



HEATING MASSAGE BELT (USB)

INSTRUCTION MANUAL



When pain sits deep in your body, whether that's menstrual cramps, gut discomfort, pelvic pain, or lower back tension, having something you can reach for can make a real difference.

This heating and vibrating massage belt combines warmth, gentle vibration, and adjustable compression to support comfort through the abdomen, pelvis, and lower back. It's designed to be worn where your body needs it most, offering warmth and movement that many people find soothing during difficult moments.

It's commonly used by people managing menstrual pain, gut and bowel discomfort, and flare-ups linked to conditions such as endometriosis, polycystic ovary syndrome, inflammatory bowel disease, gastroparesis, dysmotility, or reduced gut motility. It can also be helpful for pelvic pain, residual discomfort following a caesarean section, kidney or flank pain, and some forms of chronic back pain. Because it's wearable and adjustable, it can also be positioned on other areas of the body, including the lower back, hips, shoulder blades, spine, neck, or base of the skull. Some people choose to use two belts at once for comfort on both sides of the body.

The warmth helps encourage circulation and relaxation in the area being supported, while the vibration adds a grounding, calming sensation. Together, they offer another option for comfort when your body needs care.

It's not about fixing everything. It's about having something supportive available when things feel heavy.



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Great for:

- Menstrual and period pain support
- Gut, bowel, and abdominal discomfort
- Endometriosis, PCOS, IBD, gastroparesis, dysmotility, and reduced gut motility
- Pelvic pain and pelvic insufficiency
- Residual discomfort following caesarean section
- Lower back, flank, or kidney pain
- Sitting, resting, or working while managing discomfort
- Flare days where warmth and grounding support feel helpful
- Adding another option to an existing pain or comfort toolkit

Features:

- Adjustable heat settings for personalised warmth
- Multiple vibration modes for gentle, soothing support
- Flexible placement across abdomen, pelvis, back, hips, or torso
- Adjustable elastic belt for a secure and comfortable fit
- LED display showing current heat and vibration settings
- Built-in safety chip with automatic protection shut-off
- USB powered for use with wall plugs or power banks
- Lightweight and wearable for use at home or on the go

Image Description: A wearable heated and vibrating massage belt shown wrapped around the lower abdomen. The device features a slim rectangular heating pad attached to a wide adjustable elastic strap with a clip fastening. A small built-in control panel with an LED screen displays the heat and vibration settings. The belt is shown both laid flat and worn on the body to demonstrate placement across the stomach, lower back, and pelvic area. A USB charging cable is included and shown beside the device.

Details:

Size: see the component sizes below...

Device: 19cm (L) x 8cm (W) x 2.5cm (D)

Battery Type: 1800mAh lithium battery (built in)

Belt: Max fit 110cm (not stretched out) x 15cm (W)

Weight: 166 grams (no box) / 254 grams (with box)

Package includes: 1x Massage and Heating Pad with Elastic Waist Strap, 1x USB cord, 1x instructions book

Age Guidance: Suitable for adults. Requires the ability to monitor heat and sensation.



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How to Use:

- Connect the device to a USB power source
- Wrap the elastic belt around your waist or target area
- Position the pad where support feels most helpful
- Press the power button to turn the device on
- Adjust the heat setting as desired
- Select a vibration mode if wanted
- Take breaks as needed for comfort and skin care

Care Instructions:

- Hand wash gently only
- Rinse with clean water after washing
- Allow to air dry naturally
- Do not twist, wring, or rub
- Do not immerse electrical components
- Avoid harsh or corrosive cleaning products

Important Information:

- Use only while awake
- Take regular breaks from heat to support skin integrity
- Remove if redness, mottling, or irritation appears
- Consider a light layer between device and skin if sensitive
- Do not use damaged cables or connectors
- Not recommended for use during pregnancy
- Not recommended for severe cardiovascular conditions, cervical tumours, significant sensory impairment affecting heat awareness, or active gout flare
- If unsure, please consult a healthcare professional before use.