

## VAAGHANM VA-X-2

# VAAGHANM Weighted Electric Heating Pad for Neck and Shoulders (Model VA-X-2) - User Manual

Your guide to comfort and relief

## 1. PRODUCT OVERVIEW

The VAAGHANM Weighted Electric Heating Pad is designed to provide targeted heat therapy for the neck, shoulders, and other body areas. Its weighted design, filled with micro-glass beads, ensures a snug fit and deep muscle relaxation. Featuring multiple heat and timer settings, this pad offers customizable comfort and is made from soft, skin-friendly flannel for an enhanced user experience.



Image 1.1: VAAGHANM Weighted Electric Heating Pad, controller, and product packaging.

## 2. IMPORTANT SAFETY INFORMATION

**Please read all safety instructions carefully before use to prevent injury or damage.**

- **Unplug Before Washing or Storing:** Always disconnect the heating pad from the power outlet before cleaning or when not in use.
- **Inspect for Damage:** Do not use the heating pad if the cord, controller, or pad itself shows any signs of damage.
- **Keep Out of Reach of Children:** This product is not intended for use by children without adult supervision.
- **Medical Conditions:** Consult a physician before use if you are pregnant, have diabetes, circulatory problems, nerve damage, or any medical condition that makes you sensitive to heat.
- **Avoid Folding or Crushing:** Do not fold, sit on, or crush the heating pad during operation, as this can cause overheating.
- **Do Not Puncture:** Avoid using sharp objects on the heating pad, as this can damage the internal heating elements.
- **No External Heat Sources:** Do not use the heating pad with other heating devices or ointments that may

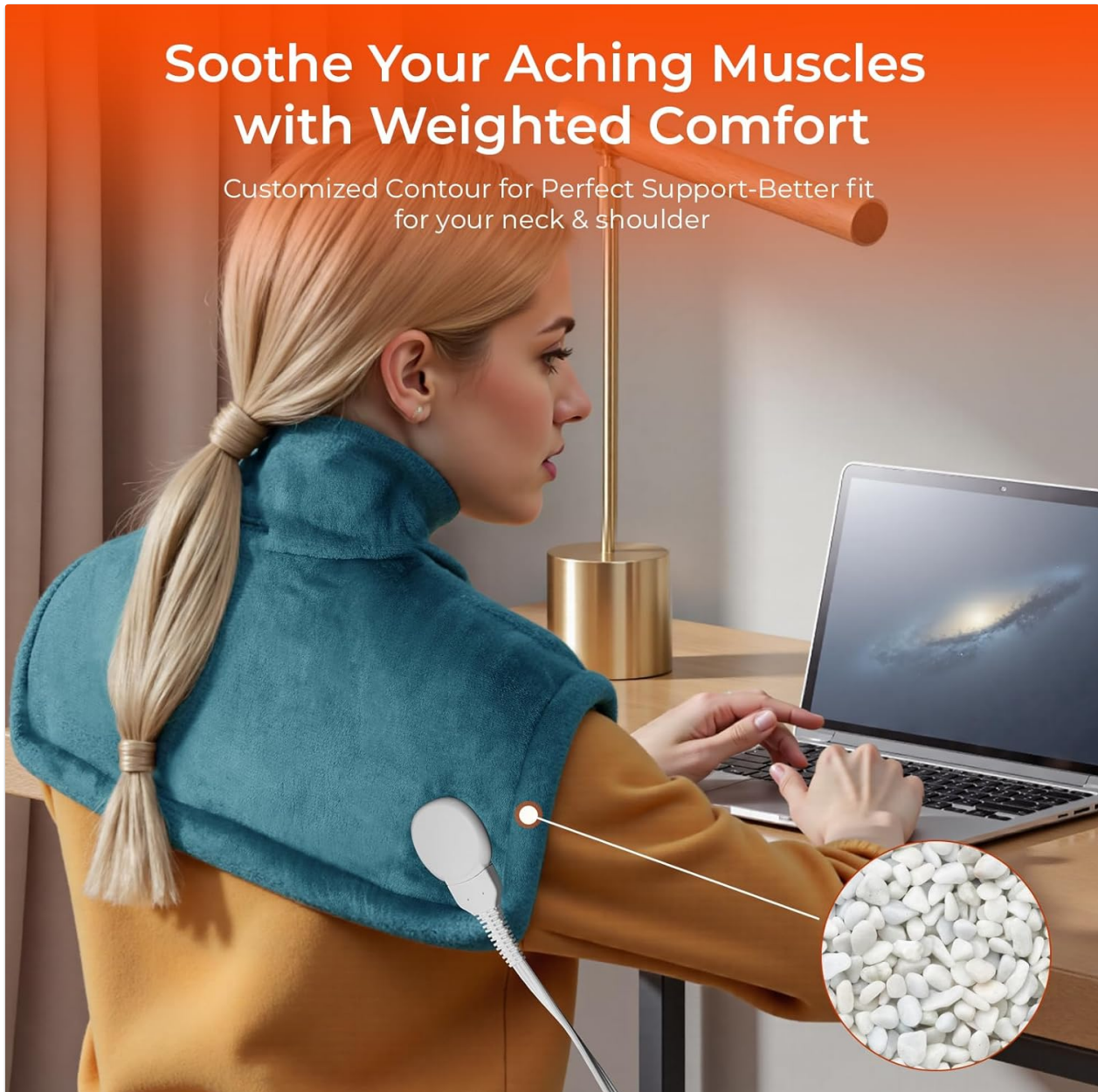
cause skin irritation.

- **Do Not Tumble Dry:** Refer to cleaning instructions for proper care.

### 3. SETUP INSTRUCTIONS

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1. **Unpack:** Carefully remove the heating pad and controller from its packaging.
2. **Connect Controller:** Ensure the controller cable is securely plugged into the heating pad's connector.
3. **Position Pad:** Place the heating pad comfortably over your neck and shoulders. The weighted design helps it stay in place. For a secure fit, snap the front buttons together.
4. **Plug In:** Insert the power cord into a standard electrical outlet.



*Image 3.1: Proper placement of the weighted heating pad for neck and shoulder comfort.*

### 4. OPERATING INSTRUCTIONS

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The VAAGHANM heating pad features an intuitive LED controller for easy adjustment of heat and timer settings.



1. **Power On:** Press the power button on the controller to turn on the heating pad. The LED display will illuminate.
2. **Select Heat Level:** Use the temperature adjustment buttons to choose from 6 heat settings (100°F to 150°F). We recommend starting at a lower setting and gradually increasing to your preferred comfort level.
3. **Set Timer:** Use the timer adjustment buttons to select an auto-off duration from 0.5 hours to 3 hours (0.5H, 1H, 1.5H, 2H, 2.5H, 3H). The pad will automatically shut off after the selected time.
4. **Monitor Display:** The LED display shows the current heat level and remaining timer duration. A backlight ensures visibility in low-light conditions.
5. **Power Off:** Press the power button again to turn off the heating pad. Always unplug the unit from the wall outlet after use.

## MORE TEMPERATURE & TIMER CHOICES

**TEMPERATURE SETTINGS**  
(100°F-150°F)

**TIMER SETTINGS**  
{0.5H-3H}

**180min Auto-off Protection**

Tips: We recommend starting at a lower setting, as heat tolerance is personal.

Image 4.1: The digital controller with options for 6 heat settings and 6 auto-off timer modes.

### 4.1 Versatile Use

This heating pad is designed for various body areas:

- **Neck & Shoulders:** The ergonomic design and weighted beads contour perfectly to relieve tension.
- **Back:** Can be laid flat to provide warmth to the upper or lower back.

- **Abdomen/Waist:** Effective for soothing menstrual cramps or general abdominal discomfort.
- **Thighs:** Can be wrapped around the thighs for localized heat therapy.

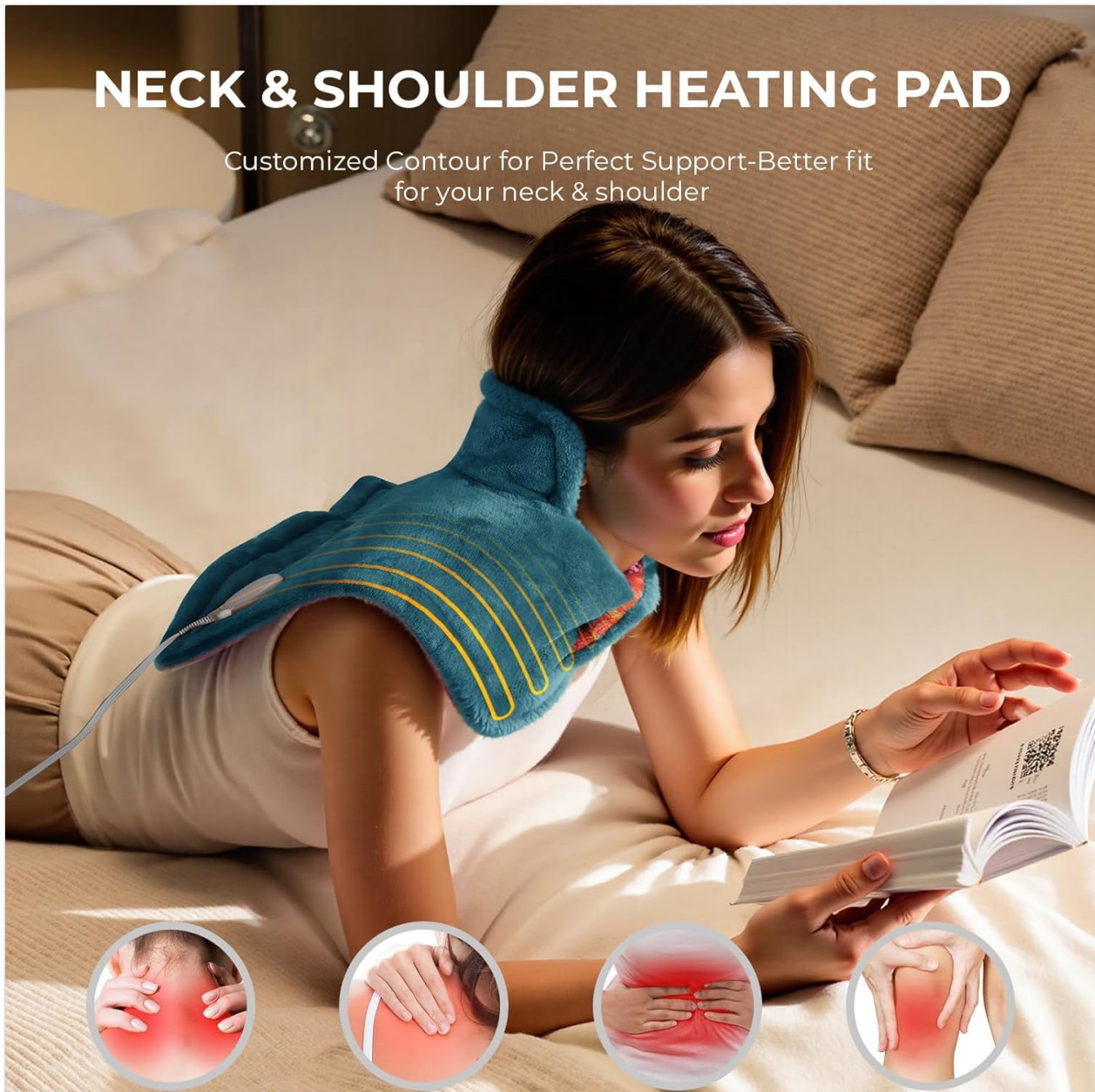


Image 4.2: Examples of the heating pad's versatile application on different body parts.

## 5. MAINTENANCE AND CARE

Proper care ensures the longevity and hygiene of your heating pad.

1. **Disconnect Power:** Always unplug the heating pad from the power outlet and disconnect the controller from the pad before cleaning.
2. **Machine Washable:** The fabric portion of the heating pad is machine washable. Use a gentle cycle with cold water.
3. **Air Dry:** Hang the heating pad to air dry completely. **Do not tumble dry.** Ensure it is fully dry before reconnecting the controller or storing.
4. **Storage:** Store the heating pad in a cool, dry place. Avoid folding it tightly or placing heavy objects on it.





Image 5.1: The heating pad is machine washable once the controller is detached.

## 6. TROUBLESHOOTING

### • Pad Not Heating:

- Ensure the power cord is securely plugged into a working outlet.
- Verify the controller is firmly connected to the heating pad.
- Check if the power button on the controller has been pressed.
- If the pad has an auto-off feature, check if the timer has expired.

### • Inconsistent Heat:

- Ensure the pad is not folded or bunched up, which can prevent even heat distribution.
- Adjust the heat setting on the controller to a higher level if needed.

### • Controller Display Not Working:

- Unplug and re-plug the unit to reset.
- Ensure the power outlet is functional.

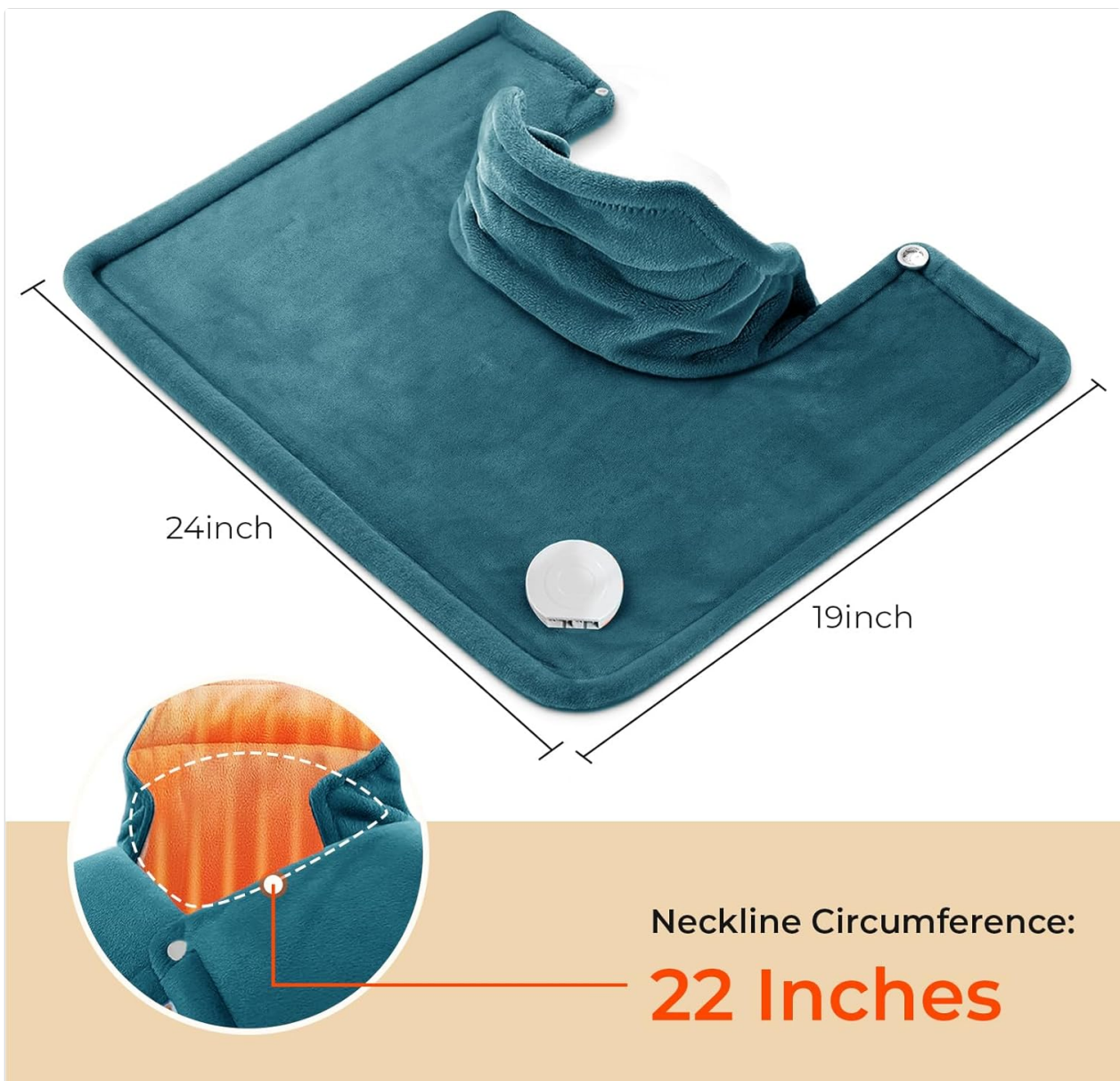
- **Automatic Shut-off Too Soon:**

- Check the selected timer setting on the controller. Adjust to a longer duration if desired.

If problems persist after following these steps, please contact customer support.

## 7. SPECIFICATIONS

Feature	Specification
Model Name	Neck Heating Pad
Item Model Number	VA-X-2
Brand	VAAGHANM
Material	Flannel
Color	Blue
Heat Settings	6 levels (100°F to 150°F)
Timer Modes	6 auto-off modes (0.5H to 3H)
Special Features	Automatic Shut Off, Overheat Protection, Portable, Timer, Weighted
Weight	Approximately 2.6 lbs (weighted with micro-glass beads)
Neckline Circumference	18 inches (with 2-inch extension cord)
Package Dimensions	10.75 x 7.72 x 3.43 inches



*Image 7.1: Key dimensions of the VAAGHANM Weighted Electric Heating Pad.*

## 8. PRODUCT CONSTRUCTION AND CERTIFICATIONS

The VAAGHANM heating pad is constructed with multiple layers for optimal performance and safety:

1. Thickened fleece
2. Honeycomb structure
3. Heating wire
4. Composite cotton
5. Crystal flannel

The product includes safety-certified heating parts and controllers, ensuring innovative technology for safety and warmth.





Image 8.1: Internal layered structure and safety certifications for the heating pad.

## 9. OFFICIAL PRODUCT VIDEO

Watch this video for a visual guide on using the VAAGHANM Weighted Electric Heating Pad.

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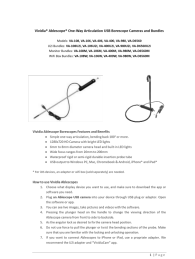




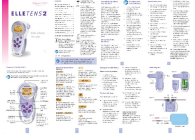
Video 9.1: An official product video demonstrating the features and use of the VAAGHANM Electric Heating Pad.

## 10. WARRANTY AND SUPPORT

For any questions, concerns, or support regarding your VAAGHANM Weighted Electric Heating Pad, please refer to the contact information provided with your product packaging or visit the official VAAGHANM store on Amazon.

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Related Documents - VA-X-2

	<p><a href="#">Vividia Ablescope USB Borescope Cameras and Bundles User Guide</a></p> <p>This guide provides information on Vividia Ablescope USB Borescope Cameras and Bundles, including features, benefits, setup instructions, software compatibility, bundle options, and safety precautions.</p>
	<p><a href="#">SQUATZ SQTS-2 Electronic Massage Stimulator User Guide for Pain Relief Therapy</a></p> <p>User guide for the SQUATZ SQTS-2 Electronic Massage Stimulator, detailing features, specifications, operation, troubleshooting, and safety precautions for TENS pain relief therapy.</p>
	<p><a href="#">ÄNGSSMYGARE Heating and Cooling Pad - IKEA Instructions</a></p> <p>Official IKEA instructions for the ÄNGSSMYGARE heating and cooling pad. Learn how to safely use the cherry pit cushion for heat or cold therapy, including important safety warnings and usage guidelines.</p>
	<p><a href="#">Unifit TENS EMS Device User Manual and Instructions</a></p> <p>Comprehensive user manual for the Unifit TENS and EMS device from TensCare, covering instructions for use, safety guidelines, program details, troubleshooting, and technical specifications for pain relief, muscle toning, and rehabilitation.</p>
	<p><a href="#">Careboda Back Neck Shoulder Massager with Heat User Manual</a></p> <p>User manual for the Careboda Back Neck Shoulder Massager with Heat, detailing its features, operation, and maintenance for effective muscle relief.</p>
	<p><a href="#">Elle TENS 2: User Manual for Drug-Free Labor Pain Relief</a></p> <p>This user manual provides comprehensive instructions for the Elle TENS 2, a digital Transcutaneous Electrical Nerve Stimulation (TENS) unit designed for effective, drug-free pain relief during labor and for baby care applications. Learn about its features, operation, and safety guidelines.</p>