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Rev A JUL 22



PHILIPS

Neck and Shoulder
Massager

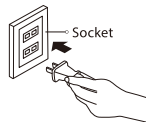
Massage Shawl

PPM3321

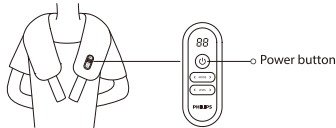


Quick Start Guide

1. Insert the plug into the power socket



2. Hold the power button for 2 seconds to turn it on.



3. When power on, the default status is hot compress on (the light ring shows orange colour) with Auto massage mode. It will enter the heating state and Auto mode (with intensity level of "H1") by default.



4. Press the power button to disable the hot compress function, and the color of light ring will change from orange to blue.



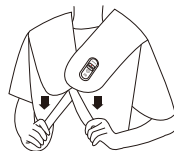
5. Press the mode "<" ">" button to switch between automatic mode and 11 personalized modes.

< MODE >

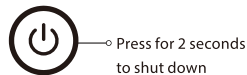
6. Press the intensity "<" ">" button to adjust the massage intensity of level 1~6 as needed.

< LEVEL >

7. During use, the massage areas can be adjusted by pulling the drawstring.



8. The device will be turned off after operating for 15 minutes by default. If you need to stop halfway, please hold the power button for 2 seconds to shut down.



- 1. When you are adjusting the mode, the display shows the current mode, and after 3 seconds, it will display the current tapping intensity automatically.
- 2. Please choose the massage intensity reasonably according to your own situation, and do not use the device for more than 15 minutes each time. Let the device rest for 30 minutes after each use.