

brainLight® - Shiatsu Massage Chair GRAVITY PLUS



brainLight®

LIFE IN BALANCE

brainLight®-Shiatsu Massage Chair GRAVITY PLUS

Thank you very much for purchasing the **brainLight**®-Shiatsu Massage Chair GRAVITY PLUS! In order to enjoy your massage chair to its full potential, please read this users manual carefully before using it, especially for its safety instructions.

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General Safety Instructions

To prevent any damage, accident or injury, please pay attention to the following safety instructions:

- Do not let children play on the chair.
- Do not attempt to dismantle, repair, or modify the chair without the technical guidance of **brainLight**® GmbH.
- If you feel unwell or ill when using the chair, pause your session immediately by pushing the STOP-button.
- Keep hands and feet away from the mechanics of the chair.
- Unplug the power cord when cleaning or maintaining the chair.
- People with any of the following conditions are advised to consult their physician or therapist before using the chair:
 - People with heart diseases
 - People with malignant tumors
 - Women during pregnancy and menstruation
 - People with abnormalities or curvature of the spine
 - People under medical treatment
 - People with osteoporosis
- People suffering from thrombosis or similar vein conditions are advised not to use the calf massage functions.
- Do not use the chair in a dirty, greasy, foggy or humid environment.

General Safety Instructions

- Do not expose the chair to direct sunlight and do not place it too close to other electrical appliances.
- Do not clean the chair with alcohol or evaporative solvents.
- Unplug the power cord and do not use the chair if the leather or fabric cover is torn or worn-out. Contact the maintenance department at **brainLight**® GmbH immediately.
- If you use greasy hair products, please place a towel under your head in order to protect the cover material of the chair.
- The massage chair can only be used by one person at a time.
- Children under 14 years old should only use the VIBRATION and HEAT functions of the chair and not without an adult's supervision.
- The massage chair can only be used by people weighing less than 130 kg / 20.5 stone / 286 lbs.
- Folding back the back cushion or removing the pads from inside the back cushion results in a stronger massage.
- Do not drink or eat while using the massage chair.
- Folding back the head cushion results in a stronger massage in your neck area.

Safety Instructions regarding the HEAT Function

In order for it not to get uncomfortably warm, we recommend that you wear appropriate clothing when using the HEAT function and set it to a level that is pleasant for you when using it during a massage program.

- Children, disabled people, and people with limited sensory perception should not use the HEAT function in order to prevent uncomfortable warming.
- Do not use the HEAT function for more than 30 minutes and let it cool down before turning it on again. Continuously using the HEAT function may result in overheating.
- For ideal comfort we recommend to use the HEAT function in combination with the massage functions.
- Please turn the HEAT function off separately before shutting down the chair.

Caution:

- Please handle the remote control with care and keep your hands dry when pressing the keys. A light touch with your fingertips is enough to operate the chair. Please do not use any other, especially sharp, objects to operate the remote control (pens, fingernails etc.).
- Please shut the chair down completely with the ON/OFF button when it is not in use.

Massage Chair Components

Head Cushion

Left Armrest

Back Cushion

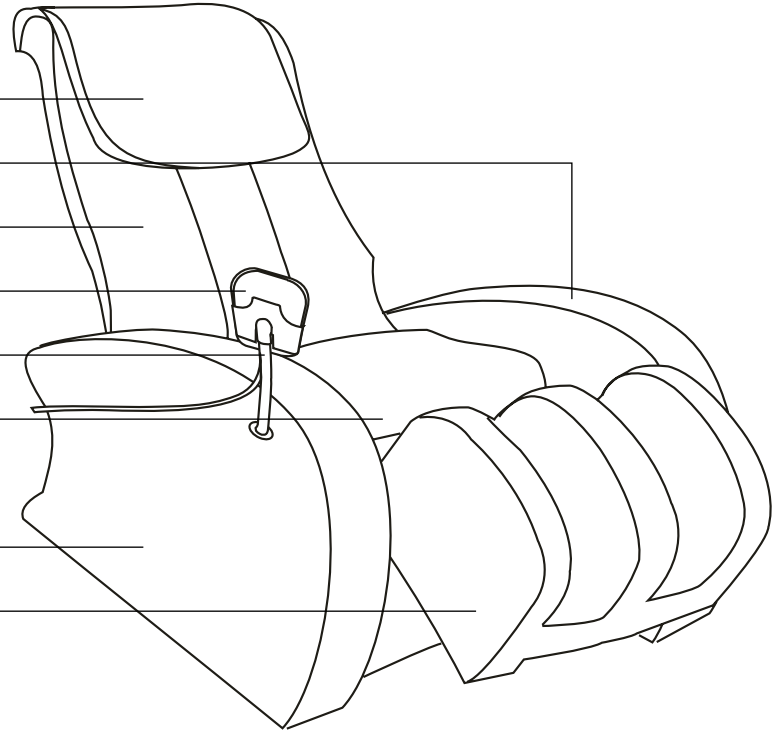
Remote Control

Remote Control Holder

Seat

Right Armrest

Footrest



Massage Chair Components

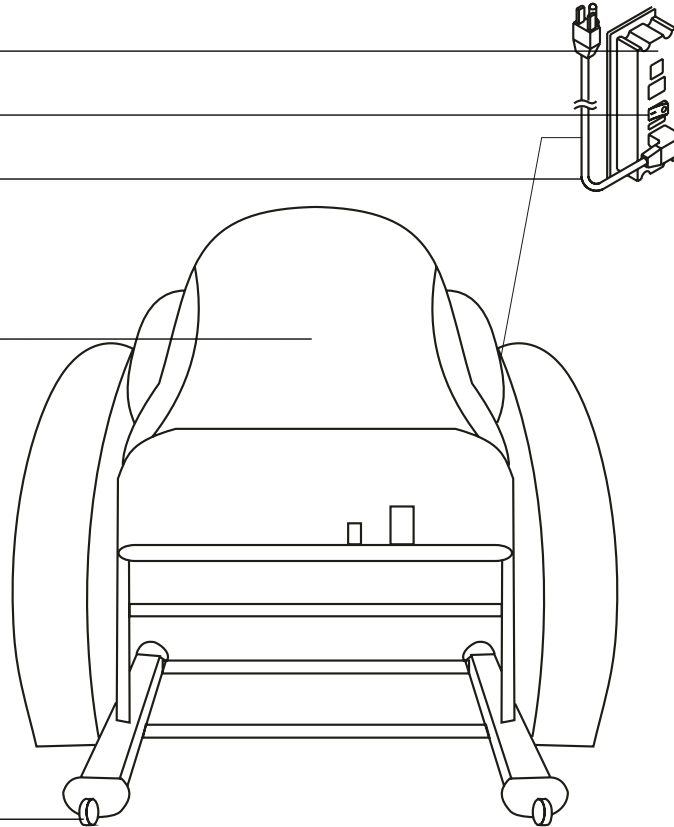
Main Switch Box

ON/OFF Button

AC Power Cord with Plug

Backrest

Casters



Setup Instructions

If your chair has been delivered by **brainLight**®, the following 12 steps are already carried out for you.

Step 1

Remove the packaging material. If you use sharp or pointed tools make sure not to damage the chair and the accessories.

Step 2

Pull back the backrest until it snaps in with a "click" sound. Fold the back cushion over to the front of the chair and affix it to the velcro on the seat. (If the velcro is covered by a thin plastic protection, remove it first.)

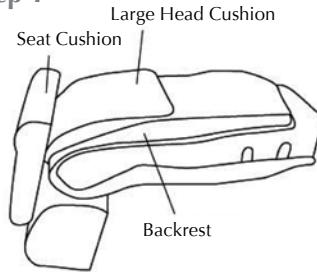
Step 3

Put the seat cushion on the seat with the wire facing the backrest.

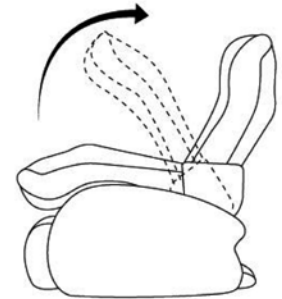
Step 4

Connect the black wire on the seat cushion with the same-coloured (black) plug underneath the seat.

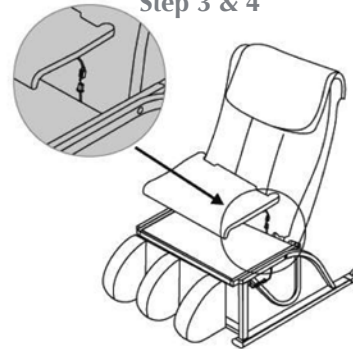
Step 1



Step 2



Step 3 & 4



Step 8



Step 9



Setup Instructions

Step 5

Put the armrests to the left and right of the chair and connect their wires (green) with the same-coloured plugs underneath the seat.

Step 6

Subsequently, screw the armrests to the left and right side of the chair frame. The screws are already attached to the armrests. We recommend that you bolt both upper screws lightly first, then screw the lower one tight, and lastly tighten all of them.

Step 7

Push the seat cushion firmly onto the seat and close the zipper on the front.

Step 8

Attach the large head cushion, and on top of that the small head cushion, to the velcro at the upper end of the backrest. Adjust the length to your needs.

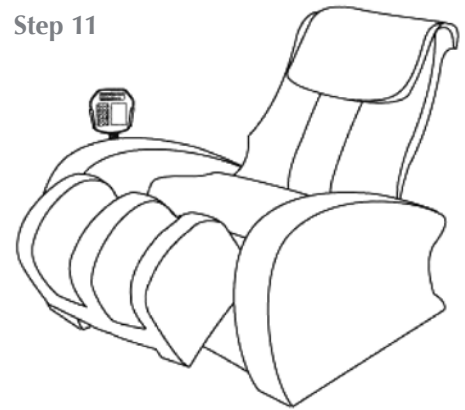
Step 9

Install the remote control holder: loosen the two screws on the outside of the right armrest with a cross-tip screwdriver, position the holder and mount it with the same two screws.

Step 10

Connect the remote control wire with the main switch box and put the remote control into the holder.

Step 11



Setup Instructions

Step 11

Check again to make sure all steps are done properly. The chair is now ready for use.

Step 12

Plug the power cord into the main power switch box on the chair and connect it to a wall socket.

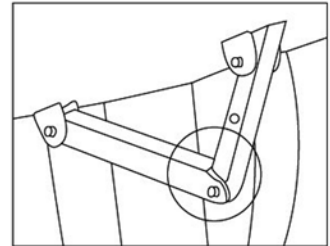
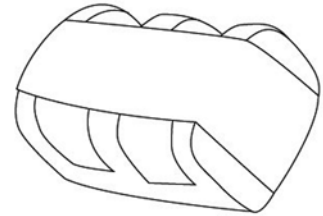
Foot Massage Options

Option 1

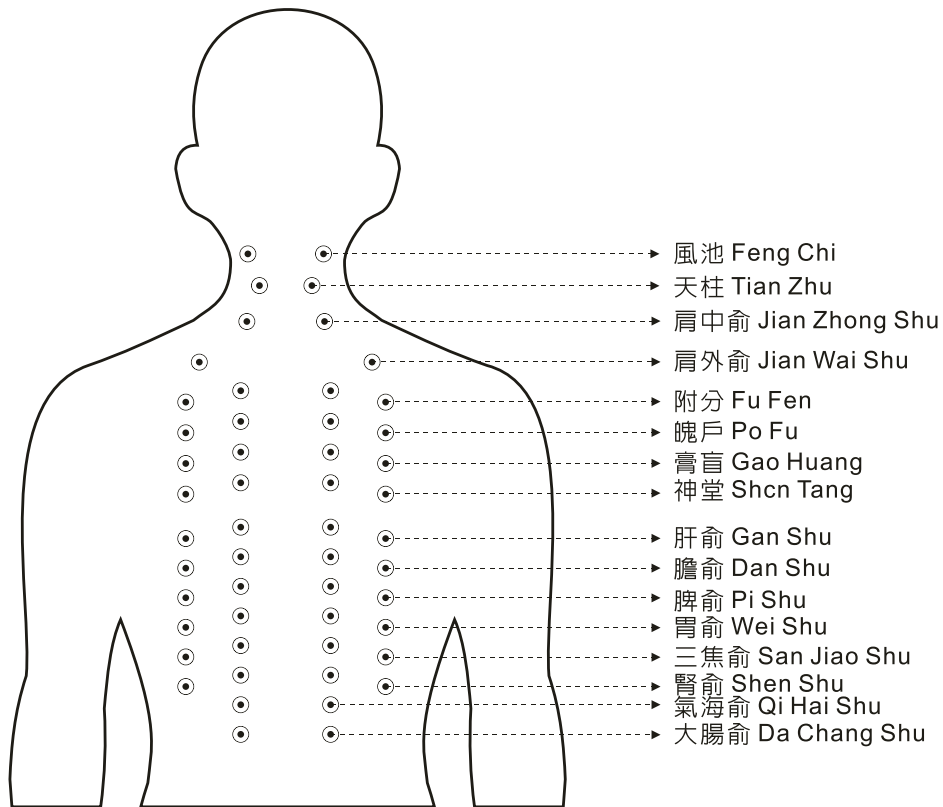
There are two straps included with the chair to hold your legs in position. Some users find the foot massage more enjoyable this way. The length of the straps can be adjusted to suit your needs.

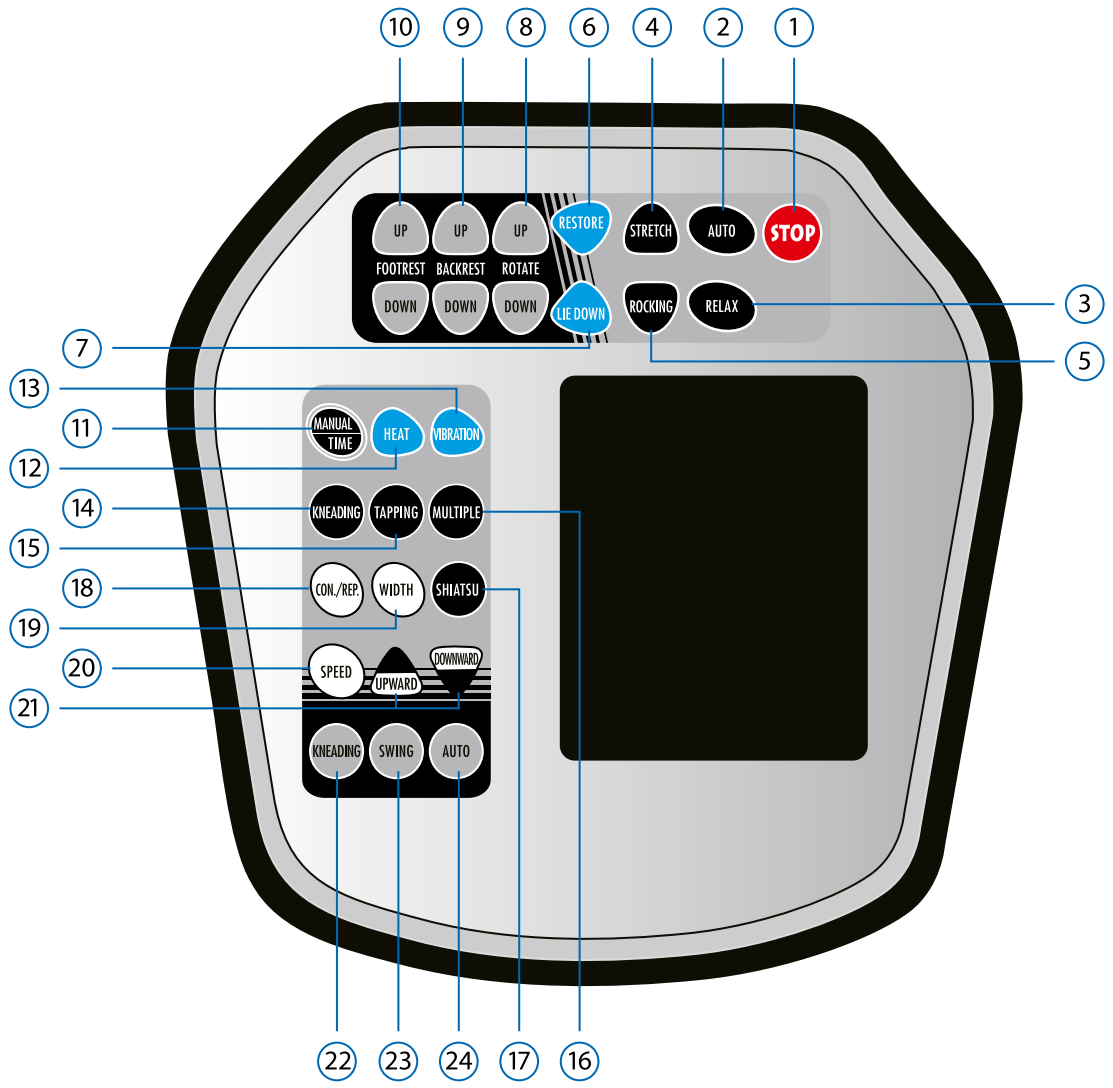
Option 2

The length of the footrest is set to 8 cm by default. It can be adjusted to 7 cm or 10 cm in order to suit different leg lengths: Lift up the footrest and use long nose pliers to take out the safety clip. Remove the bolt shown in the picture on the right. Set the bar to the hole of your preferred length, put the bolt back in and lock it with the safety clip.



Acupressure Points





Massage and Remote Control Functions

1 STOP Button

Push this button to stop any massage program. The chair and the massage rolls will automatically return to their starting position.

2 AUTO Button

The AUTO function consists of six different automated programs. Push this button until the program of your choice is shown on the display.

Prior to the massage, the chair will automatically detect the length of your back from your shoulders to your waist and thus identify your acupressure points (bodyscan with optical scanning technology). This guarantees a personalised and comfortable massage.

The preset time for each automated program is 15 minutes; when the program is finished, the chair and the massage rolls automatically return to their starting position.

The AUTO programs have preset speed and width settings for the massage rolls that adjust to your body automatically. The FOOT MASSAGE, VIBRATION and HEAT functions can be switched on and off in addition.

Furthermore, the automated programs can be used in combination with the following functions in order to meet your needs even more precisely: STRETCH, ROCKING, RESTORE, LIE DOWN, and the UP/DOWN buttons for FOOTREST, BACKREST and ROTATE.

Massage and Remote Control Functions

AUTO 1 = Full body massage

AUTO 2 = Regional massage

You can use the buttons UPWARD and DOWNWARD to direct the massage rolls to the region of your back that you would like the massage to be focused on.

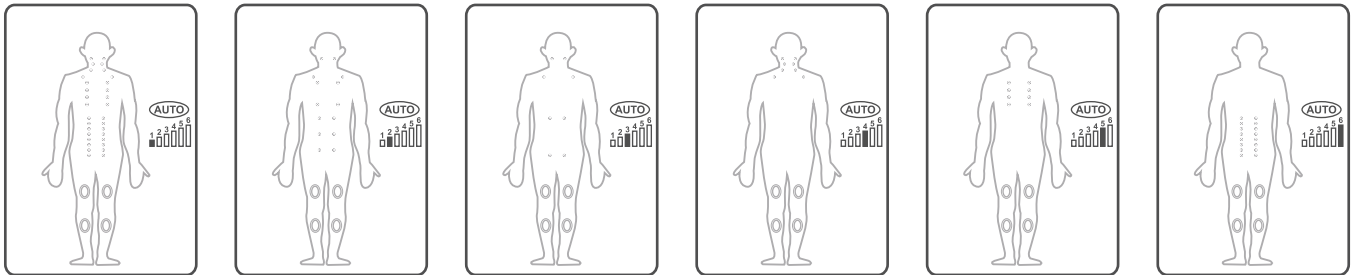
AUTO 3 = Fixed Point massage

You can use the buttons UPWARD and DOWNWARD to direct the massage rolls to the specific point on your back that you would like the massage to be focused on.

AUTO 4 = Head and neck massage

AUTO 5 = Upper back massage

AUTO 6 = Lower back massage



Massage and Remote Control Functions

3 RELAX Button

The RELAX function consists of five automated full body massage programs. The massage time and chair recline angle is preset and different for each program.

Push this button until the RELAX program of your choice is shown on the display:

- | | |
|---------------------------------|--|
| 1 – 38 minutes – slight recline | 4 – 10 minutes – very deep recline |
| 2 – 30 minutes – medium recline | 5 – 6 minutes – demo version, various recline angles |
| 3 – 15 minutes – deep recline | |

Prior to the massage, the chair will automatically detect the length of your back from your shoulders to your waist and thus identify your acupressure points (bodyscan with optical scanning technology). This guarantees a personalised and comfortable massage. The chair will also adjust the sitting angle so that the massage is most comfortable for you. At the end of each program, the chair and the massage rolls automatically return to their starting position. The FOOT MASSAGE, VIBRATION and HEAT functions can be switched on and off in addition. Programs 4 (10 min.) and 5 (6 min.) don't work in combination with other massage functions.

4 STRETCH Button

This function consists of four different, preset STRETCH positions.

Push this button until the position of your choice is shown on the display:

- E1 – Zero Gravity position for the most comfortable sitting angle
- E2 – V-angle position for a full body victory stretch
- E3 – Λ -angle position for a lumbar stretch

Massage and Remote Control Functions

- E4 – Inversion stretch position for elevating the feet above the head in order to release any pressure from your legs and to stimulate the blood flow to your heart.
- E5 – Stops E1, E2, E3 and E4. The chair returns to its starting position, while the selected massage is continued.

5 **ROCKING Button**

This function consists of four different, preset ROCKING programs. At the end of each program, the chair and the massage rolls automatically return to their starting position. Push this button until the program of your choice is shown on the display:

d1 – deep recline (without rocking)

The chair will automatically go into the deep recline position.

This function can be used in combination with the AUTO programs and manual massage settings.

d2 – medium recline (with rocking)

The chair will automatically go into the medium recline position and will gently rock you back and forth.

This function can be used in combination with the AUTO programs and manual massage settings.

d3 – deep recline (with rocking)

The chair will automatically go into the deep recline position and will gently rock you back and forth. This function can be used in combination with the AUTO programs and manual massage settings.

d0 – fixed recline

By selecting d0 you can stop and keep the chair in any position of the ROCKING programs d1, d2 or d3.

Massage and Remote Control Functions

6 RESTORE Button

If you push the RESTORE button, the chair automatically returns to its starting position. This function does not work in combination with the RELAX programs 4 (10 min.) and 5 (6 min.).

7 LIE DOWN Button

If you push the LIE DOWN button, the chair automatically reclines backwards. This function does not work in combination with the RELAX programs 4 (10 min.) and 5 (6 min.).

8 ROTATE Buttons

Make sure that you stay in the position shown only for as long as feels comfortable.

By holding down the buttons UP or DOWN you can rotate the chair to the desired angle. This function does not work in combination with the RELAX programs 4 (10 min.) and 5 (6 min.).



9 BACKREST Buttons

By holding down the buttons UP or DOWN you can adjust the backrest of the chair to the desired angle. If you push the buttons twice quickly, the backrest automatically moves all the way up or down. This function does not work in combination with the RELAX programs 4 (10 min.) and 5 (6 min.).

Massage and Remote Control Functions

 **10 FOOTREST** **FOOTREST Buttons**


By holding down the buttons UP or DOWN you can adjust the footrest of the chair to the desired angle. If you push the buttons twice quickly, the footrest automatically moves all the way up or down. This function does not work in combination with the RELAX programs 4 (10 min.) and 5 (6 min.).

 **11** **MANUAL / TIME Button**

To select any manual function, you first have to set the desired time with the MANUAL / TIME button. Push this button until the time of your choice is shown on the display: 5 / 10 / 20 / 30 minutes. Then you can select KNEADING, TAPPING, MULTIPLE or SHIATSU. Additionally, you can combine these functions with HEAT, VIBRATION and the foot massage options.

 **12** **HEAT Button**

Push this button to select or deselect the HEAT function in the backrest of the chair.

Push this button until the time of your choice is shown on the display – the longer the function is turned on for, the more the chair will heat up.

H1	– 5 minutes	H3	– 15 minutes
H2	– 10 minutes	H0	– off

This function can be turned on and off during all automatic and manual massage programs.

Massage and Remote Control Functions

13 VIBRATION Button

Push this button to select or deselect three different VIBRATION cycles for the seat and armrests of the chair. This function can be turned on and off during all automatic and manual massage programs.

14 KNEADING Button

Push this button to select or deselect the KNEADING massage in the backrest of the chair. It can be combined with all other manual functions except for WIDTH. KNEADING is preset at speed 1. You can adjust the massage intensity to your liking with the SPEED button.

15 TAPPING Button

Push this button to select or deselect the TAPPING massage in the backrest of the chair. Press it until the tapping rhythm of your choice is shown on the display: A1 (normal), A2 (with interval), A3 (fast). It can be combined with all other manual functions. You can adjust the massage intensity to your liking with the SPEED button and the space between the massage rolls with the WIDTH button. A2 only allows for three different SPEED levels; for A3 the intensity cannot be changed at all.

16 MULTIPLE Button

Push this button to select or deselect a combination of KNEADING and TAPPING massages in the backrest of the chair. It can be combined with all other manual functions except for WIDTH. The MULTIPLE massage is preset at speed 1. You can adjust the massage intensity to your liking with the SPEED button.

Massage and Remote Control Functions

17 SHIATSU Button

Push this button to select or deselect a SHIATSU massage for the whole back.

18 CON. / REP. Button

This function consists of six different, preset massage positions. Push this button until the position of your choice is shown on the display: FIXED POINT, AREA, FULL BODY, HEAD TO NECK, UPPER BACK and LOWER BACK. Then select the desired manual massage function: KNEADING, TAPPING, MULTIPLE or SHIATSU.

If you choose the FIXED POINT or AREA massage position, you can use the UPWARD and DOWNWARD buttons to position the massage rolls precisely.

19 WIDTH Button (space between massage rolls)

Push this button to adjust the space between your spine and the massage rolls for the TAPPING function. You can choose between four different settings: narrow / medium / wide / interval. WIDTH only works in combination with TAPPING.

20 SPEED Button

Push this button to adjust the massage intensity of the manual massage functions. You can choose between six different SPEED settings for KNEADING, TAPPING and MULTIPLE. The intensity of SHIATSU cannot be changed. When running the AUTO and RELAX programs, different intensity settings are already preset.

Massage and Remote Control Functions

21 UPWARD / DOWNWARD Buttons

You can use these buttons to position the massage rolls precisely if you have chosen the FIXED POINT or AREA massage position of the CON. / REP. function.

22 KNEADING Button (foot-kneading massage)

Push this button to select or deselect the KNEADING massage in the footrest of the chair. Press it until the desired intensity is shown on the display: F1, F2, F3 - or F0 to stop the massage.

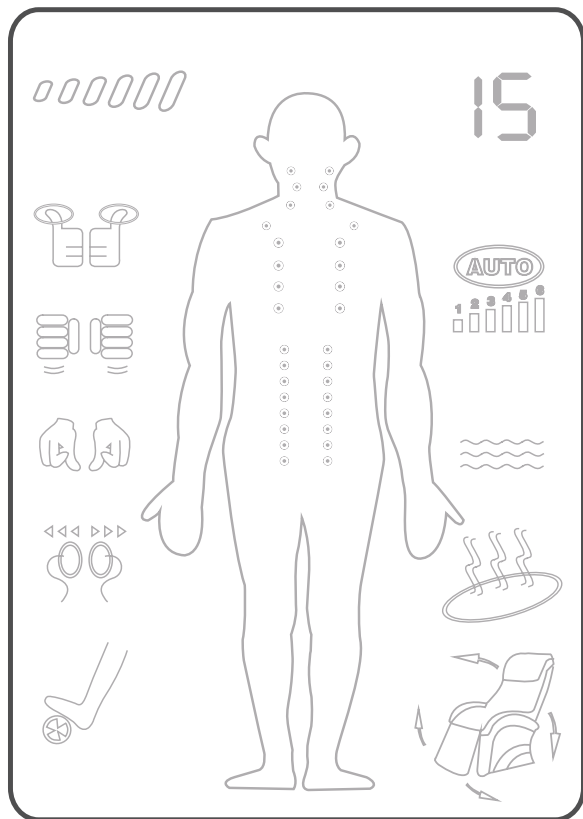
23 SWING Button (foot-swing massage)

Push this button to select or deselect the SWING massage in the footrest of the chair. Press it until the desired intensity is shown on the display: F1, F2, F3 – or F0 to stop the massage.

24 AUTO Button (automated foot massage)

Push this button to select (FA) or deselect (F0) an automated combination of KNEADING and SWING massages in the footrest of the chair.

LCD Features



SPEED



KNEADING



TAPPING



SHIATSU



WIDTH



FOOT MASSAGE

15

TIMER



AUTO



VIBRATION



HEAT

General Instructions for Use

Plug in the power cord and then turn on the power switch on the right side of the backrest. Decide between the automated massage programs and the manual massage functions.

Manual massage functions:

Use the MANUAL / TIME button to first set the desired massage time, then select one of the following functions: KNEADING, TAPPING, MULTIPLE or SHIATSU. You can now adjust the intensity of KNEADING, TAPPING and MULTIPLE with the SPEED button. For the TAPPING function you can additionally adjust the space between the massage rolls with the WIDTH button. If you have chosen the FIXED POINT or AREA massage position with the CON. / REP. button, you can now position the massage rolls precisely with the UPWARD and DOWNWARD buttons.

Automated massage functions:

You can select six different fully automated massage programs with the AUTO button and five different fully automated programs with the RELAX button. In addition, you can select VIBRATION and the AUTO foot massage function by using the corresponding buttons.

Additional functions:

VIBRATION and HEAT can be selected and deselected independently for all AUTO, RELAX and MANUAL programs.

Stopping the massage:

Push the STOP button to stop any massage program. The chair and the massage rolls will automatically return to their starting position. When finished, please turn off your massage chair and unplug the power cord.

The intensity of the massage can be adjusted by inserting the foam pads into the back cushion of the chair.

Please use a surge protector to protect your chair from current fluctuations.

Troubleshooting

Problem: No power

1. Make sure the chair is switched on. The power switch is located on the right side of the backrest. The icon “–” has to be pushed inwards. If you still have no power, continue with step 2.
2. Check both ends of the power cord and make sure it is securely plugged into the chair as well as into the wall outlet. If you still have no power, continue with step 3.
3. Test the wall outlet with another appliance. If the outlet works but the chair doesn't, continue with step 4.
4. Exchange the main fuse (7 ampère) of the chair (see chapter "Basic Replacement Guide").

Problem: No display on remote control, but chair responds when buttons are pushed

1. Turn off the chair. The power switch is located on the right side of the backrest. The icon “o” has to be pushed inwards.
2. Unplug the power cord for 10 seconds.
3. Plug the power cord back in.
4. Turn the chair back on - the icon “–” has to be pushed inwards. If the display still doesn't work, continue with step 5.
5. Check that both ends of the cable between remote control and chair are connected securely. For this, you have to unscrew the remote control cover (5 screws on the backside).

Troubleshooting

Problem: When reclining, the chair makes a squeaking noise

1. First, determine which function is making the squeaking noise by testing each of the recline motors with the corresponding UP / DOWN buttons: FOOTREST, BACKREST and ROTATE.
2. Once you have determined which motor makes the squeaking noise, lubricate the point where the motor moves in and out of its housing, underneath the chair (with WD-40 or 3-IN-ONE oil). If the chair still squeaks, continue with step 3.
3. Use WD-40 or 3-IN-ONE oil to lubricate the side bolts that connect the backrest with the seat frame of the chair. These bolts are located between the backrest and the armrests on each side of the chair.

Basic Replacement Guide

Please note: Always turn off the chair and unplug the power cord from the wall outlet when replacing any part/s and when maintaining the chair.

How to Replace the Main Fuse (near the power switch)

Unplug the power cord from the chair itself. (Picture 2)

Use a small flathead screwdriver to carefully unhinge the fuse cartridge and pull it out. (Pictures 3-5)

Replace the fuse in the clamp (fuse currently in use) with the fuse in the square enclosure (spare fuse). Additional fuses (7 amp) can be purchased at any local electric shop. (Picture 6)

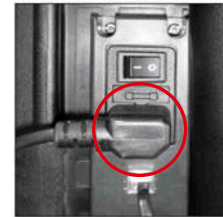
Push the cartridge with the exchanged fuse back into place.

Plug the power cord back into to the chair.

Test whether the chair works. You should hear a "beep" sound when you switch on the chair.



Picture 1:
Right side view of the chair.



Picture 2:
Remove the power cord.



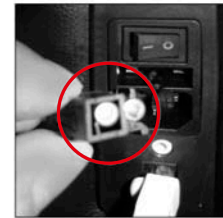
Picture 3:
Fuse cartridge.



Picture 4:
Unhinge the fuse cartridge with a flathead screwdriver.



Picture 5:
The fuse cartridge slides out towards you.

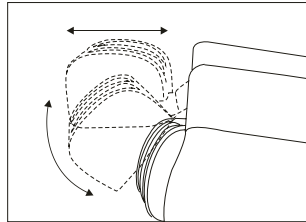


Picture 6:
Damaged main fuse (right) and spare fuse (left).

General Information

Footrest

Caution: Please do not stand on the footrest in order to prevent injuries and damage to the chair.



Product Specifications

Product name:

brainLight®-Shiatsu Massage Chair GRAVITY Plus

Vertical range of the massage rolls: 69 cm

Position angles of the chair: 116° – 183°

Operating voltage: 100 – 240 V AC; 50 Hz / 60 Hz

Wattage: 60 – 100 W

Motor voltage: 24 V AC

Weight: 77 kg +/- 3 kg

Dimensions:

Approx. W 97 cm x L 114 (178) cm x H 117 (86) cm

(The numbers in brackets relate to the dimensions of the chair reclined fully with the footrest in horizontal position.)

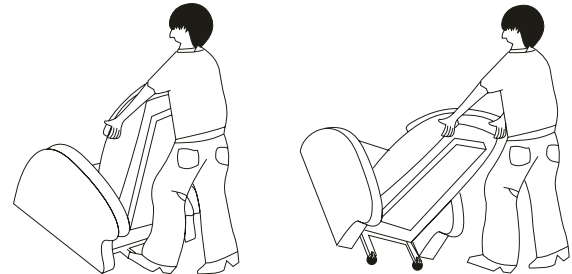
How to move the Chair

Step 1: Make sure the backrest is in its full upright position.

Step 2: Unplug the power cord from the wall outlet.

Step 3: Put your foot on one of the casters.

Step 4: Pull the backrest towards you and push it downwards so that the weight of the chair is shifted onto the casters. Wheel the chair to the desired place and make sure there is enough space for the backrest to fully recline during the massage.



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