

**HOMEDICS®**  
**ZEN**

# ZENPILLOW

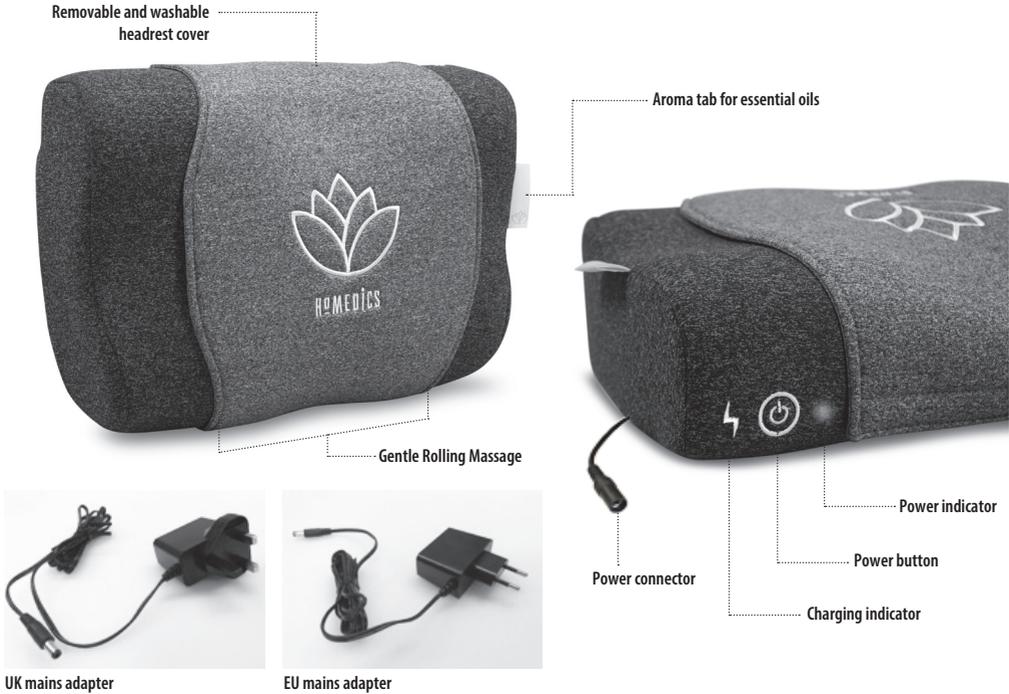
SMOOTH CALMING NECK MASSAGE



**3 YEAR GUARANTEE**

ZEN-1000-GB

## PRODUCT FEATURES:



### Get ready to spend the next 30 minutes unwinding and de-stressing with the latest in holistic relaxation.

As you lay back and relax, allow the soothing rolling motion of the Zen Pillow to gently ease away any tension in your neck. Apply a few drops of your favourite essential oil onto the aroma tab and embrace the sensory experience at the end of a busy day. Complete the experience by closing your eyes and putting on your headphones to listen to the accompanying meditation tracks, available free on the HoMedics website.

#### INSTRUCTIONS FOR CORDLESS USE

1. Plug the adaptor into a 220-240V mains outlet and connect the adaptor lead to the pillow's power connector to charge it. A full charge will take approx 2 hours.  
NOTE: While charging, the red charging indicator will flash slowly. Once charged, it will stop flashing but will stay lit. When the pillow needs charging again, the indicator light will flash rapidly.
2. Once charged, switch off at the mains and disconnect the pillow from the adaptor.
3. Press the power button on the rear of the pillow to start the massage program. The blue power indicator will illuminate and the massage rollers will start to turn silently inside the pillow.
4. Lay your head on the pillow with your neck fully supported so that you can feel the gentle massage. If preferred, you can choose to remove the headrest cover to increase the massage sensation.
5. The pillow will automatically turn off at the end of the 30-minute

program and the massage mechanism will silently retract allowing you to continue your relaxation.

#### ENHANCING THE RELAXATION EXPERIENCE

- For a fuller sensory experience, we recommend adding a few drops of your favourite essential oil to the green aroma tab on the side of the pillow before use. The oils will gently diffuse their scent helping you to relax.
- Our meditation tracks are available on our website at [www.homedics.co.uk/stretch-guided-meditations](http://www.homedics.co.uk/stretch-guided-meditations) and have been specifically designed to enhance the use of the Zen Pillow. Please choose a track and listen through your headphones

#### CORDED USE

The Zen Pillow can also be used when it is plugged into the mains, but it will not charge whilst it is in use. To charge, please ensure the pillow is switched off.

#### CLEANING:

Always ensure the product is both unplugged and switched off before cleaning.

The headrest cover is hand-washable and can be removed by unzipping it from the back of the cushion. Allow to dry completely before replacing on the product. Do not machine wash or tumble dry. The rest of the fabric can be wiped with a damp cloth if required. Do not use any chemical cleaners. Keep the power connector and adaptor dry at all times.



**FKA Brands Ltd**  
Somerhill Business Park, Tonbridge, Kent TN11 0GP, UK  
Customer Support: +44(0) 1732 378557  
[support@homedics.co.uk](mailto:support@homedics.co.uk)



IB-ZEN1000-GB-0619-01