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Rev A MAR 23



**PHILIPS**

Neck and Shoulder  
Massager

Neck Massager

PPM3306



**Quick Start Guide**

1. Wrap the massager around your neck (or other parts that need to be massaged), and use the pull strap to adjust the tightness.



2. Press and hold the power function button for 2 seconds to start the device (the buzzer rings once). The default option is the Vibration Mode 1 (white light). In this mode, the vibration intensity is low (green light), and the warm compress is working in low gear (green light).



Press and hold the button for 2 seconds to turn on

3. Press the power function button to switch the vibration modes in cycle. Mode 1 (the indicator light turns white and the buzzer rings once); Mode 2 (the indicator light turns ice blue and the buzzer rings twice); Mode 3 (the indicator light turns dark blue and the buzzer rings three times)



Press the button to switch the modes

4. Press the warm compress button to switch the levels for warm compress in cycle. Warm compress in low level (the indicator light turns green and the buzzer rings once); Warm compress in high level (the indicator light turns orange and the buzzer rings twice); Turn off the warm compress (the indicator light is off and the buzzer keeps ringing)



Press the button to switch the levels for warm compress

5. Press the vibration intensity button to switch the vibration intensities in cycle. Low vibration intensity (the indicator light turns green and the buzzer rings once); High vibration intensity (the indicator light turns orange and the buzzer rings twice); Turn off the vibration (the indicator light is off and the buzzer rings for 2 seconds)



Press the button to switch the levels for vibration

6. The product will be automatically shut off after working for 15 minutes. To discontinue halfway, press and hold the power function button to turn it off.



7. When the battery is low, both the vibration and warm compress functions will be turned off automatically, the blue indicator light will flash, and the buzzer will remind you to charge the product. When charging, the dark blue indicator light will be flashing slowly. When the product is fully charged, the dark blue indicator light remains on.

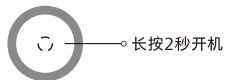


- 1. If you feel uncomfortable during the massage, stop using it immediately.
- 2. When the massager is not in use, please turn it off and let it stop working. In case of machine failure, turn off the power to avoid accidents.

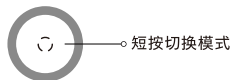
1. 将按摩器环绕于颈部（或其他需要按摩部位），并利用手拉带调节松紧度。



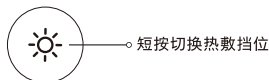
2. 长按电源功能键2秒开机（蜂鸣器响一声），默认振动模式1（白色），振动强度低（绿色），热敷低挡（绿色）。



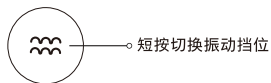
3. 短按电源功能键，可循环切换振动模式。模式1（指示灯白色+蜂鸣器响一声）；模式2（指示灯冰蓝色+蜂鸣器响两声）；模式3（指示灯深蓝色+蜂鸣器响三声）



4. 短按热敷键可循环切换热敷档位。热敷低挡（指示灯绿色+蜂鸣器响一声）；热敷高挡（指示灯橙色+蜂鸣器响两声）；关闭热敷（指示灯熄灭+蜂鸣器长鸣）



5. 短按振动强度键可循环切换振动强度。振动强度低（指示灯绿色+蜂鸣器响一声）；  
振动强度高（指示灯橙色+蜂鸣器响两声）；关闭振动（指示灯熄灭+蜂鸣器长鸣）



6. 产品工作15分钟后自动关机。若需要中途停止，请长按电源键关机。



7. 低电量时，振动与热敷功能自动关闭，蓝色指示灯闪烁，蜂鸣器提醒。充电时，指示灯呈深蓝色灯呼吸闪烁，满电后深蓝色灯常亮。



- ! 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。

1. Balutkan pengurut di leher (Atau bagian lain yang perlu diurut), dan gunakan tali tangan untuk melaraskan kekejangan.



2. Tekan dan tahan butang kuasa selama 2 saat untuk menghidupkan (Buzzer berbunyi bip sekali), mod getaran lalai ialah 1(Warna putih), intensiti getaran rendah (Warna hijau), dan pekompres panas rendah (Warna hijau)



3. Tekan sejenak pada butang, mod getaran dapat ditukar secara bergilir. Mod 1 (Lampu penunjuk berwarna putih+buzzer sekali) ; Mod 2(Lampu penunjuk berwarna biru muda+buzzer berbunyi bip dua kali) ; Mod 3(Lampu penunjuk biru tua+buzzer bip tiga kali)



4. Tekan sejenak butang kompres panas untuk menukar gear kompres panas dalam satu kitaran. Kompres panas gear rendah (Lampu penunjuk berwarna hijau+buzzer berbunyi sekali) ; Kompres panas gear tinggi (Lampu penunjuk berwarna oren+buzzer berbunyi dua kali) ; Matikan kompres panas (Lampu penunjuk padam+buzzer berbunyi dengan lama)



○ Tekan sejenak untuk menukar posisi panas

5. Tekan pendek kekunci keamatan getaran untuk mengitar melalui keamatan getaran. Intensiti getaran rendah (Lampu penunjuk berwarna hijau+buzzer berbunyi sekali) ; Intensiti getaran tinggi (Lampu penunjuk berwarna oren+buzzer berbunyi dua kali) ; Matikan getaran (Lampu penunjuk padam+buzzer berbunyi lama)



○ Tekan sejenak untuk menukar gear getaran

6. Produk akan dimatikan secara automatik selepas 15 minit beroperasi. Jika Anda perlu berhenti di tengah jalan selama menggunakan, sila tekan dan tahan butang kuasa untuk memamatkan perangat.



7. Apabila bateri lemah, fungsi getaran dan kompres panas dimatikan secara automatik, lampu penunjuk biru berkelip, dan buzzer berbunyi untuk mengingatkan. Semasa mengecas, lampu penunjuk sedang bernafas dan berkelip biru tua, dan lampu biru gelap sentiasa menyala selepas dicas penuh.



○ Lampu penunjuk

- ❗ 1. Jika semasa Anda mengurut berasa tidak sihat, sila hentikan operasi dengan segera.
- 2. Jika perangat pengurut tidak digunakan, sila amentikan pengurut dan matikan perangatnya. Bila perangat terdapat masalah, sila matikan bekalan kuasa demi mengelakkan kemalangan.