

# arch

**User Manual**

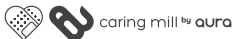
Model No.: FH20



**Welcome to  
the Aura Arch Foot Massager experience.**

Designed with daily comfort in mind,  
the Arch Foot Massager combines elegant design  
and advanced technology to provide a therapeutic  
experience right in your home.

Whether you're easing foot fatigue after a long day  
or enhancing your overall wellness routine, the Arch Foot  
Massager is here to support your journey towards  
relaxation and rejuvenation.





## **CONTENT**

Safety Guidelines	<b>6</b>
Electrical Safety Note	<b>6</b>
Before Use Preparation	<b>7</b>
Operating Instructions	<b>8</b>
Product Details	<b>10</b>
Maintenance and Care	<b>10</b>
Using the Arch Safely	<b>11</b>
Suggested Use & Different Modes	<b>13</b>
Adjusting Settings	<b>14</b>
Additional Safety and Operation Details	<b>14</b>
Final Safety Notes	<b>15</b>
Remote Control Magnetic Holder	<b>15</b>
How to Change the Battery	<b>16</b>

## **Safety Guidelines**

- Always read the user manual before use.
- Consult a doctor before use if you have medical conditions such as skin diseases, heart conditions, or recent surgeries.
- Keep away from water and do not immerse in liquid.
- Use only as directed and avoid using on damaged or broken skin.
- Keep out of reach of children and pets.
- Unplug the device when not in use.

## **Electrical Safety Note**

- Ensure the voltage is correct before use.
- Do not use with a damaged power cord or plug.
- Avoid using the device in extreme temperatures.
- Do not attempt to repair or disassemble the device yourself.

## **Before Use Preparation**

- **What to Wear:**

Wear comfortable, casual clothing that covers the skin.  
Socks are recommended.

- **Where to Use:**

Place the foot massager on a stable, flat surface. Avoid using it on waterbeds or mechanically adjusted beds.

- **Setup:**

Plug in the device and ensure the power cord is not tightly wound or exposed to sharp edges.

## **Operating Instructions**

### **Power On:**

Press the Power button on the device or remote control. The massager will automatically start in Mode 1.

### **Adjust Settings:**

Use the remote control to select your desired intensity level and massage mode. The circular buttons make it easy to navigate.

### **Heat Function:**

Toggle the heat function on or off using the designated button.

### **Timer Settings:**

The device has an auto shut-off feature after 15 minutes.



## Product Details

- **Model:** FH20
- **Dimensions:** 11.8" x 11.8" x 11.8" inches
- **Weight:** 12 lbs
- **Pressure Settings:** 5 adjustable levels
- **Massage Modes:** 2 distinct programs
- **Auto Shut-Off:** 15 minutes
- **Maximum Shoe Size Compatibility:** Up to men's size 12
- **Rated Voltage:** AC 110 - 220 V
- **Rated Power:** DC24 V / 45 W
- **Special Features:** Heat function, magnetized remote control
- **Maintenance:** Easy-to-clean, removable foot inserts
- **Safety:** Overheat protection, stable felt pads

## Maintenance and Care

- **Cleaning:**  
Wipe the exterior with a damp cloth. Do not use harsh chemicals. Removable foot inserts can be hand washed with mild soap and water.

Ensure they are completely dry before reattaching.

- **Storage:**

Keep the device in a cool, dry place.

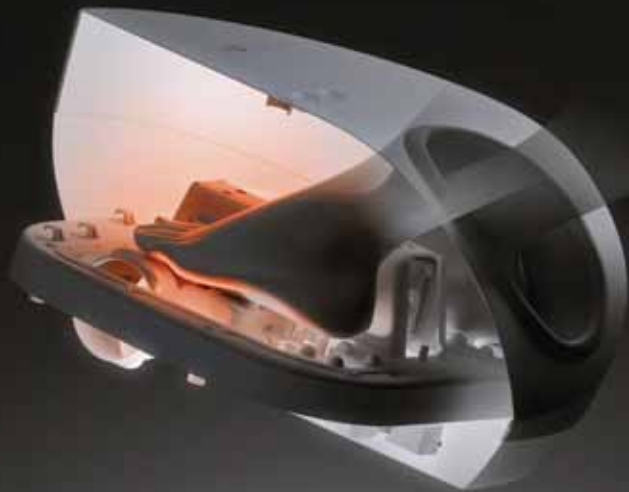
Do not wrap the power cord around the device.

- **Regular Checks:**

Ensure the vents are free of dust and debris.

### **Using the Arch Safely**

- Do not exceed 30 minutes of continuous use.
- If you experience discomfort or pain, discontinue use immediately.
- Ensure the device is on a stable surface during operation to avoid accidents.



## Suggested Use & Different Modes



### Mode 1: Jump Starting the Day

- Goal: Gentle massage to stimulate the feet.
- Setting:
  - Heat: Off
  - Massage mode: Slow Foot roller & Air pressure
  - Pressure level: 2



### Mode 2: After Workout

- Goal: Help in muscle recovery and reduce fatigue.
- Setting:
  - Heat: On
  - Massage mode: Fast Foot roller & Air pressure
  - Pressure level: 4

## Adjusting Settings

During each mode, you can adjust the air pressure level and toggle the heat function based on your personal preference. The device will remember the last used settings for the next session.

## Additional Safety and Operation Details

Button Functionality:



**Power Button:** Turns the device on & off.

**Mode Button:** Switches between two massage programs.

**Intensity Button:** Adjust the pressure intensity in five levels.

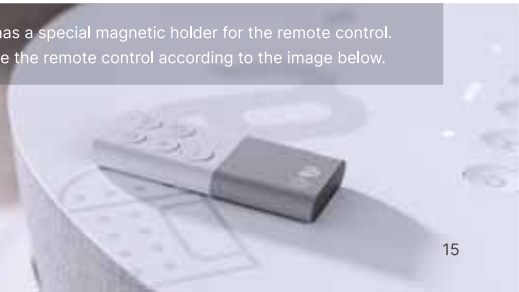
**Heat Button:** Toggles the heat function on & off.

### **Final Safety Notes**

- Do not cover the unit while in use, as this can cause overheating.
- Keep the device away from water and wet surfaces.
- Do not use near aerosol sprays or where oxygen is being administered.
- If any part of the device becomes damaged, discontinue use and contact the service center for evaluation and repair.
- Always unplug the device before cleaning.

### **Remote Control Magnetic Holder**

Aura Arch has a special magnetic holder for the remote control. Please place the remote control according to the image below.



## How to Change the Battery

### 1. Access the Battery Compartment

The battery cover cannot be removed as normal. To open it, use the provided pin and press firmly into the small hole located on the side of the remote control. While holding the pin down, slide the battery cover off.

### 2. Remove the Old Battery

Once the cover is removed, you'll see the battery compartment. If this is your first time opening it, remove the protective transparent piece covering the battery. If you're changing the battery, simply take out the old battery.





**3. Insert the New Battery**

Insert a new CR2032 3-volt lithium battery into the battery slot. Ensure that the positive side (marked with a "+" sign) is facing outward.

**4. Reattach the Battery Cover**

Slide the battery cover back onto the remote control until it clicks into place. Give it a gentle pull to confirm that it is securely attached.

**5. Test the Remote Control**

Once the battery cover is securely in place, test the remote to ensure it is functioning properly.

FCC warning:

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.



Manufactured For:  
Aura Medical LLC Brooklyn, NY 11206

For support or inquiries:  
[support@camar.com](mailto:support@camar.com)