

**PHILIPS**

腰背按摩器

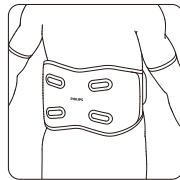
腰部按摩器

PPM4721



## Quick Start Guide 快速入門指南

1. Remove the accessories on the waist and abdomen, and then wear the massager on the waist and adjust it to a comfortable state.



2. Press and hold the power function button for 2 seconds to turn on/off. After power-on, the massager will enter the wake-up mode, and the buzzer makes a long sound of "drip ~". The status indicator turns orange, and the middle of screen displays the current temperature.



3. Press the power function button to turn on /off the heating function.



4. Press the mode adjustment button to switch the massage modes (wake-up mode - energizing mode - relaxing mode - soothing mode - massage off) circularly. During the adjustment, the corresponding mode display lamp will turn white.



5. Press the vibration level button to adjust the vibration (level 1- level 2 - level 3) circularly. During the adjustment, the corresponding mode display lamp will turn white, the display screen will display the vibration level (L1-L2-L3), and then automatically switch to temperature display 2 seconds later.



6. Press the temperature "<" , ">" buttons to adjust the temperature (40°C, 45°C, 50°C, 55°C) circularly, and the middle of screen will display the current selected temperature.



請在以下網站連接中了解詳情

[www.philips.com](http://www.philips.com)

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水護盾是飛利浦淨飲水解決方案、熱水解決方案、衛浴解決方案、水杯及個人按摩器唯一品牌官方授權運營主體。

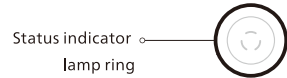
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7. When the device is working normally, press and hold the lock screen button for 2 seconds to lock/unlock the screen.



8. When the battery remaining capacity is lower than 10%, the indicator lamp ring will flash blue for 5 seconds. The buzzer will make a long sound of "drip ~", and the product will be powered off. When charging, the indicator lamp ring flashes blue slowly until the massager is fully charged, then the blue lamp remains on.

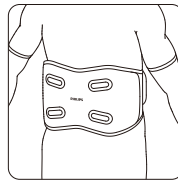


9. The massager will be automatically powered off after operation for 30 minutes, and the buzzer will make a long sound of "drip ~" to enter the power-off state.



- 1. As each person has different sensitivity to the temperature, it is recommended to use the massager with clothes on for fear of scalding if choosing 45°C and above;
- 2. It is recommended to select the first level of intensity at the beginning of the use of the product. Your waist and abdomen may become red after use, which can be relieved by itself after a period of time.
- 3. The fabric area should not be washed. Sterilize the fabric and remove sweat stains with alcohol or wipe it with a clean wet towel.

1、去除腰部和腹部的裝飾物，將按摩器佩戴在腰部，並調整至舒適狀態。



2、長按開關鍵2秒開機/關機，開機預設進入喚醒模式，蜂鳴器發出“滴~”一聲。狀態指示燈呈現橙色燈光，中間顯示幕顯示當前溫度。



3、短按開關鍵可開啟/關閉加熱功能。



4、短按模式鍵調節按摩模式（喚醒模式-活力模式-放鬆模式-舒緩模式-關閉按摩）循環切換，調節時對應的模式顯示燈亮起白光。



5、短按振動鍵調節振動（1擋-2擋-3擋）循環切換，調節時對應的模式顯示亮起白光，顯示幕顯示振動擋位（L1-L2-L3），2秒後自動切換為溫度顯示。



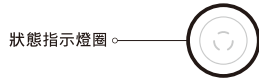
6、短按溫度“<”、“>”鍵調節溫度（40°C、45°C、50°C、55°C）循環切換，中間顯示幕顯示當前選擇溫度。



7、當機器正常工作時，長按2秒按鍵可以關閉/開啟螢幕。



8、電量少於10%時，燈圈呈現藍色頻閃5秒，蜂鳴器長鳴“滴~”一聲，並機器關機；充電時燈圈呈現藍色呼吸燈狀態，直至充滿電常亮藍色燈。



9、按摩器運行30分鐘後自動關機，蜂鳴器長鳴“滴~”一聲進入關機狀態。



- 1、因每個人對溫度的敏感度不同，45°C及以上建議隔著衣服使用，謹防燙傷；
- 2、建議在剛開始使用按摩器階段採用1擋力度，使用後腰腹部可能變紅，一段時間後可自行緩解。
- 3、布料區域不可水洗，請用酒精殺菌除汗漬或用潔淨濕毛巾擦拭。