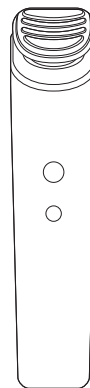




Operating Instructions
(Household use) Special Multi Treatment Device VITALIFT RF
Model No. EH-SR86

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中文 37



Operating Instructions
(Household use) Special Multi Treatment Device VITALIFT RF
Model No. EH-SR86

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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 physical problems

The following persons should not use this appliance:

- Individuals with heart disease
- Individuals with facial nerve disorders
- 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
- Individuals who suffer a medical condition in the head due to a traffic accident or other traumatic event

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

- 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 burns.

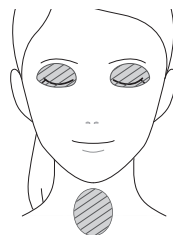
Women who are pregnant or have gone through childbirth in the past one month should not use this appliance.


- Doing so may cause skin problems 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 or mucous membranes
- Doing so may cause skin or physical problems.

<Prohibited areas>



Do not use the appliance on areas marked by .

Do not use on eyelids.

- Doing so may cause eye problems.

⚠ WARNING

Do not keep the appliance on the same spot of skin. Keep moving the appliance so as to continuously shift to different spots.

- Failure to do so may cause burns.

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

- Individuals with serious disease
 - Individuals with acute disease
 - Individuals with malignant tumors
 - 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 who have received an aesthetic or medical treatment within approximately 2 weeks that involves some downtime (the length of time that the skin needs to heal and recover) or significant reddening of the skin
 - 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 problems.

**► USB power adaptor and USB cable:**

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.




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


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

⚠ WARNING

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.

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.

► Power supply

Do not connect or disconnect the USB power adaptor from the household outlet with wet hands.

-  - Doing so may cause electric shock or injury.

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.



- Doing so may cause overheating, ignition, or explosion.

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).

Never disassemble except when disposing of the product.



- 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 apply the appliance's head to a metallic surface.

- Doing so may cause burns.



Before using, check that the head is free from cracks, chips, deformities, and other damage.

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



Use only for care of the face, chest and neck (excluding the arm used for a patch test).

- Failure to do so may cause skin damage, inflammation, etc.



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.



Comply with the recommended use frequency and the manipulation method specified in this manual.

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

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 battery cover film.**
 - 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

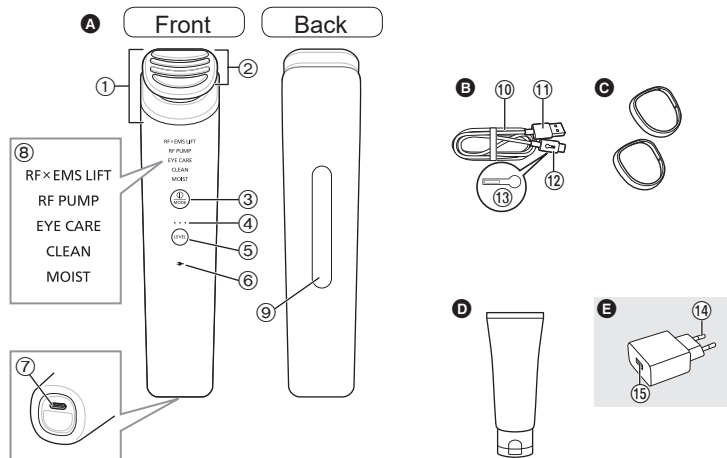
- Charge the appliance correctly according to these Operating Instructions. (See page 16 "Charging".)
- This appliance contains battery that is only replaceable by skilled persons. Please contact an authorized service center for the details of repair.

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.





A Main body

- ① Type D lift head (the "head")
- ② Electrodes
- ③ POWER/MODE switch
- ④ Level indicator [white]
- ⑤ Level selector switch
- ⑥ Charging indication/notification lamp (🔌)
- ⑦ Appliance socket (Type-C)
- ⑧ Mode indicator lamp [white]

⑨ Ion inductive panel

- Senses that the Ion inductive panel and the head are in contact with the skin and outputs EMS, RF and ion.

B USB cable

- ⑩ Cord
- ⑪ USB plug (Type-A)
- ⑫ USB plug (Type-C)
- With overheat protection function
- ⑬ Overheat protection function mark

Accessories

C Cotton ring (x2)

D Included gel

Conductive Gel (EH-4R03)

Optional parts

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

- ⑭ Power plug
- ⑮ USB port (Type-A)

Before use

► Check your skin

- Before use, a skin allergy test is required. (See page 15.)
 - 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 washing 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.

► Treatment levels

- Select the desired level according to the skin conditions and personal preferences.
 - The choice of treatment levels is different depending on which treatment mode you are using. (See page 13.)
 - For the first use, it is recommended to set the level to "1".

► Sensors

- This appliance is equipped with various sensors to assist safe use.

- Overuse avoidance sensor

If the head is kept applied on the skin for more than 8 seconds, this sensor temporarily shuts down the appliance's RF and/or EMS output. The output will resume after the appliance is moved away from the skin once and applied again.

- Temperature sensor

When the temperature gets too high, this sensor temporarily stops the RF output for safety. The output will resume when the head temperature drops down to a safe level.

► Accessories

- Before use, remove earrings or any other jewelry from the face or around the neck.

► Use of the included gel or other skin care products

- This appliance can be used with the included gel or other skin care products that you prefer.
 - Use the appliance with a product that reduces skin stress and assists smooth sliding of the head over the skin to help deliver EMS and RF to the skin most effectively.

Notes

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

- Oil-based products, products that contain scrubbing particles, lotion with a warming sensation

Treatment modes

► Intensive treatment

Mode	Features	Technologies employed	Treatment time
RF×EMS LIFT	To exercise facial muscles	EMS*, RF, ion and LED	Approx. 6 minutes
RF PUMP	Warming treatment with RF	RF*, ion and LED	Approx. 6 minutes
EYE CARE	Skin care around the eyes	Ion*, RF and LED	Approx. 2 minutes

► Daily treatment

Mode	Features	Technologies employed	Treatment time
CLEAN	To remove dead cell buildup from the skin surface and to cleanse skin pores	Ion*, RF and LED	Approx. 3 minutes
MOIST	For penetrative skin treatment through the stratum corneum layer	Ion*, RF and LED	Approx. 3 minutes

For each feature marked with “*”, you can select one of 3 treatment levels by using the level selector switch.

Use frequency

The allowable frequency of use differs depending on the treatment mode.
Comply with the recommended use frequency and refer to the example use patterns shown below.
Do not use the appliance in an intensive treatment mode more than once in a single day.

► Intensive treatment

Mode	Use frequency	Weekly use pattern example						
		Mon	Tue	Wed	Thu	Fri	Sat	Sun
RF×EMS LIFT	Select one or the other mode once a day • Use up to 3 times per week in 2 modes total. • Wait at least 1 day between each use.		✓					✓
RF PUMP						✓		
EYE CARE	Once a day • Use up to 3 times per week. • Wait at least 1 day between each use.	✓			✓		✓	

(✓: Use)

► Daily treatment

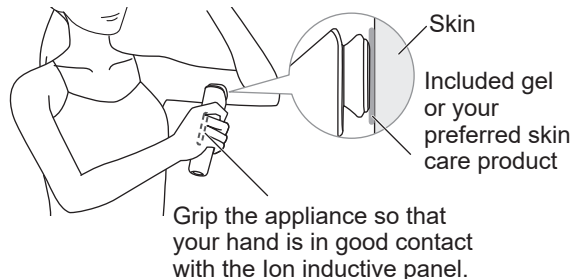
Mode	Use frequency	Weekly use pattern example						
		Mon	Tue	Wed	Thu	Fri	Sat	Sun
CLEAN	Once a day • Each mode can be used everyday • Both of the modes can be used on the same day in combination with an intensive treatment mode.	✓	✓	✓	✓	✓	✓	✓
MOIST		✓	✓	✓	✓	✓	✓	✓

(✓: Use)

Preparation before use

Skin (allergy) test procedure

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 included gel or other skin care product you want to test.**

- Apply to make a thin film about the size of the appliance's head.
- 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. (See page 21.)**

1. Turn the appliance power on.
 - If testing with the included gel: Select the RF×EMS LIFT mode and level “1”.
 - If testing with other skin care products: Select the RF PUMP mode and level “1”.
2. Apply the head to the skin and move in a slow circular motion (approx. 7 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.

- 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 included gel or the skin care product that you have used in the test.

Charging

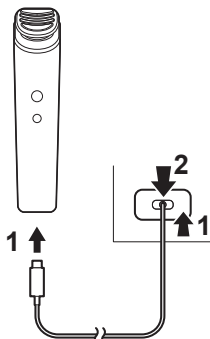
Wipe the appliance socket dry if you see beads of water or skin care product residue in or around the appliance socket.

Use the specified USB power adaptor and USB cable.

1 Connect the USB cable to the USB power adaptor and the appliance's main body.

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

- Check that the charging indication/notification lamp (🔌) is glowing.
- Charging is completed after approx. 3 hours.



3 When the charging indication/notification lamp (🔌) turns off, disconnect the USB power adaptor from the household outlet and then disconnect the USB plug from the appliance.

► To check if charging is completed

Disconnect the USB plug once and then reconnect while charging.

→ If the appliance is already fully charged, the charging indication/notification lamp (🔌) will turn on once and then turn off after approximately 5 seconds.

► When to recharge

If the charging indication/notification lamp (🔌) 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 4 days of use. (See page 14.)
Note that the appliance may last for fewer days depending on the operating environment or usage.

Notes

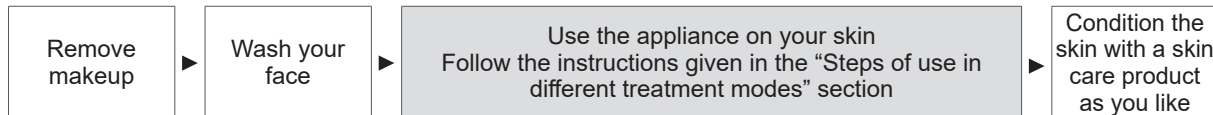
- When charging the appliance for the first time or when it has not been in use for more than 6 months, the charging time may change or the charging indication/notification lamp (🔌) may not glow for a few minutes. It will eventually glow if kept connected.
- The required charge time may vary depending on the battery condition.
- Recommended ambient temperature for charging is 15 °C – 35 °C. It may take longer to charge or the battery may fail to charge properly in extremely high or low temperatures.
- 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

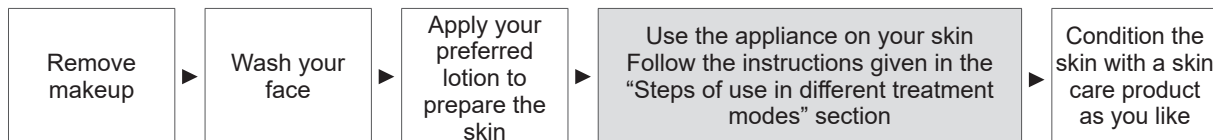
Use it appropriately depending on your skin condition and the type of skin problem you want to address. Refer to P.14 for the recommended use frequency.

Basic steps for use

► If starting from the CLEAN mode



► If starting from a treatment mode other than the CLEAN mode



Combination of multiple treatment modes

CLEAN mode and MOIST mode can be used on the same day in combination with an intensive treatment mode. For such combined use, use in the order of CLEAN mode → MOIST mode → intensive treatment mode.

Steps of use in different treatment modes

► Intensive treatment

RF×EMS LIFT mode



RF PUMP mode



EYE CARE mode



► Daily treatment

CLEAN mode

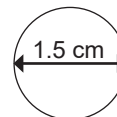


MOIST mode



*1 Recommended amount of use of the included gel (typical): 1 to 2 grams (= approximately one 1.5 cm-diameter dollop). Use of the included gel is most highly recommended as it helps deliver EMS to the skin most effectively.

<Typical recommended amount of use>

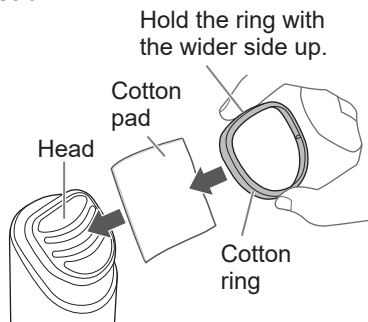


*2 The beep lets you know that half the treatment time has passed.

Preparing a cotton pad and your preferred skin care products (for CLEAN mode only)

Before using the CLEAN mode, perform the steps below:

1 Attach an ordinary makeup cotton pad to the head.



Check that the cotton ring is facing the right way.



The inward-curving side of the ring should be facing outward

Press the cotton ring onto the head to engage.



Do not push in too deep.

2 Soak the cotton pad with your preferred skin lotion (apply a generous amount so that the liquid soaks through to the other side of the pad).



Using the appliance

Remove makeup and wash your face before using the appliance.

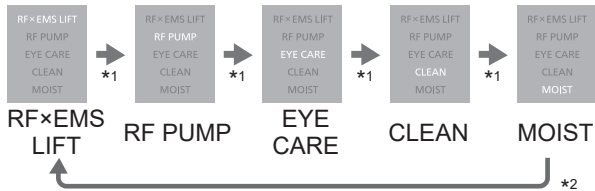
To start using the appliance from a mode other than the CLEAN mode, condition the skin with your preferred skin lotion before applying the included gel or your preferred skin milk or nutrition product.

1 Long-press the button (approx. 1 second) to turn the appliance power on.

- The [RF×EMS LIFT] lamp will come on.

2 Select the desired mode by pressing the button.

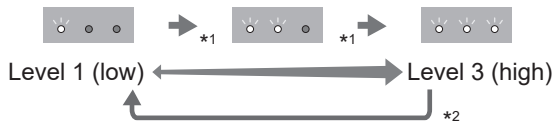
- Each time the button is pressed, the mode switches to the next one in the sequence below:



[*1 Single beep/*2 Two beeps]

3 Select the desired level by pressing the button.

- Each time the button is pressed, the mode switches to the next one in the sequence below:
- Start with level 1.



[*1 Single beep/*2 Two beeps]

4 Use the appliance by moving the head over the skin

- Grip the appliance so that your hand is in good contact with the Ion inductive panel.
- Use the appliance by gently pressing the head onto the skin. Keep moving the head so as not to remain on the same spot of skin.
- Do not press the head too hard against the skin.

Ion inductive panel




Tips

When doing the cheeks and the jawline, apply the flat part of the head to the skin and move the head in an upward pulling motion.



Notes

- You cannot operate when the appliance is connected to the household outlet. Disconnect the USB power adaptor from the outlet to use the appliance.
- Use the appliance in an ambient temperature approximately 15 °C or higher. The head may not warm up when the operating temperature is not within the recommended range.

- If your hand is away from the Ion inductive panel or the head is away from the skin for more than approximately 15 seconds, a “bleep-bleep, bleep-bleep” tone will alert you. If the condition continues for approximately 30 seconds, the appliance power will automatically turn off with a “bleep-bleep, bleep-bleep and a (long) beep” tone.
- When the treatment time for the selected mode is expired, the appliance will automatically turn off with a long “beep” tone.
If you want to turn the appliance off before the treatment time expires, long-press the  button.
- After using the CLEAN mode, remove the cotton pad from the head.
- Do not reuse the removed cotton pad. (Doing so may cause skin problems.)
- 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 with a long “beep” tone approximately 6.5 minutes after the first power-on. This prevents the excessive use.

Tips to use EMS effectively

- “EMS” stands for “electrical muscle stimulation”, which refers to the use of electrical impulses to cause human muscles to contract. 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.

- If you are not satisfied with the perceived strength of the EMS, try the following 5 steps:

1. Condition your skin with a lotion

Wash your face and then condition the skin with the lotion before using EMS.



2. 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.



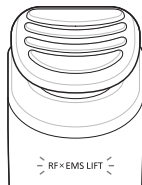
Included gel



Your preferred skin care product

3. Select RF×EMS LIFT mode

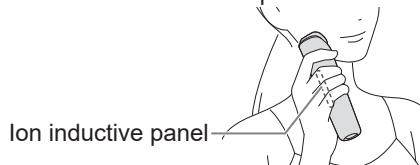
This appliance outputs EMS in the RF×EMS LIFT mode only.



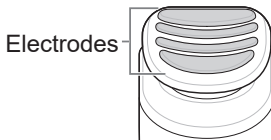
4. Make sure that the appliance is detecting the skin

1. Make sure that your hand is in contact with the Ion inductive panel.

Grip the appliance so that your hand is in good contact with the Ion inductive panel.



2. Make sure that the electrodes touch the skin. You cannot feel EMS stimulation if the electrodes are not in close contact with the skin.



5. Comply with the maximum skin contact time

If the head is kept applied on the skin for more than 8 seconds, the RF and/or EMS output will be temporarily suspended. The output will resume after the appliance is moved away from the skin once and applied again.
(Overuse avoidance sensor function)



Notes

- When the skin is dry, EMS stimulation may be harder to feel.
- If the perceived strength of EMS is not strong enough when the appliance is used with a commercial skin care product, use of the included gel is recommended.

How to apply

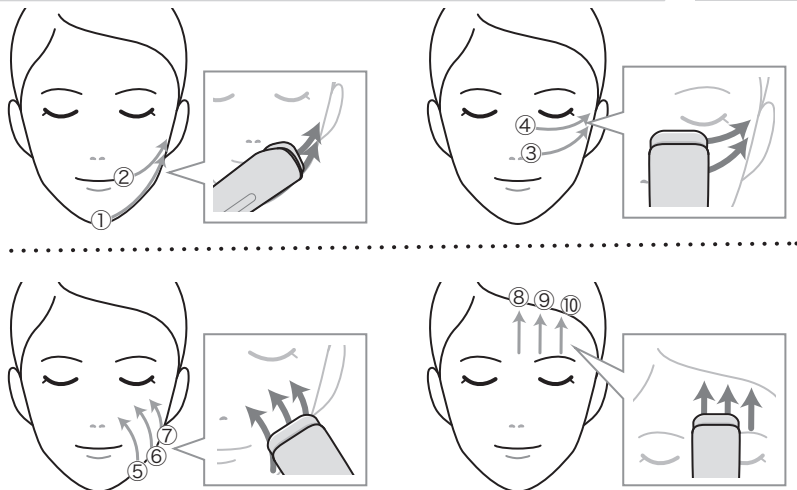
Treat one side of the face first before doing the other side.

- When half the treatment time for the selected mode has passed, a “beep-beep” tone will alert you. Use this as a cue to start treating the other side of the face.
- Treat each side of the face the same way by following the numbered stroke paths in the picture.

RF×EMS LIFT/RF PUMP modes

Approx. 6 minutes

Power turns off automatically



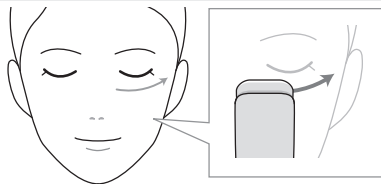
① to ⑦: Approx. 7 seconds per path, ⑧ to ⑩: Approx. 3 seconds per path

- Move the head slowly in an upward motion.
- Do not repeat doing the same path. Keep shifting to different paths in the order of ① to ⑩.

EYE CARE mode

Approx. 2 minutes

Power turns off
automatically

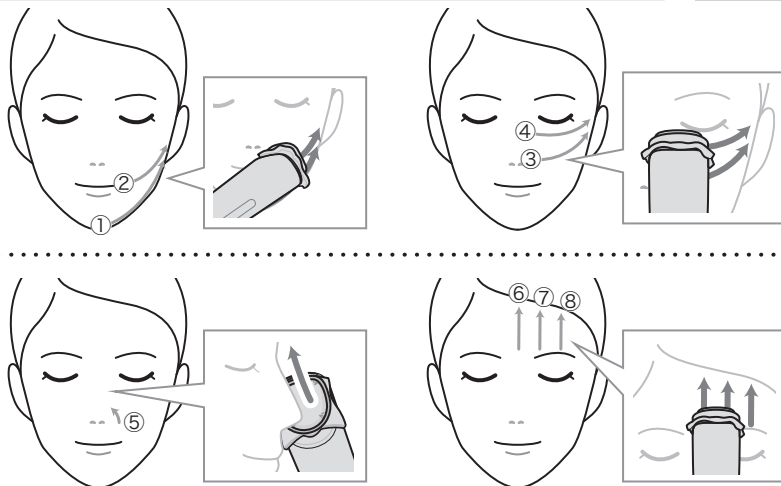


Approx. 5 seconds per numbered stroke path

- Do not use on eyelids.

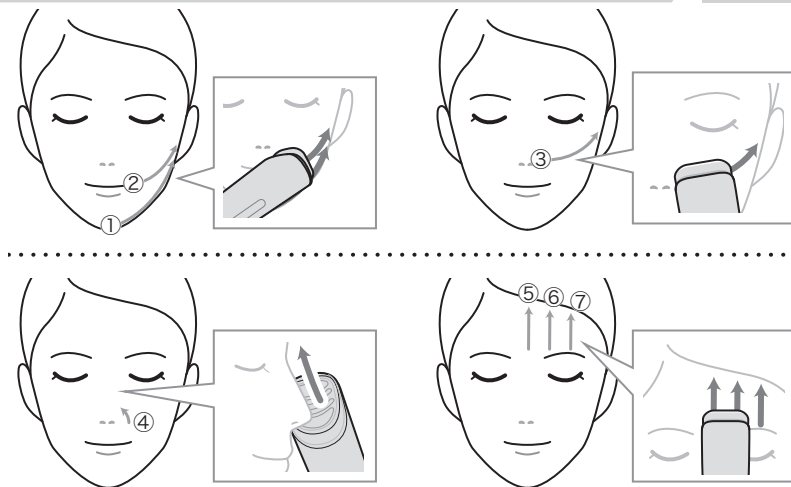
CLEAN mode

Approx. 3 minutes

Power turns off
automatically

① to ③: Approx. 7 seconds per path, ④: Approx. 5 seconds, ⑤ to ⑧: Approx. 3 seconds per path

- Do not repeat doing the same path. Keep shifting to different paths in the order of ① to ⑧.



① to ③: Approx. 7 seconds per path, ④ to ⑦: Approx. 3 seconds per path

- Do not repeat doing the same path. Keep shifting to different paths in the order of ① to ⑦.

Notes

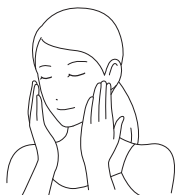
- If you cannot slide the head smoothly over the skin when using the RF PUMP or EYE CARE mode, add the skin care product as required.
- If the perceived strength of EMS stimulation is not strong enough when using the RF×EMS LIFT mode, add the included gel or your preferred skin care product as required.
- If the perceived strength of EMS is not strong enough when the appliance is used with a commercial skin care product, use of the included gel is recommended.
- Make sure that your hand is in good contact with the Ion inductive panel.
- Make sure that the electrodes are in close contact with the skin. (See page 23.)
- If the head is kept applied on the skin for more than 8 seconds, the RF and/or EMS output will temporarily stop. (See page 12.)

- After using the CLEAN mode, remove the cotton pad from the head.
- Do not reuse the removed cotton pad.
- If the cotton pad starts to dry and the head does not slide smoothly while using the CLEAN mode, add the lotion to the cotton pad as required.
- If you cannot slide the head smoothly over the skin when using the MOIST mode, add the skin care product to the skin as required.

After use

Condition the skin

- Use your regular skin care product to condition the skin after using the appliance.



Wash the appliance's main body with water

- Check that the power is off before washing the appliance.
- 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.

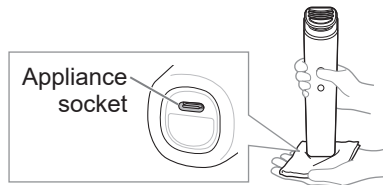
1 Rinse the head and the cotton ring with water to remove residue of the gel or the skin care product.

- Do not submerge the appliance in water.



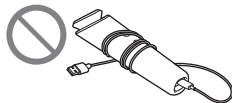
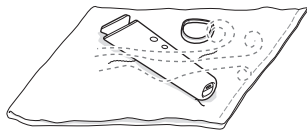
2 If there are water droplets in or around the appliance socket, remove water in the following way:

- With the appliance socket area facing down, lightly tap the appliance onto a dry cloth to drain water from the appliance socket.
- Be careful not to charge the appliance with the appliance socket wet.



3 Wipe the appliance with a dry cloth and let it thoroughly dry in a well-ventilated place.

- Do not store the appliance with the USB cable wound around the main body.



Notes

- 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.)
- Thoroughly remove any gel or skin care product residue from the appliance. (Failure to do so may cause malfunction or component crack/discoloration.)

FAQ

Question	Answer
What is RF?	▶ RF stands for “radio frequency”, which refers to high-frequency electromagnetic radiation. RF output causes a warming sensation in the skin.

Question	Answer
What is EMS?	▶ EMS stands for “electrical muscle stimulation”, which refers to a series of electrical impulses that causes human muscles to contract.
What is ION?	▶ “Ion” refers to a treatment technology that uses low-level electrical current that helps cleanse the skin surface and skin pores and also accelerates delivery of skin nutrients through the stratum corneum layer.
What is LED?	▶ “LED” refers to a type of phototherapy for skin treatment.
Can I use the appliance on my hands and body?	▶ Use the appliance only for beauty treatment of your face, neck and decollete (upper chest area).
Can I use the appliance as many times as I want in a single day?	▶ The allowable frequency of use differs depending on the treatment mode. (See page 14.)
Can I use the CLEAN mode to remove makeup?	▶ No, you cannot. Use it only after removing makeup and washing your face.

Question	Answer
Why do I have to apply a gel or skin care product on my skin to use the appliance?	▶ Applying a gel or skin care product helps deliver EMS or RF to the skin most effectively.
Is it OK to use other gel or skin care products when using the RF×EMS LIFT mode?	▶ Use of the 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 milk or nutrition product in its place. (See page 18.)
Do I have to rinse the included gel off my face after use?	▶ No, you don't. However, you can wipe off or rinse off the gel if you don't want the residue on your skin when applying other skin care products after using the appliance.
I am getting crumbly stuff on the skin when I apply foundation on my face after using the included gel.	▶ Wash the gel off the skin before applying makeup.
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
What if I feel irritation with the gel or skin care product when using the appliance or start having other skin problems?	▶ Do not use the appliance until your skin heals and recovers. (Consult a medical specialist.) • 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.
The appliance feels too hot.	▶ • Select a lower treatment level or move the appliance a little quicker over the skin. • Start using the appliance from level "1". • Do not keep the head applied to the same spot. Always keep moving the head over the skin when using the appliance.
The appliance doesn't feel warm enough (CLEAN mode)	▶ A thick cotton pad may weaken the warming sensation of RF. Try using a different cotton pad.

Question	Answer
EMS stimulation feels too weak.	<ul style="list-style-type: none"> • 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 special gel or skin care product to the skin as required. • Use of oil-based products is not recommended as they tend to weaken the perceived strength of EMS stimulation. • 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. • Select the RF×EMS LIFT mode. • Make sure that your hand is in good contact with the Ion inductive panel.
	<ul style="list-style-type: none"> • Make sure that the electrodes are in close contact with the skin. • If the head is kept applied on the skin for more than 8 seconds, the RF and/or EMS output will temporarily stop. (See page 12.)

Question	Answer
EMS stimulation feels too strong.	<p>▶ Select a lower level.</p>
What if I feel tooth pain when using the appliance?	<p>Use of the appliance may sometimes irritate tooth nerves. Having a dental filling may worsen this tooth pain.</p> <p>▶ • Select a lower level. • Be careful not to press the head too strongly to the skin, and avoid using the appliance in areas that cause tooth pain.</p>
What is the service life of the battery?	<p>The service life of the product battery is approximately 3 years.</p> <p>▶ • 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.)</p>



Question	Answer
Can I change the battery by myself?	▶ No, you cannot. (Doing so may cause malfunction.) Contact the store where you purchased the unit.
Does the battery deteriorate if I don't use the appliance for an extensive period of time?	▶ 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.
If I fully recharge the battery every time, does it affect the battery service life?	▶ No, it does not. As the appliance uses a lithium-ion battery, repeated full recharges do not affect the battery service life.
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 pages 28 to 29.)


Question	Answer
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.
My cotton pad comes off easily from the head.	▶ Some types of cotton pads do not adequately fit the appliance head due to their size, thickness or shape. Try using a different cotton pad.

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
<p>The power does not turn on even after  is pressed.</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>► Charge the appliance.</p>
	<p>► Check if the POWER/MODE switch is pressed long enough (approximately 1 second).</p>
<p>The charging indication/notification lamp () does not turn on or goes out.</p>	<p>► Check if the appliance is connected to the household outlet. → Disconnect the USB power adaptor from the outlet to use the appliance.</p>
	<p>► This lamp turns off after charging is complete. (See page 16.)</p>
	<p>► 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.</p>

Problem	Action
<p>My appliance powered off automatically after flashing all the mode 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>The charging indication/notification lamp () flashes in red (twice per second) when 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>

Problem	Action
The power turns off during use.	► Charge the appliance. (See page 16.)
	► The power will be automatically turned off after each mode is completed.
	► Check if your hand is in good contact with the Ion inductive panel when applying the head to the skin. (See page 21.)
	► If you switch to a different treatment mode during use, the appliance will turn off automatically approximately 6.5 minutes after the first power-on.

Problem	Action
<ul style="list-style-type: none"> • The appliance cannot be recharged. • The appliance only lasts for a few minutes even after a full recharge. 	► Check if you are using a specified USB power adaptor or USB cable. → Always use the specified power adaptor and cable.
	The battery has reached the end of its life. (approximately 3 years) (See page 31.)
	► Please contact the store where purchased. (Customers cannot replace the battery as doing so may cause malfunction.)
	► Check if the appliance socket is wet. → 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.

Problem	Action
I cannot feel EMS stimulation.	<p>▶ Refer to “Tips to use EMS effectively”. (See pages 22 to 23.)</p> <p>With the included gel or 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 RF×EMS LIFT mode. (Start checking from level 1.)</p> <p>▶</p>

Battery life

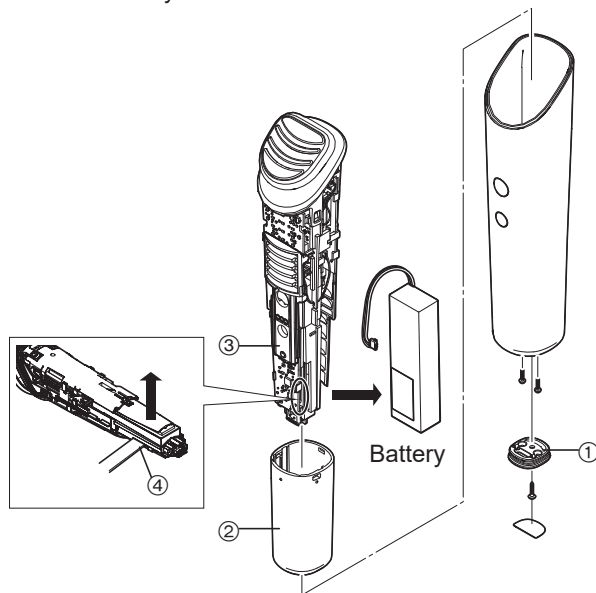
The life of the battery is 3 years. The battery in this appliance is not intended to be replaced by consumers. Have the battery replaced by an authorized service center.

Removing the built-in rechargeable battery

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

The battery is to be disposed of safely. Please make sure that the battery is 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 seal from the bottom of the appliance's main body.
Remove the screw (1 piece) and take out the housing cover ①.
- Remove the screws (2 pieces), take out ② and ③.
Unhook the 3 hooks, remove ③ from ②.
- Insert a ruler between ④, remove the fixture, and take out the battery.



For environmental protection and recycling of materials

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

Specifications

Output rating of applicable adaptor (sold separately)	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.

Optional parts (Sold separately)



Conductive Gel (EH-4R03)

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 lotion before applying the gel.



USB power adaptor (ES-RU1-02)

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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

► 為了防止皮膚或身體問題

下列人士不應使用本產品：

- 患有心臟病者
 - 患有顏面神經疾病者
 - 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
 - 因交通事故或其他創傷事件而患有頭部疾病者
- 請勿在心臟附近使用本產品的 RF×EMS LIFT 模式。
- 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

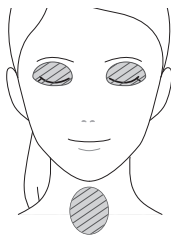
- ⊘ 溫度感知能力較差的人士不應使用本產品。
- 此動作可能導致燒傷。


- ⊘ 孕婦或過去一個月內剛分娩過的女士不應使用本產品。
- 此動作可能導致因荷爾蒙不平衡的皮膚問題。

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
 - 喉嚨或黏膜
- 此動作可能導致皮膚或身體問題。

< 禁止使用範圍 >



請勿在標記為  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。

- ⚠ 請勿讓產品停留在皮膚同一位置。保持移動產品以持續轉換到不同位置。
- 否則可能會導致燒傷。

下列人士在使用本產品前，應詢問其醫生：

- 患有嚴重疾病者
 - 患有急性疾病者
 - 患有惡性腫瘤者
 - 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：

- 過去 2 週內曾進行過美容治療或醫學治療，而仍在復原期（皮膚痊癒和恢復所需的時間）中或接受治療後導致皮膚嚴重發紅的人士
 - 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：

- 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。



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。



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。

► 電源供應



請勿用濕手從家用插座連接或斷開 USB 電源供應器。

- 否則可導致觸電或受傷。

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。

- 否則可導致過熱、燃燒或爆炸。

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）。



切勿拆開本產品，棄置時除外。

- 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



請勿將產品機頭放到金屬表面上。

- 此動作可能導致燒傷。



使用前，請檢查機頭是否有裂痕、碎片、變形和其他損壞。

- 否則可能導致皮膚受傷。



只可用於面部、胸部和頸部的護理（不包括用於貼膚試驗的手臂）。

- 否則可能會導致皮膚受損和發炎等。



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。



請遵守本手冊建議的使用頻率和操作方法。

- 否則可能會損害皮膚，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。

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。
- 請勿拆下電池外皮。
- 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

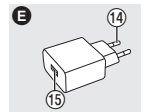
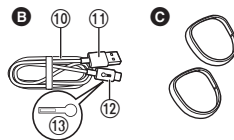
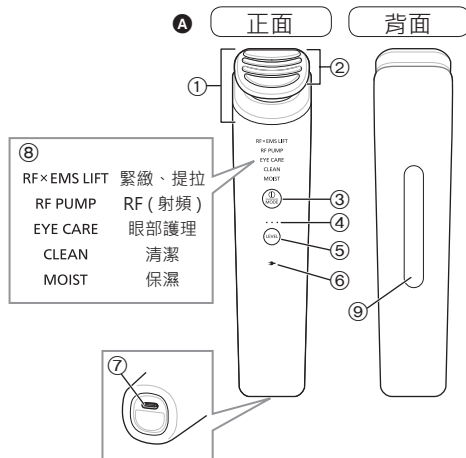
- 請根據使用說明書正確地為產品充電。（請參閱第 48 頁的「充電」。）
- 本產品所含的電池只能由技術人員更換。請聯絡 Panasonic 直屬服務站洽詢修理細節。

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。

III



A 主體

- ① D 型拉提機頭 (「機頭」)
- ② 電極
- ③ POWER/SELECT 開關
- ④ 等級指示燈 [白]
- ⑤ 等級選擇鍵
- ⑥ 充電指示 / 通知燈 (🔌)
- ⑦ 充電插座 (Type-C)
- ⑧ 模式指示燈 [白]
- ⑨ 離子感應板
 - 感知離子感應板和機頭與皮膚接觸，並輸出 EMS、RF 和離子。

B USB 電源線

- ⑩ 電源線
- ⑪ USB 插頭 (Type-A)
- ⑫ USB 插頭 (Type-C)
 - 具過熱保護功能
- ⑬ 過熱保護功能標誌

配件

- ④ 棉環 (x2)
- ⑤ 隨附的啫喱
 - 面部緊緻啫喱 (EH-4R03)

另購零件

- ⑤ USB 電源供應器 (ES-RU1-02)
 - (需另外購買)
 - ⑭ 電源插頭
 - ⑮ USB 接口 (Type-A)

使用前

► 檢查您的皮膚

- 使用前務必進行皮膚測試（過敏測試）。（請參閱第 47 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。

► 護理等級

- 依照您的皮膚狀況及個人喜好選擇所需等級。
 - 根據您所使用的護理模式，護理等級的選擇會有所不同。（請參閱第 45 頁。）
 - 初次使用，建議將等級調至「1」。

► 感應器

- 本產品配有不同感應器以助您安全使用。
 - **防止過度護理感應器**
當機頭與皮膚接觸時間超過 8 秒，本感應器將暫時關上本產品的 RF 和 / 或 EMS 輸出。當產品一旦離開而再次接觸皮膚，輸出將會恢復。
 - **溫度感應器**
當溫度過高時，本感應器會暫時關閉 RF 輸出以確保安全。當機頭溫度降至安全水平時，輸出將會恢復。

► 配件

- 使用本產品之前，確保已將任何面部或頸部的首飾取下，例如耳環。

► 使用隨附的啫喱或其他護膚品

- 本產品可以與隨附的啫喱或其他您偏好的護膚品一併使用。
 - 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，以幫助最有效地將 EMS 和 RF 傳送到皮膚。

註

請勿把下列類型的產品與本產品一併使用：

- 油性，含有磨砂顆粒或設計用來提供溫暖感的乳液。

護理模式

► 加強護理

模式	功能	採用的技術	護理時間
RF×EMS LIFT	鍛鍊面部肌肉	EMS*、RF、離子和 LED	約 6 分鐘
RF PUMP	使用 RF 的溫熱護理	RF*、離子和 LED	約 6 分鐘
EYE CARE	眼周的皮膚護理	離子*、RF 和 LED	約 2 分鐘

► 每日護理

模式	功能	採用的技術	護理時間
CLEAN	去除皮膚表面積聚的死皮細胞並清潔皮膚毛孔	離子*、RF 和 LED	約 3 分鐘
MOIST	用於穿透角質層的皮膚護理	離子*、RF 和 LED	約 3 分鐘

對於每個標記「*」的功能，您可以使用等級選擇鍵選擇 3 個護理等級之一。

使用頻率

根據不同的護理模式，可允許的使用頻率也會隨之不同。
請遵守建議的使用頻率並參考下列展示的使用方式範例。
單日內請勿多次以加強護理模式使用本產品。

► 加強護理

模式	使用頻率	一週使用範例						
		星期一	星期二	星期三	星期四	星期五	星期六	星期日
RF×EMS LIFT	每天選擇其中一種模式一次 • 每星期總共可以使用 2 個模式最多 3 次。 • 每次使用之間至少等待 1 天。		✓					✓
RF PUMP						✓		
EYE CARE	每天一次 • 每星期最多使用 3 次。 • 每次使用之間至少等待 1 天。	✓			✓		✓	

(✓：使用)

► 每日護理

模式	使用頻率	一週使用範例						
		星期一	星期二	星期三	星期四	星期五	星期六	星期日
CLEAN	每天一次 • 每個模式可以每天使用 • 兩個模式均可在同一天與加強護理模式一併使用。	✓	✓	✓	✓	✓	✓	✓
MOIST		✓	✓	✓	✓	✓	✓	✓

(✓：使用)

使用前的準備

皮膚（過敏）測試步驟

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。



- 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。**
 - 塗抹一層與機頭相約尺寸的薄膜。
 - 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。（請參閱第 53 頁。）**

1. 開啟本產品的電源。

如使用隨附的啫喱作測試：選擇 RF×EMS LIFT 模式和等級「1」。

如使用其他護膚品作測試：選擇 RF PUMP 模式和等級「1」。

2. 將機頭壓在皮膚上並將本產品緩慢地繞圈移動（約 7 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。

- 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

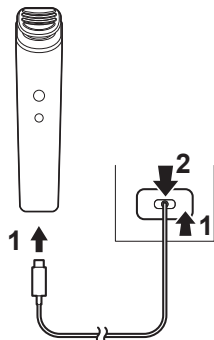
如果發現充電插座內或周圍有水珠或護膚品殘留物，請將充電插座擦乾。

應定期清潔 USB 電源供應器和 USB 電源線，以防止灰塵堆積。

1 用 USB 電源線連接 USB 電源供應器和本產品的主體。

2 將 USB 電源供應器完全插入家用插座。


- 檢查充電指示 / 通知燈 () 亮起。
- 充電約 3 小時後完成。




3 當充電指示 / 通知燈 () 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。

► 檢查充電已滿

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，充電指示 / 通知燈 () 會亮起並在大約 5 秒後熄滅。

► 充電時機

當充電指示 / 通知燈 () 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 4 天。(請參閱第 46 頁。)
- 請留意，根據操作環境及使用方式，本產品的使用時間可能縮短。

註

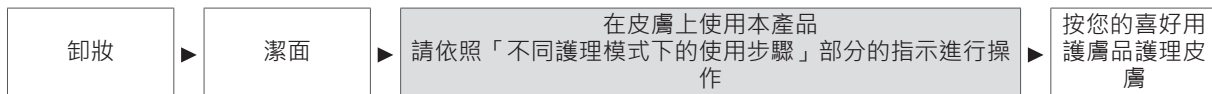
- 若首次為本產品充電，或之前已有 6 個月以上沒有使用，充電的時間可能會有所不同，或充電指示 / 通知燈 () 可能有幾分鐘無法亮起。如繼續充電，指示燈最後就會亮起。
- 所需充電時間可能會根據電池狀況而有所不同。
- 建議的充電環境溫度為 15 °C 到 35 °C。在溫度極高或極低的情況下對電池充電，可能需要較長的時間，或是電池可能無法正確充電。
- 如果在使用或充電本產品時收音機或音訊播放器出現噪音問題，請在其他地方使用或充電本產品。

使用方法

根據您的皮膚狀況和想要解決的皮膚問題類型適當使用本產品。請參閱第 46 頁了解建議使用頻率。

基本使用步驟

► 從 CLEAN 模式開始使用時



► 如使用 CLEAN 模式以外的護理模式開始



配搭多個護理模式

CLEAN 模式和 MOIST 模式可於同日配搭加強護理模式使用。

這樣配搭使用時，請順序以 CLEAN 模式 → MOIST 模式 → 加強護理模式進行。

不同護理模式下的使用步驟

► 加強護理

RF×EMS LIFT 模式



RF PUMP 模式



EYE CARE 模式



► 每日護理

CLEAN 模式

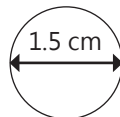


MOIST 模式



*1 隨附的啫喱的建議使用量 (一般) : 1 至 2 g (= 約直徑 1.5 cm 大小) 。強烈建議使用隨附的啫喱，因為它有助於最有效地將 EMS 輸送到皮膚。

< 一般建議使用量 >

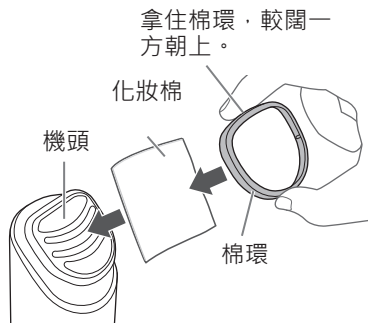


*2 護理時間經過一半時會有聲響提醒您 (這時您應該已經完成半邊面)

準備一片化妝棉和您偏好的護膚品（只適用於 CLEAN 模式）

使用 CLEAN 模式前，請先進行以下步驟：

1 在機頭上安上一片普通化妝棉。



確認棉環的方向正確。



棉環向內彎曲的一側應該朝外

將棉環按壓到機頭上以使其接合。



請勿按壓太深。

2 用您偏好的護膚露浸濕化妝棉（請使用充足的份量，使液體滲透到化妝棉的另一邊）。



使用本產品

使用本產品之前，先卸妝並潔面。

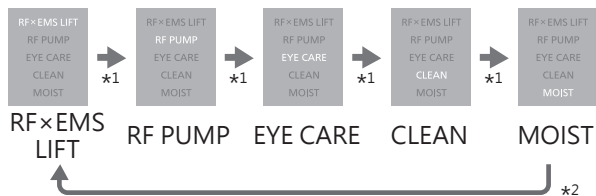
如使用 CLEAN 模式以外的護理模式開始使用本產品，先以您偏好的護膚露護理皮膚，然後再塗抹隨附的啫喱或您偏好的護膚乳或營養產品。

1 長按 按鈕（約 1 秒）以開啟本產品的電源。

• [RF×EMS LIFT] 燈將會亮起。

2 按下 按鈕選擇所需的模式。

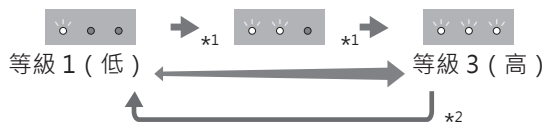
- 每次按下按鈕，以下列順序切換至下一個模式：



[*1 一下嗶聲 / *2 兩下嗶聲]

3 按下 按鈕選擇所需的等級。

- 每次按下按鈕，以下列順序切換至下一個模式：
- 從等級 1 起開始。



[*1 一下嗶聲 / *2 兩下嗶聲]

4 把機頭在皮膚上移動以使用本產品

- 握住本產品，使您的手與離子感應板保持良好接觸。
- 把機頭輕輕壓在皮膚上以使用本產品。保持移動機頭，不要停留在同一位置的皮膚。
- 不要太用力壓在皮膚上。



貼士

護理臉頰和下顎線時，將機頭的平坦部分貼在皮膚上，然後以向上拉提的方式移動機頭。



註

- 連接到家用插座時，無法操作本產品。從插座斷開 USB 電源供應器的連接才使用本產品。
- 在溫度約 15℃ 或以上的 / 環境中使用本產品。如果超出建議的溫度範圍，按摩頭可能會不夠熱。
- 如果您的手離開了離子感應板或機頭離開了皮膚多於約 15 秒，將會響起「嗶嗶、嗶嗶」聲以作提醒。如果這情況持續約 30 秒，本產品將會自動關機並響起「嗶嗶、嗶嗶、嗶——」聲。
- 當所選模式的護理時間結束時，本產品將會自動關機並響起「嗶——」聲。
如果您想在護理時間結束前關閉本產品，長按 按鈕。
- 使用 CLEAN 模式後，請從機頭移除化妝棉。
- 已移除的化妝棉不可重複使用。(此動作可能導致皮膚問題。)
- 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 6.5 分鐘響起「嗶——」聲並自動關機。這樣可防止護理程序過長，避免過度使用。

有效地使用EMS的貼士

- EMS (electrical muscle stimulation) 代表「電子肌肉刺激」，指的是透過使用電脈衝造成人體肌肉的收縮。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。
- 如果您對 EMS 的感知強度不滿意，請嘗試以下 5 個步驟：

1. 使用乳液調理皮膚

使用 EMS 前，請先潔面，然後用乳液調理皮膚。



2. 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。



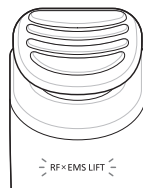
隨附的啫喱



您偏好的護膚品

3. 選擇 RF×EMS LIFT 模式

本產品只於 RF×EMS LIFT 模式輸出 EMS。

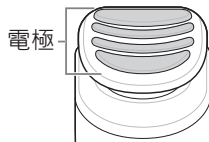


4. 確保本產品檢測到皮膚

1. 確保您的手接觸到離子感應板。
握住本產品，使您的手與離子感應板保持良好接觸。



2. 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。



5. 遵守皮膚接觸時間的上限

如果機頭持續接觸皮膚超過 8 秒，RF 和 / 或 EMS 輸出將暫時中止。

當產品一旦離開而再次接觸皮膚，輸出將會恢復。

(避免過度使用的感應器功能)



註

- 當皮膚乾燥時，可能較難感受到 EMS 刺激。
- 如果您配合本產品使用市面上的護膚品時覺得 EMS 感知強度不夠，建議您使用隨附的啫喱。

按壓方法

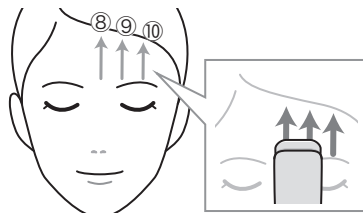
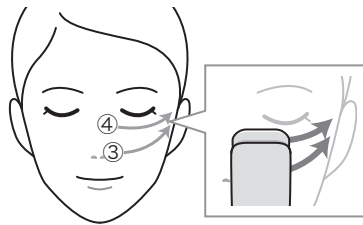
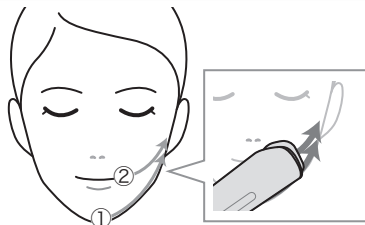
先護理一邊面，然後再護理另一邊。

- 當所選模式的護理時間經過一半時，「嗶嗶」聲響起以作提示。以此提示開始護理另一邊面。
- 按照圖中編號的動作，以相同的方式護理的每一邊面。

RF×EMS LIFT / RF PUMP 模式

約 6 分鐘

電源自動關閉



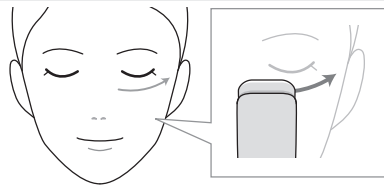
① 至 ⑦：每個動作約 7 秒，⑧ 至 ⑩：每個動作約 3 秒

- 慢慢向上移動機頭。
- 不可重複相同動作。按照 ① 至 ⑩ 的次序不斷轉換至不同動作。

EYE CARE 模式

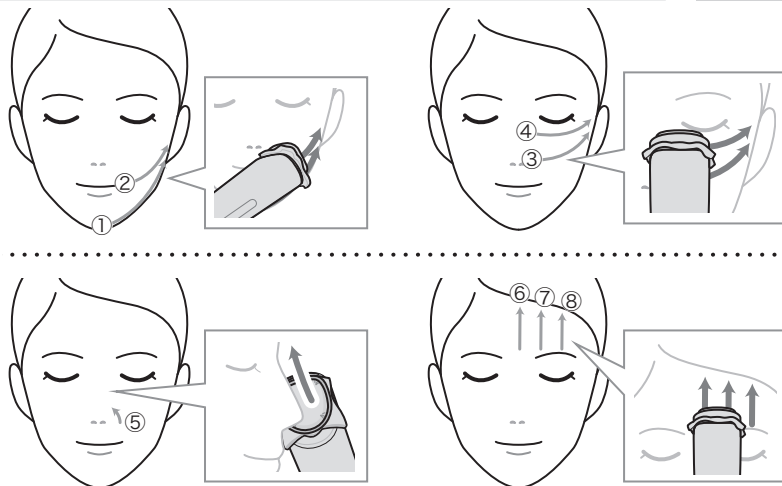
約 2 分鐘

電源自動關閉



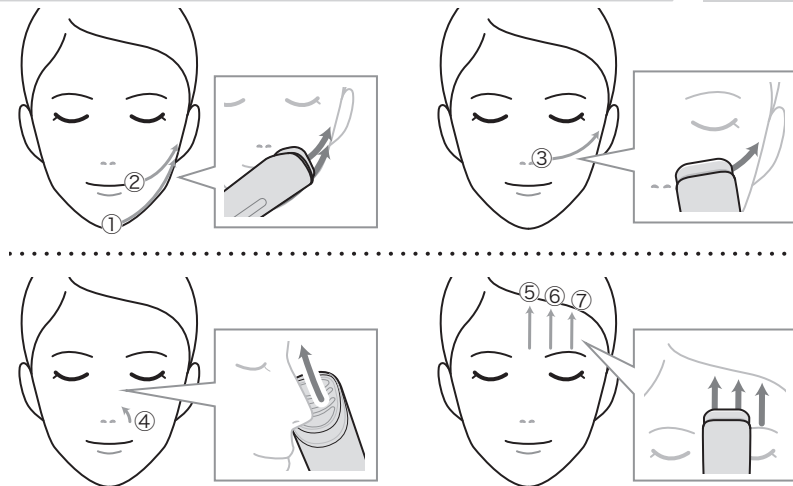
每個編號動作約 5 秒

- 請勿在眼蓋上使用。



① 至 ③：每個動作約 7 秒，④：約 5 秒，⑤ 至 ⑧：每個動作約 3 秒

• 不可重複相同動作。按照 ① 至 ⑧ 的次序不斷轉換至不同動作。



① 至 ③：每個動作約 7 秒，④ 至 ⑦：每個動作約 3 秒

• 不可重複相同動作。按照 ① 至 ⑦ 的次序不斷轉換至不同動作。

註

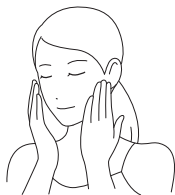
- 當使用 RF PUMP 或 EYE CARE 模式時，如果您不能順暢地在皮膚上滑動機頭，請按需要添加護膚品。
- 如果您使用 RF×EMS LIFT 模式時覺得 EMS 感知強度不夠，建議您按需要添加隨附的啫喱或您偏好的護膚品。
- 如果您配合本產品使用市面上的護膚品時覺得 EMS 感知強度不夠，建議您使用隨附的啫喱。
- 確保您的手與離子感應板接觸良好。
- 確保電極緊貼皮膚。(請參閱第 55 頁。)
- 如果機頭持續接觸皮膚超過 8 秒，RF 和 / 或 EMS 輸出將暫時停止。(請參閱第 44 頁。)
- 使用 CLEAN 模式後，請從機頭移除化妝棉。
- 已移除的化妝棉不可重複使用。

- 當使用 CLEAN 模式期間，如果化妝棉開始乾燥而機頭無法順暢地滑動，請按需要把護膚露添加到化妝棉。
- 當使用 MOIST 模式時，如果您不能順暢地在皮膚上滑動機頭，請按需要在皮膚上塗抹更多護膚品。

使用後

調理皮膚

- 使用本產品後，使用您平日的護膚品調理皮膚。



用水清洗本產品的主體

- 在清洗本產品時，確認電源已關閉。
- 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。

1 用水沖洗機頭和棉環，以去除啫喱或護膚品的殘留物。



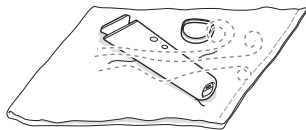
- 請勿把本產品浸入水中。

2 如果充電插座內或周圍有水滴，請依下列方式清除：

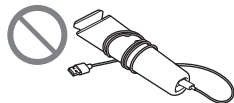
- 充電插座朝下，在乾布上輕拍本產品，以排出充電插座中的水。
- 注意不要在充電插座潮濕的情況下為本產品充電。



3 使用乾布擦拭本產品，並放在通風良好的地方徹底乾燥。



- 存放本產品時，請勿將 USB 電源線纏繞在主體上。



註

- 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。)
- 徹底清除本產品上的任何啫喱或護膚品殘留物。(否則可能會導致故障或部件破裂/變色。)

常見問題

問題	答案
RF 是什麼？	▶ RF (radio frequency) 代表射頻，是一種高頻的電磁輻射。 RF 輸出會令皮膚產生溫熱感。
EMS 是什麼？	▶ EMS (electrical muscle stimulation) 代表「電子肌肉刺激」，指的是一系列造成人體肌肉收縮的電脈衝。
離子是什麼？	▶ 「離子」是一種使用低水平電流的護理技術，有助清潔皮膚表面和皮膚毛孔，並加速皮膚營養物質通過角質層的傳輸。
LED 是什麼？	▶ 「LED」是一種用於皮膚護理的光療法。
我本產品可以在雙手及身體其他部位使用嗎？	▶ 本產品只可於面部、頸部及鎖骨部分(胸部上方)的美容護理。

問題	答案
一天內我用多少次都可以嗎？	▶ 根據不同的護理模式，可允許的使用頻率也會隨之不同。 (請參閱第 46 頁。)
我可以使用 CLEAN 模式卸妝嗎？	▶ 不可以。 只可在卸妝及潔面後使用。
為什麼需要在皮膚上塗抹啫喱或護膚品才可使用本產品？	▶ 塗抹啫喱或護膚品有助於將 EMS 或 RF 最有效地傳送至皮膚。
使用 RF×EMS LIFT 模式時，可不可以用其他啫喱或護膚品？	▶ 建議使用隨附的啫喱，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護膚乳或營養產品代替。 (請參閱第 50 頁。)
使用本產品後，需要將隨附的啫喱從面上沖洗掉嗎？	▶ 不需要。 然而，如果您不想在使用本產品後塗抹其他護膚產品時在皮膚上留下殘留物，則可以擦掉或沖洗掉啫喱。
使用隨附的啫喱後，當我在面上塗抹粉底時，皮膚上有些碎粒。	▶ 化妝前先把啫喱沖洗掉。
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
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。 (建議您尋求專業醫療。)</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。
本產品覺得太熱。	<ul style="list-style-type: none"> • 選擇較低的護理等級或稍微快一點地在皮膚上移動本產品。 • 從等級「1」開始使用本產品。 • 不要把機頭一直壓在同一位置。使用本產品時，請務必保持機頭在皮膚上移動。
本產品覺得不夠暖 (CLEAN 模式)	<p>厚的化妝棉可能會減弱 RF 的溫熱感。</p> <p>嘗試使用其他化妝棉。</p>

問題	答案
EMS 刺激覺得太弱。	<ul style="list-style-type: none"> • 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專用啫喱或護膚品。 • 不建議使用油基產品，因為它們往往會減弱 EMS 刺激的感知強度。 • 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。 • 選擇 RF×EMS LIFT 模式。 • 確保您的手與離子感應板接觸良好。
EMS 刺激覺得太強。	<ul style="list-style-type: none"> • 確保電極緊貼皮膚。 • 如果機頭持續接觸皮膚超過 8 秒，RF 和 / 或 EMS 輸出將暫時停止。(請參閱第 44 頁。)
使用本產品時，如果我感到牙齒疼痛，應該怎麼辦？	<p>選擇較低的等級。</p> <p>使用本產品有時候可能會刺激到牙齒神經。 補牙可能會令牙痛加劇。</p> <ul style="list-style-type: none"> • 選擇較低的等級。 • 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。


問題	答案
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。）
我可以自行更換電池嗎？	<p>不可以。（此動作可能導致故障。）</p> <p>請聯絡本產品的購買店舖。</p>
如果我長時間不使用本產品，會令電池老化嗎？	<p>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。</p>
如果我每次都充滿電，會影響電池壽命嗎？	<p>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。</p>
充電插座濕的話，可以為本產品充電嗎？	<p>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 60 頁。）</p>
不使用本產品時，我可以讓它一直連接著充電嗎？	<p>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。</p>



問題	答案
化妝棉容易從機頭上掉落。	<p>有些種類的化妝棉由於其尺寸、厚度或形狀，無法充分利用於本產品機頭。</p> <p>嘗試使用其他化妝棉。</p>

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  ，電源仍不開啟。	<p>確認您使用的是否指定的 USB 電源供應器或 USB 電源線。</p> <p>→ 請務必使用指定的電源供應器和電源線。</p>
	<p>為本產品充電。</p>
	<p>確認按下 POWER/SELECT 開關的時間夠長（約 1 秒）。</p>
	<p>確認本產品是否連接到家用插座。</p> <p>→ 從插座斷開 USB 電源供應器的連接才使用本產品。</p>

問題	解決辦法
充電指示 / 通知燈 () 不亮起或熄滅。	<ul style="list-style-type: none"> ▶ 充電完成時，此燈熄滅。(請參閱第 48 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。
我的產品在所有模式指示燈閃爍 (每秒兩次) 後自動關機了。	<p>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。</p> <p>→ 如果這情況不斷發生，請聯絡本產品的購買店鋪。</p>
當我為產品充電時，充電指示 / 通知燈 () 閃起紅燈 (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
使用期間電源關閉。	<ul style="list-style-type: none"> ▶ 為本產品充電。(請參閱第 48 頁。) ▶ 每個模式完成後，電源會自動關閉。 ▶ 當您把機頭壓在皮膚時，確認您的手與離子感應板接觸良好。(請參閱第 53 頁。) ▶ 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大約 6.5 分鐘自動關機。
	<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。
<ul style="list-style-type: none"> • 無法為本產品充電。 • 即使為本產品充滿電，只能使用數分鐘。 	<ul style="list-style-type: none"> ▶ 電池已到達使用壽命。(約 3 年)(請參閱第 63 頁。) ▶ 請聯絡本產品的購買店鋪。(客戶不能自行更換電池，否則可能導致故障。)
	<ul style="list-style-type: none"> ▶ 確認充電插座是否濕了。 → 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。

問題	解決辦法
我感受不到 EMS 刺激。	<p>請參考「最有效地讓 EMS 傳遞到皮膚的貼士」。(請參閱第 54 到 55 頁。)</p> <p>在手臂內側塗抹隨附的啫喱或您平日使用的護膚品，然後使用本產品的 RF×EMS LIFT 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。

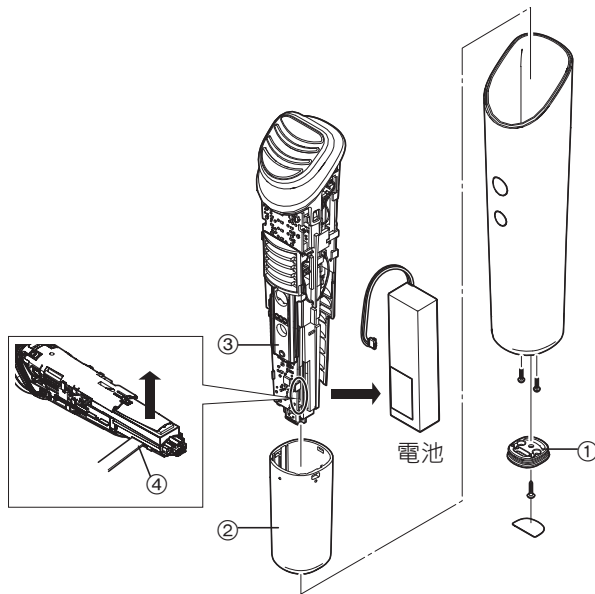
• 移除主體底部的密封貼。

鬆開螺絲 (1 粒)，然後拆開外殼蓋 ①。

• 取下螺絲 (2 個)，將 ② 和 ③ 拿出。

解開 3 個掛鉤，② 內取出 ③。

• 將間尺插入 ④ 之間，拆走固定件，然後取出電池。



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。

規格

適用轉接器 (需另購) 額定輸出	5.0 V \equiv 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。

另購零件 (需另外購買)



水狀透明凝膠
(EH-4R03)

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。



USB 電源供應器
(ES-RU1-02)

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.

Panasonic Corporation
<https://www.panasonic.com>
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