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**PHILIPS**

Back and Waist  
Massager

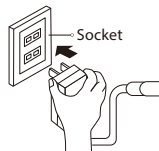
Back Massager

PPM4501



Quick Start Guide

1. Insert the plug into the power socket.



2. Hold the "ON/OFF" button for 2 seconds to turn on the massager. Heating is activated by default, and the message nodes rotate from outside to inside. The button indicates in orange, while message nodes in yellow.



Hold for 2 seconds  
Orange indicator

3. Short press the "ON/OFF" button. The message nodes rotate from inside to outside with heating. The button indicates in orange, while message nodes in yellow.



Press for the second time  
Orange indicator

4. Short press the "ON/OFF" button again. The message nodes rotate from outside to inside without heating. The button and message nodes indicate in blue.



Press for the third time  
Blue indicator

5. Short press the "ON/OFF" button again. The message nodes rotate from inside to outside without heating. The button and message nodes indicate in blue.



Press for the fourth time  
Blue indicator

6. The default off time is 15 minutes. To stop the device midway, please hold the "ON/OFF" button for 2 seconds to turn it off.



Hold for 2 seconds  
to turn off

**!** Please choose the message mode reasonably according to your own situation, and do not use the device for more than 30 minutes each time. Let the device rest for 30 minutes after each use.