



Philips
Neck and shoulder
massager

Cordless
kneading massage



PPM3522

Neck and shoulder comfort

with hands-free kneading and warmth

The Philips PPM3522 combines six-point kneading, adjustable warmth and cordless use for the neck, shoulders and other body areas. Secure it with the back buckle or use the hand straps to adjust the contact.

Hand-like kneading

- 6 massage nodes for the neck, shoulders and upper back
- 3 modes and 2 intensity levels

Adjustable warmth

- 2 heat settings: 40 / 45 °C*
- 10-minute timer with automatic stop

Wear it your way

- Adjustable back strap with buckle for hands-free use
- Multi-area use: neck, waist, back, legs and hips

Cordless convenience

- 2000 mAh battery; charging time: 3 hours
- Up to 1.5 hours of total use per charge**

See specifications for temperature and runtime test conditions.

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Specifications

Massage functions

- Type of massage: kneading
- Massage nodes: 6 (4 upper + 2 lower)
- Massage modes: 3
- Intensity levels: 2
- Heat settings: 40 / 45 °C*
- Temperature control: NTC sensor
- Heating element area: 4620 mm²*
- Timer: 10 minutes; automatic stop

Massage modes

- Kneading mode
- Relaxation mode
- Neck care mode

Massage areas

- Neck, shoulders, waist, back, legs and hips
- Adjustable straps for multi-area use

Power and battery

- Rated power: 16 W
- Operating voltage: 7.4 V DC
- Battery: 2000 mAh, lithium
- Runtime: up to 1.5 hours total per charge**
- Charging: USB cable
- Charging input: 5 V DC, 2 A
- Charging time: 3 hours

Packaging and ordering

- Retail box: 280 x 170 x 165 mm
- Retail box gross weight: approx. 1.49 kg
- Master carton: 606 x 569 x 390 mm
- Master carton gross weight: approx. 23 kg
- Packing quantity: 12 units per carton

Design specifications

- Dimensions: 282 x 361 x 115 mm
- Net weight: approximately 1.3 kg
- Colour: dark blue
- Main material: PU leather
- Massage assembly angle: 45 degrees
- Lower massage element length: 75 mm
- Massage assembly width: 95 mm

Wearing and controls

- Adjustable back strap and buckle
- Hand pull straps
- Control panel: 3 silicone buttons
- Voice prompts
- Breathable mesh contact fabric
- Removable, washable inner cloth cover
- Concealed zipper fastening

In the box

- Massager
- USB charging cable
- User manual with warranty card
- Quick start guide
- Certificate of conformity
- Gift bag

Highlights

Six-point kneading massage

Four upper and two lower massage nodes work around the neck, shoulders and upper back. Their movement is designed to imitate hand kneading.

Three massage modes

Choose kneading, relaxation or neck care mode to vary your massage routine.

Two intensity levels

Select the lower or higher intensity level to adjust the massage strength.

Two warmth settings

Choose 40 or 45 °C warmth. NTC temperature control regulates the heating function.*

Hands-free back buckle

The adjustable back strap and buckle hold the massager in place without keeping your hands on the straps.

Multi-area use

Adjust the straps for use on the neck, waist, back, legs or hips. Pull straps help adjust position and contact pressure.

Simple three-button controls

Silicone buttons and voice prompts help you operate the massager by touch.

Cordless timed sessions

The 2000 mAh battery offers up to 1.5 hours of total use per charge at low intensity. Each timed session stops after 10 minutes.**

Removable inner cloth cover

The inner cloth cover unzips for removal and washing. Follow the user manual for cleaning and refitting.

* Internal testing gives 40 ±5 °C / 45 ±5 °C. The 4620 mm² heating-element area is calculated from 77 x 60 mm; it is not a measured skin-contact area.

** Approximately 90 minutes of total use per charge was tested at low intensity in 10-minute sessions. Actual runtime varies with settings, heating and use.

Read the user manual before use and follow its warnings. Stop use if discomfort occurs.