

## USER GUIDE

### Anti-cellulite portable massager, Ref. MOVE (P-05)

#### Technical specifications

Rated voltage: 220/240V

Rated power: 25W

Frequency: 50Hz

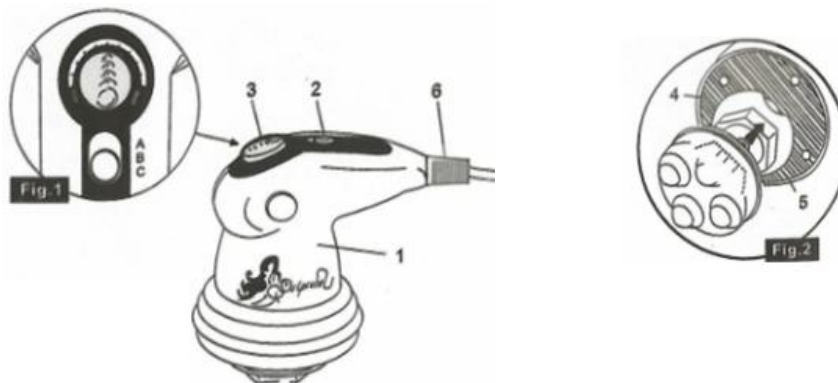
#### General information

This portable massager is conceived for applying different massage techniques in order to treat cellulite, fluid retention and flaccidity. Its vibrating and friction movements seem the hand massages that act at a subcutaneous level and increase blood flow, perform a lymphatic drainage and improve skin elasticity.

This rotating massage is intensified by the effects of the infrared heat which helps remove excess fat by heating and draining it and smooth orange peel skin.

In order to get more effective results, it is recommended to regularly apply this treatment and to combine it with specific anticellulite or firming products.

#### Instructions of use



- 1) Plug in the unit.
- 2) See Fig. 1 and adjust it in position A if you wish applying a treatment with infrared lamp, in position B if you wish only massage and in position C to turn it off.
- 3) Adapt the suitable head for the treatment you desire to start. See Fig. 2. In case you use the wave-shaped head, place the head-protector cloth before starting if you wish, please see recommendations of use here below before the first use of this device.
- 4) Choose the intensity according to the treatment and the area you are going to work, to do so place the intensity regulator (3) into one of the fixed positions.
- 5) After the treatment, switch the unit off and set the intensity at the minimum level.
- 6) Unplug the appliance before storing it.

## Recommendations of use

Massage the area for a maximum of 5 minutes. You can regulate the intensity in 5 fixed positions. Use the lowest one for treating delicate areas, such as face or neck, for pregnant women or for legs with varicose veins. The highest intensity is conceived for treating less sensitive areas, such as buttocks or arms. Choose the suitable head for the area to treat according to their features here below:



**7. Shiatsu massage head:** it imitates a massage done with the fingers. It is suitable for treating painful cellulite, foot massage and gentle muscle treatments.

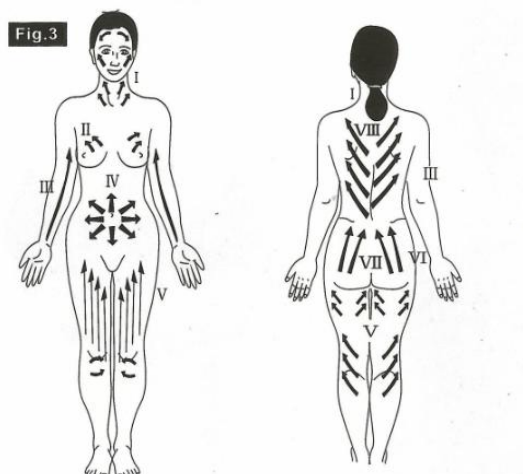
**8. Roller head:** it works against flaccidity and cellulite and it stimulates blood circulation and lymphatic drainage. It is also conceived for working the muscle tone or relieving muscular pain, such as lumbago. It helps relax and reduce stress.

**9. 4-sphere head:** it is suitable for delicate areas, such as face, chest, neck or breasts. It firms the skin, giving it a plump appearance. It is also appropriate to work the abdomen and stomach areas so as to eliminate localised toxins, improve its circulation and prevent from constipation.

**10. Wave-shaped head:** it stimulates and improves the blood circulation in thighs and buttocks. It imitates the massage applied by the palm of the hand.

The **head-protector cloth (11)** is designed for covering the head. It cannot be used with lotions. It can only be used with the wave-shaped head, using it with other heads could damage it and the massage would be less effective.

Please see image below so that you can observe the recommended movements to apply the massage onto the multiple areas.



## **Warning**

- Always unplug the unit after each use and when cleaning or performing any maintenance task. Before unplugging it, make sure you have switched it off.
- Unplug the equipment by taking the plug; do not pull it only by the cord to avoid damaging it.
- Do not use the equipment near a bath, a sink or a shower. Never immerse the unit into a liquid or water. During the cleaning, make sure it is never in touch with water. Do not touch it with wet hands or leave it on a wet surface during operation.
- Never leave the unit unattended or available to children.
- Never dispose it into a rubbish bin; take it to a clean point.
- Do not modify or repair the appliance. If any incidence occurs, do not use it and take it to the manufacturer or distributor.
- If the power cord is damaged, please take it to the manufacturer or to the authorised after-sales service in order to immediately replace it.
- Do not use spare parts or accessories which are not specially supplied for this unit by the manufacturer.
- Check the technical specifications of the equipment according to the ones of your country before starting its operation.
- Do not use the unit for more than 15 minutes as it may overheat which shorten its useful life. Let it cool down for a while before you continue using it.

## **Cautions**

- Do not apply the massager onto certain areas of your skin if you are suffering from skin rashes or irritated skin.
- If you have a pacemaker, ask your doctor before using the equipment.
- This equipment is created to give therapeutic massages against cellulite, fluid retention and flaccidity. Do not use it for other purposes.
- Do not apply the treatment before going to bed, the massage has a stimulating effect and it may take longer to fall asleep.
- Be careful with people who are not sensitive at high temperatures, because the massager emits heat.
- Do not expose neither your eyes nor your skin to the infrared light for long.
- This equipment needs to be used by an expert or a professional in using this type of systems. If other people have to use it, it needs the professional supervision.

## **Cleaning and maintenance**

- Do not use detergents or abrasive products.
- Clean the unit once it is unplugged.
- Use a dry cloth to clean it.
- When you do not use it, unplug it and keep it in a cool and dry place.
- Do not pull or wind the cord up the unit to prevent it from becoming damaged.