

# MILDCARES<sup>®</sup>



## Period Cramp Relief Massager Belt



4 Massage Modes



Rechargeable



3 Second Quick Heat



Soft Padding

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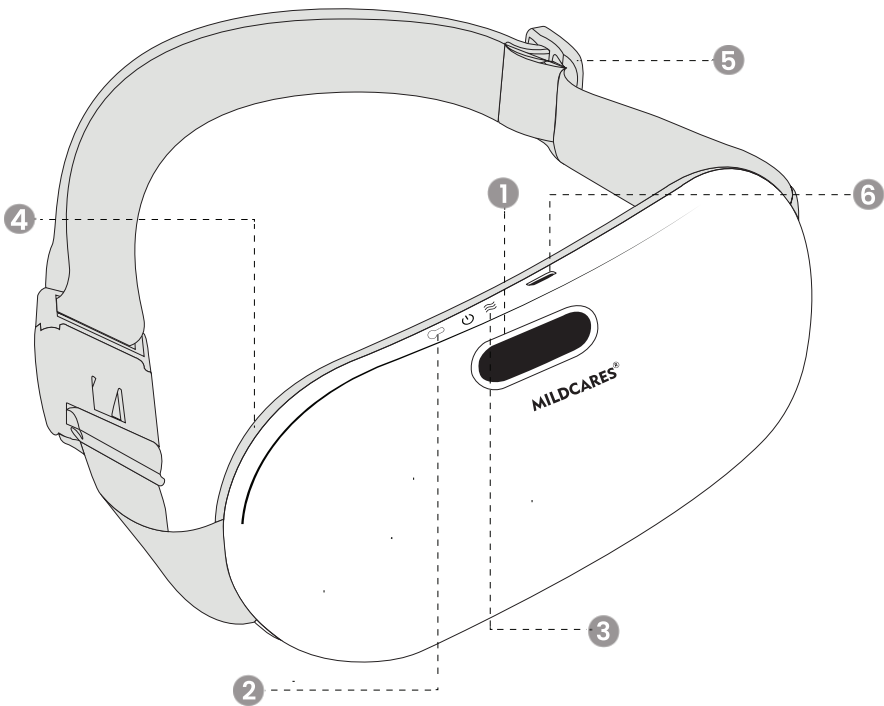
## Introduction

**MildCares Period Cramp Relief Massager Belt** is specially designed to provide effective relief from menstrual pain and cramps. With its wearable, cordless design and adjustable belt, it ensures comfort and support whenever and wherever you need it.

Equipped with **customizable heat settings (35°C–65°C)** and **multiple vibration modes**, this smart belt soothes abdominal discomfort, improves blood circulation, and promotes relaxation. The soft, skin-friendly fabric adds extra comfort, making it suitable for extended use.

The combined action of gentle heat and targeted vibrations helps **reduce period cramps, ease lower back pain, and relax abdominal muscles**, while also promoting stress relief and overall well-being during your menstrual cycle. Compact and rechargeable, the MildCares Belt offers a convenient, natural, and safe way to stay comfortable every month.

## Know Your Products



1. LED display	4. Velvet cover
2. Power/heat adjustment button	5. All size fit elastic belt
3. Vibration adjustment button	6. USB charging point

Color	Indication
Red	Heat
Blue	Vibration



## Specifications

Power supply	5V (DC) 1A
Input power	5W
Battery capacity	1800 mAh
Charging time	1 Hours
Usage time	1-1.5 hours
Auto shut off time	30 mins
Product weight	170gm
Belt size/ Range	Up to 64 inches
Ambient temperature	+5°C to +40°C
Product dimensions	190mm X 80mm X 15mm

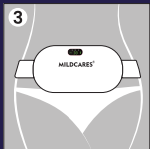
## How to Use



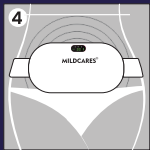
**Power ON:**  
Long press the power/heat adjustment button for 3 seconds to turn on the device. The red light will indicate activation.  
**Note:** The device by default switches ON to the first heat setting (30°C).



**Select Heat Levels:**  
Short press heat mode button to increase the heat level:  
30°C ~ 35°C ~ 38°C ~ 42°C ~ 45°C ~ 50°C ~ 55°C ~ 60°C ~ 65°C

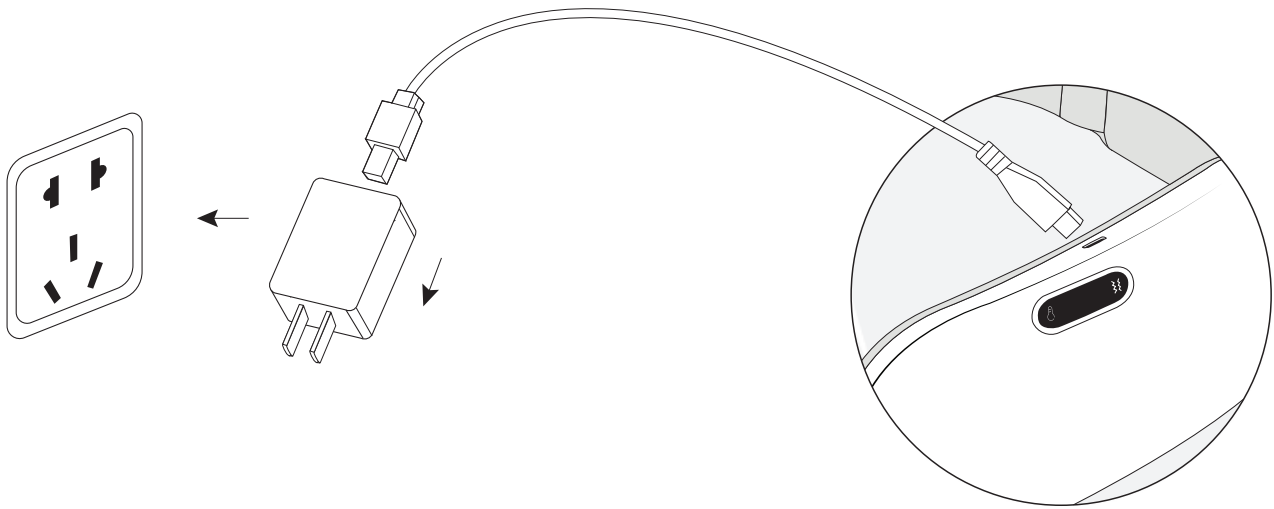


**Start Vibration Mode:**  
Long press the vibration button for 3 seconds to turn on the vibration mode. The blue light will indicate activation.  
Short press the button to increase the vibration level:  
1 mode 2 mode 3 mode 4 mode  
5 mode 6 mode 7 mode 8 mode 9 mode



**Place the product:** Place the device on the abdomen or lower back. Adjust the elastic belt for a fit around the waist. The device has a 30 minute auto shut-off feature.

## Maintenance & Charging



1. Clean the entire device with a cloth and ensure it is dry.
2. Do not immerse the device in water or any liquid.
3. Fully charge the device before use.
4. Do not use the device while charging.
5. Avoid overcharging the device.
6. If heating is uneven or you experience reduced heating, charge the device as the power may be low.
7. If not used for a long period of time, charge the device once a month to maintain battery health.

## Safety Notes & Caution

1. Keep out of reach of children.
2. Consult a physician before use if you are pregnant, or have conditions like high blood pressure, tumors, or other medical concerns.
3. Do not use the heating pad on areas with open wounds or severe skin irritation.
4. Stop using immediately and consult a physician if you experience skin allergies or discomfort.
5. Avoid using the device in high heat, flammable, electromagnetic radiation, or humid places.
6. Do not use the device consecutively more than 3 times (each session for 30mins).

## Warranty

### Thank you for purchasing our product!

MildCares provides a 1-year limited warranty that covers hardware and software issues. Please note, this warranty does not cover any damage caused by incorrect or improper use of the device.

For any questions or support, feel free to contact our team:

Email: [reahus@mildcares.com](mailto:reahus@mildcares.com)

Phone: +91 98990 95800

## Warranty Commitment

1. 1-year warranty from the original date of purchase.
2. Warranty only applies when the product fails under normal operation.
3. Free repair service available during the warranty period.

## Warranty DOES NOT cover

1. Warranty expired.
2. Physical damage such as breaking, extrusion, distortion, and broken display.
3. Incorrectly following product instructions or improper behavior in usage, storage, maintenance, or operation.
4. Failure or damage beyond product specifications (e.g., extreme temperatures, humidity, electromagnetic interference, etc).
5. Unauthorized repair, modification, or dismantling.
6. Problems with non-company electronic product or components.
7. The warranty applies only to the product. The accessories are not covered under warranty.

# About Us – MildCares Pvt. Ltd.

At **MildCares Pvt. Ltd.**, we are dedicated to redefining personal hygiene, wellness, and intimate care with safe, innovative, and eco-friendly solutions. Our wide range of products — from menstrual care and hygiene essentials to massagers and skincare solutions — is designed to provide comfort, confidence, and everyday wellness.

We believe in Health, Hygiene & Happiness as our core values, ensuring every product meets high standards of quality, safety, and sustainability. Trusted by thousands, MildCares continues to make self-care simple, effective, and accessible.

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For feedback / Suggestion / Complaint, Contact

**Customer Care: +91 989-909-5800**

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