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> LALASANI Menstrual Relief Heating Pad User Manual (Model: Without Power Bank)

Lalasan Without Power Bank

LALASANI Menstrual Relief Heating Pad User Manual

Model: Without Power Bank

1. INTRODUCTION

Thank you for choosing the LALASANI Menstrual Relief Heating Pad. This device is designed to provide targeted heat and vibration therapy for menstrual discomfort, stomach pain, and muscle aches. Please read this manual thoroughly before use to ensure safe and effective operation.

2. SAFETY INFORMATION

- **Power Source:** This device requires an external power bank or charger with an OUTPUT of 5V2A. Do not use power sources with lower amperage (e.g., 5V1A) as this may affect performance or cause damage.
- **Skin Contact:** Avoid direct contact with bare skin for extended periods, especially at higher heat settings, to prevent burns. Use over clothing.
- **Supervision:** Do not use while sleeping. Do not use on infants, incapacitated individuals, or persons insensitive to heat.
- **Damage:** Do not use if the device or USB cable appears damaged. Discontinue use immediately if you experience any discomfort or unusual heat.
- **Cleaning:** Refer to the 'Maintenance' section for proper cleaning instructions. Ensure the device is completely dry before reconnecting to power.
- **Medical Conditions:** Consult a physician before use if you have any medical conditions, including but not limited to diabetes, circulatory problems, or nerve damage.

3. PACKAGE CONTENTS

Please check the package for the following items:

- LALASANI Menstrual Relief Heating Pad
- USB Power Cable (integrated)
- User Manual

Note: A power bank or charger is **not included** and must be supplied by the user. Ensure your power source

provides an OUTPUT of 5V2A.

4. PRODUCT FEATURES

- **3 Heating Temperatures:** Adjustable heat levels for personalized comfort.
- **3 Vibration Massage Modes:** Provides soothing massage to relieve tension.
- **Premium Material:** Constructed with composite fiber layers and an inner Lycra fabric for comfort and breathability.
- **Cordless Design:** Operates with an external power bank (not included) for use in various locations.
- **Adjustable Belt:** Total length expands to 40.55 inches to fit most waist sizes.
- **Washable:** The entire pad can be washed for hygiene.

5. SETUP

1. **Prepare Power Source:** Obtain a power bank or charger with a 5V2A output.
2. **Connect Power:** Locate the USB cable integrated into the heating pad. Insert the USB connector into your 5V2A power bank.
3. **Positioning:** Place the heating pad against your abdomen or lower back, ensuring the heating surface is against your clothing.
4. **Secure the Belt:** Wrap the adjustable belt around your waist and secure it for a snug, comfortable fit.



Image: The LALASANI heating pad with its integrated USB cable connected to a power bank, demonstrating mobile charging capability.



Image: A woman wearing the LALASANI heating pad around her abdomen, illustrating how the device is worn for comfort and relief.

6. OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the power button (usually indicated by a power symbol) on the control panel for 2-3 seconds to turn on the device. The indicator light will illuminate.
2. **Adjust Heating Temperature:** Press the heat button (often indicated by a temperature or wave symbol) to cycle through the 3 heating levels. Each press will change the temperature setting. The indicator light will change color or intensity to show the current level.
3. **Adjust Vibration Mode:** Press the vibration button (often indicated by a vibration symbol) to cycle through the 3 vibration massage modes. Each press will change the massage pattern.
4. **Power Off:** Press and hold the power button for 2-3 seconds to turn off the device. The indicator lights will turn off.



Image: The LALASANI heating pad in use, showing a warm glow on the abdominal area, indicating active heating for relief.

7. MAINTENANCE

- **Cleaning:** The LALASANI heating pad is fully washable. Disconnect from the power bank before cleaning. Hand wash gently with mild soap and water. Do not machine wash or tumble dry.
- **Drying:** Allow the heating pad to air dry completely before storage or next use. Ensure all components, especially the USB connection area, are dry.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Avoid folding or creasing the heating elements excessively.



Best Gift for Girlfriend/Children



Image: The LALASANI heating pad being rinsed under running water, demonstrating its washable design for easy cleaning.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on or heat up.	Insufficient power supply; loose connection; damaged cable.	Ensure your power bank/charger has a 5V2A output. Check USB connection. Try a different power source. If cable is damaged, discontinue use.
Heat is too low or inconsistent.	Low power bank charge; incorrect heat setting; external factors.	Charge your power bank. Increase the heat setting. Ensure the pad is snug against the body.
Vibration is weak or not working.	Incorrect vibration mode; low power.	Cycle through vibration modes. Ensure power bank is adequately charged.
Belt is too tight or uncomfortable.	Improper adjustment.	Adjust the belt for a comfortable fit. The belt is designed to expand up to 40.55 inches.

9. SPECIFICATIONS

- **Model:** Without Power Bank
- **Power Input:** 5V2A (via USB, external power bank/charger required)
- **Voltage:** 5 Volts
- **Wattage:** 5 Watts
- **Material:** Lycra, Composite Fiber
- **Number of Heat Settings:** 3
- **Number of Vibration Modes:** 3
- **Adjustable Belt Length:** Up to 40.55 inches
- **Dimensions:** 9.84 x 4.57 x 1.18 inches (approximate package dimensions)
- **Weight:** 3.84 ounces (approximate package weight)

10. WARRANTY AND SUPPORT

LALASANI products are manufactured with quality and care. For any questions, concerns, or support needs regarding your Menstrual Relief Heating Pad, please refer to the contact information provided with your purchase or visit the official LALASANI website. Please retain your proof of purchase for warranty claims.