

DS 166  
**OWNER'S  
MANUAL**

# 6-Speed Beauty Massager

WITH PIVOTING FOOT PLATE



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Featuring 6 speed settings, dozens of possible belt positions, and a vibrating wave motion that goes straight to your problem areas, the 6-Speed Beauty Massager is a great adjunct to any weight loss program. Both conventional and roller-style massage belts are included, for a versatile and relaxing massage experience.

## SPECIFICATIONS

<b>Dimensions (W x L x H)</b>	34.5 x 38 x 83-120 cm* 13.5" x 15" x 32.7-47.2"* <small>*Min/max adjustable height range</small>
<b>Net Weight</b>	19 kg / 42 lbs
<b>Power Supply</b>	110V, 60 Hz
<b>Max Motor Power</b>	90W
<b>Speeds</b>	6 Speeds (Max 530 RPM)
<b>Flat Massage Belt</b>	Adjustable from 65" to 124"
<b>Roller Massage Belt</b>	Adjustable from 53" to 78"

## SAFETY & CARE

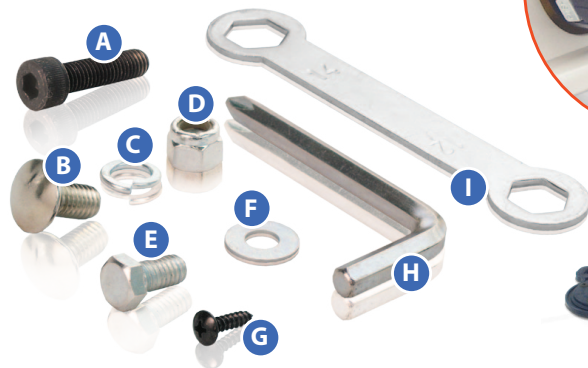
### **The Following Persons Should Not Use this Device Without a Physician's Consent:**

- Pregnant women.
- People with pacemakers and other internal or externally attached electronic medical devices, including electrocardiogram recorders.
- Those with any serious skin, heart, circulatory, or other type of condition that may be exacerbated by the device.
- Persons with any swelling or injuries should consult a doctor prior to using this device.
- Keep children and persons with limited reasoning or decision-making capacity out of reach of this device.

### **Safety and Care:**

- Do not attempt to move or operate the device until it is properly assembled.
- Use only with the indicated voltage and frequency.
- The massager should only be placed on a level floor with plenty of room on all sides.
- Do not touch the controls or plug with wet hands.
- Do not use or store in excessively damp places, or in conditions where water may get on the device.
- Never operate the device if it has a damaged cord or plug, is not working properly, or if the head has come into contact with water. Refer repairs to a qualified service person.
- Discontinue use if pain increases or swelling occurs.
- Drink water before using the massager to help metabolism and maintain hydration during activity.
- Do not apply the massage to any single area for a prolonged period to avoid skin irritation.
- Do not use the massager for more than 30 minutes at a time, in order to extend the life-span of the device.
- Never leave the massager unattended while running, and always unplug it immediately after use.
- Do not pull the plug out by means of the cord.
- Only clean the massager with a damp cloth or mild soap. Do not soak or douse the head with any fluids.
- Inspect and tighten all parts of the device regularly. Loose parts can hurt the performance and safety of the massager.

# COMPONENTS & ASSEMBLY



- |                             |                         |                           |
|-----------------------------|-------------------------|---------------------------|
| A) M8 x 30 Long Bolts (2)   | I) 2-Sided Wrench       | Q) Height Adjustment Knob |
| B) 3/8 Carriage Bolts (4)   | J) Speed Setting Knob   | R) Knob Casing (front)    |
| C) 3/8 Locking Washers (4)  | K) Belt Attachment Head | S) Knob Casing (rear)     |
| D) 3/8 Locking Nuts (4)     | L) Roller Massage Belt  | T) Outer Support Column   |
| E) 5/16 x 5/8 Hex Bolts (2) | M) Head                 | U) Base Cover (front)     |
| F) 5/16 Flat Washers (2)    | N) Power Switch         | V) Base Cover (Rear)      |
| G) 4 x 16 Small Screws (4)  | O) Flat Massage Belt    | W) Base                   |
| H) Allen Key / Screwdriver  | P) Inner Support Column | X) Foot Plate             |

## Assembly

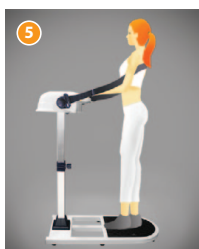
1. Attach the Outer Support Column (T) to the Base (W) with the four 3/8 Carriage bolts (B). Secure the bolts to the underside of the base with the 4 Locking Washers (C) and Locking Nuts (D) as shown in diagram.
2. Place the front and rear Base Covers (U & V) over the base of the Outer Support Column (T), and secure to the base with the four 4 x 16 Small Screws (G), as shown in diagram.
3. Clasp the front & rear Knob Casing pieces (R & S) together over the top end of the Outer Support Column (T) and join with the two M8 x 30 Long Bolts (A) as shown.
4. Secure the Head (M) onto the Inner Support Column (P) with the two Hex Bolts (E) and Flat Washers (F).
5. Insert the Inner Support Column (P) into the Outer Support Column (T). Thread the Height Adjustment Knob (Q) into the hole centered in the Knob Casing's (R) opening, and insert into any of the holes in the Inner Column to set height.
6. Insert the tip of the Belt Attachment Head (K) into the hole marked with the speed you prefer, on the Speed Setting Knob (J).

# DIRECTIONS & POSITIONS

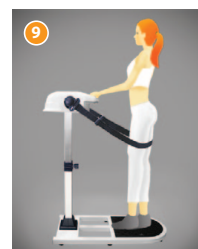
1. Connect the power cord to a wall outlet with the indicated voltage.
2. Choose either of the 2 included Massage Belts, and insert the Belt Attachment Heads into the hole marked Speed 1 on both Speed Setting Knobs. To change speeds, ensure device is off, and push the silver tab on the side of the Speed Setting Knob to release the Belt.
3. Stand on the Foot Plate, put on the Massage Belt, and start and stop the massage motion with the Power Switch on the device's head. Follow the steps below for a general massage routine.



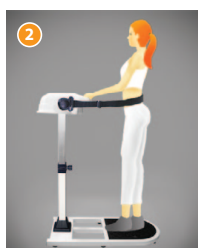
**Warm Up**  
Before beginning the massage, do some warm-up exercises. Stand on the Foot Plate, inhale, and slowly raise your arms upwards, then swing them backward.



**Underarm Position**  
Wrap belt around upper body, just under the arms, to tone the underarm areas, upper back, and lats (sides of upper torso).



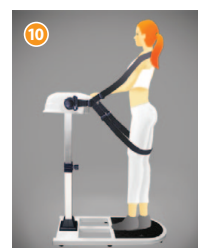
**Leg Position**  
Suspend belt around legs as shown in picture. Massage and tone both legs at once, or individually. Vary the exercise by lifting a leg or facing other direction.



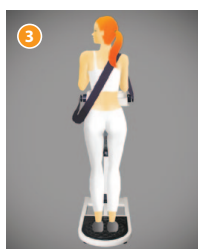
**Adaptation**  
Stand on the Foot Plate facing the device, plug the belt heads into Speed 1 or 2 and massage for 2-3 minutes to adapt to the motion.



**Waist Position**  
Place belt around waist to exercise and tone waistline, lower back, and obliques (sides of lower torso).



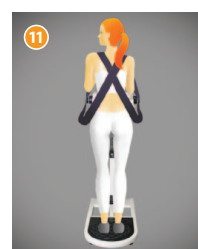
**Double Vibrations**  
Using the Flat Massage Belt only, place the belt across your shoulders, and slide the excess strap length behind your legs to massage upper & lower body simultaneously.



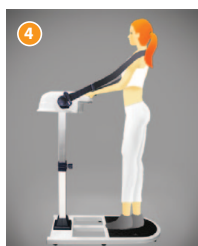
**Single Side Shoulder Position**  
Stand on the Foot Plate and wrap the belt around one shoulder. Repeat the exercise on the other shoulder.



**Belly Position**  
Stand on the Foot Plate, facing away from the device. Place belt around belly to massage and tone abdominal area.



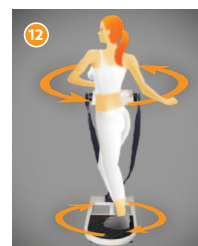
**Double Side Shoulder Position**  
Place the Flat Massage Belt across one shoulder, and slide the excess strap length across the other shoulder. Massages both shoulders simultaneously.



**Double Shoulder Position**  
Place the belt across both shoulders at the same time. This will also provide variation from the preceding exercise.



**Hip Position**  
Face the device again, and wrap belt around hips to massage hips and buttocks.



**Twist Exercise**  
Stand on the Foot Plate without using belt. Turn your upper body clockwise, while turning your lower body counterclockwise, repeating in alternating directions after each turn.

Generic Name: Electric Massager  
Trade Name: Beauty Massager DS166  
**Country of Manufacture: Taiwan**  
FDA Classification: N/A

Manufactured for/and Distributed by:  
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