

## FlareMore 10224710HJ

# FlareMore Electric Heating Massage Pad for Back

MODEL: 10224710HJ

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## 1. Introduction

Thank you for choosing the FlareMore Electric Heating Massage Pad. This manual provides essential information for the safe and effective use of your device. This XL heated waist belt wrap offers 3 fast heating and vibration massage modes, designed for comfort and relief across various body areas including the back, waist, lumbar, and abdomen. It is battery-operated for portability and convenience.

## 2. Important Safety Information

- **Do not use while charging:** For safety reasons, avoid using the device while it is connected to a charger.
- **Avoid direct skin contact:** To prevent potential burns, refrain from applying the device directly onto bare skin. Always use over clothing or a thin fabric layer.
- **Power adapter:** Ensure to use a 5V 2A adapter (not included) for optimal charging.
- **Cleaning:** Do not soak in water or machine wash. Refer to the maintenance section for proper cleaning instructions.
- **Medical conditions:** Consult a healthcare professional before use if you have any pre-existing medical conditions, especially those related to circulation, skin sensitivity, or nerve damage.

## 3. Package Contents

Please check the package for the following items:

- FlareMore Electric Heating Massage Pad (Waist Belt)
- Extension strap belt

- 1m Type-C USB charging cable
- User Manual

## 4. Product Features

- **Breathable Fabric:** Made from lightweight, soft, and elastic fabric with exceptional thermal insulation.
- **Adjustable Size:** The belt measures 46.5x7.9 inches and includes an extension strap for comfortable coverage up to 58 inches waist. Features a self-adhesive hook and loop for secure positioning.
- **Dual Heating & Massage Modes:** Equipped with two robust motors, offering three heating modes and three vibration massage modes.
- **Heating Levels:** Low Heat (45°C/113°F), Mid Heat (54°C/129.2°F), High Heat (65°C/149°F).
- **User-Friendly Touch Screen:** Effortless operation with a digital display for temperature and battery percentage. Includes a Lock button to prevent accidental touches.
- **Portable & Rechargeable:** Built-in 5000mAh high-capacity battery for on-the-go convenience. Charges via a 1m Type-C USB cable (5V 2A adapter not included).
- **Versatile Application:** Provides soothing warmth and massage for the back, lumbar, waist, abdomen, shoulder, thigh, knee, and legs.



Image: Diagram showing the heated massaging back belt with its features, including 3 heating modes and 3 vibration massage modes.



Image: Diagram illustrating the versatility of the pad for different body areas such as waist, back, shoulders, knees, and

## 5. Setup Instructions

Follow these steps to set up your FlareMore Heating Massage Pad:

1. **Charge the Device:** Before first use, fully charge the built-in 5000mAh battery using the provided Type-C USB cable. A 5V 2A adapter (not included) is required for optimal charging. The charging display will show the battery percentage.
2. **Attach Long Strap Belt:** Buckle the long strap belt onto the back of the heating belt.
3. **Position the Heating Area:** Place the heating area of the belt on the desired part of your body (e.g., lower back, waist, abdomen).
4. **Secure the Belt:** Wrap the belt around your body, ensuring the control screen is on the left side. Use the self-adhesive hook and loop fasteners to secure it. If needed, attach the extension belt for a larger fit.



Image: Visual guide demonstrating the steps to wear and operate the heating massage pad.

## 6. Operating Instructions

The device features a user-friendly touch screen for effortless control:

1. **Power On/Off:** Long press the Power button (located on the side of the control unit) for 3 seconds to turn the device on or off. The screen will illuminate upon activation.
2. **Adjust Heating Mode:** Tap the 'Heating' button (flame icon) to cycle through the three heating levels: Low Heat (45°C/113°F), Mid Heat (54°C/129.2°F), and High Heat (65°C/149°F).
3. **Adjust Vibration Massage Mode:** Tap the 'Vibration' button (wave icon) to select one of the three vibration massage modes.
4. **Lock Function:** To prevent accidental changes to settings, short press the 'Lock' button (padlock icon). The lock button will turn red when activated, preventing further adjustments. Press it again to unlock (button turns green) and resume adjustments.
5. **Temperature Display:** Long press the heating button and vibration button together to switch the temperature display between Celsius (°C) and Fahrenheit (°F).



Image: Close-up of the control panel showing icons for heating, vibration, and lock functions.



Image: Visual representation of the anti-false touch function, indicating locked (red) and unlocked (green) states.

## 7. Maintenance and Cleaning

Proper care ensures the longevity of your heating massage pad:

- **Cleaning:** It is recommended to wipe the belt with a damp cloth.
- **Avoid Water:** Do not soak the device in water or put it in a washing machine, as it contains internal motors and electronic components that can be damaged by water.
- **Storage:** Store the device in a cool, dry place when not in use.



Image: Visual instructions for cleaning, showing to wipe with a wet cloth and explicitly stating not to machine wash or soak in water.

## 8. Product Specifications

Feature	Detail
Model Number	10224710HJ
Dimensions	46.5 x 7.9 inches (belt); 10.71 x 8.03 x 3.46 inches (package)
Weight	1.9 Pounds
Battery Capacity	5000mAh
Voltage	5 Volts
Wattage	25 watts
Material Type	Fabric
Color	Black
Heating Settings	3 (45°C/113°F, 54°C/129.2°F, 65°C/149°F)
Massage Settings	3
Additional Features	Lightweight, Portable, Digital Display, Anti-false Touch Function

## 9. Troubleshooting

If you encounter any issues with your FlareMore Electric Heating Massage Pad, please consider the following:

- **Device not turning on:** Ensure the device is fully charged. Long press the power button for 3 seconds.
- **No heat/vibration:** Check if the desired mode is activated on the control panel. Ensure the device is not in 'Lock' mode.
- **Inconsistent heating/vibration:** Ensure the device is fully charged. If the issue persists, contact customer support.
- **Charging issues:** Verify that you are using a 5V 2A adapter (not included) and the provided Type-C USB cable. Ensure connections are secure.

## 10. Warranty and Customer Support

For warranty information, technical assistance, or any questions regarding your FlareMore Electric Heating Massage Pad, please contact FlareMore customer support through the retailer where you purchased the product or visit the official FlareMore website. Please have your model number (10224710HJ) and purchase details ready when contacting support.