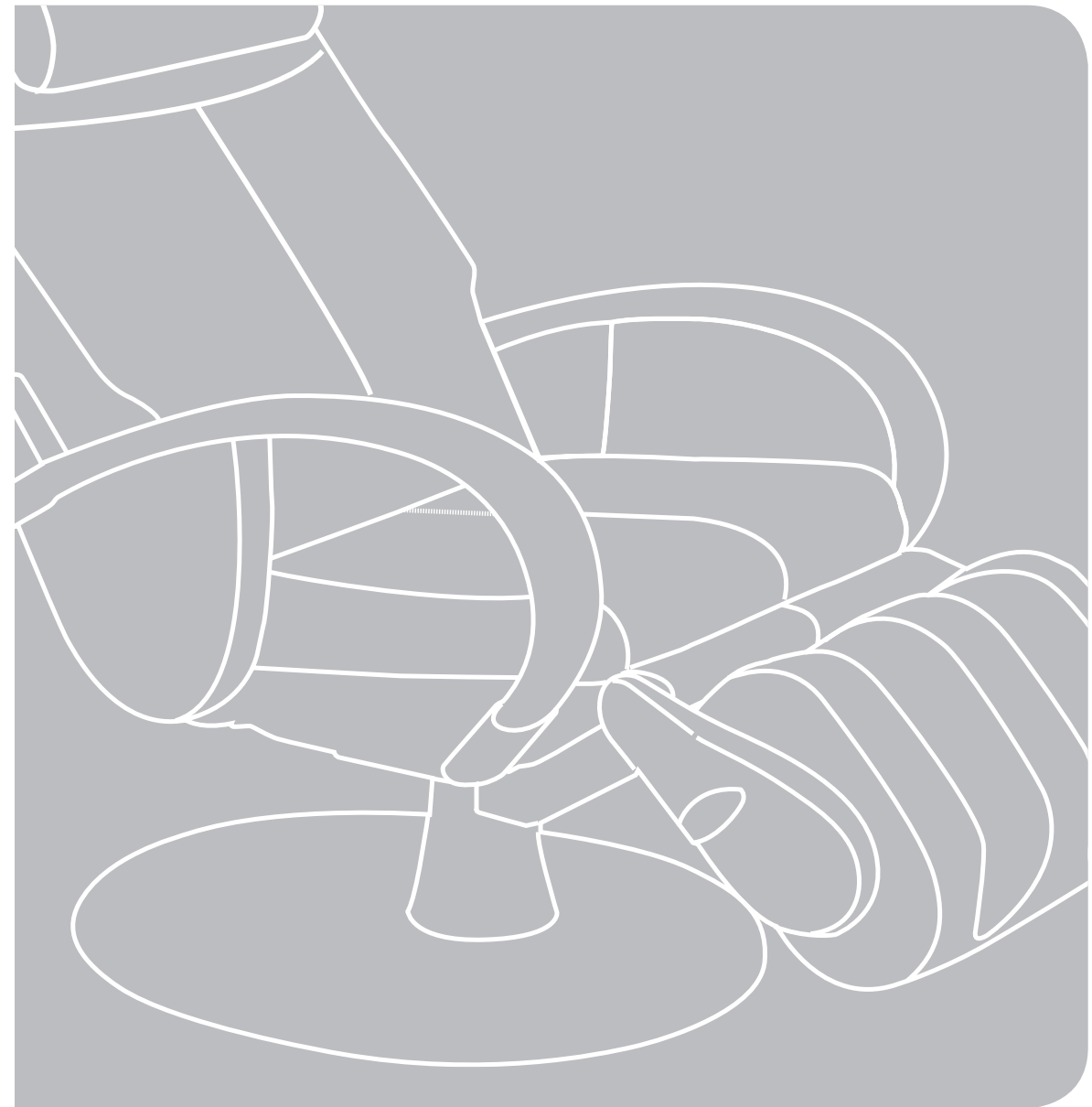


# HT-121



[humantouch.com](http://humantouch.com)  
800.355.2762



**use & care manual**

# HT-121

## welcome to **human touch**<sup>®</sup>

### **Human Touch<sup>®</sup>** **Partners in Your Well-Being**

For decades, Human Touch has been a leader in the field of massage products. We create state-of-the-art products that embrace the latest technology while applying the ancient healing art of massage. Balancing your physical and mental needs requires the right mix of proper nutrition, exercise, and massage. Human Touch Massage Systems are vital components for achieving balance between physical and mental well-being.

To learn more about our company and our products, we invite you to visit us on the Internet at: [www.humantouch.com](http://www.humantouch.com) or call our Customer Service Representatives at 800-355-2762.



**human touch<sup>®</sup>**  
PATENTED  
MASSAGE SYSTEM

Human Touch Technology is the preferred technology of the ACCO.  
[www.accoweb.org](http://www.accoweb.org)



Your Human Touch WholeBody<sup>™</sup> massage chair is the perfect bridge between state-of-the-art technology and the ancient healing art of massage. It's a key ingredient for a balanced life—and it's right in your own home!

Your Human Touch massage chair incorporates patented Human Touch Technology<sup>®</sup>. It emulates the same techniques used by massage and chiropractic professionals for back and spinal care. It's hard to believe it's not human!

To ensure that you don't overlook any of your chair's features, and that you use it safely, read this manual carefully. Then sit back, relax, and enjoy!

**[humantouch.com](http://humantouch.com)**

# keep it safe

## IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

**Read all instructions before using this appliance.**



### **DANGER: To reduce the risk of electrical shock**

Always unplug this product from the electrical outlet immediately after using and before cleaning.



### **WARNING: To reduce the risk of burns, fire, electric shock or injury to persons:**

- Do not put hands or fingers near the massage mechanism or rollers while this product is running. Touching the mechanism can result in injury from the rollers squeezing together.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this product is used by, on, or near children, invalids, or disabled persons. Keep children away from extended foot support (or other similar parts).
- Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this product if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return this product to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as a handle.
- Always keep the power cord away from heated surfaces.
- Never operate this product with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the OFF position, then remove plug from outlet.
- Do not massage any area of the body that is swollen, inflamed or covered with skin eruptions.
- Do not use on unexplained calf pain.
- Do not use this product when standing on a damp floor, or when any part of the body is in contact with plumbing or any similar ground.
- Connect this appliance to a properly grounded outlet only. See GROUNDING INSTRUCTIONS.
- Do not use this product if noise above normal sound is heard.
- Do not stand on or in appliance. Use only while seated.
- 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 concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

### **Safety Precautions**

- Comfortable clothing is recommended while using this product.
- This product was meant to be used in a relaxed position. Never force any body part into the backrest area while the rollers are moving.
- If you feel any abnormal discomfort during the operation of this product, turn off the power immediately and do not use the product. Consult your physician.
- Do not sit on the controller.
- Do not pull on the AC cord.
- When using this product after it has been in storage, check to see that the product is operating properly prior to use.
- Always confirm that there are no obstacles behind the product and that there is sufficient space to recline.

### **SAVE THESE INSTRUCTIONS**

**Do not attempt to repair this product yourself.**

This product is designed for personal in-home use. Commercial use will void warranty.

### **Grounding Instructions:**

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

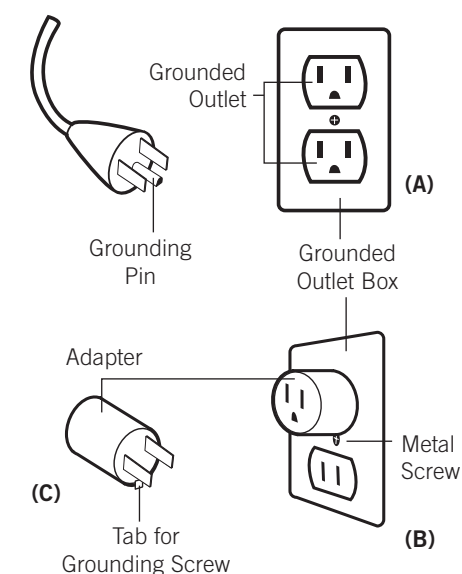


**DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electronic shock. Check with a qualified electrician or serviceman if you are in doubt as to whether this product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

This product is for use on a normal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch (A). A temporary adapter that looks like the adapter used in sketches (B) and (C) may be used to connect this plug to a 2-pole receptacle as shown in sketch (B), if a properly grounded plug is not available. The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored, rigid ear tab or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

### **For all grounded cord-connected products:**

#### **Grounding methods:**

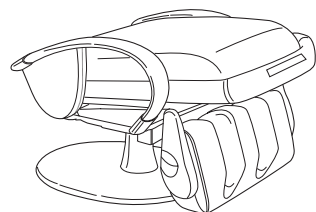


The use of a temporary adaptor is not permitted in Canada.

# get ready

Your Human Touch massage chair requires some simple assembly (no tools required). Just install the backrest pad, the seat pad and the head pillow, and you're done!

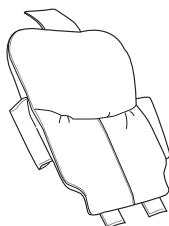
## Unpack the box



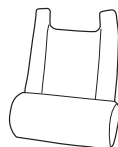
Chair



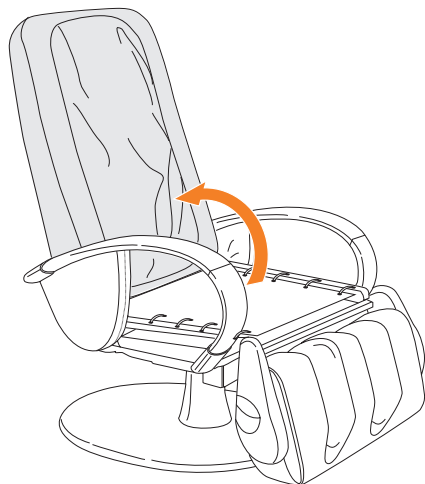
Seat Pad



Backrest Pad

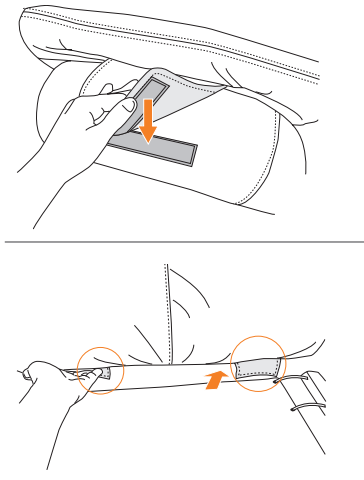


Head Pillow



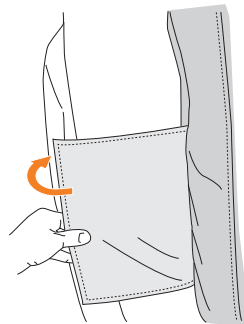
### 1. Unfold the chair

Remove all packaging materials from the chair. Pull up on the backrest to unfold the chair to an upright position. The backrest locks into place automatically.



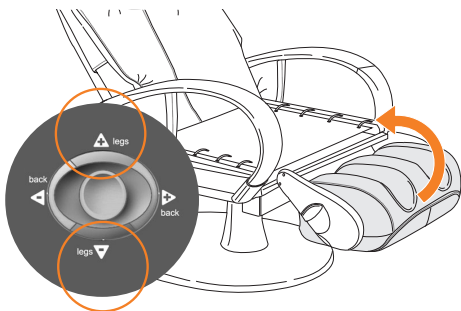
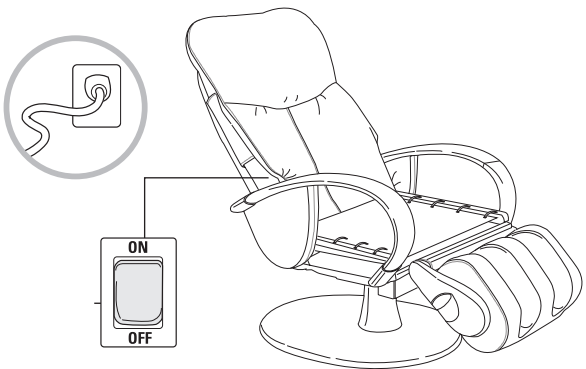
### 2. Install the backrest pad

Attach the top backrest pad flap to the top of the backrest. Smooth the two bottom flaps under the bottom of the backrest. Attach each side flap to the side of the backrest. All flaps attach using hook and loop fasteners.



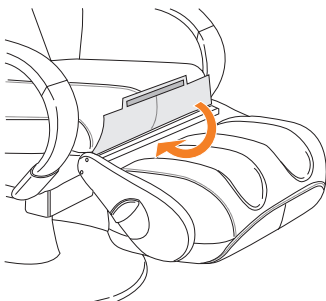
### 3. Power on

Plug the power cord into a grounded power source. Turn the master power switch (on the bottom center of the chair back) to On.



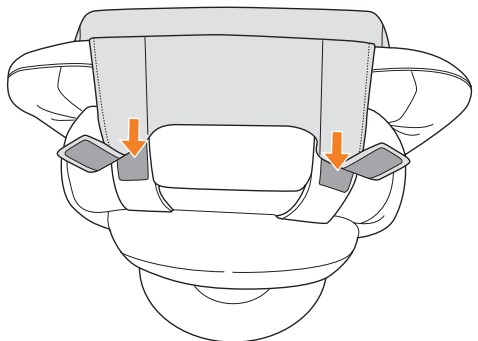
### 4. Attach the seat pad

Use the remote control Legs Up setting to raise the footrest to a horizontal position. Attach the seat pad to the back of the seat, using the hook and loop fasteners. Wrap the flap on the front of the seat pad around the chair frame and attach it to the top of the chair frame using the hook and loop fasteners.



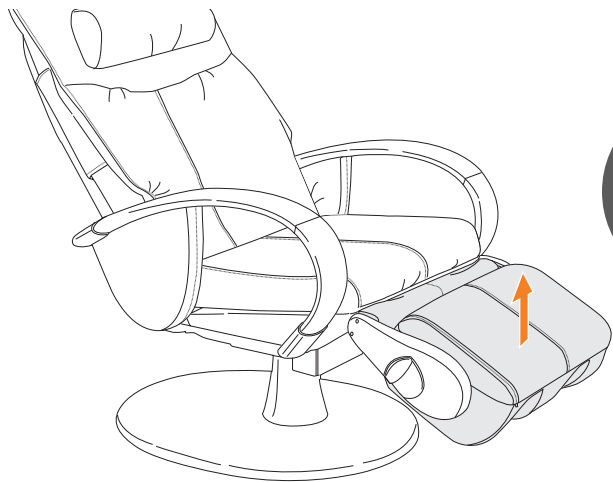
### 5. Attach the head pillow

Flip the two straps on the back of the headrest up and over the top of the chair. Attach the head pillow to the straps using the hook and loop fasteners. Adjust the head pillow height for maximum comfort.



# take a seat

Using your Human Touch massage chair is easy. Just take a seat, then adjust the backrest and foot and calf massager to the desired position. Your Human Touch massage chair helps you feel better from head to toe, using a wide variety of massage techniques that you control. It's the perfect way to relax and refresh.



## 1. Adjust the footrest height

While sitting in the chair, use the remote control Legs Up and Legs Down settings to raise the footrest to a comfortable height.

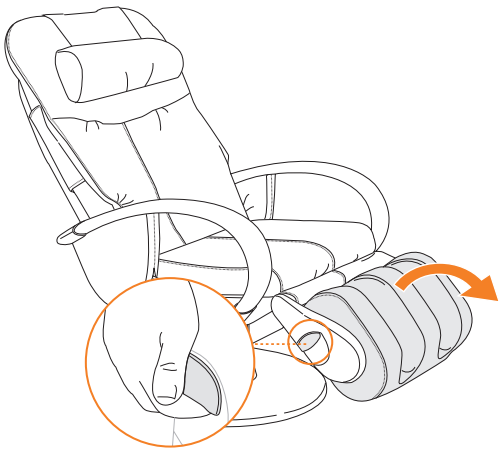
## FOR A FOOT OR CALF MASSAGE

### 1. Deploy the foot and calf massager

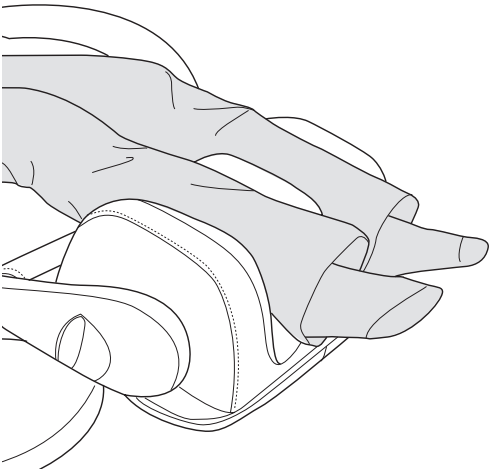
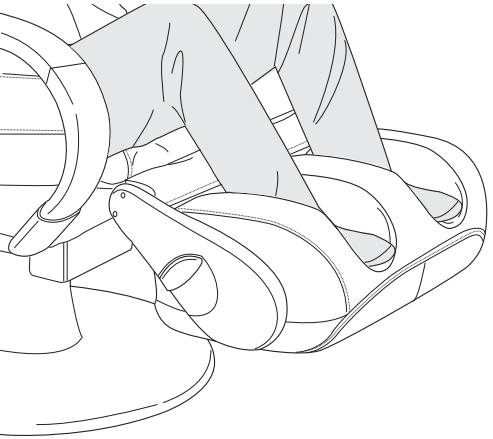
Pull up on the footrest release handle (located on the right side of the footrest).

For a calf massage, rotate the footrest away from the chair until it clicks into position with the foot and calf massager facing up. **Do not force the rotation of the footrest past the point at which it click-locks into place. Excess force may damage the mechanism.**

For a foot massage, rotate the footrest away from the chair just until the foot and calf massager is facing up. Do not rotate it so far that it clicks into position; the footrest should be moving freely for a foot massage.



### 2. Insert your feet or calves



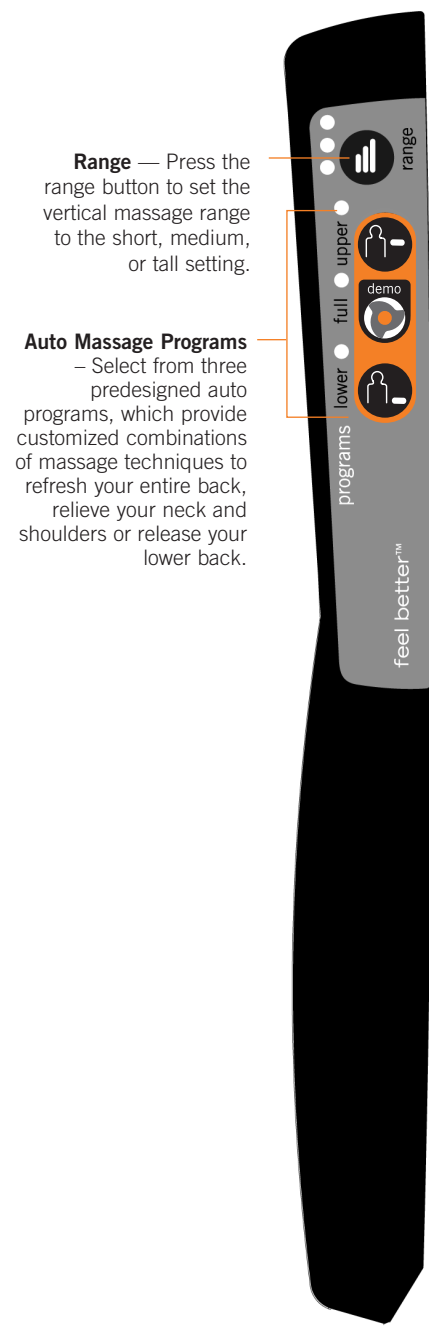
ⓘ When changing backrest or footrest direction, there is a slight pause while the chair gears shift. This is perfectly normal.

⚠ Do not stand or sit on the foot and calf massager.

Before getting out of the chair, always lower the footrest.

**Restore** Press the remote control **Restore** button to return the chair to a full upright position.

# take control



**Range** — Press the range button to set the vertical massage range to the short, medium, or tall setting.

**Auto Massage Programs** — Select from three predesigned auto programs, which provide customized combinations of massage techniques to refresh your entire back, relieve your neck and shoulders or release your lower back.

Indicates the number of minutes remaining in the current 15-minute massage program.

**Power** — Lights to indicate that master power switch is on.

**Width** — Focus or diffuse massage pressure by selecting the wide, standard, or narrow roller setting. Select the width setting **after** selecting a massage technique.

**Position** (up/down arrows) — Use these buttons along with any stationary massage technique, to set the massage rollers to the desired position on the backrest. You can press these buttons before or after selecting the massage technique.

**Stretch** — Place your legs in the foot and calf massager before using the Stretch feature. Press the Stretch button for up to 15 seconds to activate (the remote beeps twice when ready). The backrest and foot and calf massager work together automatically to perform a gentle full-body stretch.

**Foot and Calf Massage** — Press this button to toggle through two foot and calf massage speeds and an auto program, which alternates speeds.

**Position Controller**  
To select a position setting, use your thumb to push the controller in the direction of the desired setting.

**Legs up** — Raises the footrest to a horizontal position.

**Legs down** — Lowers the footrest to a vertical position.

**Back up** — Reclines the backrest to a horizontal position.

**Back down** — Raises the backrest to a vertical position.

**Restore** — Restores the backrest and footrest to a full upright position. Use this button before getting up from the chair.

**Stop/Park** — Stops the massage and parks the massage rollers at the top of the backrest.

**Zone** — Targets your massage to a six-inch zone. Use the Position buttons to focus your massage on the desired area.

## MASSAGE TECHNIQUES

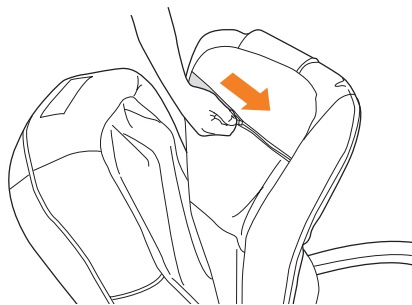
Massage Techniques	What It Does	Benefits
<b>ROLLING</b> 	Rolls gently up and down your back near your spine.	Warms and loosens your muscles, preparing your back for deeper massage. Relieves muscle tension, improves circulation and relaxes the back.
<b>PERCUSSION</b> 	Alternates rapid-tapping strokes along the spine to stimulate both spinal muscles and spinal joint areas, emulating the percussive massage technique used in sports medicine for deep muscle therapy.	Flexes spinal joints and relieves pressure on the spinal column, invigorating the entire back area.
<b>COMPRESSION</b> 	Presses on spinal muscles and spinal joint areas using alternating strokes and a gentle rocking motion, emulating a technique used in sports medicine and in spinal therapy by chiropractors.	Spreads and applies pressure to deep muscle tissue, forcing it to relax, while the rocking motion loosens spinal joints. Aides in muscle and joint repair due to strain from exercise, long hours bent over a desk, or just day-to-day stress, and can improve mobility and overall posture.
<b>KNEADING</b> 	Kneads your back in a small, circular motion on both sides of your spine simultaneously.	Relieves tension and soreness by lifting and stretching muscles. Improves circulation and helps bring vital nutrients to the spinal area.
<b>KNEADING + PERCUSSION</b> 	Combines circular kneading motion with rapid-tapping percussion strokes.	Relieves muscle tension and spinal pressure, improves circulation and invigorates the back, all at once.

When you're not using the remote, store it in the convenient pocket on the left side of the chair, so it's out of the way.

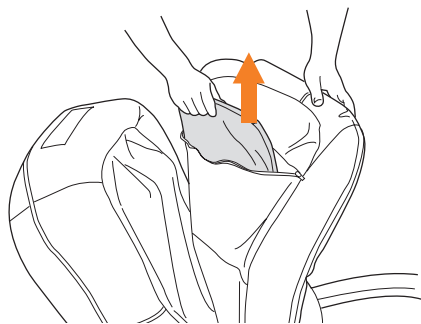
# customize massage intensity

The massage-softening pad softens the massage intensity. For a stronger massage, remove the massage-softening pad.

- 1. Flip the head pillow over to the back of the chair.
- 2. Detach the top of the backrest pad hook and loop fastener from the chair.



- 3. Open the horizontal zipper on the back of the backrest pad.



- 4. Insert or remove the massage-softening pad as desired.
- 5. Close the zipper.
- 6. Attach the top of the backrest pad to the chair using the hook and loop fasteners.
- 7. Flip the head pillow over to the front of the chair.

Replacement massage-softening pads are available from Human Touch, for an additional charge.

To experience the full power of Human Touch just remove the massage-softening pad from your chair. But keep it handy, in case you want to replace it in the future.

# care and maintenance

To keep your product working and looking its best, please follow these simple care guidelines.

### Cleaning:

- 1. Be sure to disconnect the power cord from the electrical outlet before cleaning.
- 2. Do not use benzene, thinner or any other solvents on your massage chair.
- 3. Remove dust on the backrest or armrest with a vacuum.
- 4. If the backrest or armrests become soiled, wipe with a damp cloth, then a dry cloth.
- 5. Common upholstery cleaners may be used for tough stains.
- 6. When cleaning the controller or around the power switch, use a dry cloth only. Never use a damp cloth to clean the controller or power switch.

### Fabric Care:

To maintain your Human Touch product in optimum condition, dust it frequently and/or vacuum it with a soft brush vacuum extension. SofSuede™ products can also be brushed with a suede brush. Wipe with a slightly damp cloth as necessary. For tougher stains on non-leather products, use a mild detergent mixed with water. Leather products should be wiped down occasionally with a leather furniture cleaning solution.



### WARNING:

Be sure to test any cleaning solution on a small, inconspicuous part of the product to ensure that the color does not fade prior to using the solution on the entire product surface.

### Maintenance and Repair:

- 1. The mechanics of this product are specially designed and constructed to be maintenance free. No periodic lubrication or servicing is required.
- 2. Your chair should only be serviced by an authorized service center.

### Storage:

- 1. When not in use for a long period of time, we recommend that the chair be covered, the power cord be coiled and that the unit be placed in an environment free of dust and moisture.
- 2. Do not store near heat or open flame. Do not leave this product exposed to direct sunlight for long periods of time. This may cause fading or damage.

### Miscellaneous:

- 1. Foreign objects should not be inserted between the massage nodes or the unit housing.
- 2. Care should be taken not to overload the unit.

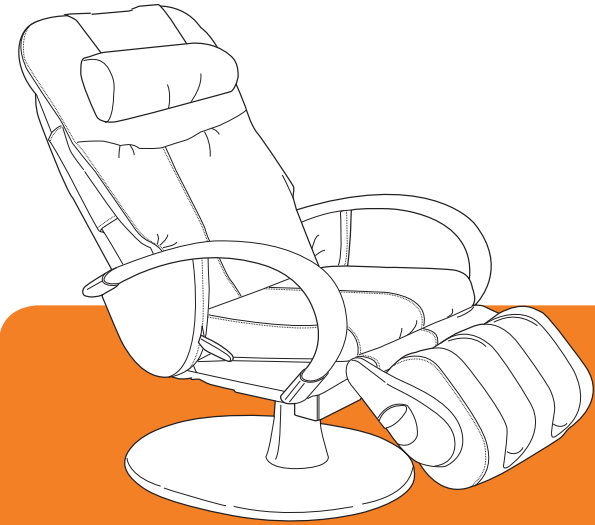


**WARNING:** This product is equipped with a thermal resetting protection device. This is an added safety feature to protect you and this product from overheating. If the product should suddenly stop and will not start, turn the main power switch, located on the back of the product, to off and do not operate the product for at least 30 minutes. Failure to turn the product off may result in the product starting unexpectedly when the product cools.

Specifications\*

Operating Voltage:	AC110-120V 60 Hz
Power Consumption:	130 Watts
Chair size (reclined):	70"L x 28" W x 28"H
Required Recline Clearance:	16"
Product Weight:	139 Lbs.
Maximum Load Weight:	285 Lbs.

*\*Specifications are subject to change without prior notice.*



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