



[Manuals.plus](#) /

› [Norstar](#) /

› Norstar GG300 Back, Neck, and Shoulder Heating Pad Instruction Manual

## Norstar GG300

# Norstar GG300 Back, Neck, and Shoulder Heating Pad Instruction Manual

Model: GG300

## 1. PRODUCT OVERVIEW

---

The Norstar GG300 Back, Neck, and Shoulder Heating Pad is designed to provide natural pain relief and reduce stiffness in joints, muscles, and soft tissues through heat therapy. Its unique shape, adjustable neck collar, and weighted ends ensure therapeutic comfort and secure placement, targeting the neck, back, and shoulders simultaneously.

**Important Note: This product operates on 220V and is NOT suitable for use in America.**



*Image: A person wearing the grey Norstar GG300 heating pad, which covers the neck, shoulders, and upper back, holding the controller.*

## 2. IMPORTANT SAFETY INFORMATION

---

- Not Suitable for Use in America (220V).
- Do not use if the heating pad or cord is damaged.
- Do not use while sleeping.
- Avoid folding or creasing the heating pad during use.
- Keep out of reach of children.
- Consult a physician before use if you have any medical conditions.

## 3. PRODUCT FEATURES

---

- **Targeted Pain Relief:** Helps ease pain in joints, muscles, and soft tissues, and reduces stiffness in the muscles and joints, specifically for the neck, shoulders, and back.
- **Multiple Temperature Settings:** Fastly heats up to reach the selected temperature and maintains it constantly.
- **Comfortable Fabric:** Incredibly soft material for enhanced comfort during use.
- **Machine Washable:** Easy to clean by removing the cord and washing the fabric in a washing machine.
- **Secure Fit:** Unique shape with an adjustable neck collar and weighted ends to keep the pad securely in place.

## 4. SETUP INSTRUCTIONS

---

## 4.1 Unpacking

Carefully remove the Norstar GG300 heating pad and its accessories from the packaging. Inspect all components for any signs of damage.



*Image: The Norstar GG300 heating pad folded, showing its soft grey fabric and dark blue trim.*

## 4.2 Connecting the Controller

1. Locate the power cord and controller.
2. Firmly plug the controller into the designated port on the heating pad.
3. Ensure the connection is secure before plugging the power cord into a 220V electrical outlet.

## 4.3 Positioning the Heating Pad

1. Place the heating pad over your neck, shoulders, and back.
2. Adjust the neck collar to fit comfortably around your neck.
3. Use the weighted ends to help secure the heating pad in place, ensuring full coverage of the desired area.

## 5. OPERATING INSTRUCTIONS

---

### 5.1 Powering On and Temperature Selection

1. Plug the heating pad into a 220V electrical outlet.
2. Press the power button on the controller to turn on the device.
3. Use the temperature control buttons (usually '+' and '-') to select your desired heat level. The pad offers multiple settings, typically ranging from 108°F to 144°F.
4. The pad will quickly heat up to the selected temperature and maintain it.

### 5.2 Timer Settings

The Norstar GG300 heating pad includes auto-off timer options for your convenience and safety. Refer to the controller for specific timer intervals, which typically include options like 30, 60, 90, or 120 minutes. Select the desired auto-off time to prevent prolonged use.

*Video: A demonstration of how to wear the weighted heating pad and use its controller to adjust temperature and timer settings.*

## 6. CARE AND MAINTENANCE

---

1. Always turn off and unplug the heating pad before cleaning.
2. Detach the power cord and controller from the heating pad.
3. The fabric heating pad is machine washable. Follow the care instructions on the product label for specific washing guidelines (e.g., cold water, gentle cycle).
4. Air dry the heating pad completely before reattaching the cord and storing or reusing.
5. Do not iron the heating pad.

## 7. PRODUCT SPECIFICATIONS

---

Specification	Detail
Brand	Norstar
Model Number	GG300
Power Input	220V (Not for use in America)
Material	Fabric
Color	Grey
Item Weight	0.6 Kilograms (1.32 Pounds)
Special Feature	Unique Shape with Adjustable Neck Collar and Weighted Ends

## 8. WARRANTY AND SUPPORT

---

For warranty information or product support, please refer to the contact details provided in your product packaging or visit the official Norstar website. Keep your purchase receipt for any warranty claims.

*Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.*