

ABSTRACT

A method for controlling massage apparatus and a massage apparatus are provided. The method includes presetting multiple temperature modes of infrared hot compress and a number of pulses corresponding to the multiple temperature modes; receiving the temperature mode (S21) selected by a user; outputting a pulse corresponding to the selected temperature mode to make the infrared hot compress operate in the temperature mode (S21) corresponding to the pulse. The temperature of the infrared hot compress may be regulated in this method.



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