

SLENDERTONE® FACE

Tone the muscles, lift the face.



United Kingdom: 0845 070 77 77

Republic of Ireland: 1890 92 33 88

France: 0810 347 450

Deutschland: 0800 000 1094

España: 900994467

International: +353 94 902 9936



info@slendertone.com



Designed by & Manufactured for:

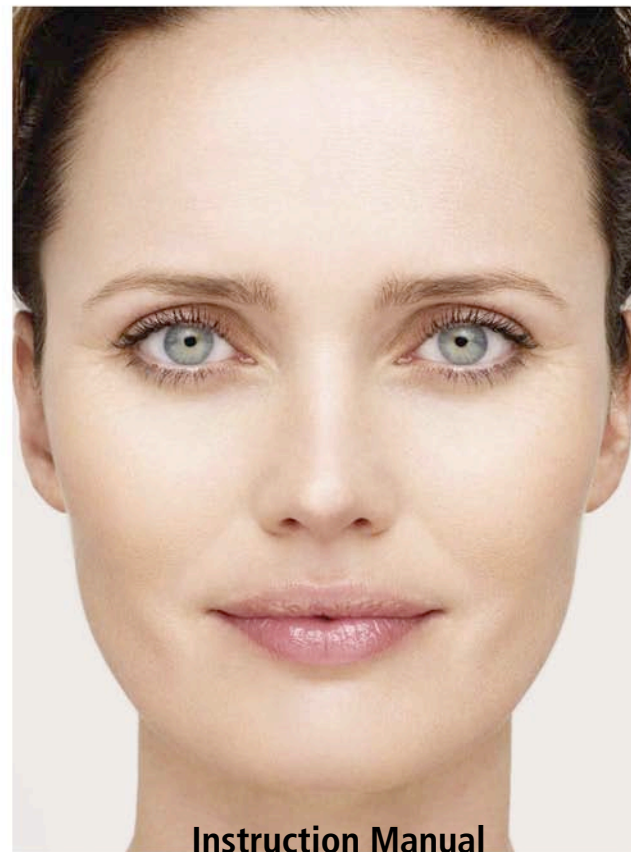
Bio-Medical Research Ltd., Parkmore Business Park West, Galway, Ireland.

Copyright: © 2009, Bio-Medical Research Ltd. All Rights Reserved

Part No: 2400-5507 Rev.: 1 Date of Issue: 4/09

SLENDERTONE® FACE

Tone the muscles, lift the face.



Instruction Manual

Mode D'emploi
Gebrauchsanweisung
Manual De Usuario

Gebruiksaanwijzingen
Istruzioni Per L'uso
Instrucoes Para A Utilizacao

www.slendertone.com

WELCOME

Congratulations on purchasing Slendertone Face and taking the first step towards a younger-looking you.

Slendertone Face is a lightweight headset, which delivers low levels of Electrical Muscle Stimulation (EMS) to exercise the muscles of facial expression. Our innovative technology stimulates the muscles beneath the surface of your face, firming and toning them to combat the natural “sag” of the ageing process.

With over 40 years experience in the medical device industry, Slendertone is proud to offer you this clinically proven product. A Face product that really delivers results.

To get the most from your new Face unit, we recommend that you use it for no more than 20 minutes a day, 5 times a week. You should always use Face at an intensity you find comfortable and you must leave 24 hours between sessions. Do not exceed the recommended usage.

Use Slendertone Face as part of a normal, healthy lifestyle for these noticeable results:

- Slendertone Face gently firms the muscle to promote a visibly younger looking face.
- Increases the blood flow around the face to rejuvenate your complexion and refresh your skin.

Slendertone Face is an electronic muscle stimulator intended for the enhancement of performance of the facial muscles. It may also be used, with medical supervision, for the rehabilitation of muscle which has become deficient due to disuse or injury.

Please read the manual fully before using this product. If you need further information visit our website at www.slendertone.com



English

THE SCIENCE BEHIND SLENDERTONE

The appearance and texture of your face depends to a large extent on the condition of its underlying muscles and as with all muscles, they need regular exercise to remain firm and toned. Slendertone Face uses Slendertone's clinically proven and patented C.S.I. Technology. This delivers minute signals directly to the delicate facial muscles, which gently exercises them, leading to improved overall facial tone and firmness.

Step 1: Gentle signals are sent through the pads. The signals activate the nerves which control the facial muscles.

Step 2: As the signal strength increases, the nerves, in turn, cause your muscles to contract and relax rhythmically.

PRECAUTIONS

Please read these precautions before using your Slendertone Face product.

- You should only use this product while in a relaxed, seated or lying position.
- Always place the head set on your face before turning on the control unit
- You must always place the adhesive gel pads on the headset paddles before using Slendertone Face.
- Always wash your face before use and ensure it is free from moisturiser, fake tan and make up. Tie back your hair if it's long or use a hair band (not removing creams, oils, make-up etc. from your face will result in the product being less effective and will also shorten the life of the gel pads).
- Keep your unit in your hands, in your lap or stored in a pocket during each session.
- No-one under the age of 18 should use this product.

WHAT'S IN THE BOX

1. Face Control Unit

The unit generates signals which are sent, via the pads, to your facial muscles to exercise them. The unit is rechargeable and takes 3 hours to charge fully.

2. Face Headset

The headset is placed around your neck to hold the conductive paddles in their correct position on your face.

3. Gel Pads x 24 (12 pairs)

These must be placed on the paddles before use, as they conduct the signal from the headset to your muscles.

4. Battery Charger

Plug the charger into a mains socket and then connect it to your Face unit to charge its battery. Please ensure you only use the charger supplied by Slendertone.

5. Carry Box

This sturdy, magnetically sealed box protects your Slendertone Face between sessions and can also be used at weekends so you can take your Face product with you wherever you go.

6. Instruction Literature

This consists of a detailed guide for using your Slendertone Face and an additional quick start guide to help get you started.

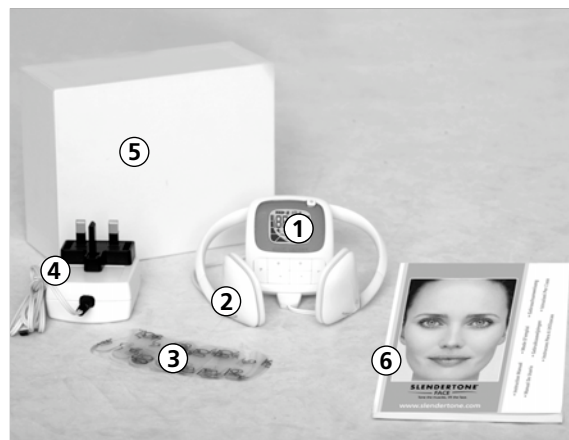
If you require any assistance setting up your unit or have any other queries, please call your local Careline number or send us an email:

UK 0845 070 7777

IRL 1890 92 33 88

INTERNATIONAL +353 94 902 9936.

Email info@slendertone.com



English

UNIT CONTROLS

1. On/Off Button (⏻)

Press and hold this button for 2 seconds to turn your unit on or off. You may also pause the exercise by briefly pressing this button.

2. Increase Toning Intensity (+)

Press and hold these buttons to increase the intensity of the exercise. The right-hand button on the keypad controls the right side of your headset. The left-hand button controls the left side.

3. Decrease Toning Intensity (-)

Press and hold these buttons to decrease the intensity of the signal on either side of your face.

4. Programme Button (P)

Press this button to select the toning programme you wish to use. There are 3 programmes, which are explained later in this manual (page 8).

5. Information Button (i)

Press this button to check your programme information i.e. the maximum intensity for your current or last session and the number of sessions you have completed.



UNIT DISPLAY

151 Toning intensity from the left side of the headset

49/ Toning intensity from the right side of the headset

13:28 Counts down the remaining time in the current session. Also displays error messages (see page 9).

|| Appears when the exercise has been paused.

🔇 Indicates that the sound is off.

🔑 Key lock is active - you cannot accidentally change the intensity levels or the program.

⚠ This symbol indicates poor contact between the unit and the headset, between the paddles and the gel pads or between the gel pads and your skin (see page 12 for details).

🔋 Shows the battery power remaining.

12 Number of sessions completed.

🔄☀️🌀 Shows the programme currently running (1 - 3).

📊 This symbol appears during each contraction phase.

159 60% Maximum intensity for the current/last session.

GETTING STARTED

1. Plug the charger into a mains socket and switch the socket on. Connect the control unit to the battery charger (Fig. a). It will take 3 hours to fully charge the battery. Your unit is fully charged when all three sections of the battery icon on the display are full. Disconnect the control unit from the charger.

2. Remove the gel pads from their pack. You will notice that there is a plastic cover on either side of each gel pad. One of these covers is split in half and marked with an "A", the other is larger than the gel pad and is marked with a "B".

3. Carefully remove the split cover from side "A" (Fig. b) of one gel pad and place it on one of the paddles as shown in Fig. c (Bend pad to help remove covers). Repeat with a second gel pad, placing it on the other paddle.

4. Remove the cover from side "B" of the gel pads (Fig. d). Do not throw these covers away as you will need to put them back onto the gel pads at the end of your session.

Note:

- You should only use Slendertone gel pads, as others may reduce the effectiveness of the product.

5. Connect the control unit to the headset as per Fig. e. The control unit and headset must be properly connected for your Slendertone Face product to work.

Note: Before switching-on your Face unit, make sure the gel pads completely cover the black paddle contacts.

6. With the paddles facing forwards, bring the headset from behind your head and below your ears, until the gel pads sit on your face. When correctly positioned, the paddles should lie directly below your cheekbones about one finger's width in front of each ear (Fig. f). Use a mirror to help you position the headset correctly.

Note: Only position the paddles as shown in Fig. f. Avoid placing them directly onto the cheekbones, as this can lead to an uncomfortable sensation.

Fig. a



Fig. b



Fig. c



Fig. d



Fig. e



Fig. f



English

7. Press and hold the on/off button (⏻ - Fig. g) for two seconds to switch your unit on.

8. Choose your desired programme by pressing the programme button (P). That programme is automatically selected every time you switch your unit on until you decide to change it.

9. Increasing the intensity

Using the intensity buttons, increase the intensity to a level that is comfortable for you (Fig. h). The intensity goes from 0-99. You should increase the intensity until you are able to see small contractions of your facial muscles.

Note:

- If you find the signal is uncomfortable, check that the gel pads are clean and that they are correctly positioned on the headset pads.

Important:

- If you feel a twitching around the eye, or if you feel any discomfort during a session, just pause the exercise by briefly pressing the on/off button (the display will show the pause symbol - ||). Then position the headset slightly lower on your face and resume the session by briefly pressing the on/off button again.
- Some people may experience a twitching in their muscles after a session. If this happens, you should reduce the intensity during your next session. However, if the problem persists, you should stop using the product.

9. When you have completed your session, switch off the unit, remove the headset from your face and replace the covers marked "B" on the gel pads. Store the product safely in its carry-box until your next session.

Important:

Ensure the control unit is switched off before removing the headset from your face.

If you have any questions or are unsure about anything Just call:

UK 0845 070 7777

IRL 1890 92 33 88

INTERNATIONAL +353 94 902 9936.

Fig. g



Fig. h



FACE PROGRAMMES

Slendertone Face has three programmes - Lift, Radiance & Massage. Your desired programme can be selected by pressing the programme button (**P** - Fig. a) until the programme icon appears on the display. You cannot change a programme during a session. You must first switch the unit off and then on again to select a new programme.

You should use the product no more than five times a week and always leave at least 24 hours between sessions.

1. Lift:

Programme 1 tones and firms your facial muscles, tightening and smoothing the overlying skin for a more youthful look and feel.

2. Radiance:

Programme 2 helps to increase blood flow in the facial area, giving your face a healthier, more radiant glow. Use this programme before an evening out for a healthy, vibrant glow.

3. Massage:

This gentle programme soothes and relaxes the delicate facial muscles during a session, to leave you feeling relaxed and refreshed. The perfect programme to help you relax after a long day.

Programme	Duration	Intensity
Prog. 1	20 minutes	0-99
Prog. 2	10 minutes	0-99
Prog. 3	15 minutes	0-99

Fig. a



English

ADDITIONAL UNIT FUNCTIONS

Information Button (**i**)

Press the information button any time during a session to see the highest intensity level you have reached for that session (Fig. a). Pressing the information button twice shows you the total number of sessions you have completed.

Mute Function ()

If you want to switch off your control unit's sound effects, press and hold the programme button for two seconds (Fig. b). The mute function remains active indefinitely unless manually changed. Deactivate the mute function by pressing the programme button for two seconds again.

Key lock Function ()

When you find a comfortable intensity level, press and hold the information button for two seconds to lock that intensity (Fig. c). This function only remains active during the session in which it is activated. If you wish to increase the intensity further during a session, deactivate the key lock function by again pressing the information button for two seconds.

Error Messages

In the unlikely event of your unit developing a problem, the display shown in Fig. d will flash. If this occurs, you should switch the unit off and then switch it back on again. It should now operate properly. If the problem persists, please call your local Careline for further assistance:

UK: 0845 070 7777

Rep. of Ireland: 1890 9223388

International: +353 94 902 9936.

Email: info@slendertone.com

Fig. a



Fig. b



Fig. c



Fig. d



BATTERY POWER / REPLACING THE BATTERY

The battery icon on the display will flash when the battery is low and needs to be recharged. After a period of time, you may find that your battery will only power your control unit for a limited number of sessions, requiring you to charge the battery more frequently. This is because rechargeable batteries have a limited number of charge cycles and may eventually need to be replaced.

Should you need to replace the rechargeable battery, remove the small rubber plug from the back cover of your unit (Fig. a), unscrew the back cover and remove it. Replace the existing battery pack with a new battery pack (Fig. b) and replace the battery cover. You can purchase a new battery pack by contacting the Slendertone Careline.

Battery Care

A new battery comes in a discharged condition and must be charged before use. It will take 3 hours to fully charge the battery. Upon initial use (or after a prolonged storage period) the battery may require two to three charge/ discharge cycles before achieving maximum capacity.

To ensure optimum battery performance and best results to the user, the user should ensure regular usage of the product e.g. perform 1 session a day, 5 days a week.

A rechargeable battery will eventually lose its charge if unused. If the battery is not going to be used for a long time, it is recommended that it be removed from the device and stored in a cool, dry, clean place.

Should your rechargeable battery need to be replaced contact the Slendertone Careline to purchase a new rechargeable battery pack.

UK: 0845 070 7777

Rep. of Ireland: 1890 9223388

International: +353 94 902 9936.

Email: info@slendertone.com

Fig. a



Fig. b



CARING FOR THE GEL PADS

Your Slendertone Face unit contains 12 pairs of gel pads, which should allow you to complete a 12-week treatment course. We recommend that you replace the gel pads at least once a week.

- The gel pads are for single person use only.
- The durability and effectiveness of the gel pads depends entirely on the proper use, storage and care on the part of the user, certain skin types, the number and duration of sessions and the intensity used.
- You should ensure your skin is clean and free of oils, creams and other lotions before use.
- Ensure your hands are clean before handling the gel pads. You should avoid touching the skin side of the gel pads with your fingers as much as possible when applying or removing them from the headset, as this can transfer oils and skin particles to the adhesive surface.
- After use, replace the covers on side “B” of the gel pads and store your product in the carry box until the next use.
- The gel pads will need to be replaced periodically as the surface picks up skin debris and becomes dry over time.

CARING FOR YOUR UNIT AND HEADSET

- Your unit and headset should not be allowed to get wet or be left in excessive sunlight. It may be cleaned regularly using a soft cloth, lightly dampened in soapy water. Do not allow the interior of your unit to become wet. Do not use detergents, alcohol, spray aerosols or strong solvents on your unit.

PRODUCT WARRANTY

Should your Slendertone Face unit develop a fault within two years of purchase, Slendertone will undertake to replace or repair the unit or any parts found to be defective with no charge for labour or materials *, provided the unit:

- Has been used for its intended purpose and in the manner described in this user manual.
- Has not been connected to an unsuitable power source.
- Has not been subjected to misuse or neglect.
- Has not been modified or repaired by anyone other than an approved Slendertone agent.

This guarantee complements existing national guarantee obligations and does not affect your statutory rights as a consumer.

* This excludes consumables (e.g. gel pads, batteries, etc.) which are subject to normal wear and tear.

TROUBLE SHOOTING CHECKLIST

If you have problems getting your product to work, you should go through the following checklist:

Have you charged your battery?

It takes 3 hours to fully charge your battery.

Is your head set fully connected to the control unit?

Push the connector on your headset fully into the socket on the control unit.

Are the gel pads completely covering the paddles on the headset?

Double-check the gel pads on your headset to ensure that they are fully covering the paddles. Before starting a session, check that all plastic covers have been removed from both sides of the gel pads. Remember to keep the covers marked " B " to protect the gel pads between sessions.

When did you last change your gel pads?

The gel pads need to be changed periodically. Call the Careline to order new gel pads or just ask at the retail outlet in which the product was purchased. We recommend that you replace the gel pads at least once a week.

If this display in Fig. a begins flashing on your screen, it indicates a contact problem with one of the following:

- The control unit and headset are not properly connected.
- The gel pads have not been placed onto the paddles before starting a session.
- The gel pads are not fully covering the paddles on the headset. *
- The gel pads are worn. *

* This display always appears with the left/ right paddle indicators. If the left indicator appears (Fig. b), there is a problem with the left paddle or gel pad. The right indicator (Fig. c) indicates a problem with the right paddle or gel pad and if both indicators appear (Fig. d), there is a problem on both sides.

Still having trouble? Call

UK: 0845-070-7777

IRL: 1890-92-33-88

International +353 94 902 9936.

Visit www.slendertone.com for all our latest innovations!

English

DOS AND DON'TS

Your Slendertone product is suitable for use by all healthy adults. However, as with other forms of exercise, some care is needed when using it, so always follow the points below and read your user manual carefully before use. Some of the points below are gender specific.

Please do not use if:

- You have an electronic implant (e.g. cardiac pacemaker or defibrillator) or suffer from any other heart problem.
- You are pregnant.
- You suffer from cancer, epilepsy or are under medical supervision for cognitive dysfunction.
- The unit is in close proximity (e.g. 1m) to shortwave or microwave therapy equipment.
- You are connected to high-frequency surgical equipment.
- Wearing the device necessitates placement over areas at which drugs/medicines are administered by injection (short term or long term) e.g. hormone treatment.

Please wait before using Slendertone Face until:

- At least three months after the administration of facial Botox.

Please get your doctor's or physiotherapist's permission before using Slendertone Face if:

- You have any serious illness or injury not mentioned in this guide.
- You have recently had an operation.
- You take insulin for diabetes.
- You want to use it on a young child.
- You suffer from muscle or joint problems.
- Using the device as part of a rehabilitation programme.
- If you have had recent medical or cosmetic facial surgery.

Possible adverse reactions:

- A small number of isolated skin reactions have been reported by people using muscle stimulation devices, including skin allergies, a prolonged reddening of the skin, acne, broken blood vessels, a rash and affected fillings/ toothache.
- If allergic reactions last for several hours, you should stop using the product as this product may not be suitable for you.

Note:

No permanent effects have been reported, however you may wish to consult your doctor before use. On very rare occasions, first-time users of EMS have reported feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation.

Fig. a



Fig. b



Fig. c

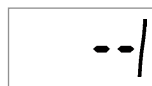
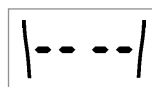


Fig. d



When applying the gel pads and headset, always remember to :

- Place the gel pads and headset ONLY as indicated in this manual.
- Avoid placing the pads or headset on the front or sides of the neck, across or through the heart (i.e. one pad on the front of the chest and one on the back) or in the genital region. (Other toning units are available for other areas of the body - details are available at www.slendertone.com or from your local retailer)
- Application of electrodes near the thorax may increase the risk of cardiac fibrillation.
- Avoid any recent scars, broken or inflamed skin, areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any parts of the body where feeling is limited.
- Avoid areas of injury or restricted movement (e.g. fractures or sprains).
- Avoid placing the pads directly over metal implants.

Important:

- Botox will reduce the effectiveness of using slendertone face, even if you use it 3 months after the administration of the Botox.

To reposition pads during a session:

- Make sure the unit is Paused or OFF first.

After strenuous exercise or exertion:

- Always use a lower toning intensity to avoid muscle fatigue.

Contact the careline if:

- Your unit is not working correctly. Do not use it in the meantime.
- You experience any irritation, skin reaction, hypersensitivity or other adverse reaction.
 - You should, however, note that some reddening of the skin can appear under the pads during and for a short time after a session.

Note:

- An effective treatment should not cause undue discomfort.

Important:

- Keep your unit out of the reach of children.
- The paddles and gel pads must not be connected to other objects.
- Do not use your unit at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
- Cease using your unit if you are feeling light headed or faint. Consult your doctor if this happens.
- Do not touch the gel pads or paddles while the unit is switched on.
- Do not use while driving, operating machinery or cycling.
- For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin with low stimulation intensities to familiarize yourself with the sensation before progressing to higher stimulation intensities.
- For hygiene reasons the gel pads are for use only by one person. Do not share your gel pads with anyone else.
- Do not over-exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you. Please follow our recommendations for using the product.
- Slendertone will not accept responsibility if the guidelines and instructions supplied with this unit are not followed.
- Although compliant with applicable EMC requirements, this device may still interfere with more sensitive equipment, please move away or switch off.

N.B. If you are in any doubt about using Slendertone for any reason, please consult your doctor before use.

TECHNICAL SPECIFICATIONS

Caring for your unit

If your unit is damaged, you should not use it but should return it to Slendertone or your local distributor for replacement or repair. Repairs, service and modifications may not be carried out by anyone other than qualified service personnel authorised by Slendertone.

Access to the interior of the unit is not required for maintenance purposes.


Important:

Under no circumstance should anything other than the correct type of batteries (rechargeable batteries 3.6V NiMH) be used with your unit. These can be purchased from the Slendertone Careline.

Disposing of the gel pads and batteries

Used gel pads and batteries must never be disposed of in a fire but in accordance with your country's national laws governing the disposal of such items.

Notes:

The signal gradually increases to a peak intensity level at the start of the contraction phase (i.e. ramp up) and gradually decreases to nothing at the start of the relaxation phase (i.e. ramp down). When the  symbol is flashing, the stimulus is significantly reduced.

Note: In accordance with the laws within the member state, safety testing on the device should be carried out every two years.

Note: In compliance with German law, product safety testing must be conducted every two years by an authorised test service.

Accessories:

You can purchase all accessories at www.slendertone.com. Under no circumstances should anything other than Slendertone accessories be used with your Slendertone charger or Slendertone unit (Type 371). Any others may not be compatible with your unit and could degrade the minimum safety levels.

Set of 24 gel pads Type 724

Battery Pack: (3.6V, NiMH)

Battery Charger: (2504-5500)

Charger complies to EN 60950, Input: nominal voltage 100-240V, frequency 50-60Hz, current 125mA. Do not use any other chargers or any other power supplies.

Adaptor: (UK/Irl - 2504-5501) - **Adaptor:** (US/Japan - 2504-5502) - **Adaptor:** (EU - 2504-5503)

Product Type: 371

Intended Use: Muscle stimulator

Waveform: Symmetrical bi-phasic square waveform when measured into a resistive load.

Classification: Internally powered equipment, Class II charger, Type BF applied parts.

Environmental Specifications:

Operating Range: Temperature: 0 - 35°C (32 - 95°F)

Humidity: 20 - 65 % RH

Storage Range: Temperature: 0 - 35°C (32 - 95°F)

Humidity: 20 - 85 % RH

Attention:

This unit can deliver currents in excess of 2mA/cm² if used with incorrect gel pads.

English

Description of your unit's symbols:

There are a number of technical markings on your unit. These can be explained as follows:



The unit and headset are manufactured for Bio-Medical Research Ltd, Parkmore Business Park West, Galway, Ireland.

The unit requires 1 x 3.6 volt (NiMH) DC battery pack DC is indicated by the symbol: 

The Output Frequency indicates the number of pulses per second transmitted by the unit. This is measured in hertz, which is indicated by "Hz".

Output (RMSA) means the maximum output root mean square current for each channel.

Output (RMSV) means the maximum output root mean square voltage for each channel.



This symbol means "Attention, consult the accompanying documents".



This symbol means type BF equipment.



This symbol on your unit is to indicate conformity to the requirements of the Medical Device Directive (93/ 42/EEC). 0366 is the number of the notified body (VDE).

SN stands for serial number. Inside the box, on the back of the unit is the serial number specific to this unit. The letter preceding the number indicates the year of manufacture, where 'N' denotes 2008, 'O' denotes 2009 etc.



At the end of the product lifecycle, do not throw this product into the normal household garbage, but bring it to a collection point for the recycling of electronic equipment.



Some product materials can be re-used if you bring them to a recycling point. By re-using some parts or raw materials from used products you make an important contribution to the protection of the environment. Please contact your local authorities if you need more information about collection points in your area.

Waste Electrical and Electronic Equipment can have potentially harmful effects on the environment. Incorrect disposal can cause harmful toxins to build up in the air, water and soil and can be harmful to human health.



Conforms to UL STD 60601-1.

Certified to CAN/CSA.

STD C22.2 NO 601.1

Rated Outputs / Voltage/Currents: Type 371

Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	1.9V	3.7V	5.6V
Output RMSA	3.7mA	3.7mA	3.8mA
Output Frequency	70-80Hz	70-80Hz	70-80Hz
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	80-100 μs	80-100 μs	80-100 μs
Negative Pulse Width:	80-100 μs	80-100 μs	80-100 μs
Interphase Interval:	100 μs	100 μs	100 μs
Max. Current	30mA	30mA	30mA