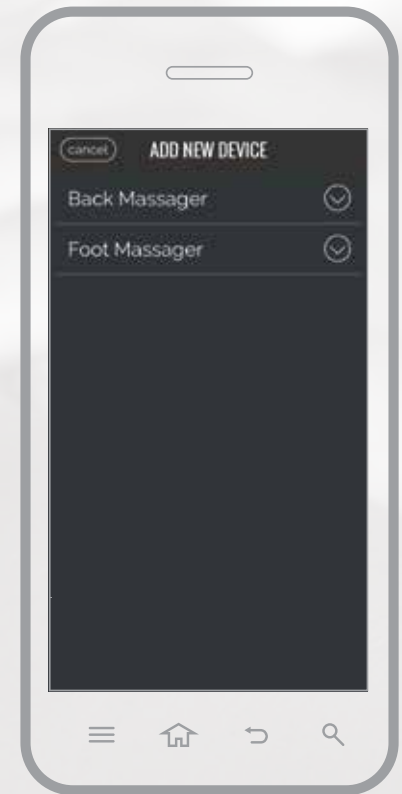


## GETTING STARTED

Download the free app from the Google Play or Apple App Stores. Simply search for HoMedics Massage and verify that your Bluetooth is enabled on your device prior to setup.

## ABOUT THE PRODUCT

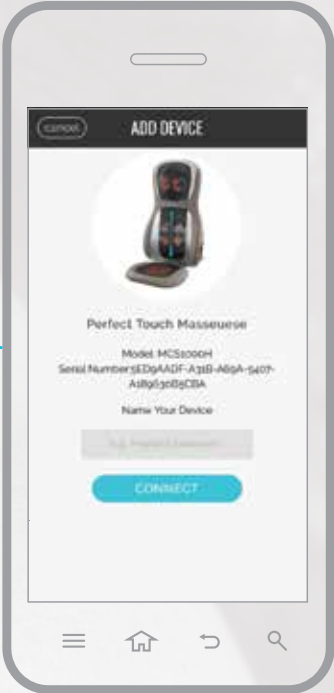
The HoMedics Massage smartphone app allows you to operate one or many different HoMedics Bluetooth enabled massage products to create a perfectly customized massage. Choose between many different features or modes depending on the massage unit or units that you own. See page 6 for supported products or [www.homedics.com](http://www.homedics.com) for further details.



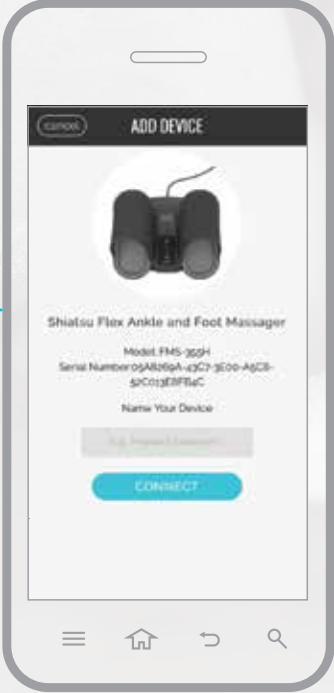
Select the + icon in the upper-right hand corner of the app to get started.

From the available menu, select the product that you would like to setup.

# PRODUCT SELECTION



Pick a nickname for your device.

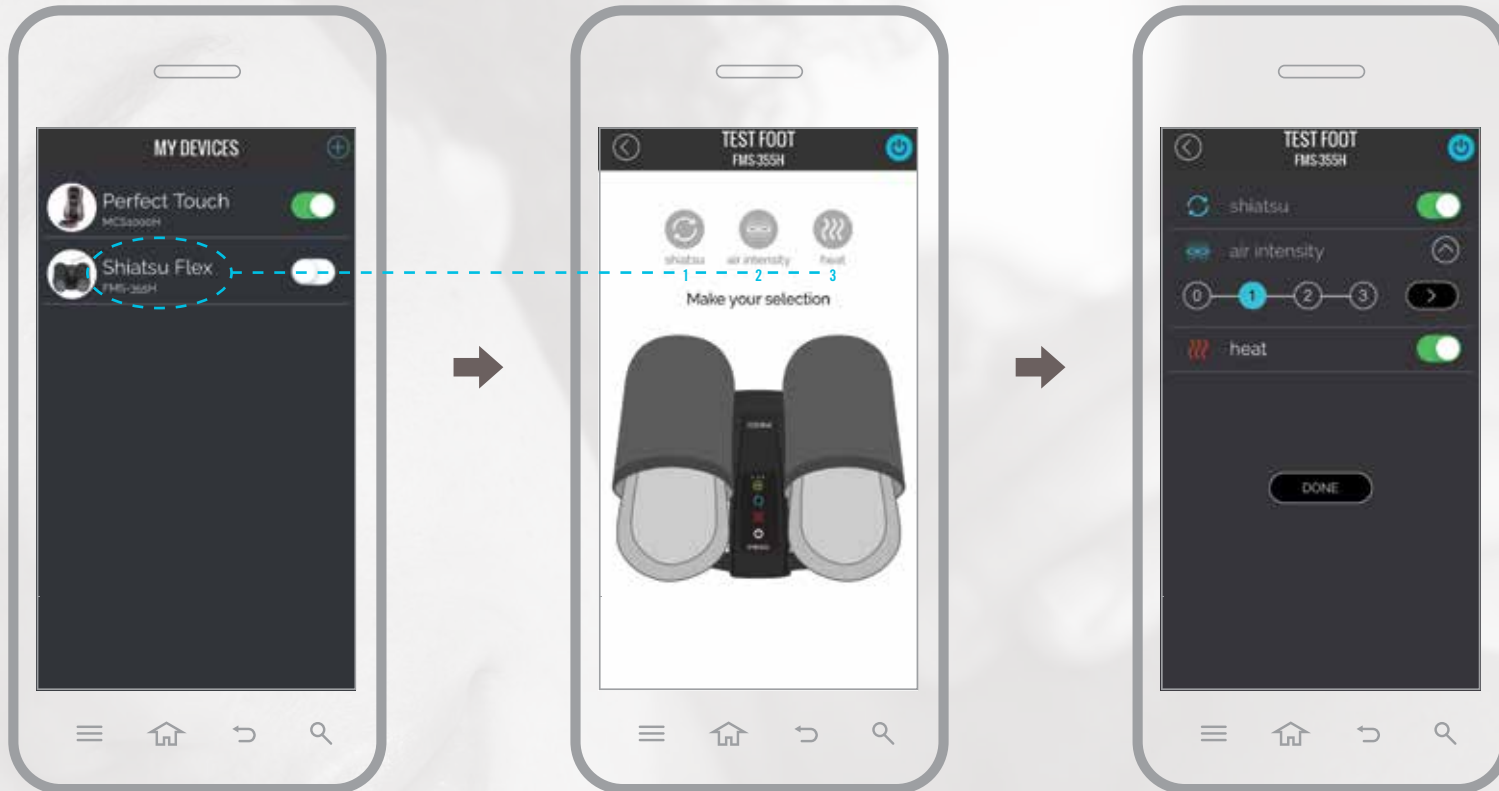


**FMS-355H**  
Continued on page 3.



**MCS-1000H**  
Continued on page 4.

# FMS-355H SHIATSU FLEX ANKLE & FOOT MASSAGER SETUP



Toggle the switch on the right of your product to establish a connection. Select the product to open the options.

Once connected select any of the three options from the top.

Select your massage type and select done when finished.

**Note:** Heat can only be enabled once the shiatsu option is enabled.

## MCS-1000H PERFECT TOUCH MASSEUSE SETUP



Select the product to open the options.

The Perfect Touch Masseur comes with the ability to either use the device as a remote or customize your own perfect massage using the My Messages tool.

Select a massage zone.

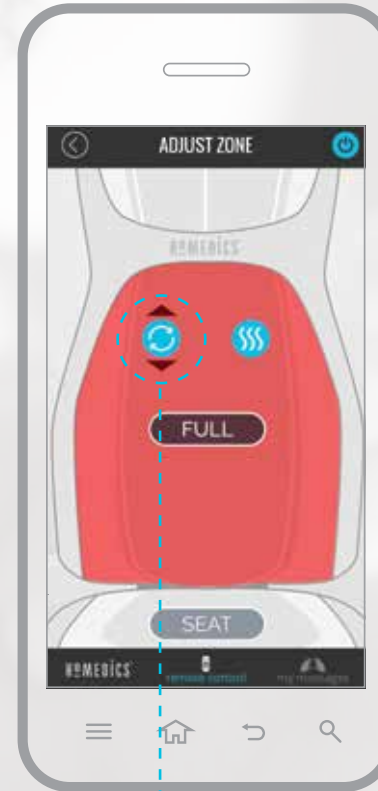


## MCS-1000H PERFECT TOUCH MASSEUSE SETUP CONTINUED



Select massage style and heat if desired.

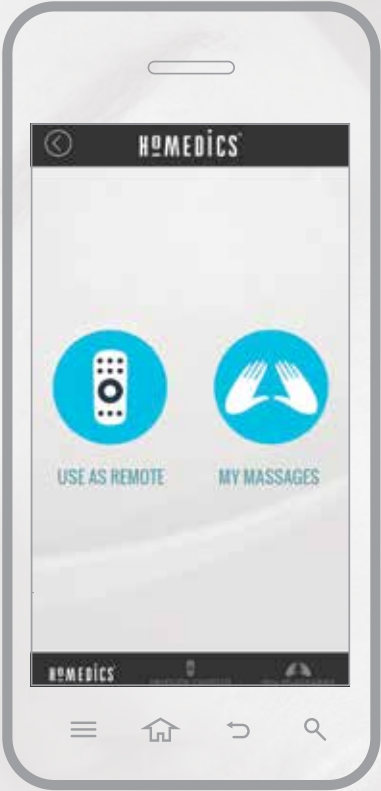
**Note:** Heat can only be enabled if a massage style has been selected.



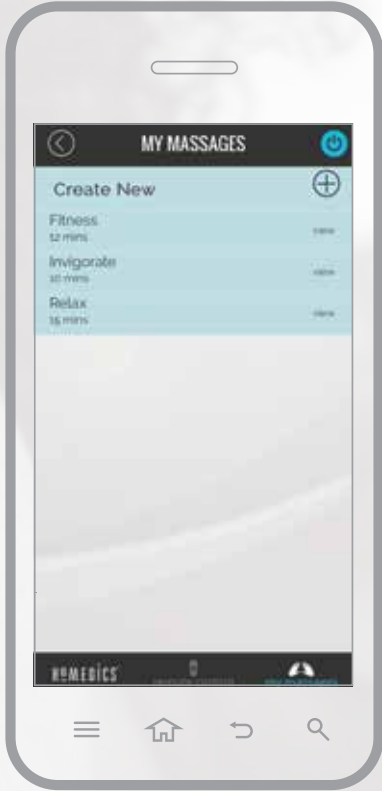
Use the spot tool move up or down in tiny increments.

**Note:** The spot function cannot be used with the rolling massage type.

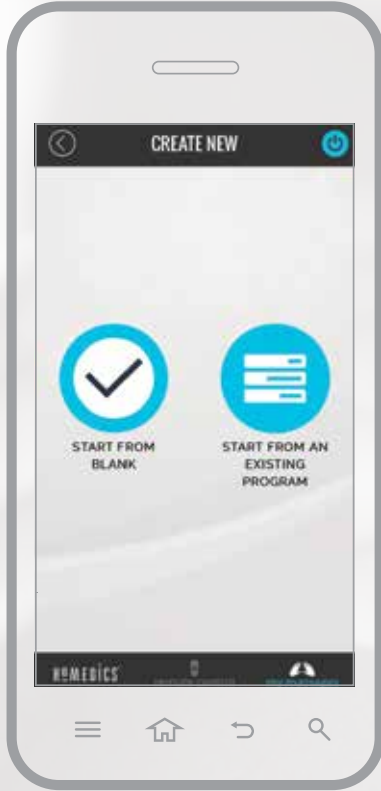
# MESSAGE SETUP



Select My Messages.



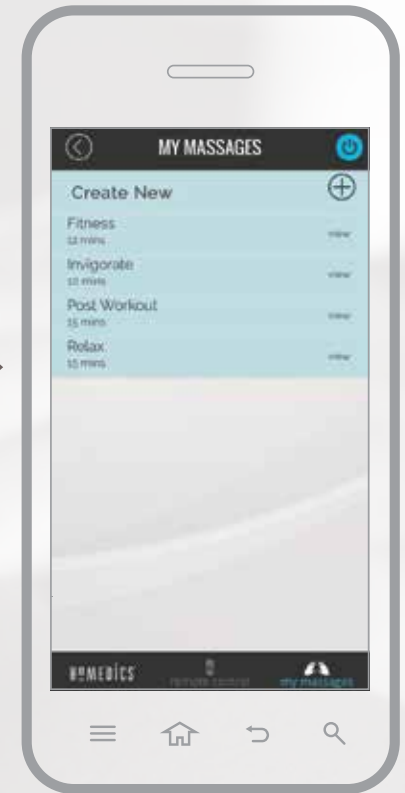
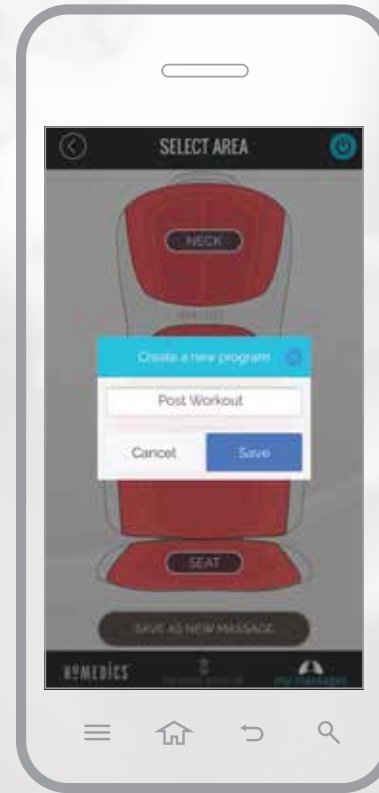
Select Create New to create your own customized message, or use one of the existing programs by tapping the name.



Select either Start From Blank or Start From An existing Program to get started.



## MESSAGE SETUP CONTINUED



Once in the programming menu, simply select the feature and the number of minutes you would like that option to be active.

**Notes:** Messages can only be a maximum of 15 minutes long. Certain functions are incompatible and cannot be used together and will automatically be unselected.

Select Save As New Message at the bottom to add to your My Messages.

Give your program a name.

Select your program from the menu to start!



## NEED HELP?

\*Visit our FAQ Page at <http://www.homedics.com/massage/frequently-asked-questions>.

\*Contact our Consumer Relations team at 1-248-863-3160

\*Or send us an email at [cservice@homedics.com](mailto:cservice@homedics.com)

## SUPPORTED DEVICES

\*FMS-355H - Shiatsu Flex Ankle and Foot Massager

\*FMS-355HTL - Tony Little Destress Shiatsu Flex Ankle and Foot Massager

\*MCS-1000H - Perfect Touch Masseur Back Massager