

# Panasonic®

## Operating Instructions

Bedienungsanleitung

Gebruiksaanwijzing

Bruksanvisning

Brugsanvisning

Mode d'emploi

Инструкции по эксплуатации

## Massage Lounger

Massagesessel

Massagefauteuil

Massagestol

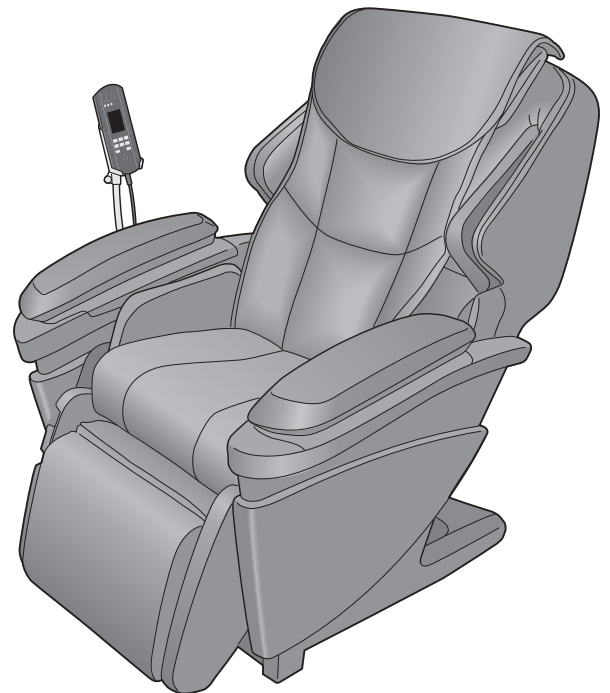
Massagestol

Fauteuil de massage

Массажное кресло

Model No. EP-MA70

<b>English</b>	GB1
<b>Deutsch</b>	DE1
<b>Nederlands</b>	NL1
<b>Svenska</b>	SE1
<b>Dansk</b>	DK1
<b>Français</b>	FR1
<b>Русский</b>	RUS1



Before operating this unit, please read these instructions completely.

Specifications of the product or parts may be changed without prior notice.

Bitte lesen Sie vor der Verwendung dieses Geräts die Bedienungsanleitung vollständig durch. Änderungen am Produkt oder Teilen davon bleiben ohne Ankündigung vorbehalten.

Gelieve eerst de instructies volledig te lezen alvorens met dit toestel te werken. Specificaties van het product of de onderdelen kunnen worden gewijzigd zonder voorafgaande kennisgeving.

Läs dessa anvisningar i sin helhet innan apparaten tas i bruk. Produktens och delarnas specifikationer kan ändras utan föregående meddelande.

Læs venligst alle instruktioner, før du anvender denne enhed. Produktets specifikationer eller dele kan blive ændret uden forudgående meddelelse.

Avant de faire fonctionner le fauteuil, veuillez lire le présent mode d'emploi dans son entièreté. Les spécifications du produit ou des pièces peuvent changer sans préavis.

Перед началом эксплуатации данного устройства, пожалуйста, полностью прочтите данные инструкции. Технические характеристики изделия или его деталей могут быть изменены без предварительного уведомления.



# IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed when using an electrical unit, including the following.

Please ensure that you read all instructions before using the Massage Lounger.

## **DANGER** – To reduce the risk of electric shock:

1. Always unplug the unit immediately after use.
2. Always unplug the unit before cleaning.

## **WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. The unit should never be left unattended when plugged in. Always unplug the unit when not in use.
2. Close and continuous supervision is necessary when the unit is used by people who are limited in their ability to move or communicate.
3. Only use the unit for the purpose described in these instructions.
4. Do not stand on the unit.
5. Do not use any accessories other than those recommended by the manufacturer.
6. This unit should not be used by children. Keep children away from the unit. Remove the key when not in use and store it out of the reach of children.
7. Never operate the unit if it has a damaged power cord or plug. Return the unit to the nearest authorized service centre if it is not working properly, if it has been dropped or damaged, or if it has been immersed in water.
8. Always raise the comfort cushion to check that the fabric of the unit itself has not been ripped before using the unit. Please also check other areas to ensure that the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power cord and have the unit repaired at an authorized service centre.
9. Keep power cords away from heated surfaces. Do not carry the unit by the power cord. Take care that pins, rubbish and moisture do not come into contact with the plug. (Wipe off dust using a dry cloth.)
10. Do not operate the unit under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
11. Never block the air openings during operation and make sure that all air openings are kept free of lint and hair, etc. Do not drop or insert anything into any of the openings of the unit.
12. The unit should not be used in bathrooms or other damp or humid places as this may cause electric shock or the unit to malfunction. Water, etc. should not be spilled on the controller.
13. Do not use the unit outdoors.
14. Do not use the unit in places where aerosol spray products are in use or where oxygen is being used.
15. When unplugging the unit, turn off all controls before removing the plug from the power socket. A transformer should not be used as this may cause an electric shock or the unit to malfunction.
16. Connect this unit to a properly grounded socket only. See Grounding Instructions.
17. The unit contains no user-serviceable parts and opening or disassembling any parts of it may cause an electric shock or injury.

## SAVE THESE INSTRUCTIONS

## **WARNING:**

1. Persons with any of the conditions listed below or who are undergoing medical treatment should consult with their physicians before using the unit:
  - a) Pregnant women, people who are ill or in poor physical shape.
  - b) People suffering from back, neck, shoulder, or hip pain.
  - c) People who have a pacemaker, defibrillator, or other personal medical devices prone to electronic interference.
  - d) People suffering from heart disease.
  - e) People who are prohibited from receiving massage by a physician due to thrombosis or aneurism, acute varicose veins, or other circulatory disorders.
  - f) People with irregular curvatures of the spine.
  - g) People who have a loss of heat sensation.
2. Make sure that no part of your body is between the massage heads as their squeezing action may cause injury. Your fingers, feet and head should not be put in the gap between the backrest and the seat, the backrest and the armrest, the seat and the cover under the armrest, the legrest and the footrest, the back cover and the leg cover, and the back side of the legrest.
3. The unit should not be used against bare skin. While thin clothing may increase effectiveness, exposing the skin directly to the unit may irritate the skin.  
Avoid wearing anything hard on your head like a hair accessory, etc. when using this unit.  
Excessively strong massage action should be avoided on the back of the neck.
4. Avoid massaging any one part of your body for more than 5 minutes at a time.  
Excessive massaging can overstimulate the muscles and nerves and result in an adverse effect or injury.  
The unit should not be used for more than a total of 16 minutes each session to avoid excessive massaging.
5. While using the unit, if you start feeling sick or if the massage seems painful, stop using it immediately.
6. You should not fall asleep while using the unit or use the unit after drinking alcohol.
7. Do not sit on the unit when the backrest is reclined.  
Do not sit on the unit the wrong way around (with your legs on the headrest) when the backrest is reclined.  
Sitting on the legrest may cause the unit to fall over.
8. Be sure to start on the gentle massage programme if using the unit for the first time.
9. If the unit functions abnormally, immediately turn off the power and have the unit checked by an authorized service centre.
10. Avoid attempting to repair the unit yourself.
11. Make sure there are no obstacles behind the unit before reclining it. If the back hits a wall or pillar, the unit may malfunction. Be sure to have ample space behind the unit.
12. After each massage, slide the power switch to the "off" position, turn the lock switch to the "lock" position and remove the key and power plug.
13. Be sure to fix the pillow on the back cushion for safe use.  
Failure to do so may result in entangling your hair in the fastener, harm to your skin, or damage to your clothes.
14. Confirm that the shoulder position is correct when body scanning is performed. If it is not properly aligned, use the POSITION button to adjust the shoulder position, or stop the massage and perform the body scanning again.  
(For Automatic programmes or Manual Operation)
15. People with any of the conditions listed below should not use the Pelvis stretch:
  - 1) People suffering from acute lumbago, spinal disc herniation, or misalignment of the vertebrae
  - 2) People with hip joint problems such as hip osteoarthritis
  - 3) People with osteoporosis
  - 4) People who felt numbness or listlessness in the legs
 It may worsen the symptoms.

16. Sit on the unit after confirming there is no foreign matter between the parts of the unit. (Confirm that there are no foreign objects stuck in the back cushion, legrest or hand/arm massage section.)  
Sit down and ensure that the legrest is properly locked in place.  
Failure to observe this precaution may result in accident or injury.
17. Remove hard objects, such as false fingernails, wristwatches or rings, when massaging hands or arms.  
Do not massage with any hard objects in your pants pocket.
18. Store the attachment screws out of reach of children.  
Accidental ingestion may occur.
19. Do not stand, jump on, or place objects on the seat until the air is completely extracted for the air massage.
20. When "Heat" massage heads are used, do not let the massage heads touch the same place for a long time.  
Low-temperature burn may occur.
21. Do not pull on the legrest rotation lock release lever while sitting in the chair with your feet on the legrest.  
Accidents or injuries may occur.
22. Do not drag or push the unit in an installed state.  
Protect your floor (place a mat or similar) when moving the unit on its wheels to avoid damage to your floor.
23. Do not hold on the legrest leg/sole massage section when moving the unit.  
If this is not observed, the section may slide as you move the unit, and injuries may occur.

# OPERATING PRECAUTIONS

**⚠ WARNING** - To avoid damaging the chair, follow these precautions:

1. The chair is designed for a maximum user weight of 120 kg. Exceeding the maximum weight may cause permanent damage to the massage mechanism and/or other components of the unit. Any such damage is deemed to be user abuse and is not covered under the Limited Warranty.
2. Do not sit on or drop the controller. Do not pull the controller cord or the power cord. Be careful not to catch the cord of the controller between the armrest and the back of the chair.
3. Do not treat the chair roughly, such as turning the chair on its side, turning the chair over or standing on it.
4. Do not treat the covering roughly.
  - Keep sharp or pointed objects away from the covering of the chair. Be careful not to drop lit ashes, lit cigarettes or matches on the chair.
  - Exposure to direct sunlight can cause fading or a change in colour of the covering.
5. If the massager functions abnormally, immediately turn off the power and have the massager checked by an authorized service centre.
6. Do not attempt to repair the massager yourself.
7. Do not repeatedly operate any switch at short intervals. Such action may cause the switch to malfunction.
8. Some noise may be heard coming from the massager while in use. This is due to the structure of the massager and is normal.
9. Make sure there are no obstacles behind the chair before reclining it. The chair can be reclined to a maximum angle of 170°. If the back hits a wall or pillar, the chair may malfunction. Be sure to have ample space behind the chair. Recline the chair slowly in order to avoid contact with an obstacle.
10. When excessive pressure is applied to the massage heads, they may stop moving for safety. When moving the heads up from the lowered position, one's body weight may stop the heads' movement. In such a case, slightly raise your body and allow the massage heads to move up.
11. After each massage, slide the power switch, which is located on the right side of the chair, to the "off" position and turn its lock switch to the "lock" position.
12. Do not sit on the chair with wet body or hair.
13. The unit must not be used in "wet rooms" (sauna, swimming pool) or outdoors.
14. Place the unit on a totally flat surface.  
Failure to do so may result in the unit tipping over.
15. Do not drag or push the unit in an installed state.  
Protect your floor (place a mat or similar) when moving the unit on its wheels to avoid damage to your floor.
16. Always hold the power plug, not the power cord, when unplugging it from an socket.  
Failure to observe this precaution may result in electric shock or short-circuit.

## GROUNDING INSTRUCTIONS

The unit must be properly grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current in order to reduce the risk of electric shock.

This unit is equipped with a cord with an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate socket that has been properly installed in accordance with all local codes and ordinances.

### **DANGER**

Improper connection of the equipment-grounding conductor may lead to electric shock. Check with a qualified electrician if you are in doubt as to whether or not the unit is properly grounded. Do not modify the plug provided with the unit if it will not fit the power socket. Instead, have a proper socket installed by a qualified electrician.

This unit has a grounding plug. Make sure that the product is connected to a power socket with the same configuration as the plug. Do not use an adaptor with this unit.

# SPECIFICATIONS

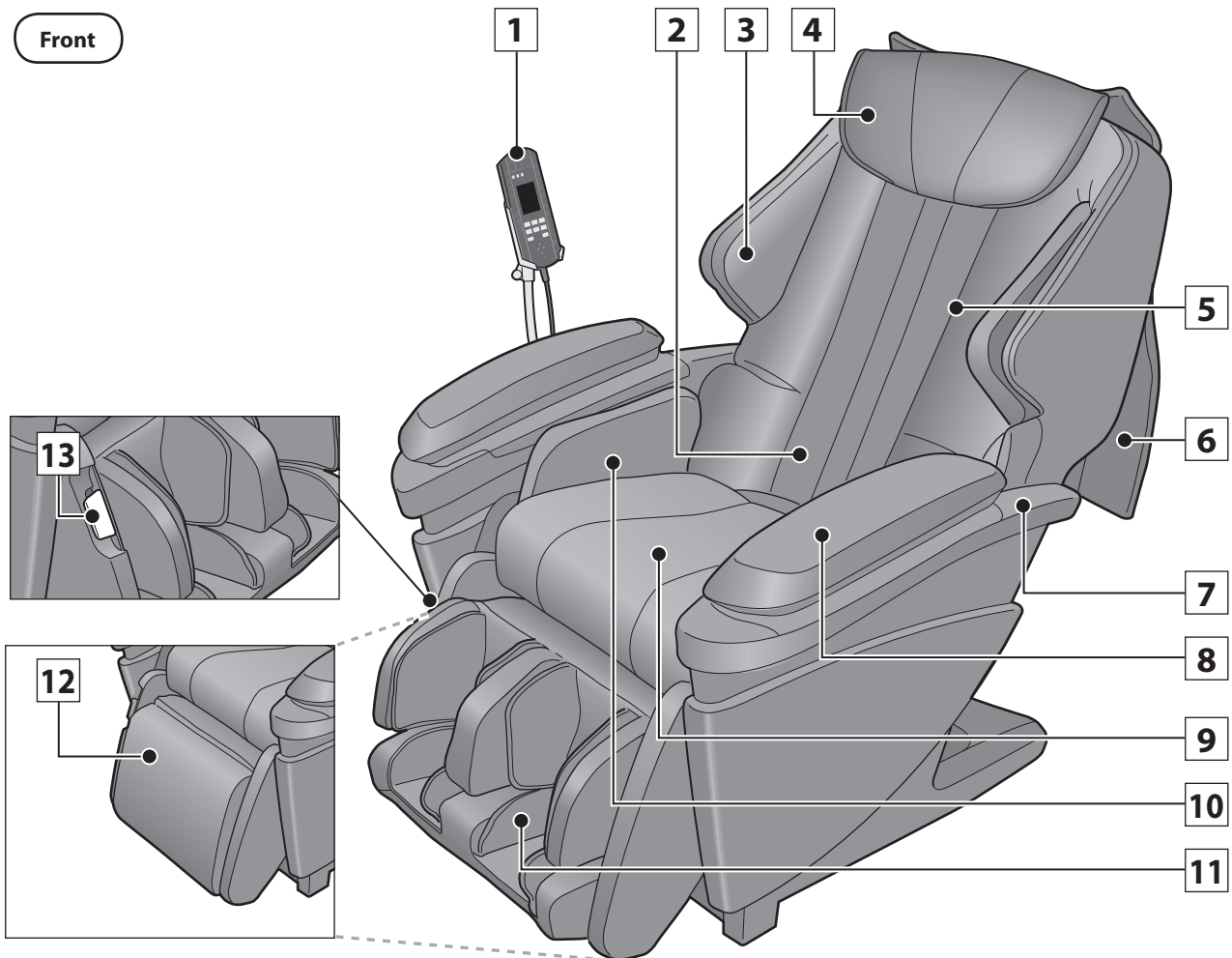
<b>Power Supply:</b>	AC 230 V 50 Hz	
<b>Power Consumption:</b>	120 W (Electric heating equipment 23 W)	
<b>Upper Body Massage</b>		
Massage area (Up-Down):	Approx. 78 cm (The massage heads move a total of approx. 62 cm)	
Massage area (Left-Right):	Distance between massage heads during operation (massage width adjustable) Neck, Shoulder, Back, Lower back: Approx. 5 cm – 21 cm Distance between massage heads (including width of massage heads) during back roll and up-and-down movement: Approx. 5 cm – 17 cm	
Massage area (Forward-Back):	Protrusion of massage heads (adjustable) Approx. 10 cm	
Massage speed:	Tap: Approx. 190 cycles/minute – 520 cycles/minute (single side) Full roll: Approx. 36 seconds – 91 seconds (both ways) Other than the above: approx. 4 cycles/minute – 50 cycles/minute	
<b>Air massage</b>		
Air Pressure (Calf):	Level 3: Approx. 32 kPa Level 2: Approx. 28 kPa Level 1: Approx. 16 kPa * It may vary with the area slightly.	
<b>Reclining angle:</b>	Backrest:	Approx 120° – 170°
	Legrest (Leg/sole massage section):	Approx 5° – 85°
	Legrest (Flat section):	Approx 15° – 95°
<b>Automatic shut-off:</b>	Automatically turns off after approx. 16 minutes	
<b>Dimensions</b>		
When not reclined (H × W × D):	Approx. 115 cm × 95 cm × 122 cm	
When reclined (H × W × D):	Approx. 66 cm × 95 cm × 202 cm	
<b>Weight of Unit:</b>	Approx. 87 kg	
<b>Dimension of box (H × W × D):</b>	Approx. 73 cm × 78 cm × 160 cm	
<b>Weight in box:</b>	Approx. 99 kg	
<b>Maximum user weight:</b>	Approx. 120 kg	
<b>Minimum distance from wall:</b>	40 cm	

For those who weighing 100 kg or more, the product operations may make more noise and the fabric cover may wear faster.

# Part names and functions

## Main unit

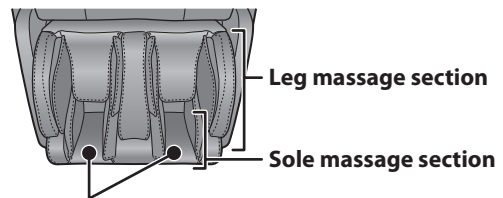
Front



- 1 Controller**  
• See pages GB9 – GB10.
- 2 Retracted position of massage heads**
- 3 Shoulder side massage section**  
• Includes integrated air massage function.
- 4 Pillow**
- 5 Backrest**  
• Massage heads:  
- Includes integrated massage heads.  
- Includes "Heat" massage heads.  
• Air bag for Lower Back massage is built in.
- 6 Comfort cushion**
- 7 Armrest**  
• Moves with the backrest.
- 8 Hand/Arm massage section**  
• Includes integrated air massage function.
- 9 Seat**  
• Air bag for Seat/Thigh massage is built in.

- 10 Seat/Thigh side massage section**  
• Includes integrated air massage function.

- 11 Legrest Leg/Sole massage section**  
• Includes air massage function.  
• Position can be adjusted by the leg slide.

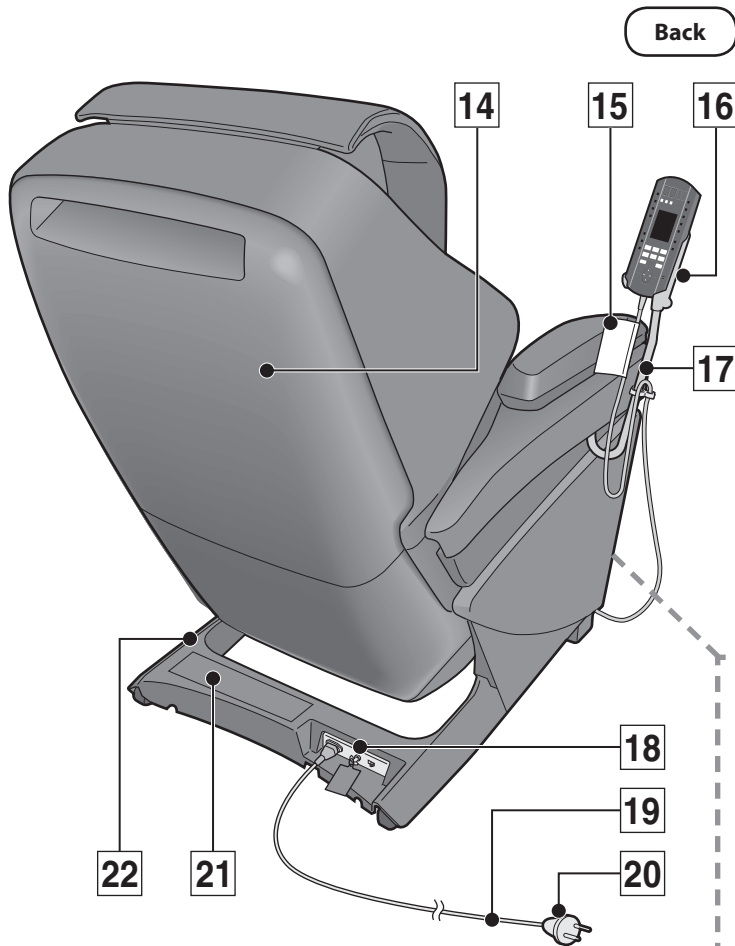


- Sole Shiatsu Sheet (Removable.)

- 12 Legrest flat section**  
• Use the unit as a comfort chair by rotating and storing when not using for massaging.

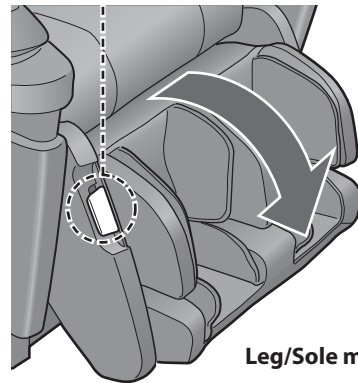
- 13 Lever for legrest rotation**  
• Rotate the legrest manually while pulling the lever.  
(Flat section ⇔ Leg/Sole massage section)



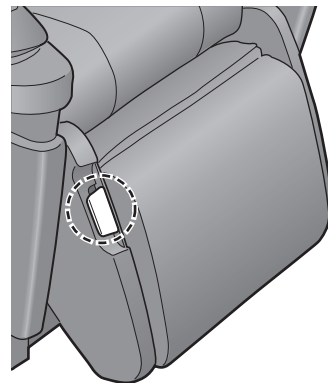
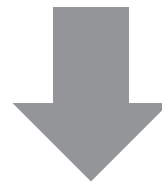


**The legrest can be stored away when the massage is not used.**

Legrest is rotated manually while pulling on the lever.



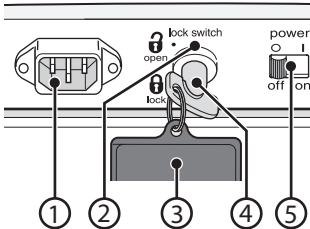
**Leg/Sole massage section**



**Flat section**

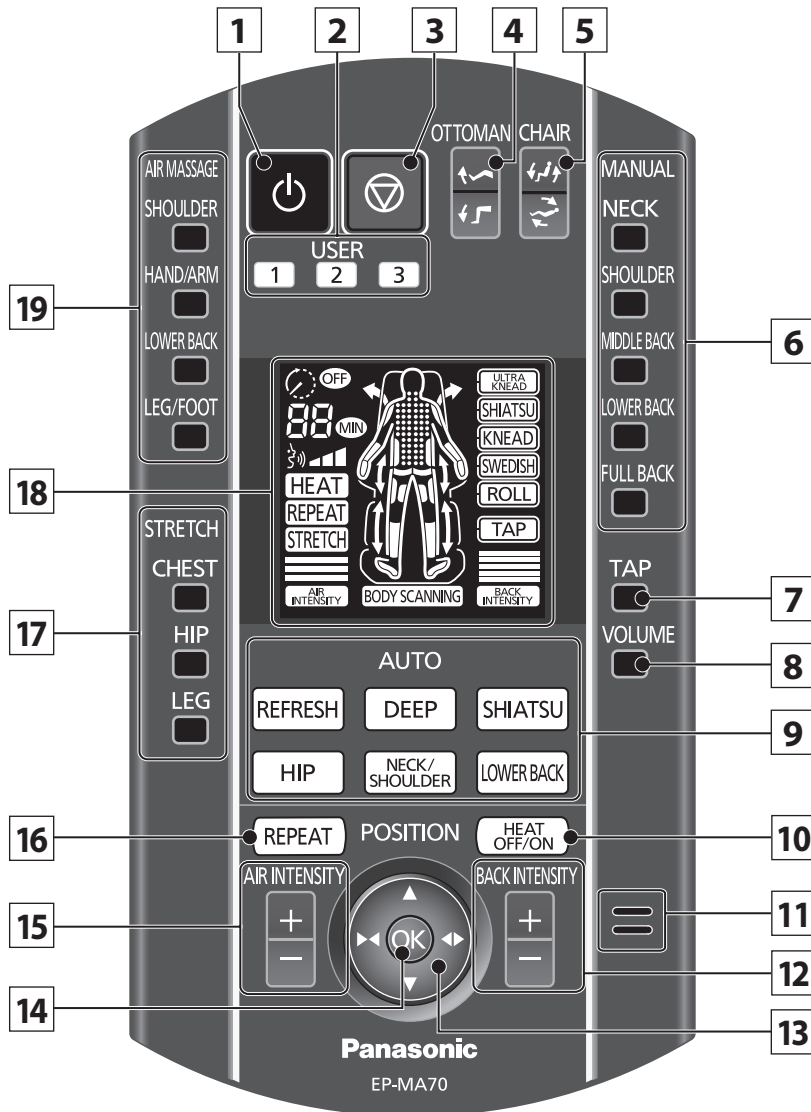
- 14** Back Cover
- 15** Child Safety Label
- 16** Controller Holder
- 17** Controller Stand

- 18** Power Switch Section
  - See pages GB14 and GB17.
  - Lock switch is set to “open” and power switch is set to “on” prior to leaving the factory.

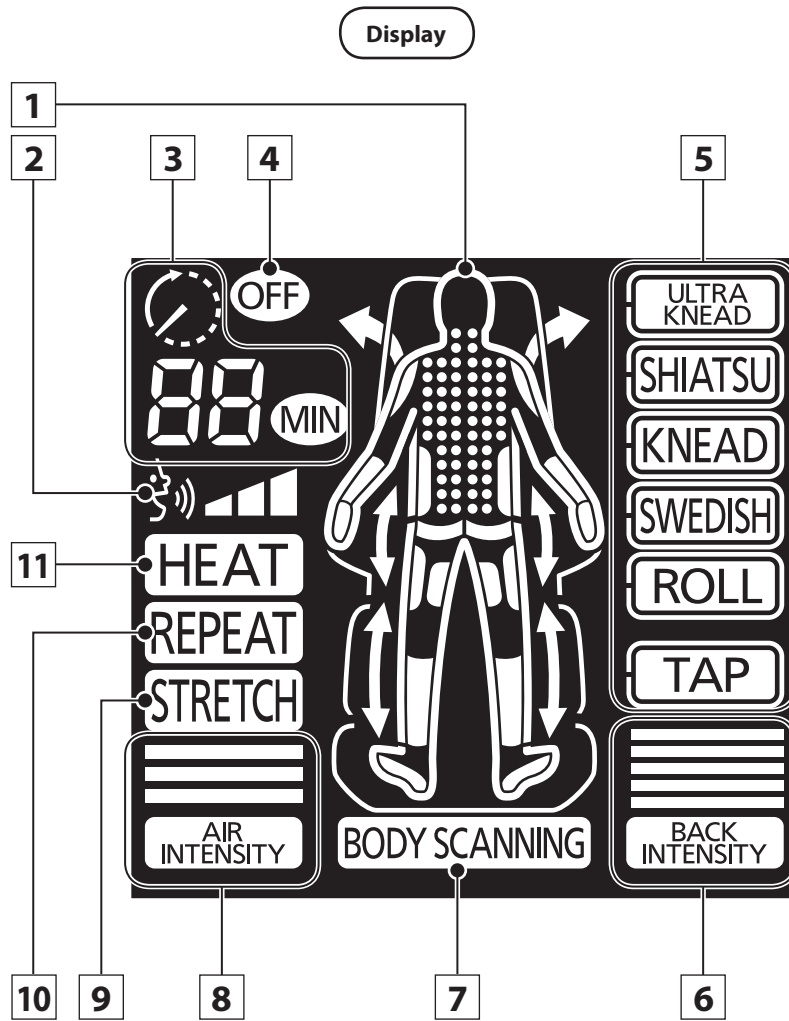


- 1** Appliance Inlet
- 2** Lock Switch
- 3** Lock Switch Key Tag
  - To prevent children from accidentally swallowing the lock switch key.
- 4** Lock Switch Key
- 5** Power Switch

- 19** Power Cord
- 20** Power plug
- 21** Safety Precaution Label
- 22** Leg cover



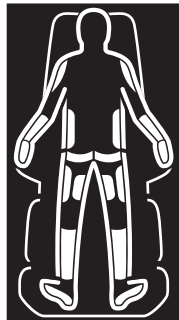
- |  |   |
|--|---|
| <p><b>1 On/Off</b></p> <p><b>2 User Memory</b><br/>• See pages GB24 – GB25.</p> <p><b>3 Quick Stop</b><br/>• Press this button to stop the massage immediately.</p> <p><b>4 Ottoman Angle Adjustment</b></p> <p><b>5 Reclining Angle Adjustment</b></p> <p><b>6 Manual Operation</b><br/>• See page GB27.</p> <p><b>7 Add Tapping massage</b><br/>• See page GB29.</p> <p><b>8 Voice Guidance Volume</b><br/>• See page GB42.</p> <p><b>9 Programme Selection</b><br/>• See page GB20.</p> <p><b>10 "Heat" Massage Heads On/Off</b><br/>• See page GB26.</p> | <p><b>11 Speaker</b></p> <p><b>12 Back Intensity Adjustment</b><br/>• See page GB23.</p> <p><b>13 Position</b><br/>• See page GB21.</p> <p><b>14 Confirmation</b></p> <p><b>15 Air Massage Intensity Adjustment</b><br/>• See page GB23.</p> <p><b>16 Repetition</b><br/>• See page GB23.</p> <p><b>17 Stretch On/Off</b><br/>• See page GB30.</p> <p><b>18 Display</b><br/>• This illustration shows all features highlighted.<br/>• See page GB10.</p> <p><b>19 Air On/Off</b><br/>• See page GB30.</p> |
|--|---|



**1 Massage Area**



Current approximate massage position flashes.



Currently selected air massage operation lights up. Current air massage position flashes.



Currently selected stretch operation lights up. Current stretch position flashes.

**2 Voice Guidance Volume**

**3 Time Remaining**

**4 Massage Ending**

**5 Operation**

- Currently performing massage operation is displayed while massaging.
- Currently selected operation's frame is flashed when Manual Operation is selected.

**6 Massage Intensity**

**7 Body Scanning**

- This will light up when the body scanning is completed.

**8 Air Intensity**

**9 Stretch**

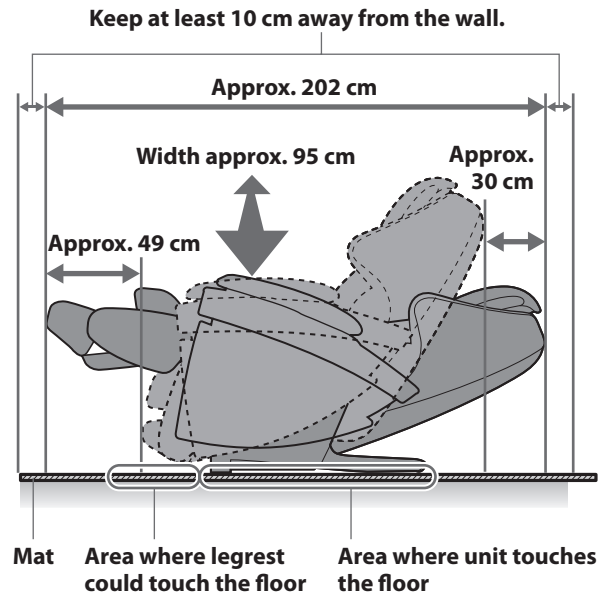
**10 Repeat**

**11 "Heat" Massage Heads**

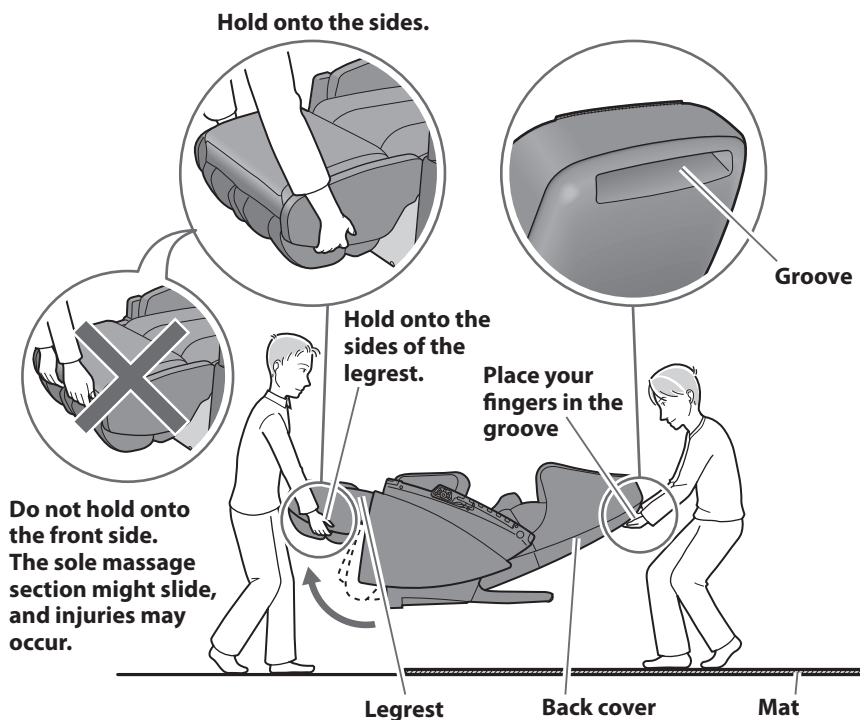
# Setting up the massage lounger

## 1 Where to use the unit

- Ensure adequate space to recline.
  - Do not expose the massage lounger to direct sunlight or high temperatures, such as in front of heating sources, because this can cause discolouration or hardening of the synthetic leather.
  - Place the unit on a mat to prevent floor damage.
  - When placing a mat under the unit, the size of the mat should be sufficient (at least 120 cm × 70 cm) to cover the areas where the unit touches and where the legrest could touch the floor, as shown in the diagram on the right.
  - Install the unit near a power socket.
- ⚠ See Warning No. 10 and 12 on page GB1, and Operating Precautions No. 14 on page GB4.



## 2 Installing the unit



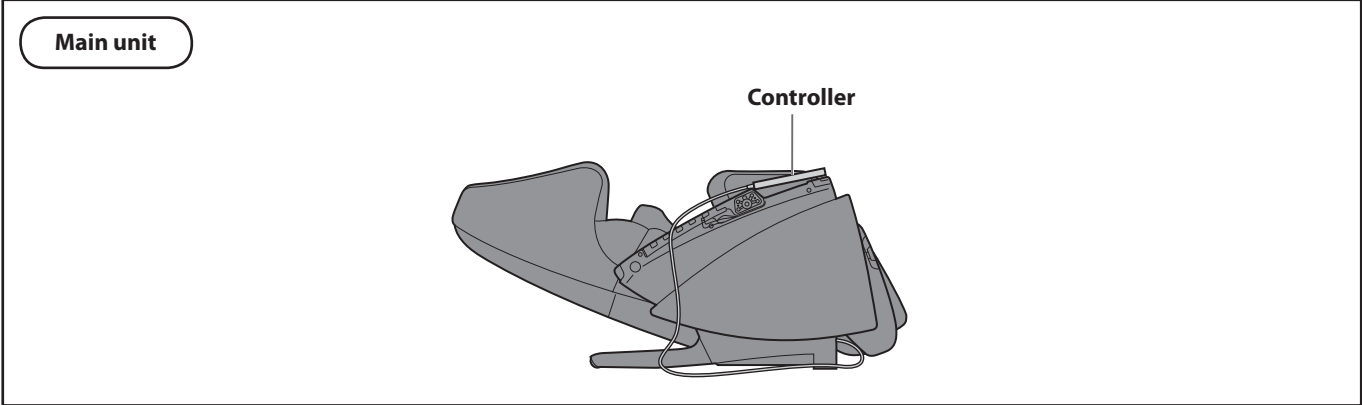
- Since the unit is very heavy (approximately 87 kg), be careful to avoid back injuries. (The unit must be carried by two or more persons.)

### To put the unit down on the floor

- Put the unit down slowly and carefully watch your step.
- Put down the legrest by holding it with your hands until it has been set on the floor completely. If you release your hands before the legrest is fully extended, the legrest will forcefully return to the initial position.
- The floor may get damaged, so it is recommended to place a mat etc. on the floor.

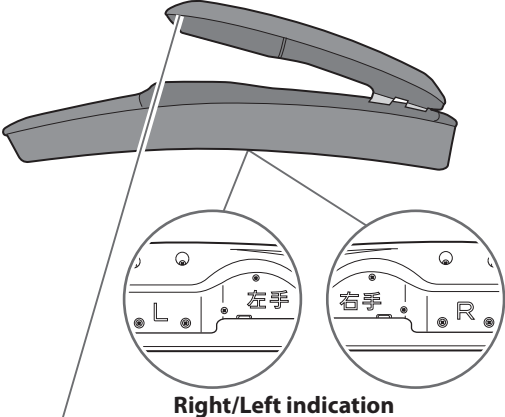
⚠ See Warning No. 22 and 23 on page GB3.

**Confirm that the main unit and all accessories are in the box.**



**Accessories**

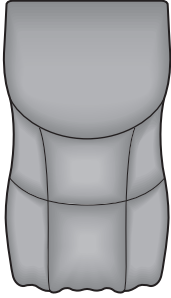
**Armrests (Right/Left)**



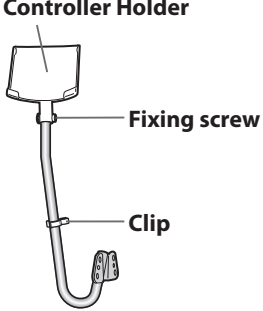
**Right/Left indication**

- Small holes on the inside fabric are an intentional part of the functional design.

**Comfort cushion**




**Controller Stand**




Controller Holder  
Fixing screw  
Clip


**Pillow**




**Power Cord**



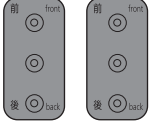
**Attachment Screws**  
(M6 × 13) — Black 4 pcs.



**Allen Key**  
— 1




**Sole Shiatsu Sheet**




- This is pre-installed on the sole massage section.

**Lock Switch Key**  
— 1



- This is initially inserted in the lock switch of the power switch section.

(M6 × 20) — Silver 2 pcs.



**(Cross-section)**  
4 mm

