

User Manual

Terahertz RF Massager ABS-WT01 / ABS-WT01A

English safety and user handbook



Important before use

This device is an electrical wellness device for private home use. It is not medical equipment and must not be used as a substitute for medical evaluation, treatment or medicines. Read the full manual before first use.

Contents and document basis

This manual is an improved and more user-friendly English version based on the supplier original manual, technical specifications and available test/certificate material for the Terahertz RF Massager.

| | |
|----------------------|---|
| Product name | Terahertz RF Massager / Premium Terahertz Foot Massager |
| Models | ABS-WT01 / ABS-WT01A |
| Importer/distributor | Uno Vita AS, Moss, Norway |
| Intended use | Wellness device for feet and optional accessories for home use. Indoor dry use only. |
| Document basis | Original manual, technical specifications and EN 60335-1 / LVD 2014/35/EU test basis. |

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Safe use - quick guide

This quick guide does not replace the full manual, but summarizes the most important rules for safe use.

- Use the device indoors only on a dry, flat and stable surface.
- Sit down during use. Never stand on the device.
- Keep your feet separated. Feet, ankles and knees must not touch each other during use.
- Do not touch the energy pedals with hands, metal objects or other body parts while the device is operating.
- Never look directly into the red/blue light function.
- Stop immediately if you experience discomfort, skin reaction, dizziness, smoke, odor or abnormal heat.
- Do not open or repair the device yourself.

Product overview

The device is an electrical foot wellness unit with energy pedals, adjustable intensity, timer control, foot detection, red/blue light function, plasma function and support for an optional heating belt.



Included parts / main components

- Main unit with two energy pedals and control panel
- Detachable power cord
- Remote control, depending on package contents
- Fuse
- User manual
- Heating belt and/or light plate may be included as optional accessories in some packages

Technical specifications

The technology values below are supplier-stated and must not be interpreted as medical claims. The user should follow intensity levels 1-10 and personal tolerance, not promotional temperature illustrations.

| | |
|------------------------|---|
| Model | ABS-WT01 / ABS-WT01A |
| Rated voltage | AC 220-240 V |
| Frequency | 50 Hz |
| Rated power | 400 W |
| Dimensions | 365 x 400 x 220 mm (L x W x H) |
| Net weight | Approx. 4 kg |
| Intensity levels | 1-10 |
| Timer | 5-30 minutes, adjustable in 5-minute steps |
| Ingress protection | IP20 - indoor dry use only |
| Electrical class | Class I |
| Test basis | EN 60335-1:2012/A16:2023; LVD Directive 2014/35/EU |
| Report | LCT-241102020332 |
| Terahertz band | Supplier-stated 3-3000 micrometer, with general frequency indication 0.1-10 THz |
| Electromagnetic module | Supplier-stated 1 MHz |
| Bioelectrical pulse | Supplier-stated 5-60 Hz |
| Pulse width | Supplier-stated approx. 200-400 microseconds |
| Magnetic field | Supplier-stated 2000 Gauss |

Control panel and remote control

The control panel operates the main functions. The remote can normally be used for start/pause, time, intensity, red/blue light and plasma. The heating belt is operated from the main panel and is normally not remote-controlled.



- Heating belt: turns the heating belt on/off and selects temperature when connected.
- Red/Blue light: switches between red light, blue light and off.
- Time +/-: adjusts the operating time.
- Start/Pause: starts, pauses or ends the session.
- Intensity +/-: adjusts thermal/energetic intensity at levels 1-10.
- Plasma: turns the plasma function on/off.
- Time display: shows selected or remaining time.
- Intensity display: shows the selected level or "--" when foot contact is missing.
- Foot detection: alerts when one or both feet lose contact.
- Receiver: receives the signal from the remote control.

Before first use

- Check that the device is complete, clean and undamaged before use.
- Place the device on a dry, flat and stable surface with good ventilation.
- Do not use the device in bathrooms, wet rooms, near water or in high humidity.
- Remove metal objects such as ankle chains, jewelry and accessories that may come into contact with the device.
- The soles should be clean and slightly moist for good contact.
- Do not use the device if the skin on the feet is damaged, irritated, infected or has open wounds.

Step-by-step operation

- 1 Place the device level and stable. Make sure the power switch is off before connecting the cord.
- 2 Connect the power cord to the device and to a suitable outlet. Switch on the rear power switch.
- 3 In standby, the display usually shows 30 minutes and "--" in the intensity field.
- 4 Sit down and place both feet flat on the energy pedals without touching each other.
- 5 Press Start/Pause. When both feet have good contact, the device enters operating mode.
- 6 Select low intensity for first use and increase gradually only if comfortable.
- 7 Adjust the operating time as needed. Normal session length is 5-30 minutes.
- 8 When the time is finished, the functions switch off and the device returns to standby.
- 9 After use: switch off the device, unplug it, allow it to cool and clean if necessary.

Functions during use

- Time and intensity: always start low and increase gradually. A long press on Start/Pause may switch off all functions.
- Red/blue light function: use with care and never look directly into the light source.
- Plasma function: the indicator flashes when active. Stop the session if you feel discomfort.
- Heating belt: optional accessory that must be connected only to the dedicated interface and used on dry skin. Do not wash or use the belt if it is damaged.

When the device should not be used

Do not use the device if you are unsure. In case of illness, pregnancy, medical implants, reduced sensation or use of medicines that affect pain/temperature sensation, consult a health professional before use.

- Pacemaker, cochlear implant or other electronic implant/active medical device
- Metal implants, stents or other implanted devices where use may be contraindicated
- Pregnancy, the first year after birth, infants, small children or persons unable to express discomfort
- Epilepsy, severe psychiatric illness, impaired consciousness or reduced ability to judge personal reactions
- High fever, infection, active skin infection, acute inflammation, bleeding tendency or severe unexplained symptoms
- Recent serious illness, heart failure, stroke, heart attack or other serious cardiovascular conditions
- Diabetes with reduced foot sensation, wounds, burns, swelling or pain in the affected area
- Light sensitivity, albinism or skin conditions where the red/blue light function should be avoided

Cleaning, storage and troubleshooting

The product must never be rinsed or immersed in water.

Cleaning and storage

- Switch off the device and unplug it after use.
- Allow the device to cool before cleaning.
- Wipe pedals and surfaces with a lightly damp, well-wrung cloth and then dry with a dry cloth.
- Do not use alcohol, solvents, abrasives or aggressive cleaning agents.
- Do not wash the heating belt and do not let it get wet.
- Store the device in a dry, clean place out of reach of children.

Troubleshooting

- Device will not switch on: check the outlet, power cord, rear power switch and fuse.
- Display shows "--": this normally means standby or missing foot contact. Lightly moisten the soles if needed.
- Device stops during use: the timer may have finished, foot contact may have been lost or a protection function may have activated.
- Remote control does not work: check battery, polarity, distance and clear line of sight to the receiver.
- Heating belt does not work: make sure the belt is connected correctly and remember it is controlled from the main panel.
- Unusual smell, smoke or strong heat: stop immediately, unplug and contact service.

Warranty, service and compliance

Warranty terms may vary by dealer, country and purchase agreement. The warranty normally does not cover misuse, unauthorized repair, water damage, fire, natural events, incorrect voltage or use of non-original accessories. Keep your proof of purchase.

Compliance and documentation

- Test basis: EN 60335-1:2012/A16:2023
- Directive reference: LVD 2014/35/EU
- Report number: LCT-241102020332
- The product is not intended to diagnose, treat, cure or prevent disease.

Important before use

This device is an electrical wellness device for private home use. It is not medical equipment and must not be used as a substitute for medical evaluation, treatment or medicines. Read the full manual before first use.

Quick reference by the product

Keep this page near the device for everyday use.

- Before use: read the manual, make sure the device is dry and undamaged, and sit down before starting.
- During use: keep both feet flat on separate pedals, start with low intensity and stop if uncomfortable.
- After use: switch off, unplug, let the device cool and wipe it with a lightly damp cloth.
- Do not use the device with pacemaker/implant, pregnancy, serious illness, skin damage, high fever or if you are unsure.