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Slimpal SPC020

Slimpal SPC020 Cordless Heating Pad User Manual

Model: SPC020

1. INTRODUCTION

Thank you for choosing the Slimpal SPC020 Cordless Heating Pad. This device is designed to provide targeted heat and vibration therapy for comfort and relief. Please read this manual thoroughly before use to ensure safe and effective operation.

2. SAFETY INFORMATION

For your safety and to prevent damage to the device, please observe the following precautions:

- Always use the heating pad under supervision. Do not leave the heating pad unattended while in use.
- Keep the heating pad away from flammable materials.
- Do not use the heating pad if it shows signs of damage or malfunction.
- Consult a doctor before use if you have any medical conditions or are pregnant.
- Keep the heating pad out of reach of children and pets.
- Do not use the included charging cable with other devices.
- Do not use the device while it is charging.

3. PRODUCT OVERVIEW

The Slimpal SPC020 is a portable, cordless electric heating pad designed to provide targeted heat and vibration therapy for comfort and relief. Its ergonomic design ensures a comfortable fit for various body areas.



Figure 3.1: SimpPal SPC020 Cordless Heating Pad and its retail packaging.

3.1 Key Features:

- **Cordless and Portable:** Designed for use anytime, anywhere without being tethered to an electrical outlet.
- **Adjustable Heat Settings:** Four heat levels ranging from 104°F to 140°F for personalized thermal comfort.
- **Vibration Modes:** Three distinct vibration patterns (No Interval, Short Interval, Long Interval) to complement heat therapy.
- **Extended Use:** Equipped with NTC sensors for continuous and stable operation, avoiding frequent automatic shut-offs.
- **Comfortable Design:** Features a curved, thin profile with a soft velvet fabric cover and an adjustable elastic belt (up to 57 inches) for a secure and discreet fit.
- **USB-C Rechargeable:** Convenient charging for the integrated lithium polymer battery.

3.2 Benefits of Heat Therapy:

Heat therapy is recognized for its ability to promote circulation and relax muscles. The Slimpal SPC020 heating pad provides direct heat to the affected area, which can assist in alleviating discomfort and supporting relaxation.

HOW DO HEATING PADS HELP WITH PERIOD CRAMPS?

Heat is an effective tool for relieving muscle spasms (yes, the uterus is a muscle!). Heating pads provide direct heat to whatever area is ailing you, and help take your mind away from your pain.

A woman with brown hair tied back is lying on her side in a bed with white linens. She is wearing a white tank top and white shorts. A pink, oval-shaped heating pad is placed on her lower abdomen. She has her eyes closed and a relaxed expression. In the top right corner of the image, there is a circular icon with a white heart and two hands holding it, set against a teal background. The entire image is framed by a teal border with faint white heart patterns.

Figure 3.2: Explanation of how heat therapy aids in muscle relaxation and pain relief.

UP TO 8 HOURS

ULTRA-LONG WORKING TIME



Relieves pain
and cramps



Improves
circulation



Decompresses
the lower abdomen



Supports rest
and relaxation

Figure 3.3: The Slimpal heating pad supports pain relief, improved circulation, and overall relaxation.

3.3 NTC Sensor Technology:

The Slimpal SPC020 incorporates NTC (Negative Temperature Coefficient) sensors to maintain a consistent and safe temperature. This technology prevents the common issue of intermittent heating and cooling found in devices without

NTC sensors, ensuring stable and effective heat delivery.



UP TO 8 HOURS Ultra-Long Working Time

- Relieves pain and cramps
- Decompresses the lower abdomen
- Improves circulation
- Supports rest and relaxation

Figure 3.4: NTC sensors provide continuous, stable, and safe temperature control.

SAFE AND RELIABLE

Certified by **CE**, **UKCA**, **RoHS** and **UL** — multiple international standards to ensure maximum safety and reliability.



Figure 3.5: The device is certified by multiple international standards for safety and reliability.

4. SETUP

4.1 Charging the Device

Before initial use, fully charge the Slimpal SPC020 heating pad. Use the provided USB-C charging cable. The charging time is approximately 3 hours.

CONSTANT TEMPERATURE AND LONG BATTERY LIFE



Note: The included charging cable is for this device only. Do not use it with other devices.

Figure 4.1: Connecting the USB-C charging cable to the Slimpal heating pad.

Note: Only use the charging cable supplied with this device. Do not use the device while it is connected to the charger.

4.2 Wearing the Heating Pad

The heating pad features an adjustable elastic belt for a comfortable and secure fit. It can be worn around the waist,

abdomen, or lower back.

1. Place the heating pad against the desired area of your body (e.g., lower abdomen, lower back).
2. Wrap the elastic belt around your body and adjust it to a snug, comfortable fit. The belt can stretch up to 57 inches.
3. Ensure the device is positioned correctly for optimal heat and vibration delivery.

BETTER FIT AND COMFORT

Curved design, thinner and conform to the body



Slimpal



Curved design, thinner and conform to the body.

OTHERS



Too thick to conform to the body.

Figure 4.2: The curved design of the Slimpal heating pad conforms to the body for a comfortable fit.

THIN AND CLOSE-FITTING, INVISIBLE IN CLOTHES



Figure 4.3: The thin profile allows the heating pad to be worn discreetly under clothing.

5. OPERATING INSTRUCTIONS

The Slimpal SPC020 features intuitive controls for heat and vibration settings.



Figure 5.1: Overview of heat and vibration settings.

5.1 Power On/Off

- To turn on: Press and hold the power button (usually indicated by a lightning bolt or power symbol) for a few seconds.

- To turn off: Press and hold the power button again for a few seconds.

5.2 Adjusting Heat Settings

The device offers four heat levels. Short press the heat button (often indicated by a thermometer symbol) to cycle through the settings:

- **Level 1 (Green Light):** 104°F (Daily Maintenance)
- **Level 2 (Blue Light):** 122°F (Menstrual Care)
- **Level 3 (Yellow Light):** 140°F (Deep Temperature Care)
- **Cycle Mode (Yellow Flashing Light):** Cycles between 104°F and 140°F.

The NTC sensors ensure continuous and stable temperature output.

5.3 Adjusting Vibration Modes

The device offers three vibration modes. Short press the vibration button (often indicated by a wave symbol) to cycle through the settings:

- **Mode 1 (Green Light):** No Interval Vibration
- **Mode 2 (Blue Light):** Short Interval Vibration
- **Mode 3 (Yellow Light):** Long Interval Vibration

You can use the heating and vibration functions independently or simultaneously.



Menstrual Cramps



Working



Resting



Figure 5.2: The cordless design allows for use in various settings, such as working or resting.

6. MAINTENANCE

6.1 Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the surface of the heating pad with a soft, damp cloth.
- Do not immerse the device in water or any other liquid.
- Do not use abrasive cleaners or solvents.
- Allow the device to air dry completely before storing or using again.

6.2 Storage

- Store the heating pad in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep it out of reach of children and pets.

7. TROUBLESHOOTING

If you encounter any issues with your Slimpal SPC020 heating pad, please refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully using the provided USB-C cable.
No heat or weak heat.	Incorrect heat setting selected or low battery.	Ensure a higher heat setting is selected. Recharge the device if the battery is low.
Vibration not working.	Vibration mode not activated or low battery.	Press the vibration button to activate a mode. Recharge the device if the battery is low.
Device gets too hot or too cold intermittently.	This model features NTC sensors for stable temperature. If this occurs, discontinue use and contact support.	Discontinue use and contact customer support.

If the problem persists after trying these solutions, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	SPC020
Product Dimensions	7.48 x 3.35 x 0.98 inches
Item Weight	7.05 ounces (200 Grams)
Battery	1 Lithium Polymer battery (included)
Charging Time	Approximately 3 hours
Usage Time	Up to 8 hours (depending on heat/vibration settings)
Heating Temperature Range	104°F to 140°F
Material	Velvet
Adjustable Belt Length	Up to 57 inches

Feature	Detail
Certifications	CE, UKCA, RoHS, UL (as per product information)

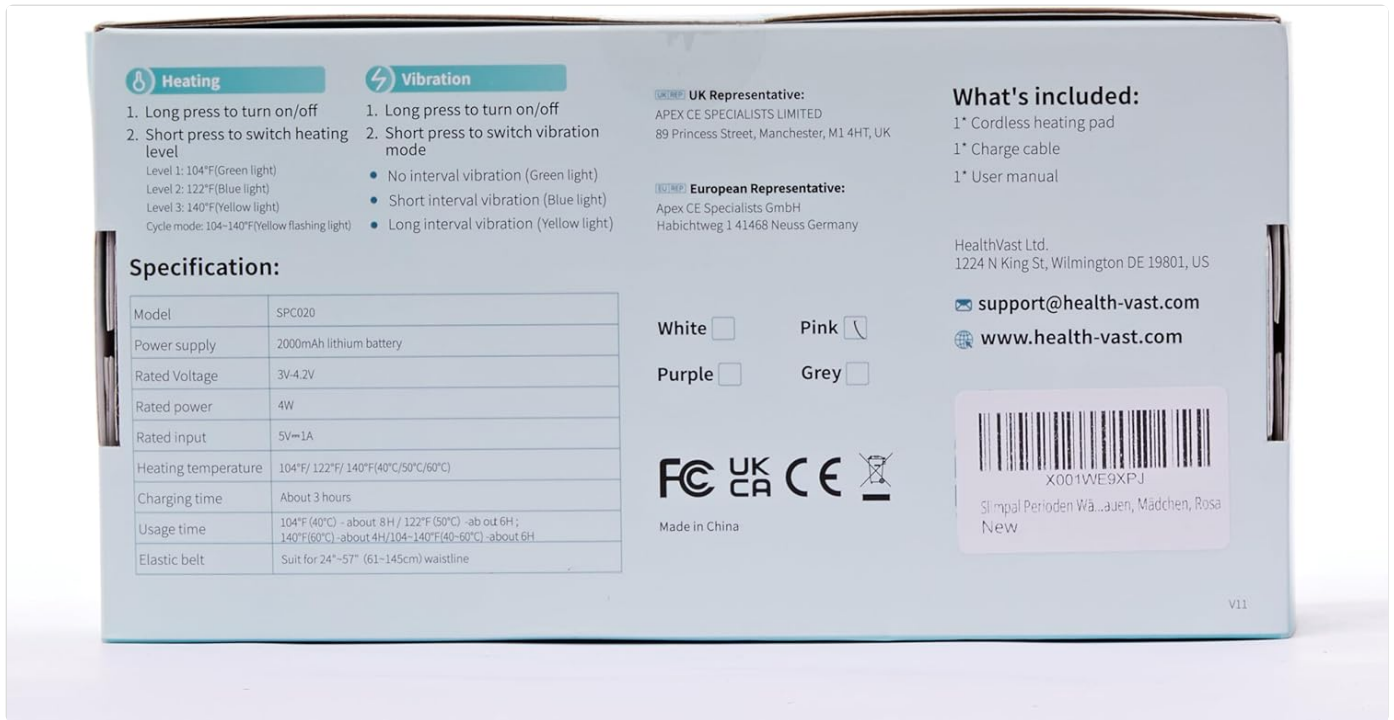


Figure 8.1: Product specifications as listed on the packaging.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please contact the manufacturer or seller.

- **Manufacturer:** Slimpal
- **Seller:** Health Vast
- **Support Email:** support@health-vast.com

Please retain your proof of purchase for warranty claims.