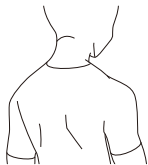


1. 按摩前脫掉項鏈等裝飾物。



2. 將按摩器披在肩部，可手拉調節按摩部位，亦或使用伸縮扣調節鬆緊固定按摩部位。

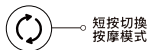
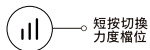
3. 長按操作按鍵2秒開機，（語音提示：按摩開啟），開機默認進入揉捏模式，力度一檔，熱敷一檔（按鍵指示燈亮粉色）。



4. 短按操作按鍵可依次迴圈切換溫度檔位，切換順序為：熱敷二檔（語音提示：45°C，按鍵指示燈亮紅色）-關閉加熱（語音提示：關閉加熱，按鍵指示燈亮白燈）-熱敷一檔（語音提示：40°C，按鍵指示燈亮粉色）。

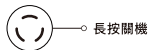
3

5. 短按力度按鍵切換力度檔位，切換順序為：力度二檔（語音提示：力度二檔）-力度一檔（語音提示：力度一檔）。



6. 短按模式按鍵可切換按摩模式，切換順序為：舒緩模式（語音提示：舒緩模式）-護頸模式（語音提示：護頸模式）-揉捏模式（語音提示：揉捏模式）。

7. 默認10分鐘定時關機，若需要中途停止，請長按操作按鍵關機。



- ❗ 1. 請根據自身情況合理選擇按摩模式，單次使用請不要超過10分鐘，使用後請讓機器休息20分鐘。
2. 布料區域不支持水洗。需要清潔保養時，請用中性洗滌劑沾濕抹布，然後輕輕地擦除。

4

PHILIPS

肩頸按摩器

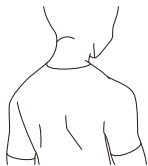
按摩披肩

PPM3522



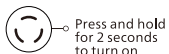
Quick Start Guide
快速入門指南

1. Remove pendants such as necklaces before massage.



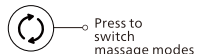
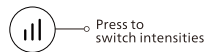
2. Put the massager on the shoulders, and adjust the areas to be massaged with the pull straps, or the massager to the area with the elastic bands.

3. Press and hold the operation button for 2 seconds to turn on the device (voice prompt: massage on). By default, the device enters the kneading mode, with rst-level strength and rst-level hot compress temperature (button indicator remains pink).



4. Press the operation button to cycle through the levels in sequence: second-level hot compress temperature (voice prompt: 45°C; button indicator remains red) — heating off (voice prompt: turn off heating; button indicator remains white) — rst-level hot compress temperature (voice prompt: 40°C; button indicator remains pink)

5. Press the intensity button to cycle through the levels in sequence: second-level strength (voice prompt: Intensity level 2) — rst-level strength (voice prompt: Intensity level 1).



6. Press the mode button to switch massage modes in sequence: Relaxing mode (voice prompt: relaxing mode) — Neck-care mode (voice prompt: neck-care mode) — Kneading mode (voice prompt: kneading mode).

7. The device is set to automatically shut down after 10 minutes. If you need to stop midway, press and hold the operation button to turn it off.



- !** 1. Please choose the massage mode reasonably based on your own situation. Do not use it for more than 10 minutes each time . Keep the device rest for 20 minutes after each use.
2. The fabric area cannot be washed. It is recommended to use a cloth dampened with neutral detergent and gently wipe it for cleaning and maintenance.



請在以下網站鏈接中了解詳情
www.philips.com

本手冊內容與實物可能存在差異，請以實物為準，如產品有任何更新恕不另行通知。

©2024 AquaShield
All rights reserved

Philips and the Philips Shield Emblem are registered trademarks of Koninklijke Philips N.V. and are used under license.
This product has been manufactured by and is sold under the responsibility of Hongkong AquaShield Health Technology Company Limited and Hongkong AquaShield Health Technology Company Limited is the warrantor in relation to this product.

水護盾是飛利浦飲水解決方案、熱水解決方案、衛浴解決方案、水杯、個人按摩器及運動器材唯一品牌官方授權營運主體。

Rev A APR 24

