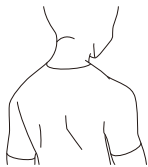
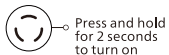


1. Remove pendants such as necklaces before massage.

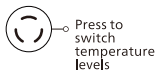


2. Put the massager on the shoulders, and adjust the areas to be massaged with the pull straps, or ☒x the massager to the area with the elastic bands.

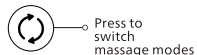
3. Press and hold the operation button for 2 seconds to turn on the device (voice prompt: massage on). By default, the device enters the kneading mode, with ☒rst-level strength and ☒rst-level hot compress temperature (button indicator remains pink).



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 20 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.

**PHILIPS**

Shoulder and  
Neck Massager

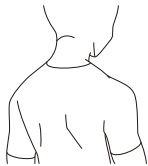
Massage Shawl

PPM3522



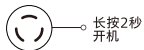
Quick Start Guide

1、按摩前去除项链等装饰物。



2、将按摩器披在肩部，可手拉调节按摩部位，亦或使用伸缩扣调节松紧固定按摩部位。

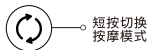
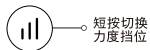
3、长按操作按键2秒开机，（语音提示：按摩开启），开机默认进入揉捏模式，力度一档，热敷一档（按键指示灯亮粉色）。



4、短按操作按键可依次循环切换温度档位，切换顺序为：热敷二档（语音提示：45°C，按键指示灯亮红色）-关闭加热（语音提示：关闭加热，按键指示灯亮白灯）-热敷一档（语音提示：40°C，按键指示灯亮粉色）。

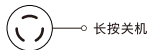


5、短按力度按键切换力度档位，切换顺序为：力度二档（语音提示：力度二档）-力度一档（语音提示：力度一档）。



6、短按模式按键可切换按摩模式，切换顺序为：舒缓模式（语音提示：舒缓模式）-护颈模式（语音提示：护颈模式）-揉捏模式（语音提示：揉捏模式）。

7、默认10分钟定时关机，若需要中途停止，请长按操作按键关机。



- ❗ 1、请根据自身情况合理选择按摩模式，单次使用请不要超过20分钟，使用后请让机器休息20分钟。
- 2、布料区域不支持水洗。需要清洁保养时，请用中性洗涤剂沾湿抹布，然后轻轻地擦除。



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