

USER MANUAL



Feel The Power
Of The Tides!

brainLight[®]

LIFE IN BALANCE

◆◆◆ Since 1988 ◆◆◆

brainLight®-4D-Massage-Chair Tide

Thank you very much for choosing the **brainLight-4D-Shiatsu-Massage-Chair Tide**.

Feel the power of the tides: Enjoy a premium massage experience that provides exactly the level of gentle or intense support you desire, depending on the ebb and flow of your life! Two massage mechanisms work simultaneously from neck to foot, perfectly tailored to your body thanks to intelligent body scanning. Complemented by air pressure, foot, and calf massage, as well as warmth in three areas of the body, everything blends together to create a well-being experience that carries you through the day with 24 automatic programs, from a revitalizing morning ritual to deep evening relaxation – all in freshly ionized air and with OEKO-TEX® Standard 100-certified cover fabric.

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. The manual is applicable to both - the version with and without a footrest (see p. 6).

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.

The guarantee can only be transferred to a new owner if the system is moved by the **brainLight**-Service Team.

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 5907-800
(Monday to Friday, 9 am to 5 pm – CET)

By E-mail: kundenservice@brainlight.de
We will get back to you as soon as possible.

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*Gender disclaimer: Solely for reasons of better readability and easier comprehension, the generic masculine is used. We hereby explicitly address all gender identities without any judgmental distinction..

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 4D-Shiatsu-Massage-Chair Tide:

- People with heart diseases
- People with malignant 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 140 kg / approx. 22 stone / approx. 308 lbs.

Children, people who are ill and people with relevant disabilities should only use the chair under the supervision of an adult or carer. Do not allow children to play on the chair. Children under the age of 14 should only use the chair's heating function under adult supervision.

2. Installation and Operation:

- The massage chair is intended for indoor use only, not for outdoor use.
- 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.

Safety Instructions

- 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.

3. Before Using the Chair:

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

4. During Use of the Chair:

- Keep hands and feet away from the mechanics of the chair.
- Please do not put your weight on the foot rest 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.
- 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 38 ff.).
- Unplug the power cord when cleaning the chair or during maintenance.

Safety Instructions

CAUTION:

- If you feel unwell or ill while using the chair, please pause your session immediately by pushing the On / Off button on the control panel (see p. 18) or the shortcut control panel (see p. 33).
- If the cover material of the chair is outworn or damaged anywhere, unplug the power cord from the wall socket and contact the **brainLight**-Service team (see p. 2).
- 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

- People with relevant disabilities and people with limited sensory perception should not use the HEAT function to avoid feeling uncomfortably hot.
- For optimum comfort we recommend to use the HEATING function in combination with the massage functions. More information see p. 32.

MASSAGE CHAIR WITHOUT FOOTREST

This version has the same functions as the standard **Tide** massage chair. The only difference is that the calf section only has air cushions for air pressure massage and no massage rollers for calf massage. You can start enjoying the **brainLight**-Wellbeing experience immediately without having to take off your shoes.



The Chair Components

Smoothly adjustable headrest

Airbags for shoulder massage

Side bag for the **brainLight**-Visualization-Glasses

Shortcut control panel

Foldable backrest pad



Main switch box at the back of the chair base

Chair base with casters

Connection cable to the **brainLight**-Deep-Relaxation-System



Negative-Ions-Outlet / Speakers

Control panel

Magnetic induction charging area for smartphones

Airbags for arm- and hand massage

Chest heating mat

Airbags and massage rolls for calf-massage

Airbags and massage rolls for foot-sole massage

Pads to insert in the foot area to soften the intensity of the massage there



Moving the Chair

- First turn the power off at the main switch and then pull the power cord out of the power outlet.
- Remember to cover the floor with suitable material before moving the chair to avoid any damage to the surface.
- It is best to tilt the chair with two people – as shown in the picture below – and roll it to the desired position on its casters. Then, working together, tilt it back into its normal position.



Placing the Chair

DISTANCE FROM MASSAGE CHAIR

Please make sure to have at least 35 cm (approx. 1.15 feet) space in front of the chair. Keep a space of at least 12 cm (approx. 4.7 inches) behind the chair, so

that the backrest can move backwards during the massage program without any obstruction.



General Instructions before initial Use

ATTACHING THE COVER PAD:

- Attach the cover mat to the upper edge of the backrest using the zipper.



- Then attach the cover mat with the zipper on the right and left sides of the backrest and seat area of the massage chair.



ATTACHING THE CUSHION STRAP TO THE COVER MAT:

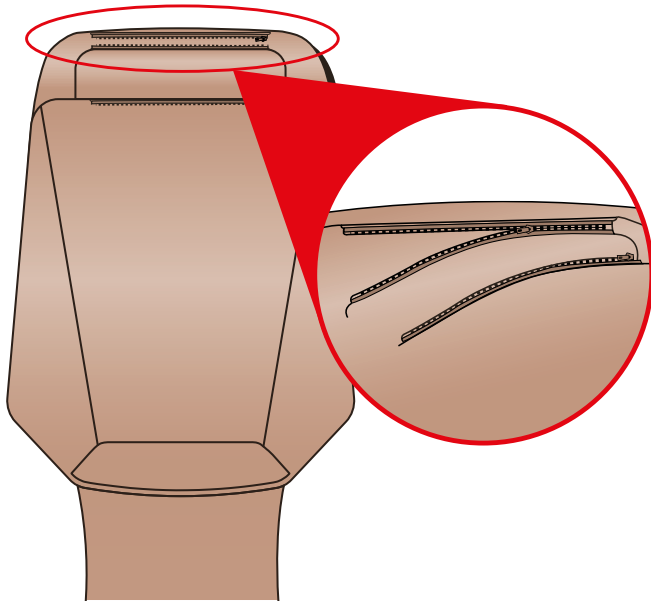
- Attach the cushion strap to the upper narrow zipper of the cover mat.



General Instructions before initial Use

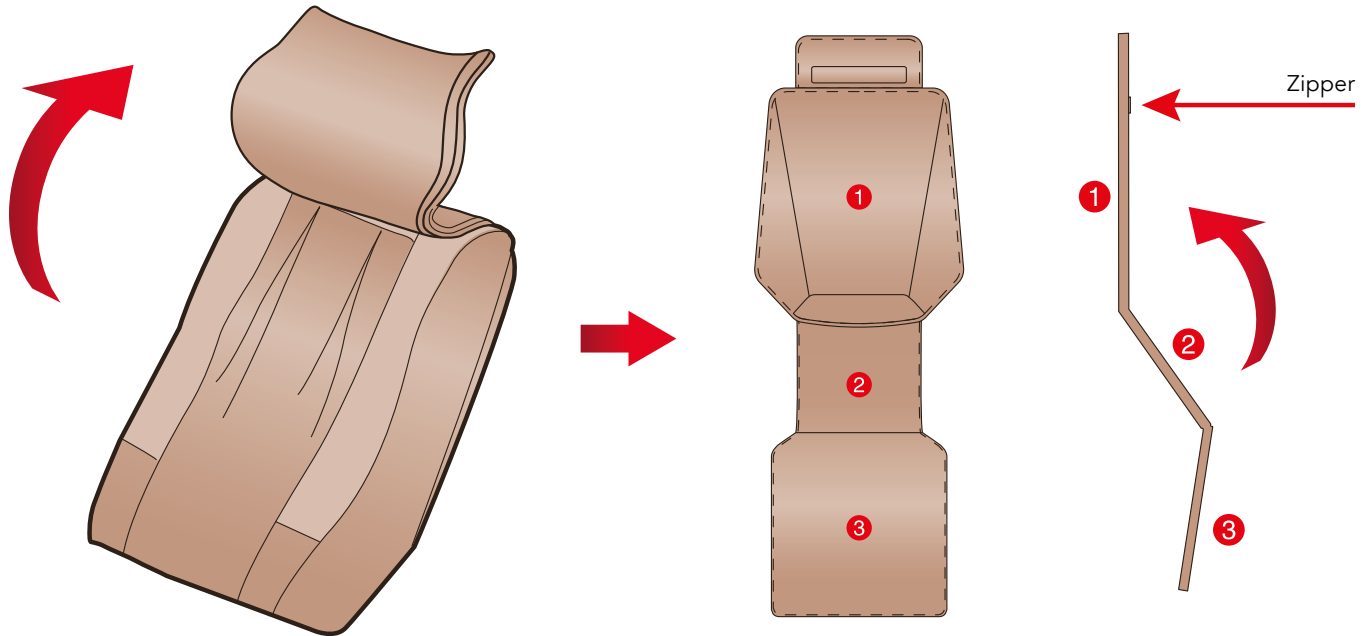
ATTACHING THE FOLDABLE BACKREST PAD:

- Attach the foldable backrest to the upper wide zipper of the cover mat.



General Instructions before initial Use

- If you want to intensify the massage across the entire back area, you can remove the foldable backrest completely.
- If you want to reduce the massage intensity in the shoulder and neck area, you can fold the backrest into a second pillow.



General Instructions before initial Use

ATTACHING THE HEAD REST WITH COUNTERWEIGHT:

- Insert the long cushion strap with the counterweight into the leatherette loop.
- When sitting in the chair, you can then adjust the cushion to any height that is comfortable for you, or fold it back for a stronger massage in the neck area.



General Instructions before initial Use

ATTACHING THE CHEST HEATING MAT (OPTIONAL):

- Attach the chest heating mat to the foldable backrest using the zipper.
- Lift the chest heating mat and backrest and plug the connecting cable into the corresponding socket in the backrest.
- Then fold the chest heating mat and backrest back into their normal position, ensuring that the cables are routed correctly. You can fold the headrest back or push it up while using the mat.



General Instructions before initial Use

MOUNTING THE CONTROL PANEL SUPPORT (OPTIONAL):

1. Loosen the 3 screws in the cut-out for the control panel in the armrest of the massage chair.
2. Align the control panel holder in the opening and secure it with these screws.
3. Then press the cover plate into the opening until it clicks into place. Make sure that the arrow engraved on the underside is pointing forward.

NOTE: You can skip this step if you only want to use your **brainLight-4D-Shiatsu-Massage-Chair Tide** as a complete system in combination with a **brainLight-Relaxation-System**. Simply insert the cover plate with the **brainLight** logo (Fig. 4) included in the contents of delivery into the opening for the control panel and secure it with the two screws provided.



General Instructions before initial Use

CONNECTING THE CONTROL PANEL WITH THE MASSAGE CHAIR:



- Connect the cable on the control panel to the cable on the right side under the seat cushions.



PUTTING THE CONTROL PANEL WITH TOUCHSCREEN LCD DISPLAY INTO OPERATION:

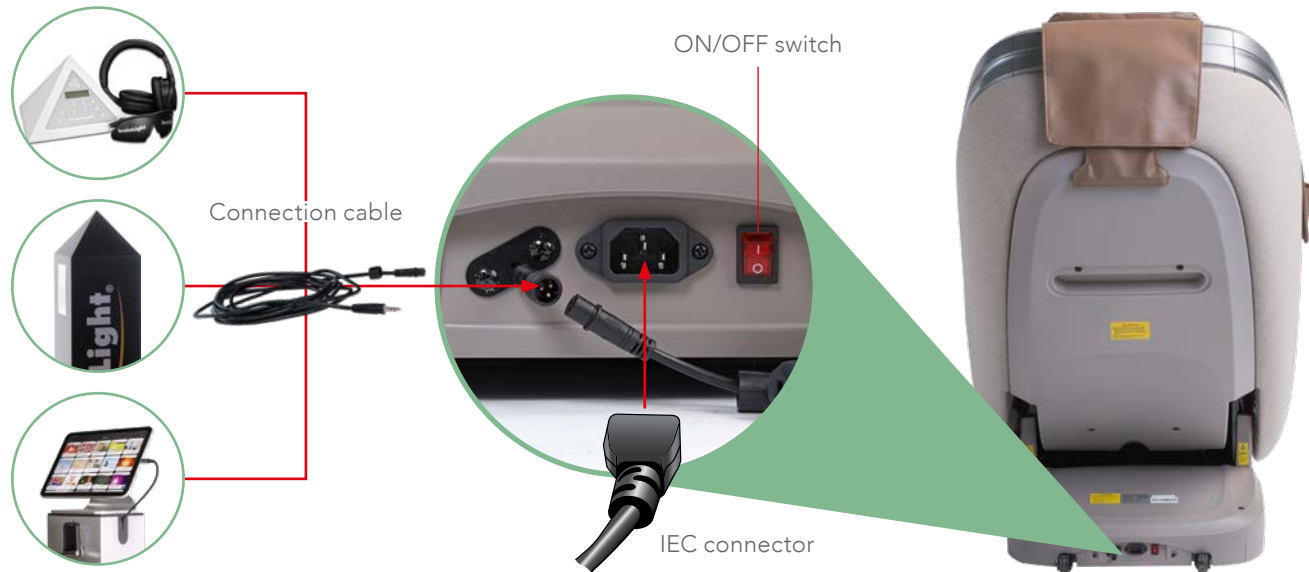
- Insert the connected control panel into the holder and remove the two protective foils.
- Press the **upper button** ① to switch on the control panel and thus the chair.
- Use the **lower, wider button** ② to adjust the volume of the control panel sounds.



General Instructions before initial Use

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

1. Connect your **brainLight-Synchro PRO chair**, **brainLight relaxTower PRO** or your **brainLight relaxStation** with the connection cable provided.
2. Plug the IEC connector into the massage chair and the power plug into a power outlet.
3. Turn on the ON/OFF switch.



Operation via the Control Panel: Quick Start

1. Turn on the **control panel** ⑥. The main menu appears with the sections **AUTO MODE**, **MANUAL MODE**, **AIR/POSITION/FOOT/CALF** and **SETTINGS**.
2. Select **AUTO MODE** ① on the left side of the screen. In the menu that appears, you can choose one of **24 automatic programs** in the four categories **DAILY RITUALS**, **FOCUS**, **BODY CARE** and **SIGNATURE** and start it directly by tapping on it.
3. Each automatic program starts with a **body scan** (p. 19). You can then set the **program duration** ⑤ at the top right of the screen, make further **changes** using the **Shortcut Control Panel** (p. 33 ff.) or adjust functions using **AIR/POSITION/FOOT/CALF** ③ (p. 28 ff.).

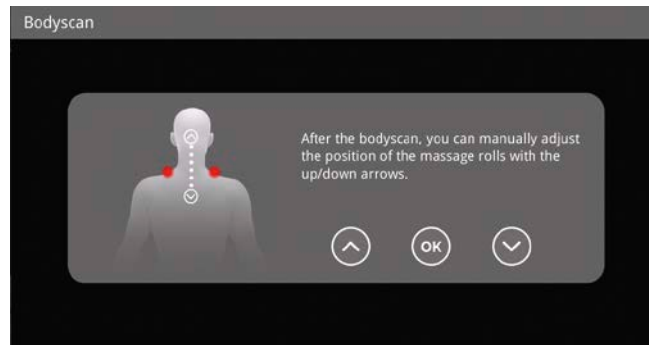
You can pause the selected program using the **Play/Pause button** ④ and resume it by pressing it again. Once the program has ended, please switch off the massage chair using the **Power Off symbol** ②, on the control panel ⑥ or on the **Shortcut Control Panel** (p. 33 ff.).



Operation via the Control Panel: AUTO MODE

THE AUTOMATIC BODY SCAN:

After starting an automatic program, a **BODY SCAN** is performed to determine your individual back length. For an accurate body scan, please sit all the way back in the chair and lean back. During the body scan, the footrest automatically adjusts to the length of your legs. After the body scan, you still have the option of individually adjusting the **POSITION OF THE MASSAGE ROLLERS** by using the arrows **^** and **v** and to optimize them vertically up and down and then confirming with **OK**.



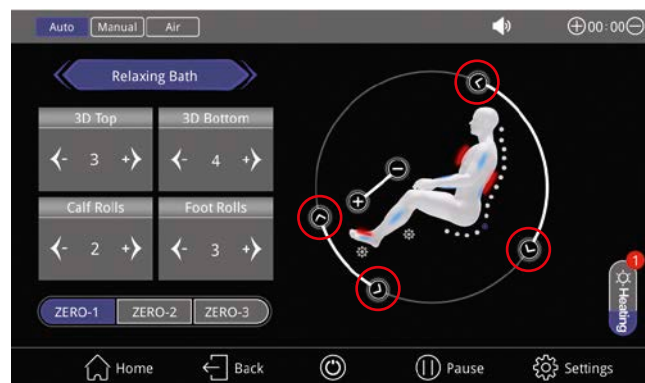
This allows you to extend the preset radius of the massage upwards or limit it downwards. These settings remain stored until the massage chair is switched off.



Operation via the Control Panel: AUTO MODE

After the body scan, you can make several adjustments:

1. In the „**AUTO**“ menu field (marked in blue, at the top left of the standard screen during an automatic program), you can adjust:
 - **3D INTENSITY** of the upper and lower massage mechanisms: levels 1 – 6
 - **Speed of the FOOT ROLLER MASSAGE**: levels 1 – 3
 - **Speed of the CALF ROLLER MASSAGE**: levels 1 – 3
 - the **CHAIR POSITION** manually using the arrows circled in red here or by selecting the **ZERO reclining positions** 1, 2 or 3
2. The **HEAT CYCLE** 1, 2, or 3 can be selected using the **“HEAT” function** at the bottom right of the screen (see p. 32).



NOTE: With the automatic programs “Evening Ritual,” “Deep Stretch,” and “Caress” the chair position cannot be adjusted.

With the automatic programs “Butt Power,” “Youth Elixir” and “Fire Flow,” (Slow Flow) the heat is preset.

Operation via the Control Panel: Automatic programs



DAILY RITUALS

Relaxing Bath:

This program gives you the feeling of a soothing full bath. Various massage techniques are used to loosen

tense muscles, stimulate blood circulation, and deeply relax the entire body.

Energy Boost:

This program provides new energy and vitality with a powerful massage. The combination of intensive kneading, tapping, and pressure massage, as well as supportive full-body air pressure massage, relieves fatigue and tension and noticeably activates the muscles.

Spa Treatment:

An invigorating program for daily relaxation: light, rhythmic massage movements are used to loosen up the shoulders, neck, hips, and buttocks in particular. Fatigue gives way to new vitality as the body is refreshed and revitalized.

Morning Ritual:

Gentle and invigorating: this program opens up the body's energy channels and promotes blood circulation in the shoulders, neck, back, hips, and buttocks. It supports a pleasant awakening, relieves tension, and prepares the body and mind for a new, active day.

Operation via the Control Panel: Automatic programs

Noon Rest:

A program for targeted relaxation between activities: Kneading and rhythmic shaking of the shoulders, neck, back, hips, and buttocks release tension, reduce fatigue, and reactivate the body's vitality. Ideal for starting the afternoon feeling relaxed and refreshed.

Evening Ritual:

This program helps you to leave the day behind and accompanies you into relaxation before bedtime. Gentle kneading, stroking, and shaking of the shoulders, back, hips, and buttocks soothe the body – the chair position changes automatically and cannot be adjusted manually during the program.



FOCUS

Weightless:

Specifically designed to relieve tension in the neck and shoulders: this program alleviates pain and stiffness in

Operation via the Control Panel: Automatic programs

the neck and upper back through vigorous kneading, tapping, and shaking. At the same time, it loosens up the hips and buttocks.

Butt power:

A program for the hips, buttocks, and lower back: Kneading, shaking, tapping, pre-set heat and vibration loosen tense muscles, promote blood circulation, and relieve discomfort in the lumbar region. Ideal for anyone who sits a lot.

Hip Harmony:

This program brings harmony to the hips and waist: kneading, tapping, and shaking, supported by air cushion massage, loosen the hip and waist muscles and promote blood circulation. While the lower back is harmoniously relaxed, the shoulders and feet are vigorously massaged.

Light Step:

This program specifically relaxes the feet and calves: moderate kneading and pressure movements, supported by shaking and vibration, release tension, promote blood circulation, and provide a soothing feeling of lightness throughout the body. Ideal for

enjoying relief for your feet and legs after long hours on your feet.

Deep Shiatsu:

An All-round Wellness Program that utilizes the deep effects of Shiatsu massage: targeted kneading, tapping, and stroking techniques are used to treat the shoulders, neck, back, and hips, loosening tense muscles and releasing knotted fascia. Ideal for anyone seeking deep relaxation and regeneration.

Deep Stretch:

Full-body stretching: Kneading, stroking, shaking, and targeted stretching loosen tense muscles, mobilize joints, and promote blood circulation. Feet and legs are loosened by vibration. The automatic movement of the chair supports the stretching of the body, so the position cannot be adjusted manually during the program.

Operation via the Control Panel: Automatic programs



BODY CARE

Body Reset:

A soothing program for the entire body using kneading, stroking, and shaking techniques. Roller massage and

vibration on the feet and calves provide an additional pleasant massage experience.

Strong Core:

A program specifically targeting the spine: kneading, tapping, stroking, and shaking release tension, promote blood circulation, and activate muscle strength. Supported by air cushion, calf, and sole massage, it ensures balanced relief for the body's center.

Light Legs:

This program pampers tired legs and feet with rolling and vibration massages. At the same time, your back, hips, and buttocks are gently massaged.

Lumbar Love:

Specifically for the lower back: Intensive kneading and rolling massage in the lumbar and sacral areas loosens tense muscles. Gentle treatment of the buttocks, calves, and soles of the feet supports blood circulation, while the shoulders and neck are left out.

Flex & Relax:

This program combines kneading, stroking, and stretching for the back, hips, arms, and legs: The upper and

Operation via the Control Panel: Automatic programs

middle back are massaged more intensively, while air cushions on the arms and legs gently stretch the joints. The calves and soles of the feet are also treated, so that the whole body is completely relaxed.

Power Boost:

An intensive program for the entire body: powerful rolling, kneading, tapping, and shaking loosens up the shoulders, back, hips, and buttocks, while the calves and soles of the feet are pampered with intensive massage and vibration. Ideal for relieving tension and noticeably revitalizing the muscles.



SIGNATURE

Caress:

A particularly gentle program for the back and legs: for the first 10 minutes, the body is massaged very gently

Operation via the Control Panel: Automatic programs

with rollers and air cushions, after which the intensity increases only slightly. Gentle changes in the position of the chair promote a feeling of weightlessness, which is why the position cannot be adjusted manually during the program.

Power Move:

A very intensive program that provides the entire body with new energy: vigorous kneading, stroking, tapping, and shaking release tension throughout the back; calves and feet are also given an intensive massage.

Youth Elixir:

An exclusive all-round program to promote holistic vitality: gentle and moderate kneading, stroking, and shaking from the neck to the buttocks, supported by preset heat. At the same time, the massage focuses on the feet and legs.

Me-Time:

A moment just for yourself to revitalize your body and mind with an intensive full-body massage. The lower massage mechanism targets the lower back, buttocks, and hips, while the upper mechanism focuses on massaging the shoulder blades in sequence.

Fire Flow:

An intense massage program that loosens up your shoulders, neck, back, and hips with vigorous kneading, pressing, stroking, and shaking. The preset heat, foot roller massage, and vibration on the legs promote blood circulation and effectively relieve tension.

Yin & Yang:

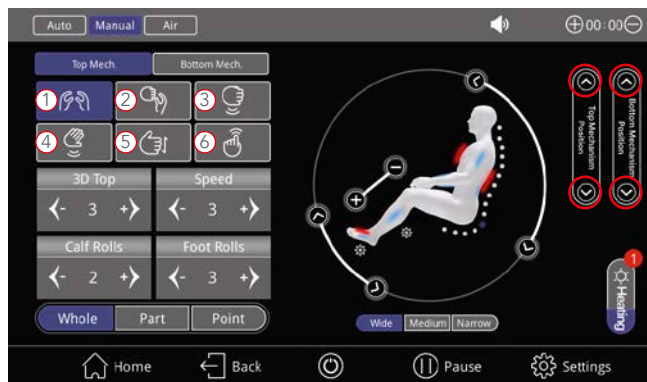
A harmonizing full-body program: vigorous kneading, tapping, and stroking of the upper back, shoulders, and neck release tension, while the lower back and buttocks are treated gently. Vibration on the legs supports energy circulation and promotes a feeling of inner balance.

Operation via the Control Panel: MANUAL MODE

MANUAL SETTINGS:

Pressing **MANUAL** in the main menu or in the menu bar at the top left (marked in blue here) opens the area where you can choose from **6 DIFFERENT MASSAGE TYPES** for both the upper and lower massage mechanisms: Kneading ①, Kneading+Tapping ②, Tapping ③, Clapping ④, Rolling ⑤ and Shiatsu ⑥ for the back and buttocks. Here you can also specify the area of the body you would like to have massaged, from a **WHOLE MASSAGE** to a specific **PART** up to a specific **POINT**. If you select „**PART**“ the chair will continue to

massage the area where the massage rollers are currently located. You can move this area up or down using the **ARROW KEYS** (circled in red). If you select „**POINT**“, the massage rollers will remain at the point where they are currently located. You can now move the massage rollers to your desired point using the **ARROW KEYS** (circled in red). With **SPEED** you can select one of 6 speed levels for the respective massage type. Using the **WIDE**, **MEDIUM** and **NARROW** buttons, you can set the distance between the massage rollers to 3 different settings:



Top Massage Mechanism:

Wide = 19.2 cm, Medium = 10 cm, Narrow = 3.8 cm
Wide = approx. 7.6 inches, Medium = approx. 3.9 inches, Narrow = approx. 1.5 inches

Bottom Massage Mechanism:

Wide = 21.5 cm, Medium = 10 cm, Narrow = 3.1 cm
Wide = approx. 8.5 inches, Medium = approx. 3.9 inches, Narrow = approx. 1.2 inches

This is not possible with the “Kneading” and “Kneading+Tapping” massage types.

Operation via the Control Panel: AIR/POSITION/FOOT/CALF

AIR PRESSURE MASSAGE:

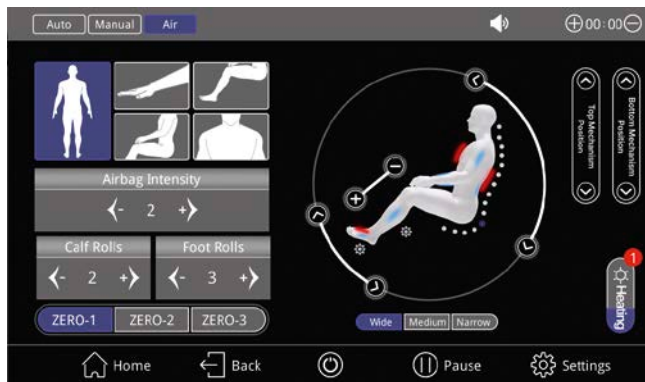
The **brainLight-4D-Shiatsu-Massage-Chair TIDE** uses air cushions to massage the more sensitive areas of the body, such as the shoulders, arms, hands, lower back, legs, and feet. The settings for this can be adjusted under **AIR**. This can be accessed via the main menu or in the bar at the top left (marked in blue).

Using the **ICONS WITH THE IMAGES OF THE BODY AREAS WHERE THE AIR PRESSURE MASSAGE IS TO BE APPLIED** (on the left of the display), you can

activate individual, multiple, or all (marked in blue) air cushions as desired.

With **AIR PRESSURE INTENSITY**, the strength of the air pressure massage can be adjusted in three levels. If no intensity is selected, the system automatically uses level 2.

Here, too, you have the option of choosing from one of **3 ZERO-GRAVITY POSITIONS**, adjusting the **WIDTH OF THE MASSAGE ROLLERS** (see p. 27), selecting the **HEATING CYCLES** of the chair (see p. 32) as desired, and switching the **FOOT AND CALF ROLLERS** on or off in three stages.



Operation via the Control Panel: SETTINGS

SETTINGS:

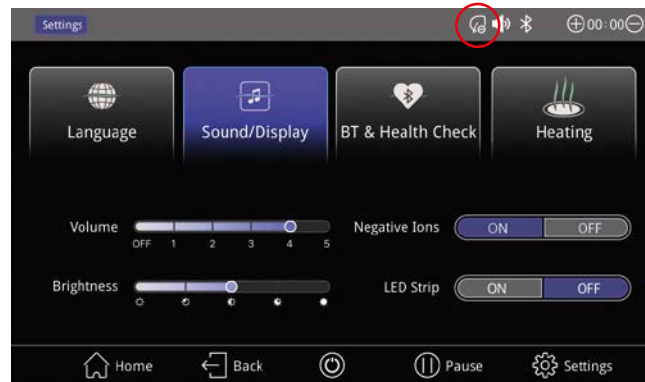
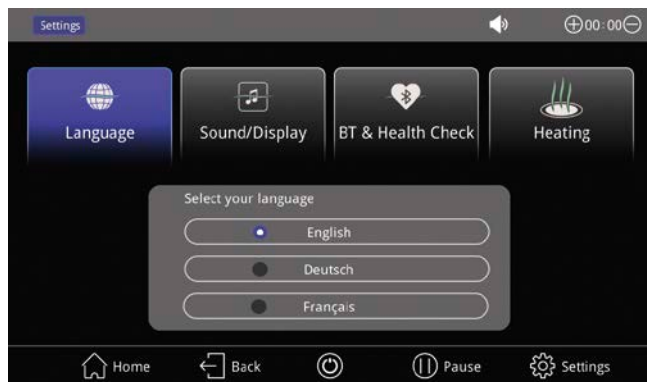
You can access the basic system settings for your **brainLight-4D-Shiatsu-Massage-Chair Tide** via **SETTINGS** in the main menu or at the bottom right.

In the **LANGUAGE** menu item, you can choose from 3 different languages for the displays in the control panel: English, German, and French.

Under **SOUND / DISPLAY**, you will find not only the **VOLUME CONTROL** for the signal tones of the control

panel and the **BRIGHTNESS SETTING** for the display, but also the ON/OFF options for the **LED strips** on the outside of the side panels of your **brainLight-4D-Shiatsu-Massage-Chair Tide** and the **NEGATIV ION FUNCTION** (p. 37).

The **NEGATIV ION FUNCTION** serves to purify the air and is activated automatically when you switch on your **brainLight-4D-Shiatsu-Massage-Chair Tide**. You can recognize this by the small **LEAF SYMBOL** in the menu bar, which is not visible when the Negative Ion Function is switched off.

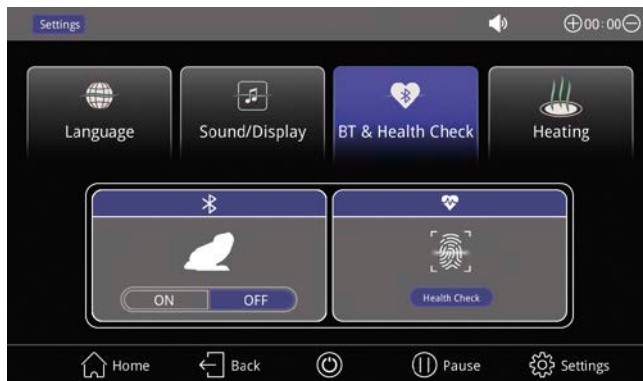
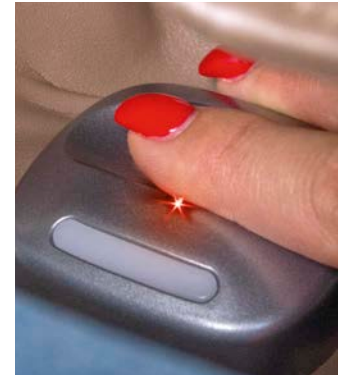


Operation via the Control Panel: SETTINGS

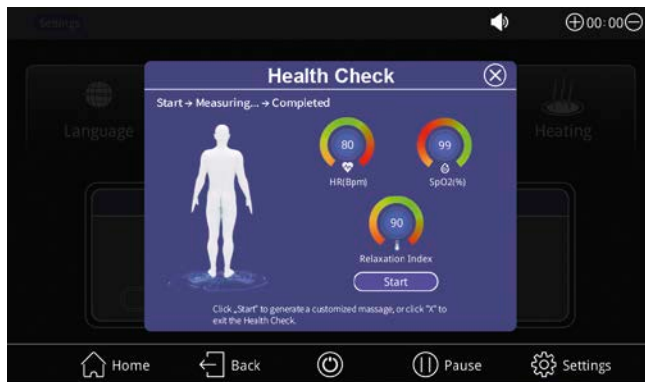
Under **BT & HEALTH CHECK**, you can switch the **BLUETOOTH FUNCTION** on and off, for example to pair your smartphone with the chair and play your own music through the chair's speakers (see p. 37). You can adjust the volume on your smartphone. The chair will be displayed as „Tide“ in your smartphone's Bluetooth menu.

The **HEALTH CHECK** function allows you to determine your current relaxation level. To do this, your heart rate and the oxygen saturation in your blood are measured. To do this, please tap on "Health Check" and place

your finger lightly on the sensor. Press **START**. The red light will now illuminate. Wait until the health check is complete. After the health check, you will have the opportunity to enjoy a personalized massage tailored to your results.



Operation via the Control Panel: SETTINGS



The **RELAXATION INDEX** is calculated based on an algorithm that assumes a normal pulse rate between 60 and 100 bpm (beats per minute) and healthy blood oxygen saturation between 95 and 99 %.

A relaxation level of:

- < 20: very exhausted / stressed
- 20-25: exhausted / stressed
- 25-30: slightly exhausted / stressed
- 30-100: relaxed

The higher the value, the better your general condition.

The lower the value, the stronger / more intense the "individualized massage" is, that is recommended following the health check which can then be selected.

Operation via the Control Panel: SETTINGS

THE HEATING FUNCTION

Your **brainLight-4D-Shiatsu-Massage-Chair Tide** has a **HEATING FUNCTION** in the lateral **lumbar area**, in the air cushions in the **foot area** and in an optional **chest heating mat**.



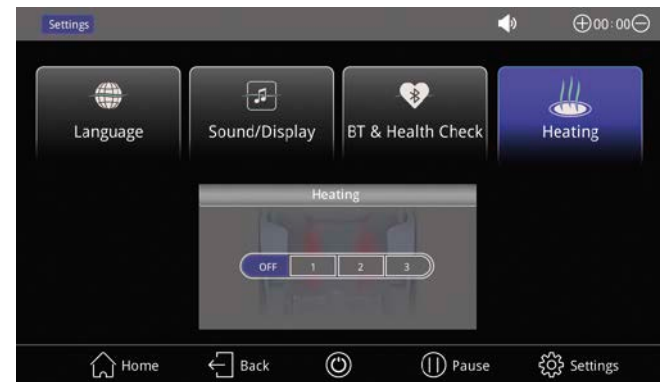
In addition to the screens for the automatic programs and manual massage combinations, the **HEATING FUNCTION** can also be selected on the right under **SETTINGS** (see graphic on p. 28). Heat revitalizes your cells and improves blood circulation.

There are **THREE HEATING CYCLES** to choose from:

Cycle 1: 1 minute on, 2 minutes off

Cycle 2: 2 minutes on, 3 minutes off

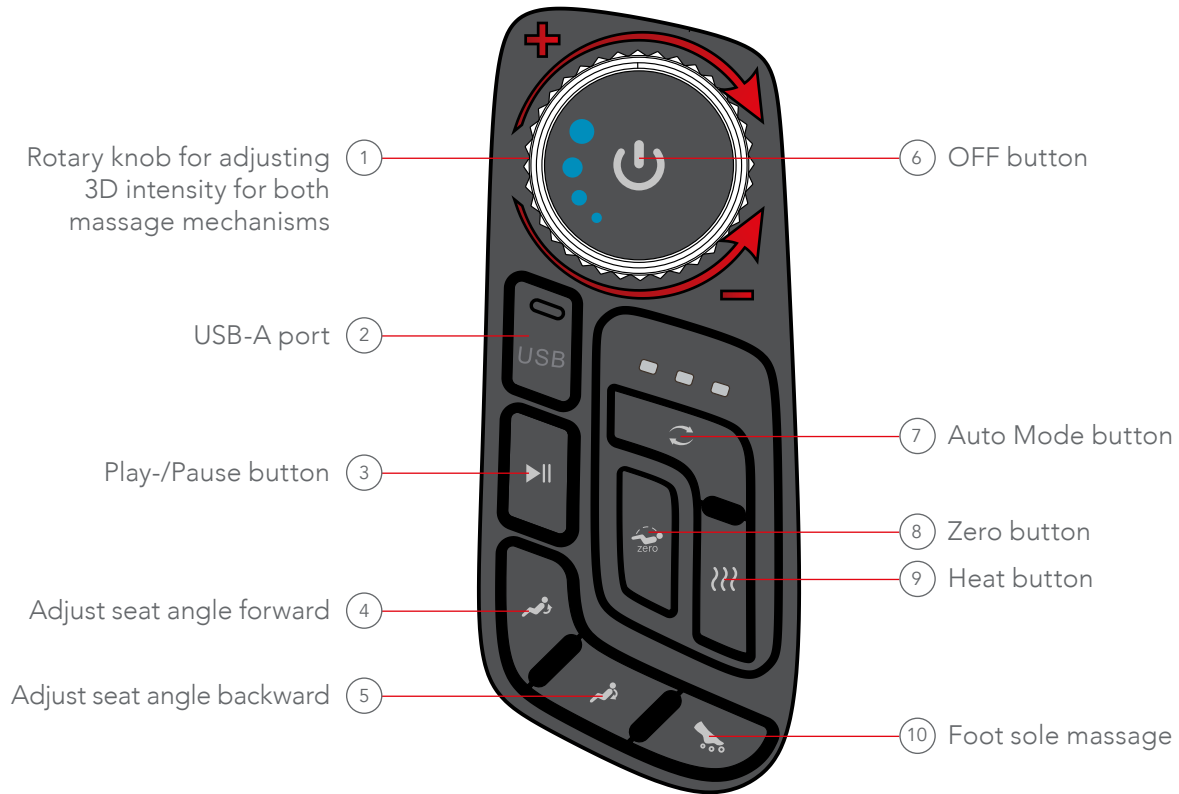
Cycle 3: 5 minutes on, 1 minutes off.



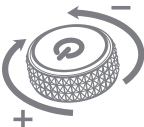









The Shortcut Control Panel



The Shortcut Control Panel



Symbols for the Shortcut Control Buttons

-  **Rotary knob:** Turn this knob clockwise to gradually increase (+) the 3D intensity of the massage in the back/buttocks area for both massage mechanisms simultaneously, and counter-clockwise (-) to gradually decrease it.
-  **USB-A port:** Here you can charge your smartphone or connect the Visualization-Glasses to the **brainLight-Complete-System** with **relaxStation**.
-  **Play-/Pause button:** Press this button to pause the massage. Press the button again to resume the massage program.
-  **Seat angle up/down button:** Press these buttons to manually adjust the seat angle.
-  **Seat angle up/down button:** Press these buttons to manually adjust the seat angle.
-  **OFF button:** Press this button to turn off the massage chair.
-  **Automatic button:** Press this button to switch between the 3 automatic programs **RELAXING BATH**, **ENERGY BOOST**, and **SPA TREATMENT**.
-  **Zero button:** Press these buttons to manually select the 3 automatic reclining positions.
-  **Heat button:** Press this button to switch the **HEATING FUNCTION** (in heating cycle 2, see p. 32) on and off.
-  **Foot sole massage button:** Press this button to switch the foot sole massage on and off (press once: level 1, press twice: level 2, press three times: level 3, press four times: OFF).

NOTE: Not all shortcut control buttons are active during automatic programs (for details, see note on p. 20)

Manual Adjustment Options



INTENSITY OF THE FOOT SOLE MASSAGE

To reduce the intensity of the foot sole massage, pads are included in the delivery contents that can be inserted if necessary.

INTENSITY OF THE BACK MASSAGE:

If necessary, an overlay can be purchased to reduce the intensity of the back massage that is available in the color of the chair and fits perfectly into the overall design.

Negative-Ions-Function and Loudspeaker



Outlet for the Negative Ions

The **NEGATIV-IONS-FUNCTION** (air purification) of the **brainLight-4D-Massage Chair Tide** creates an electrostatic neutral atmosphere. This allows fine dust, aerosols, germs, viruses, and bacteria to be eliminated and odors to be neutralized within minutes.

This can help to improve mental well-being, increase performance and concentration, create a positive mood, and promote restful sleep.

The resulting easier breathing reduces fatigue, can lower blood pressure, and even delay the aging process.

SPEAKERS are integrated into the two outlet openings for the negative ions, which can be paired with your smartphone via Bluetooth to play your own music.

Troubleshooting, Maintenance & Care

TROUBLESHOOTING: NO POWER

Step 1: Make sure that the chair is switched on. The main switch is located at the bottom rear of the chair (see p. 7). The „I“ symbol is pressed inwards when the chair is switched on. If you still have no power, proceed to step 2.

Step 2: Check both ends of the power cord and make sure it is firmly plugged into both the chair and the power outlet. If you still have no power, proceed to Step 3.

Step 3: Make sure that the power outlet is working by plugging in another electrical device. If the power outlet is working but the chair is not, please contact our customer service (see p. 2).

CLEANING AND CARE OF CHAIR AND CONTROL PANEL

CAUTION: Be sure to unplug the power cord before cleaning the chair and control panel.

Apart from the chair cover, you can clean all other externally accessible parts of the chair with a soft cleaning cloth to remove dust and dirt. When switched off, the control panel can be cleaned of dust and dirt with a soft cloth, which may be slightly damp, and dried with a dry soft cloth.

The massage chair comes with OEKO-Tex 100 certified leatherette as standard.



The massage chair can be easily cleaned and disinfected if necessary. We recommend covering it with a fabric cover if it is not used for a long period of time (available as an accessory in our shop).

Troubleshooting, Maintenance & Care

CLEANING AND CARE OF THE CHAIR COVER

Basic information

The following care and cleaning instructions are intended to help maintain the appearance and quality of your massage chair:

- As with all upholstered furniture, direct sunlight or intense heat (e.g., proximity to heaters) can cause the fabric covering your massage chair to fade and wear out more quickly. Proper placement and curtains or blinds can counteract this effect.
- **Leatherette** is a relatively durable material, but over time it can lose its plasticizers and become dry and brittle. This process cannot be prevented, but it can be delayed through careful handling and regular cleaning. We can have your armchair completely or partially re-covered (prices available on request).

Step 1: Moisten a soft cloth with lukewarm water and a little detergent (do not use solvents or abrasive products – please refer to our detergent recommendations). The cloth should only be slightly damp. Wipe

down one area at a time, working from the seams. Use circular movements, working from the edge towards the center.

Step 2: Then wipe the leatherette in the same way with a second soft cloth that has been moistened with lukewarm water without detergent.

Step 3: Dry the upholstery fabric with another dry, soft cloth.

- The **fabric cover** of the chair version in the color combination „**Toffee Taupe**“ can be carefully brushed off if necessary.

Troubleshooting, Maintenance & Care



For professional cleaning and disinfection of the leatherette cover of your massage chair, we recommend the proven care products from Sonett, available from us or from specialist retailers.

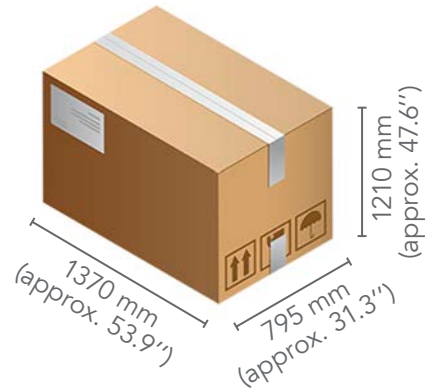
Removing stains and dirt:

The sooner you remove dirt or stains, the better the result will be.

- Soak up spilled liquids with a clean, soft cloth and wipe as described in three steps.
- Do not scrape off dried dirt, but carefully lift it off with a blunt object (e.g., the back of a blunt knife) and then wipe as described in three steps.
- Stubborn stains can also be treated with a soft brush. Moisten it with lukewarm water to which a little cleaning agent has been added and wipe again in three steps.

PLEASE NOTE: The tips listed here do not constitute a guarantee and do not exempt you from your duty of care when handling the massage chair and cleaning aids. We accept no liability for any damage caused during cleaning or care.

Product and Packaging Dimensions





TECHNICAL SPECIFICATIONS

Product description:

brainLight-4D-Shiatsu-Massage-Chair Tide

Vertical range of the massage rolls: **125 cm (approx. 49.2")**

Upper Mechanism: **80,5 cm (approx. 31.7")**

Lower Mechanism: **78,5 cm (approx. 30.9")**

Position angles of the chair: **138° – 164°**

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

Wattage: **300 W**

Motor voltage: **DC 24 V**

Weight: **97,5 kg +/- 3 kg**

Dimensions:

approx. L 152,5 cm x B 77,5 cm x H 118 cm

approx. L 60" x W 30.5" x H 46.5" (inches)

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

approx. L 167,5 cm x B 77,5 cm x H 98 cm

approx. L 65.9" x W 30.5" x H 31.9" (inches)



For a holistic relaxation of mind and body the **brainLight-4D-Shiatsu-Massage-Chair Tide** can be combined with the **brainLight relaxStation** (with iPad control), the **brainLight relaxTower PRO**, or the **brainLight-Synchro PRO chair** to a so-called **brainLight-Complete-System** (www.brainlight.com/products).

On our website at <https://www.brainlight.com/bl-support/faq-e.html> you will find a section with answers to frequently asked questions (FAQs), documentation, technical data, and product information available for download.

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Relaxation technology Made in Germany – since 1988!

AWARD-WINNING. REGULARLY.



brainLight®

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