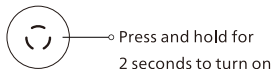


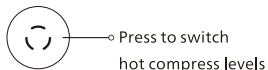
1. Wrap the neck massager around your neck (or other areas to be massaged) and fix it with hook and loop tapes.



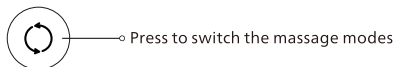
2. Press and hold the power function button for 2 seconds to turn on the device. The device enters the pressing mode, intensity level 1 and hot compress level 1 by default. The mode indicator turns green and the power indicator turns yellow.



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.

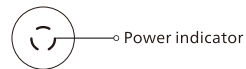


6. The device is set to automatically shut down after 10 minutes. If you need to stop midway, press and hold the power function button to shut down.



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.

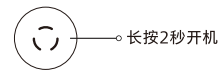


- 1. If you feel uncomfortable during the massage, please stop the device immediately.
- 2. When the massager is not in use, please stop the massager and turn off the device. In case of any malfunction, turn off the power to avoid accidents.
- 3. Before use, moisten the skin with clean water for a better 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.

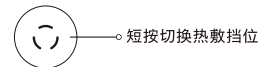
1. 将颈部按摩器环绕于颈部（或其他需要按摩部位），并利用粘扣带固定。



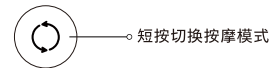
2. 长按电源功能键2秒开机，默认按压模式，模式指示灯亮绿色，力度1挡，热敷1挡开启，电源指示灯亮黄色。



3. 短按电源功能键，切换为热敷2挡，指示灯亮橙色；双击电源功能键则关闭热敷，电源指示灯亮蓝色，再次双击电源功能键则开启热敷1挡。



4. 短按模式键切换按摩模式，模式指示灯颜色随不同模式而改变；切换模式后，力度恢复至1挡。





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5. 双击模式键可以关闭或开启脉冲按摩，关闭时模式指示灯熄灭，开启时模式指示灯亮起。若热敷和脉冲都关闭，30秒后将自动断电。



双击关闭或开启脉冲按摩

6. 产品工作10分钟后自动关机。若需要中途停止，请长按电源功能键关机。



7. 产品充电时，电源指示灯亮蓝色缓慢闪烁，充满后常亮蓝色。低电量报警：

- (1) 开机状态下，当电池电量低于10%时，电源指示灯亮蓝色闪烁5秒报警且自动关机；
- (2) 关机状态下，当电池电量低于10%时，电源指示灯亮蓝色闪烁5秒报警且不开机；



电源指示灯

1. 若在按摩过程中感到不适，请立即停止操作。
2. 按摩器不用时，请将按摩器停止工作，关闭机器。若发生机器故障，请关闭电源，以免发生意外。
3. 按摩前请先用清水湿润皮肤，以获得更好的按摩体验。
4. 按摩器单次使用定时10分钟，每次使用请不要超过10分钟，使用后请让机器休息30分钟，以确保机器寿命的延长。

PHILIPS

Neck and Shoulder
Massager

Neck Massager

PPM3311



Quick Start Guide