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- > [Sealy](#) /
- > [Sealy Deep Tissue Mini Massage Pillow Pad Instruction Manual](#)

Sealy SEALMA120MP



Sealy Deep Tissue Mini Massage Pillow Pad

INSTRUCTION MANUAL

Model: SEALMA120MP

PRODUCT OVERVIEW

The Sealy Deep Tissue Mini Massage Pillow Pad is designed to provide deep tissue muscle relief and tension relief for various body parts. Its compact and portable design makes it suitable for use at home or on the go.



Image: Front view of the Sealy Deep Tissue Mini Massage Pillow Pad, showcasing the four illuminated red massage nodes indicating heat function.

Key Features:

- **Deep Tissue Massage:** Provides deep tissue muscle relief and tension relief.
- **Material:** Constructed from durable and comfortable ceramic and acrylonitrile butadiene styrene.
- **Water Resistant:** Designed to be used on wet surfaces without water damage, though not submersible.
- **Portable:** Compact size for easy packing and use while traveling.
- **Multipurpose:** Suitable for massage on the neck, back, abs, legs, and shoulders.

SAFETY INFORMATION

Please read and understand all safety precautions before using the massage pillow pad to ensure safe and effective operation.

- **Do not submerge in water.** While water resistant, the device is not designed for full submersion.
- Avoid using on injured or sensitive areas of the body. Consult a healthcare professional if you have pre-existing conditions.
- Use with caution and follow instructions for proper pressure and body positioning to prevent discomfort or injury.
- Keep out of reach of children.
- Do not use if the device or power cord appears damaged.
- Unplug the device when not in use or before cleaning.

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. This product is not a medical device.

SETUP

Before first use, ensure the massage pillow pad is properly set up.

Unpacking and Initial Inspection:

1. Carefully remove the massage pillow pad and all accessories from the packaging.
2. Inspect the device for any visible damage. If damaged, do not use and contact customer support.
3. Confirm all components are present: Massage Pillow Pad, Home Adapter, Car Adapter (if included).



Image: Rear view of the massage pillow pad, highlighting the elastic strap for securing to a chair and the power input port.

Power Connection:

- Connect the provided power adapter (Home Adapter or Car Adapter) to the power input port located on the side or back of the massage pillow pad.
- Plug the adapter into a suitable power outlet (for home use) or car cigarette lighter socket (for car use).
- The device is battery powered, so ensure it is charged before portable use. Charging instructions are typically provided with the specific adapter.

OPERATING INSTRUCTIONS

Follow these steps to operate your Sealy Deep Tissue Mini Massage Pillow Pad.



Image: Front view of the massage pillow pad with the massage nodes not illuminated, highlighting the "ON/OFF" button at the top left.

1. **Power On:** Press the "ON/OFF" button located on the top of the pillow pad. The massage nodes will begin to rotate, and the heat function (if enabled) will activate.
2. **Select Mode/Heat:**
 - *First Press:* Activates massage with heat.
 - *Second Press:* Deactivates heat, massage continues.
 - *Third Press:* Changes direction of massage rotation (if applicable).
 - *Fourth Press:* Powers off the device.
3. **Positioning:** Place the massage pillow pad on the desired body area (neck, back, abs, leg, shoulder). Adjust its position to find the most comfortable and effective massage spot. The elastic strap on the back can be used to secure it to a chair.
4. **Massage Duration:** The device features a 15-minute automatic shut-off for safety and to prevent overheating. You can restart the massage after a brief cool-down period if desired.
5. **Power Off:** To manually turn off the device, press the "ON/OFF" button until the massage and heat functions cease.

Recommended Techniques:

- For neck and shoulders, position the pillow to allow the nodes to knead the muscles gently.
- For back massage, place the pillow behind your lower or upper back while seated.
- For legs and abs, place the pillow directly on the muscle group and apply light pressure.
- Avoid applying excessive pressure, especially on bony areas.



Image: A visual representation of the massage pillow pad positioned next to a human figure, indicating various areas of the body (neck, back) where the device can be effectively used for deep tissue relief.

MAINTENANCE

Proper care and maintenance will extend the life of your massage pillow pad.

Cleaning:

- Ensure the device is unplugged and cooled down before cleaning.
- Wipe the surface of the massage pillow pad with a soft, damp cloth.
- Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the material.
- Do not immerse the device in water or allow water to enter the power port.

Storage:

- Store the massage pillow pad in a cool, dry place away from direct sunlight and extreme temperatures.
- Avoid placing heavy objects on top of the device during storage.
- Keep the power cord neatly coiled and avoid sharp bends or kinks.

TROUBLESHOOTING

If you encounter any issues with your Sealy Deep Tissue Mini Massage Pillow Pad, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Device does not turn on.	Not plugged in correctly; power outlet issue; low battery; device malfunction.	Ensure power adapter is securely plugged into both the device and a working outlet. If battery powered, ensure it is charged. Try a different outlet. If problem persists, contact customer support.
Massage nodes are not rotating or are weak.	Insufficient power; motor obstruction; device malfunction.	Ensure the device is fully charged or connected to a stable power source. Check for any foreign objects obstructing the massage nodes. Do not apply excessive pressure. If problem persists, contact customer support.
Heat function is not working.	Heat function not activated; device malfunction.	Press the "ON/OFF" button again to cycle through modes and activate heat (indicated by red lights). Allow a few minutes for the heat to build up. If problem persists, contact customer support.

Problem	Possible Cause	Solution
Device automatically shuts off too quickly.	Overheat protection activated; 15-minute auto shut-off.	This is a normal safety feature. Allow the device to cool down for a few minutes before restarting. If it shuts off frequently outside of the 15-minute cycle, contact customer support.

SPECIFICATIONS

Technical specifications for the Sealy Deep Tissue Mini Massage Pillow Pad.

Feature	Detail
Model Number	SEALMA120MP
Brand	Sealy
Material	Acrylonitrile Butadiene Styrene, Ceramic
Power Source	Battery Powered
Item Weight	1.18 Kilograms (2.6 Pounds)
Package Dimensions	13 x 7.6 x 4.3 inches
Automatic Shut-off	15 minutes

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact Sealy customer service directly.

Typically, warranty details cover manufacturing defects for a specified period from the date of purchase. Keep your proof of purchase for warranty claims.

For technical assistance, troubleshooting beyond this manual, or to inquire about replacement parts, please visit the official Sealy website or contact their support line.

Note: Specific contact details and warranty terms may vary by region and purchase location.