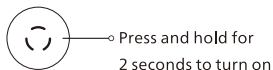


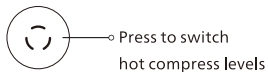
1. Wrap the neck massager around your neck (or other areas to be massaged) and fix it with hook and loop tapes.



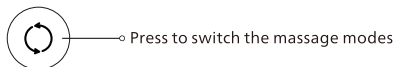
2. Press and hold the power function button for 2 seconds to turn on the device. The device enters the pressing mode, intensity level 1 and hot compress level 1 by default. The mode indicator turns green and the power indicator turns yellow.



3. Press the power function button to switch the device to hot compress level 2, and the power indicator turns orange. Double click the power function button to turn off the hot compress, and the power indicator turns blue. Double click the power function button again to turn on hot compress level 1.



4. Press the mode button to switch the massage modes. The color of the mode indicator changes with different modes; after switching modes, the intensity returns to level 1.



5. Double click the mode button to turn off or turn on pulse massage. The mode indicator goes out when the pulse massage is turned off, and lights up when it is turned on. If both hot compress and pulse massage are turned off, the device will automatically power off after 30 seconds.

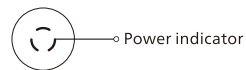


6. The device is set to automatically shut down after 10 minutes. If you need to stop midway, press and hold the power function button to shut down.



7. When charging, the power indicator flashes blue slowly and remains on after being fully charged. Low battery warning:

- (1) When the battery level is below 10% in the power-on state, the power indicator will flash blue for 5 seconds to warn, and the device will automatically shut down.
- (2) When the battery level is below 10% in the power-off state, the power indicator will flash blue for 5 seconds to warn, and the device will not turn on.

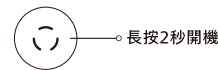


- !**
1. If you feel uncomfortable during the massage, please stop the device immediately.
 2. When the massager is not in use, please stop the massager and turn off the device. In case of any malfunction, turn off the power to avoid accidents.
 3. Before use, moisten the skin with clean water for a better massage experience.
 4. The device is set to automatically shut down after 10 minutes. Do not use it for more than 10 minutes each time. Keep the device rest for 30 minutes after each use to ensure the extension of its service life.

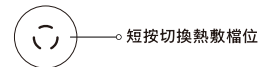
1. 將頸部按摩器環繞於頸部（或其他需要按摩部位），並利用黏扣帶固定。



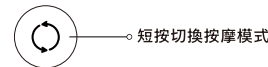
2. 長按電源功能鍵2秒開機，默認進入按壓模式，模式指示燈亮綠色，力度1檔；熱敷1檔開啟，電源指示燈亮黃色。



3. 短按電源功能鍵，切換為熱敷2檔，指示燈亮橙色；雙擊電源功能鍵則關閉熱敷，電源指示燈亮藍色；再次雙擊電源功能鍵則開啟熱敷1檔。



4. 短按模式鍵切換按摩模式，模式指示燈顏色隨不同模式而改變；切換模式後，力度恢復至1檔。





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5. 雙擊模式鍵可以關閉或開啟脈衝按摩，關閉時模式指示燈熄滅，開啓時模式指示燈亮起。若熱敷和脈衝按摩都關閉，30秒後將自動斷電。



雙擊關閉或開啟脈衝按摩

6. 產品工作10分鐘後自動關機。若需要中途停止，請長按電源功能鍵關機。



7. 產品充電時，電源指示燈亮藍色緩慢閃爍，充滿後常亮藍色。低電量報警：

- ①開機狀態下，當電池電量低於10%時，電源指示燈亮藍色閃爍5秒警示且自動關機；
- ②關機狀態下，當電池電量低於10%時，電源指示燈亮藍色閃爍5秒警示且不開機；



電源指示燈

1. 若在按摩過程中感到不適，請立即停止操作。
2. 按摩器不用時，請將按摩器停止工作，關閉機器。若發生機器故障，請關閉電源，以免發生意外。
3. 按摩前請先用清水濕潤皮膚，以獲得更好的按摩體驗。
4. 按摩器單次使用定時10分鐘，每次使用請不要超過10分鐘，使用後請讓機器休息30分鐘，以確保機器壽命的延長。

PHILIPS

肩頸按摩器

頸部按摩器

PPM3311



Quick Start Guide
快速入門指南