

HLX102259

Generic Heated Vibration Knee and Shoulder Massager

Model: HLX102259

1. INTRODUCTION

This manual provides instructions for the safe and effective use of the Generic Heated Vibration Knee and Shoulder Massager, model HLX102259. Please read all instructions carefully before use and retain this manual for future reference.

Important Safety Warnings

- If the device cannot be turned on normally, please charge it and try again.
- When the power indicator shows red, the device is in a low power state and requires charging.
- A full green power indicator means the device is fully charged.
- When first using, it is recommended to select a low temperature mode. Slight skin redness and warmth after use are normal. If severe skin redness or swelling occurs, discontinue use immediately.
- Avoid direct contact with skin for prolonged periods, especially at higher temperatures, to prevent scalding. The heating function should not be used for more than 30 minutes continuously.
- Start with the lowest temperature and gradually adjust to a comfortable level, particularly if you are sensitive to heat.
- The device cannot be operated while charging.
- This product provides heating and vibration functions only; it does not offer squeeze massage.

2. PRODUCT COMPONENTS

The package includes the main massager unit, adjustable extension straps, and a USB charging cable.

Battery: 4000mah



Reminder: this product only heating & vibration, no squeeze massage

Image: Main massager unit with dimensions. The main pad measures approximately 45 cm (17.7 inches) in length. The shorter strap is 28 cm (11 inches) and the longer strap is 49 cm (19 inches). The total strap length is 66 cm (26 inches).



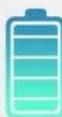
Image: Detailed view of product features including extendable straps, a 4000mAh battery, an anti-mistouch design for controls, and its portable nature.

3. SETUP

Charging the Device

Before first use, fully charge the massager. Connect the provided USB Type-C charging cable to the device's charging port and plug the other end into a compatible 5V USB power adapter (not included). The power indicator will show red when charging and turn full green when charging is complete. Charging typically takes 2-3 hours.

BUILT-IN LONG LASTING POWER



4000MAH



Charging 3 hrs

Charging current: 5V2A

- ▶ Heat & **Low** Massage **3.4hrs**
- ▶ Heat & **Mid** Massage **2.2hrs**
- ▶ Heat & **High** Massage**1.5hrs**



Image: The massager's USB-C charging port and cable, highlighting the 4000mAh battery and approximately 3 hours charging time.

Wearing the Massager

The massager is designed for use on both the knee and shoulder. Wrap the massager around the desired area (knee or shoulder) and secure it using the adjustable straps. Ensure a snug but comfortable fit. The control panel should be easily accessible.

4. OPERATING INSTRUCTIONS

Power On/Off

To power on the device, long press the power button for 2 seconds. To power off, long press the power button again for 2 seconds.

Adjusting Heat Settings

The massager features 3 adjustable heat settings. Press the heat button to cycle through the levels:

- **Low (L):** Approximately 45°C (113°F)
- **Medium (M):** Approximately 50°C (122°F)
- **High (H):** Approximately 65°C (149°F)



**FAST
HEATING**

**H
65°C**

**M
50°C**

**L
45°C**

Image: The massager in use on a knee, illustrating the three fast heating levels: High (65°C), Medium (50°C), and Low (45°C).

Adjusting Vibration Modes

The device offers 3 distinct vibration modes. Press the vibration button to cycle through Low, Mid, and High intensity levels.

WARMTH AND VIBRATION AT ONCE



3 Heating Levels

113°F 122°F 149°F



3 Vibration Modes

Low Mid High



Image: A woman using the massager on her shoulder, demonstrating the simultaneous warmth and vibration functions with their respective three levels.

Application Areas

This multi-functional massager is designed for application on the knee and shoulder areas.



Image: Examples of the massager being used on both knees and shoulders during different activities such as working in an office, practicing yoga, walking outdoors, and performing housework.

5. MAINTENANCE

Cleaning

To clean the massager, wipe the surface with a soft, slightly damp cloth. Do not immerse the device in water or use harsh chemical cleaners. Ensure the device is completely dry before storing or recharging.

Storage

Store the massager in a cool, dry place away from direct sunlight and extreme temperatures. Keep it out of reach of children.

6. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Long press the power button for 2 seconds. The device cannot be turned on while charging.
- **No heat or vibration:** Check if the device is powered on and fully charged. Ensure the heat and vibration functions are activated via their respective buttons.
- **Skin irritation:** If you experience severe redness or discomfort, discontinue use immediately.

Ensure you are starting with the lowest temperature setting and not using the device for more than 30 minutes continuously on one area. Avoid direct skin contact at high temperatures.

- Charging issues:** If the device does not charge, ensure the USB cable is properly connected and the power adapter is functional. The power indicator should be red during charging.

7. SPECIFICATIONS

Model	HLX102259
Brand	Generic
Battery Capacity	4000mAh
Charging Input	5V, 1.5A-2A (USB Type-C)
Charging Time	Approximately 2-3 hours
Working Voltage	5V
Heat Settings	3 Levels (45°C/113°F, 50°C/122°F, 65°C/149°F)
Vibration Modes	3 Levels (Low, Mid, High)
Application Area	Knee, Shoulder
Material	Fabric (main construction), Plastic (control unit)
Dimensions (Main Pad)	45 cm (17.7 inches) length
Strap Lengths	28 cm (11 inches) and 49 cm (19 inches)

8. WARRANTY AND SUPPORT

This product is sold without a specific warranty type. For any product inquiries or support, please refer to your purchase platform or retailer for assistance.