode and intensity setting, to relax your feet and reduce the machine load



Technical Specifications

Product Name : Foot Massage Machine

Product Model : MAX-F04G5HFFM

Input Voltage : 24V Rated Power : 60W

: 390×350×150mm Product Size

Product Net Weight : ≈ 5 kg



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