

Brugermanual

Terahertz RF Massager
ABS-WT01 / ABS-WT01A

Dansk sikkerheds- og brugervejledning



Vigtigt før brug

Dette apparat er et elektrisk wellnessapparat til privat hjemmebrug. Det er ikke medicinsk udstyr og må ikke bruges som erstatning for medicinsk vurdering, behandling eller lægemidler. Læs hele manualen før første brug.

Indhold og dokumentgrundlag

Denne manual er en forbedret og mere brugervenlig dansk version baseret på leverandørens originalmanual, tekniske specifikationer og tilgængeligt test-/certifikatgrundlag for Terahertz RF Massager.

Produktnavn	Terahertz RF Massager / Premium Terahertz Foot Massager
Modeller	ABS-WT01 / ABS-WT01A
Importør/distributør	Uno Vita AS, Moss, Norge
Anvendelsesområde	Wellnessapparat til fødder og valgfrit tilbehør til hjemmebrug. Kun til indendørs brug i tørt miljø.
Dokumentgrundlag	Original manual, tekniske specifikationer og testgrundlag EN 60335-1 / LVD 2014/35/EU.

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Sikker brug - hurtig guide

Denne hurtige guide erstatter ikke den fulde manual, men opsummerer de vigtigste regler for sikker brug.

- Brug kun apparatet indendørs på et tørt, plant og stabilt underlag.
- Sid ned under brug. Stå aldrig på apparatet.
- Hold fødderne adskilt. Fødder, ankler og knæ må ikke røre hinanden under brug.
- Rør ikke energipedalerne med hænder, metalgenstande eller andre kropsdele, mens apparatet er i drift.
- Se aldrig direkte ind i rød/blå lysfunktionen.
- Stop straks ved ubehag, hudreaktion, svimmelhed, røg, lugt eller unormal varme.
- Åbn eller reparer ikke apparatet selv.

Produktoversigt

Apparatet er et elektrisk fodwellnessapparat med energipedaler, justerbar intensitet, tidsstyring, foddetektion, rød/blå lysfunktion, plasmafunktion og støtte til et valgfrit varmebælte.



Indhold / hovedkomponenter

- Hovedenhet med to energipedaler og betjeningspanel
- Aftageligt strømkabel
- Fjernbetjening, afhængigt af pakkens indhold
- Sikring
- Brugermanual
- Varmebælte og/eller lysplade kan medfølge som ekstraudstyr i visse pakker

Tekniske specifikationer

The technology values below are supplier-stated and must not be interpreted as medical claims. The user should follow intensity levels 1-10 and personal tolerance, not promotional temperature illustrations.

Model	ABS-WT01 / ABS-WT01A
Rated voltage	AC 220-240 V
Frequency	50 Hz
Rated power	400 W
Dimensions	365 x 400 x 220 mm (L x W x H)
Net weight	Approx. 4 kg
Intensity levels	1-10
Timer	5-30 minutes, adjustable in 5-minute steps
Ingress protection	IP20 - indoor dry use only
Electrical class	Class I
Test basis	EN 60335-1:2012/A16:2023; LVD Directive 2014/35/EU
Report	LCT-241102020332
Terahertz band	Supplier-stated 3-3000 micrometer, with general frequency indication 0.1-10 THz
Electromagnetic module	Supplier-stated 1 MHz
Bioelectrical pulse	Supplier-stated 5-60 Hz
Pulse width	Supplier-stated approx. 200-400 microseconds
Magnetic field	Supplier-stated 2000 Gauss

Betjeningspanel og fjernbetjening

Betjeningspanelet styrer hovedfunktionerne. Fjernbetjeningen kan normalt bruges til start/pause, tid, intensitet, rød/blå lysfunktion og plasma. Varmebæltet styres fra hovedpanelet og kan normalt ikke styres med fjernbetjeningen.



- Heating belt: turns the heating belt on/off and selects temperature when connected.
- Red/Blue light: switches between red light, blue light and off.
- Time -/+ : adjusts the operating time.
- Start/Pause: starts, pauses or ends the session.
- Intensity -/+ : adjusts thermal/energetic intensity at levels 1-10.
- Plasma: turns the plasma function on/off.
- Time display: shows selected or remaining time.
- Intensity display: shows the selected level or "--" when foot contact is missing.
- Foot detection: alerts when one or both feet lose contact.
- Receiver: receives the signal from the remote control.

Før første brug

- Check that the device is complete, clean and undamaged before use.
- Place the device on a dry, flat and stable surface with good ventilation.
- Do not use the device in bathrooms, wet rooms, near water or in high humidity.
- Remove metal objects such as ankle chains, jewelry and accessories that may come into contact with the device.
- The soles should be clean and slightly moist for good contact.
- Do not use the device if the skin on the feet is damaged, irritated, infected or has open wounds.

Trinvis brug

- 1 Place the device level and stable. Make sure the power switch is off before connecting the cord.
- 2 Connect the power cord to the device and to a suitable outlet. Switch on the rear power switch.
- 3 In standby, the display usually shows 30 minutes and "--" in the intensity field.
- 4 Sit down and place both feet flat on the energy pedals without touching each other.
- 5 Press Start/Pause. When both feet have good contact, the device enters operating mode.
- 6 Select low intensity for first use and increase gradually only if comfortable.
- 7 Adjust the operating time as needed. Normal session length is 5-30 minutes.
- 8 When the time is finished, the functions switch off and the device returns to standby.
- 9 After use: switch off the device, unplug it, allow it to cool and clean if necessary.

Funktioner under brug

- Time and intensity: always start low and increase gradually. A long press on Start/Pause may switch off all functions.
- Red/blue light function: use with care and never look directly into the light source.
- Plasma function: the indicator flashes when active. Stop the session if you feel discomfort.
- Heating belt: optional accessory that must be connected only to the dedicated interface and used on dry skin. Do not wash or use the belt if it is damaged.

Hvornår apparatet ikke bør bruges

Brug ikke apparatet, hvis du er i tvivl. Ved sygdom, graviditet, medicinske implantater, nedsat følesans eller brug af medicin, der påvirker smerte-/temperaturfølelse, bør sundhedspersonale kontaktes før brug.

- Pacemaker, cochlear implant or other electronic implant/active medical device
- Metal implants, stents or other implanted devices where use may be contraindicated
- Pregnancy, the first year after birth, infants, small children or persons unable to express discomfort
- Epilepsy, severe psychiatric illness, impaired consciousness or reduced ability to judge personal reactions
- High fever, infection, active skin infection, acute inflammation, bleeding tendency or severe unexplained symptoms
- Recent serious illness, heart failure, stroke, heart attack or other serious cardiovascular conditions
- Diabetes with reduced foot sensation, wounds, burns, swelling or pain in the affected area
- Light sensitivity, albinism or skin conditions where the red/blue light function should be avoided

Rengøring, opbevaring og fejlfinding

Produktet må aldrig skylles eller nedsænkes i vand.

Rengøring og opbevaring

- Switch off the device and unplug it after use.
- Allow the device to cool before cleaning.
- Wipe pedals and surfaces with a lightly damp, well-wrung cloth and then dry with a dry cloth.
- Do not use alcohol, solvents, abrasives or aggressive cleaning agents.
- Do not wash the heating belt and do not let it get wet.
- Store the device in a dry, clean place out of reach of children.

Fejlfinding

- Device will not switch on: check the outlet, power cord, rear power switch and fuse.
- Display shows "--": this normally means standby or missing foot contact. Lightly moisten the soles if needed.
- Device stops during use: the timer may have finished, foot contact may have been lost or a protection function may have activated.
- Remote control does not work: check battery, polarity, distance and clear line of sight to the receiver.
- Heating belt does not work: make sure the belt is connected correctly and remember it is controlled from the main panel.
- Unusual smell, smoke or strong heat: stop immediately, unplug and contact service.

Garanti, service og overensstemmelse

Garantibetingelser kan variere efter forhandler, land og købsaftale. Garantien dækker normalt ikke forkert brug, uautoriseret reparation, vandskade, brand, naturhændelser, forkert spænding eller brug af uoriginalt tilbehør. Gem købsbeviset.

Overensstemmelse og dokumentation

- Test basis: EN 60335-1:2012/A16:2023
- Directive reference: LVD 2014/35/EU
- Report number: LCT-241102020332
- The product is not intended to diagnose, treat, cure or prevent disease.

Vigtigt før brug

Dette apparat er et elektrisk wellnessapparat til privat hjemmebrug. Det er ikke medicinsk udstyr og må ikke bruges som erstatning for medicinsk vurdering, behandling eller lægemidler. Læs hele manualen før første brug.

Kortversion ved produktet

Opbevar denne side nær apparatet til daglig brug.

- Before use: read the manual, make sure the device is dry and undamaged, and sit down before starting.
- During use: keep both feet flat on separate pedals, start with low intensity and stop if uncomfortable.
- After use: switch off, unplug, let the device cool and wipe it with a lightly damp cloth.
- Do not use the device with pacemaker/implant, pregnancy, serious illness, skin damage, high fever or if you are unsure.