



Manuals.plus /

- › Philips /
- › Philips Mini Massage Gun with Heat (Model PPM7303) - Instruction Manual

Philips PPM7303

Philips Mini Massage Gun with Heat (Model PPM7303) - Instruction Manual

PRODUCT OVERVIEW

The Philips Mini Massage Gun with Heat, Model PPM7303, is designed for ergonomic comfort and deep tissue muscle relief. It features soothing heat technology, maintaining a comforting 45-degree Celsius temperature to enhance your massage experience. This versatile device includes 6 silicone massage heads and 5 adjustable power levels, catering to various needs and body parts. Its compact and portable design ensures on-the-go wellness.

The image shows a person's shoulder and neck area being massaged with a small, black, handheld device. The device has a cylindrical body and a rounded head. Red arrows and a hexagonal pattern on the skin indicate the massage area. The Philips logo is in the top left corner.

PHILIPS

Philips Mini Massage Gun

A Massage with Temperature

Comfortable enjoyment of a relaxed state
Warm compress and thumping

synchronously | 6-head fancy massage |
303g compact and portable

Image: The Philips Mini Massage Gun being used on a person's shoulder, illustrating its compact size and application.

PACKAGE CONTENTS

Please verify that all items are present in your package:

- Philips Mini Massage Gun (Model PPM7303)
- 6 Silicone Massage Heads (various shapes for targeted relief)
- USB-C Charging Cable
- User Manual

Soft and hard combination, multiple patterns of massage

With more accessories to choose from, combining different techniques such as warm compress, kneading and dot matrix massage, a multi-purpose device brings you a funny relaxation.



Image: A selection of six silicone massage heads, demonstrating the variety available for different massage techniques.

GETTING STARTED

1. Charging the Device

1. Before first use, fully charge the massage gun using the provided USB-C charging cable.
2. Connect the USB-C end of the cable to the charging port on the device and the other end to a compatible USB power adapter (not included).
3. The indicator lights will show charging status and full charge.

2. Attaching Massage Heads

- Select the desired silicone massage head.
- Align the base of the massage head with the attachment port on the device.
- Gently push and twist the head until it is securely in place. Ensure it is firmly attached before use.

The added silicone fingers

Turn into the interesting little [magic claws]

Inspired by a scalp massager, it simulates the scratching and kneading touch of human finger pulps, which is skin-friendly and soft, let you feel limp and numb as well as decompressed.



Gently press down



Sway from side to side

* The silicone head should be covered over the prong and cannot be used separately.

Image: A close-up view of the massage gun with a specialized silicone head, demonstrating how it can be gently pressed down and swayed for effective massage.

OPERATING INSTRUCTIONS

1. **Power On/Off:** Press and hold the power button to turn the device on or off.
2. **Adjusting Intensity:** Once powered on, short press the power button to cycle through 5 adjustable power levels. Select a comfortable setting for your needs.
3. **Applying Massage:** Apply the massage head to the desired muscle area. Move it in circular or back-and-forth motions, avoiding direct contact with bones or joints.
4. **Heat Function:** To activate the heat function, double-press the power button. The device will maintain a comforting 45-degree Celsius temperature. Double-press again to deactivate.

It's more than a regular warm compress

Massage while applying warm compress has a multiplier effect

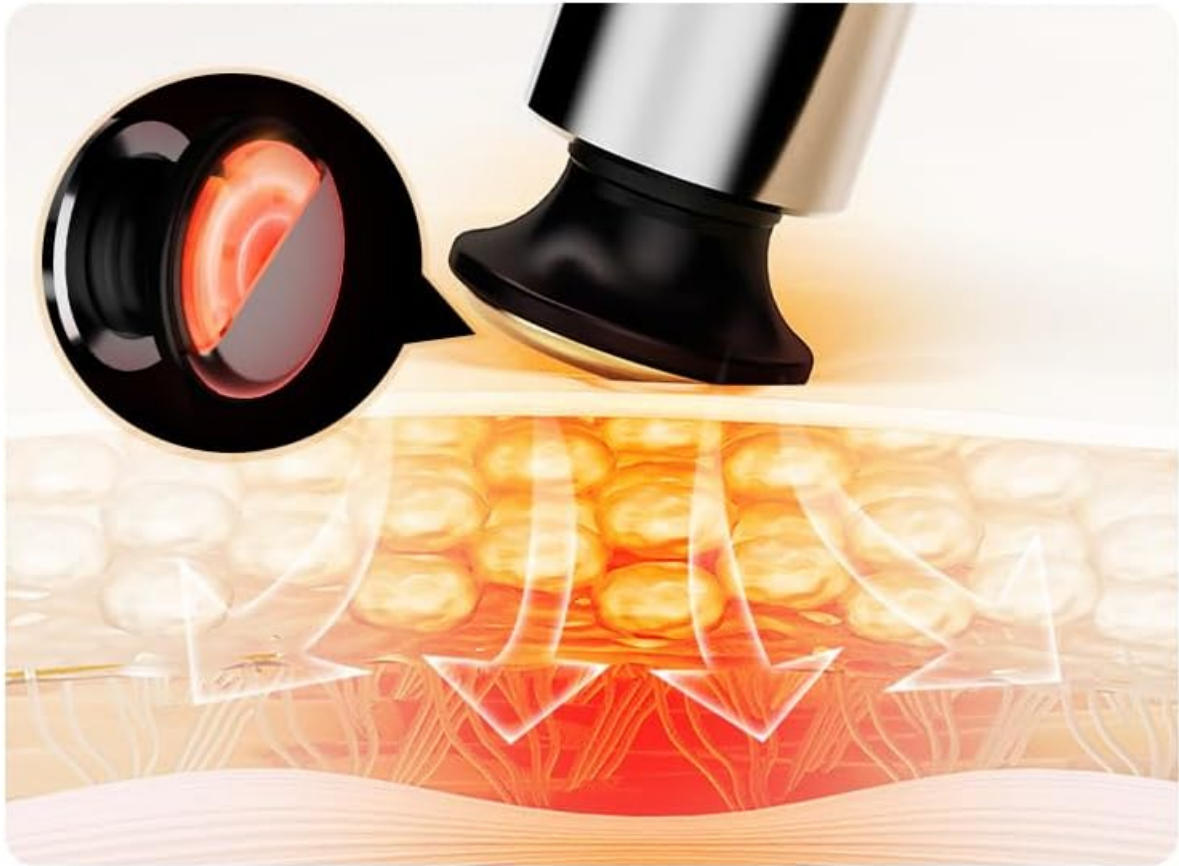


Image: A cross-section diagram illustrating how the gentle warmth from the massage gun penetrates muscle tissue for deep heat relief.

MESSAGE HEAD GUIDE

The Philips Mini Massage Gun comes with 6 versatile silicone massage heads, each designed for specific muscle groups and massage types:

- **Round Head:** General full-body massage, suitable for large muscle groups like arms, back, hips, and thighs.
- **Flat Head:** Ideal for muscle relaxation and shaping, suitable for all body parts.
- **Bullet Head:** For deep tissue and trigger point massage, targeting specific knots and smaller muscle areas.
- **Fork Head:** Designed for the spine, neck, and Achilles tendon, providing targeted relief around bones.
- **Finger-like Head:** Mimics the scratching and kneading touch of human finger pulps, skin-friendly and soft for decompression.
- **Heat Plate Head:** Specifically for applying the 45-degree heat therapy to soothe tired muscles.

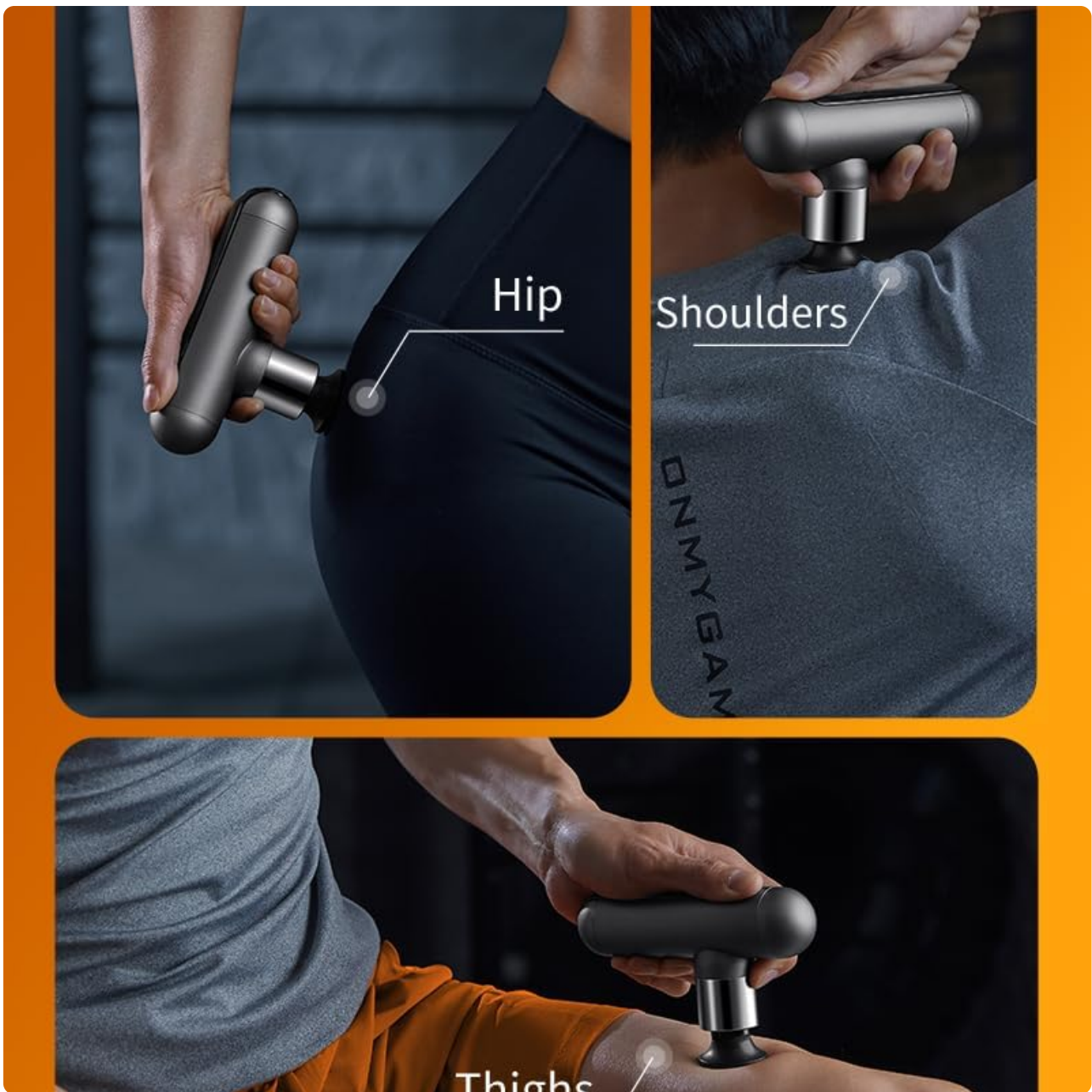


Image: Demonstrates the versatility of the massage gun for various body parts including hips, shoulders, and thighs.

MAINTENANCE AND CARE

- After each use, clean the massage heads with a damp cloth and mild soap. Ensure they are completely dry before storing.
- Wipe the body of the massage gun with a soft, dry cloth. Do not immerse the device in water.
- Store the device in a cool, dry place away from direct sunlight and extreme temperatures.

SPECIFICATIONS

Brand	Philips
Model Name	PPM7303
Use for	Whole Body
Power Source	Corded Electric (USB-C)
Material	Silicone
Item Weight	303 Grams
Product Dimensions	5L x 5W x 10H centimetres
Special Features	Heat (45-degree Celsius)
Massage Therapy Technique	Percussion
Intensity Levels	5

WARRANTY AND SUPPORT

This Philips Mini Massage Gun comes with a **2-year manufacturer warranty**. For warranty claims, technical support, or any product-related inquiries, please contact Philips customer service or visit the official Philips website. You can visit the [Philips Store on Amazon](#) for more information.