

# IMPORTANT SAFETY INSTRUCTIONS

## SAVE THESE INSTRUCTIONS

Read all instructions before using the WA-200.

### **DANGER:** To reduce the risk of electrical shock:

Always unplug massager from the electrical outlet immediately after using and before cleaning.

Do not reach for an appliance that has fallen into water. **Unplug immediately.**

Do not use while bathing or in a shower.

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.

If the massager falls into water, unplug it immediately. Do not reach into the water.

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

Keep away from water.

Use heated surfaces carefully. May cause serious burns. Do not use over sensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.

Do not use this massager near water contained in bathtubs, basins or other vessels.

An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Never operate this appliance 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. Return the appliance to a service center for examination and repair.

Do not carry this appliance by supply cord or use cord as a handle.

Always keep the power cord away from heated surfaces.

Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

While using the massager, keep you hair away from the air inlets.

Never drop or insert any object into any opening.

Do not place massager on any surface while it is operating.

Do not use outdoors.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

To disconnect, turn all controls to the OFF position, then remove plug from outlet.

Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

Do not massage abdomen when pain is present or if you are pregnant. Do not massage any area of the body that is swollen, inflamed or covered with skin eruptions. Do not use on unexplained calf pain. Always avoid contact with the eye or eyelid. Consult a physician.

Do not use massager when standing on a damp floor, or when any part of the body is in contact with plumbing or any similar ground.

Always connect massager to a properly grounded electrical outlet.

Never use while sleeping.

Do not direct hot air towards eyes or other heat sensitive areas.

Do not use as a hair dryer.

## WarmAir™ Percussive Foot Massager *Use & Care Manual*



MODEL: WA-200



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3030 Walnut Avenue, Long Beach, California 90807  
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Congratulations on purchasing the WarmAir™ Percussive Foot Massager!

The WarmAir™ Percussive Foot Massager offers a gentle yet effective massage for tired and aching feet. With the WarmAir™ Percussive Foot Massager from Interactive Health you can relieve stress and tension as your feet are soothed by the stimulating action of the WA-200. You will feel relaxed and rejuvenated after just a few minutes of massage provided by the WarmAir™ Percussive Foot Massager.

For the maximum benefit from your WarmAir™ Percussive Foot Massager, carefully review this brochure. Then if you have any additional questions, please feel free to call one of our helpful Customer Service Representatives at (800) 742-5495, because at Interactive Health™, we're committed to your physical and mental well-being.

Interactive Health®  
Partners in Your Well-Being

At Interactive Health®, we specialize in products for people who care about their health and well-being. We recognize that life is stressful. Work is work. And at the end of the day, you should rest and recover. More and more health professionals have addressed the importance of recovery – a chance for your body to rebuild. . and your mind to rest while preparing for future challenges. And if you're an athlete, recovery helps you get over that additional physical strain.

For nearly two decades, Interactive Health® has been a leader in the field of massage products. We create state-of-the-art products that embrace the latest technology while applying the ancient healing art of massage. With today's fast-paced lifestyles, balancing your physical and mental needs requires the right mix of proper nutrition, exercise, and massage. Interactive Health® Massage Systems are vital components for achieving balance between physical and mental well-being.

To learn more about our company and our products, we invite you to visit us on the internet at [www.interhealth.com](http://www.interhealth.com).

WELL – BEING

MENTAL

PHYSICAL

MASSAGE

EXERCISE

NUTRITION

Interactive Health is committed to your physical and mental well-being. In today's fast-paced lifestyle, well-being is achieved through a balance of proper nutrition, exercise and massage.

How to Operate the  
WarmAir™ Percussive Foot Massager

Your new WarmAir™ Percussive Foot Massager will provide you with a unique percussion massage.

- To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). 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 change the plug in any way.
- Make sure the unit is OFF before you plug in the power supply cord. Disconnect the plug from the wall when not using.
- Remove your shoes before using. Press MASSAGE button and place your feet on the WarmAir™ Percussive Foot Massager. It is best to use the massager on bare skin. Press MASSAGE button again to turn the massager off.
- For massage & heat press MASSAGE then press the HEAT button. Press the HEAT button again to turn off the heat. NO HEAT ONLY.
- Do not massage any single area for more than 15 minutes.
- Discontinue use immediately if the heat feels too hot or uncomfortable on your skin, or if your skin starts to turn red.
- Do not massage the upper neck area near the base of the skull.
- When you have completed your massage, press the MASSAGE button to turn the massager OFF.



The Benefits of Massage

Your new WarmAir™ Percussive Foot Massager allows you to discover the potential of massage.

In general, massage helps stimulate the circulatory system while relieving tension and reducing stress. It is typically used after a long day or strenuous workout.

*Shiatsu massage*, for example, refers to the ancient Japanese method of massage that focuses on pressure points in order to balance the body's energy and promote good health.

*Percussion massage* is another form of massage. It involves a vigorous tapping motion that goes deep into the different layers of your muscles while also stimulating your circulation. It relieves tension, tones muscles and reduces stress, leaving you rejuvenated and relaxed.

Here are some additional benefits of massage:

- Massage is useful in relieving pain, reducing swelling, or increasing mobility in soft tissues (muscles).
- Massage is both relaxing and invigorating.
- Massage can help stretch contracted tendons.
- Before exercise – massage stimulates circulation, preparing the muscles for action.
- After exercise – massage helps your muscles recover more quickly from tension and fatigue, and speeds the reduction of lactic acid build-up.
- Massage – it's one of life's simple pleasures that makes you feel phenomenal!

The chart below will help you identify the various reflexology points of your feet so you can get the most out of each massage.

Reflexology Foot Chart

Reflexology (re-flex-ol-o-gy) Based on the ancient principle that reflex areas in the feet correspond to specific parts of our anatomy. Massaging these reflex points is essential for an active lifestyle and balanced body. It helps relieve stress and tension, stimulates circulation, and promotes the flow of nerve impulses.

RIGHT SOLE

LEFT SOLE

A detailed diagram showing the reflexology points on the right and left soles of a foot. The diagram is divided into two columns, one for the right sole and one for the left sole. Various organs and body parts are mapped to specific areas on the foot, including the sinus reflexes, pituitary, throat/neck/thyroid, thyroid/bronchial area, solar plexus, stomach, spleen, lungs, heart, liver, kidneys, adrenal glands, pancreas, small intestine, large intestine, sigmoid colon, bladder, sciatic, and waist line. The diagram also shows the location of the sinus reflexes, pituitary, throat/neck/thyroid, thyroid/bronchial area, solar plexus, stomach, spleen, lungs, heart, liver, kidneys, adrenal glands, pancreas, small intestine, large intestine, sigmoid colon, bladder, sciatic, and waist line.

Product Care and Storage

**Maintenance and Care:** Should your Interactive Health™ product become dirty or soiled, wipe clean with a cloth dampened with a non-abrasive cleanser. Do not use thinner, benzene or any other solvents. The product is specially designed and constructed to be maintenance free. No periodic lubrication or servicing is required. Your product should only be serviced by an authorized service center.

Care should be taken not to overload the unit. Excessive feet pressure on the massage nodes that significantly slows or stops the motor will potentially cause damage to the unit.

Foreign objects should not be inserted between the massage nodes and the unit housing.

**Storage:** Your product has been carefully designed to give you many years of trouble-free service. Always unplug the unit when not in use. Additionally, if not in use for a long period of time, we recommend that the power cord be coiled and that the unit be placed in an environment free of dust and moisture.

Do not store near heat or open flame. Do not leave this product exposed to direct sunlight for long periods of time. This may cause fading or damage.

Warranty and Customer Service

Your Interactive Health product is backed by a full one (1) year limited warranty (see enclosed). If your product is not functioning properly or if you have questions concerning your product or any other Interactive Health product, please call Interactive Health Customer Service toll-free at (800) 742-5495 between 8:00 a.m. and 5:00 p.m. Pacific Standard Time. Our courteous Customer Service Representatives will be happy to assist you.

Please also feel free to visit our web site for corporate and product information at [www.interhealth.com](http://www.interhealth.com)

Product Specifications and Features

Use:	Household (not for institutional use)
Voltage:	120V AC / 50-60hz
PPM:	2500
Composition:	ABS Plastic and PVC
Product Weight:	9 lbs.

No medical claims warranted or implied by the use of this product.