

FIR Pressotherapy Lymphatic Drainage Slimming Machine

SE-BC09 User Manual



What is pressotherapy?

Pressotherapy is a technique for blood circulation enhancement, lymphatic massage and cellulite reduction.

It is provided by special equipment that comprises inflatable boots (or arm sleeves) that rhythmically inflate and deflate in order to pump lymph in the lymphatic vessels and blood in the veins of the legs (or arms) towards the heart.

It is also known as alternate compression therapy or pneumatic compression therapy.

It is a mechanised lymphatic drainage technique that fights water retention by applying intermittent compression on one or more parts of the body - typically the legs. Stomach and arm

What is Manual lymphatic drainage and compression garments?

Manual lymphatic drainage (MLD) is a very light lymphatic drainage massage technique that was developed in the 1930s. It is especially gentle and thereby very well suited to very weak, fragile or sensitive individuals and is the only technique suited to patients that had their lymph glands removed after cancer. However, this technique is not nearly as effective in healthy women (i.e. 95% of women) as pressotherapy.

With the low pressure differential of anything between 7 and 15mmHg, this pressure differential is too mild to offer any significant lymphatic drainage benefits with a Compression garment. Actually, it can make cellulite worse, as they deprive the tissues of mechanical stimulation necessary for collagen cell (fibroblasts) productivity.

How does pressotherapy work?

The air is automatically pumped into pneumatic chambers of the boot. The Machine can apply a pressure that reaches 100mmHg or even 120mmHg. With this strong pressure, the machine can automatically adapt the patient's blood pressure and help all parts of body do the deep lymphatic drainage massage, then enhance blood circulation. If you use a good anti-cellulite cream, it will add to the results of the treatment.

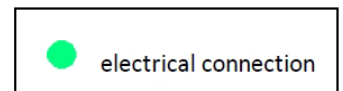
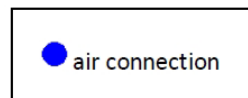


Benefits from pressotherapy

1. Cellulite reduction
2. Improving sluggish lymphatic drainage and venous return
3. then enhance blood circulation
4. To have a soft and comfortable massage
5. Improving Blood vessel thrombosis
6. Preventing and improving varicose veins

Material for the suit: Waterproof , fireproof, PVC polyester fiber

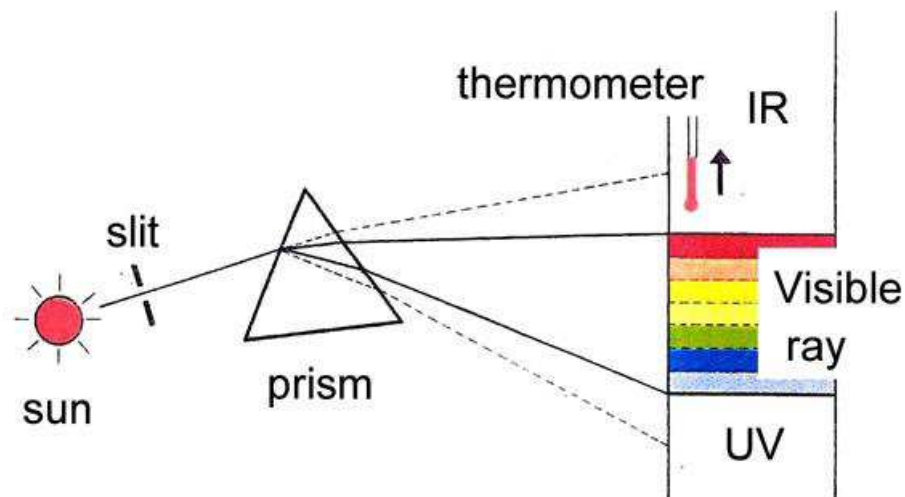
Pressure	100 to 120 mmHg		
Suit Size	Arm	Waist	Leg
	27	63	40
Air Chambers	Arm	Waist	Leg
	4	8	14



Discovery of infrared rays

Invisible infrared rays was discovered ,when the solar light shoots to the prism by raising the indicated value of the thermometer which is placed outside of red in 7 colors visible light.

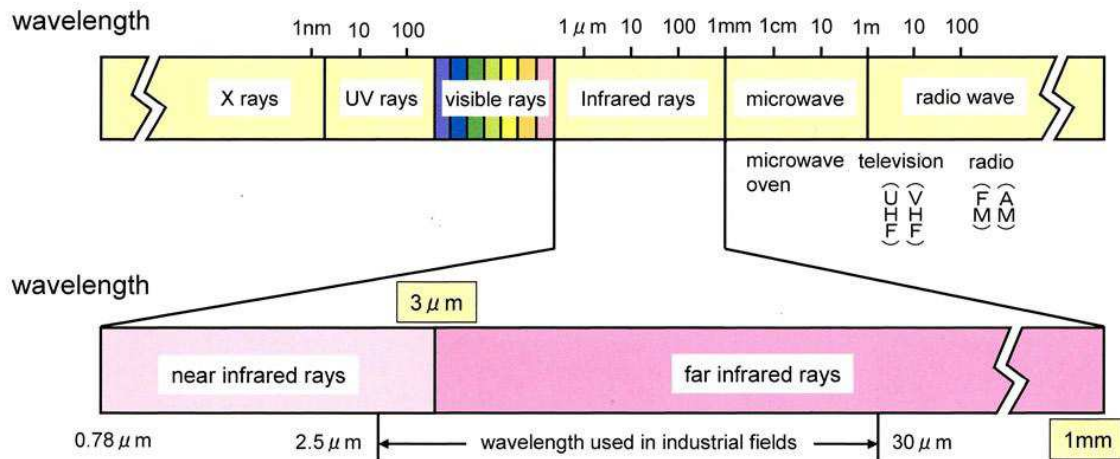
The invisible light with the power to warm the things was named “infrared rays”, because they exist outside of red in visible light as shown in Fig.1.The infrared rays are the kind of electromagnetic waves.



What is far infrared rays?

According to the wavelength, The Infrared rays are divided into two wavelength regions, "near infrared rays" and "far infrared rays".

Far infrared ray is the electromagnetic waves with the wavelength from $3\mu\text{m}$ (micron) to 1mm (millimeter) = 1,000 microns, It is the reason that the electromagnetic waves more than $3\mu\text{m}$ in wavelength just match the molecule vibrations forming articles surrounding us such as stones, woods, plastics, fibers, waters, foods and animals including a human being.



Position of far Infrared rays in electromagnetic waves

What is far infrared heat therapy?

Far Infrared Heat Therapy generates heat from far infrared rays. When the temperature reaches 70 degrees, the energy will infiltrate into 4cm to 7cm deep of the muscle and skin, it can fully dissolve the surplus grease to achieve the purpose of keeping your body slim. At the same time it also can beautify your skin by helping heal scars, wounds, and cuts, reducing the appearance of crow's feet, fine lines, and wrinkles.

How does far infrared heat therapy work in human being?

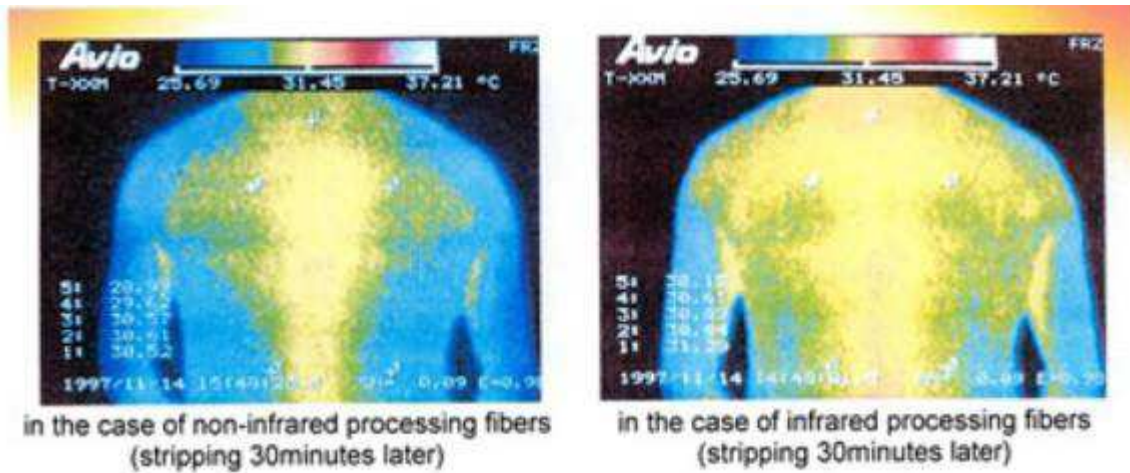
Far infrared rays are rays that promote bioprocess such as increased metabolism and blood circulation, and can raise core body temperature. Far infrared rays heat our body by a process called conversion. Through conversion, far infrared heat can penetrate organic substances such as the human body without heating the air in between, and increase the levels of oxygen and white blood cells in your blood. Far Infrared Ray-induced heat is harmless, comfortable, targeted and deep penetrating. It is an effective way to strengthen immunity and improve blood flow, which eases muscles spasms, rehabilitates movement impairment, alters the sensation of pain and promotes tissue repair

Advantages of Far Infrared Heat Therapy

By using far infrared heat as opposed to traditional heating methods Sauna, you enable the heat to penetrate deeper into your body without the skin discomfort of heating pads, hot towels, and some pain relief gels/creams.

Only if the sauna uses far-infrared technology, the sauna might be more tolerated by patients who don't tolerate the high temperatures of the standard humid hot air saunas. This is

because far-infrared rays do not heat the air inside the sauna, but they still heat the body.



Difference of skin temperatures between non-infrared processing

What are the benefits of Far Infrared Heat Therapy?

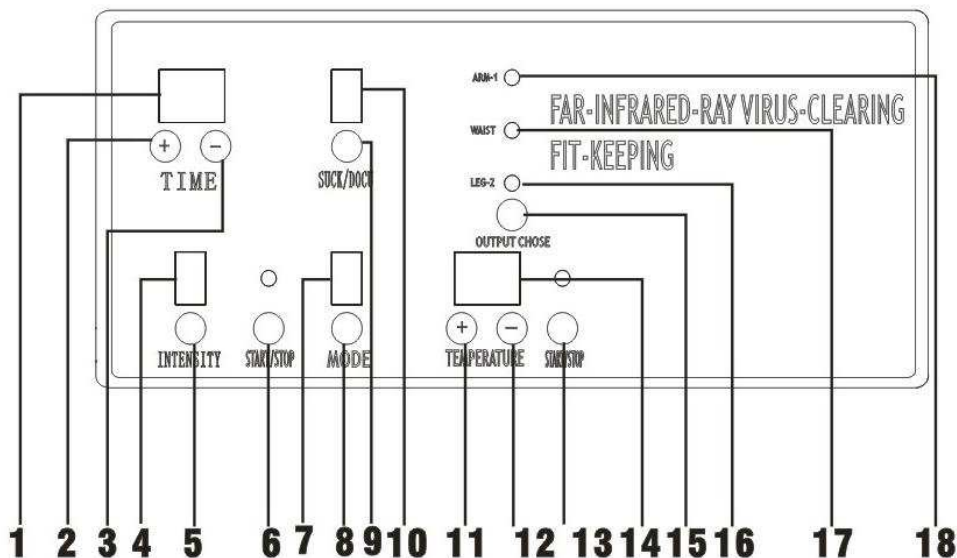
Far infrared therapy provides two factors that are essential for good health: cellular detoxification and good circulation. The health of the whole system depends on the movement of blood and energy throughout. Detoxification and good circulation result in adequate exchange of nutrients into cells, reduced inflammation, loss of excess weight.

What's more, Far-infrared heat therapy penetrates deep into soft tissue, making it can ideal source of arthritis pain relief .You will benefit from an effective means of loosening sore muscles and still joints without the use of ointments or creams that can burn and have an unpleasant odor. Those who suffer from rheumatoid arthritis, ALS, Lou Gehrig's Disease and Parkinson's Disease can enjoy an easy useful form of pain relief .

- Results from the FIR infrared
- Sweat away unwanted fat
- Eliminate cellulite
- Ease muscle pain
- Help detoxification
- Circulate blood

Temperature	35 to 80°C		
FIR InfraredHeater	Arm	Waist	Leg
	1	1	1

Schematic diagram



Setting up the machine for Pressure Therapy

1. Time Display Screen
2. Time increase
3. Time decrease
4. Intensity Display Screen
5. Intensity adjustment
6. Start/Stop-If you want feel air pressure ,you can press the “start”, the function of air chamber is working ,when you press again , the function is off.
7. Mode Display Screen
8. Mode Regulation Knob
9. Suction Regulation Knob-If you want feel strong air pressure , you can adjust large figure.
10. Suction Display Screen

Setting up the machine for Infrared Heat

11. Temperature increase
12. Temperature decrease
13. Start/Stop-control the temperature
14. Temperature Display Screen
15. Output Choose Knob
16. Legs Output Working Indicator Lamp
17. Waist Output Working Indicator Lamp
18. Arms Output Working Indicator Lamp

Connection method about apparatus and accessories



1. Four inflatable tube interface section



1. ARMS
2. WAIT
3. LEG-1
4. LEG-2

2. infrared heat Interface section

1. ARM-1
2. WAIST
3. LEG-2



Pressotherapy operation steps:

1. Connect the four inflatable tube to the correctly

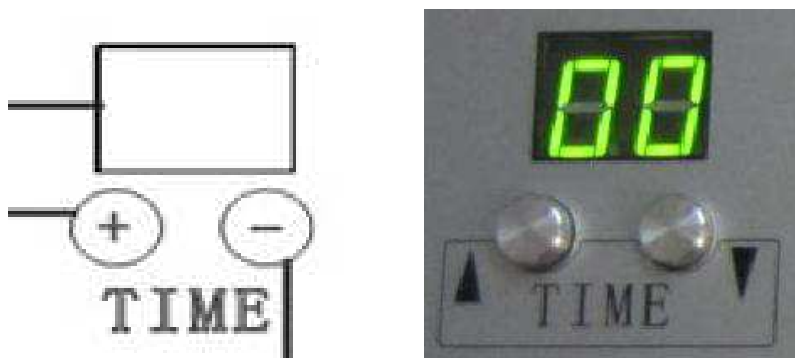


2. Connect all the inflatable tube to the suit correctly

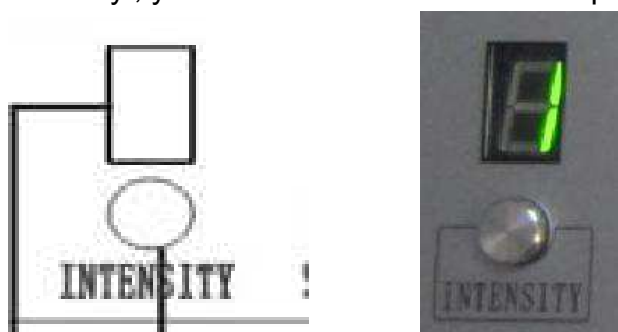


3. Start the machine.

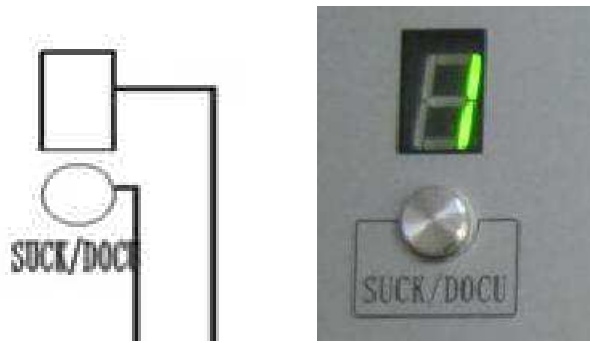
4. You have adjust the time first . Set a time for pressotherapy treatment .Usually ,the maximum treatment time is 90 minutes ,and we suggest you have a treatment with 30 minutes first . But it also should depend on the people and different health conditions , you can press the “+” and “-“ buttons to set the time.



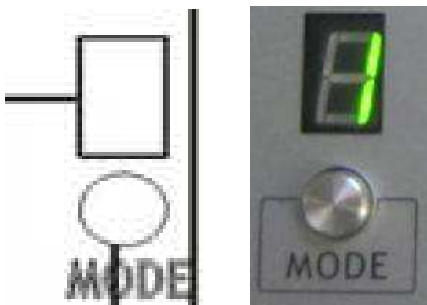
5. Then ,you should start a treatment with a certain intensity .A suitable intensity will enhance the results .Be careful, too strong intensity will harm the body . There are 7 grades for the intensity , you should set it from 1-7. Just press the button ,you will see the intensity numbers .



6. If you have to have a airway massage ,you can press button “SUCK/DOCU” to have the treatment .And there are also 6 models . Model 1 will take 1 second ,it will increase 1 second when you choose model 2. And so on.

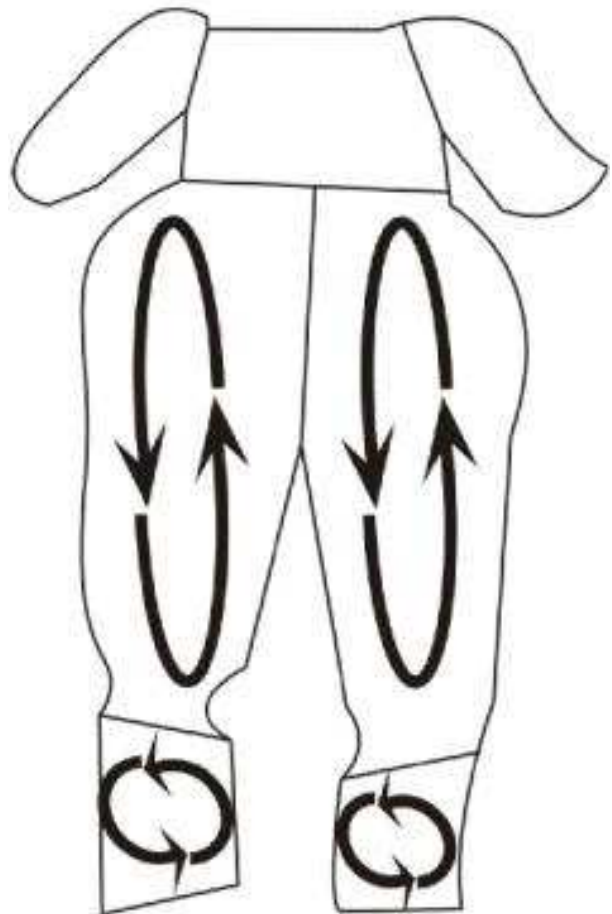
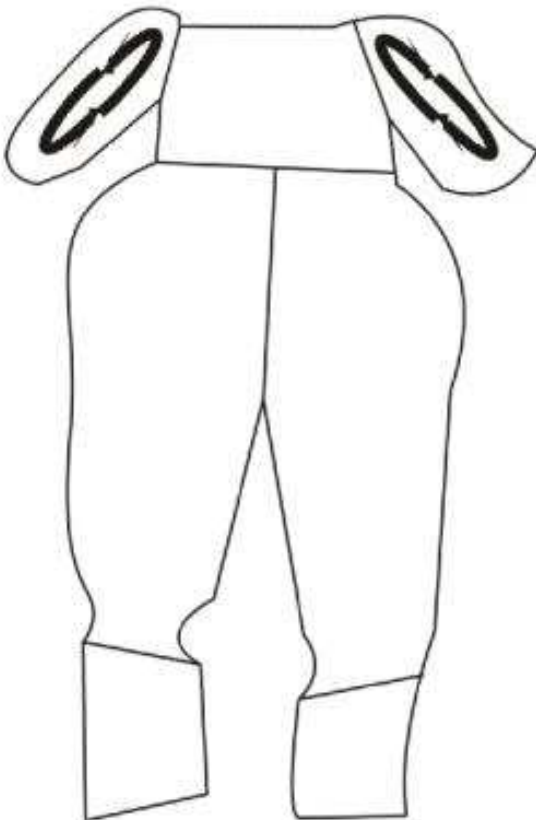


7. There are four modes for arm, waist and leg treatment .You can press the button "Mode" to adjust it .

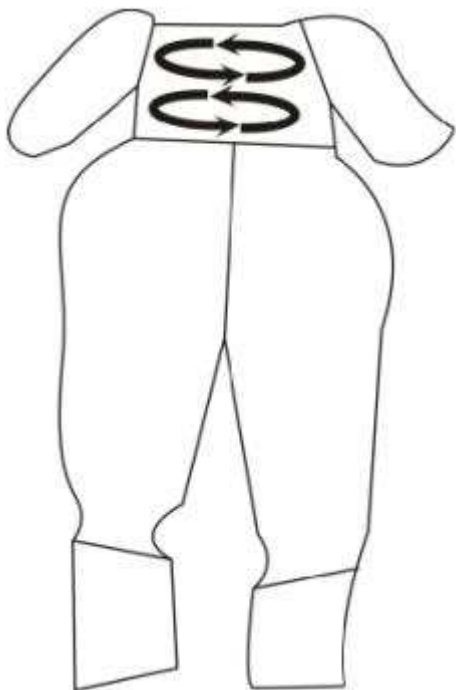


(1) only arms ; this mode you only feel waits have airwave massage ,if you want tense waits muscle, you can choose mode 1.

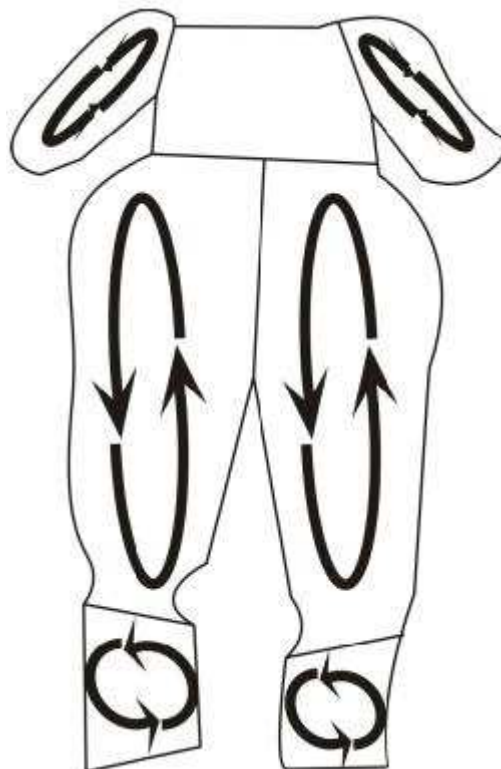
(2) legs- feet, in circulation;



(3) waist, the mode you only feel legs have airwave massage



(4)arms- waist-leg -feet



8. When you finished all the steps above ,you can press the “START/STOP” button ,which between buttons “INTENSITY” and “MODE” to start and stop the only pressotherapy treatment .

Far infrared heat therapy operation steps

1. Connect the infrared heat Interface correctly.

1.ARM-1

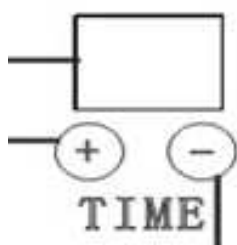
2.WAIST

3.LEG-2

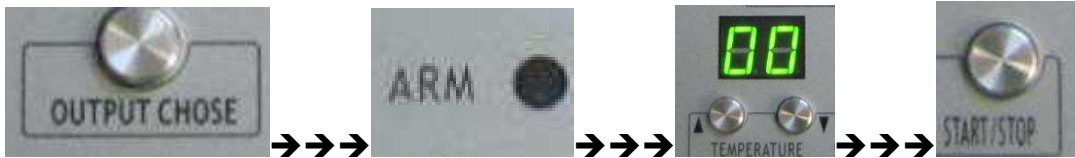


3.Start the machine.

4.You have adjust the time first . Set a time for pressotherapy treatment .Usually ,the maximum treatment time is 90 minutes ,and we suggest you have a treatment with 30 minutes first . But it also should depend on the people and different health conditions , you can press the “+” and “-“ buttons to set the time.



5. If you only want to have arm infrared therapy. Press the "OUTPUT.CHOOSE" button the choose "ARM". When you see a green light shows on the "arm", you can press the "TEMPERATURE" button and set a temperature. Then press the "START/STOP" button on the right to start and stop the treatment



6. If you only want to have waist far infrared therapy, press the "OUTPUR CHOOSE" button, then choose "WAIST". When you see a green light shows on the "ARM", you can press the "TEMPERATURE" button and select a temperature level. Then press the "START/STOP" button on the right to start and stop the treatment.

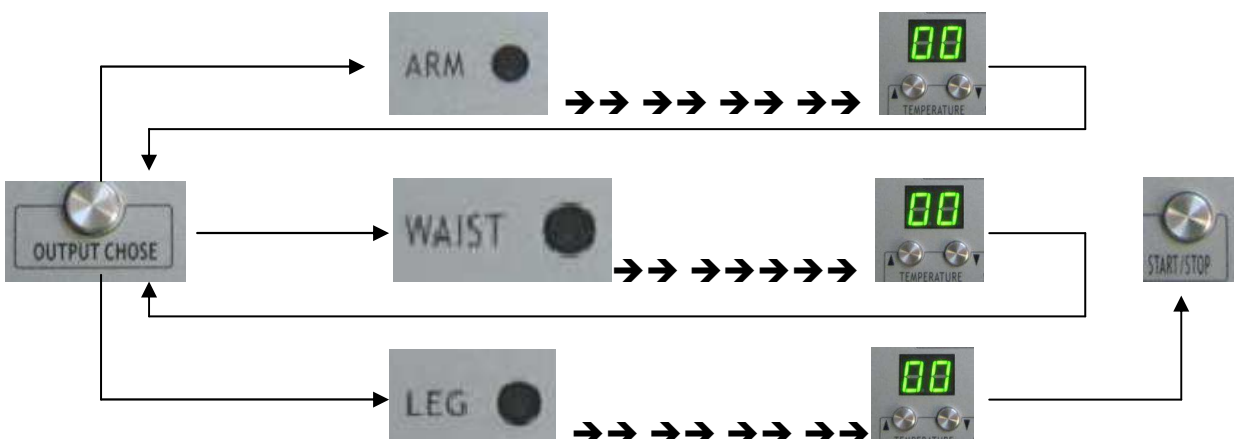


7. If you only want to have leg far infrared therapy. Press the "OUTPUT.CHOOOSE" button the choose "LEG". When you see a green light shows on the "LEG", you can press the "TEMPERATURE" button and set a temperature . Then press the "START/STOP" button on the right to start and stop the treatment



These treatment are set for people who only want to have arm, wait or leg treatment. When you choose one of the operations above ,it just only run one that you choose .If you want to have a whole body treatment or the treatments such as " arm and waist" treatment , you can operate like this .

8. If you want to have a whole body far infrared therapy. Press the "OUTPUT.CHOOOSE" button the choose "ARM". When you see a green light shows on the "ARM", you can press the "TEMPERATURE" button and set a temperature . Then press the " OUTPUT.CHOOSE" button again to select "Waist" and set a temperature for the waist . Third ,press the " OUTPUT.CHOOOSE" button to select "Leg" and set a certain temperature for the leg .Finally ,press the "START/STOP" button on the right to start and stop the whole body treatment



Technical Parameters

Voltage: 110V/60Hz, 220V/50Hz

Machine Dimension: 50 x 43 x 32 cm

Packaging Size: (Control Box)56 x 47 x 38 cm
(Presso Suit)92 x 53 x 23 cm

G.W.: 17 kg

Important notice

- (1) Do not put any liquid onto or into the machine. Be careful about the electric connections
- (2) Avoid operations on people with pacemaker, or with any heart disease
- (3) Please disassemble or assemble the equipment by professional person only. Please check if there is any connection inside the machine dropped when some function not work.