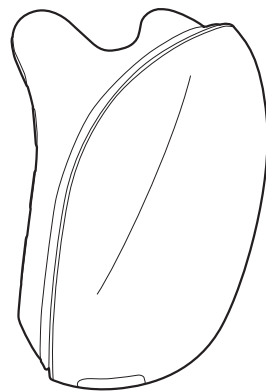




Operating Instructions
(Household use) Warming Kassa Device VITALIFT KASSA
Model No. EH-SP86

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中文 37



Operating Instructions (Household use) Warming Kassa Device VITALIFT KASSA Model No. EH-SP86

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Thank you for purchasing this Panasonic product.

Before operating this unit, please read these instructions completely and save them for future use.


The USB power adaptor is sold separately.


Safety precautions


Make sure to follow these instructions.

To prevent accidents, injuries or damage to property, please follow the instructions below.

- **The following chart indicates the degree of damage caused by improper operation.**

 **DANGER** Indicates a potential hazard that will result in serious injury or death.

 **WARNING** Indicates a potential hazard that could result in serious injury or death.

 **CAUTION** Indicates a potential hazard that could result in minor injury or property damage.

- **The symbols are classified and explained as follows.**



This symbol indicates prohibition.



This symbol indicates requirement that must be followed.

DANGER

► Preventing accidents

Do not use this appliance near electronic medical devices or home electrical therapy devices such as the following:

- **Pacemakers and other electronic medical devices implanted in the body**
- **Heart-lung machines and other life-supporting electronic medical devices**
- **Wearable electronic medical devices, such as electrocardiographs and intravenous drip equipment**

- Accidents or health problems can be caused by malfunction of the electronic medical device or electrical home therapy device.



⚠ WARNING

► To prevent skin or health problems

The following persons should not use this appliance:

- Individuals with heart disease
- Individuals who are susceptible to purpura
- Individuals with hemorrhagic disease, hemophilia or other blood disorder
- Babies, toddlers or other child in the growth stage, or other individual who cannot indicate intent



Do not use this appliance in the EMS mode near the heart.

Do not use the appliance on the following areas of the body:

- Areas with neurological or skin sensation disorders
- Areas that bear the aftereffect of a traffic accident or other traumatic event
- Doing so may cause accidents or illness.

The following persons should not use this appliance:



- Persons with allergies
- Persons with skin diseases or atopic dermatitis

- Doing so may cause skin problems.



Individuals without sense of heat should not use this appliance.

- Doing so may cause burn injury.

The following persons should not use this appliance:



- Women who are pregnant or have gone through childbirth in the past one month
- Doing so may cause skin trouble due to hormonal imbalance.

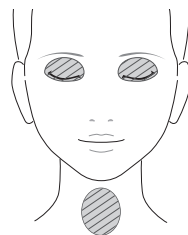
Do not use this appliance in the following body area or following cases.


- When you do not feel well
- After taking a steroid hormone, an immunosuppressant or any other medication that induces sleepiness
- When you are very tired
- Areas with skin damage, eczema or swelling
- When there are abnormalities on the skin such as dermatitis or extreme sunburns
- Body parts where epilation was performed on the same day
- Areas of the body that have received a surgical treatment (reconstructive or cosmetic surgery)



- Throat, mucous membranes or bony areas of the body
- Doing so may cause skin problems or other health issues.

<Prohibited areas>



Do not use the appliance on areas marked by .

⚠ WARNING

Do not use on eyelids.

- Doing so may cause eye problems.

The following persons should consult own physician before using this appliance:

- Individuals with serious disease
- Individuals with malignant tumors
- Individuals who have a post-injury or surgical scar in the contemplated treatment area
- Individuals with osteoporosis or acute musculoskeletal injury such as broken spine, sprained ankle or pulled muscles
- Individuals with sensory disorders due to advanced peripheral circulatory impairments, for example those caused by diabetes
- Individuals with infectious disease
- Individuals with febrile disease

- Failure to do so may cause accidents or illness.



The following persons should consult own physician before using this appliance:

- Persons with sensitive skin

- Failure to do so may cause skin problems.



If you feel pain or abnormality on your skin or other part of your body, immediately stop using this product.

- Failure to do so may cause accidents or skin/physical trouble.

► USB power adaptor and USB cable:

Do not connect or disconnect the cable or the adaptor with wet hands.

- Doing so may cause electric shock or injury.

Do not immerse them in water or wash with water.

Do not place them over or near water filled sink or bathtub.

Never use the appliance if they are damaged or if the power plug fits loosely in a household outlet.



Do not damage them.

- Do not deface, modify, forcefully bend or pull them. Also, do not place anything heavy on, twist or pinch them.

- Doing so may cause electric shock or fire due to a short circuit.

Do not use them to charge other devices.



[Note that USB power adaptor (ES-RU1-02) can be used with compatible Panasonic products.]

- Doing so may cause burns or fire due to a short circuit.

Always plug the USB cable to a power supply with a rated voltage of 5.0 V and a rated output current of 1.0 A which meets requirements of the Safety Extra Low Voltage (SELV) system.



- Failure to do so may cause burns or fire due to a short circuit.

⚠ WARNING

Use the specified USB power adaptor and USB cable.

- Failure to do so may cause burns, electric shock or fire due to a short circuit.



When cleaning the appliance, disconnect the USB power adaptor from the household outlet.

- Failure to do so may cause electric shock or injury.

Regularly clean them to prevent dust from accumulating.



- Failure to do so may cause fire due to insulation failure caused by humidity.

Remove the USB power adaptor and wipe it with a dry cloth.

► **Power supply**



Do not use in a way that would exceed the rating of the household outlet or the wiring.

- Exceeding the rating by connecting too many plugs to one household outlet may cause fire due to overheating.



Fully insert the power plug of the USB power adaptor securely.

- Failure to do so may cause fire or electric shock.

► **This product**



This product has a built-in rechargeable battery. Do not throw into fire, apply heat, or charge, use, leave, or store in a high temperature environment.

- As the product contains a rechargeable battery, failure to follow this warning may cause the product to heat up, catch fire or explode.



Do not modify or repair.

- Doing so may cause fire, electric shock, or injury.

Contact an authorized service center for repair (replacement of battery etc).



Do not disassemble the product except for disposal.

- Doing so may cause fire, electric shock, or injury.

► **In case of an abnormality or malfunction**

Immediately stop using the device and disconnect the USB power adaptor.

- Failure to do so may cause fire, electric shock, or injury.

<Abnormality or malfunction cases>



• **The main unit, USB power adaptor or USB cable is deformed or abnormally hot.**

• **The main unit, USB power adaptor or USB cable smells of burning.**

• **There is an abnormal sound during use or charging of the main unit.**

- Immediately request inspection or repair at an authorized service center.

⚠ WARNING

- **Take care of the following precautions as well**
This appliance 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 appliance.
- Failure to do so may cause an accident or injury.

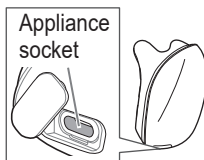
⚠ CAUTION

► Power supply

Do not charge when the appliance socket is wet.



- Doing so may cause burns or fire.



Be careful that foreign objects such as dust or metallic pins do not get on the appliance's power plug, USB plug, USB port and appliance socket.

- Doing so may cause electric shock or fire due to a short circuit.

Disconnect the USB power adaptor from the household outlet when not charging.



- Failure to do so may cause electric shock or fire due to electrical leakage resulting from insulation deterioration.

► Note the following precautions

Do not use the appliance too much on the same area of the skin.



- Doing so can damage the skin or can cause or aggravate other problems such as infection, inflammation, bleeding or abnormal pigmentation of the skin.

Inspect the warm massaging head before every use to check for damage such as crack, chipping or deformation.



- Failure to do so may cause injury to the skin.

If you feel discomfort in your teeth while using the appliance, select a lower treatment level or avoid using the appliance on the discomfort-causing spot of the skin.



- Use of the appliance may cause temporary tooth pain.

Handling of the removed battery when disposing

DANGER



- The rechargeable battery is exclusively for use with this appliance. Do not use the battery with other products.
- Do not charge the battery after it has been removed from the product.
- Do not throw into fire or apply heat.
- Do not hit, disassemble, modify, or puncture with a nail.
- Do not let the positive and negative terminals of the battery get in contact with each other through metallic objects.
- Do not carry or store the battery together with metallic jewellery such as necklaces and hairpins.
- Do not use or leave the battery where it will be exposed to high temperatures, such as under direct sunlight or near other sources of heat.
- **Never peel off the tube.**
- Doing so may cause overheating, ignition, or explosion.

WARNING

After removing the rechargeable battery, do not keep it within reach of children and infants.



- The battery will harm the body if accidentally swallowed.

If this happens, consult a physician immediately.

If the battery fluid leaks out and comes in contact with the eyes, do not rub the eyes, and thoroughly rinse with clean water, such as tap water.



- Failure to do so may cause eye injury.

Consult a physician immediately.

CAUTION

If the battery fluid leaks out and comes in contact with the skin or clothes, rinse off with clean water, such as tap water.



- Failure to do so may cause inflammation.

Important information

- Charge the appliance correctly according to these Operating Instructions. (See page 14 "Recharging".)
- This appliance contains battery that is only replaceable by skilled persons. Please contact an authorized service center for the details of repair.

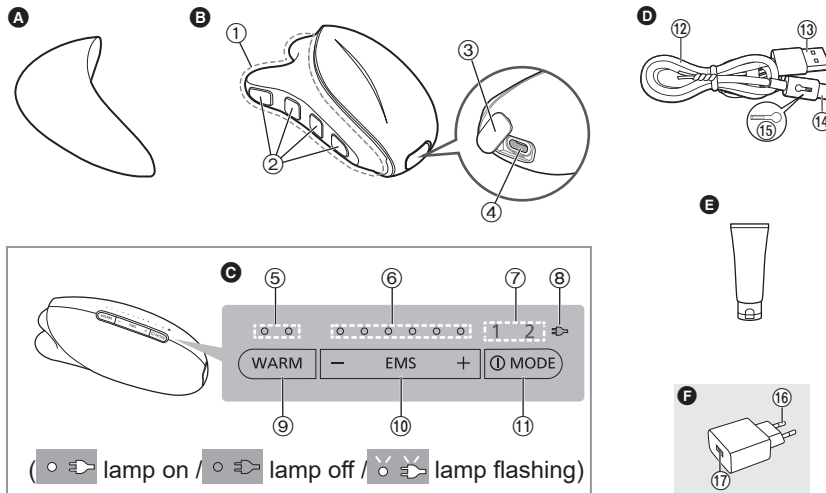
Note the following precautions in order to prevent malfunction and damage

- Do not drop or hit against other objects.
- Store the appliance in a place with low humidity after use.

This symbol on the product means that not generated higher voltage than the safety extra low voltage (SELV). In which protection against electric shock relies on power supply.



Parts identification



A Cap

B Main body

- ① Warm massaging head
- ② EMS electrodes (electrodes)
- ③ Socket cover
- ④ Appliance socket (Type-C)

C Switches and indicator lamps

- ⑤ Temperature indicator [orange]
- ⑥ EMS level indicator [white]
- ⑦ Mode indicator [white]

- ⑧ Charging indication/notification lamp ()

- ⑨ WARM switch
- ⑩ EMS switch
- ⑪ POWER/MODE switch

D USB cable

- ⑫ Cord
- ⑬ USB plug (Type-A)
- ⑭ USB plug (Type-C)
- With overheat protection function

- ⑮ Overheat protection function mark

E Included gel (trial size) (See page 36.)

Optional parts

F USB power adaptor (ES-RU1-02) (Sold separately)

- ⑯ Power plug
- ⑰ USB port (Type-A)

Before use

► Recommended use frequency

- The generally recommended use frequency is once every 2 to 3 days.
- Excessive use of the appliance can be detrimental to the skin. Monitor your skin condition and adjust the amount of use (the number of times and the length of each use) accordingly.

► Check your skin

- Before using the appliance, be sure to run a patch test with the appliance and included gel or other skin care products (e.g. commercial lotion, serum or emulsion) that you are planning to use with the appliance. (See page 13.)
- This quick test checks for any potential skin issues before you begin using the appliance normally.
- Please use this appliance with bare skin (after removing make-up and cleansing your face).
- Excessive use of the appliance can be detrimental to the skin.
Monitor your skin condition and adjust the amount of use accordingly.
- Once any problem is found with the skin, immediately stop using the appliance and consult a physician.
- Skin problems can be caused by various factors such as your personal physical properties or health condition, mental or emotional stress, internal organ disorders or other beauty products you are using. It is important to consult a medical specialist to properly address skin problems.

► Level selection (EMS level and temperature)

- Select the desired level and temperature according to the skin conditions and personal preferences.
- For the first use, it is recommended to set all the levels to "LOW".
- How clearly you can feel the EMS stimulation differs depending on the area of the skin being treated or the type and the amount of the skin care product you are using with the appliance.
- When the skin is dry, EMS stimulation may be harder to feel.
- If you are not satisfied with the perceived strength of the EMS, refer to P.21.

► Accessories

- Before use, remove earrings or any other jewelry.

► Use of skin care product

- This appliance can be used with included gel or other skin care products (e.g. commercial lotion, serum or moisturizer) that you prefer.
- Use the appliance with a product that reduces skin stress and assists smooth sliding of the head over the skin.
- When the skin care product dries out, EMS stimulation may be harder to feel.
- If the applied amount of the included gel or skin care product on the skin is not enough or the skin feels dry, add the gel or skin care product to the skin as required.

Notes

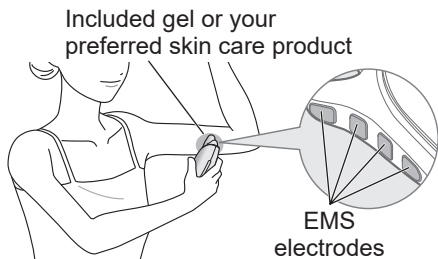
Do not use the appliance with the following types of products:

- Oil-based products
- Products that contain scrubbing particles
- Body wash or body soap
- Lotion or massaging gel with a warming sensation
- Lotion or massaging gel that contains fat-burning ingredients

Preparation before use

Running a patch test

To avoid potential skin problems that may occur when the included gel or other skin care product is used in combination with this appliance, be sure to run a patch test before full use.



- 1 Wash the area of skin to be tested (inside of the arm) with soap and wipe the skin dry with a towel.**
- 2 Apply the gel or other skin care product you want to test.**

- Apply to make a thin film about the size of the appliance's electrode section.
- If you want to test the included gel and another skin care product at the same time, apply each on the skin with some distance apart.



Included gel



Your preferred skin care product

3 Turn the appliance power on and use it on the area of the skin where the gel or skin care product is applied.

1. Turn the appliance power on. Select the QUICK mode (see P.17), and set the EMS level to "1" and the WARM level to "Low".
2. Apply the electrodes to the inside of the arm for 10 seconds.
 - If you are testing the included gel and another skin care product at the same time, wipe the head clean after testing with the first product before testing with the other one.
 - After finishing the test, let the skin naturally dry. If included gel has been applied, wipe it off.

4 Observe the skin for 48 hours after the test.

- Do not rub the area of skin being tested.

► **If you notice a skin problem within 48 hours:**

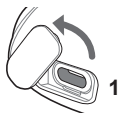
Do not use the appliance in combination with the gel or the skin care product that you have used in the test.

Recharging

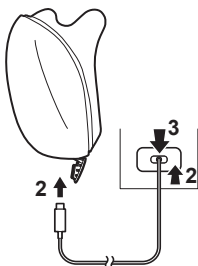
- Use our specified USB power adaptor and USB cable with the appliance.
- The USB power adaptor is sold separately.

1 Open the socket cover.

- Wipe the appliance socket dry if you see beads of water or skin care product residue in or around the appliance socket.



2 Connect the USB plugs with the appliance's main body and the USB power adaptor. Connect by inserting the USB plug fully until it stops.



3 Insert the USB power adaptor fully into the household outlet.

- Check that the charge status lamp (☞) is glowing.
- Charging is completed after approx. 3 hours.
- Unless the battery is completely drained, recharging will be completed within 3 hours and the charge status lamp (☞) will turn off automatically.

4 When ☞ turns off, disconnect the USB power adaptor from the household outlet and then disconnect the USB plug from the appliance.

- Close the socket cover after recharging is completed.

► To check if the battery has been fully charged

Disconnect the USB plug once and then reconnect while charging.

→ If the appliance is already fully charged, ☞ will turn on once and then turn off after approximately 5 seconds.

► When to recharge

If ☞ starts to flash (once per second), this indicates that the battery charge level is getting low. Recharge the appliance.

- Once fully charged, the appliance will be good for approximately 5 uses. (Based on 8 minutes per use with the WARM level set to "High")
Note that the appliance may last for fewer uses depending on the operating environment or usage.

Notes

- The charge time may be different from the one described here if the appliance is being used for the first time or has not been used for at least 6 months.
☞ may remain dark for a few minutes after recharging is started, but it will eventually come on as recharging progresses.
- The required charge time may vary depending on the battery condition.

- The recommended recharging temperature range is 15 °C to 35 °C.
If out of the recommended temperature range, recharging may take longer or may fail to be completed.
- If you have noise problems on your radio or audio player while using or recharging the appliance, use or charge the appliance elsewhere.

How to use

About EMS

This appliance can provide 2 types of EMS output, each having a different electrical stimulation pattern.

► Soft Exercise EMS

An EMS mode that closely simulates an esthetician's hand tapping on the skin surface.

► Dual Dynamic EMS MIX

An EMS mode designed to work on the facial muscles most effectively.

Mode

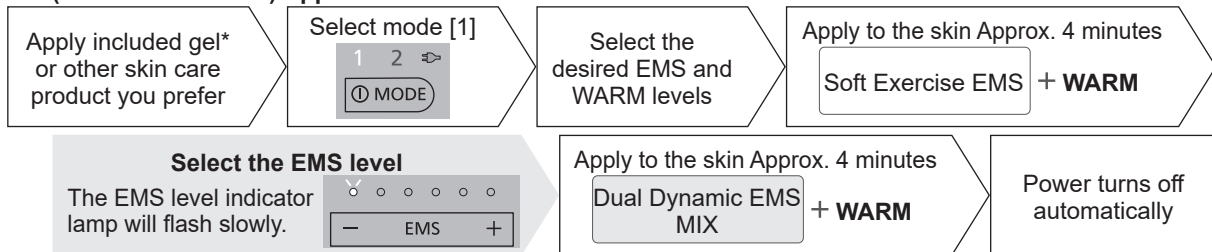
This product has 3 treatment modes: Select an appropriate mode depending on the desired effect and the time of day.

	Mode	Desired action or effect
1 (W EMS LIFT)	Facial muscle exercise using two EMS modes*	As part of the evening skin care routine or when taking a relaxing bath
2 (QUICK)	Exercise of the facial muscles for a short duration*	For a quick treatment at the beginning of the morning skin care routine
WARM TREATMENT	Skin-improving treatment using the unique guasha contour of the head	Any time of the day when you relax

* "EMS" refers to a technique that uses electrical impulses to cause human muscles to contract.

Steps of use in different treatment modes

► 1 (W EMS LIFT mode) Approx. 4 minutes + 4 minutes



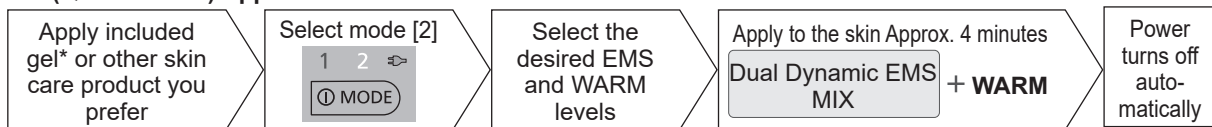
Selection of the EMS level

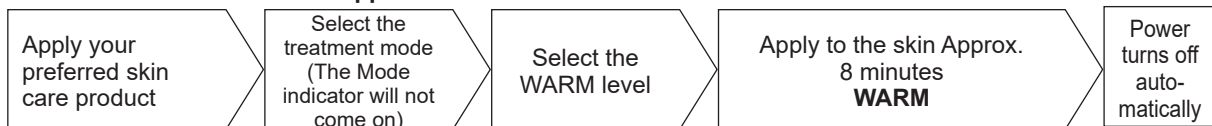
As the EMS stimulation pattern needs to be changed to proceed to the next treatment stage, the appliance temporarily suspends the EMS output at this point.

- Press **− EMS +** to resume the EMS output (the EMS level indicator lamp will stop flashing and become solidly lit).
- At this time, the EMS level will be “1”. Change this to your desired EMS level.

When **− EMS +** is not operated for approximately 1 minute, the appliance will automatically turn off.

► 2 (QUICK mode) Approx. 4 minutes

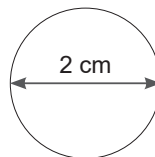


► WARM TREATMENT mode Approx. 8 minutes

* Generally recommended amount of use of the included gel: Approx. 2 to 3 g

Use of included gel is recommended as it helps deliver EMS to the skin most effectively

<Generally recommended amount of use>



Using the appliance

Check first:

- Is the warm massaging head clean and free of cracks or chipping?
- Is the socket cover tightly closed?

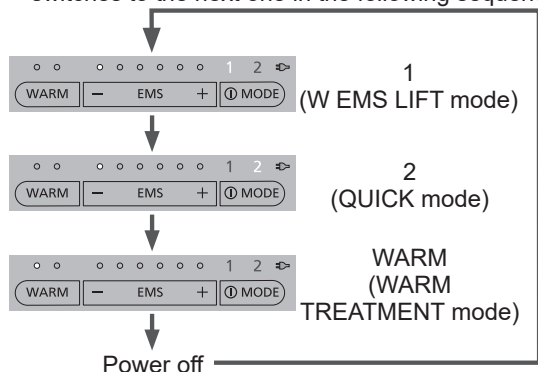
After removing makeup and washing your face, apply an appropriate amount of included gel or your preferred skin care product to the area you are planning to treat.

1 Press **MODE** to turn the appliance power on.

- The [1 (W EMS LIFT mode)] lamp will come on.
- The appliance power will turn off again when **MODE** is pressed 4 times from the power off status.

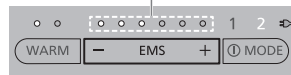
2 Select the desired mode by pressing **MODE**.

- Each time the button is pressed, the mode switches to the next one in the following sequence:



3 Select the EMS level (available in the W EMS LIFT mode or the QUICK mode only).

EMS level indicator



Select the desired EMS level by pressing **EMS**.

- **+**: Each time the button is pressed, the appliance switches to the next higher level.
 - **-**: Each time the button is pressed, the appliance switches to the next lower level.
- (The EMS level indicator lamp [white] for the selected level will be lit)



(The picture shows a Level 3 setting)

- Every time the appliance is powered on, it will start up in Level "1".
- For the first use, it is recommended to start from the EMS level "1".

4 Select the WARM level.

Temperature indicator



Select the desired warmth level by pressing **WARM**.

- Each time the button is pressed, the mode switches to the next one in the sequence below: (The WARM level indicator lamp [orange] for the selected level will be lit)

In the W EMS LIFT mode or QUICK mode



In the WARM TREATMENT mode



- The massaging head surface temperature will be approximately 40 °C when the WARM level is set to “Low”. When the WARM level is “High”, the massaging head temperature will be approximately 43 °C.
- For the first use, it is recommended to start from the WARM level “Low”.
- You cannot turn the warming feature off when the WARM TREATMENT mode is selected.

5 Use the appliance by moving the head over the skin.

Notes

- You cannot turn EMS off when the W EMS LIFT mode or the QUICK mode is selected.
- If you want to switch to a different mode halfway through the treatment, turn the appliance power off

once before selecting the next mode.

If you switch to a different mode without turning the appliance power off, the appliance will turn off automatically about 9 minutes after the first power-on.

This prevents the treatment from lasting too long to avoid excessive use.

- If you want to turn the appliance off before the treatment time expires, long-press **Ⓜ MODE**.
- The actual surface temperature of the massaging head may vary depending on the operating environment. Use the appliance in an ambient temperature approximately 15 °C or higher. If out of the recommended temperature range, the massaging head may not reach the set temperature.
- Memory function
For each of the treatment modes, the last selected WARM level will be stored. (The EMS level will not be stored)
When the appliance has not been used for a long time or after the battery has completely drained, the appliance will default to the WARM level “Low”.

Different curves on the head

Tip for effective use

- Apply the desired section of the head to the skin and move it in an upward pulling motion.
- The guasha contour of the massaging head consists of 3 differently curved sections to assist warm guasha treatment.

► **A curve**

This curve is designed to simulate an esthetician's index finger working on the skin.

Press the curved section against the skin with a gentle, pleasant pressure to work on the desired area of the skin.



► **B curve**

This curve is designed to achieve the closest fit along the jawline.

Hold the appliance to fit the curved section across your jawline, and move the head in an upward pulling motion.



► **C curve**

This curve is designed to provide a gentle, enveloping feel like that of a cupped hand.

Move the head to gently slide the curved section over the skin.



To help deliver EMS most effectively to the skin

- How clearly you can feel the EMS stimulation differs depending on the area of the skin being treated or the type and the amount of the skin care product you are using with the appliance.
- When the skin is dry, EMS stimulation may be harder to feel.
- If you are not satisfied with the perceived strength of the EMS, try the following 3 steps:

1. Wet the skin well

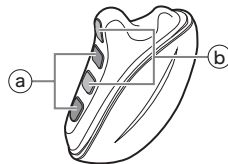
- Apply a generous amount of the included gel or your preferred skin care product.
- If the skin is not sufficiently wetted or starts to dry, EMS stimulation may not feel strong enough. Add the gel or skin care product as required to keep the skin wet.
- Use of oil-based products is not recommended as they tend to weaken the perceived strength of EMS.

2. Select the W EMS LIFT mode or the QUICK mode

The appliance does not output EMS in the WARM TREATMENT mode. (See page 17.)

3. Make sure that the electrodes touch the skin

- You cannot feel EMS stimulation if the electrodes are not in close contact with the skin.
- If EMS stimulation feels too weak, check that at least two of the electrodes (pair (a) or pair (b)) are in contact with the skin.



► **EMS level**

- Do not increase the EMS level to a degree that feels painful for you.
- Select an appropriate level depending on the area of skin you are treating and also how sensitive you are to this type of stimulation.

How to apply



The letter icon shows which of the curves is recommended for use.

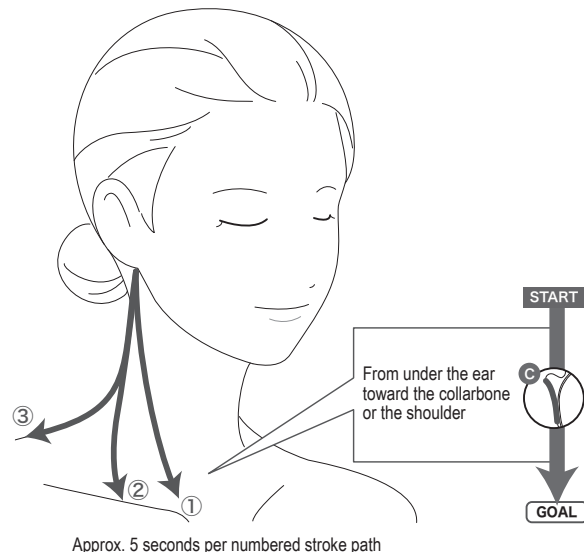
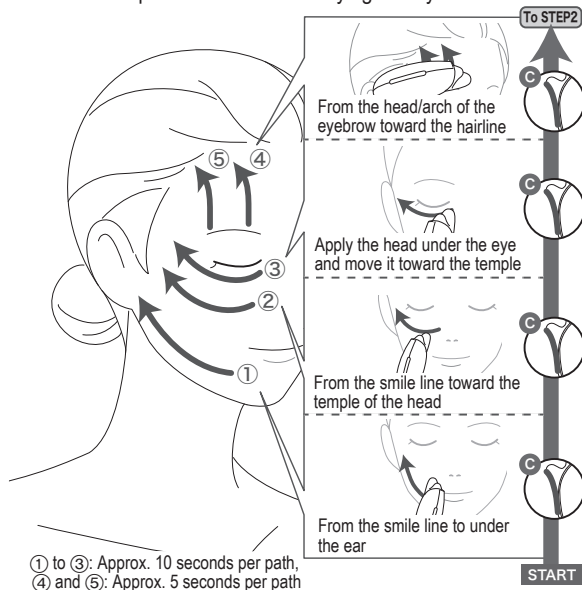
How to operate the massaging head in the W EMS LIFT mode or the QUICK mode

Massage each side of the face in the same way.


- Apply included gel or your preferred skin care product before using the appliance.
- Operate the head in the same way in both the W EMS LIFT mode and the QUICK mode.
- This treatment routine is aimed at exercising the facial muscles (by causing the muscles to contract with electrical stimulation).

STEP1 Operate the head as if trying to lift your whole face

STEP2 Slide the head over the neck



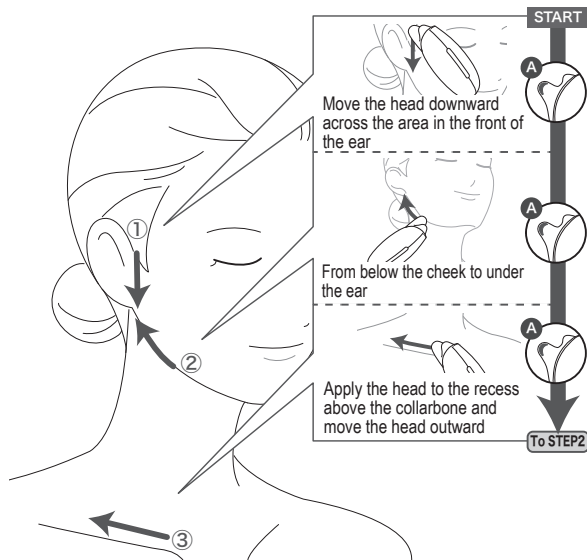
Notes

- If you have difficulty sliding the head over the skin or the perceived strength of EMS stimulation is not strong enough, add included gel or your preferred skin care product as required. Move the head slowly in an upward pulling motion.
- Do not repeat using the appliance on the same area of skin or doing the same stroke.
- Make sure that the electrodes are in close contact with the skin.
- If you want to increase the treatment level, raise one level at a time and check the degree of stimulation before trying a higher level.
- Avoid using strong pressure to treat the areas around the eyes, where the skin is thinner and more sensitive than in other areas.
- Do not increase the EMS level to a degree that feels painful for you.
- Do not use the appliance on your throat or near the heart.
- EMS stimulation may feel stronger when the appliance is used on or around the neck.
- If you want to turn the appliance off before the treatment time expires, long-press .

How to operate the massaging head in the WARM TREATMENT mode

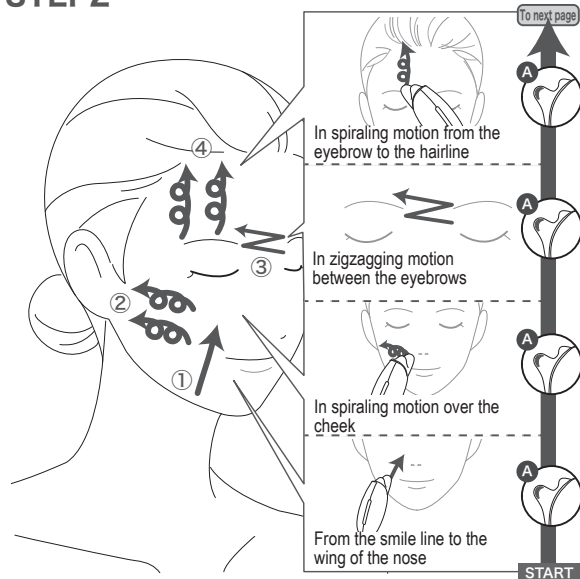
- Massage each side of the face in the same way.
- Apply your preferred skin care product before using the appliance.

STEP1



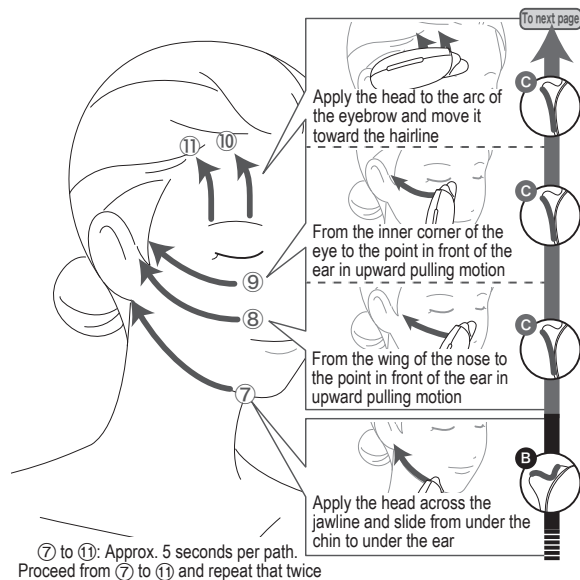
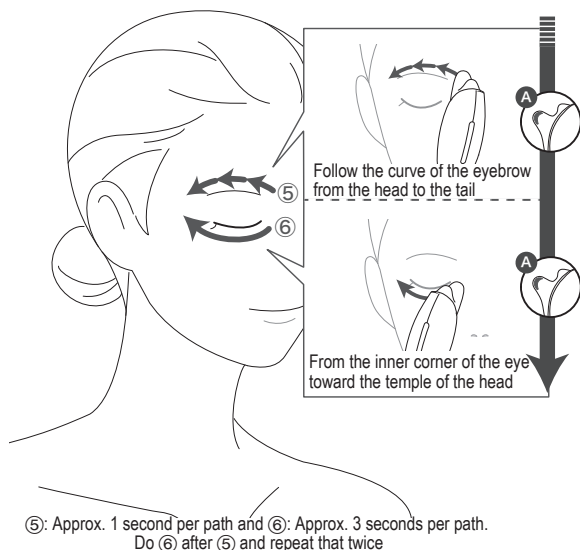
- ① and ②: Approx. 3 seconds per path and
③: Approx. 5 seconds per path. Repeat each path twice

STEP2



- ① and ②: Approx. 5 seconds per path and repeat each path twice
③: Approx. 3 seconds per path, ④: Approx. 5 seconds per path and repeat that twice

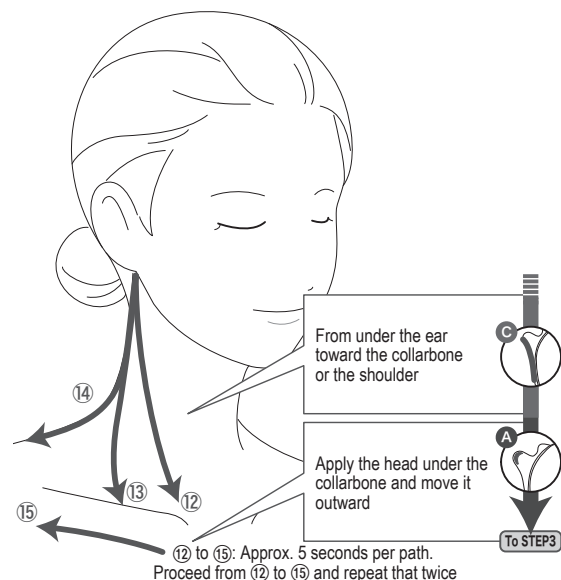
STEP2 (continued from the previous page)



Notes

- If you have difficulty sliding the head over the skin, add the skin care product to the skin as required.
- Do not repeat using the appliance on the same area of skin or doing the same stroke.
- Avoid using strong pressure to treat the areas around the eyes, where the skin is thinner and more sensitive than in other areas.
- If you want to turn the appliance off before the treatment time expires, long-press **MODE**.

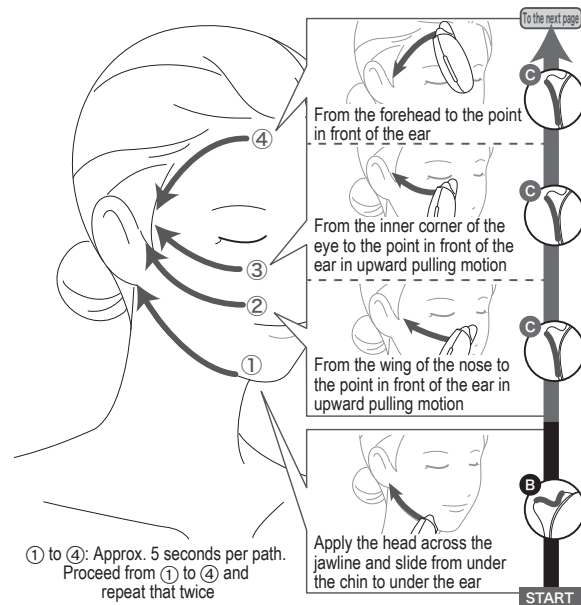
STEP2 (continued from the previous page)



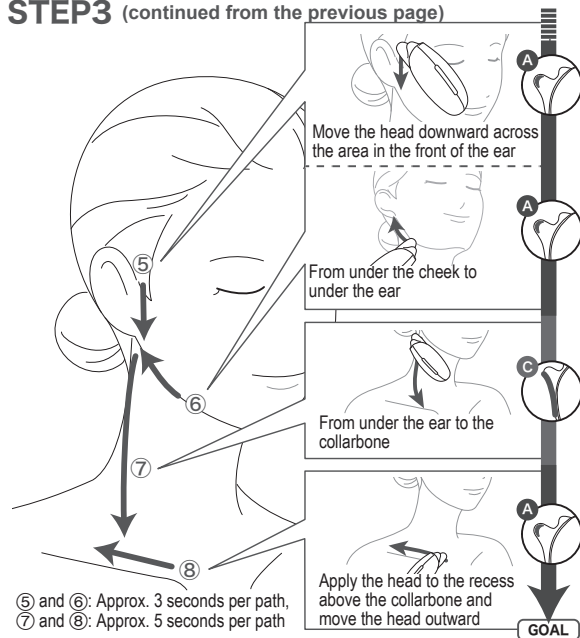
Notes

- If you have difficulty sliding the head over the skin, add the skin care product to the skin as required.
- Do not repeat using the appliance on the same area of skin or doing the same stroke.
- Avoid using strong pressure to treat the areas around the eyes, where the skin is thinner and more sensitive than in other areas.
- If you want to turn the appliance off before the treatment time expires, long-press **① MODE**.

STEP3



STEP3 (continued from the previous page)



Notes

- If you have difficulty sliding the head over the skin, add the skin care product to the skin as required.
- Do not repeat using the appliance on the same area of skin or doing the same stroke.
- If you want to turn the appliance off before the treatment time expires, long-press **MODE**.

How to operate the massaging head to treat areas other than the face, neck and decollete (upper chest area)

When treating your upper arm or calf, it is recommended to operate the massaging head in the following way. To treat any other area, simply move the head in the way you prefer.

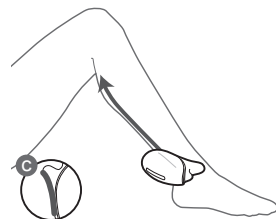
► Upper arm

Press **C** curve against the arm, and slide the head from the elbow toward the armpit as shown by the arrow



► Calf

Press **C** curve against the calf, and slide the head from the ankle toward the back of the knee as shown by the arrow



- Do not use the appliance near the heart when it is set to the W EMS LIFT mode or the QUICK mode (as indicated by one of the EMS level indicator being on).

After use

Wash the gel off the skin

- Remove residual gel from your face or body by first gently wiping with tissue paper and then washing with water.
Afterward, condition the skin using your regular skin care product.
- If you have used your regular skin care product with the appliance instead of included gel, you don't have to wash it off your skin after use.

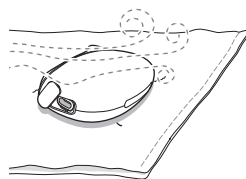
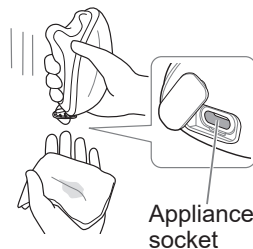
Wash the appliance's main body with water

- Wash the appliance after every use.
- Check that the power is off and the socket cover is closed.
- If the appliance is still not clean enough, dissolve some amount of ordinary bar soap in water and wipe the appliance with a cloth soaked with the soapy water. Afterward, rinse the appliance well with clean water.



Do not use anything other than water and bar soap to clean the appliance. (For example, do not use detergents, alcohol, or nail polish removers.) (Failure to do so may cause malfunction or component crack/discoloration.)

- 1 Wash the appliance with cold or lukewarm water to remove residual gel or skin care product
- 2 Wipe with dry cloth. **If there are water droplets in or around the appliance socket, remove water in the following way:**
 - Open the socket cover, and lightly tap the appliance onto a dry cloth to drain water from the appliance socket.
- 3 Let the appliance thoroughly dry in a well-ventilated place.
 - Wipe off water in and around the appliance socket and let the appliance dry with the socket cover open.
- 4 Install the cap and store the appliance



Other recommended uses

The appliance can be used with a steamer (sold separately) so as to treat the skin in steam-moistened condition.

<Tip for effective use>

- Wet the skin well to deliver EMS most effectively to the skin.

You can also use the appliance while taking a bath.

<Tip for effective use>

- Wet the skin well with bath water before using the appliance.
- EMS simulation may feel stronger when the appliance is used while taking a bath. Start from Level "1".
- Do not use too much pressure. Doing so may cause difficulty sliding the appliance over the skin.

While taking a bath, do not use the appliance on the areas of the body that are under water. (Doing so may cause malfunction.)

FAQ

Question	Answer
Why do I have to apply a gel or skin care product on my skin to use the appliance?	Use of the gel or skin care product helps deliver EMS to the skin most effectively and also reduces friction-induced stress on the skin.
Is it OK to use other gel or skin care products?	Use of included gel is best recommended to help deliver EMS stimulation to the skin most effectively, but it is also acceptable to use your preferred skin care product such as ones in serum, moisturizer or gel form. (See page 12.)
What kind of skin care product is recommended for use after using the appliance?	Use your regular skin care item as appropriate depending on your skin condition.

Question	Answer
EMS stimulation feels too weak.	Wet the skin well with water or your preferred skin care product.
	▶ If the applied amount of the included gel or skin care product on the skin is not enough or the skin feels dry, add the gel or skin care product to the skin as required.
	▶ Use of oil or oil-rich product such as skin cream is not recommended as they tend to weaken the perceived strength of EMS.
	▶ Try using a higher EMS level.
	▶ Select the W EMS LIFT mode or the QUICK mode.
	Wet your arm and apply the electrodes there to check if you can feel EMS. (Start checking from level "1".)

Question	Answer
EMS stimulation feels too weak.	▶ If the perceived strength of EMS is not strong enough when the appliance is used with other skin care products, use of the included gel is recommended.
	▶ Make sure that the electrodes are in close contact with the skin.
	▶ Select a lower level.
EMS stimulation feels too strong.	▶ How strongly you can feel the EMS stimulation may differ depending on the type of product you are using with the appliance, i.g. whether you are using a commercial skin care product, included gel or just plain water (when using the appliance with a steamer or when taking a bath).

Question	Answer
What if I feel tooth pain when using the appliance?	<p>Use of the appliance may sometimes irritate tooth nerves. Be careful not to press the head too strongly to the skin, and avoid using the appliance in areas that cause tooth pain. Having a dental filling may worsen this tooth pain.</p>
What if I feel irritation with the gel or skin care product when using the appliance or start having other skin problems?	<p>Do not use the appliance until your skin heals and recovers. (Consult a medical specialist.)</p> <ul style="list-style-type: none"> • Such condition could be an indication of increased skin sensitivity. • Skin problems can be caused by various factors such as your personal physical properties or health condition, mental or emotional stress or internal organ disorders.



Question	Answer
What is the service life of the battery?	<p>The service life of the product battery is approximately 3 years.</p> <ul style="list-style-type: none"> • If you start to notice that the appliance lasts for smaller number of uses even after a full recharge, this may be an indication that the battery is approaching the end of its service life. (The battery service life may vary depending on the use and storage conditions.)
Can I change the battery by myself?	<p>No, you cannot. (Doing so may cause malfunction.)</p> <p>Contact the store where you purchased the unit.</p>
Does the battery deteriorate if I don't use the appliance for an extensive period of time?	<p>Yes, it can. If you are not using the appliance for more than 6 months, fully recharge the battery at least once every 6 months.</p>
If I fully recharge the battery every time, does it affect the battery service life?	<p>No, it does not. As the appliance uses a lithium-ion battery, repeated full recharges do not affect the battery service life.</p>



Question	Answer
Is it OK to recharge the appliance with the appliance socket wet?	▶ No, it is not. Wipe the appliance to remove water or skin care product residue from the appliance socket area and allow the appliance to dry before recharging. (See page 28.)
Can I keep the appliance connected for recharge all the time when not in use?	▶ Keeping the appliance connected for recharge for more than 3 hours does not adversely affect its performance. For best safety and energy saving, however, it is recommended to disconnect the USB power adaptor after the appliance is fully charged.

Troubleshooting

Perform the following actions.

If the problems still cannot be solved, contact the store where you purchased the unit or a service center authorized by Panasonic for repair.

Problem	Action
The appliance does not turn on even when  is pressed.	▶ Check if the battery is charged. (See page 14.) ▶ Check if the switch is pressed firmly enough. Check if the appliance is connected to the household outlet. ▶ → Disconnect the USB power adaptor from the outlet to use the appliance.
 does not come on or turns off automatically.	The lamp will turn off automatically once the battery is fully recharged. (See page 14.) ▶ Check if the USB power adaptor is fully inserted into the household outlet. Check if the USB plugs are fully inserted into the appliance socket and the USB port. ▶

Problem	Action	Problem	Action
 <p>My appliance powered off automatically after flashing all the indicator lamps (twice per second).</p>	<p>► This indicates that an error shutdown was triggered by the appliance's internal protection feature. Turn the appliance power back on after a while. → If the condition repeats, contact the store where you purchased the unit.</p>	<p>My appliance powers off automatically during use.</p>	<p>► Charge the appliance. (See page 14.)</p> <p>The appliance is programmed to turn off automatically when the treatment time for the selected mode expires.</p>
<p> flashes in orange (twice per second) while the appliance is being recharged.</p>	<p>► Check if you are recharging the appliance in the recommended recharge temperature range (15 °C to 35 °C). This condition indicates a recharging error. → If the condition repeats, contact the store where you purchased the unit.</p>		<p>► If you switch to a different treatment mode during use, the appliance will turn off automatically up to approximately 9 minutes after the first power-on. (See page 17.)</p>

Problem	Action
<p>The appliance cannot be recharged.</p> <p>The appliance only lasts for a few minutes even after a full recharge.</p>	<p>Check if you are using a specified USB power adaptor or USB cable. → Always use the specified power adaptor and cable.</p>
	<p>A wet appliance socket can trigger the USB cable's overheat protection feature to suspend the recharge action. → Allow the appliance socket to dry before recharging.</p>
	<p>Check if the appliance is more than 3 years old after the purchase date. → The battery is at the end of its service life. (See page 35.)</p> <p>Contact the store where you purchased the unit. (Trying to change the battery by yourself may cause malfunction)</p>

Problem	Action
The appliance cannot be recharged.	In the W EMS LIFT mode, the appliance will power off automatically if no switch input is made for
The appliance only lasts for a few minutes even after a full recharge.	<p>approximately 1 minute after the end of Soft Exercise EMS output. Press the EMS switch. (See page 17.)</p>
The appliance does not get warm enough.	<p>Check if you are using the appliance in the recommended use temperature range (approximately 15 °C or higher).</p>
	<p>Charge the appliance. (See page 14.)</p>
I cannot feel EMS stimulation.	<p>Refer to "Tips to help deliver EMS to the skin most effectively" P.21.</p>
	<p>With included gel or the skin care product you are using applied to the inside of your arm, check to see if you can feel EMS there when the appliance is used in the W EMS LIFT mode or QUICK mode. (Start checking from level "1".)</p>

Battery life

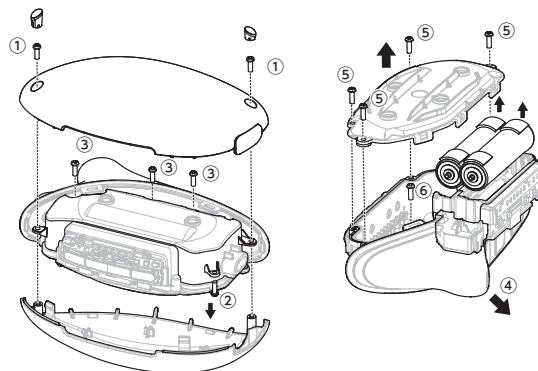
The life of the battery is 3 years. The battery in this appliance is not intended to be replaced by consumers. Have the battery replaced by an authorized service center.

Removing the built-in rechargeable batteries

Remove the built-in rechargeable batteries before disposing of the appliance.

The batteries are to be disposed of safely. Please make sure that the batteries are disposed of at an officially designated location if there is one. This figure must only be used when disposing of the appliance, and must not be used to repair it. If you dismantle the appliance yourself, it will no longer be waterproof, which may cause it to malfunction.

- Remove the appliance from the USB power adaptor.
- Press the power switch to turn on the power and then keep the power on until the batteries are completely discharged.
- Perform steps ① to ⑥ and lift the batteries, and then remove them.
- Take care not to short circuit the positive and negative terminals of the removed batteries, and insulate the terminals by applying tape to them.



For environmental protection and recycling of materials

This appliance contains Lithium-ion batteries. Please make sure that the batteries are disposed of at an officially assigned location, if there is one in your country.

Optional parts (Sold separately)



Conductive Gel

(EH-4R01)

Content: 200 g

Amount for single use: Approx. 3 g
(One tube will last for approx. 3 to 4 months for 3 uses per week*)

Wash the gel off the skin after use.

- The country of origin of the gel included with the product is different from that of the separately sold gel.



Conductive Gel

(EH-4R03)

Content: 100 g

Amount for single use: Approx. 2 g
(One tube will last for approx. 2 months for 3 uses per week*)

As this gel does not have to be washed off the skin after use, you can proceed to your regular skin care routine immediately after using the product. Condition the skin with your preferred toning lotion before applying the gel.

*If the gel is added to the skin as required during use



USB power adaptor

(ES-RU1-02)

Specifications

USB power adaptor (ES-RU1-02) (Sold separately)

Output rating of applicable adaptor	5.0 V $\overline{=}$ 1.0 A In compliance with the Safety Extra Low Voltage (SELV) system
Charging time	Approx. 3 hours

This product is intended for household use only.

目錄

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感謝您購買本 Panasonic 產品。
使用本產品之前，請仔細閱讀本說明書，並妥善保存以供未來使用。

USB 電源供應器需另購。


安全須知


請務必依照以下指示。

為了防止意外、受傷或財物損失，請依照以下指示。


■ 以下符號表示不當使用而導致的受損程度。


 **危險** 表示潛在的危險會導致嚴重受傷或致命。

 **警告** 表示潛在的危險可能會導致嚴重受傷或致命。

 **注意** 表示潛在的危險可能會導致輕微受傷或財物損失。

■ 符號已按下方分類並作出解釋。

 此符號表示禁止。

 此符號表示必須遵循的要求。

危險

► 避免意外

請勿在下列電子醫療裝置或家用電療裝置附近使用本產品：

- 心臟起搏器和其他植入體內的電子醫療裝置
- 心肺機和其他維生電子醫療裝置



- 穿戴式電子醫療裝置，例如心電圖儀和靜脈注射裝置

- 電子醫療裝置或家用電療裝置的故障可能會導致事故或健康問題。

警告

► 為防止皮膚或健康問題

下列人士不應使用本產品：

- 患有心臟病者
- 較易產生紫癍的人士
- 患有出血性疾病、血友病或其他血液疾病者
- 嬰兒、幼兒或其他處於成長階段的兒童，或其他無法表達意圖者



請勿在心臟附近使用本產品的 EMS 模式。

請勿在下列身體部位使用本產品：

- 神經或皮膚感覺異常的部位
- 因交通事故或其他創傷事件後遺症影響的部位
- 此動作可能導致意外或身體不適。

下列人士不應使用本產品：

- 有過敏體質的人士
- 患有皮膚病或異位性皮膚炎的人士
- 此動作可能導致皮膚問題。



⚠ 警告

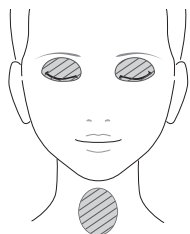
- ⊘ 溫度感知能力較差的人士不應使用本產品。
- 此動作可能導致燒傷。

- ⊘ 下列人士不應使用本產品：
• 孕婦或過去一個月內剛分娩過的女士
- 此動作可能導致因荷爾蒙失調引起的皮膚問題。

請勿在下列身體部位或下列情況下使用本產品。

- ⊘ 當您感到不適時
• 當您服用類固醇激素、免疫抑制劑或任何其他引起嗜睡的藥物
• 當您非常疲倦時
• 皮膚受損、濕疹或腫脹的部位
• 當皮膚出現皮膚炎或嚴重曬傷等異常情況時
• 同一天曾經進行除毛的身體部位
• 曾接受手術治療（重建或美容手術）的身體部位
• 喉嚨、黏膜或身體骨突出部位
- 此動作可能導致皮膚問題或其他健康問題。

< 禁止使用範圍 >



請勿在標記為 [shaded] 的範圍使用產品。

- ⊘ 請勿在眼蓋上使用。
- 此動作可能導致眼部問題。

下列人士在使用本產品前，應詢問其醫生：

- ⚠
- 患有嚴重疾病者
 - 患有惡性腫瘤者
 - 護理部位有創傷後或手術後疤痕的人士
 - 患有骨質疏鬆症或急性肌肉骨骼損傷（如脊椎骨折、足踝扭傷或肌肉拉傷）的人士
 - 因嚴重週邊循環障礙（例如糖尿病引起的感覺障礙）而患有感覺障礙者
 - 患有傳染病者
 - 患有熱病者
 - 否則可能會導致意外或身體不適。

下列人士在使用本產品前，應詢問其醫生：

- ⚠
- 敏感肌人士
 - 否則可能會導致皮膚問題。

⚠ 如果您感覺皮膚或身體其他部位疼痛或異常，請立即停止使用本產品。
- 否則可能會導致意外或皮膚 / 身體問題。

► USB 電源供應器和 USB 電源線：

- ⊘ 請勿用濕手連接或斷開電源線或電源供應器。
- 否則可導致觸電或受傷。

切勿將它們浸在水中或用水洗滌。

請勿將它們放在有水的水池或浴缸上方或附近。如它們損壞，或電源插頭未緊接家用電源插座上，切勿使用本產品。

- ⊘ 切勿損壞它們。
• 切勿破壞它們表面、改裝、用力弄彎及拉扯。此外，切勿將重物放在它們上、旋轉或夾緊它們。
- 否則可能會因短路而導致觸電或火警。

警告

切勿使用 USB 電源供應器 /USB 電源線為其他裝置充電。



【請注意 USB 電源供應器 (ES-RU1-02) 可與 Panasonic 兼容的產品使用。】

- 否則可能會因短路而導致灼傷或火警。

為符合特低電壓或安全特低電壓 (SELV) 系統的要求，請務必將 USB 電源線插入額定電壓為 5.0 V、額定輸出電流為 1.0 A 的電源供應器中。

- 否則可能會因短路而導致燒傷或火警。



使用專用的 USB 電源供應器和 USB 電源線。

- 否則可能因短路而導致灼傷、觸電或火警。



清潔產品時，請從家用插座斷開 USB 電源供應器。

- 否則可導致觸電或受傷。

應定期清潔 USB 電源供應器和 USB 電源線，以防止灰塵堆積。



- 否則濕氣可令絕緣失效，導致火警。

拔除 USB 電源供應器，然後用乾布擦拭。

▶ 電源供應

切勿以超出家用電源插座或配線額定值的方式使用產品。



- 將太多插頭插至同一插座上，以致超出額定值，可能會因過熱而導致火警。



必須牢固插入 USB 電源供應器的電源插頭。

- 否則可導致火警或觸電。

▶ 本產品

本產品內置充電電池。請勿丟入火中、接近熱源或在高溫的環境中充電、使用、留置或存放在高溫的環境中。



- 由於本產品內置可充電電池，如未遵從此警告，可能導致產品過熱、起火或爆炸。

切勿改裝或自行維修產品。



- 否則可能導致火警、觸電或受傷。

請聯絡 Panasonic 直屬服務站進行維修（更換電池等）。



除棄置本產品時外，請勿拆卸本產品。

- 否則可能導致火警、觸電或受傷。

▶ 若發生異常現象或故障

立即停止使用設備，然後拔除 USB 電源供應器。

- 否則會造成火警、觸電或受傷。

< 異常或故障情況 >



• 主機、USB 電源供應器或 USB 電源線變形和異常灼熱。

• 主機、USB 電源供應器或 USB 電源線出現燒焦氣味。

• 主機在使用或充電時出現異常聲響。

- 請立即將產品帶往 Panasonic 直屬服務站，以要求檢查或維修。

⚠警告

▶ 也請留意下列注意事項



患有體能、感官或智力減退，或缺乏經歷和知識之人士（包括小孩），在無人監護或未獲告知如何使用的情况下不得使用本產品。請勿讓小孩使用本產品。

- 否則可能導致意外或受傷。

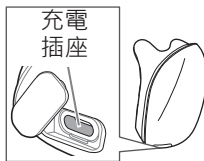
⚠注意

▶ 電源供應

充電插座處於濕狀態時請勿充電。



- 否則可能會導致灼傷或火警。



注意不要讓灰塵或金屬針等異物進入本產品的電源插頭、USB 插頭、USB 接口和充電插座。

- 否則可能會因短路而導致觸電或火警。



不充電時，應從家用電源插座拔出 USB 電源供應器。

- 否則可因絕緣劣化造成漏電，導致觸電或火警。

▶ 請注意以下注意事項



請勿長時間在皮膚同一部位使用本產品。

- 此動作可能會損害皮膚，或導致 / 加深其他如感染、發炎、出血或皮膚色素沉著異常等問題。



每次使用前，請檢查溫熱按摩頭是否有裂痕、缺口、變形及其他損壞。
- 否則可能導致皮膚受傷。



如果您在使用本產品時感到牙齒不適，請選擇較低的護理等級或避免在引起不適的皮膚部位使用本產品。

- 使用本產品可能會引起短暫的牙齒痛楚。

如何處置從廢棄產品中拆下的電池

⚠危險



- 本充電電池僅能用於搭配此本產品使用。請勿將本電池搭配其他產品使用。
- 將電池從產品拆除後，請勿進行充電。
- 請勿丟入火中或加熱。
- 請勿撞擊、拆解、改裝或以指甲穿刺。
- 請勿讓電池的正極和負極端子透過金屬物質相互接觸。
- 請勿將電池與金屬飾品，如項鍊及髮夾等一起攜帶或存放。
- 切勿在高溫的位置使用或放置電池，例如在陽光直射或靠近其他熱源的地方。
- 請勿拆下電池直流管。
- 否則可導致過熱、燃燒或爆炸。

警告

拆除充電電池後，切勿放在孩童或嬰兒可取得的地方。



- 若意外吞下電池，會傷害身體。
若發生此情況，請立即就醫。

若電池液體外洩且接觸到眼睛，請勿揉搓眼睛，並使用清水（如自來水）徹底沖洗。



- 否則可能會導致眼睛受傷。
請立即就醫。

注意

若電池液體外漏且接觸到皮膚或衣物，請使用清水（如自來水）沖洗。



- 否則可能導致發炎。

重要資訊

- 請根據使用說明書正確地為產品充電。（請參閱第 45 頁的「充電」。）
- 本產品所含的電池只能由技術人員更換。請聯絡 Panasonic 直屬服務站洽詢修理細節。

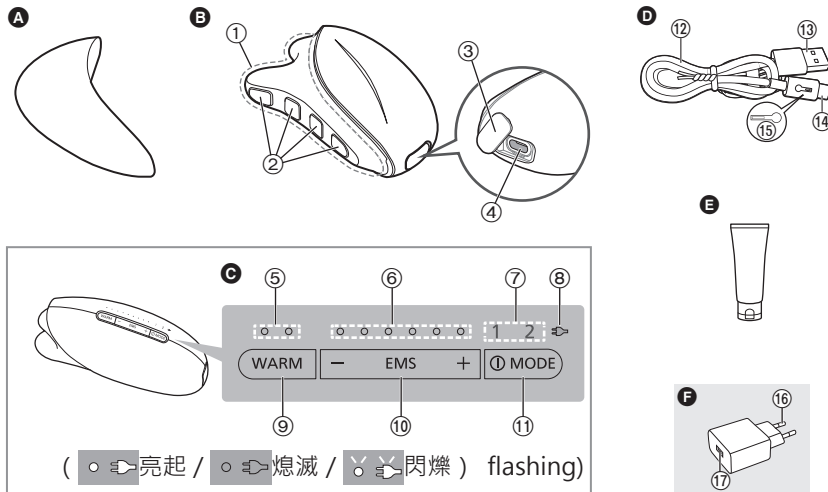
為防止產品故障和損壞，請注意以下注意事項

- 切勿掉落，或者與其他物體發生碰撞。
- 使用後將產品收納在低濕度的地方。

產品上的此符號表示不會產生高於安全特低電壓（Safety Extra Low Voltage，SELV）的電壓，其以供電的適當設計防止觸電事故。



部件說明



A 保護蓋

B 主體

- ① 溫熱按摩頭
- ② EMS 電極 (電極)
- ③ 插座保護蓋
- ④ 充電插座 (Type-C)

C 開關及指示燈

- ⑤ WARM 指示燈 [橙]
- ⑥ EMS 等級指示燈 [白]
- ⑦ 模式指示燈 [白]
- ⑧ 充電指示 / 通知燈 ()

⑨ WARM 等級選擇鍵

⑩ EMS 等級選擇鍵

⑪ 電源開關 / 模式選擇開關

D USB 電源線

- ⑫ 電源線
- ⑬ USB 插頭 (Type-A)
- ⑭ USB 插頭 (Type-C)
- 具過熱保護功能
- ⑮ 過熱保護功能標誌

E 隨附的啫喱 (試用裝)

(請參閱第 64 頁。)

另購零件

F USB 電源供應器 (ES-RU1-02)

(需另外購買)

- ⑯ 電源插頭
- ⑰ USB 接口 (Type-A)

使用前

► 建議使用頻率

- 一般建議使用頻率為每 2 日至 3 日一次。
- 過度使用本產品可能會損害皮膚。 監測您的皮膚狀況並相應調整使用量（包括使用次數和每次使用時長）。

► 檢查您的皮膚

- 使用本產品前，務必先為本產品及隨附的啫喱或其他您打算與本產品一同使用的護膚品（例如市面上售賣的乳液、精華液或潤膚乳）進行貼膚試驗。（請參閱第 44 頁。）
- 此項測試是預先就皮膚問題進行的簡單檢查。
- 請在裸肌上使用本產品（卸妝並潔面後）。
- 過度使用本產品可能會損害皮膚。
- 監測您的皮膚狀況並相應調整使用頻率。
- 皮膚感覺不適時請立即停止使用，並諮詢醫生。
- 皮膚問題可歸因於您的個人身體屬性或健康狀況、心理或情緒壓力、內臟疾病或其他您正在使用的護膚品等不同因素。諮詢醫療專家以正視皮膚問題尤其重要。

► 等級選擇 (EMS 等級和溫度)

- 依照您的皮膚狀況及個人喜好選擇所需等級。
- 首次使用本產品時，建議將等級調至「低」。
- EMS 刺激的感受程度取決於接受護理的皮膚部位，或與本產品一起使用的護膚產品的類型和用量。
- 當皮膚乾燥時，可能較難感受到 EMS 刺激。
- 如果您對 EMS 的感知強度不滿意，請參閱第 52 頁。

► 配件

- 使用本產品之前，確保已將任何首飾取下，例如耳環。

► 護膚品的使用

- 本產品可以與本品牌隨附的啫喱或其他您偏好的護膚品（例如市面上售賣的乳液、精華液或潤膚乳）一併使用。
- 使用本產品時一併使用可減輕皮膚壓力並有助於機頭在皮膚上平穩滑動的產品。
- 當護膚品乾透時，可能較難感受到 EMS 刺激。
- 如果隨附的啫喱或護膚品在皮膚上塗抹的量不夠，或者皮膚感覺乾燥，可按需要在皮膚上添加隨附的啫喱或護膚品。

註

請勿把下列類型的產品與本產品一併使用：

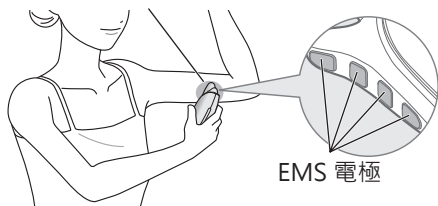
- 油性產品
- 含有磨砂顆粒的產品
- 沐浴露或沐浴皂
- 具發熱功效的乳液或按摩啫喱
- 含燃脂成分的乳液或按摩啫喱

使用前的準備

進行貼膚試驗

為了避免隨附的啫喱或其他護膚品與本產品同時使用時可能出現的潛在皮膚問題，請務必在正式使用前進行貼膚測試。

本品牌隨附的啫喱或您偏好的護膚品



EMS 電極

1 用肥皂清洗要測試的皮膚範圍（手臂內側），然後用毛巾擦乾皮膚。

2 塗抹隨附的啫喱或其他您想要測試的護膚品。

- 塗抹一層與本產品電極部分相約尺寸的薄膜。
- 如果您想同時測試隨附的啫喱和其他護膚品，請將每種產品塗抹在皮膚上，並隔開一段距離。



隨附的啫喱



您偏好的護膚品

3 開啟本產品的電源，並把產品使用於您塗抹了啫喱或護膚品的皮膚部位上。

1. 開啟本產品的電源。選擇 QUICK 模式（見第 48 頁），並將 EMS 等級調至「1」，WARM 等級調至「低」。
2. 將電極壓在手臂內側約 10 秒。
 - 如您同時測試隨附的啫喱和另一種護膚品，請在測試第一種產品後將機頭擦拭乾淨，然後對另一種產品進行測試。

- 完成測試後，讓皮膚自然乾燥。

如已塗抹本品牌隨附的啫喱，請先擦拭乾淨。

4 測試後觀察皮膚 48 小時。

- 不可摩擦正在測試的皮膚部位。

► 如您在 48 小時內發現皮膚問題：

切勿把本產品與隨附的啫喱或您於測試中使用的護膚品同時使用。

充電

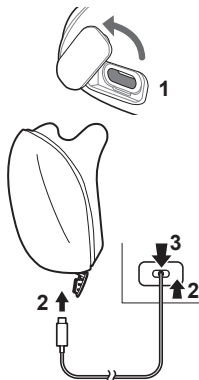
- 請使用本產品專配的 USB 電源供應器和 USB 電源線。
- USB 電源供應器需另購。



1 打開插座保護蓋。

- 如果發現充電插座內或周圍有水珠或護膚品殘留物，請將充電插座擦乾。

2 把 USB 插頭連接到本產品的主體和 USB 電源供應器。連接時請將 USB 插頭完全插入，直至卡緊為止。

3 將 USB 電源供應器完全插入家用插座。




- 檢查充電狀態指示燈（）亮起。
- 充電約 3 小時後完成。
- 除非電池完全耗盡，否則充電將在 3 小時內完成，充電狀態指示燈（）會自動熄滅。

4 當 熄滅時，從家用插座拔下 USB 電源供應器，並從產品拔下 USB 插頭。


- 充電完成時，關上插座保護蓋。

► 檢查電池是否完全充滿

在充電期間拔下並重新插入 USB 插頭。


→ 如果產品已經完全充電， 會亮起並在大約 5 秒後熄滅。

► 充電時機

當  開始閃爍（每秒一次），表示電池量低。為本產品充電。

- 本產品完全充滿電後，大約可使用 5 次。（基於在 WARM 等級調至「高」，每次使用 8 分鐘的情況）請留意，根據操作環境及使用方式，本產品的使用次數可能減少。

註

- 如果是首次使用或至少 6 個月未使用本產品，充電時間可能與此處描述的時間有所不同。開始充電後， 可能會在幾分鐘內保持熄滅，但隨著充電的進行，它最終會亮起。
- 所需充電時間可能會根據電池狀況而有所不同。
- 建議充電溫度為 15 °C 至 35 °C。
如超出溫度範圍，充電時間可能延長或無法完成充電。
- 如果在使用或充電本產品時收音機或音訊播放器出現噪音問題，請在其他地方使用或充電本產品。

使用方法

關於 EMS

本產品提供 2 種 EMS 輸出，每種都有不同的電氣刺激模式。

► 柔和鍛煉 EMS 模式

貼近美容師用手輕拍皮膚表面的 EMS 模式。

► 雙重動態 EMS 混合模式

針對臉部肌肉最有效的 EMS 模式。

模式

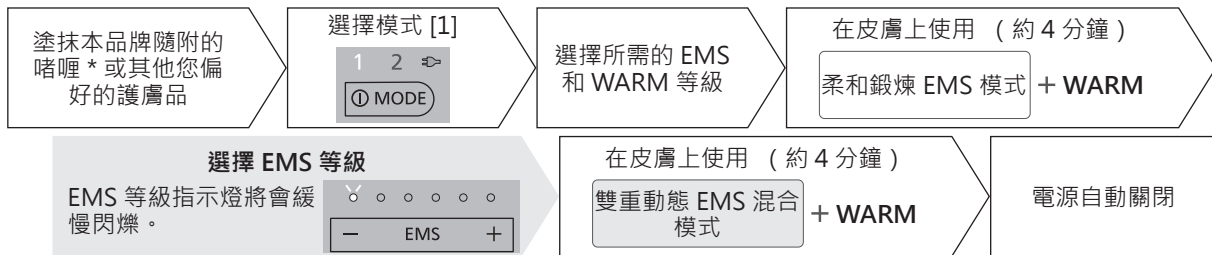
本產品有 3 種護理模式：請根據想要的效果和時間選擇合適的模式。

	模式	可期待的行動或效果
1 (W EMS LIFT)	使用兩種 EMS 模式鍛煉臉部肌肉 *	作為晚間護膚流程的一部分，或在放鬆沐浴時使用
2 (QUICK)	短時間鍛煉臉部肌肉 *	適用於早上護膚流程開始時的快速護理
WARM TREATMENT	使用頭部獨特的刮痧塑形部位進行肌膚護理	一天中放鬆的任何時間

* 「EMS」指的是透過使用電脈衝造成人體肌肉的收縮的技術。

不同護理模式下的使用步驟

► 1 (W EMS LIFT 模式) 約 4 分鐘 + 4 分鐘



選擇 EMS 等級

由於需要改變 EMS 刺激模式以進入下一個護理階段，因此本產品在此時暫時停止 EMS 輸出。

- 按下 **[- EMS +]** 以恢復 EMS 輸出 (EMS 等級指示燈將停止閃爍並亮起)。
- 此時，EMS 等級將為「1」。將其變更為您所需的 EMS 等級。

約 1 分鐘未操作 **[- EMS +]**，本產品會自動關閉。

► 2 (QUICK 模式) 約 4 分鐘



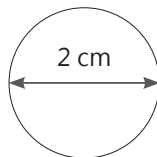
► WARM TREATMENT 模式約 8 分鐘



* 隨附的啫喱的一般建議使用量：約 2 g 至 3 g

建議使用本品牌隨附的啫喱，因為它有助於最有效地將 EMS 輸送到皮膚

< 一般建議使用量 >



使用本產品

使用前檢查：

- 溫熱按摩頭是否清潔完好，無裂痕或缺損？
- 插座保護蓋是否緊閉？

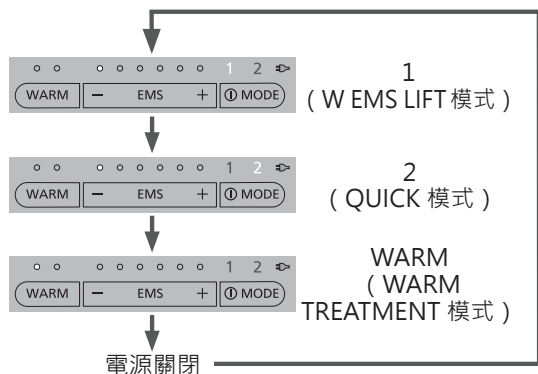
卸妝潔面後，於護理部位塗抹適量本品牌隨附的啫喱或您偏好的護膚品。

1 按下 [MODE] 開啟本產品的電源。

- [1 (W EMS LIFT 模式)] 燈將會亮起。
- 關機狀態下連續按下 [MODE] 4 次，本產品的電源將再次關閉。

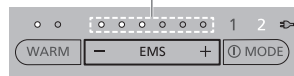
2 按下 [MODE] 選擇所需的模式。

- 每次按下按鈕，以下列順序切換至下一個模式：



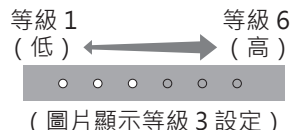
3 選擇 EMS 等級 (僅在 W EMS LIFT 模式和 QUICK 模式下可用)。

EMS 等級指示燈



按下 [EMS] 選擇所需的 EMS 等級。

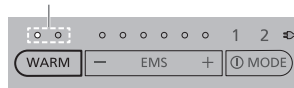
- +: 每次按下按鈕，本產品切換至下一更高強度等級。
- -: 每次按下按鈕，本產品切換至下一更低強度等級。
- (所選強度等級的 EMS 等級指示燈 [白] 將會亮起。)



- 每次開啟電源時，本產品會以等級「1」啟動。
- 首次使用本產品時，建議將 EMS 等級「1」開始。

4 選擇 WARM 等級。

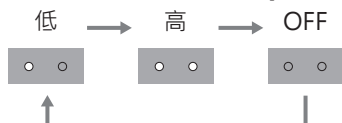
WARM 指示燈



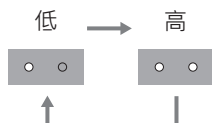
按下 [WARM] 選擇所需的溫熱等級。

- 每次按下按鈕，以下列順序切換至下一個模式：
(所選強度等級的 WARM 指示燈 [橙] 將會亮起。)

在 W EMS LIFT 模式和 Q--UICK 模式



在 WARM TREATMENT 模式



- 當 WARM 等級設定為「低」時，按摩頭表面溫度約為 40℃。當 WARM 等級設定為「高」時，按摩頭表面溫度約為 43℃。
- 首次使用本產品時，建議從 WARM 等級「低」開始。
- 溫熱功能在 WARM TREATMENT 模式下無法關閉。

5 把機頭在皮膚上移動以使用本產品

註

- EMS 在 W EMS LIFT 模式和 QUICK 模式下無法關閉。
- 如果您想在護理途中切換到其他模式，先關閉本產品的電源，然後選擇下一個模式。
如您並未關閉本產品的情況下切換到其他模式，本產品會在首次開機後大約 9 分鐘自動關機。
這樣可防止護理程序過長，避免過度使用。
- 如果您想在護理時間結束前關閉本產品，長按 **MODE**。
- 按摩頭的實際溫度會因使用環境而變化。
在溫度約 15℃ 或以上的環境中使用本產品。如超出溫度範圍，按摩頭可能不能到達設定的溫度。

• 記憶功能

每一種護理模式，最後一次選擇的 WARM 等級將會被儲存。（EMS 等級不會被儲存）
當長時間未使用本產品或電池完全耗盡後，本產品會預設為 WARM 等級「低」。

機頭的不同曲面

有效使用的貼士

- 將機頭所需的部分貼在皮膚上，然後以向上拉提的方式移動機頭。
- 按摩頭刮痧塑形部位由 3 組不同曲面設計組成，輔助溫熱刮痧護理。

► A 形曲面

此曲面的設計是模擬美容師食指按壓手法。

以舒適力度將曲面貼合皮膚，針對目標區域護理。



► B 形曲面

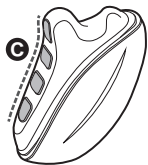
此曲面專為下頷線貼合設計。

將曲面緊貼下頷線，以向上拉提的方式移動機頭。



► C 形曲面

此曲面提供如掌心包覆般溫和觸感。移動機頭時，請以弧形部位輕柔滑過肌膚表面。



幫助最有效地讓 EMS 傳遞到皮膚的貼士

- EMS 刺激的感受程度取決於接受護理的皮膚部位，或與本產品一起使用的護膚產品的類型和用量。
- 當皮膚乾燥時，可能較難感受到 EMS 刺激。
- 如果您對 EMS 的感知強度不滿意，請嘗試以下 3 個步驟：

1. 充分潤濕皮膚

- 塗抹充足份量的隨附的啫喱或您偏好的護膚品。如果皮膚不夠濕潤或開始乾燥，EMS 刺激可能感覺不夠強烈。根據需要添加啫喱或護膚品，以保持皮膚濕潤。
- 不建議使用油基產品，因為它們往往會減弱 EMS 的感知強度。

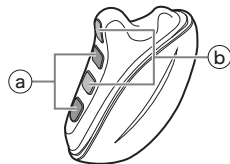
2. 選擇 W EMS LIFT 模式或 QUICK 模式

本產品在 WARM TREATMENT 模式下不會輸出 EMS。（請參閱第 48 頁。）

3. 確保電極接觸到皮膚

- 如果電極沒有與皮膚緊密接觸，您就無法感受到 EMS 刺激。

- 如 EMS 刺激感過弱，請檢查是否至少兩組電極（a 組或 b 組）緊貼皮膚。



► EMS 等級

- 請勿將 EMS 等級提高至引起疼痛的程度。
- 請根據護理部位的皮膚狀況及對電脈衝刺激的敏感程度，選擇合適的等級。

按壓方法



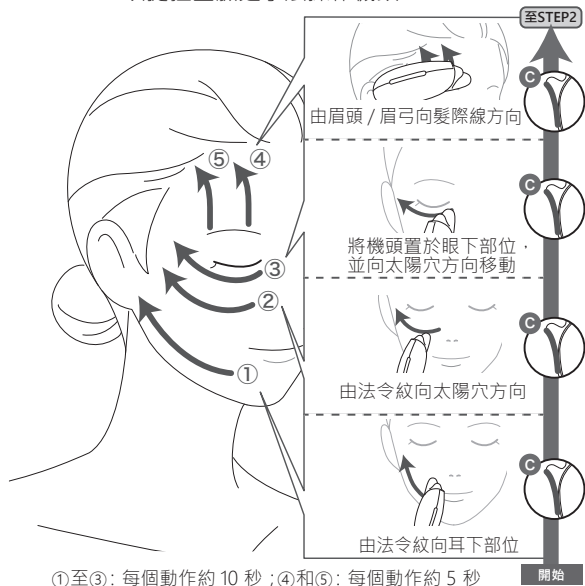
字母圖標表示推薦使用的曲面。

在 W EMS LIFT 模式或 QUICK 模式下如何操作機頭

以相同方式按摩每一邊面。

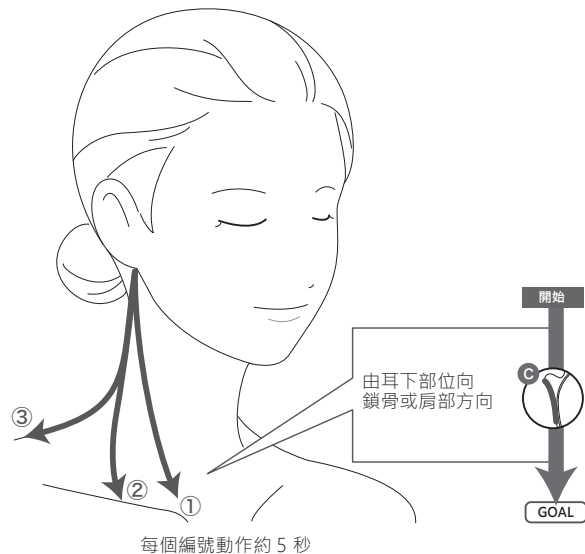
- 在使用本產品前，塗抹本品牌隨附的啫喱或您偏好的護膚品。
- 在 W EMS LIFT 模式和 QUICK 模式下，機頭操作方式相同。
- 該護理流程旨在透過電刺激促使肌肉收縮，從而鍛煉面部肌肉。

STEP1 以提拉全臉之手法操作機頭




①至③：每個動作約 10 秒；④和⑤：每個動作約 5 秒

STEP2 將機頭沿頸部滑動



每個編號動作約 5 秒

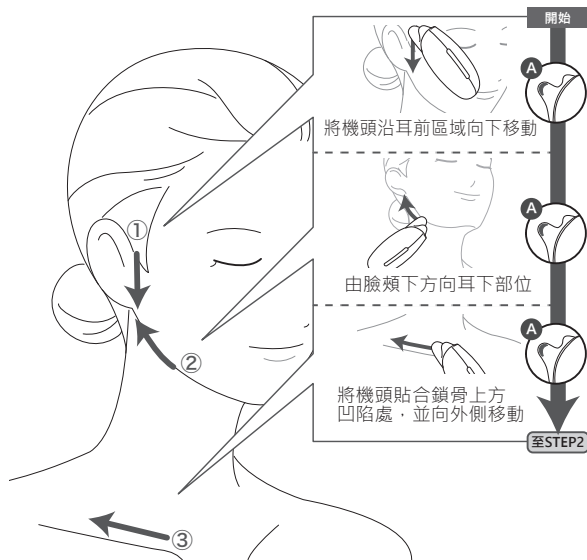
註

- 如果機頭在皮膚上滑動困難，或覺得 EMS 感知強度不夠，建議您按需要添加本品牌隨附的啫喱或您偏好的護膚品。以向上拉提的方式慢慢移動機頭。
- 請勿在皮膚同一位置重複使用本產品或重複相同的動作。
- 確保電極緊貼皮膚。
- 如需提升護理等級，請逐級調整，並於嘗試更高強度前，確認刺激程度是否合適。
- 請避免用力護理眼部周圍區域，該部位皮膚較其他部位薄且敏感。
- 請勿將 EMS 等級提高至引起疼痛的程度。
- 請勿在喉嚨上或心臟附近使用本產品。
- 於頸部或頸部周圍使用本產品時，EMS 刺激感可能較為強烈。
- 如果您想在護理時間結束前關閉本產品，長按 。

在 WARM TREATMENT 模式下如何操作機頭

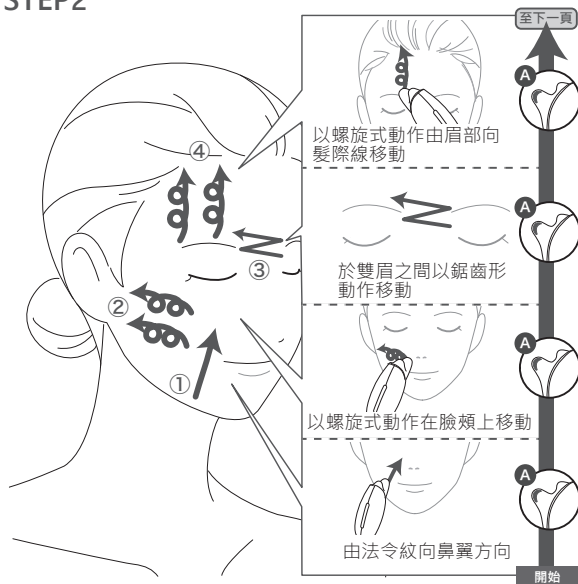
- 以相同方式按摩每一邊面。
- 在使用本產品前，塗抹您偏好的護膚品。

STEP1



①和②：每個動作約3秒；③：每個動作約5秒。重複每個動作兩次

STEP2

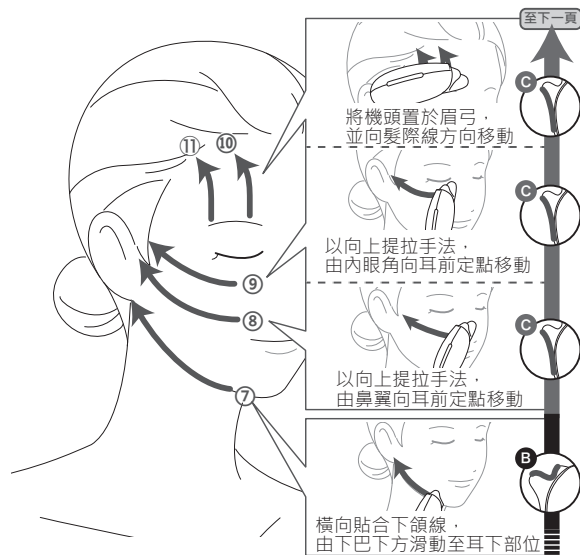


①和②：每個動作約5秒，並重複每個動作兩次；
③：每個動作約3秒；④：每個動作約5秒，並重複此流程兩次

STEP2 (承上頁)



⑤: 每個動作約 1 秒; ⑥: 每個動作約 3 秒。
完成⑤後進行⑥，並重複此流程兩次

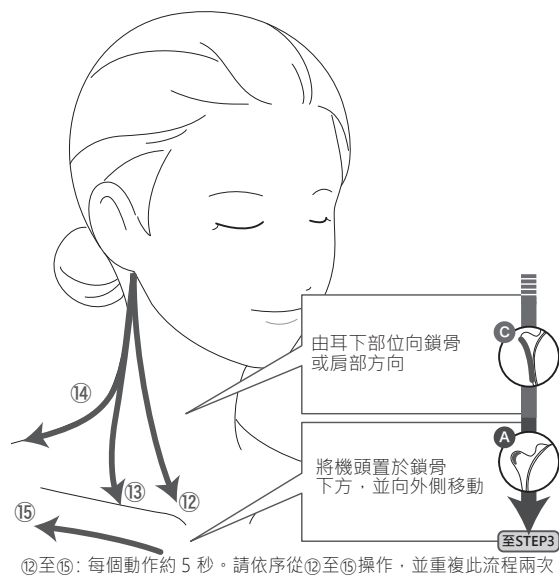


⑦至⑪: 每個動作約 5 秒。請依序從⑦至⑪操作，並重複此流程兩次

註

- 如果機頭在皮膚上滑動困難，請按需要在皮膚上塗抹更多護膚品。
- 請勿在皮膚同一位置重複使用本產品或重複相同的動作。
- 請避免用力護理眼部周圍區域，該部位皮膚較其他部位薄且敏感。
- 如果您想在護理時間結束前關閉本產品，長按 **① MODE**。

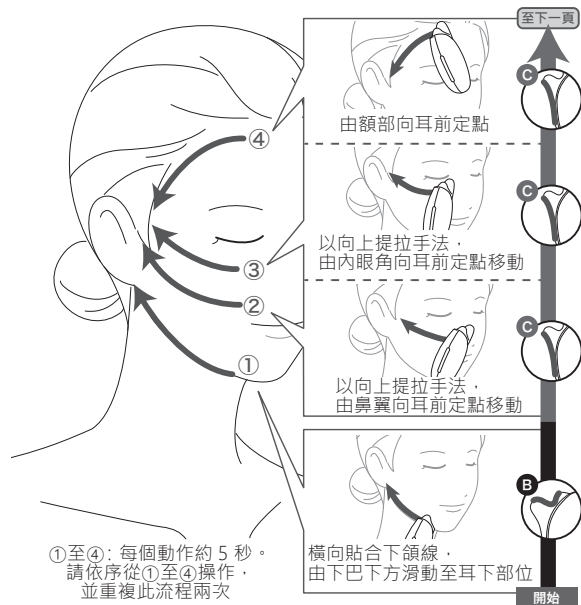
STEP2 (承上頁)



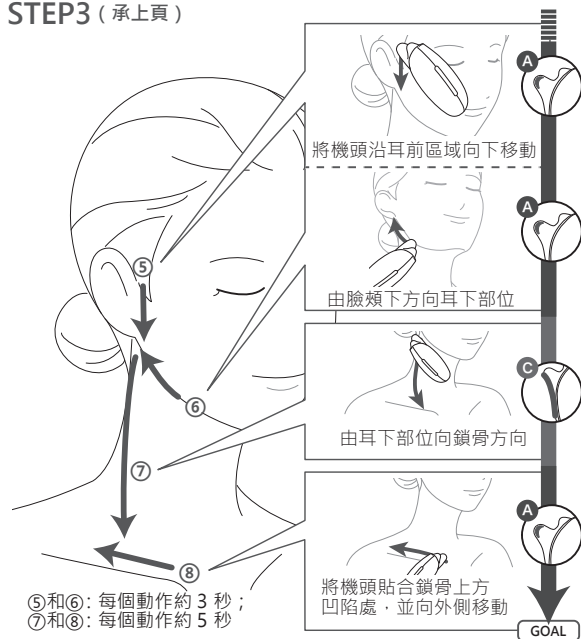
註

- 如果機頭在皮膚上滑動困難，請按需要在皮膚上塗抹更多護膚品。
- 請勿在皮膚同一位置重複使用本產品或重複相同的動作。
- 請避免用力護理眼部周圍區域，該部位皮膚較其他部位薄且敏感。
- 如果您想在護理時間結束前關閉本產品，長按 **① MODE**。

STEP3



STEP3 (承上頁)



註

- 如果機頭在皮膚上滑動困難，請按需要在皮膚上塗抹更多護膚品。
- 請勿在皮膚同一位置重複使用本產品或重複相同的動作。
- 如果您想在護理時間結束前關閉本產品，長按 **MODE**。

如何操作按摩頭護理除面部、頸部及鎖骨部分（胸部上方）的身體部位

護理上臂或小腿時，建議按以下方式操作按摩頭。護理其他部位時，可依據個人偏好移動按摩頭。

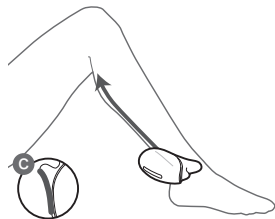
► 上臂

將 **C** 形曲面貼合手臂，按箭頭所示方向，由肘部向腋下滑動按摩頭



► 小腿

將 **C** 形曲面貼合小腿，按箭頭所示方向，由腳踝向膝後滑動按摩頭



- 當產品設定為 **W EMS LIFT** 模式或 **QUICK** 模式時（以 **EMS** 等級指示燈亮起為準），請勿於心臟附近使用本產品。

使用後

把隨附的啫喱沖洗掉

- 請先以紙巾輕拭面部或身體上殘留的隨附的啫喱，再以清水洗淨。
- 隨後使用日常護膚品調理皮膚。

- 若搭配本產品使用日常護膚品替代本品牌隨附的啫喱，使用後無需清洗肌膚。

用水清洗本產品的主體

- 每次使用後，用水清洗本產品。
- 確認電源已關閉及插座保護蓋已關上。
- 如果本產品仍然不夠乾淨，溶解一些普通肥皂在水中，然後用浸有肥皂水的布擦拭本產品。然後，用清水徹底沖洗本產品。

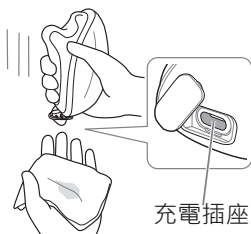


請勿使用水和肥皂以外的任何東西來清潔本產品。
(例如：請勿使用清潔劑、酒精或洗甲水。)
(否則可能會導致故障或部件破裂 / 變色。)

1 請以冷水或微溫水清洗本產品，去除殘留啫喱或護膚品

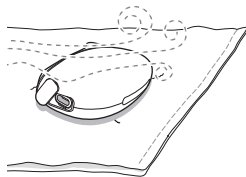
2 使用乾布擦拭。如果充電插座內或周圍有水滴，請依下列方式清除：

- 打開插座保護蓋，在乾布上輕拍本產品，以排出充電插座中的水。



3 把本產品放在通風良好的地方徹底乾燥。

- 請將充電插座內部及周圍水分拭淨，並保持插座保護蓋開啟狀態自然晾乾。



4 蓋上保護蓋並收納產品

其他建議使用方法

本產品可搭配蒸臉器（需另外購買）使用，於蒸汽濕潤狀態下進行肌膚護理。

< 有效使用的貼士 >

- 充分濕潤皮膚，能最有效地讓 EMS 傳遞到皮膚。

沐浴時亦可使用本產品。

< 有效使用的貼士 >

- 在使用本產品前，使用沐浴水充分濕潤皮膚。
- 沐浴時使用本產品，EMS 刺激感可能較為強烈。從等級「1」起開始。
- 請勿過度施壓。此動作可能導致本產品在皮膚上滑動困難。

沐浴時，請勿在水下身體部位使用本產品。（此動作可能導致故障。）

常見問題

問題	答案
為什麼需要在皮膚上塗抹啫喱或護膚品才可使用本產品？	▶ 使用啫喱或護膚品有助於最有效地將 EMS 輸送到皮膚，同時降低肌膚摩擦壓力。
可不可以用其他啫喱或護膚品？	▶ 建議使用本品牌隨附的啫喱，以幫助最有效地為皮膚傳遞 EMS 刺激，但也可以使用您偏好的精華、乳液或啫喱質地的護膚品。（請參閱第 44 頁。）
使用本產品後建議使用什麼類型的護膚品？	▶ 根據您的皮膚狀況適當使用您的日常護膚品。

問題	答案
EMS 刺激覺得太弱。	<p>使用水或您偏好的護膚品充分濕潤皮膚。</p> <p>▶ 如果隨附的啫喱或護膚品在皮膚上塗抹的量不夠，或者皮膚感覺乾燥，可按需要在皮膚上添加隨附的啫喱或護膚品。</p>
	<p>不建議使用油或油性產品（如潤膚霜），因為它們往往會減弱 EMS 的感知強度。</p> <p>▶ 嘗試使用更高的 EMS 等級。</p>
	<p>▶ 選擇 W EMS LIFT 模式或 QUICK 模式。</p>
	<p>請先濕潤手臂肌膚並貼附電極，以檢測是否能感知 EMS。（從等級「1」起開始確認。）</p> <p>▶ 如果在將本產品與其他護膚品一起使用時，感覺 EMS 的強度不夠，建議使用隨附的啫喱。</p>
	<p>▶ 確保電極緊貼皮膚。</p>




問題	答案
EMS 刺激覺得太強。	<p>▶ 選擇較低的等級。</p> <p>EMS 刺激感知強度可能因搭配產品而有所不同，包括：市面上售賣的護膚品、本品牌隨附的啫喱，或純水（搭配蒸臉器或沐浴時使用）。</p>
使用本產品時，如果我感到牙齒疼痛，應該怎麼辦？	<p>▶ 使用本產品有時候可能會刺激到牙齒神經。注意請勿太用力把機頭壓在皮膚上，並避免在引起牙痛的範圍使用本產品。補牙可能會令牙痛加劇。</p>
當使用本產品時，如果我覺得啫喱或護膚品產生刺激，或開始出現其他皮膚問題，應該怎麼辦？	<p>▶ 停止使用本產品直至您的皮膚痊癒並康復。（建議諮詢醫療專業人員。）</p> <ul style="list-style-type: none"> • 這種情況可能表示皮膚敏感性增加。 • 皮膚問題可歸因於您的個人身體屬性或健康狀況、心理或情緒壓力、內臟疾病等不同因素。
電池壽命有多久？	<p>▶ 電池壽命約為 3 年。</p> <ul style="list-style-type: none"> • 如果您發現在充滿電後可使用次數減少，可能表示電池快要到達使用壽命的盡頭。（電池壽命可能因用量及保存狀況有變。）

問題	答案
我可以自行更換電池嗎？	▶ 不可以。（此動作可能導致故障。）請聯絡本產品的購買店舖。
如果我長時間不使用本產品，會令電池老化嗎？	▶ 可能會。如您超過 6 個月不會使用本產品，請最少每 6 個月充滿電一次。
如果我每次都充滿電，會影響電池壽命嗎？	▶ 不會。因為本產品使用鋰離子電池，重複充滿電並不會影響電池壽命。
充電插座濕的話，可以為本產品充電嗎？	▶ 不可以。擦拭本產品以清除充電插座部分的水或護膚品殘留物，並讓產品乾燥後才進行充電。（請參閱第 59 頁。）
不使用本產品時，我可以讓它一直連接著充電嗎？	▶ 保持本產品連接充電多於 3 小時並不會對其性能產生不利影響。然而，為了安全性和節能考慮，建議在產品充滿電後斷開 USB 電源供應器。

疑難排解

請執行以下操作。

如果仍然無法解決問題，請與您購買本產品的商店聯繫，或洽 Panasonic 直屬服務站進行維修。

問題	解決辦法
即使按下 ⓘ MODE ，仍無法開啟產品。	<ul style="list-style-type: none"> ▶ 確認是否已充電。（請參閱第 45 頁。） ▶ 確認是否已牢固按壓開關。 ▶ 確認本產品是否連接到家用插座。 ▶ → 從插座斷開 USB 電源供應器的連接才使用本產品。
 沒有亮起並自動熄滅。	<ul style="list-style-type: none"> ▶ 電池完全充滿後，指示燈會自動熄滅。（請參閱第 45 頁。） ▶ 確認 USB 電源供應器是否完全插入家用插座。 ▶ 確認 USB 插頭是否完全插入充電插座和 USB 接口。
 我的產品在所有指示燈閃爍（每秒兩次）後自動關機了。	<ul style="list-style-type: none"> ▶ 這表示產品的內部保護功能觸發了錯誤關機。請稍等一會，然後重新啟動產品。 ▶ → 如果這情況不斷發生，請聯絡本產品的購買店鋪。
當我為產品充電時，  閃起橙燈（每秒兩次）。	<ul style="list-style-type: none"> ▶ 確認您在建議充電環境溫度（15°C 至 35°C）為產品充電。 ▶ 這種情況表示出現充電錯誤。 ▶ → 如果這情況不斷發生，請聯絡本產品的購買店鋪。

問題	解決辦法
產品在使用期間電源自動關閉。	<ul style="list-style-type: none"> ▶ 為本產品充電。（請參閱第 45 頁。） ▶ 本產品於選定模式之護理時間結束時將自動關閉。 ▶ 如您在使用期間切換到其他護理模式，本產品會在首次開機後最多大約 9 分鐘自動關機。（請參閱第 48 頁。）
無法為本產品充電。	<ul style="list-style-type: none"> ▶ 確認您使用的是否指定的 USB 電源供應器或 USB 電源線。 ▶ → 請務必使用指定的電源供應器和電源線。 ▶ 濕的充電插座可能會觸發 USB 電源線的過熱保護功能，從而暫停充電操作。 ▶ → 在充電前讓充電插座乾燥。
即使為本產品充滿電，只能使用數分鐘。	<ul style="list-style-type: none"> ▶ 確認本產品自購買日期起是否以超過 3 年。 ▶ → 電池已到達使用壽命終期。（請參閱第 63 頁。） ▶ 請聯絡本產品的購買店鋪。（自行更換電池可能導致故障）

問題	解決辦法
無法為本產品充電。 即使為本產品充滿電，只能使用數分鐘。	<p>在 W EMS LIFT 模式下，若柔和鍛煉 EMS 輸出結束後約 1 分鐘內未進行任何開關操作，本產品將自動關機。按下 EMS 等級選擇鍵。（請參閱第 48 頁。）</p>
本產品不夠溫熱。	<p>確認您在建議使用環境溫度（約 15 °C 或以上）使用本產品。</p> <p>為本產品充電。（請參閱第 46 頁。）</p>
我感受不到 EMS 刺激。	<p>請參考第 52 頁的「幫助最有效地讓 EMS 傳遞到皮膚的貼士」。</p> <p>在手臂內側塗抹本品牌隨附的啫喱或您平日使用的護膚品，然後使用本產品的 W EMS LIFT 模式或 QUICK 模式，確認您能否感受到 EMS。（從等級「1」起開始確認。）</p>

電池壽命

電池壽命為 3 年。本產品的電池並非消費者可自行更換的設計。請到授權的服務中心更換電池。

拆除內置充電電池

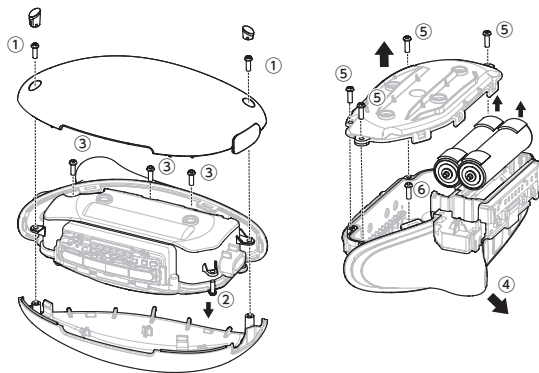
廢棄本產品之前，取出內置可充電式電池。

將電池安全棄置。

如您的國家 / 地區有指定認可棄置電池的地方，請確保將電池棄置於這些地方。

本圖只適用於棄置本產品，切勿使用本圖作維修之用。如您自行拆解本產品，它將失去防水功能，可能會導致產品故障。

- 從 USB 電源供應器拔下本產品。
- 按電源開關接通電源，保持電源的開啟狀態直至電池完全放電。
- 執行步驟 ① 至 ⑥ 以拉出並拆除電池。
- 請小心，不要讓已移除電池的正負極端子發生短路，且必須在端子上使用膠帶使其絕緣。



環保及資源回收

本產品含有鋰離子電池。

如您的國家有指定認可棄置電池的地方，請確保將電池棄置於這些地方。

另購零件（需另外購買）



專用凝膠

(EH-4R01)

內容量：200 g

每次使用量：約 3 g

（以每週使用 3 次計算，每支約可使用 3 個月至 4 個月*）

使用前先把啫喱沖洗掉。

• 隨產品附送之啫喱原產地與獨立銷售裝啫喱不同。



水狀透明凝膠

(EH-4R03)

內容量：100 g

每次使用量：約 2 g

（以每週使用 3 次計算，每支約可使用 2 個月*）

由於本啫喱使用後無需清洗，使用後可直接進行日常護膚程序。

塗抹啫喱前，先用您偏好的爽膚水調理皮膚。

* 若使用過程中按需在皮膚上添加啫喱。



USB 電源供應器

(ES-RU1-02)

規格

USB 電源供應器 (ES-RU1-02)（需另購）

適用供應器額定輸出	5.0 V $\overline{=}$ 1.0 A 符合安全特低電壓 (Safety Extra Low Voltage, SELV) 系統的要求
充電時間	約 3 小時

此產品只適於家居內使用。

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a template for writing or drawing. The margins are consistent on all sides.

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