

SKG H7 Ultra E

SKG H7 Ultra E Neck Massager Instruction Manual

Model: H7 Ultra E

1. INTRODUCTION

Welcome to the SKG H7 Ultra E Neck Massager instruction manual. This guide provides detailed information on how to safely and effectively use your new massager. The SKG H7 Ultra E is designed to provide deep tissue shiatsu massage with heat for pain relief in the neck and shoulders. Please read this manual thoroughly before first use and retain it for future reference.

2. SAFETY INFORMATION

To ensure safe operation and prevent injury or damage, please observe the following safety guidelines:

- Use the massager for no more than 2 cycles (15 minutes per cycle) per day.
- Always follow proper body positioning and usage techniques when using the massager on the neck and shoulders.
- Avoid prolonged use of the highest heating level to prevent skin burns.
- The massager features an overheating protection mechanism that automatically shuts off after 15 minutes of continuous use. This is a normal safety feature.
- Do not use the massager if you are pregnant, have a pacemaker, or suffer from any serious medical conditions without consulting a physician.
- Keep the device away from water and high humidity.
- Do not attempt to disassemble or repair the device yourself. Contact authorized service personnel for any repairs.

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3. PRODUCT OVERVIEW

The SKG H7 Ultra E Neck Massager features an ergonomic design for comfortable use on the neck and shoulders. It includes rotatable massage heads and an integrated heating function.

Components:

- **Massage Heads:** Four rotatable massage heads designed for deep tissue kneading.
- **Heating Area:** Integrated red light beads for therapeutic heat.
- **Control Panel:** Buttons for power, massage mode, and heat control.
- **Adjustable Straps:** For securing the massager in place and hands-free use.
- **Type-C Charging Port:** For recharging the internal battery.



Image: SKG H7 Ultra E Neck Massager, illustrating the main unit with its four massage heads and central red light heating area.

360°

Rotatable Massage Head

- Real human-like kneading massage
- Larger massage area
- No skin rubbing

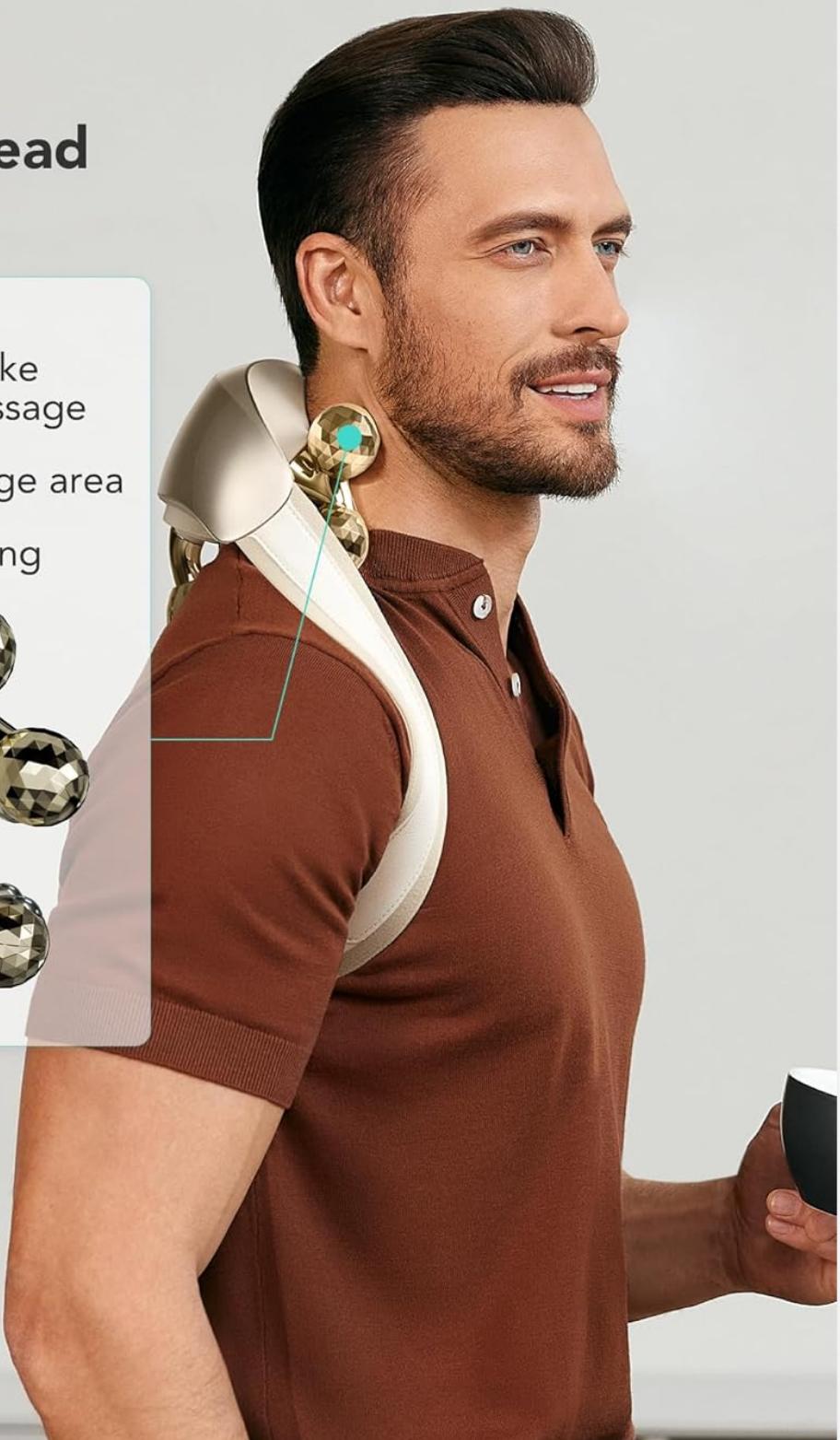


Image: A man wearing the SKG H7 Ultra E Neck Massager, demonstrating how the rotatable massage heads conform to the neck and shoulder area for a human-like kneading massage.

4. SETUP

4.1 Charging the Massager

1. Before initial use, fully charge the massager.
2. Connect the provided Type-C charging cable to the charging port on the massager and to a suitable power adapter (not included).
3. The charging indicator light will show the charging status. A full charge typically takes approximately 3.5 hours.
4. Once fully charged, the massager provides approximately 90 minutes of work time.

80MIN WORK TIME



Type-C port



10Min Auto-off



3.5H charging time



Image: A close-up view of the SKG H7 Ultra E Neck Massager's Type-C charging port, illustrating the charging process and battery

indicators.

4.2 Positioning and Strap Adjustment

1. Place the massager on your neck or shoulders, ensuring the massage heads are positioned comfortably on the desired area.
2. For hands-free use, wear the massager like a backpack by adjusting the straps.
3. Adjust the straps to ensure a secure and comfortable fit. If the back buckle feels uncomfortable, you can easily switch to an alternative strap adjustment method. Ensure both ends of the strap are evenly tightened, not too tight or too loose, for optimal massage experience.



Strap Adjustment:

If the back buckle feels uncomfortable, you can easily switch to the strap adjustment method. Simply ensure both ends of the strap are evenly tightened, not too tight or too loose, for a secure fit and optimal massage experience.

Image: Two examples of strap adjustment for the SKG H7 Ultra E Neck Massager, demonstrating how to wear it for a secure and comfortable fit.

5. OPERATING INSTRUCTIONS

Follow these steps to operate your SKG H7 Ultra E Neck Massager:

1. **Power On:** Press and hold the power button located on the control panel to turn on the massager. A voice prompt will indicate the current mode.
2. **Select Massage Mode:** Short press the mode button to cycle through available massage modes. The massager features rolling massage heads designed for a smooth and comfortable experience, mimicking human-like kneading.
3. **Activate Heat Function:** Press the heat button to turn on the heating function. The H7 Ultra E features 64 red light beads and a 2826 square millimeter film hot compress, providing a larger heating area with an adjustable temperature range of 102.2°F - 111.2°F.
4. **Usage Duration:** Use the massager for up to 15 minutes per session. The device has an automatic shut-off feature after 15 minutes to prevent overheating and ensure safety. You may use it for up to 2 cycles per day.
5. **Power Off:** Press and hold the power button again to turn off the massager.

Different with Other Kneading Neck Massager

630_{nm}
red light

64 pcs
light bulb

102.2°F - 111.2°F
Adjustable heating



Image: A woman wearing the SKG H7 Ultra E Neck Massager, showcasing the red light heating elements and indicating the adjustable heating range and red light wavelength.

Suitable for neck circumference 13.4inch - 17inch



Before Use



After Use

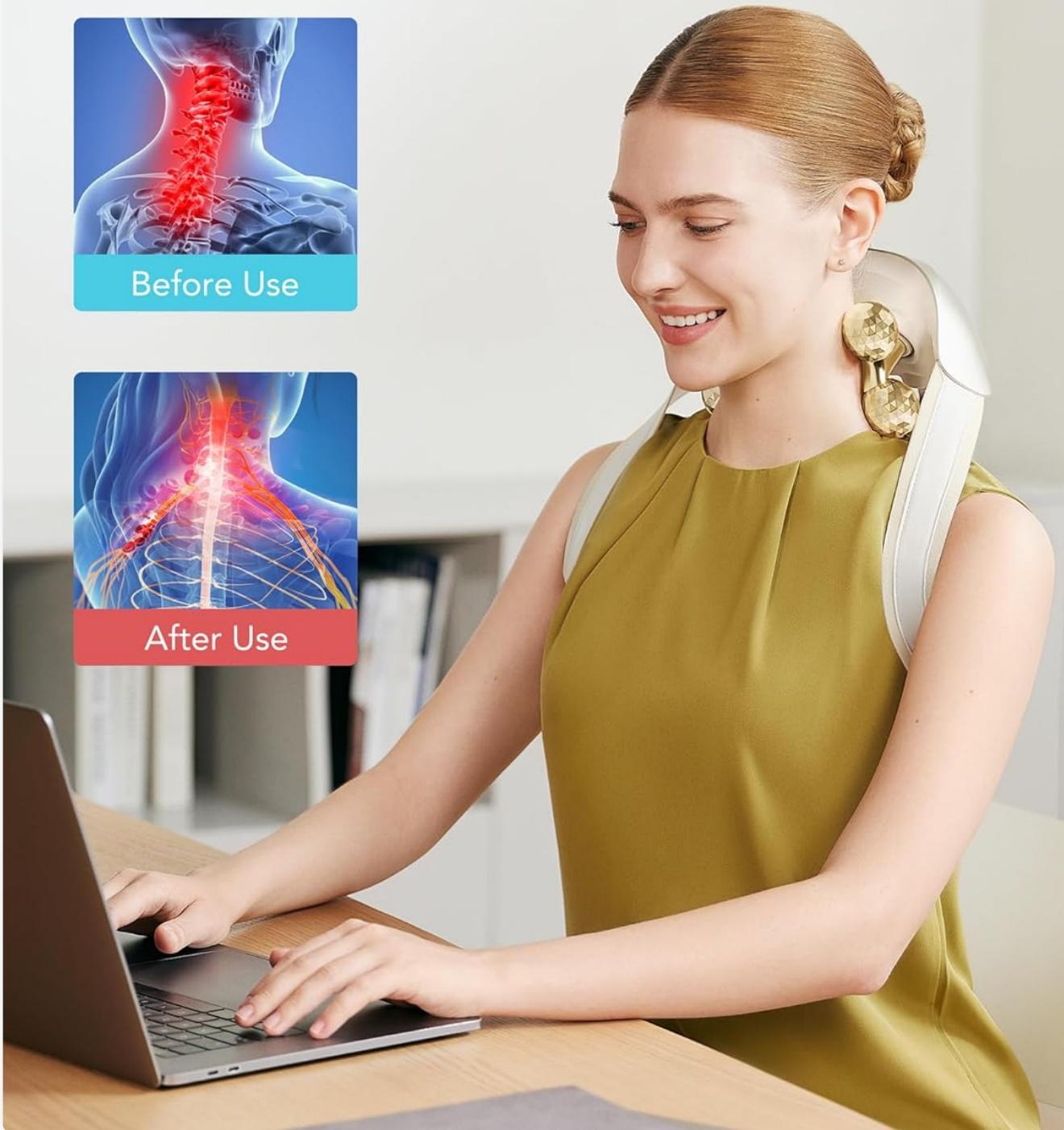


Image: A woman comfortably using the SKG H7 Ultra E Neck Massager while seated at a desk, demonstrating its suitability for various activities. Accompanying diagrams illustrate potential relief from neck discomfort.

6. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your massager:

- **Cleaning:** After each use, wipe the massager with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water. Ensure the device is completely dry before storing.
- **Storage:** Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures. Remove the massager after use and store it properly to prevent damage.
- **Battery Care:** To maintain battery health, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

7. TROUBLESHOOTING

If you encounter any issues with your SKG H7 Ultra E Neck Massager, please refer to the following common problems and solutions:

- **Massager does not turn on:**
 - Ensure the battery is sufficiently charged. Connect the massager to its charger and allow it to charge for at least 30 minutes before attempting to power it on again.
- **No heat or insufficient heat:**
 - Ensure the heat function is activated by pressing the heat button.
 - The massager has an automatic shut-off after 15 minutes; if it has recently turned off, allow it to cool before restarting.
 - Ensure proper contact with the skin for effective heat transfer.
- **Massage feels too weak or too intense:**
 - Adjust the position of the massager on your neck or shoulders.
 - Adjust the tightness of the straps to find a comfortable pressure level.
 - Cycle through different massage modes if available.
- **Massager automatically shuts off during use:**
 - This is a normal safety feature. The massager is designed to automatically power off after 15 minutes of continuous operation to prevent overheating. You can restart it after a short break.

If the problem persists after trying these solutions, please contact SKG customer support for further assistance.

8. SPECIFICATIONS

Feature	Specification
Model Number	H7 Ultra E
Brand	SKG
Product Dimensions	8.66 x 3.94 x 10.63 inches
Item Weight	1.4 Kilograms (3.09 Pounds)
Material	Plastic
Power Source	Battery Powered
Battery Capacity	2000mAh

Work Time	Approximately 90 minutes (on a single charge)
Charging Time	Approximately 3.5 hours
Automatic Shut-off	15 minutes
Heating Temperature Range	102.2°F - 111.2°F (Adjustable)
Red Light Wavelength	630nm

9. WARRANTY INFORMATION

SKG products are manufactured to high-quality standards. For specific warranty details regarding your SKG H7 Ultra E Neck Massager, please refer to the warranty card included with your product packaging or visit the official SKG website. Please retain your proof of purchase for any warranty claims.

10. SUPPORT

For further assistance, technical support, or customer service inquiries, please contact SKG customer support through the official SKG website or the contact information provided in your product packaging. Our team is available to help with any questions or concerns you may have.

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Related Documents - H7 Ultra E

A thumbnail image of the SKG K6E Neck Massager User Manual, showing the cover with various icons and text.	<p>SKG K6E Neck Massager User Manual: Operation, Safety, and Maintenance</p> <p>Comprehensive user manual for the SKG K6E Neck Massager. Learn about its features, how to wear, charge, operate, maintain, and important safety precautions for effective and safe use.</p>
A thumbnail image of the SKG Smart Neck Massager User Manual (Models 4098/4353), showing the cover with the title and a neck massager illustration.	<p>SKG Smart Neck Massager User Manual (Models 4098/4353)</p> <p>User manual for the SKG Smart Neck Massager (Models 4098 and 4353), providing instructions on operation, precautions, maintenance, and troubleshooting. Features include heating and adjustable intensity for neck pain relief.</p>
A thumbnail image of the SKG H7 Ultra E Neck & Shoulder Massager User Manual, showing the cover with a detailed diagram of the massager and the title.	<p>SKG H7 Ultra E Neck & Shoulder Massager User Manual</p> <p>Comprehensive user manual for the SKG H7 Ultra E Neck & Shoulder Massager, covering features, operation, safety precautions, troubleshooting, and technical specifications.</p>

 <p>SKG Neck Massager K5-3Pro USER MANUAL</p>	<p><u>SKG K5-3 PRO Neck Massager: Instructions for Use</u></p> <p>Operating manual for the SKG K5-3 PRO Neck Massager, detailing features, usage instructions, safety precautions, and troubleshooting for effective pain relief and relaxation.</p>
 <p>SKG Neck Massager User Manual MODEL: K6-EN English version Original instruction manual Original instruction manual Original instruction manual</p>	<p><u>SKG K6-EN Neck Massager User Manual: Operation Guide and Safety Precautions</u></p> <p>This user manual for the SKG K6-EN Neck Massager provides detailed instructions on operation, maintenance, safety guidelines, and troubleshooting. Learn how to use your SKG neck massager effectively and safely.</p>
 <p>SKG K6E Neck Massager User Manual</p>	<p><u>SKG K6E Neck Massager User Manual</u></p> <p>Comprehensive user manual for the SKG K6E Neck Massager, detailing features, operation, safety precautions, troubleshooting, and specifications.</p>

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