

Q1: What is the Easy@Home TENS Foot Massager Mat used for?

The Easy@Home TENS Foot Massager Mat is used for foot pain relief, foot care, and relaxation. It targets key points on the soles of your feet with electrical muscle stimulation (EMS) to revive tired feet and soothe aching legs.

Q2: Can the foot massager mat be used without a TENS unit controller?

No, the foot massager mat cannot be used without a TENS unit controller. The mat is an accessory for the Easy@Home TENS models EHE015 and EHE029G. The controller is sold separately.

Q3: What type of material is the foot massager mat made of?

The foot massager mat is made of durable silicone with a smooth conductive surface. It features skin-friendly silver printing for placement guidance.

Q4: Who is the foot massage pad beneficial for?

The foot massage pad is beneficial for various individuals, including those who go to the gym for long periods, people who travel long distances, active individuals engaged in activities like cycling or mountain climbing, and those who experience foot pain from wearing shoes such as high heels.

Q5: Can the foot massager mat be used anywhere?

Yes, the foot massager mat is portable and can be used anytime and anywhere. It is designed to be lightweight and flexible, allowing you to enjoy a foot massage session while working, watching movies, doing housework, or any other activity.

We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at [healthcare-manager.com](https://www.healthcare-manager.com)