

BY SYNARGY®  
**SMART**  
COMFORT

# **ERIS**

## MASSAGE CHAIR



**QUICK START GUIDE &  
OPERATING INSTRUCTIONS**

# QUICK START GUIDE

1

Remove your shoes and sit into the chair. You can press down with your feet to extend the footrest length. It is recommended to use the massage chair without wearing jewellery or watches.

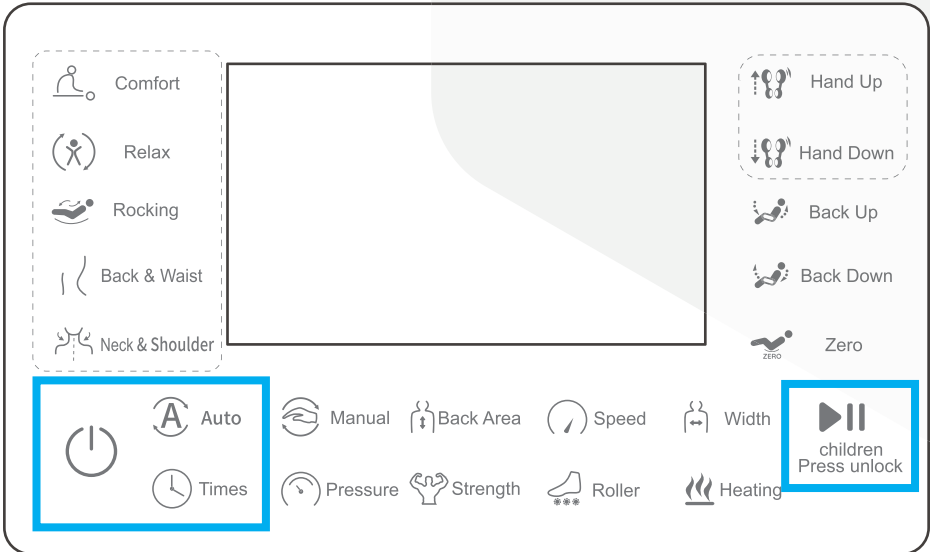
2

Press the power button on the remote control, and allow the chair 30-40 seconds to power on. Place your arms inside the arm rests.

3

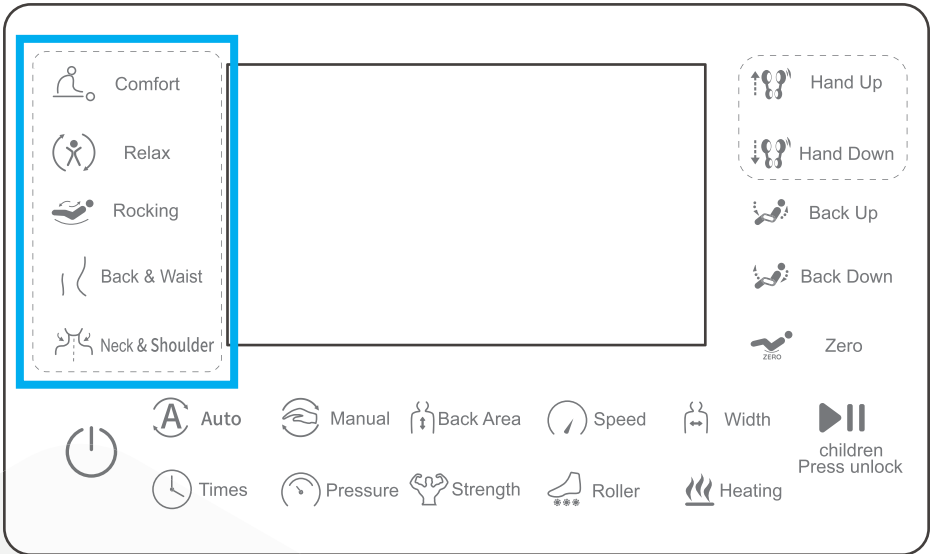
The chair will automatically enter an automatic massage mode if no buttons are pressed. You can enjoy this mode as it is, or read these operating instructions to learn about more advanced operation.

# BASIC CONTROLS



- **Power button** turns the chair on & off. Wait 30-40 seconds for the chair to power on, then select a mode on the remote control. The chair will automatically enter comfort mode if no options are selected.
- **Auto button** cycles through selecting the 12 automatic massage programs.
- **Times button** adjusts the duration of the current massage program in five minute increments, up to a maximum of 30 minutes at a time.
- **Play/Pause or Child Lock button** will pause and resume the massage functions, and can be held for 3 seconds to lock & unlock the controls.

# AUTOMATIC MODE CONTROLS



The automatic buttons are used for cycling through the various auto modes, including:

- **Comfort** is a gentle mode that targets the whole body
- **Relax** focuses mainly on lower back, legs & feet
- **Rocking** provides a gentle front stretch by lightly pulling feet down, and reclining backward
- **Back & waist** focuses on the back & waist areas
- **Neck & shoulders** focuses on the shoulder & neck areas
- The **Auto button** highlighted on previous page will cycle through the remainder of the automatic programmes:

**Auto 06** - Full Body

**Auto 07** - Spine Care

**Auto 08** - Fatigue Recovery

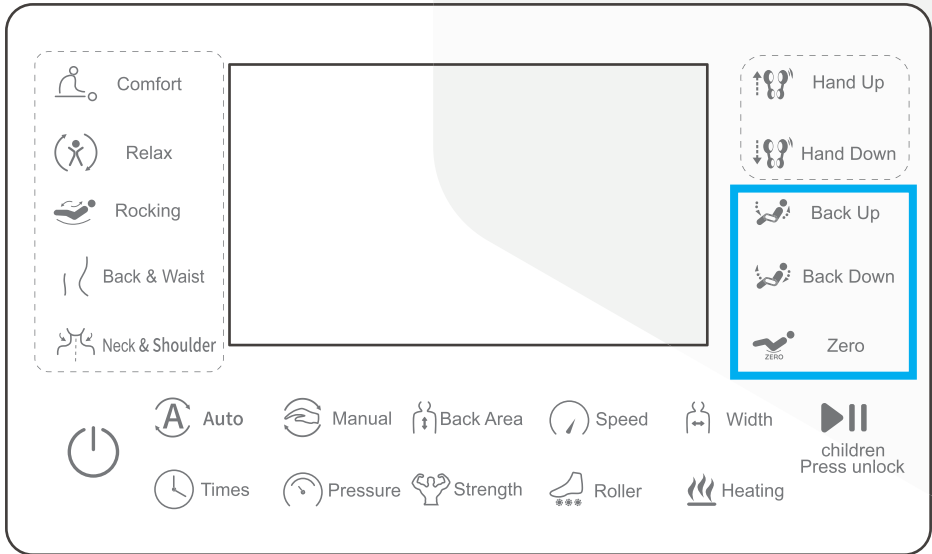
**Auto 09** - Meridians

**Auto 10** - Hips & Thighs




**Auto 11** - Soothing Sleep

**Auto 12** - Leisure Health

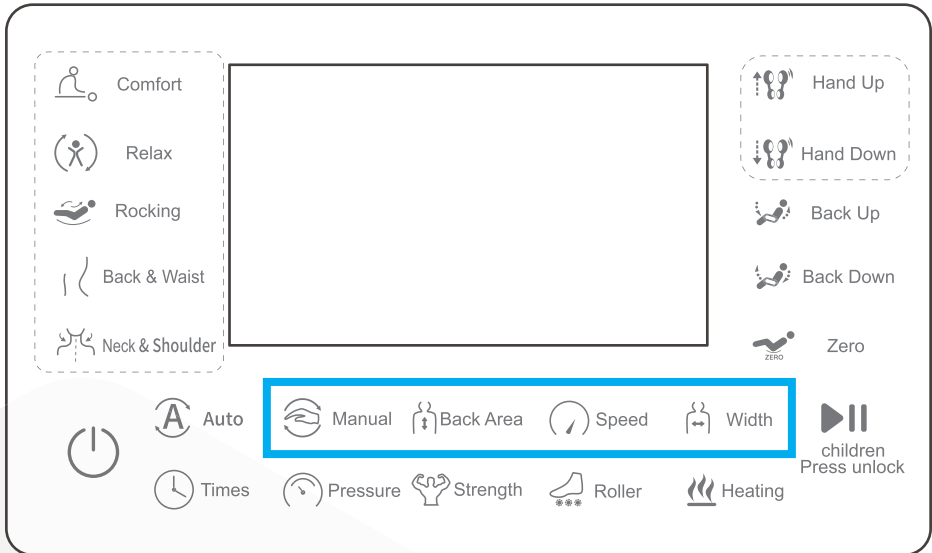
# CHAIR POSITION CONTROLS





Used for selecting the position of the chair:


-  **button** will bring the chair back to upright position.  
Press and hold to adjust position.
-  **button** will recline the chair backwards.  
Press and hold to adjust position.
-  **Zero button** moves the chair into zero gravity horizontal position (3 levels to choose from - press to cycle through)


# MANUAL MODE & ADJUSTMENT CONTROLS



 **Manual button** cycles between five manual massage techniques: knead, beat, knead & pat, shiatsu and knock.

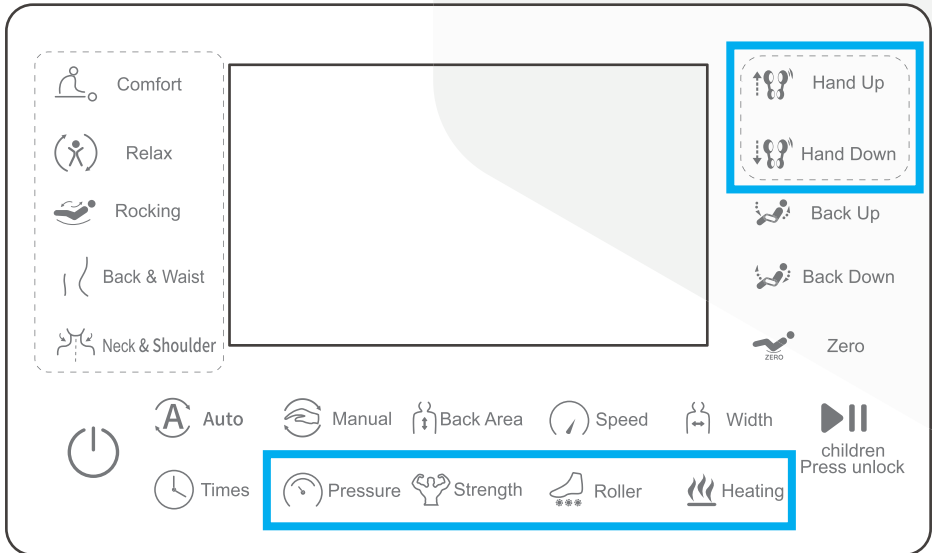
 **Speed button** toggles between 5 back roller speed settings during beat, knead + pat, shiatsu and knock manual modes.


 **Back Area button** changes the up & down travel setting of the massage rollers:


 **Width button** toggles between 3 back roller width settings during beat, shiatsu and knock manual modes.


- (H1) fixed in place
- (H2) up & down short distance
- (H3) up & down full distance
- (H4) up & down upper back only
- (H5) up & down lower back only


# MANUAL MODE & ADJUSTMENT CONTROLS





 **Pressure button** cycles between three airbag pressure modes: full body, upper body or lower body.

 **Strength button** changes the strength of the airbag pressure between five levels.

 **Hand Up button** adjusts the back roller position higher when using H1 or H2 back area modes

 **Roller button** cycles between three foot roller strengths: low, medium, high and off.

 **Heating button** switches the backrest and calf heating function. Allow 3 minutes to reach full heat.

 **Hand Down button** adjusts the back roller position lower when using H1 or H2 back area modes

# BLUETOOTH AUDIO

To play music or other audio through the Bluetooth speakers, go to the Bluetooth settings menu on your phone or device.

Search for a new device, look for “SMART COMFORT” or similar and choose ‘connect’ or ‘pair’.

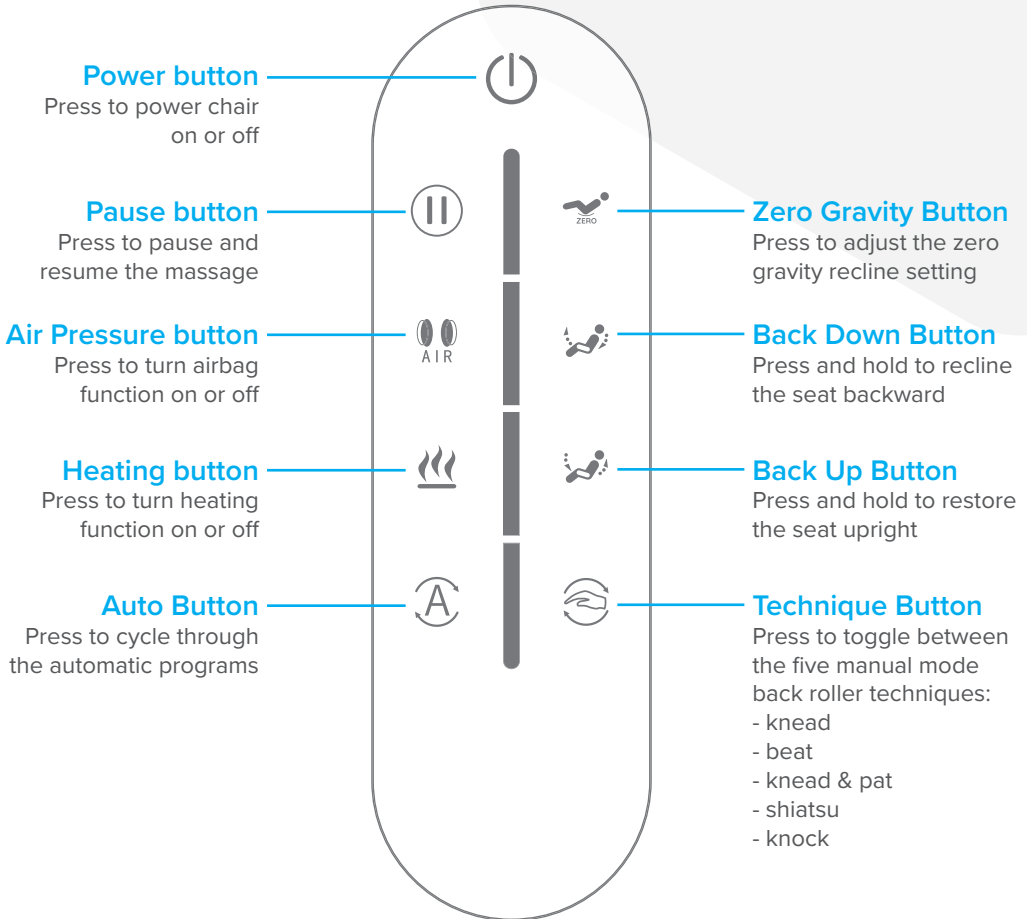
You can then play music using your regular media player app.





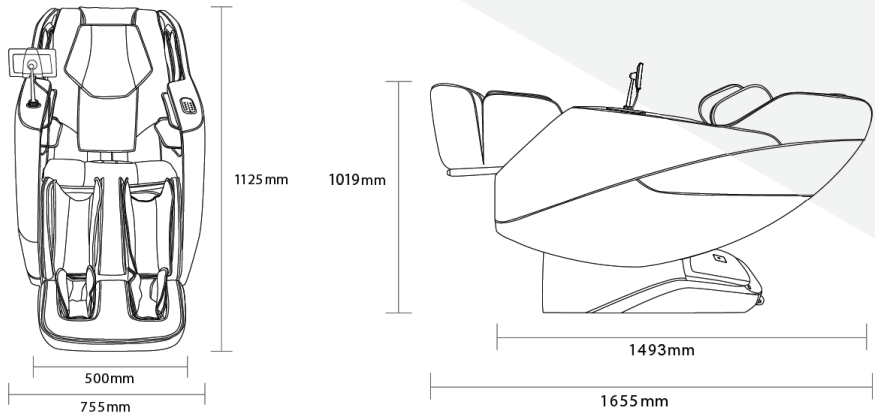
# ARMREST CONTROL PANEL

The armrest control panel can be used for basic functions without the need to remove the regular remote control from the holder





# ERIS MASSAGE CHAIR



Keep at least 275mm of clear space between the chair backrest and nearby walls or furniture to ensure there is no contact with any items when chair is fully reclined.

**Health and Safety Warnings:** Do not drop or push anything into any slot of the machine. Please stop immediately and consult your doctor if you feel unwell when using this machine. Not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless supervised. Do not use if you are pregnant, unwell, or have a pre-existing medical condition. Do not sit on the back, armrest, or the leg rest as it may result in damage or injury. Do not press or put your hands into the cloth cover of the massage hands.