

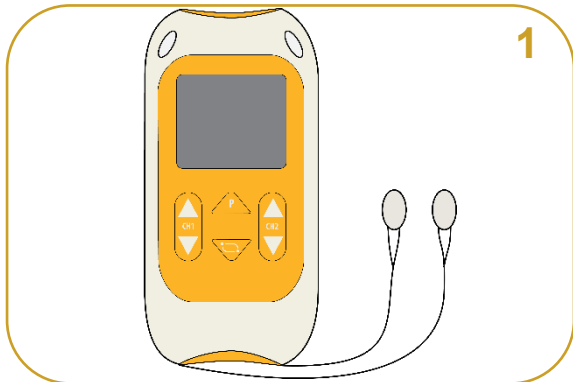
BEAUTY **MAX**



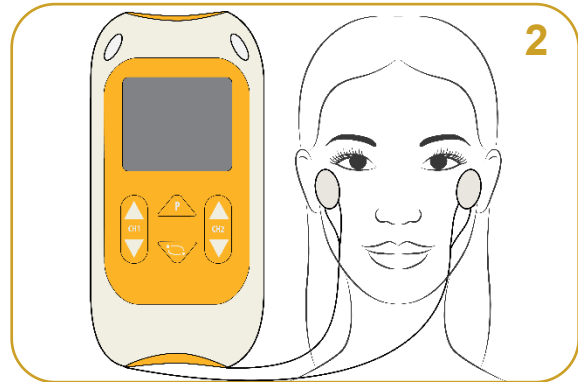
INSTRUCTIONS FOR USE
READ CAREFULLY BEFORE USE

TensCare™

QUICKSTART GUIDE



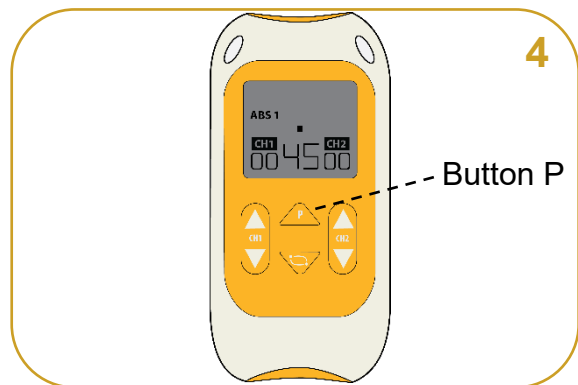
1 Connect the unit to the electrode pads



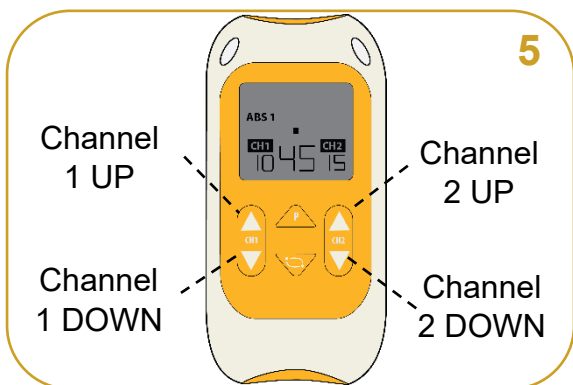
2 Place the electrode pads around the area to be treated



3 Press and hold the ON button to switch the device on



4 Select the programme by pressing the button P



5 Regulate the output intensity for each channel



6 Press and hold the OFF button to switch the device off

Dear Customer,

Thank you for choosing **Beauty Max**. TensCare stands for high-quality, thoroughly tested products for the applications in the areas of gentle electrotherapy, muscle toning, continence management and pain relief during labour.

Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.













Best regards,

Your TensCare Team

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SYMBOLS USED

	TYPE BF APPLIED PART: Equipment providing a degree of protection against electric shock, with isolated applied part. Indicates that this device has conductive contact with the end user.
	This symbol on the unit means "Refer to instructions for use".
	Temperature Limitation: indicates the temperature limits to which the medical device can be safely exposed.
	Lot Number: indicates the manufacturer's batch code so that the batch or lot can be identified.
	Humidity Limitation: indicates the humidity limits to which the medical device can be safely exposed.
	Serial Number: indicates the manufacturer's serial number so that a specific medical device can be identified.
	Do not dispose in household waste.
	Catalogue Number: indicates the manufacturer's catalogue number so that the device can be identified.
	Atmospheric Pressure: indicates the atmospheric limits to which the medical device can be safely exposed.
	Manufacturer Symbol
	Date of Manufacture: indicates the date which the medical device was manufactured. This is included within the serial number found on the device (usually on the back of the device), either as "E/Year/Number" (YY/123456) or "E/Month/Year/Number" (MM/YY/123456).
	CE Mark
IP22	<p>This medical device is not water resistant and should be protected from liquids.</p> <p>The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm \varnothing, 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm \varnothing and greater.</p> <p>The second number 2: Protected against vertically falling water drops when enclosure is tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.</p>

1. INTRODUCTION

Device Description & Principles of Design

The **Beauty Max** is a powered muscle stimulator used for body toning and shaping, as well as for the reduction of wrinkles.

It sends a small and gentle stimulation (similar to your natural nerve impulses) to the muscles being treated via two or four auto-adhesive electrode pads, in order to help you to firm and tone your body, and to maintain your youthful appearance.

We have developed bespoke programmes dedicated to each specific area: face, abs, buttocks & hips, pelvis, thighs & calves, bust, and arms alongside a new, general massage programme.

2. INTENDED USE

Beauty Max is a device designed to be used in the home environment to improve muscle tone and bulk and reduce signs of ageing. It is suitable for use by all who can control the device and understand the instructions.

Do not use the device for any purpose other than this intended use.



Warning: Not suitable for use in children without supervision.

3. BEAUTY MAX FEATURES

- **Dual Channel**

Two independent channels with four electrode pads to treat two areas at the same time.

- **Channel Splitters**

Two channel splitters allow each channel to provide stimulation through four dedicated pads, significantly increasing the capability of the device. The splitters are particularly effective for Programme 5: PELV.

- **Comfortable Stimulation**

Gentle stimulation with 90 small steps of intensity (about 1 mA per step).

- **10 Preset Programmes**

Including facial toning and firming; as well as programmes for body toning and shaping: abs, buttocks & hips, thighs, bust, arms and calves.

- **Memory**

Features 3 functions: programme retention (automatically starts in the last programme used), number of uses and time of usage.

- **Open Circuit Detection**

Automatically resets the strength to zero if the electrode pads are not correctly applied.

- **Detachable Belt Clip**

Enables the user to clip the unit onto a belt.

- **Large LCD Screen**

Clearly shows the operation of the unit and the programme and intensity being used.

- **Unique electrode pads**

Face: Simple application to stimulate all areas of the face in one treatment session.

Breast: Large surface area for comfortable stimulation.



Note: The electrode pads need to be applied directly to the skin before the intensity increase buttons will operate. If the **Beauty Max** detects the unit is not properly connected to you (for example if the electrode pads or leads come loose) then the unit switches the intensity to zero. This safety feature prevents any unpleasant changes in output.

4. HOW 'EMS' WORKS

E.M.S. stands for Electrical Muscle Stimulation and has successfully been used in rehabilitation and training in competitive sports. EMS produces intensive and effective muscular contraction.

EMS is a complement to other physical therapy and should always be combined with active mobility, strength, coordination and functional training.

In training, the technology for electrotherapy is used for all kinds of muscular exercise - warm-up, strength, speed, power, resistance, endurance, recovery and rehabilitation. EMS is well known and works as an excellent complement to regular training.

Advantages of EMS

Use of EMS will help to tone and shape the body by contracting the selected muscle group. It is particularly convenient for areas that are famous for losing their shape and hard to exercise such as the upper arms and the face.

Successful athletes all over the world have discovered the advantages of electrical muscle stimulation, such as an increase of the local circulation and the size of the muscle fibres.

How EMS Works

Muscular activity is produced by the central and peripheral nervous systems transmitting electrical stimuli to the muscles of our body. EMS uses external electrical impulses that work through the skin to stimulate the nerves supplying a specific muscle group.

This current then passes into the nerve fibres controlling that part of the muscle stimulating it to contract. So, electrical stimulation (EMS) artificially activates a muscle for you enabling to exercise the muscles and, as with any kind of exercise if performed regularly, build strength and tone.

Different frequencies have different effects; low frequencies (1-10 Hz) coupled with long impulse times, for example, have a purifying and relaxing effect through individual contractions, whereby the circulation in the treated muscle is simultaneously improved and removal of metabolic end products is supported (lymphatic drainage).

In contrast, by means of a rapid succession of contractions (fibrillation), medium frequencies (20-50 Hz) can put

a high level of strain on the muscle, thus promoting the muscular structure.

5. CONTRAINDICATIONS, WARNINGS & CAUTIONS

In this manual:



A **Contraindication** is used when a device should not be used because the risk of use clearly outweighs any foreseeable benefits and may result in serious injury or death.



Warning is used when failure to follow the instructions may result in serious injury or death.



A **Caution** is used when failure to follow the instructions may result in a minor or moderate injury, or damage to the device or other property.



Notes are used to provide clarification or recommendation.



CONTRAINDICATIONS:

- **Do NOT use** if you have a pacemaker (or if you have a heart rhythm problem) or with any electronic medical devices. *Using this unit with electronic medical devices may cause erroneous operation of the device. Stimulation in the direct vicinity of an implanted device may affect some models.*
- **Do NOT use** during the first three months of pregnancy. *It is not known whether TENS and EMS may affect foetal development.*

- **Do NOT use** on the abdomen in the later stages of pregnancy. *Stop using immediately if you experience unexpected contractions.*



WARNINGS:

Do NOT use when driving, operating machinery, or similar actions needing muscular control. *Loose electrode pads, damaged leads, or sudden changes in contact may cause brief involuntary muscle movements.*

Do NOT use to mask or relieve undiagnosed pain. *This may delay diagnosis of a progressive condition.*

Do NOT use if you have, in the area being treated: active or suspected cancer or undiagnosed pain with a history of cancer. *Stimulation directly through a confirmed or suspected malignancy should be avoided as it may stimulate growth and promote spread of cancer cells.*

Do NOT modify the equipment. There are no user serviceable parts. No modification of this equipment is allowed.

Do NOT use optional electrodes on the front of the neck. Stimulation on the front of the neck can affect your heart rate or cause contraction of the throat.

Do NOT use optional electrodes across the chest. Very strong stimulation across the chest may cause an extra heartbeat and/or rhythm disturbances to your heart, which could be lethal.

Do NOT use Beauty Max while simultaneously connected to high frequency surgical equipment as it may result in burns at the site of stimulator

electrodes and possible damage to the stimulator.

Do NOT use Beauty Max in close proximity (e.g. 1 m) to a shortwave or microwave as this may produce instability in the stimulator output.

Do NOT use electrodes near the thorax as this may increase the risk of cardiac fibrillation.



CAUTIONS:

Caution should be used if you have a bleeding disorder as stimulation may increase blood flow to the stimulated region.

Caution should be used if you have suspected or diagnosed epilepsy as electrical stimulation may affect seizure threshold.

Caution should be observed when using the device at the same time as being connected to monitoring equipment with body worn electrode pads. It may interfere with the signals being monitored.

Caution should be used following recent surgical procedures. Stimulation may disrupt the healing process.

Caution Simultaneous connection to high frequency surgical equipment may result in burns and damage to the stimulator.

Caution Strong electromagnetic fields (electro-surgery/ microwave cookers/ mobile phones) may affect the correct operation of this unit. If it appears to behave unusually, move it away from these devices.

Caution Do not permit use by children unable to understand the instructions or

persons with cognitive disabilities, i.e., Alzheimer's disease or dementia.

Caution Keep away from children under 5 years of age. *Long cord - risk of strangulation in infants.*

Caution should be observed when using the **Beauty Max** at high strength settings. Prolonged use at high settings may cause muscle injury or tissue inflammation. The **Beauty Max** has a Yellow LED light on output socket which means the output will exceed 10 mA (R.M.S) or 10 V (R.M.S) averaged over any period of 1 sec. Prolonged use at high settings may cause muscle injury or tissue inflammation.

Caution Not intended for use in an oxygen rich environment.

Caution Not intended for use in conjunction with flammable anaesthetics or flammable agents.

Caution The patient is an intended operator.

Caution Do not service and maintain the device while in use.

Caution Maintenance and all repairs should only be carried out by an authorized agency. The manufacturer will not be held responsible for the results of maintenance or repairs by unauthorized persons.

If necessary, we will provide circuit diagrams, component part lists or other information that will assist authorized service personnel to repair the device.

Caution The operator should not touch the patient at the same time when touching the battery output.

Caution Keep away from pets and pests.

DO NOT PLACE ELECTRODE PADS:

- On skin, which does not have normal sensation. *If the skin is numb too great a strength may be used, which could result in skin inflammation.*
- On broken skin. *The electrode pads could encourage infection.*
- On the front of the neck. *This could cause the airway to close, giving breathing problems. May cause sudden drop in blood pressure (vasovagal response).*
- Over the eyes. *May affect eyesight or cause headaches.*
- Across the front of the head. *Effect on patients who have had strokes or seizures is not known. May affect your sense of balance. The effects of stimulation on the brain are unknown.*

ELECTRODE PADS CAUTION:

Caution: Do not ignore any allergic reaction to the electrode pads: *If a skin irritation develops, stop using TENS, as this type of electrodes may not be suitable for you. Alternative electrode pads specially made for sensitive skin are available (see E-SV5050).*

Caution: Do not use this device with leads or electrode pads other than those recommended by the manufacturer. *Performance may vary from specification. Electrodes with smaller surface area may cause tissue irritation.*

Caution: Do not use high intensity settings if electrodes are smaller than 50x50mm.



Note: Electrode pads supplied have no measurable latex content.

TO KEEP YOUR DEVICE IN GOOD WORKING ORDER, OBSERVE THE FOLLOWING ADDITIONAL CAUTIONS:

Caution: Do not immerse your device in water or place it close to excessive heat such as a fireplace or radiant heater or sources of high humidity such as a nebulizer or kettle as this may cause it to cease to operate correctly.

Caution: Keep the device away from sunlight, as long-term exposure to sunlight may affect the rubber causing it to become less elastic and crack.

Caution: Keep the device away from lint and dust, as long-term exposure to lint or dust may affect the sockets or cause the battery connector to develop a bad contact.

Caution: Temperature & Relative Humidity of storage: -25°C to +70°C, up to 93% R.H. Temperature & Relative Humidity of transportation: -25°C to +70°C, up to 93% R.H.

Caution: There are no user serviceable parts. Do not attempt to open or modify the unit. *This may affect the safe operation of the unit and will invalidate the warranty.*



Note: There are no known side effects to use and long-term use is not harmful. However, the device works your muscles and unaccustomed amounts of exercise may produce muscle ache. If this happens, simply reduce the strength of

the machine or allow your muscles to rest until the aching disappears.

6. INFORMATION ABOUT THE PROGRAMME SETTINGS

Each programme has its own combination of Frequency and Pulse Width settings which allow for different muscle groups to be exercised and toned through the electrode pads.

- **Frequency (measured in Hz - pulses per second)**

Low frequencies (1-10 Hz) have a purifying and relaxing effect through individual contractions.

Medium frequencies (20-50 Hz) can put a high level of strain on the muscle, thus promoting the muscular structure.

- **Pulse Width (measured in μ s - millionths of a second)**

The **Beauty Max** unit has pulse widths of 80 to 600 μ s. Generally speaking, the higher the pulse width, the more "aggressive" the stimulation feels, if the pulse width is set high enough, it will usually elicit a muscle contraction, which is required for an effective toning of the muscle group selected.

Work/Rest:

All the programmes are intermittent.

Once you have reached a comfortable level, 5 seconds after you stop pressing the button, the intermittent Work/Rest phase will start.

For each programme, the unit will go through a stimulation phase (Work) for 0-10 seconds, followed by a phase without stimulation (Rest) for a similar time. This is to allow your muscles to recover from exercise and avoid fatigue.

During the Work period (**W**), the unit will generate contractions, try to contract the muscle voluntarily at the time to get the best possible results.

This cycle Work/Rest will continue for the duration of the programme selected.

W and **R** are displayed on the screen.

Each programme is a balanced mix of toning, firming, and shaping specifically designed for the designated muscle group.

All the programmes except **FACE**, **PUBIS** and **RELAX** consist of seven phases, with a combination of settings optimised for each part of the body selected from the following.

- **Capillarization** (3 Hz to 8 Hz)

Treatment at these frequencies significantly increases arterial flow in the area treated. This is useful for recovering after intense work and improves local microcirculation.

- **Tissue Elasticity** (5 Hz to 15 Hz)

Stimulates the surface muscle fibres. These frequencies facilitate the removal of substances accumulated on the surface and improve the dynamic appearance of the skin.

- **Micro lifting** (12 Hz to 20 Hz)
Toning facial muscles to improve both the appearance and the dynamism of facial muscles.
- **Modelling** (12 Hz to 30 Hz)
Due to a combination of capillarizing and toning impulses, this frequency range helps mobilise fat in areas where it tends to accumulate.
- **Firming up** (20 Hz to 30 Hz)
Firming up muscles working mainly on slow-twitch fibres.
- **Lipolysis** (30 Hz to 40 Hz)
This frequency range is used in electrolipophoresis treatments to improve the appearance of the skin.
- **Toning** (40 Hz to 50 Hz)
Toning up working mainly on fast-twitch fibres.
- **Definition and bulk** (60 Hz to 100 Hz)
Defining muscles in the arms and bust working mainly on explosive fibres. Grows muscle size.

For all programmes except **FACE**, **PUBIS** and **RELAX** follow the guidelines below to set the intensity level.

Phase 1 - Preparation: Turn up the stimulation gradually, until you feel an intermittent tingling.

Phases 2 to 6 - Activation: Increase the intensity until you feel a very smooth

tensing under the pads, there should be little visible movement.

Use a low intensity for the first session to help you to understand how the machine works.

During the programme and over the next few days the intensity should be increased gradually to produce marked, but not painful muscle contractions.

Phase 7 - Cool down: Turn down the intensity gradually until you can only feel a mild tingling pulse.

For the programme **FACE** and **PUBIS**, which has just one phase, increase the intensity to the point where you can just see the muscle moving.



Note: The stimulation should always remain comfortable and relaxing.

7. PROGRAMMES

7.1. PRESET PROGRAMMES

	Programme	Muscle group	Description	Special Feature
1	FACE	Facial Quick Tone	Helps tone, firm, lift and tighten the soft tissues of the face, counteracting the effects of ageing. Intensity limited to 40 mA.	Use with face electrode pads (see E-CM3050).
2	ABS 1	Abdominal	Suitable for people who wish to tone and shape their body to obtain a thinner silhouette and to enhance general fitness levels.	
3	ABS 2	Side Abdominal (Oblique)		
4	HIP	Buttocks & Hips	Circulation boosting to improve the appearance of cellulite.	
5	PELV	Hips & Pelvic	The aim is to shape the muscles around the pelvis.	Use 8 pads and splitters
6	LEG	Thighs & Calves	Suitable for people who wish to tone and shape their legs to obtain a thinner silhouette and to enhance general fitness levels.	
7	BUST	Bust & Pectorals	For women who have sagging muscles and a build-up of fat around the bra strap area.	
8	ARM	Arms	Our upper arms often have little shape, usually caused by a lack of movement and muscular work. This programme is designed to firm and bulk muscles. Circulation boosting to improve skin tone and appearance	
9	PUBIS	Pelvic	Relieve discomfort in the pubis region of the pelvis by stimulating areas of the skin that are close to the pelvic nerves that carry information to the spine.	
10	RELAX	Massage	Can be used to relieve stiffness caused by incorrect posture or prevent stiffness of the muscles after intensive exercise. The programme generates a tapping sensation gradually speeding up, then slowing down.	



Note: These programmes must be used in combination with a healthy diet and regular active exercises.

7.2. PROGRAMMES SETTINGS

PROGRAMME 1: Facial Quick Tone								
Phase	1	2	3	4	5	6	7	Total
Time (min)	20							20
Stimulation (s)	0							
Pause (s)	1							
Frequency (Hz)	70							
Pulse width (μ s)	100							
Ramp (s)	1/1							

PROGRAMME 2: Abdominal								
Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	10	8	7	8	2	45
Stimulation (s)	2	4	8	10	6	4	1.2	
Pause (s)	2.5	4	6	1	4	4	.5	
Frequency (Hz)	90	50	10	4	30	65	100	
Pulse width (μ s)	200	300	500	600	360	300	80	
Ramp (s)	.5	.5	.9	1.3	.6	.5	.2	

PROGRAMME 3: Side Abdominal								
Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	10	8	7	8	2	45
Stimulation (s)	2	4	8	10	6	4	1.2	
Pause (s)	2.5	4	6	1	4	4	.5	
Frequency (Hz)	90	50	10	4	30	65	100	
Pulse width (μ s)	200	300	500	600	360	300	80	
Ramp (s)	.5	.5	.9	1.3	.6	.5	.2	

PROGRAMME 4: Buttocks & Hips								
Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	3	6	8	4	3	5	1.2	
Pause (s)	2	5	4	4	4	5	.5	
Frequency (Hz)	100	65	10	50	75	45	100	
Pulse width (μ s)	200	300	500	300	260	260	80	
Ramp (s)	.5	.7	.9	.5	.5	.5	.2	

PROGRAMME 5: Hips & Pelvic

Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	10	8	7	8	2	45
Stimulation (s)	2	4	8	10	6	4	1.2	
Pause (s)	2.5	4	6	1	4	4	.5	
Frequency (Hz)	95	55	10	30	70	60	100	
Pulse width (µs)	200	300	500	360	360	300	80	
Ramp (s)	.5	.5	.9	1.3	.6	.5	.2	

PROGRAMME 6: Legs

Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	5	3	1	10	6	4	1.2	
Pause (s)	4	4	.7	1	4	4	.5	
Frequency (Hz)	10	65	100	4	45	8	100	
Pulse width (µs)	400	300	260	500	360	500	80	
Ramp (s)	.9	.5	.3	.9	.6	.5	.2	

PROGRAMME 7: Bust

Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	3	4	5	1	4	5	2	
Pause (s)	3	2.5	3	.3	4.5	6	.5	
Frequency (Hz)	90	60	10	4	45	65	90	
Pulse width (µs)	150	150	220	300	200	200	80	
Ramp (s)	.3	.5	1.3	.9	.6	.5	.2	

PROGRAMME 8: Arms

Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	3	4	8	4	6	4	1.2	
Pause (s)	2.5	3	3	8	4	4	.5	
Frequency (Hz)	70	60	10	50	10	65	100	
Pulse width (µs)	200	200	300	220	300	220	80	
Ramp (s)	.3	.5	.9	.9	.6	.5	.2	

PROGRAMME 9: Pubis

Phase	1							Total
Time (min)	60							60
Stimulation (s)	Cont							
Pause (s)	-							
Frequency (Hz)	100							
Pulse width (µs)	150							
Ramp (s)	-							

PROGRAMME 10: Massage

Phase	Output (pulses)	Frequency (Hz)	Pulse width (µs)	Time (min)
1	15	1	200	30
2	11	2	200	
3	18	3	200	
4	11	4	200	
5	15	5	200	
6	20	6	200	
7	26	9	200	
8	33	11	200	
9	30	15	200	
10	1	25	200	
11	30	15	200	
12	33	11	200	
13	26	9	200	
14	20	6	200	
15	15	5	200	
16	11	4	200	
17	18	3	200	
18	11	2	200	

7.3. USING THE PROGRAMMES

FACIAL PROGRAMMES:

The **FACE** programme is a non-invasive option for helping lift and/or tighten the soft tissues of the face, improving facial muscle tone and reducing the signs of ageing.

Recommended use: One treatment session daily, 5 days/week, for 12 weeks.

You may notice some positive effects after just one session, but normally it will take about 6 weeks before you notice a difference.

Take care when adjusting the intensity as facial muscles are particularly sensitive; intensity should be increased

gradually, starting with a very low level of stimulation (just above perception) and increasing with care until you reach a good level of stimulation, represented by good muscle activation.

On the face, it is not necessary to reach levels of intensity capable of causing discomfort! Great and significant results are obtained through consistency and patience.



Warning: Use these programmes only with the face electrode pads included in the kit (see **E-CM3050**).



Warning: a minimum distance of 3 cm. must be kept between the electrode pad and the eyeball.

The TensCare face electrode pads (see **E-CM3050**) are designed to reduce any risk to a minimum. Some secondary effects may subsist but they should be temporary.



Note: You might notice mild skin redness at the site of the electrode pads after the treatment session. It should fade within 10 to 20 minutes.



Note: Very rarely temporary after-effects, such as mild eyelid flutter, have been reported after facial stimulation. This has always resolved within a few days.

ABS, BUTTOCKS AND HIPS PROGRAMMES:

These programmes help improving body toning and body shaping by generating passive muscle contractions in the selected area.

It may improve your general fitness levels as well as achieving a thinner silhouette by building up the muscles.

Recommended use:

Generally, 3 sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.

PELVIS PROGRAMME:

This programme helps to improve body toning and body shaping by generating passive muscle contractions around the pelvis.

It may improve your general fitness levels as well as achieving a thinner silhouette by building up the muscles.

Recommended use:

Generally, 3 sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.

LEG PROGRAMME:

Most people are aiming for thin but muscly legs with a harmonious balance between the size of the thighs and the size of the calves. Often, the calves are either too skinny with only little muscle mass or too big with a long muscle mass especially around the ankle.

The aim of this programme is to tone, shape and lift the calves' muscles and thighs to achieve slender legs with improved definition of the muscles as well as a slimming effect on the ankles.

Recommended use:

Generally, 3 sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.

BUST PROGRAMME:

Electrical Stimulation can build, strengthen, and firm the pectoral muscles giving bulk and lift.

- Exercise and massage therapy to enhance the size and shape of your breasts
- Natural method to enhance your all-natural body

Recommended use:

Generally, three sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.

ARM PROGRAMME:

The upper arms often get saggy and flabby especially in women with the triceps (back of the upper arm). It is commonly referred to as "Bingo Wings" or "Bat Wings". It is tricky to tone this muscle group and some women find this area ungraceful or even embarrassing.

Beauty Max helps to tone, firm and lift the triceps and the biceps as it allows

you to generate contractions in this specific muscle group.

Recommended use:

Generally, 3 sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.

PUBIS PROGRAMME:

After birth, it is common to experience discomfort in the pubis region of the pelvis. The aim of this programme is to relieve this discomfort by activating the muscles that support the area and stimulating areas of the skin that are close to the pelvic nerves that carry information to the spine.

Recommended use:

Generally daily for as long as is required. Each session should last a maximum of 2 hours, with at least one-hour rest between sessions.

MASSAGE PROGRAMME:

You can use the massage programme to relieve stiffness caused by incorrect posture caused by work (sitting for extended periods at a desk, work on the computer, driving for long periods, constant standing, incorrect lifting and carrying of heavy loads etc.). You can also use the programme after intensive exercise to prevent a stiffening of the muscles or to help relieve stiffening more quickly.

Recommended use:

The massage programme may be used daily to relieve or prevent muscle stiffness.

GENERAL ADVICE:

Ideally, use **Beauty Max** once every two days for each muscle with a day of rest in between. It is possible to work on pairs of muscles, for example thighs and abdominal muscles, treating one set one day and the other the next day. Massage programmes may be used daily.



Warning: Working on too many muscles at the same time is not recommended.

Once good results have been obtained the sessions may be reduced to once or twice a week until the user feels that optimum body shaping has been achieved.

8. ELECTRODE PADS

8.1. PAD POSITIONING

The electrode pads must always be used in pairs (two electrode pads on each channel), so that the signal can flow in a circuit. If using the channel splitters, each channel will require two pairs of electrode pads.



Note: The face electrode pad acts as a pair of standard electrode pads. Connect each pigtail leads to the same channel on the unit.

Electrode placement for EMS is very important for obtaining the best results.

Place two electrode pads over the bulk of the muscle, with one electrode over the muscle's motor point. The motor point is the area on the skin that is located closest to the motor nerve's entry into the muscle – about 1/3 of the way down the muscle from the spine. Here, it is easiest to trigger a contraction by electrical stimulation.

Experiment by moving the electrode pads across the skin until you locate the point over the muscle that gives the cleanest contraction. In the examples in section 8.3., the electrode pads are marked **+ve (red)** and **-ve (black)** to match the red and black leads. One of the electrode pads should be positioned over the motor point.

Large muscle groups may require stimulation with two channels, that is, four electrodes simultaneously.

When exercising smaller muscles, take care to adjust the intensity level slowly as the motor nerves may be more sensitive and using smaller electrode pads increases the current density.

You may feel more sensation in one pad than the other. This is normal – it depends on where the electrode pads are in relation to your nerves.

Use the square electrode pads (see **E-CM5050**) for all areas except the face where specific electrode pads are required (see **E-CM3050**).

Always check that the unit is OFF before attaching or removing electrode pads.

Beauty Max resets strength to zero if the pad or lead is disconnected from your body. This is to prevent sudden changes in sensation when the pad is re-connected.

8.2. PAD ADVICE

- The electrode pads supplied are reusable but for single patient use.
 - The adhesive is a peel-able hydrogel (water based).
 - To obtain the best conductivity through the electrode pads always ensure that they are in good condition and tacky.
 - Before use make sure your skin is clean and dry.
 - Peel the electrode pads from their protective plastic shield by holding and lifting one corner of the pad and pulling. **Do not** pull on the pigtail wire of the pad.
 - After use always replace the electrode pads on the plastic liner and replace them in the re-sealable plastic bag.
 - If the electrode pads dry out, then it is best to buy a replacement pack. In an emergency, it may be possible to restore some of the tackiness of the pad by adding a tiny drop of water on each pad and spreading around. If too much water is added, the electrode pad will become too soft. If that happens then it is suggested to try and re-establish some adhesiveness, to place them sticky side up in a refrigerator for a few hours.
- In very hot weather the gel on the electrode pads may become soft. In such cases place them, still on their plastic liners and in their pouch into a fridge until they return to their normal condition.
 - The electrode pads provided are latex-free.
 - Replace the electrode pads when they lose their stickiness.
Poor connection may cause discomfort and skin irritation.
 - Storage life of an unopened pack of electrode pads is 2 years. This may be affected by very high temperatures or very low humidity.

8.3. ELECTRODE PLACEMENT

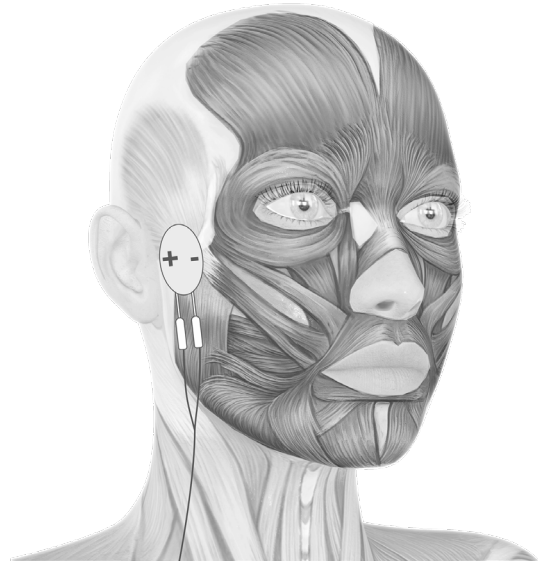
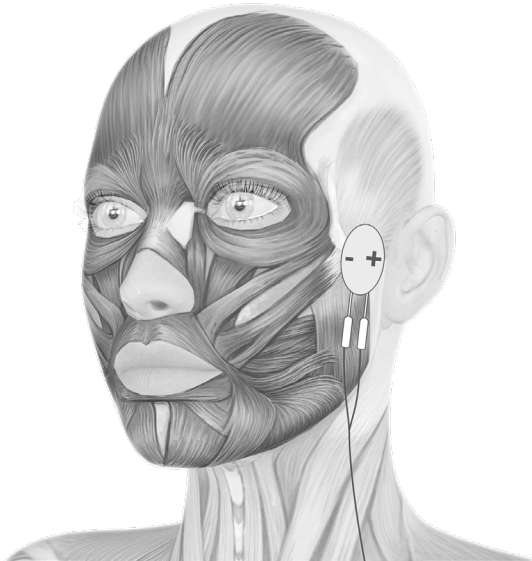
The electrode pads placement is specific to the programme used. Please refer to the placement guidelines below.



Note: The + electrode pad needs to be plugged in to the **red lead wire connector**, the – refers to the one for the **black lead wire connector**.

FACE– Pads placement

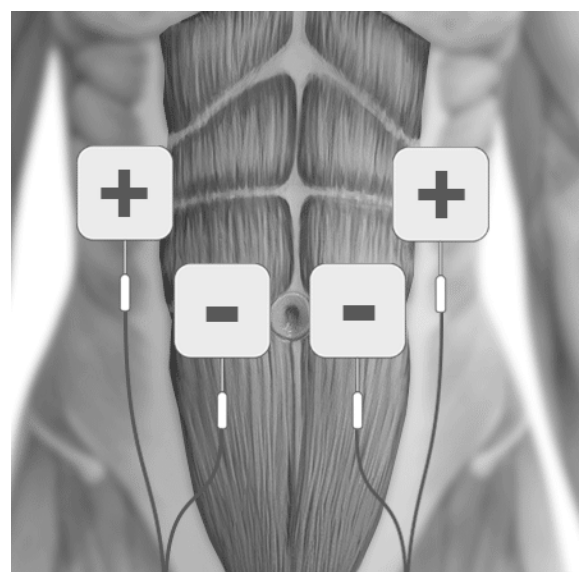
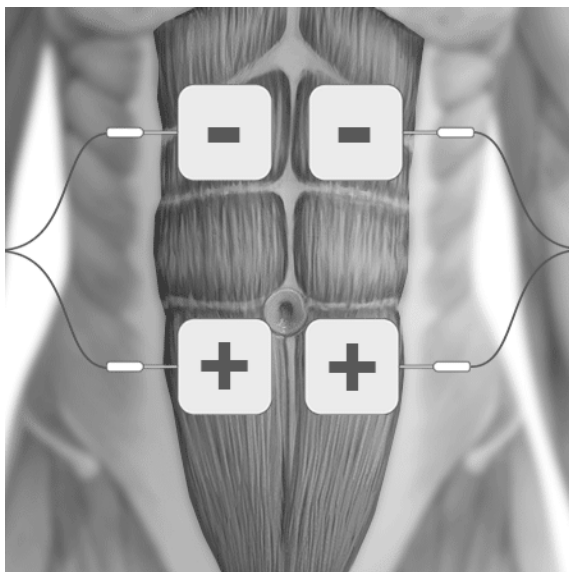
The face electrodes stimulate all the muscles on the face simultaneously.



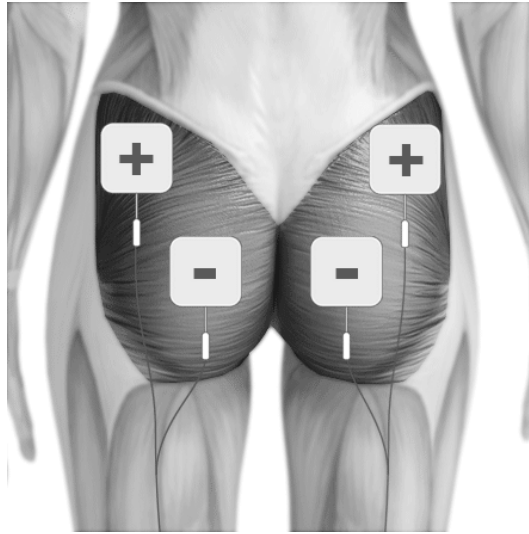
ABS – Pad placement 1

OR

ABS – Pad placement 2

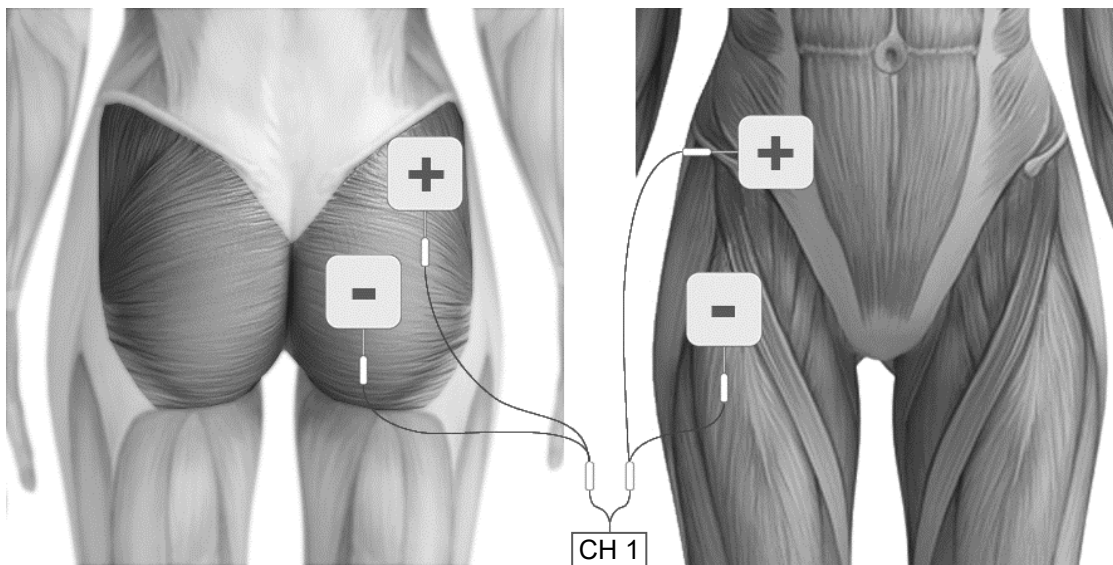


HIP – Pads placement



PELV – Pads placement

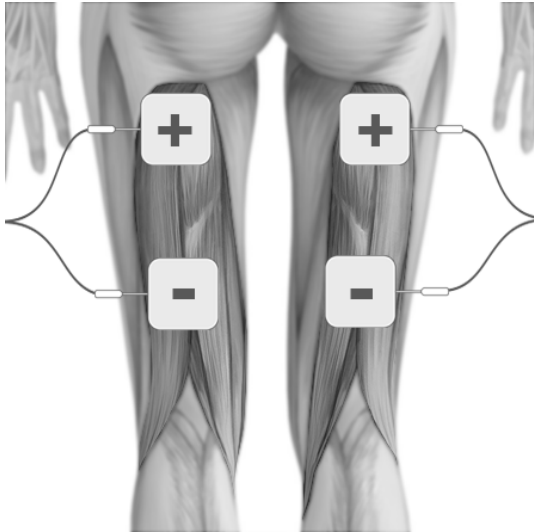
Lead splitters should be used to allow for 8 electrode pads to be used simultaneously.



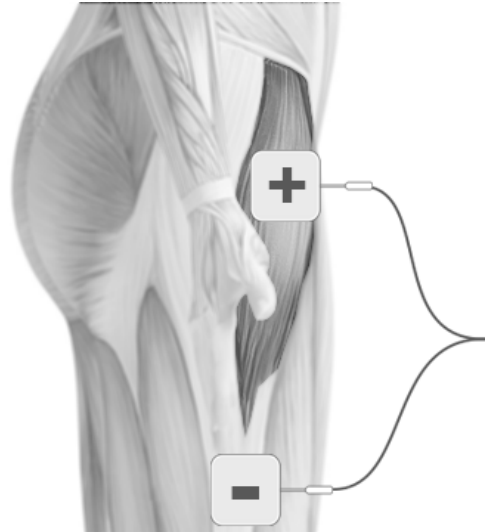
Use channel 2 and a lead splitter to place 4 electrode pads in the same position on the other side of the hips/pelvis.

LEGS – Pads placement

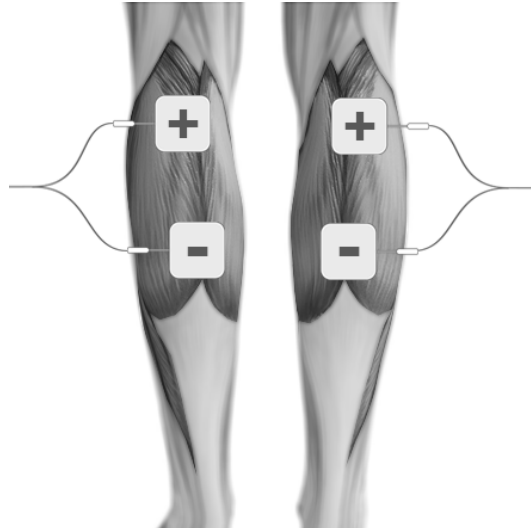
Thigh pad placement 1



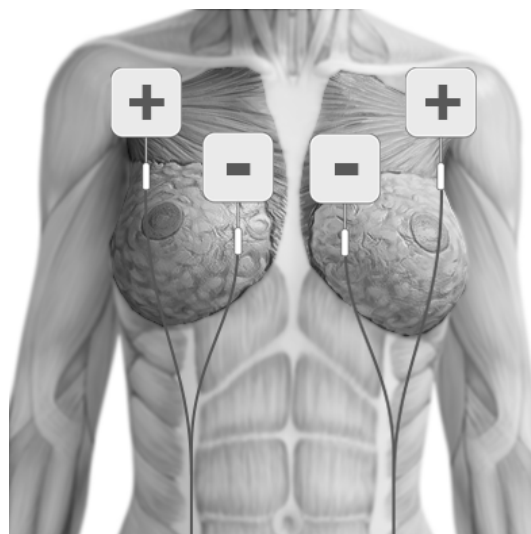
Thigh pad placement 2



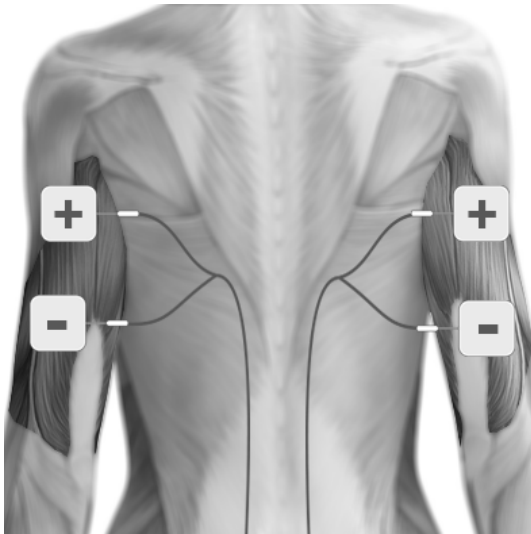
Calves pad placement



BUST – Pad placement

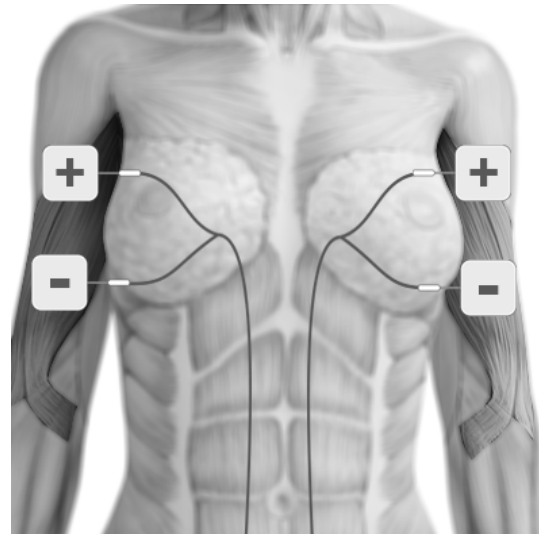


ARM – Pad placement 1

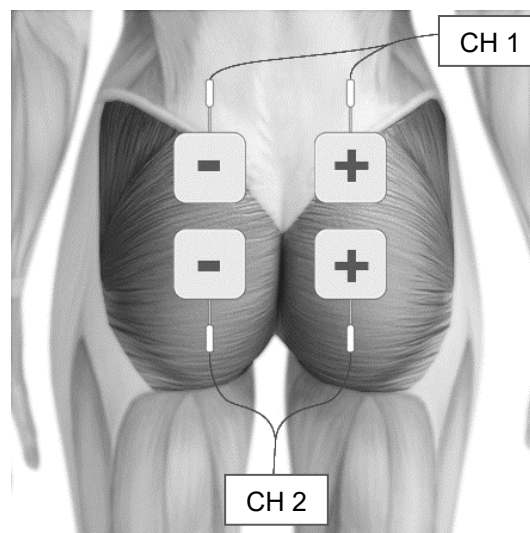


OR

ARM – Pad placement 2



PUBIS – Pads placement



9. CONTENT

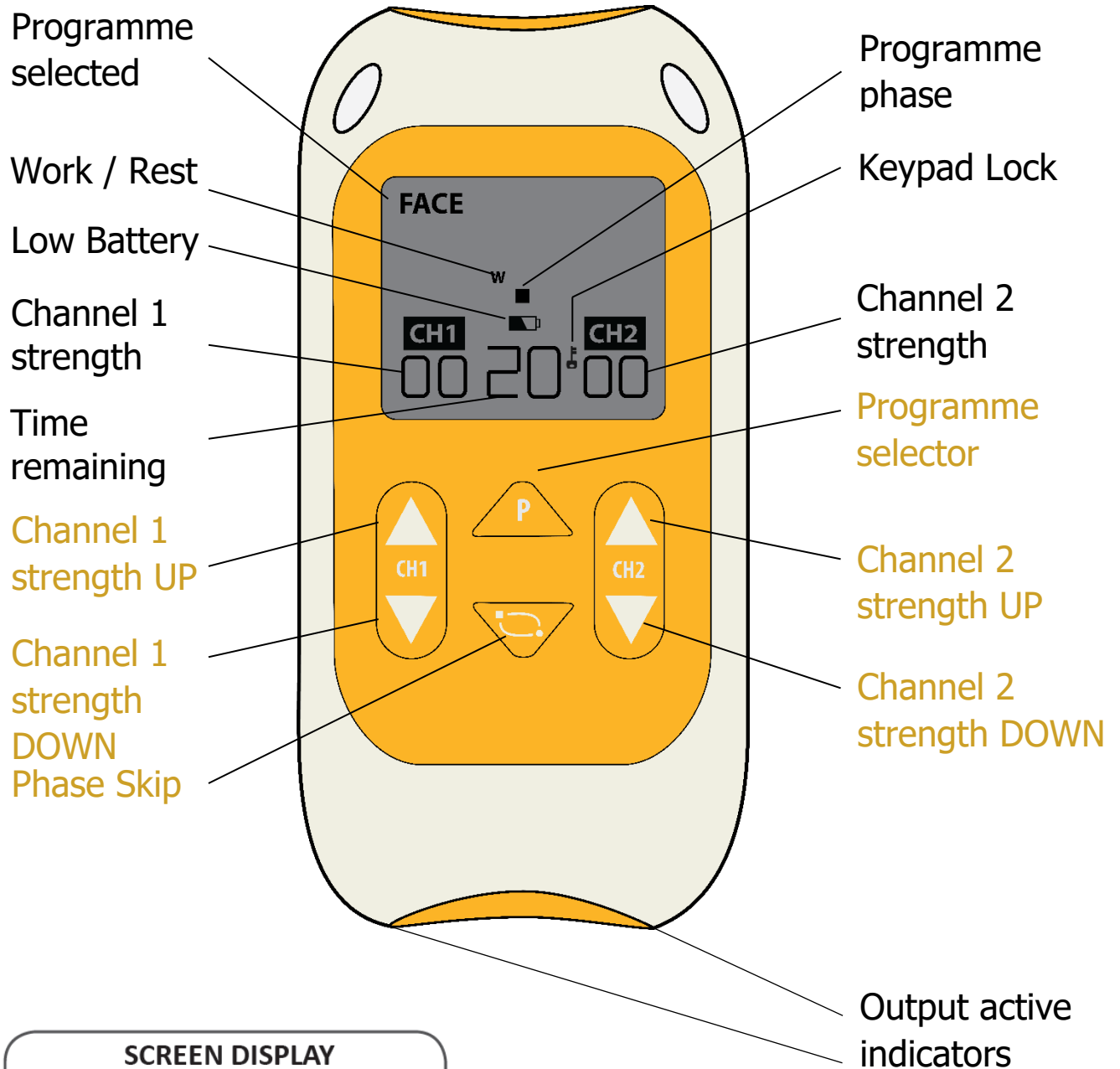
The pack contains:


- 1 x **Beauty MAX** multi-purpose muscle stimulator and body toner
- 2 x Lead wires (L-CPT)
- 4 x 50x50mm electrode pads (E-CM5050)
- 4 x 30x50mm face electrode pads (E-CM3050)
- 4 x 50x100mm electrode pads (E-CM50100)
- 2 x Lead splitters (L-MXSP)
- 2 x AA 1.5V alkaline batteries
- 1 x Detachable belt clip
- 1 x Storage pouch
- 1 x Instruction manual

10. UNIT INFORMATION

10.1. CONTROLS & DISPLAY

ON/OFF



SCREEN DISPLAY
W = "Work Mode"
R = "Rest Mode"
 = "Low Battery Warning"

10.2. OPERATING INSTRUCTIONS



ON/OFF

To turn the unit ON, press the

ON/OFF button on the top of the unit and hold for 3 to 5 seconds until the display shows.

To turn the unit OFF, press the **ON/OFF** button on the top of the unit and hold for 3 to 5 seconds until the display stops

The unit will turn OFF automatically:

When the Timer reaches zero,

If it is left at zero strength for more than 5 minutes.

The unit will start with the programme you used last.

At first use, or after changing batteries, the display shows that the unit is automatically set in programme **FACE** at zero strength.



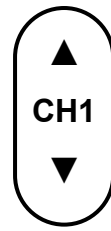
Note: Always check unit is OFF before applying or removing electrode pads.

The backlight will turn off 10 seconds after the last button press.

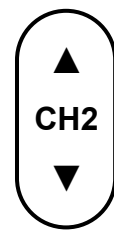
On the front of the unit there are six buttons:

STRENGTH CONTROLS

The buttons marked **CH1▲**, **CH1▼**, **CH2▲**, **CH2▼** are the strength controls.



The left-hand buttons change strength in the left-hand lead, CH1, and the right-hand buttons change the right-hand lead, CH2.



To increase strength in steps of 1 mA, press and release the top part of the channel buttons, **CH1▲** and **CH2▲**.

The strength levels are shown on the LCD.

The strength control buttons will not operate until the unit is properly connected to you. If the Beauty Max detects a disconnection in either channel it will automatically return the strength to zero in that channel and flash '00'.

The unit has 90 levels of strength except for the facial programme which only go up to 40 mA (40 steps).

If you hold down the strength controls for 3 to 5 seconds, the strength will start increasing continuously.

You may feel nothing over the first few presses. Continue pressing until the sensation is strong but comfortable. At each phase of the programme the intensity automatically adjusts to give a comfortable stimulation, however further increases during use may be necessary if your body becomes used to the sensation. To decrease the strength, press and release the lower part of the buttons marked **CH1▼** and **CH2▼**.

The yellow LED on the output socket indicates that there is an active output which can be high enough to be harmful if not used correctly. The display will remain on for 5 seconds after the plug is removed.

PROGRAMME CONTROL



The button marked **P** is the programme control. The **Beauty Max** has ten different, specially developed programmes. When the unit is first switched on it automatically enters the programme **FACE**.

Each time you press and release the **P** button, the programme changes and is shown on the LCD.

Each time you change the programme, the strength level reverts to zero. This is a safety feature to alleviate any sudden feeling of a surge, as each programme gives a different sensation.

PHASE SKIP

All the programmes except **FACE**, **PUBIS** and **RELAX** have seven phases.

The bar column in the middle of the display increases as each phase starts:

Phase 1 Phase 2 Phase 3



And so on up to the 7th phase (7 bars).



This button can be used to skip a phase. Press and hold this button for 3 to 5 seconds to skip and go to the next phase of the selected treatment session.

LOW BATTERY



An empty battery symbol will show when you need to change the batteries. The unit will shut down about 2 minutes after this.

KEYPAD LOCK



If you do not press any keys for 30 seconds, the keypad will lock so that only the keys marked **CH1▼** or **CH2▼** will work. This is to avoid accidental changes in setting. To unlock, press either **CH1▼** or **CH2▼** keys.


OPEN CIRCUIT CUTOUT

If the **Beauty Max** is not correctly connected to your body, the strength in the channel which is not properly connected will automatically reset to zero. This is to prevent sudden changes if a broken connection is re-made.


MEMORY

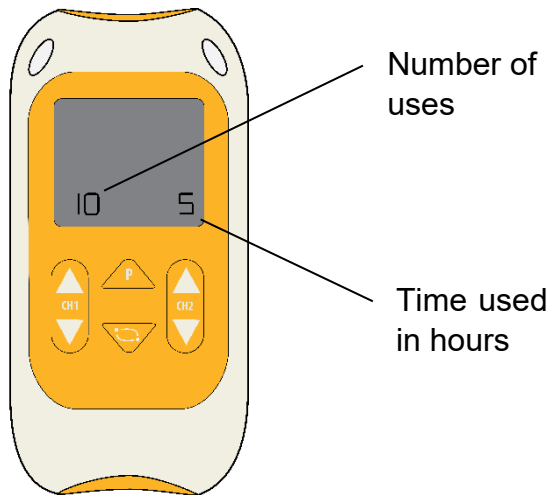
The **Beauty Max** has a Memory with three functions:

1) Programme Retention. When you switch the unit on, it will automatically start in the programme which was being used when it was switched off.

2) Usage. Press the phase skip button  and **CH2▼** together and hold down for 3 to 5 seconds. The display will show the number of times used and duration in hours used.

Press the same buttons again to return to normal controls.

3) Memory Reset. To reset memory to zero, hold down the phase skip button  and **CH1▼** buttons together for 3 to 5 seconds.



11. SETTING UP AND USING THE BEAUTY MAX

11.1. INSTALLATION OF BATTERIES

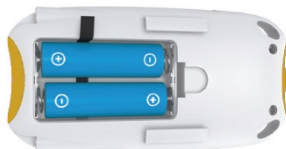
1) Remove belt clip by sliding down.



2) Remove battery cover by pulling on tag.



3) Insert batteries.



Ensure that the batteries are inserted the right way as shown in battery compartment and that the ribbon is behind them.

4) Replace battery cover and belt clip.

When the batteries are running low, a low battery indicator will show on the screen and it is important to change the batteries as soon as possible.

Rechargeable batteries

The unit will work with rechargeable batteries, but the display may appear dim.



Caution: Remove batteries from your **Beauty Max** if the unit is unlikely to be used for a long period. *Some types of batteries may leak corrosive fluid.*

Battery Life

Batteries should last at least 15 hours at 50 mA, 300 μ s, 50 Hz.

Unused batteries have a nominal shelf life of 3 years, but will usually last longer than this.



Battery Warnings

Do NOT pierce, open, disassemble, or use in a humid and/or corrosive environment.

Do NOT expose to temperatures over 60°C(140F).

Do NOT put, store or leave near sources of heat, in direct strong sunlight, in a high temperature location, in a pressurized container or in a microwave oven.


Do NOT immerse in water or get wet.


Do NOT short-circuit.

Do NOT connect the device unless the battery cover is in place.

If battery leakage occurs and comes in contact with the skin or eyes, wash thoroughly with lots of water and immediately seek medical attention.

Warning: Keep batteries out of the reach of children to prevent them from swallowing them by mistake. If swallowed by child, contact doctor immediately.

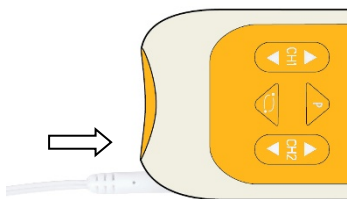
 **Caution** NEVER attempt to recharge an alkaline battery. *Risk of explosion.*

 **Caution** Do not mix old, new, or different types of batteries as this may lead to battery leakage or low battery indication.

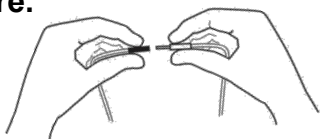
Disposal: Always dispose of batteries and device responsibly according to local government guidelines. Do not throw batteries onto a fire. Risk of explosion.

11.2. CONNECTING LEAD WIRES

Insert the lead wire plug into the base of the unit.



Attaching the electrode pads to the lead wire.



Push the pin ends firmly into the pigtail ends of the electrode pads.

The lead wires may be damaged by rough handling and should be treated with care.

Lead wire colour coding.

The ends of the lead wires are coloured red or black. One of the electrode pads should be positioned over the motor point (see 8.3.).

When using the lead splitters, push the pin ends of the lead wire firmly into the lead splitter input channel. The ends of the lead splitters should then be inserting into the pigtail ends of the electrode pads.

11.3. PREPARING FOR SESSION

1) Before use make sure your skin is clean and dry.

If you are using the **FACE** programmes, clean the skin carefully before applying electrode pads, removing all makeup, oils and creams. Residue from these can prevent the electrode pads from adhering properly. Use an Aloe Vera based cream after treatment to soothe any skin irritation.

2) Place the electrode pads on the skin, see section 8.

3) If you are using your **Beauty Max** while moving, you can attach the unit to your belt using the belt clip or hang it around your neck using a neck cord (not included). For safety, use thread or wool that will snap easily if the unit snags on something.

You can safely lean on the electrode pads. The sensation might change.



Warning: Ensure the **Beauty Max** is switched OFF before applying the electrode pads on the skin.

11.4. TRAINING SESSION

- 1) Press and hold the **ON** button on the control unit for 3 to 5 seconds to switch the control unit on.
- 2) When switched on for the first time, the **Beauty Max** will automatically select the programme **FACE**. Next time, it will automatically select the programme you were using the last time it was switched off.
- 3) You can select from the 10 preset programmes. Details in section 7 will help you identify the best programme to suit you.
- 4) Identify the correct pads positioning for the selected area and apply the electrode pads as described in section 8.3.
- 5) Once the electrode pads are correctly positioned, adjust the intensity as described in 7.3. with the buttons **CH1▼**, **CH1▲**, **CH2▼** and **CH2▲**. The LCD display shows the strength of intensity used for each channel.



Note: If the sensation becomes uncomfortable, reduce the intensity.

11.5. AFTER YOUR TRAINING SESSION

When the timer reaches zero, your session is complete and the unit turns off.

- 1) Check that the control unit is OFF. If it is not, hold down the **OFF** button to switch off then remove the electrode pads from your skin by holding the pad itself and gently pulling. Be careful not to pull the wires as this may damage them.
- 2) Replace the electrode pads to their protective plastic shield and return them to the re-sealable plastic bag.



Note: When removing the electrode pads, **DO NOT PULL ON LEAD WIRES.**

12. CLEANING & STORAGE

Clean the case and lead wires at least once a week by wiping with a damp cloth and a solution of mild soap and water. Wipe dry.

- **Do not** immerse your **Beauty Max** unit in water.
- **Do not** use any other cleaning solution than soap and water.

Storage life

- Storage life of an unopened pack of self-adhesive electrode pads is 2 years. This may be affected by very high temperatures or very low humidity.
- The unit has no fixed shelf life.

13. EMC

Wireless communications equipment such as wireless home network devices, mobile phones, cordless

telephones and their base stations, walkie-talkies can affect this equipment and should be used no closer than 30cm (12 inches) to any part of the device.

(Note. As indicated in 5.2.1.1(f) of IEC 60601-1-2:2014 for ME EQUIPMENT).



Note: For hospital use, full EMC advice tables are available on request.

14. DISPOSAL OF WASTE ELECTRICAL AND ELECTRONIC PRODUCTS (WEEE)

One of the provisions of the European Directive 2012/19/EU is that anything electrical or electronic should not be treated as domestic waste and simply thrown away. To remind you of this Directive all affected products are now being marked with a crossed-out wheelie bin symbol, as depicted below.

To comply with the Directive, you can return your old electro-therapy unit to us for disposal. Simply print a postage-paid PACKETPOST RETURNS label from our website www.tenscare.co.uk, attach this to an envelope or padded bag with the unit enclosed, and post it back to us. Upon receipt, we will process your old device for components recovery and recycling to help conserve the world's resources and minimise adverse effects on the environment.



15. ACCESSORIES

Expected Service Life

- The machine will often last for more than 5 years but is warranted for 2 years. Accessories (lead wires, electrode pads, and batteries) are not covered by the warranty.
- Lead life depends greatly on use. Always handle the leads with care. We recommend replacing the lead wires regularly (about every 6 months).
- Electrode pads should last 12 to 20 applications, depending on skin condition and humidity.
- AA alkaline batteries should last about 48 hours of continuous use.

Replacement electrode pads, new batteries and lead wires are available from your supplier or distributor (see back cover for contact details), by mail order from TensCare, by telephone using a credit or debit card, or through the TensCare website.

The following replacement parts may be ordered from TensCare at www.tenscare.co.uk or +44(0) 1372 723434.

E-CM3050	Face electrode pads Pack of 4 pairs
E-CMR60130	Breast electrode pads Pack of 4 (2 pairs)
E-CM5050	Square electrode pads Pack of 4
E-CM50100	Large electrode pads Pack of 4
E-SV5050	Sensitive skin blue gel electrode pads Pack of 4
L-CPT	Lead wire
L-MXSP	Lead splitters

B-AA 1.5V AA batteries
X- BC-PT Replacement belt clip
X- BL-PTT Battery cover

16. WARRANTY

This warranty refers to the unit only. It does not cover, electrode pads, battery, or the lead wires.

PRODUCT INFORMATION WARRANTY

This product is warranted to be free from manufacturing defects for 2 years from date of purchase

This warranty is void if the product is modified or altered, is subject to misuse or abuse; damaged in transit; lack of responsible care; is dropped; if incorrect battery has been fitted; if the unit has been immersed in water; if damage occurs by reason of failure to follow the written instruction booklet enclosed; or if product repairs are carried out without authority from TensCare Ltd.

We will repair, or at our option replace free of charge, any parts necessary to correct material or workmanship, or replace the entire unit and return to you during the period of the warranty. Otherwise, we will quote for any repair which will be carried out on acceptance of our quotation. The benefits conferred by this warranty are in addition to all other rights and remedies in respect of the product, which the consumer has under the Consumer Protection Act 1987.

Our goods come with guarantees that cannot be excluded under the UK consumer Law. You are entitled to have

the goods repaired or replaced if the goods fail to be of acceptable quality.

If necessary, we will provide circuit diagrams, component part lists or other information that will assist authorized service personnel to repair the device.

Before you send your unit for service

Before sending in your unit for service, please take a few minutes to do the following:

Read your manual and make sure you follow all the instructions.

Returning your unit for service

Should repair be needed within the warranty period, enclose the tear off section of the warranty card (see page 33) and your proof of purchase receipt. Please ensure all relevant details are completed before sending your unit in for service. Please ensure your contact details are still current and include a brief description of the problem you are experiencing together with your purchase receipt.

For hygiene reasons, please do not include used electrode pads. Send only the unit and lead wires.

Please return the unit and warranty card (see page 35) at your cost to:

TensCare Ltd

PainAway House,
9 Blenheim Road,
Longmead Business Park,
Epsom, Surrey
KT19 9BE, UK

Should you require any further information please do not hesitate to contact us by calling our number:

+44 (0) 1372 723 434.

17. TROUBLESHOOTING




If your **Beauty Max** is not working properly, please check the following:

Problem	Possible causes	Solution
No display	Flat batteries.	Replace batteries.
	Batteries inserted incorrectly.	Remove plastic wrap. Check + / -
	Damaged springs in battery compartment.	Contact supplier.
Low battery display	Low batteries.	Replace batteries.
No sensation	Intensity is not strong enough.	Increase strength. Most users will feel something at a setting below 20 mA.
Output will not increase above zero	Open circuit cut-out operating. Lead not connected to body or faulty/damaged.	Ensure machine is attached to your body correctly. Try using the second lead wire. Purchase replacement if necessary.
	(Lead wires can break at the bend where they leave the machine giving no, or intermittent, output).	
Sudden change in sensation	If you disconnect and re-connect a few minutes later, the signal will feel quite a lot stronger.	Always return strength to zero after disconnecting the leads or electrode pads.

If the above review has failed to resolve your problem, or to report unexpected operation or events, or to provide feedback call TensCare or your local supplier or distributor (address on back cover) for advice.

Contact TensCare customer service on +44 (0) 1372 723 434. Our staff are trained to assist you with most issues you may have experienced, without the need to send your product in for service.

18. GENERAL SPECIFICATION

Waveform	Asymmetrical Bi-Phasic
Amplitude FACE over 500 Ohm load Other programmes over 1 kOhm load	40 mA zero to peak +ve in 40 steps. 90 mA zero to peak +ve in 90 steps +/- 10% Modified constant charge control
Output plug	Fully shielded: touch proof
Channels	Dual channel
Batteries	2 x AA alkaline (two AA batteries)
Weight	75 g without batteries
Dimensions	120 x 60 x 20 mm
Safety Classification	Internal power source. Designed for continuous use. No special moisture protection.
Environmental specifications:	
Operating:	Temperature range: 5 to 40 ⁰ C Humidity: 15 to 93% RH non-condensing Atmospheric pressure: 700hPa to 1060hPa
Storage:	Temperature range: -25 to +70 ⁰ C Humidity: Up to 93% RH non-condensing Atmospheric pressure: 700hPa to 1060hPa
TYPE BF APPLIED PART	 Equipment providing a degree of protection against electric shock, with isolated applied part.
	This symbol on the unit means "Refer to Instructions for use".
	Complies with EU WEEE regulations



Note: The electrical specifications are nominal and subject to variation from the listed values due to normal production tolerances of at least 5%.

NOTES

RETURN THIS PORTION ONLY WHEN YOU RETURN YOUR PRODUCT FOR REPAIR UNDER WARRANTY.

NAME: _____

ADDRESS: _____

POSTCODE: _____

DAYTIME TELEPHONE: _____

E-MAIL: _____

MODEL: _____

DATE OF PURCHASE: _____

**ATTACH PROOF OF PURCHASE
DO NOT SEND IN ELECTRODE PADS**

RETAILER'S NAME: _____

RETAILER'S ADDRESS: _____

RETAILER'S POSTCODE: _____

BRIEF DESCRIPTION OF PROBLEM YOU ARE EXPERIENCING: _____

WARRANTY IS VOID UNLESS THE ABOVE INFORMATION IS COMPLETED AND CORRECT.



TensCare aim to give you the best possible product and service. We listen to your suggestions and are constantly trying to improve our products. We also want to learn about the way our products are used, and the benefits they give. If you have anything you would like to share with us, please get in touch.

www.tenscare.co.uk

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EC Declaration of Conformity

TensCare Ltd hereby declare that an examination of the production quality assurance system has been carried out following the requirements of the UK national legislation according to the low voltage Directive 2014/35/EU on electrical equipment. We certify that the production quality system conforms with the relevant provisions of the aforementioned legislation, and the result entitles the organization to use the CE marking on this product.

Distributed by:



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www.tenscare.co.uk