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› HoMedics Handheld Back Massager, Dual Heated Nodes, Neck, and Body Percussion Massager with Interchangeable Nodes to Release Back, Neck, Shoulder Leg and Foot Tension 1 Count (Pack of 1)

HoMedics HHP-385H

HoMedics Twin Percussion Pro Massager with Heat User Manual

Model: HHP-385H

Brand: HoMedics

INTRODUCTION

This manual provides essential information for the safe and effective operation of your HoMedics Twin Percussion Pro Massager with Heat. Please read all instructions carefully before use and retain this manual for future reference.

The HoMedics Twin Percussion Pro Massager with Heat is designed to provide a stimulating massage experience for the entire body. It features dual percussion heads, multiple speed options, interchangeable massage nodes, and an optional soothing heat function to help relieve tension and soothe tired muscles in areas such as the neck, back, shoulders, legs, and feet.



Image: The HoMedics Twin Percussion Pro Massager with Heat, shown with its main body and all included interchangeable massage nodes.

PRODUCT FEATURES

- **Dual Head Percussion:** Offers a stimulating massage experience for the entire body.
- **Soothing Heat:** Enhance your massage experience with the optional gentle heat setting. The soothing heat will comfort your tired and overworked muscles for added relaxation, and help loosen tense muscles.
- **Customized Settings:** The massager offers three speed settings that allow you to enjoy a gentle or a more intense massage. Three sets of massaging nodes are included for added customization of your massage experience.
- **Comfort Design:** The rubberized design makes the handle easy to grip and guide the massager. The front comfort-grip handle is great for reaching all those hard-to-reach areas for the ultimate massage experience.
- **Versatile Use:** Suitable for neck, back, shoulders, legs, and feet.



Image: Detailed view of the massager showing dual heads, soothing heat button, 3 speed settings, and interchangeable nodes.

SAFETY INFORMATION

WARNING: To reduce the risk of electric shock, burns, fire, or injury to persons:

- Not to be used by children.
- Avoid using near water or in damp environments.
- Consult a physician if you have a medical condition before using this product.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Never use pins or other metallic fasteners with this appliance.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by HoMedics.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been

dropped or damaged, or dropped into water. Return it to a HoMedics Service Center for examination and repair.

- Keep cord away from heated surfaces.
- Never use while sleeping or drowsy.
- Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use on or near eyes or other highly sensitive areas.
- To disconnect, turn all controls to the "OFF" position, then remove plug from outlet.

SETUP

1. Unpack the massager and all components from the box.
2. Inspect the massager for any visible damage. Do not use if damaged.
3. Ensure the power cord is untangled and free from obstructions.
4. Select the desired massage nodes. The massager comes with three sets of interchangeable nodes:
 - **General Purpose Nodes:** Rounded or flat nodes for whole-body massage.
 - **Deep-Kneading Shiatsu Nodes:** For targeted muscle relief.
 - **Shoulder/Waist/Leg Nodes:** Specifically designed for these areas.

find the right nodes for you

great for massaging shoulders, waist and legs

rounded or flat massage nodes for the whole body



deep-kneading shiatsu massage for targeted muscle relief

Image: Various interchangeable massage nodes, indicating their recommended uses for different body parts.

5. Attach the chosen nodes firmly to the dual percussion heads.
6. Plug the massager into a standard electrical outlet.

OPERATING INSTRUCTIONS

1. **Power On:** Press the power button () located on the handle to turn on the massager. The power indicator lights will illuminate.
2. **Adjust Speed:** Press the speed control button repeatedly to cycle through the three available speed settings (low, medium, high). Choose a setting that provides your desired intensity, from gentle to more intense massage.
3. **Apply Massager:** Gently apply the massager to the desired area of your body, such as the neck, back, shoulders, legs, or feet. Use the comfort-grip handle to easily guide the massager to hard-to-reach areas.
4. **Activate Heat Function (Optional):** Press the "Heat" button (☰) to activate the soothing heat function. The heat will gently warm the massage nodes, providing added relaxation and helping to loosen tense muscles.
5. **Activate Cold Function (Optional):** Press the "Cold" button (❄️) to activate the cold function. This provides a cooling sensation for different therapeutic needs.

6. **Duration of Use:** Do not use the massager for more than 20 minutes at a time. Extended use may lead to overheating and shorten the product's lifespan. Allow the unit to cool down before subsequent use.
7. **Power Off:** When finished, press the power button () again to turn off the massager. Unplug the unit from the electrical outlet.

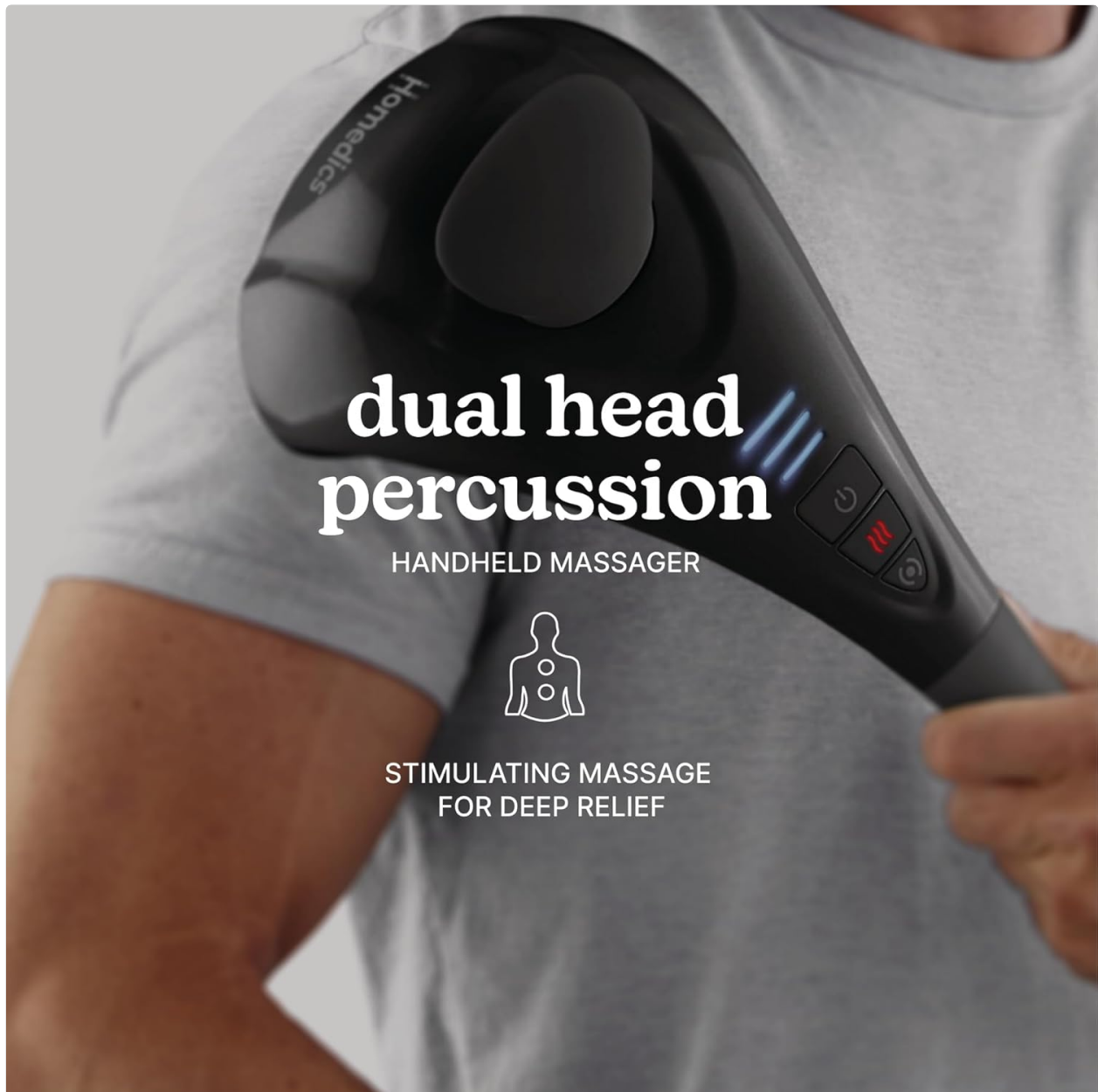


Image: A person using the HoMedics massager on their shoulder, demonstrating its application.

comfort grip handle

FOR EASY,
STRAIN-FREE
CONTROL

portable design

EASILY TUCKS INTO YOUR BAG
FOR RELAXATION ON THE GO



Image: The massager held by hand, highlighting its comfort grip handle and portable design for easy use and transport.

MAINTENANCE

- **Cleaning:** Always unplug the appliance from the electrical outlet before cleaning. Wipe the massager with a soft, slightly damp cloth. Never use abrasive cleaners, brushes, gasoline, kerosene, glass furniture polish, or paint thinner to clean the massager.
- **Storage:** Store the massager in its box or a clean, dry place. Do not hang the unit by the power cord. Do not wrap the power cord around the unit.
- **Service:** This appliance has no user-serviceable parts. For any repairs or issues, contact HoMedics Customer Service.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Massager does not turn on.	Not plugged in; power button not pressed; power outage.	Ensure the unit is securely plugged into a working outlet. Press the power button firmly. Check your home's circuit breaker.
Weak or inconsistent massage.	Incorrect speed setting; loose massage nodes.	Increase the speed setting. Ensure massage nodes are securely attached.
Heat function not working.	Heat button not activated; unit not warmed up yet.	Press the heat button. Allow a few minutes for the heat to build up.
Unusual noise or vibration.	Internal malfunction.	Discontinue use immediately and contact HoMedics Customer Service.

SPECIFICATIONS

Feature	Detail
Product Dimensions	15.5 x 7.25 x 7.25 inches
Item Weight	3.68 Pounds
Model Number	HHP-385H
Manufacturer	Homedics
Power Source	Battery Powered
Material	Rubber
Color	Black
Use For	Back, Legs, Neck, Shoulder, Whole Body

WARRANTY AND SUPPORT

HoMedics products are designed with the highest quality standards. For detailed warranty information or technical support, please refer to the warranty card included with your product or visit the official HoMedics website.

You can also contact HoMedics Customer Service for assistance with any product-related inquiries or issues.