

# TRANQUILITY ZA-161 Massage Chair

User's Manual

Http://www.zenawakening.com/



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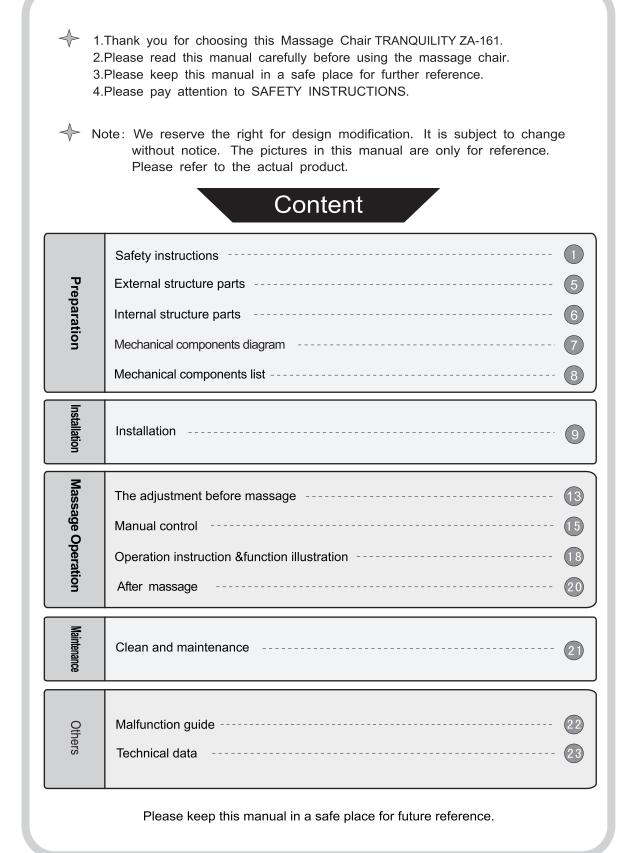
Please read SAFETY INSTRUCTIONS carefully before using the chair.

# TRANQUILITY ZA-161

## Massage Chair

#### **Function Introduction**

- 1. With our national patented massage machine, this advanced massage chair can provide you a very comfortable massage on neck and back by doing the different techniques like kneading, tapping, pressing, knocking, and shiatsu.
- 2. With acupuncture point tracking detecting funciton, it can supply exact massage according to different people with different body height and shape.
- 3. Automatic Adjustment. The seat, backrest and leg-rest can be separately adjusted by automatic electric actuators to move into a relaxed zero gravity pose. The zero gravity position raises the feet above the head and releases any stress on the back while improving the blood circulation of the brain with stimulated oxygenation.
- 4. The forward sliding function of 10cm from the wall. The backrest and seat frame move together, that can take full advantage of space, the design is full of humanization and will give you perfect feeling.
- 5. Footrest with comprehensive rolling and air pressure massage function, and clear the body meridians, regulate and restore human organs function, improve the body resistance and immunity effectively.
- 6. Patented reflexology technique with multiple air bags that firmly grab, massage and stretch your calf, ankle and feet.
- 7. Air pressure squeezing massage on your arms, which can promote blood circulation of blood capillary.
- 8. The seat comes with gentle squeezing massage powered by air bags, relaxing the stressed muscle and quickly eliminate tiredness.
- 9. The leg-rest can be stretched for a maximum of 20cm, accommodating to any height.
- 10. The newly designed big VFD LCD remote control can be viewed easily.



Preparation

# Safety instructions



Please read this manual carefully to make sure the installation and operation of the massage chair is correct.

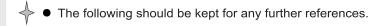
• "Safety Instructions" is provided in both Warning and Caution for important safety information.

Both Warning and Caution are important safety caution, please pay more attention.

Warning	This sign indicates warning of causing possible death or hurt to body.
Caution	This sign indicates caution of causing possible hurt or damage to things.

#### Symbol meaning

$\bigcirc$	This sign indicates forbidden behavior.	0	This sign indicates self disassembly is forbidden.
0	This sign indicates must follow instruction to operate.	95	This sign indicates correct operation of cable.

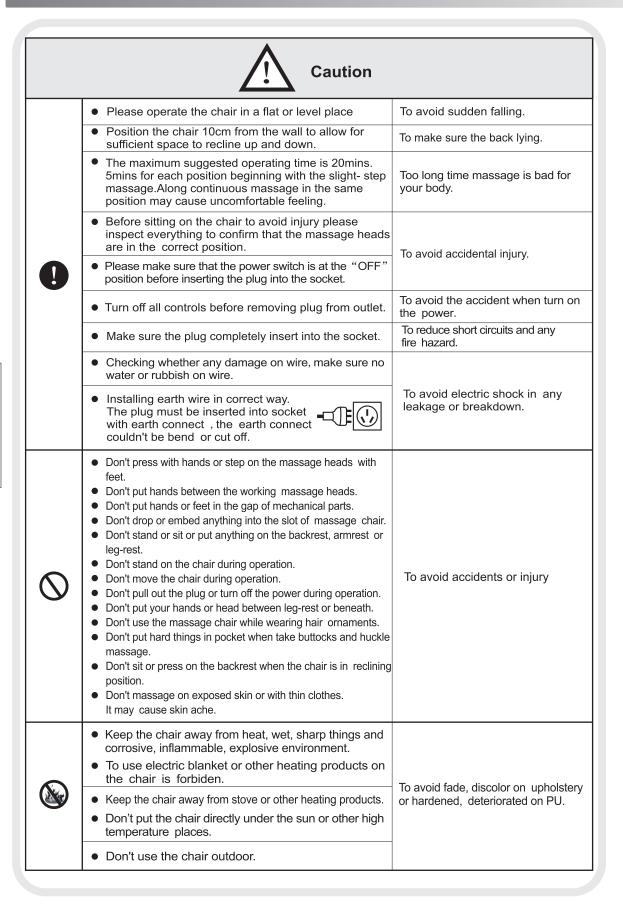




Warning					
	<ul> <li>Osteoporosis patient;</li> <li>People with heart disease including embedded pacemaker or other medical electronic device inside the body;</li> <li>For pregnant women or people not healthy, please consult doctor before use;</li> <li>Kids and the drunk people are not allowed to use the chair;</li> <li>Please don't sleep in the chair.</li> </ul>	People who are not suitable to use the chair			
•	<ul> <li>Make sure there are no kids or pets or other objects around (under, behind or in front of) the chair at the moment of backrest, leg-rest up/down or leg-rest retraction/extension from reclining position.</li> <li>During operation, if you have body abnormal, please stop the operation and go to consult your physician.</li> <li>Please do not take strong massage on the head.</li> <li>Do not massage belly or knees, be careful when massage neck.</li> <li>Children or pets are not allowed to play on the chair especially during massage. Standing or sitting on the back or armrest is not allowed either.</li> <li>Those who move around difficultly or can't express themselves must be taken care of strictly and continuously during massage.</li> </ul>	Accident/injury			
	<ul> <li>Insert the plug of the chair into correct and suitable power socket. Make sure the plug is completely inserted into the socket to reduce short circuit or fire risk.</li> <li>Unplug the power when not in use, stop all massage functions and turn off on/off key before unplugging.</li> </ul>	Fire and electric shock			
	<ul> <li>Massage cushions of the chair are not allowed to fold for storage.</li> <li>The machine is forbidden for no-load running for a long time.</li> </ul>	Accident			
$\bigcirc$	<ul> <li>Power cord, plug, socket can't be used in broken or loose contact condition.</li> <li>Don't use other electric power except rated voltage in case of fire, electric shock or any breakdown.</li> <li>Any broken, re-process, knotted, twisted power cord or pressed under heavy cargo is not allowed to use.</li> </ul>	Fire and electric shock			
	<ul> <li>If the chair works dysfunctional, or is broken, splashed with water or falls into water, please have it repaired by professional repairman or send the chair to assigned service agent. Self-modification, disassembly or maintenance is forbidden.</li> <li>If power cord or plug is damaged, please don't replace it yourself, please contact us or appointed dealer for replacement.</li> <li>To avoid electric shock or body hurt, please don't open or disassemble any part of the chair, there is not any attached part of the chair for maintenance by customers.</li> <li>Check leather or cloth material on the back and other areas is broken or not. If broken, even though it is small, please stop using the chair, unplug the power and have it repaired</li> </ul>	Disassembly and maintenance			

Preparation

# Safety instructions



Caution					
	<ul> <li>Don't use or store the chair in the wet environment like nearing the swimming pool, or bathroom.</li> <li>Keep the chair and remote control dry all the time.</li> <li>Don't use the chair when your body is wet.</li> </ul>	To avoid leakage or electric shock.			
•	Make sure to install the earth wire in correct way(Incorrect install way may cause electric shock. If you don't know how to install, please find a professional electrician)  Don't use plug adapter (If the enclosed plug doesn't match with socket, please don't change the plug by yourself and find a professional electrician to install a matched socket.	To avoid electric shock.			
	<ul><li>Unplug the power before cleaning the chair.</li><li>Unplug the power after using the chair.</li></ul>				
	Unplug the power when any damage on the power.	To avoid electric shock or fire harzard.			
<b>1</b>	Hold the plug to unplug the power but not try to pull the wire to unplug the power.				
	Please turn off the power switch and unplug the power after massage.	To avoid accidents			
	Unplug the power immediately when electricity goes off.	To avoid damage or accidents when power on again.			

#### Grounding instruction

 $\Rightarrow$ 

\*The chair is equipped with a cord having an grounding conductor. The plug must be plugged into an appropriate socket that is properly installed and matched with the plug.

#### Replace fuse



When the fuse is burned out, please turn off the switch and unplug the power. Opening the lid covered the fuse which is located in the switch box. Using a same size fuse to replace the old one, then cover the lid. Or you can find an electrician to replace the fuse.



Safety instructions



Earth wire is not allowed to be in these places

Gas pipe: probably cause explosion or fire.

Phone wire and lightning rod: probably cause electric shock and fire when thundering.

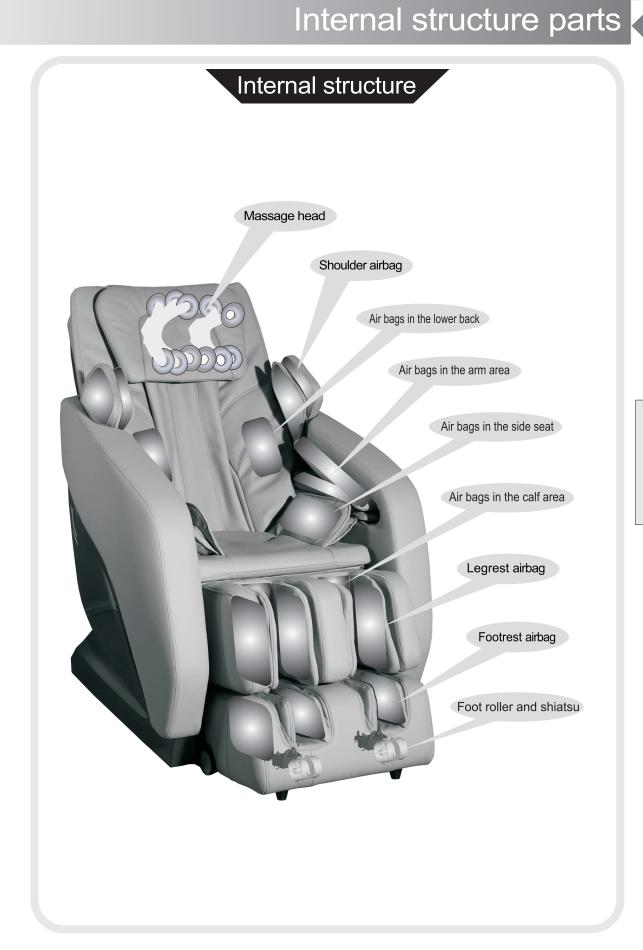
Water pipe: earth wire is useless where there are plastics

Preparation

# 5 External structure parts

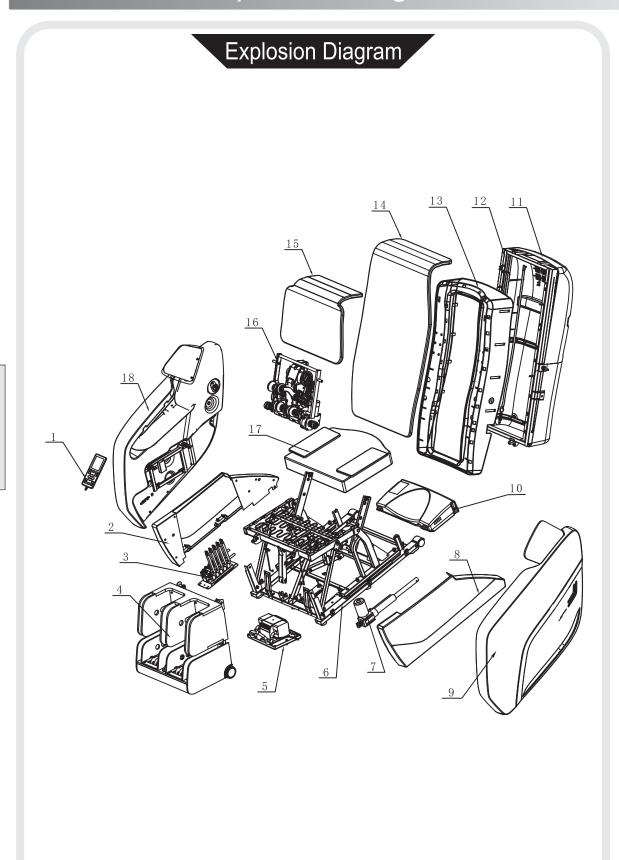
Preparation





# Mechanical components diagram

# Mechanical Components List 8



## Mechanical Components List

No.	Name	Qʻty		
1	Remote control	1		
2	Right side fender	1		
3	Electric magnetic valve	1		
4	Legrest & footrest	1		
5	Air pump case	1		
6	Seat frame	1		
7	Electric actuator	1		
8	Left side fender	1		
9	Left amrest assembly	1		
10	Power case assembly	1		
11	Back cover assembly	1		
12	Back frame assemly	1		
13	Plastic front cover	1		
14	Back cushion	1		
15	Pillow	1		
16	Massage machine	1		
17	Seat cushion	1		
18	Right armrest assembly	1		

① Two or more people grasp left and right metal seat frame, take the chair body, back cushion, head pad, seat cushion and electric power cable out of the packing box.

(as shown in the picture)



Hold the metal seat frame and take the chair out of the box.

A

Keep the foam piece in the original place between the backrest and seat while taking the chair out of the box in case PU leather gets broken due to moving rubbing.



rubbing. Head pad

Massage chair main body







Seat cushion

Electric power cable

Back cushion

②Take out left and right armrests from the carton, make sure to grab two sides of armrest and move softly(armrest is put in upside down in carton); put armrest flat on floor or table (do not scratch armrest), when assembling the armrest, grab two sides shown in picture and lift up.





Right armrest

Left armrest

#### Step 2. How to assemble the backrest

Raise the backrest of the chair to 120 degree till "click sound" comes out which means the backrest is locked well with the buckle under the seat.



#### Step 3. How to assemble the left and right armrest

⚠ Before install the armrest of chairs, please confirm the controller is in the middle of legrest. ①Unscrew the M6 on the seat frame with phillips screwdriver; ②Press the button which on the fixed hole by hand, insert the fixed hole which inside the back of armrest into the fixed bolt of side backrest; ③Insert the square tube into the side piece of the seat frame; ④Slightly move the armrest to make the front and back panel match bolt hole on the seat metal frame, screw M6 on the hole; ⑤Connect air hoses of the same color on the armrest well to the ones from seat; ⑥Joint LED wire on the armrest with the LED wire not have the left.

When assembling , please make sure not to squeeze air tube, LED wire and controller line How to disassemble the armrest: Disconnect LED wire and air hose between the seat and armrest; Unscrew the four bolts on the seat ;lift up the front of armrest, let the square tube of armrest move out from the plate of seat frame; and then press the button on the fixed hole at inside of the back armrest, pull the end of armrest at same time, move the fixed hole away from the fixed axle which on the side of backrest, then it will finish to disassemble the armest.



Installation

Installation

## Installation (3)

#### Step 4. Put the back

Cushion, head pad onto the backrest and connect the two parts with zipper and velcro.



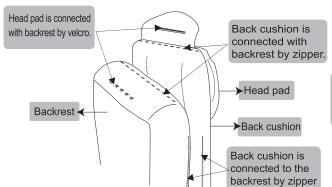




Head pad

**★** Warm tips In order to get exact correct body test data for comfortable massage effect, when you sit on the chair, please make the bottom rim of the head pad flush

with your ears before zippering the said two parts.



Align the middle positon of the back pad to the backrest middle position.

Back cushion is connected with seat part by



#### **Step 5. Seat Air tube Connection**

Connect the air tubes with seat sushion and seat frame, keep the same color together and connect them tightly. Grey with grey one, dark brown with dark brown one. Then connect the velcros of seat cushion and seat frame.

in two sides.



## Installation (4)

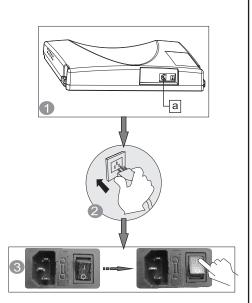
#### Step 6. After the Assembly

After the assembly, please operate the chair in this order:

- 1 Plug the cable line in the hole a on the power box as shown in the right picture.
- a Hole A connect with one end of cable line.
- 2 Insert the plug of cable line into the socket.
- 3 Switch on.(Switch on/off "O/I", press I down to turn it on.)
- 4 Enjoy the massage by using the remote control.



Make sure the switch is off before you insert the plug of cable line into the socket.



Installation

Massage operation

## The adjustment before massage

## **Environment**

#### Caution



Don't use the chair in wet places liks near swimming pool, bath room to avoid leakage or electric shock.



Don't use under sunlight or near stove or other heating place to avoid upho-Istery deteriorated.



Please use chair in flat place to avoid chair falling or noise or other unexpected

#### Check places in front

Check the areas when back and leg extending, make sure no people, pets or other things







#### Check power cable, plug

- (1) Clean the dust on plug on time. (using dry cloth).
- (2) No damage, re-do, bend, stretch, tie or press with heavy thing(especially can't be pressed by the chair) on power cable.

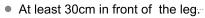


### Check environment

#### Space size for using the chair

At least 10cm from wall.





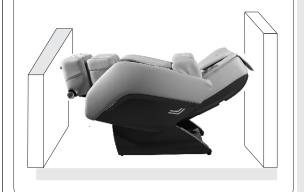
#### Check surroundings

When the backrest or legrest reclines or extends, please pay attention to:

(1) Check any person or things in every direction.

(2) Check the space size.





## How to move massage chair

#### ! Caution

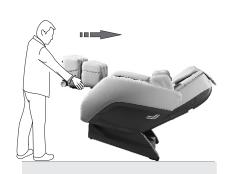
Don't move chair when it's working in case of accidents or damage

#### How to move

- \* Bind the cables and put them in the seat to avoid damage when moving.
- If you plump the chair, it may damage the inner parts of the chair may get damaged.
- Don't use the castor if the floor is wooden or other easy damaged material. It will need 2 or more persons to lift the chair.
- Make sure the power is off and the plug doesn't touch the floor(It's better to let the chair in standing status to avoid theback crashing the floor)

#### Normally

1 Lift up the legrest to make the gravity fall on the castor. Then push chair to destination and set it down.





Please hold the footrest to move the chair as shown in the picture in case any scratches on the leatherette

## Adjustment before massage

The adjustment before massage

#### Before adjustment

Please make sure the massage head in right position before sitting on the chair (to avoid massage roller hitting your head)



Acupunture point track testing confirm acupuncture point

If massage head can't detect when acupuncture point positon detecting, shoulder position was default to the highest postion.

Right position: Your back cling to the chair back, the head clings to the pillow. The remote control gives "beep" sound after acupuncture point tracking detecting finished, when micro-adjustment is needed, just press up/down key on the remote

※ Avoid for the massage head detecting your acupunctuer point postion not right, otherwise you won't get good massage.

#### Kind suggestion



When you feel the intensity isn't strong enough, take off the pillow or cushion.

 Because the chair is heavy, it may ruin your floor in long time setting. Please put a blanket or other soft things to protect your floor.



operation

operation





1. Press power button under standby status, massage chair enters ON status. Press Menu or any Auto massage program. In ON status, press power button, massage chair will turn off and return, massage machine stays in upper backrest, legrest stays in the lowest position, backrest stays in the highest position, controller will turn off after 2-3 seconds.



2. In ON status, press it to enter quick relaxation auto program, there is relative status screen display. Default massage time is 8 minutes. Press it again to stop.



3. In On status, press it to stop all the on–going massage immediately, all the button not working, if user wants to continue massage, please press On/Off button to turn on controller.



4. Press this button in Main interface to switch to menu interface, user can set different function for massage chair. Press it in Menu interface to return to main interface.



5. In On status, press it to switch an auto program each time ,and relative screen display is shown, 6 auto programs for choice, "Recovery", "Pain relief", "Stretch", "Overall", "Rocking relax" and "Helth care".



6. In On status, press it to enter Air pressure program, press it to switch an auto program each time, and relative screen display is shown.



7. In ON status, press it to adjust air intensity with 3 grades, air intensity is adjusted by each press, and relative screen display is shown.



8. Direction button has 4 buttons, they are Up, Down, Left and Right. In Menu interface it is navigator button, user can press Up or Down to choose menu fast, and press Left or Right to enter previous or next menu, What's more, Up and Down button can be used to adjust massage position in acupuncture point tracking detecting finish and point massage.



9. In ON status and under Menu mode, press it to confirm menu choice and enter next



10. Keep pressing this button, backrest go up, legrest go down, release this button, backrest and legrest stop moving. When adjusting sitting position, it shows seat position adjusting... in controller screen.



11. Keep pressing this button, backrest go down, legrest go up, release this button, backrest and legrest stop moving. When adjusting sitting position, it shows seat position adjusting... in controller screen.



12. In On status, press this button, massage chair will go into zero-gravity position, press it again to return to default position.

Massage operation

## LCD display graphic description

# Main interface 20 mi Speed: Intensity: ∎∎■ Set function by pressing Menu key

Press "on/off" button when power on, a buzzer beeps once short and brittle. LCD screen display boot screen, after 2-3 second it display the main interface and enter standby mode. Main interface show massage position, methods, time, current massage status and so on, all information will be updated timely when the chair start working.



Massage position

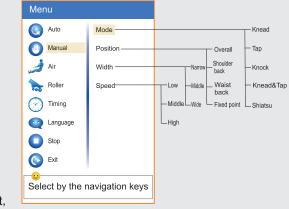
- Massage speed (slow, mid, fast)
- Massage width (narrow, mid, wide)
- ■■ Air intensity ( weak, mid, strong)

#### Menu interface



Press the "menu" button in the main interface, it will switch to the menu interface, user can set all massage function. Press the "menu" button in the menu interface will exit and return to the main menu interface.

Auto : press "menu" button after the cursor is the default in automatic massage program menu item, press the "OK" button, there are six auto massage modes can be chosen.

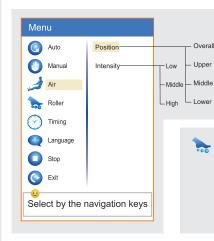


Manual: press "menu" key, select manual massage by the navigation key, press the "OK" button, there are four options: mode, position, width adjustment,

speed adjustment: select the corresponding function, then press the "OK" button to enter the next menu, select the desired massage method, position, width and speed regulating function.

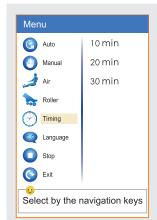
When massage chair in manual fixed point work modes, users can use up/down button to adjust massage position, information for "massage position adjusting..." will be show at the bottom of the display screen.

## LCD display graphic description

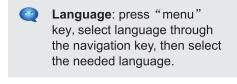


Air : After press MENU button,choose "air pressure" through navigation key, Press "OK" button, there are two kinds of air pressure related function: Position and Intensity; Choose the corresponding function, then press "OK" to enter next menu and choose required function.

Roller: press"menu"button, select foot roller massage by the navigation key, press the "OK" button, Press "OK" button, choose rolling massage mode.



Timing: press "menu" key, through the navigation key to select menu item timing, can choose massage time: 30 minutes, 20 minutes, 10minutes, the default time is 20 minutes, the chair will turn off automat ically after time is up.





Stop: press "menu" key, select stop through the navigation key, it will stop massage, and back to main interface.

Exit: press "menu" key, select back through the navigation key, will Exit menu, return to the main interface.

After Power is on, the first time to use auto program, massage chair will start acupuncture point position detecting, and "acupuncture point tracking ... " will be shown on screen display. After acupuncture point tracking detecting is finished, buzzer will

tick 5 times (once every second), meanwhile, the massage machine is located in shoulders position, if user think the position is not proper, press Up and Down to adjust, when adjusting, "acupuncture point adjusting…" is showing on screen display. Default working time is 20 minutes. (Massage chair will turn off and return after the massage is over)



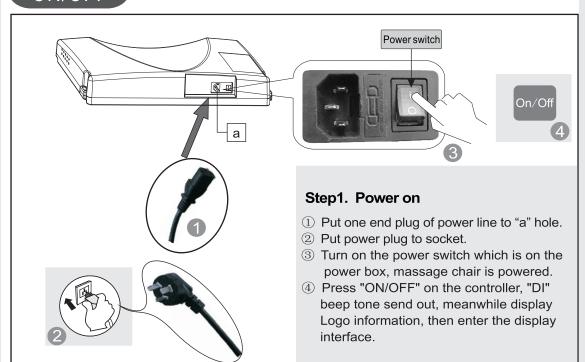




Massage operation

## Operation instruction and function illustration

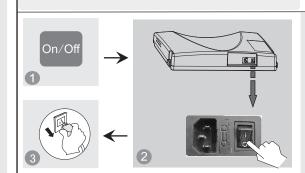
## ON/OFF



#### Step2. Massage

- ① Operate according to controller operation
- ② When massage stop, massage machine return to the default position, meanwhile "Shutting down" displayed on the controller, controller off after 2-3 seconds.





#### Step3. Turn off the power

- ①When the chair is On, press On/Off button to turn off the massage chair and it will restore automatically.
- 2 Turn off the power switch on the bottom of the back of chair after the rollers stay at storage position.
- ③Unplug the power plug from the socket.



1. Before using, pull up the pillow, back cushion etc. to check if the PU material is broken, if there is damage, please stop using, unplug the chair, and ask for repairment.

2. Only plug to proper socket.



**Attention** 

1.Before sitting down, make sure there is no things pinched between armrest, legrest, backrest and seat of the chair.

2.Make sure the chair is in returned position before using.

3.Do not stand on it when using the massage chair.

## Function Illustration

#### Legrest up and backrest down

Backrest up and Legrest down

Press this button on controller, backrest go down and legrest go up. Release this button, backrest and legrest stop moving, the angle is locked in this position.

Press this button on

controller, backrest

down. Release this button, backrest

moving, the angle is

locked in this position.

Press the button "Zero" backrest go down and legrest raise up, the chair

go into Zero gravity

status automatically.

Press the Button

again, the backrest

and it will lock at this

and legrest stop moving,

position. However to change

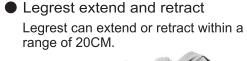
massage status all the time.

the angles, we can keep comfortable

and legrest stop

Zero gravity

go up and legrest go





#### Arm massage

Put arms between arm airbags before the embedded airbags filled with air. It will perfom pinch massage techniques to arms and hands after airbags inflating.



## Shoulder massage

Multilayer extrusion airbags is deployed on both sides of the shoulder. Achieve pressure shoulder stretch massage, relieve shoulder fatigue.



## Foot roller massage

Footrest parts with roller massage and air pressure massage function. Through stimulating the foot reflex zones, and clear the body meridians, regulate and restore human organs function improve the body resistance and immunity effectively.





- 1. Please make sure there is no people, no pets or any stuff within range for backrest to avoid unexpected hurt or property loss.
- 2. When adjusting the backrest, be careful the gap between the backrest and armrest.
- 3. When the legrest is moving, please do not stand on or leave from the seat, do not stop the legrest from moving in case of causing damage to the chair.
- 4. Please refer to control instruction for more details.

## After massage

## Restoration of massage chair

 Make sure there is no people or pet or anything within the range of backrest and legrest.



2 Make backrest and legrest restore to the normal position by controller.(or press ON/Off key to make backrest and legrest restore to the normal position)





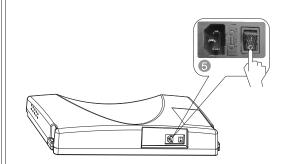


3 After restoring, put the controller back into the embedded arm massage position of the right armrest.



4 Put the back cushion and pillow pad on to the right position.

**6** Switch off the power.



**6** Unplug the electricity from the socket. (Attention: hold the right plug position)



Clean the chair if necessary.

#### Attention!

- After using, press ON/OFF to end all the massage method and wait for restoration. Make sure to cut the electricity to avoid any unexpected hurt to children or pets.
- After using, turn off the power, unplug the electricity. Avoid moisture, dirt and aging of insulation in case of causing damage.

#### Synthetic leather

General cleaning

Clean with tidy, soft and dry cloth slightly.



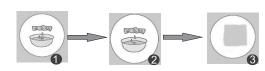
(Chemical or medical cleaning products are forbidden)





#### If leather is dirty

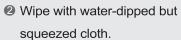
- Dip soft cloth into 3-5% neutral detergent solution, squeeze it then clean the stain on the surface gently.
- 2 Wash cloth, squeeze it and wipe with



- 3 Clean it softly with dry cloth.
- 4 Allow to dry (air blower is prohibited)

#### Plastic parts

1 Dip cloth into neutral detergent, squeeze it and clean.







#### Clean the controller

Wipe with soft cloth after squeezing.

Allow to dry. Propellant, diluent or alcohol are prohibited.







Controller

#### Cloth material

- Dip cloth into weak neutral detergent, squeeze it and clean the material surface.
- (Diluent, gas, alcohol are prohibited)
- 2 Brush the dirty parts with weak neutral detergent. (avoid excessive brushing) Excessive cleaning may cause

damage to cloth material. Wipe with water-dipped but

squeezed cloth. 4 Allow to dry.



- Before cleaning, unplug the electricity, don't touch plug with wet hands.
- Make sure hands are dry when plugging to the socket.
- If failed to follow the mentioned instruction, user may get electric shock or burned.



Trouble	Possible reason	Troubleshooting
	Check if the control is on or not.	Open control switch
	Not choose massage function	Choose massage function
The massage shair can't	Check whether the plug and socket in poor contact.	Make sure plug and socket are connected.
The massage chair can't work after power is on.	Wire or plug has damaged.	Please ask manufacturer or appointed or authorized maintenance man for checking and replacement.
	The fuse burned out.	Replace fuse of same specification.
	Something wrong with inner circuit	Please ask appointed or authorized maintenance man for checking and repairing.
There is beep sound inside the massager while working.	It is sound of air pump, motor and mechanical parts.	Normal sound, no need to pay attention to it.
Different height of the left roller and right roller.	Massage rollers work on shifts.	Normal, no need to pay attention to it.
Sound suddenly becomes	Check if it is due to long time working.	Turn off the power to have the massager rest for over half an hour before next turn working.
much louder while working.	Inner parts fretted away due to long time work. It's normal	Please ask appointed or authorized maintenance man for checking and repairing.
	Suddenly power-down	Connect the electricity power again
Massage function suddenly stops while working.	Setting time is up.	Turn off the power to have the massager rest for over half an hour before next turn working.
Neither the backrest nor the legrest can be lay down.	Check if there are any obstacles; the chair overloads; for the sake of safety, sometimes the massage machine may automatically stop working.	Remove the obstacles; turn off the power to have the massager rest for over half an hour before next turn working.
The chair can't return to its original position.	Excessive operation; setting time is up.	Please ask manufacturer or appointed or authorized maintenance man for checking and replacement.
Electric wire or plug	It may work overload	Turn off the power to have the massager rest for over half an hour before next round working.
give out heat	Other abnormal case	Stop using, and ask appointed maintenance man for help.

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Note: If the troubles are not caused by above reasons, please turn off the power switch and cut off the power, then contact the manufacturer or service agent to repair your chair.

## Technical data

Name	Massage Chair	Power	200W
Model	TRANQUILITY ZA-161	NW/GW	Main body:82/95kg Armrest: 16.6/24.5kg
Input voltage	□ AC120V, 60Hz □ AC220V, 50/60Hz □ AC240V, 50Hz	Packing size	Main body:1380×760×855mr Armrest: 1130×420×795mr
Safety design	Class I		(L×W×H)