

Manuals+

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

manuals.plus /

› [RENPHO](#) /

› [RENPHO R-HAP65 Cordless Heating Pad and Massager Instruction Manual](#)

RENPHO R-HAP65

RENPHO R-HAP65 Cordless Heating Pad and Massager Instruction Manual

Model: R-HAP65

[Introduction](#)

[Safety Information](#)

[Components](#)

[Setup](#)

[Operation](#)

[Maintenance](#)

[Specifications](#)

[Warranty & Support](#)

1. INTRODUCTION

The RENPHO R-HAP65 Cordless Heating Pad and Massager is designed to provide targeted relief for back and period pain. This portable device combines heat therapy with vibration massage to soothe muscles and alleviate discomfort. Its cordless design allows for flexible use at home, during travel, or on the go.

Key features include:

- **Deep-Tissue Back Massager with Heat:** Utilizes an NTC temperature control system for five precise heating levels (104°F–140°F) and three vibration modes (soft/active/boost).
- **Cordless & Portable:** Equipped with a built-in 4000mAh battery, providing up to 75 minutes of continuous wireless heat. Features USB-C fast charging and quiet operation (under 50 dB).
- **20-Minute Auto Shut-Off:** For enhanced safety and convenience.
- **Four-Point Dynamic Support:** Includes four detachable support rods and dual straps for stable lumbar support. Rods can be removed to convert into a flat heating pad.
- **Large Coverage:** Measures 117 cm in length with a 35 cm extension strap, accommodating waist sizes up to 60 inches.
- **Comfortable Material:** Made of skin-friendly Lycra fabric and breathable faux leather.
- **FSA/HSA Eligible:** Qualifies as a reimbursable health investment.

2. IMPORTANT SAFETY INFORMATION

READ ALL INSTRUCTIONS BEFORE USE.

- This product is for household use only. Do not use this product outdoors or for any other purpose.
- Do not use while sleeping.
- Do not use on an infant or an animal.
- This pad must not be used by an invalid, a sleeping or unconscious person, a person with diabetes, or a person with poor blood circulation.
- The use of accessories that are not supplied with the appliance is not recommended.
- Do not use on areas of insensitive skin.
- Burns can occur regardless of the control setting. Check the skin under the pad frequently.
- Do not use pins or other metallic fasteners with the pad.
- Do not sit on or crush the pad. Avoid sharp folds.
- Never pull the pad by the supplied cord.
- This pad should not be used by children without adult supervision.
- Do not use on any part of the body that is swollen, inflamed, or has open wounds.
- Do not use with generators, power converters, or inverters.
- Do not tamper with this pad in any way.
- If the supply cord or control unit is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Never leave the pad unattended, especially when children are present.
- Loop the cord loosely when storing. Tight wrapping may damage the cord and internal parts.
- The product is not intended for medical use in hospitals.
- The product must not be allowed to get wet during washing and that during drying the cord and control unit must not allow water to flow into the control.
- When not in use, fold the product to store it in the original packing after cooling it down and then store the product in a dark, cool, dry place. During storage, do not crease the product by placing items on top of it.

3. PRODUCT COMPONENTS

The RENPHO R-HAP65 Cordless Heating Pad and Massager consists of the main heating pad unit, a control panel, and an extension strap.

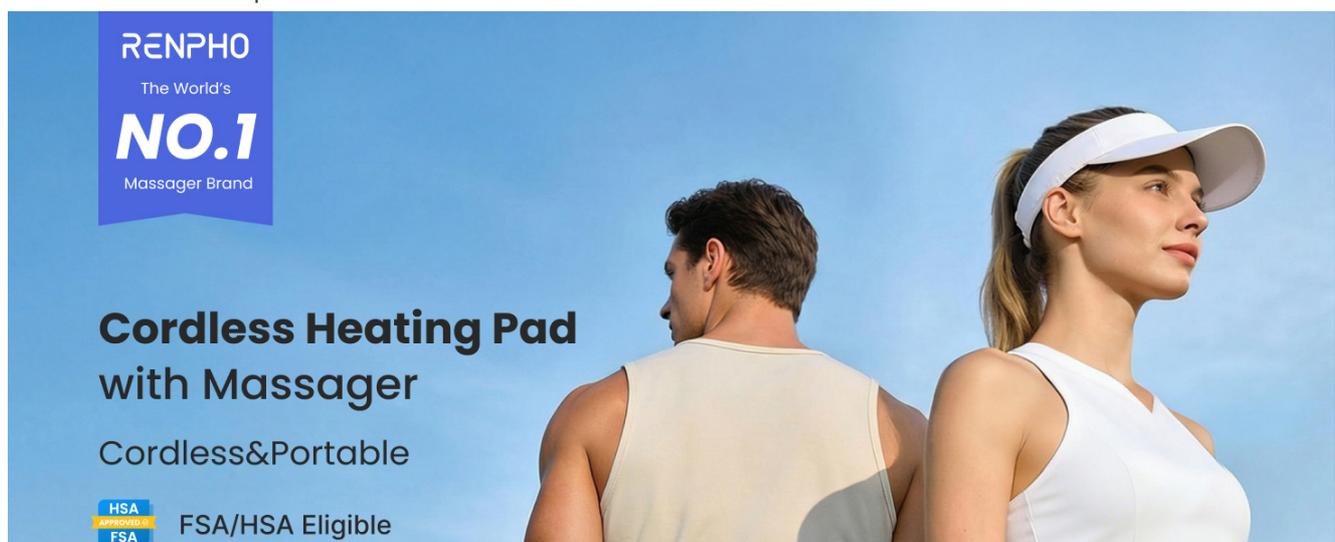


Image: The RENPHO R-HAP65 Cordless Heating Pad, showcasing its integrated control panel and adjustable straps.



Image: A detailed view of the control panel, highlighting the buttons for adjusting heat and vibration levels.

4. SETUP

- 1. Charge the Device:** Before first use, ensure the heating pad's built-in 4000mAh battery is fully charged using the provided USB-C cable.
- 2. Attach Support Rods (Optional):** The heating pad comes with four detachable support rods. Insert these into the designated pockets on the back of the pad if you require additional lumbar support. For use as a flat heating pad (e.g., for abdomen), these rods can be removed.
- 3. Adjust for Fit:** Wrap the heating pad around the desired body part (e.g., lower back, abdomen). Secure it using the dual straps. If needed, attach the 35 cm extension strap to achieve a total length of up to 60 inches for a comfortable and secure fit.

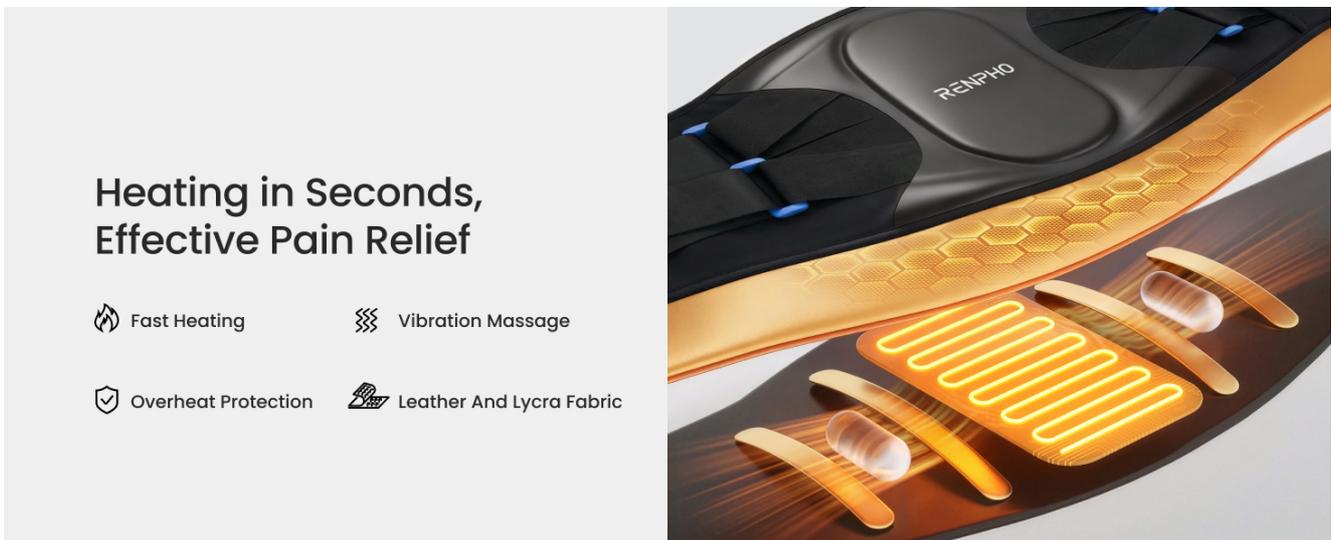


Image: A person demonstrating how to wear the RENPHO R-HAP65 heating pad for lower back support.



Flexible Adjustment, Unrestricted

Easy to adjust while wearing, maintaining comfort and stability.

Image: A visual representation of the heating pad's dimensions and how the extension belt adds to its overall length.

5. OPERATION

1. **Power On:** Press and hold the power button on the control panel to turn on the device. The display will illuminate.
2. **Select Heat Level:** Use the '+' and '-' buttons to cycle through the 5 available heating levels (104°F–140°F). The current heat level will be displayed on the screen.
3. **Select Vibration Mode:** Press the power button (short press) to cycle through the 3 vibration modes: soft, active, and boost. The selected mode will be indicated on the display.
4. **Combine Heat and Massage:** You can use heat and massage functions simultaneously or independently, according to your preference.
5. **Automatic Shut-Off:** For safety, the device will automatically turn off after 20 minutes of continuous use. If you wish to continue therapy, simply power it back on and select your desired settings.
6. **Power Off:** Press and hold the power button to turn off the device when finished.

Video: Demonstrates the use of the RENPHO Heating Pad for Period Cramps & Back Pain Relief, including how to adjust settings.

Video: An unboxing and overview of the RENPHO lower back heating pad, showing its components and initial setup.

6. MAINTENANCE

The RENPHO R-HAP65 heating pad is designed for easy maintenance.

1. **Disconnect Controller:** Before cleaning, always ensure the control panel is disconnected from the heating pad.
2. **Machine Washable:** The fabric portion of the heating pad is machine washable. Use a gentle cycle with cold water. Do not bleach.
3. **Drying:** Line dry the heating pad. Ensure it is completely dry before reattaching the control unit or storing. Do not tumble dry or iron.
4. **Storage:** When not in use, allow the pad to cool completely. Fold it loosely and store it in a dark, cool, dry place. Avoid placing heavy objects on top of it to prevent creasing or damage.

7. SPECIFICATIONS

Feature	Detail
Model Number	R-HAP65
Product Dimensions	46.06 x 7.87 x 7.87 inches
Item Weight	1.46 Pounds (660 Grams)
Material Type	Lycra + PU leather
Color	Black
Heat Settings	5 levels (104°F–140°F)
Vibration Modes	3 modes (soft, active, boost)
Battery Capacity	4000mAh
Continuous Wireless Heat	Up to 75 minutes
Auto Shut-Off	20 minutes
Max Waist Length	60 inches (with extension strap)
Additional Features	Automatic Shut Off, Overheat Protection, Portable

8. TROUBLESHOOTING

If you experience any issues with your RENPHO R-HAP65 Cordless Heating Pad and Massager, please refer to the following common solutions:

- **Device not turning on:** Ensure the battery is fully charged. Check that the control unit is securely connected to the heating pad.
- **No heat or weak heat:** Verify that a heat level has been selected and the device is not in vibration-only mode. Allow a few minutes for the pad to reach the desired temperature.
- **No vibration:** Ensure a vibration mode has been selected. Check battery level.
- **Automatic shut-off too soon:** The device has a built-in 20-minute auto shut-off for safety. This is normal operation.
- **Unusual odors or sounds:** Discontinue use immediately and contact customer support.

For further assistance, please contact RENPHO customer support.

9. WARRANTY AND SUPPORT

The RENPHO R-HAP65 Cordless Heating Pad and Massager comes with a **2-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.

For warranty claims, technical support, or any questions regarding your product, please contact RENPHO customer service through their official website or the contact information provided in your product packaging.

Please retain your proof of purchase for warranty validation.

