PHILIPS

Back and Waist Massager

Back Massager

PPM4501

Quick Start Guide

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There may be certain differences between the content of this manual and your product. Please refer to the actual product. We reserve the right to update the product at any time without prior notice.

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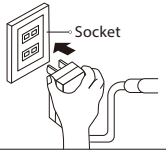
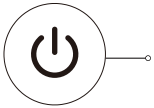
Rev A JUL 22

1. Insert the plug into the power socket.



2. Hold the “ON/OFF” button for 2 seconds to turn on the massager. Heating is activated by default, and the massage nodes rotate from outside to inside. The button indicates in orange, while massage nodes in yellow.



Hold for 2 seconds
Orange indicator

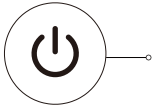
3. Short press the “ON/OFF” button. The massage nodes rotate from inside to outside with heating. The button indicates in orange, while massage nodes in yellow.

Press for the second time
Orange indicator

4. Short press the “ON/OFF” button again. The massage nodes rotate from outside to inside without heating. The button and massage nodes indicate in blue.

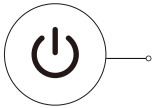
Press for the third time
Blue indicator

5. Short press the “ON/OFF” button again. The massage nodes rotate from inside to outside without heating. The button and massage nodes indicate in blue.



Press for the fourth time
Blue indicator

6. The default off time is 15 minutes. To stop the device midway, please hold the “ON/OFF” button for 2 seconds to turn it off.



Hold for 2 seconds
to turn off

Please choose the massage mode reasonably according to your own situation, and do not use the device for more than 30 minutes each time. Let the device rest for 30 minutes after each use.