

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

> [iDOO](#) /

> [iDOO Cordless Heating Pad for Menstrual Cramp Relief \(Model Rosa\) User Manual](#)

iDOO Rosa

iDOO Cordless Heating Pad for Menstrual Cramp Relief (Model Rosa)

User Manual

INTRODUCTION

The iDOO Cordless Heating Pad is designed to provide targeted relief for menstrual, back, and abdominal discomfort. Utilizing advanced graphene heating technology, it offers rapid and consistent warmth. The device features three adjustable heating levels and three high-frequency vibration massage modes, allowing for personalized comfort. Its portable, cordless design, powered by a 2000mAh rechargeable battery, ensures convenience for use anywhere. For safety, it includes a 30-minute automatic shut-off function.



Image: The iDOO Cordless Heating Pad being worn by a user for comfort.

SAFETY INFORMATION

- For your safety, do not use the heating pad directly on the skin. Always use it through clothing.
- We recommend starting from the lowest temperature setting to avoid skin discomfort caused by heat.
- The device is equipped with a 30-minute automatic shut-off function for enhanced safety.

- This product is FCC and UL certified.
- Statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a healthcare professional for medical advice.

SETUP

1. **Initial Charge:** Before using the heating pad for the first time, fully charge it using the provided Type-C USB cable.
2. **Power Check:** Ensure the device has sufficient power before each use.



Image: The heating pad being charged via its Type-C USB port.

OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the power button for approximately 2 seconds until the LED indicator light turns on.
2. **Wear the Pad:** Place the heating pad over the desired area (e.g., abdomen, lower back) over your clothing. Adjust the belt for a comfortable and secure fit.
3. **Adjust Heat Level:** Press the heat button to cycle through the three temperature settings: **108°F (48°C)**, **132°F (56°C)**, and **140°F (60°C)**. The LED indicator will change to reflect the selected level.
4. **Adjust Massage Mode:** Press the massage button to cycle through the three high-frequency vibration massage modes. The LED indicator will show the active mode.
5. **Combined Use:** Both heating and massage functions can be used simultaneously for enhanced relief.
6. **Automatic Shut-off:** The device will automatically power off after 30 minutes of continuous use. You can restart it if further use is desired.
7. **Power Off:** To manually turn off the device, press and hold the power button for 2 seconds.

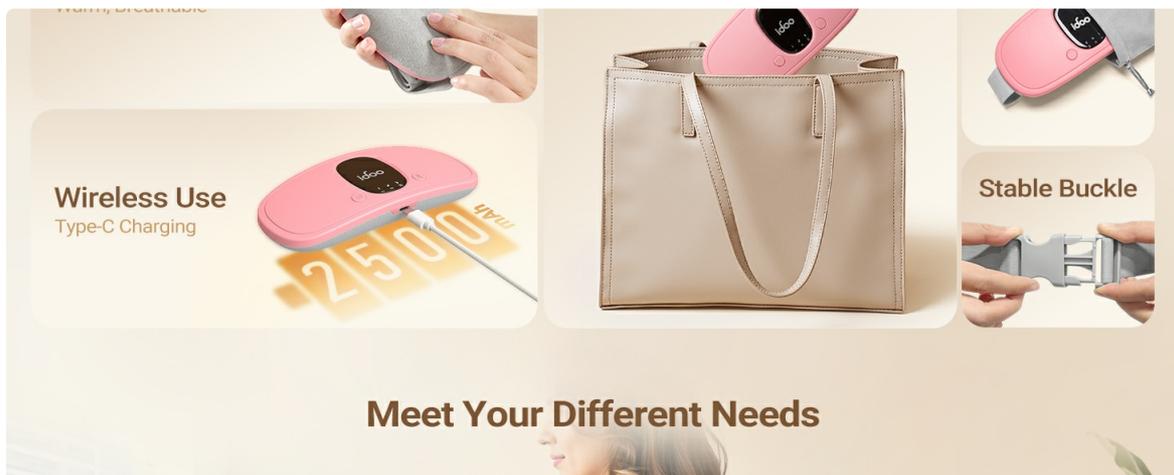


Image: Visual representation of the heating and vibration settings.

MAINTENANCE

- **Cleaning:** Gently wipe the heating pad with a damp cloth. Do not submerge the device in water or use harsh cleaning agents.
- **Storage:** Store the heating pad in a cool, dry place away from direct sunlight when not in use.
- **Recharging:** Recharge the heating pad when the battery is low to ensure it is ready for your next use.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on	Low battery; Power button not pressed correctly	Charge the device fully. Press and hold the power button for 2 seconds.
No heat or vibration	Low battery; Settings not selected; Device malfunction	Ensure the device is charged. Select desired heat and massage settings. If problem persists, contact customer support.
Heat feels too intense/not warm enough	Incorrect temperature setting	Adjust the temperature setting to a comfortable level. Ensure the pad is used over clothing.

SPECIFICATIONS

- **Model Number:** Rosa
- **Product Dimensions:** 7.28 x 3.35 x 0.79 inches
- **Item Weight:** 0.64 Kilograms (1.41 Pounds)
- **Battery Capacity:** 2000mAh
- **Battery Life:** More than 4 hours (continuous use)
- **Charging Type:** Type-C USB
- **Heating Levels:** 3 (108°F/48°C, 132°F/56°C, 140°F/60°C)
- **Vibration Modes:** 3 high-frequency
- **Noise Level:** < 40dB
- **Certifications:** FCC, UL

WARRANTY AND SUPPORT

For warranty information, product registration, or technical support, please refer to the documentation included with your purchase. You may also visit the official iDOO website for frequently asked questions and customer service contact details.

Online Support: [Visit the iDOO Store on Amazon](#)

