Dr.Care®
better a little each day

Dr.Care®

www.drcare.us

Made By
Dr.Care International Inc.
6565 E. Washington Blvd., Commerce,
California, 90040, The U.S.A
Tel: +1 (229) 800.0009
www.drcare.us

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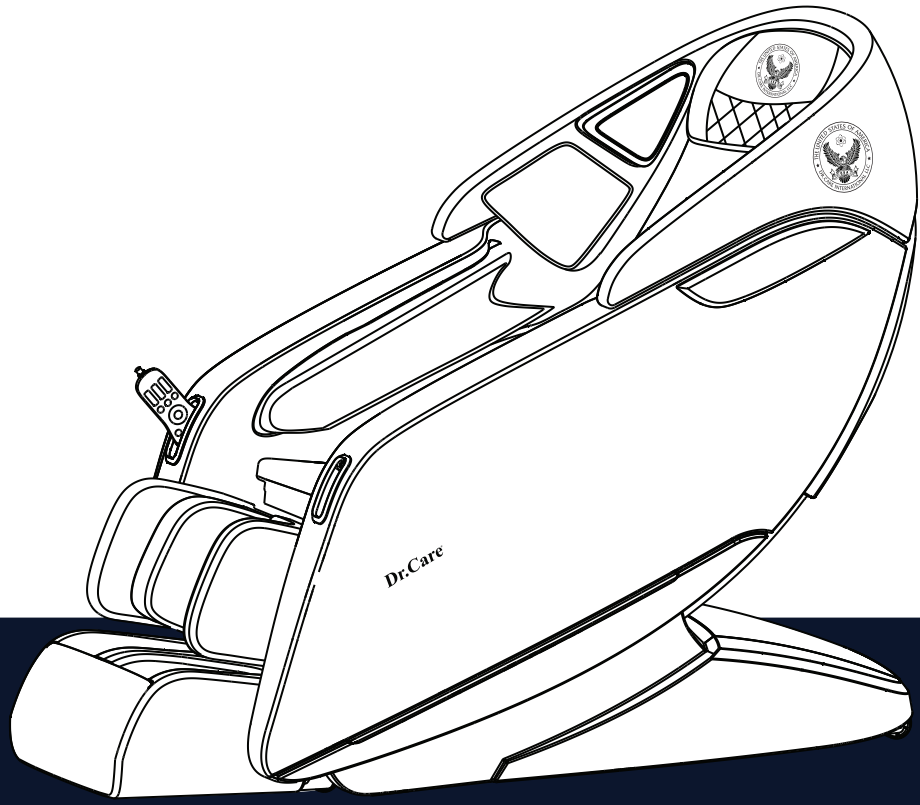
USER'S MANUAL

ATOZ Massage chair



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INTRODUCTION

Thank you for choosing Dr.Care`s products!

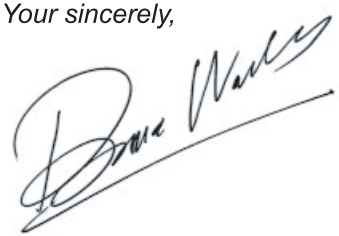
The massage chair DR-XR 923S is a high technology item to improve your health, to relax your body after a hard working day. There will be no more stress, any aches or pains, …The massage chair DR-XR 923S will bring you more for a happy life, an optimism, sound mind and sound body.

With over 24 years experience in the field of researching and manufacturing health care products, Dr.Care are non-stop researching and developing to create the modern unique leading products, more and more professional massage technique to satisfy Dr.Care`s customers.

To achieve the highest efficiency in treating pains and health recovery, please carefully read this User Manual book.

We always look forward to serving you better.

Your sincerely,



Brian Williams

SAFETY INTRODUCTION

Warning

The plug must be fully inserted into an appropriate outlet. Improper connection of the equipment-grounding conductor can result in the risk of electric shock.
Check with a qualified electrician or service technician, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If the outlet is not suitable. Please ensure that a proper outlet is installed by a qualified electrician.
When using the massage chair, basic precautions should always be followed to reduce the risk of electric shock, burns, fire, or injury to person.

1. Please ensure that you plug the massage chair into a proper electrical outlet.
2. Make sure the power plug is securely inserted into the proper electrical outlet to reduce the risk of short-circuit and fire.
3. Always unplug the massage chair from the electrical outlet immediately after use and before cleaing,
4. Do not use the massage chair in places where the humidity is high.
5. Do not use the massage chair outdoors and avoid place with direct sunlight。
6. If the power goes off during use, be sure to turn the power switch to the OFF position and pull the power plug out from the socket to prevent damage from occurring when the power is restored.
7. Never operate the massage chair if the power cord is wet or damaged.
8. Never plug/unplug the power cord from the socket with wet hands.
9. Close and continuous supervison is necessary when this appliance is being used by. on or near children,invalid or disabled persons.
10. Use this appliance only for its intended use as described in this user manual.
11. Do not use any parts not from factory.
12. Do not stand, sit or jump in the calves rest when masage chair is in use to prevent any injury to person.
13. Do not attempt to stand on the backrest and armrest to prevent any injury to person.
14. Be careful not to fall asleep during the massage session.
15. Always keep the massage chair clean and never insert any object into the gaps on and around the massage chair.
16. Do not move the massage chair by pulling the power supply cord.
17. Ensure that there are no person(childred in particular), pet or obstacles undereneath the massage chair prior to lowering the leg rest/backrest.

FCC CONTENTS

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1)This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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

NOTE: 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 separation between the equipment and receiver.
-Connect the equipment into an outlet on a circuit different from that to which the receiver isconnected.
-Consult the dealer or an experienced radio/TV technician for help.

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MAINTENANCE HISTORY

Date: .....

Problems: .....

Solution: .....

Signed by Technician

Date: .....

Problems: .....

Solution: .....

Signed by Technician

Date: .....

Problems: .....

Solution: .....

Signed by Technician

DR-XR 923S
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SAFETY INTRODUCTION

18. Always check whether the surface of the massage chair is torn or ripped before usage, if you find any unfamiliar rips in any area of the cloth in the backrest, do not use the massage chair, Kindly contact the service centre immediately for reqairs.
19. This appliance is designed for household use only.
20. For those suffering from illnesses, please consult your doctor for advice prior to use.
21. The following persons are requested to consult a doctor prior to use in order to reduce the risk of user feeling sick or suffering from injury
    Those who have malignant tumor
    Those who suffer from heart disease
    Those who are experiencing pregnancy, menstruation and puerperal fever
    Those who require complete rest
    Those who are under medical treatment
    Those who suffer from back problem or whose backbone is abnormal or bent
22. If you experience pain during usage, stop using the massage chair immediately, if any injuries occur, seek medical treatment immediately.
23. Never massage the swollen or inflamed parts of the body.
24. This product is non-professional appliance designed to provide a comfortable massage. Do not use this product as substitute for medical treatment.
25. Each massage session should not exceed 30 minutes. Massage the targeted area only for 15minutes, Over-massaging can lead to overheating , thus giving the appliance a shorter lifespan.
26. Do not operate where aerosol (spray) products are used or where oxygen is being administered.
27. The massage chair is not suitable for children aged 12 and below.

NOTE:

This appliance is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

If the supply cord is damaged, it must be replaced by a special cord or assembly avail able from the manufacturer or its service agent.

The appliance heats up during operation. persons sensitive to heat must take extra caution when using the appliance.

SAFETY INTRODUCTION

A. Usage environment

1. Do not use the chair in an excessively humid or dusty environment, as this may cause electrical shock or malfunction.
2. Do not use the chair in room temperature higher than 40^0C.
3. Do not expose the chair to heaters, stoves or direct sunlight.
4. Do not use the chair where environmental temperature changes sharply.
5. Do not use the chair where there is not enough space or good ventilation.
6. Do not insert any object into or around the gaps of massage chair.

CAUTIONS *Should you use the chair in a cold room, do not increase the room temperature abruptly. It is recommended that you increase the temperature gradually to a normal level. In the event that the chair is stored in a cold place and is being brought into a warm place, it is advisable to use it one hour later. Machine malfunction may ensue when a cold machine is being used in warm room suddenly.*

B. Unsuitable users

If you are under medical treatment or having any of following symptoms, please consult your doctor before use:
- Those who are suffering from heart diseases.
- Those who are suffering from malignant tumors.
- Those who are under medical care or are feeling unwell.
- Pregnant ladies or menstruating.
- Those who are under medical rest or rest-cure ordered by doctors.
- Those with back problems such as spinal disorders, bent or abnormal spinal conditions caused by past accidents or illnesses.
- Those who have high fever
- Those who are suffering from osteoporosis.
- Those who got injured or have skin disease.
- Children under 12 years old or people mentally unbalanced without being supervised.

CAUTIONS

This machine is not recommended for people with disabilities (including children).

MAINTENANCE HISTORY

Date: .....

Problems: .....

Solution: .....

Signed by Technician

Date: .....

Problems: .....

Solution: .....

Signed by Technician

Date: .....

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MAINTENANCE HISTORY

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Signed by Technician

Date: .....

Problems: .....

Solution: .....

Signed by Technician

Date: .....

Problems: .....

Solution: .....

Signed by Technician

SAFETY INTRODUCTION

C. Safety precautions

1. To ensure safe and correct use of the chair, do not operate the chair without carefully reading of this operational manual.
2. Do not use the chair in combination with other therapeutic equipment, electric blankets, etc, as it may result in ineffectiveness or injury.
3. Do not allow children or pets to play around the chair, i.e. behind the backrest, under the seat or injury to the user should these objects topple.
4. Do not rest or place heavy objects on the footrest or backrest. It may result in machine malfunction or injury to the user should these objects topple.
5. Do not use the chair when the body is wet.
6. Do not operate the chair with wet hands.
7. Continuous long application of massage at a position of your body may result in excessive stimulation and may be counter-effective.
8. Do not insert your hand or foot into or at the paths of the massage nodes during the operation of the chair, as it may cause injury.
9. Do not use the chair 1 hours after meal.
10. If the power is off during operation, please switch the power off and unplug from outlet to avoid any damages.
11. Do not stand, sit or jump on backrest, armrest and footrest to prevent injury and damage to massage chair.
12. Do not fall asleep on the massage during operation.
13. Always check for the machine condition before operating the chair.
14. If the machine is accidentally spilled with water. Continuous usage under these conditions may result in electrical shock.
15. If abnormal or severe pain is felt during massage, stop operation immediately and consult your doctor.
16. If you detect any malfunction or any other abnormal condition during operation, stop operation and contact Dr.Care Service Centre for inquiries.
17. Do not massage any swollen or inflamed part of your body.
18. Do not use this machine as a substitute for medical treatment.
19. Senior citizen are not encourage to apply the Zero Gravity function on this machine.

NOTE

1. Lift the backrest pad regularly to check for wears and tears in the upholstery, especially at the centre part.

CAUTIONS

1. You may place a blanket or towel over the backrest if you prefer a softer massage.
2. Using the massage chair as a bed is not recommended.
3. Do not apply massage directly on the head, joints of elbows and knees, breasts or abdomen.

SAFETY INTRODUCTION

4. Suggested per usage time is 15 minutes. Suggested per usage time on a particular body part is 5 minutes.
5. Do not use the machine if the centre of the upholstery is torn. Remove the AC plug from the electrical outlet immediately. Continuous usage of the chair in this condition may cause injury to the user or may lead to electric shock.

D. Assemble and repair of the chair

1. Do not disassemble the back cover of chair to avoid electrical shock.
2. The chair must only be serviced or repaired by Dr.Care Service Centre. You must not disassemble or repair it by yourself.
3. Do not try to replace the machinery parts by non-Dr.Care provided spare parts

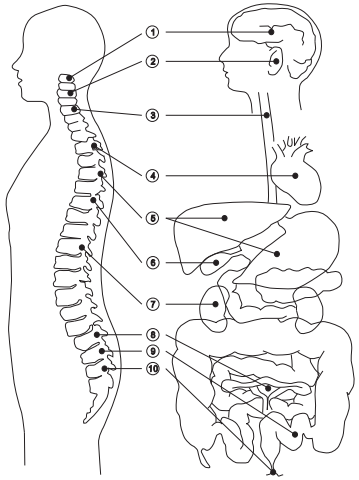
E. Things to take note on power plug and cord

1. Check the voltage corresponds with the specifications indicated for the chair. (only for alternative current)
2. Do not disconnect the AC plug from electrical outlet roughly.
3. Do not connect or disconnect the AC plug from the electrical outlet with wet hands. It may cause electrical shock or machine malfunction.
4. When disconnecting the AC plug, pull it out by holding on the plug, not pulling on the cord.
5. Always switch off the power switch after operation and remove the power plug from outlet.
6. Make sure the power plug is plug-in to outlet properly to avoid electrical shock.
7. Do not move the machine by pulling power cord.
8. Do not place the AC cord under the chair as it may damage the cord and may cause fire or electrical shock.
9. Do not operate the chair or tamper with a damage cord or electrical plug. Contact Dr.Care Service Centre for inspection. Use only attachments recommended by Dr.Care.
   Do not use the chair if the electrical outlet is excessively loose.
10. Use the well-grounding power supply to suit the chair.

ILLUSTRATION

Acupressure Point Massage Instruction

Every Vertebra is related with the health, for example:

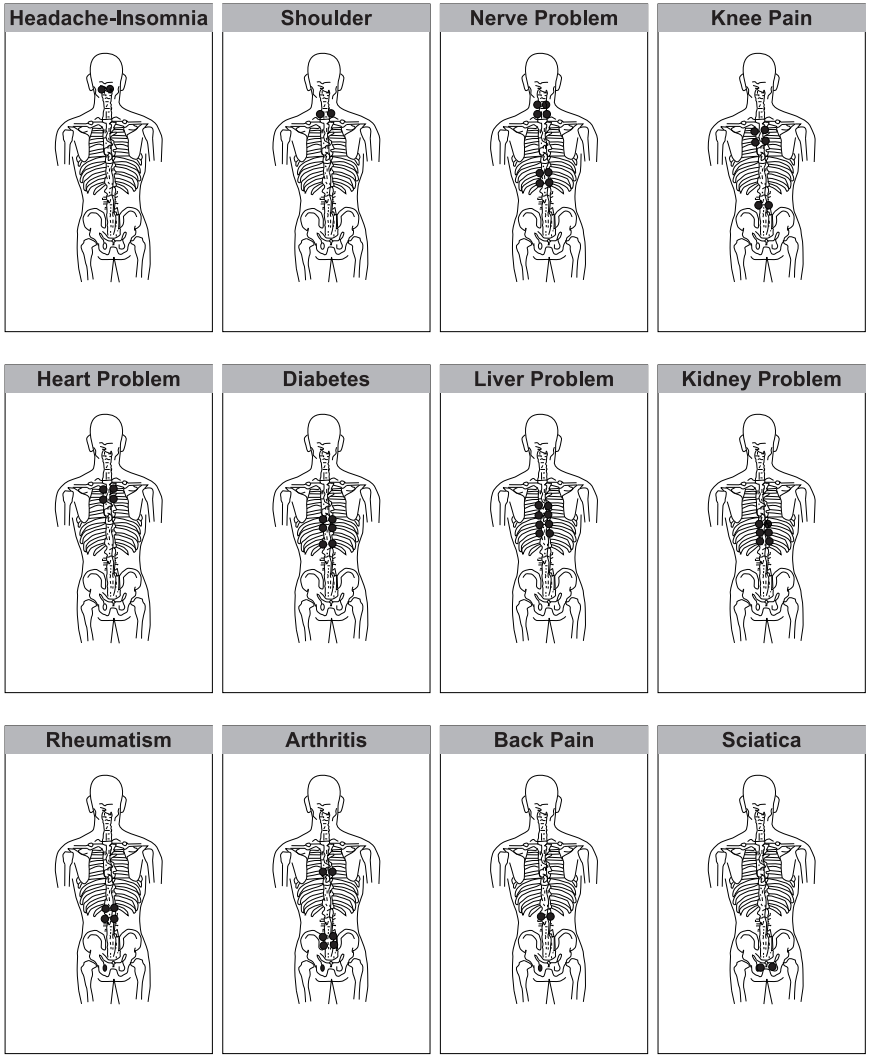


1. The first bone of neck vertebra diagnoses headache.
2. The third bone of neck vertebra diagnoses hard of hearing.
3. The fifth bone of neck vertebra diagnoses bronchus.
4. The second bone of chest vertebra diagnoses cardiopathy.
5. The fourth bone of chest vertebra diagnoses liver disease and tummy bug.
6. The ninth bone of chest vertebar diagnoses chololith.
7. The sixth bone of chest vertebra diagnoses nephropathy.
8. The third bone of waist vertebra diagnoses constipation and back pain.
9. The fifth bone of waist vertebra diagnoses hemorhoid.
10. Hemorrhoids, Anus, Enhance Physiology.

ILLUSTRATION

Zone Therapy Charts By Symptoms

Every Vertebra is related with the health, for example:



PRODUCT SPECIFICATIONS

ATOZ massage chair

PRODUCT NAME	:	ATOZ massage chair
MODEL	:	DR-XR 923S
POWER VOLTAGE	:	AC 110V~/60Hz
POWER CONSUMPTION	:	150W
SAFETY CLASS	:	CLASS B
SERIAL NUMBER	:	

DR-XR 923S

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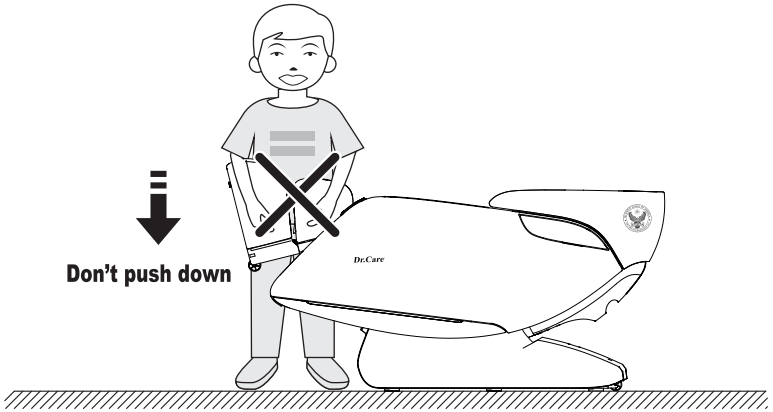
WARNINGS

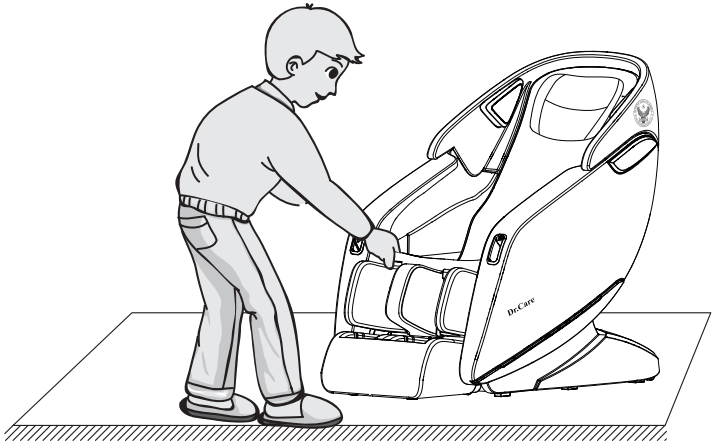
⚠ Warning

Don´ t push down towards the calfrest when it goes up, to avoid the massage chair leaning forward and cause damages and injuries

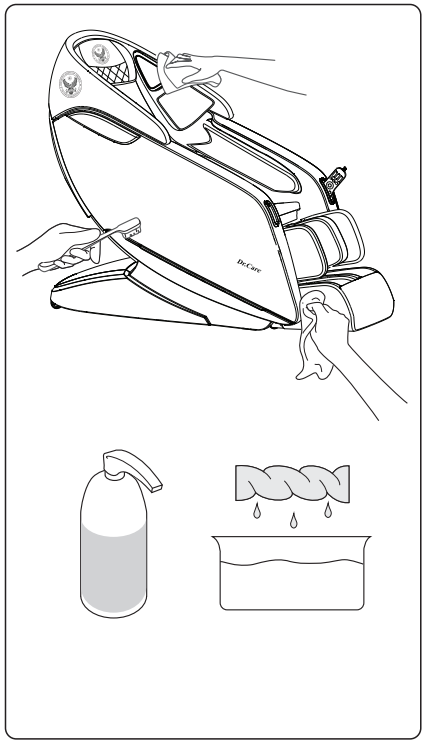


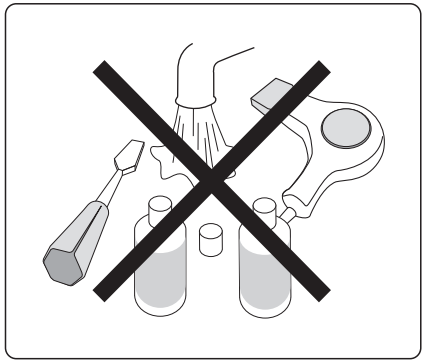
⚠ Warning

Make sure that the massage hands are not in seat position before sitting on it, to avoid uncomfortable or damage to massage hands



MAINTENANCE





- Unplug the power plug be cleaning.

- DO NOT pour any liquids dir the chair. Spray or dampen the cleaning cloth.

- Use a non- toxic cleaner and dry cloth to clean the chair.

- Be sure the chair is comple before plugging the power plug in the outlet.

- Do NOT use any drying machines t dry the areas cleaned. Only air dry t avoid any damage to the chair

- Do NOT use any product which c benzene or alcohol to clean the chair

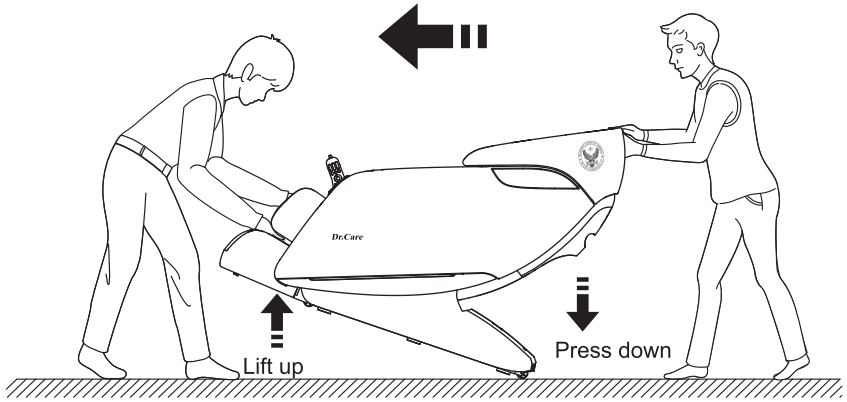
USAGE METHODS

15. Method to move the product

·Move the backrest to highest position

·Shut-off power and pull out the power cord

·Lift up the front part and press down the back part, move the chair by caster. Once movement is done, put the chair to original position slowly.

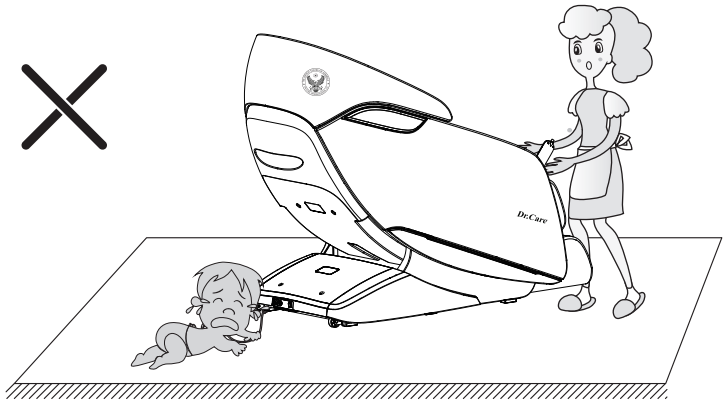


Note: movement must be done when the power switch is turned off and power cord and remote wire is unplugged.

WARNINGS

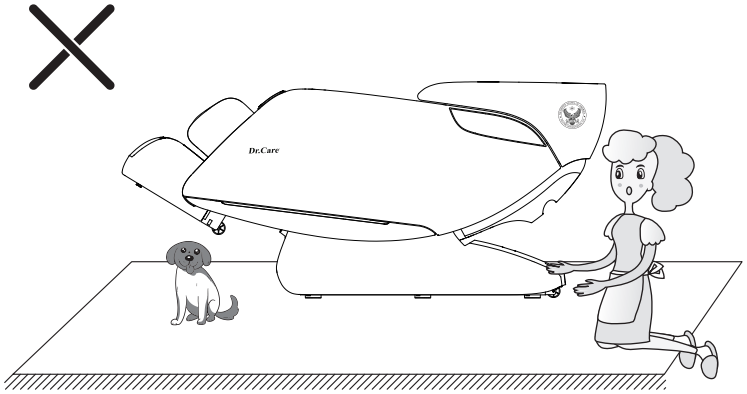
⚠ Warning

Under standby and power on situation, don′ t pull the remote wire or power cord to avoid damage or sudden electric shock; scrolling the remote wire and power cord is recommended

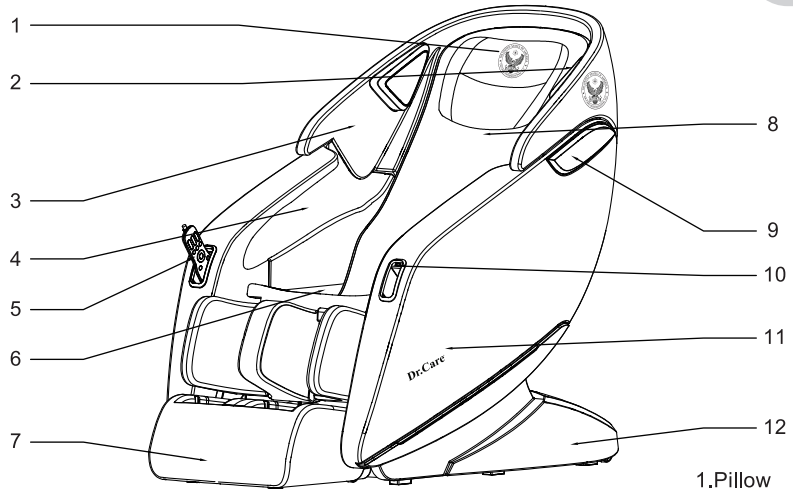


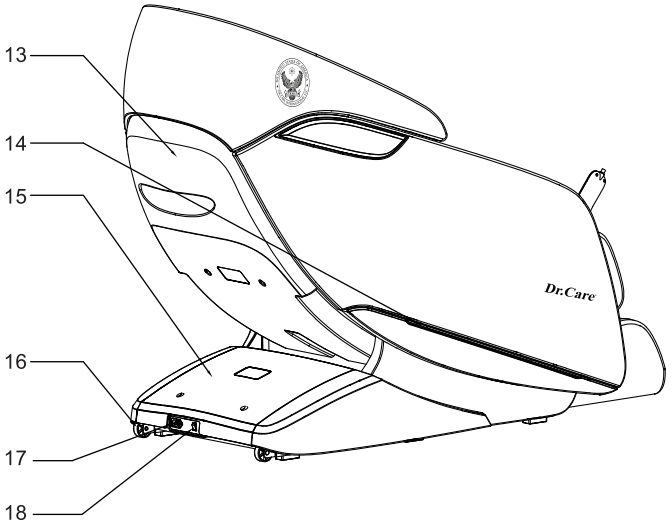
⚠ Warning

Make sure that no pets and children are under the footrest and backrest before operating zero gravity function, to avoid damages and injuries



PARTS





1.Pillow
2.3D digital audio (voice control built inside the left arm)
3.Upper arm airbags
4.Arm airbags
5.Remote control
6.Seat cushion
7.Calfrest
8.Backrest cushion
9.Decoration plate
10.USB charger
11.Armrest
12.Side cover
13.Backrest cover
14.LED light
15.PCB cover
16.Caster
17.Power jack
18.Power switch

USAGE METHODS

13. Position adjustment

·Include calfrest recline and decline, sit up, lay-down, zero gravity 1 and zero gravity 2.

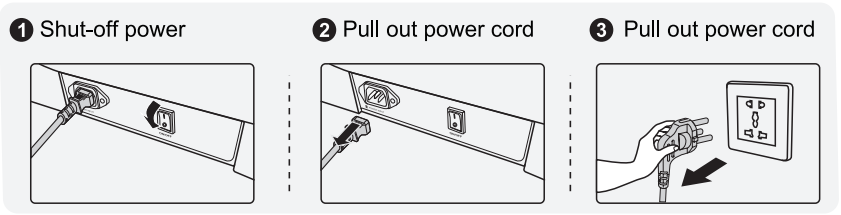
Button	Description
	Calfrest recline: lift up the calfrest slowly by pressing this button, it stops When finger loses.
	Calfrest decline: lay down the calfrest slowly by pressing this button, it stops when finger loses
	Sit up: lift up the backrest and lay down the calfrest slowly by pressing this button, it stops when finger loses
	Lay-down: lay down the backrest and lift up the calfrest slowly by pressing this button, it stops when finger loses
ZERO I	Zero gravity 1: adjust the angle to zero gravity 1 by pressing this button.
ZERO II	Zero gravity 2: adjust the angle to zero gravity 1 by pressing this button.

14. Turn off and stop massage

Stop all massage functions by pressing On/Off button during massage process,

· calfrest, backrest and massage hands return to original position. When timing out, all massage functions stop automatically, while calfrest and backrest position will not change.

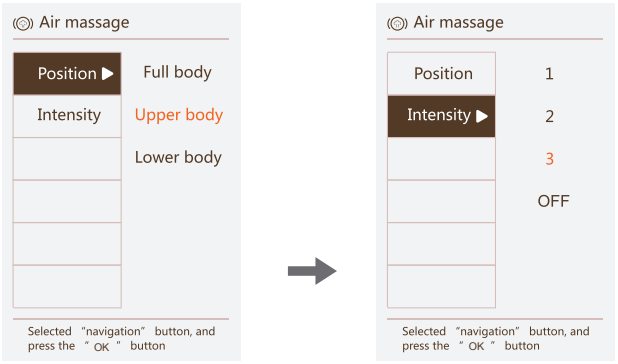
·Shut-off power.



USAGE METHODS

11. Airbag massage

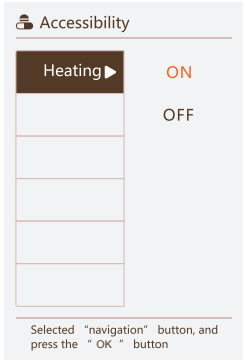
·Enter menu by pressing 'Menu' button, choose airbag massage: full body, upper body, lower body. There are 3 strength levels.



Selected status Selected status

12. Additional functions

It is designed with heating function in 3 areas: full body, upper body and lower body,. The heating adopts microfiber as far-infrared source to accelerate blood circulation..

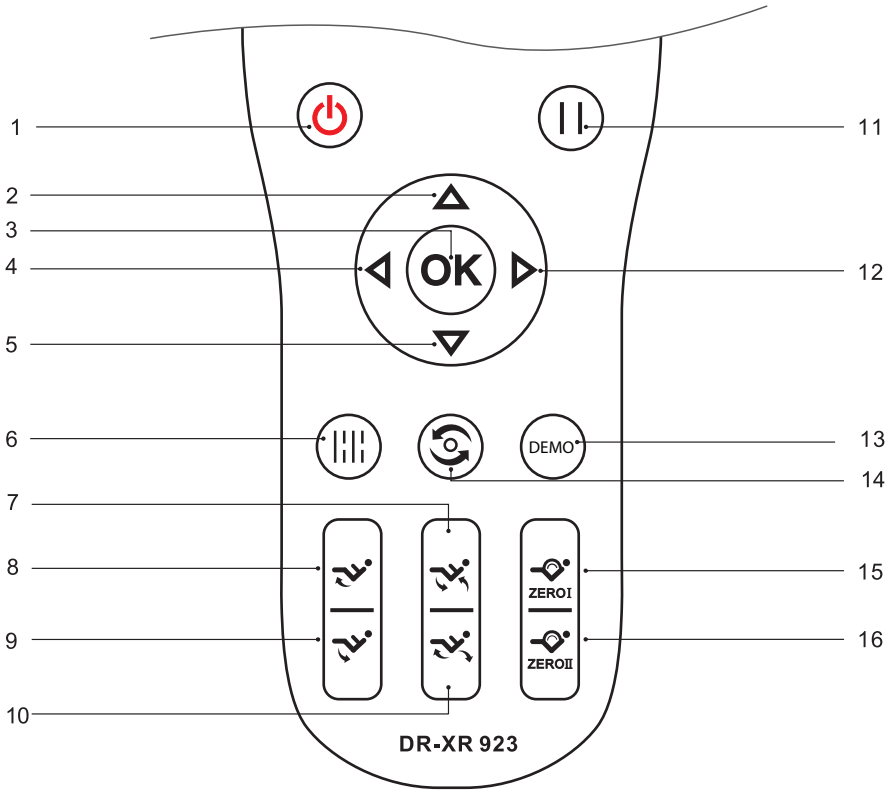


FUNCTIONS

·This product is designed with intelligent muted massage hands which can move up and down, can offer knead and flap functions.
·It is designed with shoulder position automatic detection and adjustment, it can automatically calculate acupuncture points according to different shoulder heights, so as to offer humanistic and scientific massage.
·It is designed with 12 automatic modes: master's choice, easy sleep, health recharging, ache relieve, full body stretch, neck&shoulder, waist care, hip shaping, fatigue recover, lady mode, worker mode, cybraian mode.
·It is designed with 3 memory modes.
·Manual modes: available options for massage position, massage mode, massage speed, width, foot roller and calfrest kneading.
·Airbag massage: full body airbag, upper body airbag (4 airbags in upper arm, 8 airbags in hand and lower arm), lower body airbag (22 airbags), with 3 strength options.
·It is designed with waist heating function: adopts microfiber as far-infrared source, to accelerate blood circulation and prevent waist muscle strain.
·The reclining of backrest adopts combination of cylinder and rail technology, which enables maximum space-saving.
·The backrest rail uses SL curved rail technology, to matches the backrest shape perfectly and offers close massage from head to thigh.
·Wireless Bluetooth music: designed with 3D digital audio in left and right upper armrests, helps users releasing stress by listening music while enjoying massage.
·It is designed with voice control function: the detector is built inside the left side speaker, enjoy the massage at your own will by just making simple commands.
·It is designed with sole roller and calf kneading massage.
·It is designed with calfrest and backrest recline and decline function.
·It is designed with USB recharger.
·It is designed with LED lights on both left and right armrests.
·It is designed with 3.5 inches TFT colorful remote control.

Remote control instructions

Remote buttons

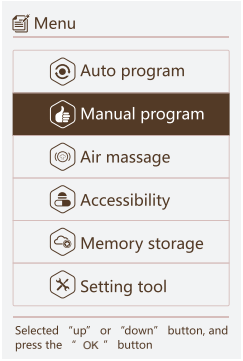


1.On/off: start or stop massage chair
2.Up: to move up the navigation button
3.Ok: confirm
4.Left: left control
5.Right: right control
6.Menu: enter main interface
7.Backrest up: Move the backrest up
8.Calfrest recline: lift up the calfrest
9.Calfrest decline: lay down the calfrest
10. Backrest down: Move the backrest down
11.Pause: stop current functions
12.Right: right navigation button
13.DEMO: show off all the functions
14.Auto: to enter automatic modes
15.Zero gravity 1: adjust the angle to zero gravity 1
16.Zero gravity 2: adjust the angle to zero gravity 2

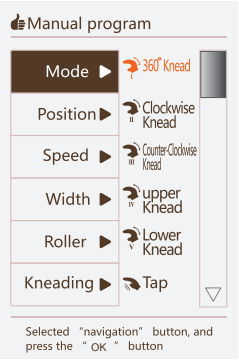
USAGE METHODS

10. Manual program

·Enter menu interface by pressing 'Menu' button, choose manual program icon, including methods, area, speed, width, roller and kneading…etc.
·There are 9 massage methods:360° knead,clockwise knead,counter-clockwise knead,upper knead,lower knead,tap,knead&tap,knock and shiatsu.
·There are 5 areas: full back, upper back, lower back, partial and fixed position.
·There are 5 speed options. Speed can only be adjusted under manual modes.
·There are 3 width options. Width can only be adjusted in flapping, knocking and shiatsu status under manual mode.
Display screen：



selected status



selected status

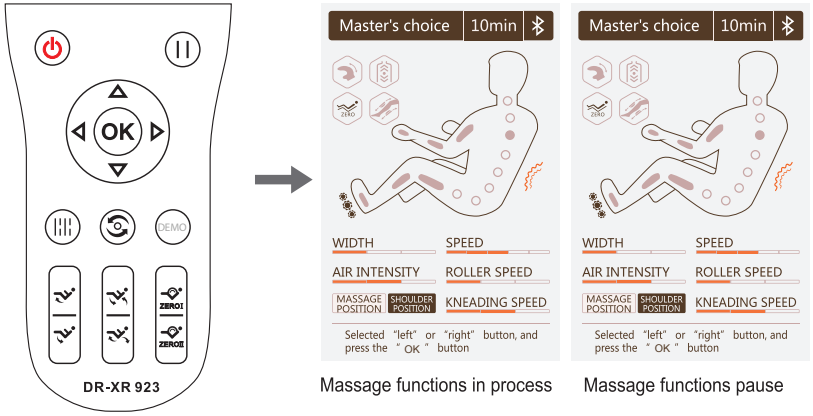
·Selected status： Sole roller: sole rolling massage with 3 speed options. It offers scratching massage to sole area, to accelerate blood circulation and the supersession of body.
·Calfrest kneading： calfrest kneading massage with 3 speed options. It helps the office workers who sit for long time without movement, suffering cold hands and feet caused by lower body insufficient blood circulation.

Note: To select by pressing 'Up' or 'Down' button, return to previous menu by pressing 'Left' button, enter next menu by pressing 'Right' button, confirm by pressing 'Ok' button. These operations are same under other interfaces.

USAGE METHODS

8. Pause

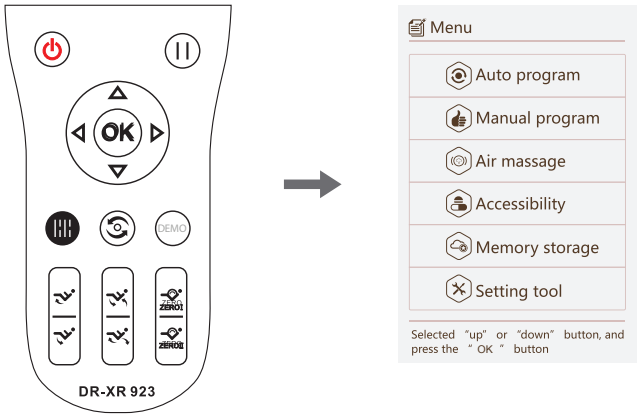
·When massage is in process, stop current massage functions by pressing ‘Pause’ button, press it again to continue. If pause period is more than 20 minutes, all massage functions will be turned off automatically.



Massage functions in process Massage functions pause

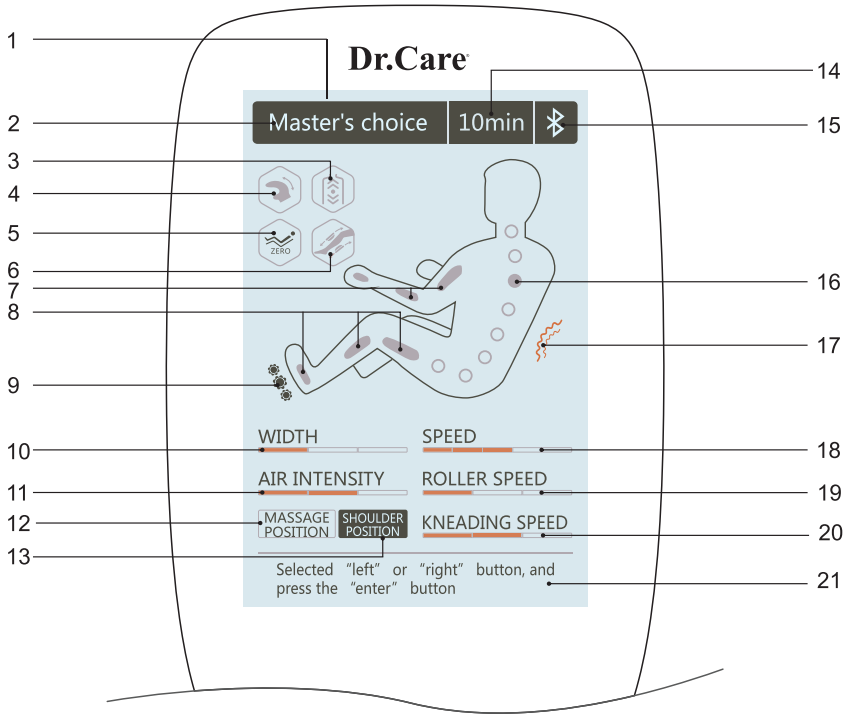
9.Menu

·Enter main interface by pressing ‘Menu’ button, it contains auto program, manual program, airbag massage, additional function, memory storage, setting…etc. To select by pressing ‘Up’ or ‘Down’ button, return to previous menu by pressing ‘Left’ button, enter next menu by pressing ‘ Right’ button, confirm by pressing ‘Ok’ button



Remote control instructions

Remote control screen

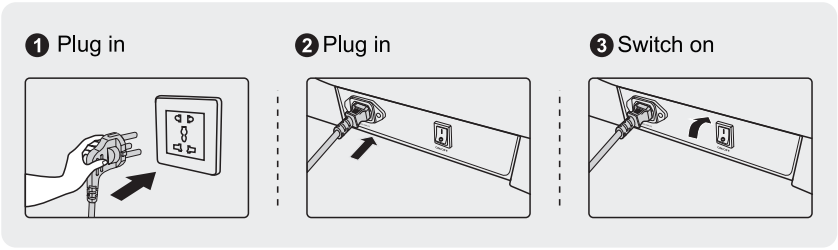


Note: The colors shown in screen, typesetting and order of massage functions and their icons should prevail to real screen!

1.TFT colorful LCD
2.Massage function display
3.Backrest stretch display
4.Massage method display
5.Zero gravity display
6.Calfrest kneading display
7.Armrest airbag display
8.Thigh and leg airbag display
9.Sole roller display
10.Width adjustment
11.Airbag strength adjustment
12.Massage position adjustment
13.Shoulder position adjustment
14.Timing
15.Bluetooth
16.Massage position display
17.Backrest heating display
18.Speed adjustment
19.Roller speed adjustment
20.Calfrest kneading speed adjustment
21.Info

USAGE METHODS

- Switch on

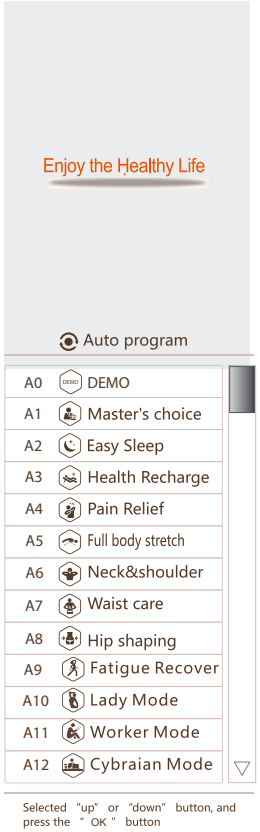


= Massage function operation

1.Standby

·Massage chair is under standby position.

Screen display: enjoy the healthy life



2. Start massage (on/off)

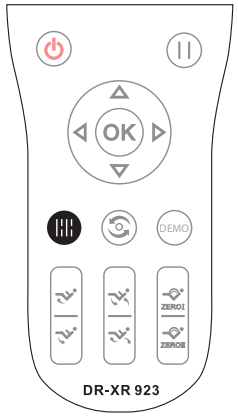
· Press on/off button to start massage.

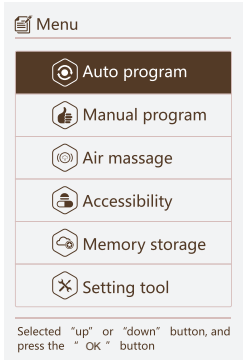
USAGE METHODS

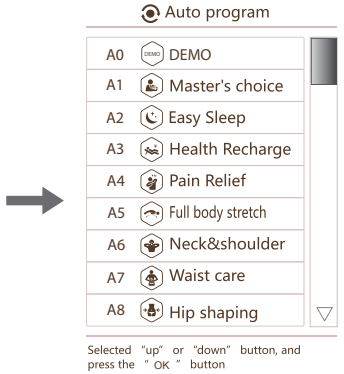
7. Auto program (Menu-auto program, can also enter auto program interface by pressing 'Auto' button)

·Enter menu interface by pressing 'Menu' button, choose auto program icon, there are 12 automatic modes: master's choice, easy sleep, health recharging, ache relieve, full body stretch, neck&shoulder, waist care, hip shaping, fatigue recover, lady mode, worker mode, cybrarian mode.

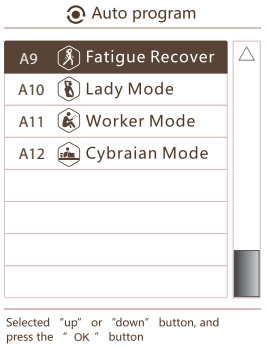
Display screen







first page

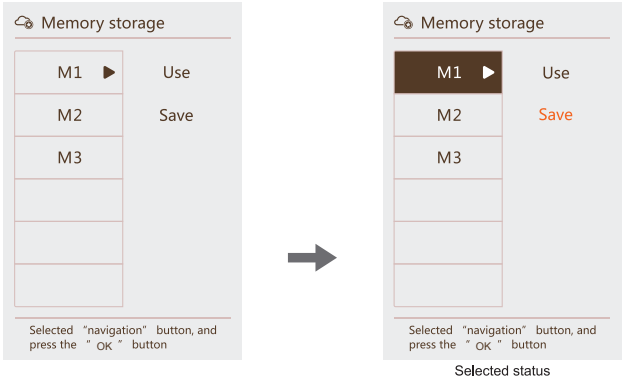


second page

USAGE METHODS

5. Memory storage

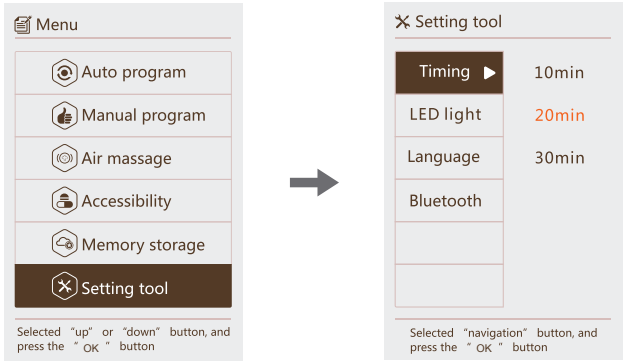
·Enter menu interface by pressing 'Menu' button, choose memory storage function: M1, M2 and M3.
·Save: store current massage mode, massage methods, airbag mode and strength, caflrest and backrest position…etc.
·Use: choose saved massage mode, massage method, airbag mode and strength, calfrest and backrest position…etc.



Selected status

6. Setting tool

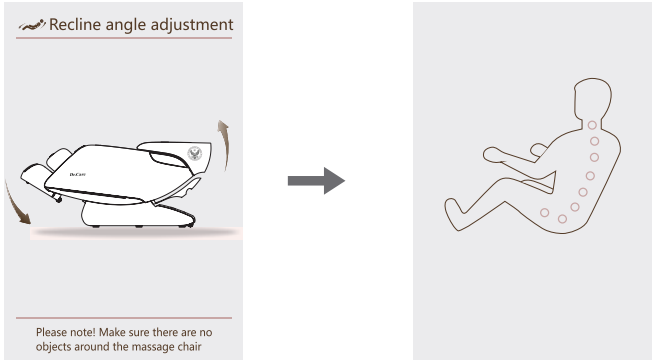
·Enter main menu interface by pressing 'Menu' button, choose setting tool icon: time, LED light, language, bluetooth.
·There are 3 timing levels, 10 minutes, 20 minutes, 30 minutes.
·LED light: turn on and off LED light.
·Bluetooth: turn on cellphone Bluetooth and match massage chair (matching code : DR-XR 923), music can be played once matching is successful.
·Language: English only.



USAGE METHODS

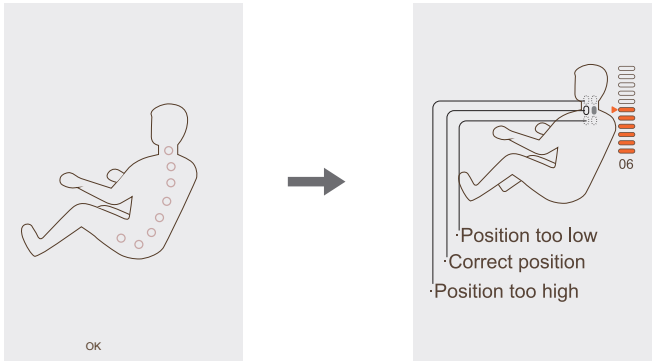
1) Automatic lay-down adjustment

·After starting the massage, the chair will enter automatic lay-down position and detect shoulder position.
Display screen



2) Shoulder position detect and adjustment

·When massage hands detect the shoulder position, buzzer sounds 'Didi', adjust it by pushing 'up' or 'down' if it is not the real position, there are 11 level options. It will enter massage mode if there is no adjustment within 10 seconds. It can also enter massage mode by pressing 'ok' button. If shoulder position can't be detected, the massage will run according to default shoulder height.
Display screen

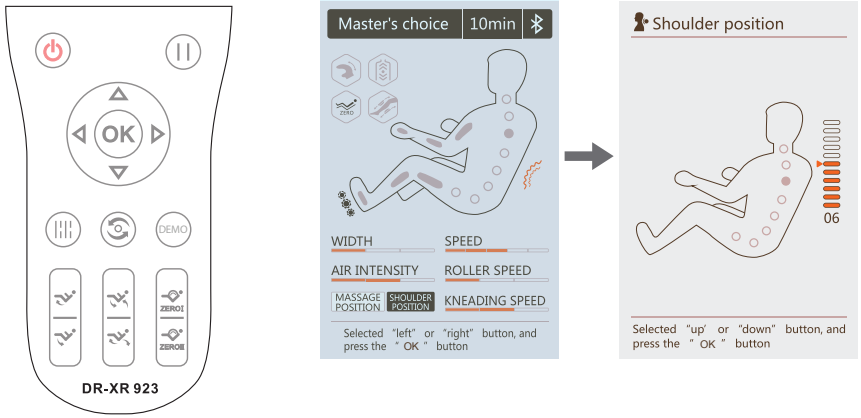


Button	Description
OK	Move up the roller to suitable position.
	Move down the roller to suitable position.

USAGE METHODS

·If shoulder position needs to be adjusted after starting massage, it can be done by pressing navigation button ‘Left’ or ‘Right’ to enter the shoulder position interface, then press ‘Up’ or ‘down’ button to adjust the shoulder position.

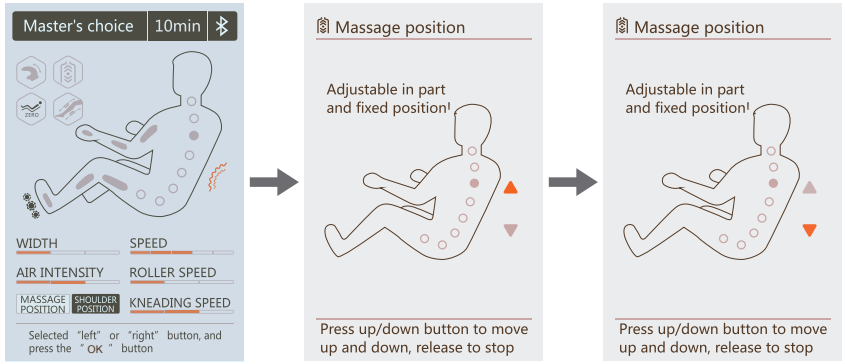
Display screen



3) Massage position adjustment

·If massage position needs to be changed after massage is turning on and the current mode is in fixed or partial status under manual mode, it can be done by pressing navigation button ‘Left’ or ‘Right’ to enter the massage position interface. Press ‘Up’ button and don’t loose to move the massage hands upward, it stops when finger loses; press ‘Down’ button and don’t loose to move the massage hands downward, it stops when fingers loses.

Display screen



USAGE METHODS

4. Voice control operation

·Awaken voice control function by speaking ‘Hi Whast’ up’ when massage chair is turned on or under standby status.
·Once it is awakened, it will answer I am here, users can speak corresponding voice control words within 6 seconds, otherwise the voice control function will be turned off automatically and needs to be awakened again.
·Under noisy condition or when music is played, the awaken voice will not be sensitive, it can be done by pressing the voice control button on remote control. Press the button short to awaken it, shut it off if press more than 3 seconds, and the awakening of voice control under this circumstance can only be done by pressing the button.

Note: Please speak correct and slowly, follow below words

Voice control words		
“Hi, what’s up?” - This command will be applied before activating a massage function.		
No.	**Command**	**Action**
1	Massage on	Answer: Ok, massage on.
2	Massage off	Answer: Ok, massage close
3	Master’s choice	Answer: Ok, master choice
4	Easy-sleep	Answer: Ok, easy-sleep
5	Health recharge	Answer: Ok, health recharge
6	Pain relieve	Answer: Ok, pain relieve
7	Full body stretch	Answer: Ok, full body stretch
8	Neck & shoulder	Answer: Ok, neck&shoulder
9	Waist care	Answer: Ok, waist care
10	Hip shaping	Answer: Ok, hip shaping
11	Fixed massage	Answer: ok, fixed massage
12	Change to another mode	Answer: Ok, change to another mode
13	Go little down	Answer: Ok, go little down
14	Go little up	Answer: Ok, go little up
15	Seat up	Answer: Ok, raise the seat position
16	Recline down	Answer: Ok, lower the seat position
17	Stop adjustment	Answer: Ok, stop adjustment