



Brookstone®

F8 Heated Calf & Foot Massager

RELAX. SOOTHE. REVIVE.

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CAUTION

- TO REDUCE THE RISK OF ELECTRIC SHOCK, DO NOT REMOVE COVER. THERE ARE NO SERVICEABLE PARTS INSIDE.
- TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT EXPOSE THIS UNIT TO RAIN OR MOISTURE.



The lightning flash with arrow-head symbol within an equilateral triangle is intended to alert the user to the presence of uninsulated “dangerous voltage” within the unit’s enclosure that may be of sufficient magnitude to constitute a risk of electric shock.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the unit.

This massager is intended for household use only.

SAVE THESE INSTRUCTIONS


IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed. Read all instructions before using this massager.

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

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

2. Do not reach for an appliance that has fallen into water. Unplug immediately.
3. Do not use while bathing or in a shower.
4. Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.
5. If liquid is accidentally spilled onto the massager, remove the power plug from the electrical outlet immediately. Do not use wet hands to connect or disconnect the power plug from the electrical outlet.
6. Do not operate during a lightning storm.
7. Although operation will be stopped automatically by the Auto-Timer function, always remember to turn off the main power switch after use.
8. Do not place the power cord under the massager or under any other heavy objects.
9. Do not wind the power cord around the massager as this may damage the cord and result in a fire or electric shock.
10. Do not operate the massager with a damaged cord or with an extension cord.
11. Do not use the massager if the electrical outlet is loose.
12. Check that the Alternating Current (AC) voltage corresponds with the specification indicated for the massager.

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

1. This massager should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock or injury to persons.
3. Close supervision is necessary when this massager is used by, on or near children, invalids or disabled persons.
4. Use this massager only for its intended use as described in this manual. Do not use attachments not recommended by Brookstone.
5. Never operate this massager if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact Brookstone Customer Service at 800-292-9819.
6. Do not move or carry this massager by the power cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the massager with the air openings blocked. Keep the air openings free of lint, hair and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

12. To disconnect, press the Power Switch to switch off the unit, then remove the plug from the outlet.
13. Use heated surfaces carefully. May cause serious burns. Do not use over insensitve skin areas or in the presence of poor circulation. The unattended use of heat by children or disabled persons may be dangerous.
14. Never remove the cover from this massager. Do not use the massager when the upholstery is ripped, torn, or removed. This may cause injury or malfunction. Carefully examine the covering before each use. Call for service if the covering shows any sign of deterioration, such as blistering, peeling, cracking, or ripping.
15. Keep dry - do not wet. Do not operate in a wet or moist condition. Do not use the massager when your body is wet. Do not operate this massager with wet hands.
16. Do not use massager in close proximity to loose clothing or jewelry.
17. Keep long hair away from massager while in use.
18. This massager is not intended for use by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of this massager by a person responsible for their safety.
19. Children should be supervised to ensure that they do not play with this massager.
20. Any individual who may be pregnant, or recently gave birth, has a heart condition, or a pacemaker, suffers from diabetes or other sensory impairment, phlebitis and/or thrombosis, joint dysfunction, inflammation

or injuries, weak bones, osteoporosis, a high fever, an abnormal or curved spine, is at an increased risk of developing blood clots, has pins/screws/ artificial joints or other medical devices implanted in his/her body, is being treated for a medical condition or physical injury or is under a doctor's care should consult with a medical professional before using this massager.

21. This product is not intended for self-treatment of conditions that should be managed by a qualified healthcare provider.
22. Consult your physician before using this massager.
23. This massager is designed as a non-professional massager to soothe tired and aching muscles. It is not intended to be a substitute for medical attention. If your ailments and symptoms persist or worsen after use, contact your physician immediately.
24. Do not use this massager if you are not feeling well.
25. Stop operation immediately if you experience any discomfort.
26. Do not fall asleep during the massage session.
27. Do not operate after taking pain killers, sedatives or alcohol.
28. Do not use this massager in combination with other therapeutic equipment or electric blanket, etc., as this may result in ineffectiveness or injury.
29. Do not stand in this massager. Use only while seated.
30. Always position the massager on a flat, level surface.
31. Do not disassemble any part of the massager. Touching the internal components may result in malfunction or electric shock.
32. The massager must only be professionally serviced or repaired. Do not

attempt to disassemble or repair the massager yourself.

33. Do not operate for more than 20 continuous minutes. Turn off the massager and allow it to rest (cool) for 40 minutes before re-using. This will prolong the life of the massager.
34. Do not perform continuous massage on the same spot of your body for more than 5 minutes at a time as this may result in excessive stimulation and may have adverse effects.
35. Never use the massager on open skin eruptions, swollen or inflamed areas.
36. If the power goes off during use, be sure to turn the ON/OFF Switch to OFF (O), and pull the power plug out from the socket to prevent damage from occurring when the power is restored.

FCC INFORMATION

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

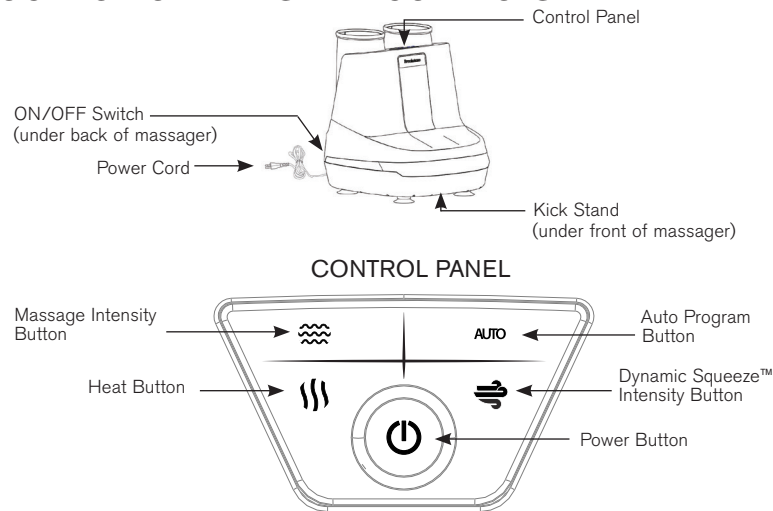
This equipment has been tested and found to comply with the limits for a Class B Digital Device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try

to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the distance between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

LOCATION OF PARTS AND CONTROLS



USING THE MASSAGER

1. Plug the power cord into an electrical outlet.
NOTE: To reduce the risk of electric shock, this product has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not alter the plug in any way.
2. Turn the ON/OFF Switch, located on the bottom back of the massager, to the ON (|) position.
3. Optionally, extend the Kick Stand (located on the bottom front of the massager).
4. Unzip the calf zippers, place your feet all the way into the massager, and rezip the zippers.
5. Press the Power Button in the Control Panel to turn on the massager.
6. Select an automatic message program, as described below, or manually select your message options, as described on Page 9
7. The massager automatically turns off after 15 minutes of use. To end the message earlier, press the Power Button to turn off the massager.

USING AUTOMATIC PROGRAMS

1. With the massager powered on, press the Auto Program Button once to turn on the Soothe Program. The Message Intensity and Dynamic Squeeze™ Intensity buttons will be green, indicating the gentlest level of message. Heat will be activated in the foot and calf zones.

2. Press the Auto Program Button a second time to turn on the Pulse Program. The Message Intensity and Dynamic Squeeze™ Intensity buttons will be blue, indicating a moderate level of message. Heat will be activated in the foot and calf zones.
3. Press the Auto Program Button a third time to turn on the Energize Program. The Message Intensity and Dynamic Squeeze™ Intensity buttons will be red, indicating the most intense level of message. Heat will be activated in the foot and calf zones.

While using an Auto Program, you can customize your message:

- You can turn the message feature on or off.
- You can change the heat feature or turn off heat.
- You can change the Dynamic Squeeze™ intensity. You cannot turn off the Dynamic Squeeze™ feature during an Auto Program.

MANUAL MESSAGE AND COMPRESSION OPTIONS

1. With the massager powered on, press the Message and/or Dynamic Squeeze™ buttons to activate the message and/or Dynamic Squeeze™ feature. The button will be green, indicating the gentlest level of message or compression.
2. Press the button again. The button will be blue, indicating a moderate level of message or compression.
3. Press the button a third time. The button will be red, indicating the most intense level of message or compression
4. Press the button a fourth time to turn off the message or compression feature.

HEAT OPTIONS

1. With the massager powered on, press the Heat button. The button will be green, indicating that the heat feature will be activated in both the foot and calf zones.
2. Press the Heat button again. The button will be blue, indicating that the heat feature will be activated in the foot zone only.
3. Press the Heat button a third time. The button will be red, indicating that the heat feature will be activated in the calf zone only.
4. Press the Heat button a fourth time to turn off the Heat feature.

CARE AND MAINTENANCE

1. Remove the power cord from the electrical outlet before cleaning.
2. Wipe the surface of the controller with a dry, soft cloth.
3. Wipe the main unit of the massager with a soft, damp cloth. Do not clean with alcohol or any liquid chemical cleaners. Dry with a clean, soft cloth.
4. The foot bed liners can be unzipped and removed for cleaning. Allow liners to dry completely before reattaching to the main unit.

SPECIFICATIONS

Rated Voltage.....	110 V AC
Frequency.....	60 Hz
Wattage Max.....	60 W
Auto Timer	15 Minutes
Dimensions.....	Approx. 16.14" x 16.08" x 18.50" (Approx. 41 cm x 41 cm x 47 cm)
Weight.....	Approx. 17.2 lbs (7.8 kg)

ONE (1) YEAR LIMITED WARRANTY

Brookstone® warrants this product against defects in materials and/or workmanship under normal use for a period of ONE (1) YEAR from the date of purchase by the original purchaser ("Warranty Period"). If a defect arises and a valid claim is received within the Warranty Period, at its option, Brookstone will either 1) repair the defect at no charge, using new or refurbished replacement parts, or 2) replace the product with a new product that is at least functionally equivalent to the original product, or 3) provide a store credit in the amount of the purchase price of the original product. A replacement product or part, including a user-installable part installed in accordance with instructions provided by Brookstone, assumes the remaining warranty of the original product. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Brookstone's property. When a store credit is given, the original product must be returned to Brookstone and becomes Brookstone's property.

Obtaining Service: To obtain warranty service, call Brookstone Limited Warranty Service at 1-800-292-9819. Please be prepared to describe the product that needs service and the nature of the problem. A purchase receipt is required. All repairs and replacements must be authorized in advance. Service options, parts availability and response times will vary. You are responsible for delivery and the cost of delivery of the product or any parts to the authorized service center for replacement, per our instructions.

Limits and Exclusions: Coverage under this Limited Warranty is limited to the United States of America, including the District of Columbia and the U.S. Territories of Guam, Puerto Rico, and the U.S. Virgin Islands. This Limited Warranty applies only to products manufactured for Brookstone that can be identified by the "Brookstone" trademark, trade name, or logo affixed to them or their packaging. The Limited Warranty does not apply to any non-Brookstone products. Manufacturers or

suppliers other than Brookstone may provide their own warranties to the purchaser, but Brookstone, in so far as permitted by law, provides these products "as is." This warranty does not apply to: a) damage caused by failure to follow instructions relating to product's use or the installation of components; b) damage caused by accident, abuse, misuse, fire, floods, earthquake or other external causes; c) damage caused by service performed by anyone who is not a representative of Brookstone; d) accessories used in conjunction with a covered product; e) a product or part that has been modified to alter functionality or capability; f) items intended to be periodically replaced by the purchaser during the normal life of the product including, without limitation, batteries or light bulbs; g) any product sold "as is" including, without limitation, floor demonstration models and refurbished items; or h) a product that is used commercially or for a commercial purpose.

BROOKSTONE SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. TO THE EXTENT PERMITTED BY APPLICABLE LAW, BROOKSTONE DISCLAIMS ANY AND ALL STATUTORY OR IMPLIED WARRANTIES, INCLUDING, WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS. IF BROOKSTONE CANNOT LAWFULLY DISCLAIM STATUTORY OR IMPLIED WARRANTIES, THEN TO THE EXTENT PERMITTED BY LAW, ALL SUCH WARRANTIES SHALL BE LIMITED IN DURATION TO THE DURATION OF THIS EXPRESS WARRANTY.

Some states disallow the exclusion or limitation of incidental or consequential damages or how long an implied warranty lasts, so the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.

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