

OHCO M.8 MASSAGE CHAIR

Quick Reference Guide

GETTING STARTED

- **Power On:** Press Power/Pause button (glows white)
- **Power Off:** Press & hold Power/Pause 3 sec
- **Pause:** Quick press Power/Pause (flashes red)
- **Resume:** Press Power/Pause again

POSITIONING YOURSELF

- Sit fully back with head on pillow
- Adjust pillow to base of neck/top of shoulders
- Arms palm-down in arm rests
- Feet in leg rest; push out to adjust length
- Use door release buttons to enter/exit

SHOULDER SCAN

- Auto-detects when massage starts
- Stay still during scan
- When beep sounds, use Roller Up/Down to fine-tune
- ScanSave remembers profile during power cycle

ADJUSTMENTS

3D Intensity (roller pressure):

- Press 3D button to cycle: Med → High → Low
- Green = Low | Yellow = Med | Red = High

Air Intensity:

- Press Air button to cycle through 3 levels

Chair Position:

- Back Up/Down: Adjust recline angle
- Leg Up/Down: Adjust leg rest angle
- Hold 2 sec: Auto-move to full position
- Zero Gravity button: Press 1x = Zero G, 2x = Lay Flat, 3x = Upright

MASSAGE SESSIONS (~18 MIN EACH)

Programmed: Full Body, Float, Stress Relief, Unwind, Stretch, Morning, Night, Full Body Air, Sports Recovery

Focused: Neck & Shoulders, Low Back, Glutes, Feet & Calves

Quick Massage: Press Quick button for demo session

QUICK FEATURE BUTTONS

- **Heat:** Press to toggle all heat zones (glows red when on)
- **Foot Roller:** Toggle foot rollers on/off
- **Calf Massage:** Toggle calf kneading on/off
- **Neck Roller:** Toggle pillow neck kneaders on/off

SETTINGS MENU FEATURES

- Heat Zones: Customize which areas receive heat
- Aromatherapy: Insert USB diffuser behind left speaker
- Ionizer: Air purification on/off
- LED Lights: Sensing / On / Off modes
- Chromotherapy: Remote color display
- Language: Multiple options available

LINK MESSAGES

- Navigate to active program → Link Another
- Select second massage for back-to-back sessions
- Total time: 35-40 minutes

ENDING A MESSAGE

- Menu → End Massage: Stops massage, stays reclined
- Hold Power 3 sec: Powers off, returns upright
- Wait for chair to fully upright before exiting
- Exit through side doors, never over arm/footrest

IMPORTANT REMINDERS

- Max 30 min/day total • Max 5 min on any single area • Do not sleep in chair • Remove jewelry before use • Doors auto-lock when reclined • Keep hands/feet away from moving parts

Service: www.OHCOMassage.com | Keep manual accessible for detailed instructions