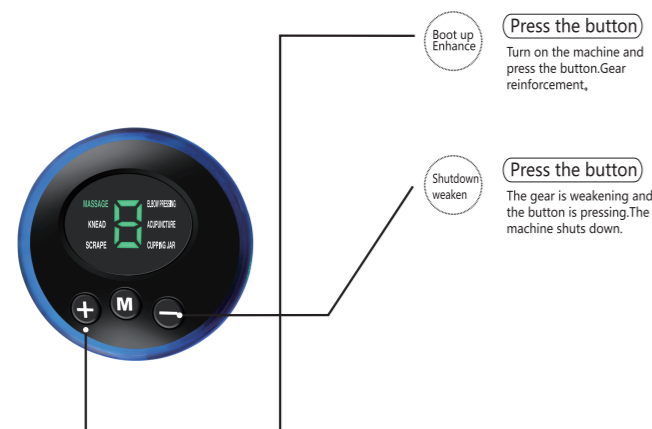


How to Operate



When it presses the "power on" and "rising intensity" button and the lamp comes to dawn little by little.

When it presses the "power off" and "down intensity" button and the lamp comes to dark little by little

- Button for both "power on" and "rising intensity", "power off and "down intensity" intensity divides with 10 classes
- Button for mode choice: choice by 6 mode

Warning

Please do not use this product for the following parts, otherwise may cause an accident or skin, body issues.

- Surrounding parts, such as, chest and shoulder (the head face etc)
- Wounds and eyes, mouth, vagina, mucous, etc
- Parts of the same day did the processing parts
- Conducted shaping the site of surgery
- Metal and plastic implant site
- Spine (tattoo) site

Please do not apply to body parts other than specified in this manual.

General Safety Information

This EMS Unit should never be used to mask or relieve undiagnosed pain. Before treating any symptoms of pain, You should consult your physician. For your safe and correct use of the device, it is recommended you to read the following guides before using it:

Precaution

*Use a low intensity and shorter duration to introduce the muscles and avoid stimulation.

*Keep out of reach of children and pets.

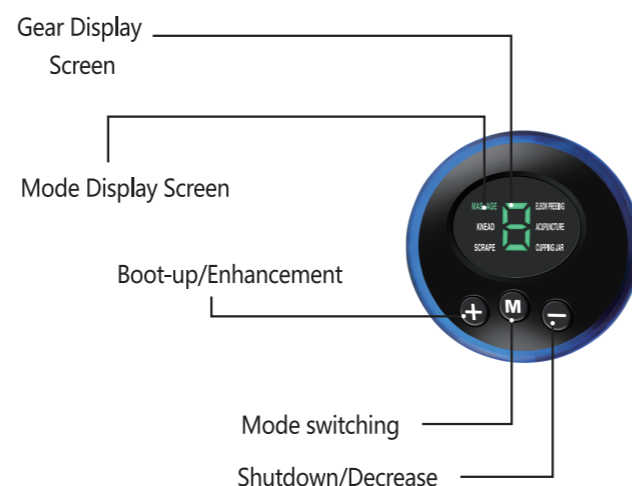
*This product is not waterproof. Do not put it into the water or wash with water.

*Do not use the product if there is a sprain or wound in the feet, sole, ankle, achilles and calf.

Other important safety precautions.

1. Only use this device for the purpose of physical therapy.
2. Only use the accessories supplied with the foot mat.
3. Do not use this device in places with high humidity such as the bathroom.
4. Do not overload the electrical outlet.
5. If the device malfunctions, disconnect it from the power source and contact customer services. Do not attempt to repair the device by yourself, as do so will invalidate the warranty.
6. Do not let the device come in contact with any metal object, such as belt buckle or jewelry.

Use Steps



- In order to achieve efficient exercise, body feeling will be automatically switched.
- About 15 minutes from start to finish.
- Use the same part at most once a day.
- Lowering the strength can prolong the battery life. The use time of battery power will be shortened by adjusting the strength.
- In low temperature environment, the battery performance is low, and the number of usage will be less than the reference number.

The following people must never use the foot mat.

Anyone fitted with a pace maker or automatic implanted cardiac defibrillator (AICD).

Anyone that is pregnant.

Anyone with deep vein thrombosis (DVT) to avoid mobilising the clot.

Anyone that have high blood pressure.

Anyone that have heart disease.

Technical Specifications

Function	EMS Foot Massager
Using mode	6 modes
Intensity Level	9 Levels
Voltage	DC 3V
Output	Maximum 9.8mA
Suggested temperature of using environment	Around 15-35 C
Auto Shut-off	15 Minutes
Frequency	1~100Hz
Type of battery	USB Charging Cable
Size	32X29cm
Accessories	1* Main Device 1* Foot Mat 1* User Manual 1* USB Charging Cable

EMS Foot Massager

EMS

-A Good Tool for Blood Circulation

- EMS
- LED Modes
- 9 Intensity Levels
- 15 Minutes Auto Run
- USB Charging Cable



Suggest one time per day.
Automatic turn off about 15 Seconds later if DO NOT attach to your feet.

Foot Massager

EMS

What's Ems Technology?

Electrical Muscle Stimulation (EMS), also known as neuromuscular electrical stimulation (NMES) is the elicitation of muscle contraction using electric impulses. The impulses mimic the action potential coming from the central nervous system, causing the muscles to contract. EMS is proven to be quite effective as a proactive tool for muscle strengthening.

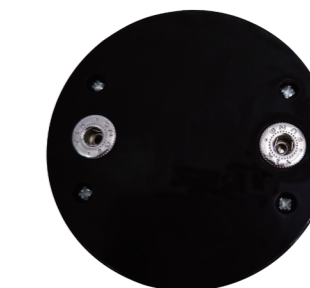
What's EMS used for?

- Muscle strengthening
- Rehabilitation purposes
- Preventing disuse Muscle atrophy
- Increasing local blood circulation
- Relaxation of muscles
- Cosmetic muscle toning

Know your EMS Foot Massager

Main Device (FRONT)

Main Device (REAR)



Foot Mat



Including:

- 1* Main Device
- 1* User Manual

- 1* Foot Mat
- 1* USB Charging Cable

Importants

USE ONLY AS DIRECTED. THIS IS NOT A MEDICAL DEVICE THE INFORMATION PROVIDED IS FOR INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS A SUBSTITUTE FOR ADVICE FROM YOUR PHYSICIAN OR HEALTHCARE PROVIDER.

Product Feature

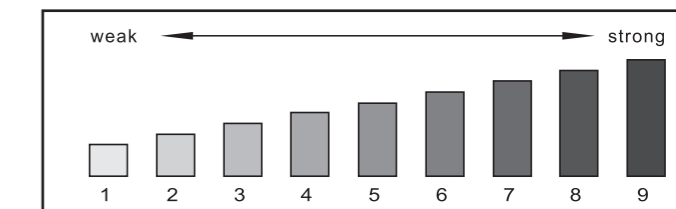
1. The low frequency treatment is by rhythm and soft impetus.

The low frequency is a special electricity with regular rhythm or stop. According to suitable power and speed on body by low frequency, which make a rhythm and sort impetus on body. The softness of low frequency are as same as massage effect like pressure, pinch and percuss by human hand.

2. Choice by 6 modes.

- 1) Choice 6 modes with simple operation
- 2) It will get off power automatically after 15 minutes from stop, when you forget power off.

Stimulation intensity is decided into 9 levels (intensity 1-9)



Please set a lower intensity when you use it at first time, please adjust it after you are adapt to low intensity. Total 6 modes. For more details, please refer to the following massager mode guide.