

USER MANUAL

brainLight®-Shiatsu-Massage-Chair

flow



brainLight®

LIFE IN BALANCE

◆◆◆ Since 1988 ◆◆◆

brainLight®-Shiatsu-Massage-Chair *flow*

Thank you very much for purchasing the **brainLight**-Shiatsu-Massage-Chair *flow*.

The **brainLight**-Shiatsu-Massage-Chair *flow* is our super sturdy power pack wrapped in OEKO-Tex 100 certified leatherette! Simple and simply ingenious, it combines various air pressure- and roller- massage techniques, with minimum space requirements. For extra pleasure, the massage rolls don't stop in the lower back area but massage your buttocks as well.

We hope you truly enjoy the *flow*!

NOTE:

In order to get the best experience out of the various functions of your massage chair right from the start, please read this manual carefully, in particular the safety instructions.

WARRANTY AND GUARANTEE

The warranty and guarantee periods adhered to by **brainLight** GmbH are as follows:

Private customers:

- 24 months warranty for new goods.
- 12 months warranty for used goods.
- 24 months guarantee for new goods.
- 6 months guarantee for used goods.

Commercial customers:

- 12 months warranty for new goods.
- 6 months warranty for used goods.
- 6 months guarantee for new and used goods.

If you have any questions regarding your **brainLight**-System or if a repair is necessary, please contact the **brainLight**-Customer Service:

By phone: Service-Hotline +49 (0)6021 5907-10
(Monday to Friday, 9 am to 5 pm – CET)

By e-mail: kundenservice@brainlight.de
We will get back to you promptly.

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Safety Instructions

In order to avoid damage, accidents and injuries, the following safety instructions should be adhered to:

1. Contraindications – People with any of the following conditions are advised to consult their physician or therapist before using the Shiatsu-Massage-Chair *flow*:

- People with heart diseases
- People with severe tumors
- Women during pregnancy or menstruation
- People with back pains, abnormalities or curvature of the spine
- People undergoing medical treatment and medicinal therapy
- People with osteoporosis, diabetes, and / or sensory impairments.

Not allowed to use

- **the calf- and foot-sole massage function:** People suffering from thrombosis or similar vein conditions
- **any massage functions:** Children under the age of 14
- **the massage chair:** People weighing more than 120 kg / 19 stone / 265 lbs.

Children, people who are ill and people with relevant disabilities should only use the chair under the supervision of an adult or carer.

2. Installation and Operation:

- Use the chair only indoors. It is not designed to be used in any outside area.
- If the room that the chair is usually in, is kept rather cool, please turn the room temperature up gradually a few degrees at a time and not right away to a high setting.
- If transporting the chair from a cold environment or room into a warm room remember to wait for about an hour before using it, like you do with any other electrical device. Condensation may occur on the mechanical parts of the chair through the fast temperature change and might cause a malfunction.
- Do not place the chair in rooms where aerosols are used or devices for oxygen therapies (e.g. an oxygen-inhaling-apparatus).
- Place the chair only on a flat, level surface.
- Do not set up the chair in a dirty, oily, humid or damp environment.
- Do not expose the chair to direct sunlight and do not place it too close to other electrical appliances.
- Please do not use the chair when the surrounding temperature is above 40° C / 104° F.

Safety Instructions

3. Before Using the Chair:

Please read the safety instructions carefully before using the massage chair.

4. During Use of the Chair:

- Do not allow children to play on the chair.
- Children under the age of 14 can use the heating function of the chair BUT ONLY while under the supervision of an adult.
- Keep hands and feet away from the mechanics of the chair.
- Please do not put your weight on the calf massage part in order to prevent injuries and / or damage to the chair.
- Do not use the chair in a wet condition (right after a bath or a shower) and do not operate the chair with damp hands.
- Sit in the chair in an upright position.
- Do not insert any objects into the mechanics, seat cushion or footrest of the chair.
- The massage chair should not be used by more than one person at a time.
- Do not eat or drink while using the massage chair.

5. After Using the Chair:

- After every use of the chair we recommend to drink plenty of water – as after any type of massage – in order to help with the removal of toxins and waste from the now activated limbic system.
- Please unplug the power cord from the wall socket when the chair is not in use.

6. No Unqualified Dismantling or Repairs!

- Do not attempt to dismantle, repair, or modify the chair without the qualified technical guidance of the **brainLight** GmbH. If repairs are carried out without the appropriate expertise and skill, you might lose the eligibility for claims based on statutory warranty.
- Do not clean the chair with alcoholic or steam producing solutions (See "Cleaning and Care" on page 23 ff.).
- Unplug the power cord when cleaning the chair or during maintenance.

Safety Instructions

CAUTION:

- If you feel unwell or ill when using the chair, please pause your session immediately by pushing the On / Off button (see p. 12).
- If the cover material of the chair is outworn or damaged anywhere, unplug the power cord from the wall socket and contact **brainLight** GmbH.
- Put a towel underneath your head when using hair gel or oil- or wax-based hair products to protect the cover material of the chair.
- Please handle the control panel with care and press the buttons only with dry hands. A light touch with your fingertips is enough to operate the chair. Please do not use any sharp objects to operate the control panel (pens, fingernails, etc.).

HEATING FUNCTION

To avoid getting too hot when using a massage program with the HEAT function, we recommend that you wear appropriate clothing.

- Children, as well as people with relevant disabilities and people with limited sensory perception should not use the HEATING function to avoid feeling uncomfortably hot.
- Do not use the HEATING function for more than 30 minutes at a time and let it cool down before turning it on again. Continuously using the HEAT function may result in overheating.
- For optimum comfort we recommend to use the HEATING function in combination with the massage functions.
- Please turn off the HEATING function separately before shutting down the chair by pressing the On / Off button.

The Chair Components

Accessory (1): Bag for the control panel and the **brainLight**-Visualization-Glasses; can be attached to the right side panel with velcro.

Foldable backrest pad

Airbags for shoulder massage

Airbags for arm- and hand massage

Right side panel

Airbags for calf massage

Airbags and massage rolls for foot-sole massage

Accessory (2): Pads to insert in the foot area to soften the intensity of the massage there if so desired

Headrest with pillow

Left side panel

Main fuse

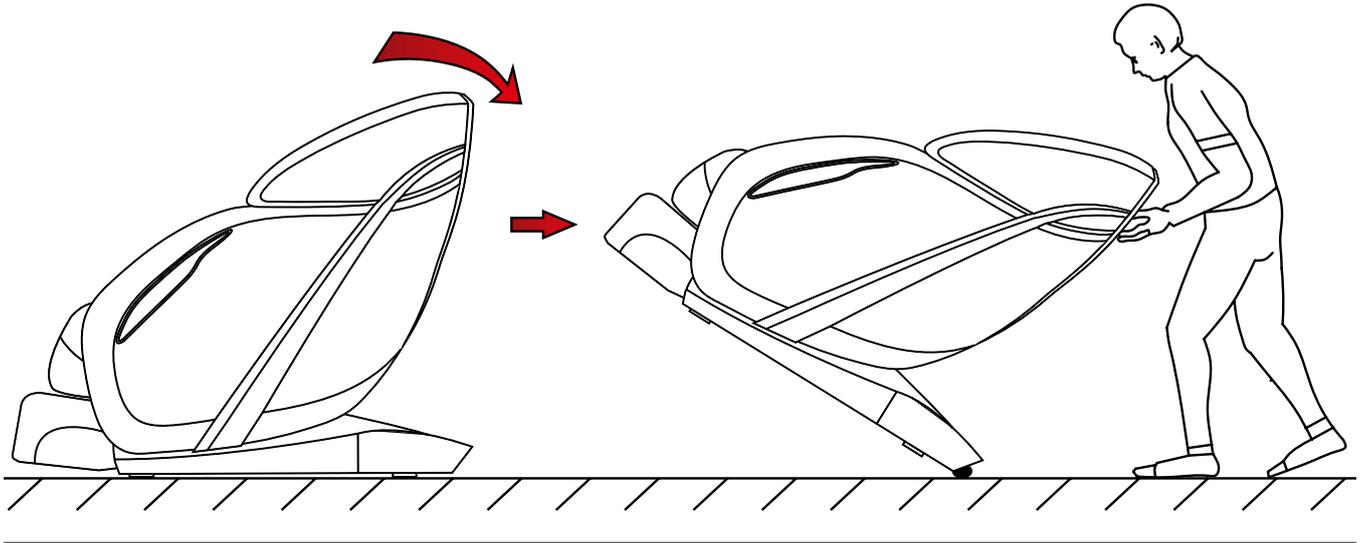
Main switch box at the back of the chair base

Chair base with casters

Accessory (3): Connection cable to the **brainLight**-Deep-Relaxation-System

Moving the Chair

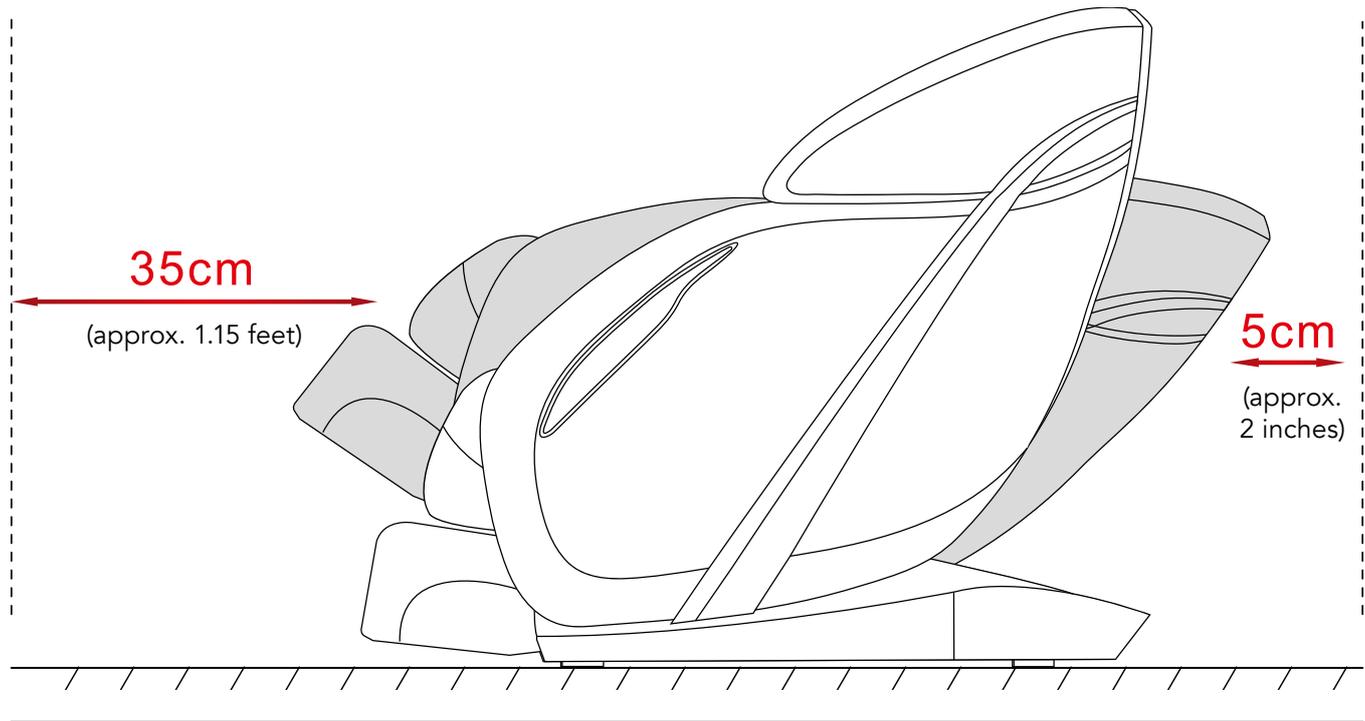
- First turn the power off at the main switch at the back of the chair base and then pull the power cord out of the wall socket.
- Remember to cover the floor with suitable material before moving the chair to avoid any damage to the surface.
- Tilt the chair on its casters in the back – as shown in the picture below – and roll it to the desired position.



Placing the Chair

Please make sure to have at least 35 cm (approx. 1.15 feet) space in front of the chair. In the back of the chair keep a space of at least 5 cm (approx. 2 inches), so that

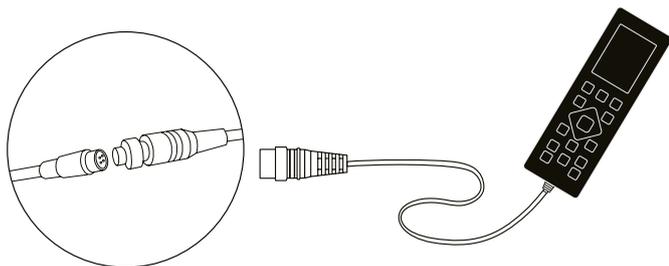
the back of the chair can move backwards during the massage program without any obstruction.



General Instructions before Initial Use

CONNECTING THE CONTROL PANEL WITH THE MASSAGE CHAIR:

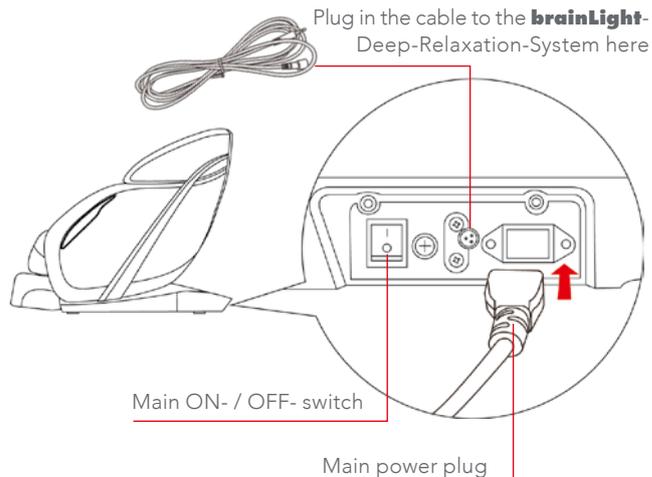
Connect the cable of the control panel to the cable on the right of the seating area underneath the cover pad.



NOTE: You can remove the control panel totally, if your **brainLight**-Massage-Chair *flow* is connected to a **brainLight**-Synchro or **relaxTower** and you exclusively want to use its fully automatic and synchronized **brainLight**-Light- / Sound- / Massage Programs.

CONNECTING THE **brainLight**-DEEP-RELAXATION-SYSTEM WITH THE MASSAGE CHAIR:

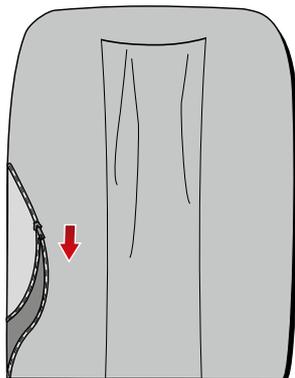
1. Connect your **brainLight**-Synchro or **brainLight** **relaxTower** with the provided adapter cable (part of the delivery contents).
2. First connect the main power plug to the massage chair before putting the other end into a wall socket.
3. Turn on the main ON- / OFF- switch at the base of the chair.



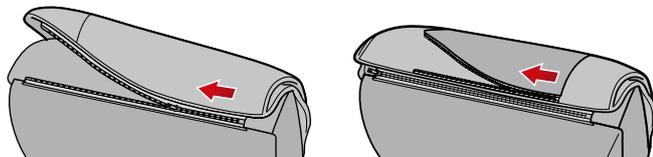
General Instructions before Initial Use

ATTACHING THE COVER PAD AND PILLOW:

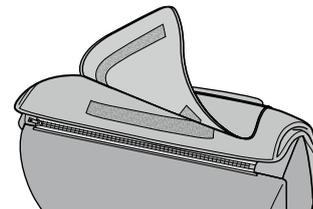
- Zip up the cover pad on the right and left side of the back rest and the seating area of the massage chair.



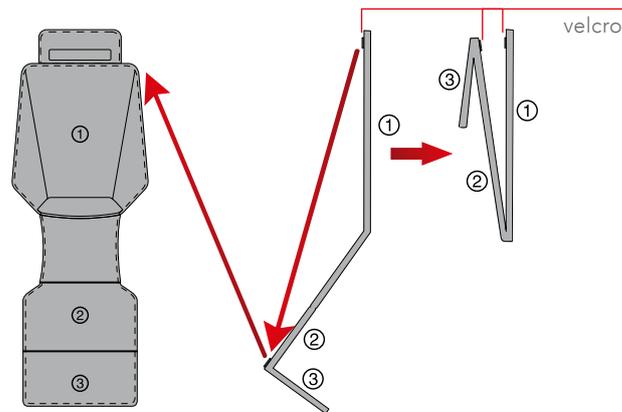
- Zip up the foldable backrest pad at the top of the back pad.



- Attach the pillow to the back padding with velcro.



- The backrest pad can be folded up and serve as a second pillow or it can be fully removed if you desire a more intense back massage (see picture on page 21).



Control Panel – Overview

Control Panel Display ①

THE SHORTCUT BUTTONS:

ON / OFF ②

Air Pressure Massage ③

4-Way-Direction ④

Moving massage rolls UP ⑤

Heating Function On or Off ⑥

Moving footrest up ⑦

Moving footrest down ⑧

Reclining Positions ⑧

⑩ Automatic-Programs

⑪ Play / Pause

⑫ Menu

⑬ Massage rolls DOWN

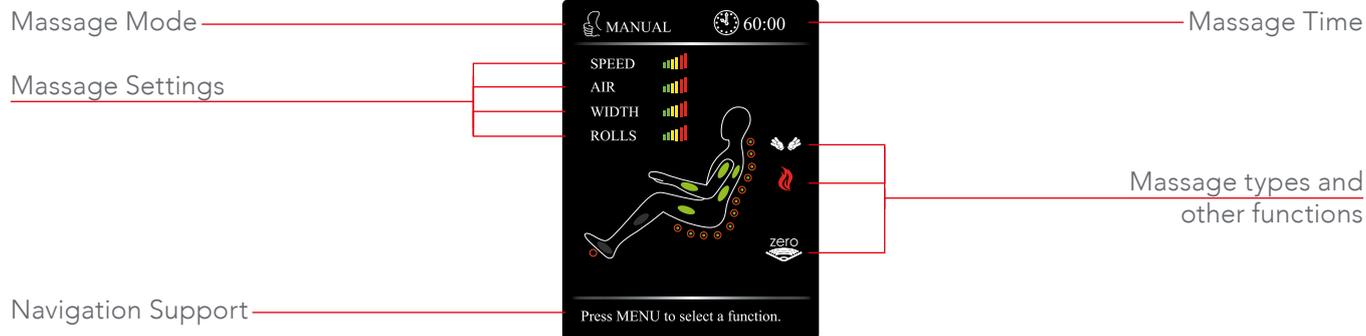
⑭ Recline angle UP

⑮ Recline angle DOWN



Symbols on Control Panel Display

After pressing the On-/Off-Button the bodyscan starts and you have the possibility to adjust the massage rolls manually to your personal liking. Afterwards the following appears on the display:



Once you press the Menu-Button, the following appears on the display:

Settings for Air Pressure Massage and Air Pressure Intensity

Settings for Foot Massage and Foot Massage Intensity



Control Panel – The Shortcut Buttons

- 2  **ON-/ OFF-Button:** Press this button to activate the massage chair. First, the bodyscan starts to adjust the massage to the length and width of your back. After that you can still manually adjust the position of the massage rolls.
- 3  **Air Pressure Button:** Press this button to get into the air pressure massages menu to navigate within the different options available.
- 4  **4-Way-Direction:** This button allows you to navigate within the menu display in four directions. Confirm your selection by pressing "OK".
- 5 + 13   **UP- / DOWN-Button:** Press these buttons to manually adjust the position of the massage rolls.
- 6  **Heating Function Button:** Press this button to turn the Heating Function ON or OFF.
- 7 + 9   **Footrest UP- / DOWN-Buttons:** Press these buttons to manually adjust the angle for your lower legs.
- 8  **Zero-Button:** Press this button to choose one of the three available reclining positions.
- 10  **Automatic-Button:** Press this button to choose one of the Automatic-Programs: RELAX, REFRESH, NECK / SHOULDER, WAIST / BACK, STRETCH or DREAM.
- 11  **Play- / Pause-Button:** Press this button to pause your massage or to resume it.
- 12  **Menu-Button:** Press this button to select any available functions within the menu.
- 14 + 15   **Recline Position UP- / DOWN-Button:** Press these buttons to manually adjust the angle of your reclining position.

NOTE:

When using the automatic programs not all Shortcut Buttons can be activated (Details see p. 16).

The Chair Functions: Brief Instruction



1. Press **ON- / OFF-Button** (2).
2. **Body scan** starts automatically.
3. After the body scan is completed, the display shows: "**Backrest Adjustment ...**". Now you can adjust the position of the massage rolls manually by using the buttons 5 and 13, in case they are not fitting optimally at your shoulder level.
4. The **preset Automatic-Program "Relax"** (60 min.) starts automatically.
5. Now you can make **adjustments**: e.g. choose another Automatic-Program, shorten the time span, etc. For this you can use either
 - the Shortcut Buttons (3 – 10 and 13 – 15)
 - or
 - choose the desired function from the menu (12).

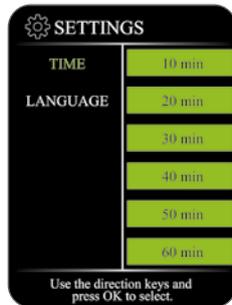
The **Play- / Pause-Button** will pause the chosen program at any point. By pressing the button again the program will continue.
Please turn off the massage chair at the end of the program.

Using the Menu to Choose a Massage



By pressing the **Menu-Button** (12) on your control panel you can now navigate through the different options. You can make individual adjustments to the available functions. Press "OK" after each selection. Press the Menu-Button again to leave the Menu display.

By going to **SETTINGS / TIME** you can choose the length of the massage (in 10 min. intervals) and by going to **SETTINGS / LANGUAGE** you can change the **language** on the display.



By going to **AUTO** in your menu you can choose from 6 preset Automatic-Programs.

The **FOOT ROLLERS** can be individually added on or turned off for each of the six programs.

When choosing the Automatic-Programs **STRETCH** or **DREAM** the reclining position of the massage chair **cannot** be adjusted.

The following adjustments are not possible when using the Automatic-Programs:

- the position of the massage rolls (buttons 5 and 13)
- the speed of the massage in the back- and foot-area.

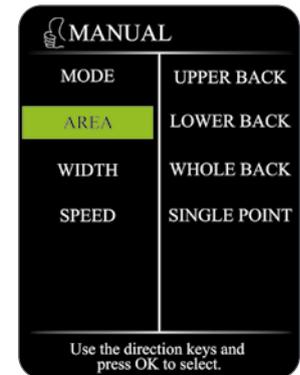
Using the Menu to Choose a Massage



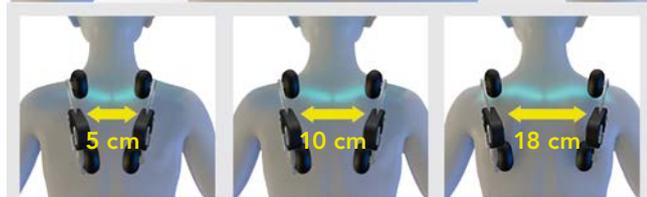
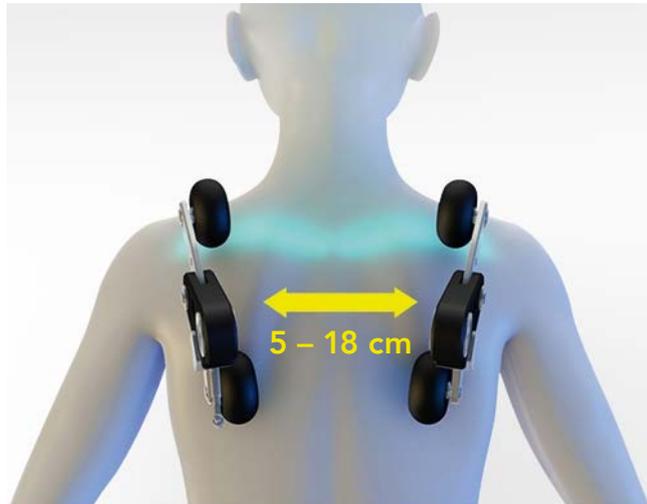
The **brainLight**-Massage-Chair *flow* lets you choose from 5 different types of massages: Kneading, Clapping, Knocking (Pounding), Tapping, and Shiatsu for back-, thigh-, and buttock-area with up to 6 speed settings.

Those different types of massages can be chosen in your menu by going to **MANUAL** and then to **MODE** for your selection.

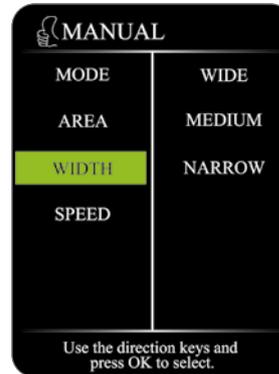
By going to **AREA** you can choose the body area that you would like to have massaged.



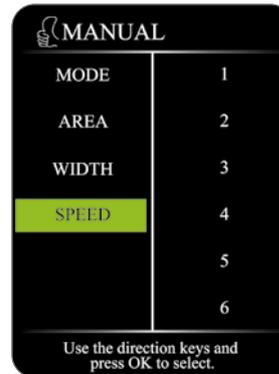
Using the Menu to Choose a Massage



Three different massage roll positions



The distance between the massage rolls can be chosen by going to **WIDTH** and set in 3 different intervals:
WIDE = 18 cm (approx. 7 inches)
MEDIUM = 10 cm (approx. 4 inches)
NARROW = 5 cm (approx. 2 inches)



This is not possible when choosing these two types of massages: "KNEADING" and "KNOCKING" (POUNDING).

By pressing **SPEED** you can choose between 6 different settings for any of the massage types chosen.

Using the Menu to Choose a Massage



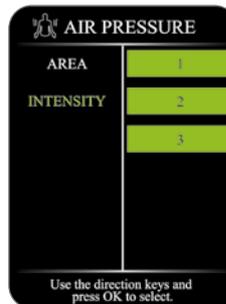
Air Pressure Massage



The **brainLight**-Massage-Chair *flow* uses air pressure to massage the more sensitive body parts like shoulders, arms, hands, waist, legs, and feet.

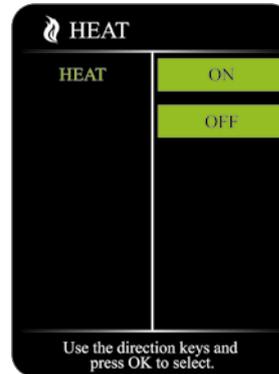
To get to this setting, choose **AIR PRESSURE** on the menu.

Then go to **AREA** to choose the area you want massaged. With the setting **AUTO** all areas of the body are being massaged.

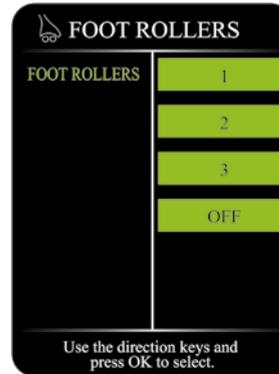


By going to **INTENSITY** you can choose between three different settings.

Using the Menu to Choose a Massage



By going to **HEAT** on your menu display you can add on the **heating function**. This revitalizes your body cells and improves your blood circulation in your lower back area. The HEATING FUNCTION can be turned ON or OFF when using the automatic programs and the manual ones.



Go to **FOOT ROLLERS** in your menu to add the **Foot-Sole massage** or to turn it off.

You have three different speed settings to choose from for your Foot-Sole massage.

Manual Massage Adjustments

INTENSITY OF THE FOOT-SOLE MASSAGE

Your delivery contents include pads to insert in the foot area to soften the intensity of the Foot-Sole massage if so desired.



INTENSITY OF THE BACK MASSAGE

Increasing the intensity of the back massage by:

- folding back the pillow in the neck area to get more intensity there.
- folding back the backrest pad (see picture on page 11) or even removing it fully.



Additional Chair Functions



By pressing the **Zero button** (8) you can choose between three different reclining positions.

The Zero symbol will be seen in the display.

The symbol is not displayed, when the Zero function is turned off or is not part of the chosen massage program.

The Zero-Position (meaning Zero Gravity) is the lowest of the three possible recline angles. This imitates the reclining position that astronauts are in during lift-off. That way, the strong and sudden rise in gravity is safely distributed throughout the body.

The **brainLight**-Massage-Chair *flow* is using the same effect to distribute your weight optimally in the chair. This relieves your body and allows for a more intense massage experience. The stress reduction on your body is so effective, that you almost feel weightless.

Another advantage of the Zero-Position is that it supports the blood circulation in your legs and reduces swelling. This might even help to prevent varicose veins among other things, since your legs are higher than your heart in this position.

Troubleshooting, Maintenance & Care

TROUBLESHOOTING: NO POWER

Step 1: Make sure the chair is switched on. The power switch is located on the bottom left side of the backrest (see p. 6). The icon „I“ is pushed inwards when switching on the chair. If you still have no power, continue with step 2.

Step 2: Check both ends of the power cord and make sure it is firmly plugged into the chair as well as into the socket. If you still have no power, continue with step 3.

Step 3: Test the socket with another electrical appliance. If the socket works but the chair does not, continue with step 4.

Step 4: Replace the main fuse (7 amps) of the chair (see p. 7).

If none of the above steps work, please contact the **brainLight** GmbH.

CLEANING AND CARE OF CHAIR AND CONTROL PANEL

CAUTION: It is important to disconnect the chair from any power by turning it off and pulling the power cord out of the wall socket, before you clean the chair or control panel.

You can clean the leatherette cover as well as all the other parts on the outside of the chair, by using a soft cloth to remove any dust, dirt or stains. The control panel, being turned off, can be gently wiped with a slightly moist cloth and dried with a dry, soft one.

The massage chair is wrapped in OEKO-Tex 100 certified leatherette by default.



Therefore, it can be easily cleaned and, if necessary, also disinfected. When not used over a longer time period, we recommend to put a slipcover over it.

CLEANING THE ARTIFICIAL LEATHER COVER OF THE CHAIR

Basics

Artificial leather is a comparatively resistant material. The following cleaning advice for its care is aimed at preserving the appearance and quality of your massage chair:

- As is true for all upholstered furniture, the cover material of your massage chair can fade or wear out more quickly by being exposed to direct sunlight or heat (for example by being placed next to a radiator). Finding the right place or using curtains or blinds can mitigate this process.
- Over time, artificial leather loses its plasticizers and can become dry and brittle. This process cannot be prevented but can be delayed by treating your massage chair with care and cleaning it regularly. It is possible to have the cover of your chair fully or partly replaced by us (prices upon request).

Cleaning and care

Step 1: Moisten a soft cloth with lukewarm water, which contains a mild cleaning detergent (do not use solvents or abrasive products – please see our cleaning product recommendations on p. 25). The cloth should only be slightly moist. Wipe the chair down by moving from one area (enclosed by seams) to the next; move from the edges towards the center with circular motions.

Step 2: Afterwards, repeat the process with a soft cloth that is moistened with lukewarm water without any cleaning detergent.

Step 3: Dry off the cover with another dry, soft cloth.

Troubleshooting, Maintenance & Care



To clean and disinfect your massage chair properly we recommend using the reliable maintenance products by Sonett, obtainable from us or your local store. **NOTE:** We recommend to buy them **ONCE** from us with your initial purchase, if this specific product is not available in your area.

Removing stains and dirt:

The quicker you remove dirt or stains, the better the result.

- Absorb spilled liquids with a clean, soft cloth and subsequently clean the affected area in three steps as described on the previous page.
- Do not scrape off dried-up dirt, but carefully lift it off with a blunt object (such as the blunt side of a knife) and subsequently clean the affected area in the previously described three steps.
- You could use a soft brush to treat tougher stains. Wet the brush with lukewarm water, which contains a small amount of a mild cleaning detergent. Then, clean the affected area in the previously described three steps.

NOTE: The advice given here does not constitute a guarantee and does not exempt you from your duty to exercise due diligence with your massage chair and the cleaning products you use. We assume no liability for any damage occurring during or from your cleaning and taking care of the chair.

Product- and Packaging Measurements



1400 mm (approx. 4.59 ft)

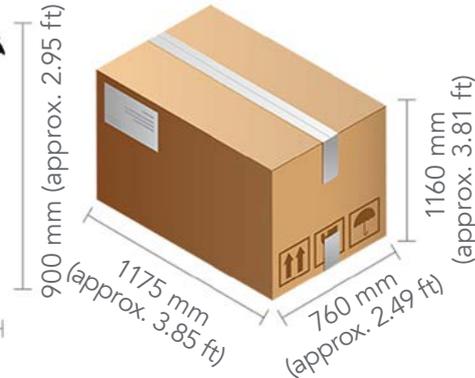


1110 mm (approx. 3.64 ft)

750 mm (approx. 2.46 ft)



1610 mm (approx. 5.28 ft)



900 mm (approx. 2.95 ft)

1175 mm (approx. 3.85 ft)

760 mm (approx. 2.49 ft)

1160 mm (approx. 3.81 ft)

Technical Specifications

TECHNICAL SPECIFICATIONS

Product description:

brainLight-Shiatsu-Massage-Chair *flow*

Vertical range of the massage rolls: **105 cm (approx. 3.4 ft)**

Position angles of the chair: **128° – 150°**

Operating voltage: **AC 220 – 240 V; 50 – 60 Hz**

Wattage: **170 W**

Motor voltage: **24 V**

Weight: **83 kg +/- 3 kg**



Dimensions:

approx. L 140 cm x W 75 cm x H 111 cm

approx. L 4.6 ft x W 2.5 ft x H 3.64 ft

Dimensions when chair is fully reclined and the footrest positioned horizontally:

approx. L 161 cm x W 75 cm x H 90 cm

approx. L 5.28 ft x W 2.5 ft x H 2.95 ft

For a holistic relaxation of mind and body the **brainLight**-Shiatsu-Massage-Chair *flow* can be combined with the **brainLight relax**Tower or the **brainLight**-Synchro to a **brainLight**-Complete-System (www.brainlight.com/products/brainlight-complete-systems-e/).

Please visit www.brainlight.com/bl-support/faq-e.html for frequently asked questions (FAQs) and for technical details and product information available for download.

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Relaxation technology Made in Germany!



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www.brainlight.de + www.brainlight.com

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 LIFE IN BALANCE

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