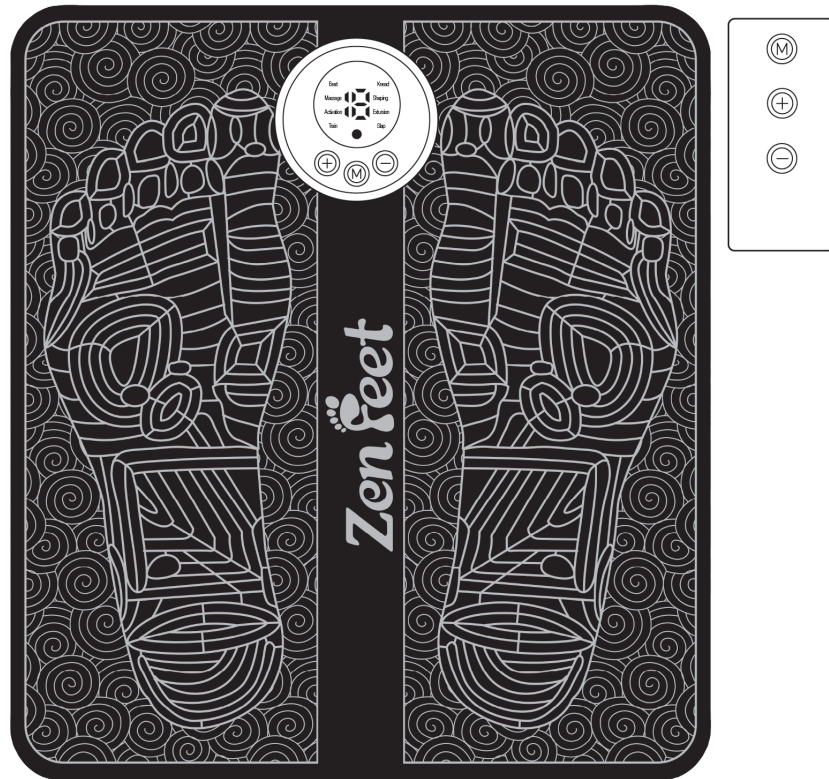




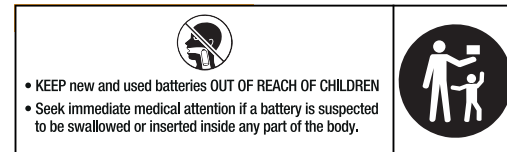
Zen Feet

Thank you for choosing Zen Feet from JML. Before you start, please read this manual carefully and keep for future reference.



Safety Warnings & Advice

This is not a toy. Keep away from children & pets. This is intended to be used on the feet only. Do not use this product on any other body parts. Application of the electrodes (mat) near the thorax may increase the risk of cardiac fibrillation. Stimulation should not be applied across or through the head, directly on the eyes, covering the mouth, on the front of the neck, (especially the carotid sinus), or from electrodes (mat) placed on the chest and the upper back or crossing over the heart. Do not allow the device to come into contact with any metal objects. Remove all jewellery including watches before using this device. Do not use this mat in a bathroom or other areas with high humidity. DO NOT use this device if you have a pacemaker fitted or any cardiac condition or disease, if you are pregnant, if you have high blood pressure, if you have metal implants or metalwork in the legs or lower trunk, if you have sensory nerve damage or if you have undergone a recent surgical procedure. If you experience any adverse effects, stop use immediately and consult your doctor. It's recommended not to use the EMS mat for more than 15 minutes per day. Store away when not in use.



• KEEP new and used batteries OUT OF REACH OF CHILDREN
• Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.

Warning: If the battery compartment does not close securely, stop using the product and keep it away from children.

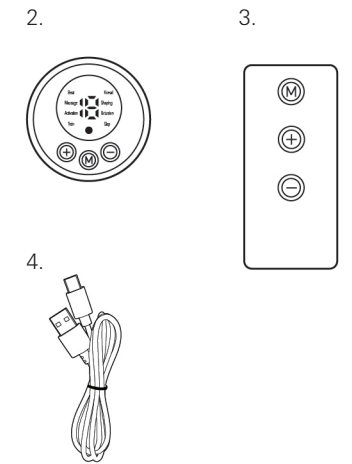
If a battery has been ingested, or there is a possibility one might have been ingested, please seek medical attention and inform the medical authorities that you suspect battery ingestion.

It's not always clear when a child has swallowed a button battery, as there are no specific symptoms. However, they might:

- Cough, gag, or drool.
- Seem to have a stomach bug or virus.
- Vomit.
- Complain of pain in their stomach, chest, or throat.
- Appear tired or sluggish.
- Lose their appetite.

Since the signs aren't obvious, it's important to keep a close eye on loose, used, or spare button batteries in your home, as well as the products that contain them.

Your Zen Feet



1. EMS Mat
2. Main Device
3. Remote Control
4. USB Charging Cable

Before first use

Charging the device

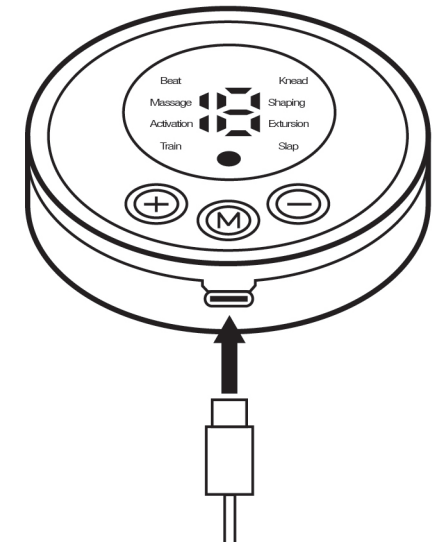
Ensure to charge the device fully before first use.

Connect the USB charging cable (included) and connect to a power source.

A red LED light will appear when charging and switch off when charging is complete.

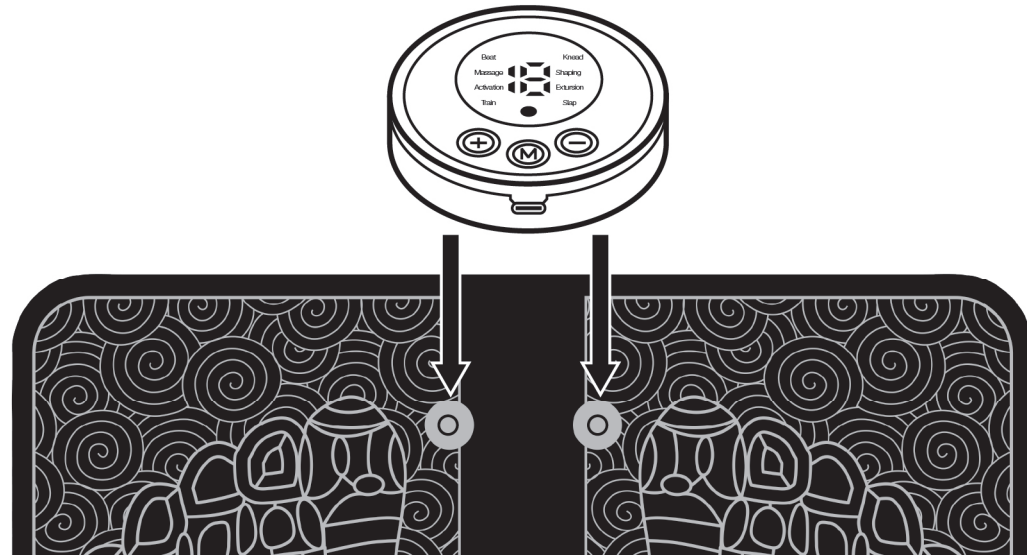
Do not use the device while charging.

For the remote, remove the plastic battery tab. The remote will not function until the plastic battery tab has been removed.



How to use

On first use, peel the plastic tab from the main device display panel. Attach the main device to the mat using the two buckles located on the mat. Ensure you hear a 'click' sound to ensure proper installation.



Always use the mat while sitting ensuring you keep your leg muscles relaxed and unstressed. Do not stand or apply your full body weight on the mat.

Place your bare feet on the designated area of the mat, ensuring that you have maximum surface contact.

Press the [+] button on the main device to activate it. You can then control the device either from the main device or by using the remote control.



Choosing massage mode

Press the [M] button on the main device or on the remote control to select the desired massage mode.

Beat: Delivers a rhythmic tapping massage that relaxes muscles, boosts circulation, and reduces stress—ideal for deep tissue relief and an energizing experience.

Message: Relaxes muscles & helps to boost circulation, providing a simple and convenient way to support overall well-being.

Activation: A feature that boosts the therapeutic effects through targeted muscle stimulation and enhanced circulation.

Train: Delivers a focused, customizable massage to aid recovery, reduce soreness, and boost performance—ideal for active individuals.

Knead: Delivers a deep, therapeutic massage that simulates professional kneading, with adjustable intensity and patterns to ease tension, relieve pain, boost circulation, and promote relaxation.

Shaping: Targets muscle toning and shaping in the feet and calves.

Extrusion: A versatile massage experience using advanced technology and customizable settings for maximum relief and relaxation.

Slap: Engineered to stimulate muscles, boost circulation for improved skin tone, relieve pain, and promote relaxation.

To adjust the intensity, press the +/- buttons.

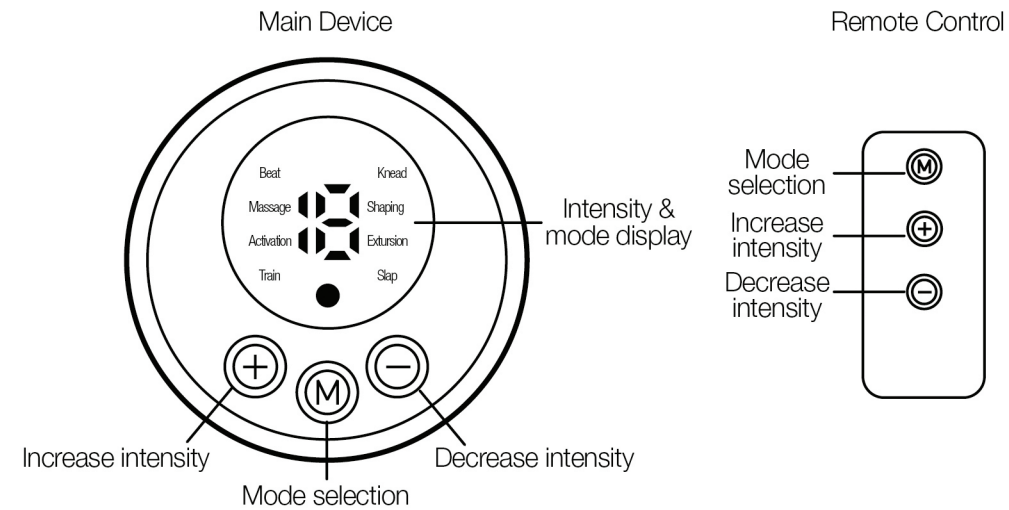
Ensure both of your feet maintain contact with the mat. The mat will turn off automatically when one foot is removed.

TIP: You may feel slight sensory discomfort on your first use. We recommend starting at intensity level "1" for your first use and gradually increasing the levels as you get more comfortable.

NOTE: Each mode has an automatic timer of 15 minutes. The device will automatically switch off after 15 minutes.

It's recommended not to use Zen Feet for more than 15 minutes per day.

To switch off the device, either by using the remote or the main device, press the [-] button to adjust the intensity to 0 and the press once more to switch the device off.



Remote control battery replacement

Unscrew the safety screw in the battery holder. Locate the battery tab at the bottom of the remote and press the locking mechanism to release. Once released remove the battery holder completely from the remote. Replace the old battery with the new one and place the battery holder back into the remote. Fix the safety screw again.

NOTE: Remote requires: 1x CR2025 (included) Screwdriver not included.

Cleaning Instructions

Turn off and remove the main device from the mat before cleaning. Wipe clean with a soft damp cloth. Do not use any toxic or harsh cleaning agents.

Technical information

Voltage	3.7V
Battery Capacity	150mAh
Total Run Time	Approx. 3-6 Hours
Total Charge Time	Approx. 1 Hour
Maximum Output	45mA
Hertz (Hz) range	0-50Hz
Pulse widths	Approx. 6s
Number of electrodes	1 Pair
Placement of electrodes	Sole of both feet
Type of electrodes	Carbon print
Waveform	Single wave
Shape	Sawtooth wave
Maximum output voltage (+/-15%)	160V
Maximum power density	2MW/cm2

Guarantee

Guarantee: This product is unconditionally guaranteed for one year against all defects of workmanship and materials. This guarantee does not affect your statutory rights. If you have any problems or queries about this product please contact JML customer services.



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