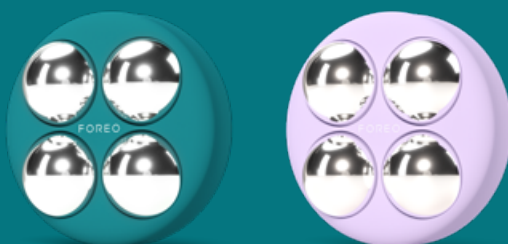


FOREO  
SWEDEN



# BEAR™ 2 body

ADVANCED MICROCURRENT BODY TONING DEVICE



[ONLINE MANUAL](#)

# FULL USER MANUAL

## GETTING STARTED

Congratulations on discovering smarter bodycare with BEAR™ 2 body. Before you begin to enjoy all the benefits of sophisticated skincare technology in the comfort of your home, please take a few moments to carefully read the instructions in this manual.

Please **READ ALL INSTRUCTIONS BEFORE USE** and utilize this device only for its intended use as described in this manual.

**INTENDED USE:** BEAR™ 2 body is intended for body stimulation, and is indicated for over-the-counter cosmetic use.

**⚠ WARNING:** NO MODIFICATION OF THIS EQUIPMENT IS ALLOWED.

## BEAR™ 2 body OVERVIEW

Tone and firm skin to help smooth away the look of dimples on the thighs, buttocks, arms and abs with Advanced Microcurrent™, Sculpting Microcurrent™ and T-Sonic™ massage. Leaves skin smoother, tighter and more sculpted.

## GETTING TO KNOW BEAR™ 2 body FEATURES

### MICROCURRENT SPHERES

Deliver advanced microcurrent directly to skin for a more toned and sculpted figure.

### ANTI-SHOCK SYSTEM

Scans skin's resistance to electricity & adjusts microcurrent for maximum safety & comfort.

### T-SONIC™ PULSATIONS

Enhance absorption of active ingredients in your skincare & gently massage skin to boost radiance.

### SMART SWEDISH DESIGN

Lightweight and fits perfectly in your hand, for easy and comfortable treatments.



### BLUETOOTH INDICATOR LIGHT

Flashes to indicate when device is in Bluetooth pairing mode & when device needs to be charged.

### UNIVERSAL POWER BUTTON

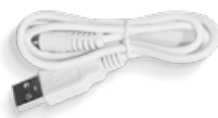
Turns device on/off, changes microcurrent intensity level, and puts device in Bluetooth pairing mode.

### 5 INTENSITY INDICATOR LIGHTS

Light up to indicate the microcurrent intensity level of your device.

### CHARGING PORT

Up to 300 minutes of use per USB charge.



### USB CHARGING CABLE

Charge anytime, anywhere with USB cable.



### INTERACTIVE APP

Access video-guided treatments & a wider range of intensities.

## TYPES OF MICROCURRENT

BEAR™ 2 body features 2 types of microcurrent, unique to FOREO. Each has its own special benefit, and is implemented into the video-guided treatments on the app, for optimized results.



**Sculpting Microcurrent™** - Channels microcurrent deeper into muscles to effectively tone them, for a firm & sculpted appearance.



**Advanced Microcurrent™** - Steady current stimulates muscles to strengthen them, while tightening skin above.

## HOW TO USE BEAR™ 2 body UNLOCK YOUR DEVICE

Before first use, download the FOREO For You mobile app to unlock and register your device. Follow these simple steps;

1. Download the FOREO For You app on your mobile phone.
2. Log in to your account or sign up for a new one.
3. Add device (on the top of your screen).
4. Choose device series.
5. Press and hold the universal button to connect your device to the mobile app.
6. Fill in the purchase information.

[www.foreo.com/app](http://www.foreo.com/app)



### 1. APPLY SERUM

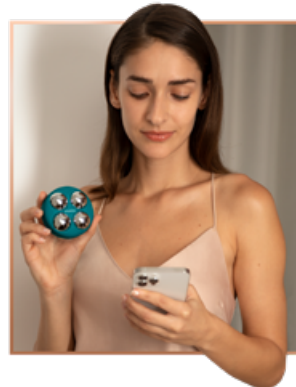
Make sure both your skin and BEAR™ device are clean and dry. Then apply FOREO SUPERCHARGED™ Body Serum evenly across all areas you wish to treat, leaving a thin mask-like layer on the surface of the skin.



### 2. SELECT PREFERENCES

Press the universal button to turn your BEAR™ device on. Adjust the microcurrent intensity by quick-pressing the button again, once for each level. Access more settings via the FOREO app.

**Note:** BEAR™ 2 body's default setting is 'Beginner Mode' (microcurrent intensity levels 1 - 5). If you wish to access 'Pro Mode' (microcurrent intensity levels 6 - 10), you can do so via 'Settings' in the app. Once you select 'Pro Mode', the intensity indicator lights on your device will refer to the Pro Mode levels (6 - 10)



### 3. TONE & LIFT

Press all four metallic spheres to your skin with medium pressure, and slowly glide the device upward over the legs, buttocks, abs & arms, as desired. Access guided treatment videos for specific problem areas on the FOREO app.

## THINGS TO NOTE:

- Recommended usage: Once in a 24 hour period. For the first 60 days, we recommend at least 5 times per week. After 60 days or once desired results are achieved, 2-3 times per week for maintenance.
- Shave any excessive hair in the treatment area as it can create a tingling sensation.
- Microcurrent devices like BEAR™ 2 body must be used with a conductive serum. For optimal results, we recommend using FOREO SUPERCHARGED™ Body Serum — developed specifically for use with FOREO's microcurrent body devices.
- Leave a thin, mask-like layer of FOREO SUPERCHARGED™ Body Serum on skin, so the device can glide smoothly. If treating many areas in one session, you can apply the serum to each area before you use the device on that area.
- Make sure that all four microcurrent spheres are touching your skin during your treatment.

## WARNINGS

### FOR OPTIMUM SAFETY:

- Do not use this device if you have a history of epilepsy or seizures.
- Do not use if you have had recent surgery or other surgical procedure – consult your healthcare provider.
- Do not use this device if you have a heart pacemaker, heart rhythm stimulator placed in your body (implanted defibrillator), or other electronic device put inside your body. Such use could cause electric shock, burns, electrical interference, or death.
- Do not use if you have any active cancer or over any suspicious or cancerous lesion – consult your healthcare provider.
- Do not use this device if you are pregnant because the safety of electrical stimulation during pregnancy has not been established.
- Do not use on infants and children under the age of 18, and keep device out of the reach of children.
- This device is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the device.

### Consult your healthcare provider if any of the contraindications above apply to you.

- If you are under the care of a physician, consult your physician before using this device.
- Do not operate BEAR™ 2 body in the presence of electronic monitoring equipment (e.g., heart monitors, heart tracing) or in close proximity (e.g. 1 m) to shortwave, microwave or electromagnetic therapy equipment as it may cause the medical equipment to malfunction. Such equipment may produce instability in BEAR™ 2 body device output and cause burns at the stimulation site.
- Stimulation should not be applied over or near cancerous wounds or open wounds such as rashes, red, swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, broken capillaries, varicose veins, etc.
- Stimulation should not be applied over your neck as this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- Apply stimulation only to normal, intact, clean, healthy skin.

### Consult your healthcare provider:

- if you experience an adverse reaction from using the device and discontinue use.
- before using the device if you have painful areas.

### Do not apply stimulation / use the device:

- across your chest (thorax area) may increase the risk of cardiac fibrillation or other rhythmic disturbances, which could be lethal.
- on the head, face (including directly on the eyes and covering the mouth), neck (especially the carotid sinus), groin, upper back, chest area or crossing over the heart.
- over areas of skin that lack normal sensation.
- while sleeping, bathing or showering.
- when there is a tendency to bleed following acute injury or breaks in bones.
- while driving, operating machinery, or during any activity in which uncontrollable muscle twitching may put the user or the public at unnecessary risk of injury.
- if it is not functioning normally, or not operating properly due to damage caused by dropping or accidental submersion in water.
- if you have a body-worn medical device such as an insulin pump.

### Discontinue use:

- If the device begins to overheat, turn the device OFF immediately.
- Keep all electrical appliances (including the BEAR™ 2 body device) away from water (including baths, showers, and sinks).
- Never drop or insert any object into any openings on the device.
- If you suspect the device to be malfunctioning, or not operating properly please contact FOREO.
- Use of accessories and cables other than those specified, except for cables sold by the manufacturer of the BEAR™ 2 body device as replacement parts, may result in increased emissions or decreased immunity of the system.
- Keep this device out of the reach of children and pets.
- Use of controls or adjustments, or the performance of procedures other than those specified herein, may result in injury.



- Do not disassemble the device as this may cause damage, malfunction, electrical shock, fire, or injury. There are no user-serviceable parts inside. **Note: Disassembly voids the warranty.**

## PRECAUTIONS

BEAR™ 2 body is designed for cosmetic use only and for individuals in good health. If this is not the case for you, please consult your doctor before use.

- The long-term effects of transcutaneous electrical stimulators are unknown.
- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- Use caution if stimulation is applied over the menstruating uterus.
- A slight tingling sensation may occur while using this device, which is normal and not cause for any concern. Lowering the intensity may reduce or eliminate this sensation. If you suspect that you have had a negative reaction from using the electrical stimulation device, consult your doctor immediately.
- Skin irritation and burns beneath the electrodes have been reported with the use of other powered muscle stimulators. If you experience skin irritation or burning, discontinue use immediately.
- If using BEAR™ 2 body causes persistent pain or discomfort, discontinue use immediately.
- This device contains a non-replaceable battery. The battery must be removed from the appliance before it is disposed of. The appliance must be disconnected from the supply mains when removing the battery, and the battery is to be disposed of safely.
- This product contains no serviceable parts.
- Inspect the device and do not use the device if you see any signs of internal battery leaks.
- Do not store BEAR™ 2 body in the sun or on a hot surface. High temperatures may be damaging.
- The device should be operated, transported and stored in the manner specified in this manual.
- Failure to use and maintain the device in accordance with the instructions outlined in this manual will void the warranty.
- Only use the USB cable provided with the BEAR™ 2 body device.
- This device should only be used with a SELV power adapter.
- It is recommended that IEC60950 standard power suppliers are used to charge the device.
- Before charging, make sure that the plug and socket are completely dry. Failure to do so may result in electric shock, short circuit, or fire.
- BEAR™ 2 body is intended for cosmetic use on the body as described. Any consequence resulting from misuse, application to other parts of the body or face, connection to improper voltage sources, dirty conductive solution or spheres or any other improper applications are not the responsibility of FOREO.

## CLEANING YOUR BEAR™ 2 body

Always clean BEAR™ 2 body thoroughly after use. Wash the metallic spheres and silicone surface with water and soap, then rinse with warm water. Pat dry with a lint-free, non-abrasive cloth or towel. After use, we recommend spraying the device with FOREO's Silicone Cleaning Spray and rinsing with warm water for optimal results.

**NOTE:** Never use cleaning products containing alcohol, petrol, or acetone, as they may irritate the skin and damage the silicone.

## TROUBLESHOOTING

*Precautions to be taken in the event of changes in the performance of BEAR™ 2 body.*

If BEAR™ 2 body is not activated when pressing the universal button:

- Battery is empty. Recharge using USB charging cable for up to 1.5 hours until fully charged and then restart your device by holding down the universal button.

If BEAR™ 2 body cannot be switched off and/or the universal button does not respond:

- Microprocessor is temporarily malfunctioning. Press and hold the universal button to restart the device.

If BEAR™ 2 body won't sync to the FOREO For You app:

- Switch your Bluetooth off and then on again to try reconnecting.
- Close the FOREO For You app and then reopen it to start the process over.
- Check to see if the app needs to be updated in your mobile device's app store.

# WARRANTY TERMS & CONDITIONS

## REGISTER WARRANTY

To activate your 2-Year Limited Warranty, register through the FOREO For You app, or visit [foreo.com/product-registration](http://foreo.com/product-registration) for more information.

## 2-YEAR LIMITED WARRANTY

FOREO warrants this device for a period of TWO (2) YEARS after the original date of purchase against defects due to faulty workmanship or materials arising from Normal Use of the device. The warranty covers working parts that affect the function of the device. It does NOT cover cosmetic deterioration caused by fair wear and tear, or damage caused by accident, misuse or neglect. Any attempt to open or take apart the device (or its accessories) will void the warranty.

If you discover a defect and notify FOREO during the warranty period, FOREO will, at its discretion, replace the device free of charge. Claims under warranty must be supported by reasonable evidence that the date of the claim is within the warranty period. To validate your warranty, please keep your original purchase receipt together with these warranty conditions for the duration of the warranty period.

To claim your warranty, you must log in to your account at [www.foreo.com](http://www.foreo.com) and then select the option to make a warranty claim. Shipping costs are nonrefundable. This undertaking is in addition to your statutory rights as a consumer and does not affect those rights in any way.

## DISPOSAL INFORMATION

Disposal of old electronic equipment (applicable in the EU and other European countries with separate waste collection systems).



EUROPEAN  
CONFORMITY



PACKAGING IS MADE OF  
RECYCLABLE MATERIAL



UK DECLARATION  
OF CONFORMITY



TYPE BF  
APPLIED PART



GARBAGE WASTE  
ELECTRICAL & ELECTRONIC  
EQUIPMENT DIRECTIVE



CONSULT INSTRUCTIONS  
FOR USE

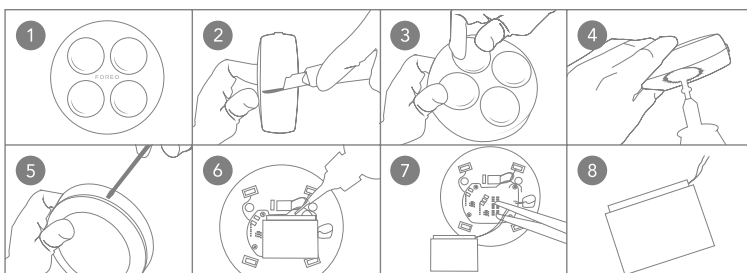
This device should not be treated as household waste, but rather be brought to the appropriate collection point for recycling of electrical and electronic equipment. By ensuring this device is disposed of correctly, you will help prevent the potential negative consequences for the environment and human health which could be caused by inappropriate waste handling of the device. The recycling of materials will also help conserve natural resources.

For more information about the recycling of your device, please contact your local household waste disposal service or your place of purchase.

## BATTERY REMOVAL

**NOTE:** This process is not reversible. Opening the device will void its warranty. This action must only be undertaken when the device is ready to be disposed of.

Because this device contains a lithium-ion battery, the battery must be removed before disposal and should not be thrown away with household waste. To remove the battery, cut and remove the silicone outer layer, unscrew the metal spheres, and cut the plastic shell along the crack. Next, pry the shell open, and separate the battery using a dispersator. Then cut the battery cable, remove the battery and dispose of it in accordance with your local environmental regulations. Wear gloves during this process for your safety. Detailed visual instructions are provided below.



## SPECIFICATIONS

MATERIALS:	Body-Safe Silicone, ABS, PC, Chrome Plated Zinc Alloy
COLOR:	Evergreen / Lavender
SIZE:	H78 x W78 x D35.5 mm
WEIGHT:	127g
BATTERY:	Li-ion 520mAh 3.7V
USAGE:	Up to 300 minutes of use per charge.
STANDBY:	90 days
FREQUENCY:	185 Hz
MAX NOISE LEVEL:	<50dB
INTERFACE:	1-button

**Disclaimer:** Users of this device do so at their own risk. Neither FOREO nor its retailers assume any responsibility or liability for any injuries or damages, physical or otherwise, resulting directly or indirectly from the use of this device. Furthermore, FOREO reserves the right to revise this publication and to make changes from time to time in the contents thereof without obligation to notify any person of such revision or changes.

**CAUTION:** Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**NOTE:** This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

FOREO declares that this device is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity for the product is available at [www.foreo.com/support](http://www.foreo.com/support).

Model may be changed for improvements without notice.

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