

*i*BEAUTY TENS



User's Manual

New Age Italia srl

Production Site: Via De Brozzi, 3 – 48022 Lugo (RA)

Phone +39 0545/32019 – Fax +39 0545/369028

VAT No. 02299101200

www.newageitalia.it – info@newageitalia.it

TABLE OF CONTENTS

Chap.1– PRESENTATION	4
1.1– What is iBeauty Tens ?	4
1.2– Who is it for?	4
1.3– Fields of use	4
Chap.2– SAFETY REGULATIONS.....	5
2.1– General rules	5
2.2– Contraindications	5
2.3– Precautions during use	5
2.4 – Special notices.....	6
Chap. 3 – FUNCTIONS.....	7
Chap. 4 – OPERATIONS	7
Chap.5 - FURTHER INFORMATION ABOUT PROGRAMS	8
Chap. 6 – PROGRAMS	9
6.1 – Programming the sessions.....	10
Chap. 7 – APPLICATIONS.....	10
7.1 – Positioning the electrodes.....	10
Chap. 8 – TECHNICAL SPECIFICATIONS.....	11
8.1– Technical characteristics	11
8.2– Basic equipment.....	11
8.3– Accessories.....	11
Chap. 9 – MAINTENANCE	11
Chap. 10 – SYMBOLS.....	12
Chap. 11 - WARNINGS.....	12
<u>ATTENTION:</u> READ THE USER MANUAL CAREFULLY BEFORE USE	

Chap.1– PRESENTATION

Dear Customer,

Thank you for having chosen ours, out of the many electrostimulators the market has to offer. New Age Italia, a company which has been producing and marketing electromedical appliances since 1985, has met with success both among experts and among consumers, thanks to the reliability of its products, to the excellent after sales service and to the technical advisory after sale services on how to use the products.

New Age Italia s.r.l.

1.1– What is iBeauty Tens ?

iBeauty Tens is the new, complete electrostimulator for everyday fitness. It is especially suitable for modelling the body and treating the most common kinds of pain. Its memory contains 16 pre-set programs ready-to-use for every kind of stimulation; the programs can be used for many different treatments of toning, localised thinning, analgesic therapy, etc.). IBeauty Tens is equipped with two independent channels in order to stimulate 2 areas of the body at the same time, adjusting the intensity according to one's own sensitivity. The battery feeding allows you to use it everywhere, also in a trip.

1.2– Who is it for?

iBeauty Tens can be used by all those people who want to carry out specific treatments directly at home or when travelling. Its ease of use means it can be applied at any time in order to take full advantage of its effects and obtain surprising results.

1.3– Fields of use

IBeauty Tens has many different applications which range from modelling of the body, stiffening of inactive and hypotonic muscles, analgesic therapy for every kind of acute and chronic pain. With the IBeauty Tens, one can also stimulate circulation, promoting relaxation and lymphatic drainage. It is an excellent replacement or support for physical activity, muscular maintenance or empowerment, especially appreciated by sportsmen and sportswomen for athletic preparation during the first stage of muscle building.

Chap.2– SAFETY REGULATIONS

2.1– General rules

Before using the device for the first time, you must read the user manual carefully. In order to use it properly, before starting it up or connecting it to the patient, you must:

- (1) make a sight check, to identify any **signs of damage**;
- (2) carefully take note of all the **notices** on the device;
- (3) take away any **liquid containers** since the device is not protected against entry of liquids (IP 20);
- (4) make sure the **accessories are available** for applying stimulation (see paragraph on Basic equipment).

2.2– Contraindications

Electrostimulation must not be carried out on:

- (1) on pacemaker carriers or on individuals affected by heart trouble or heart rhythm trouble;
- (2) on the front surface of the neck, since this could lead to larynx spasms;
- (3) on the side of the neck, due to the sensitivity of the carotid;
- (4) in the abdomen and lumbar-sacral region, with pregnant women;
- (5) on areas affected by skin lesions, mucose, altered local sensitivity, infective processes, inflammations, phlebitis, thrombophlebitis;
- (6) in case of implanted electronic equipment (e.g. pacemaker) in the area immediately below the area being stimulated;
- (7) on areas affected by tumours and in the abdominal/lumbar area when liver or kidney stones are present;
- (8) Keep it out of the reach of children.

2.3– Precautions during use

We suggest you **consult a physician** and use the electrostimulator under his or her control if:

1. you use the neuromuscular stimulation for analgesic purposes on patients affected by painful syndromes, in order to identify the reason behind their pathology, especially when the symptoms do not regress within a few days after the analgesic stimulation has been applied;
2. applying the electrodes on the face (keep off from the eyes at least 3-5 cm);
3. near segments to be treated which host metal synthetic media and intra-tissue metals (like prostheses, osteosynthesis materials, spirals, screws, plates);
4. patients suffering from epilepsy and Parkinson's disease, the sensitivity threshold could be altered;

5. women who are certainly or supposedly pregnant, applying the stimulation only in peripheral areas, such as the top or bottom limbs;
6. applying the electrodes in areas affected by tendon or muscle injury;
7. patients affected by spastic paralysis.

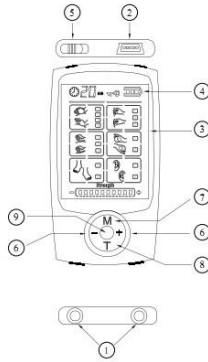
We suggest you do not apply the electrodes:

8. above the eye bulb;
9. directly on delicate areas, such as the middle of the breast, the groin or the armpits, or on sensitive areas;
10. never place the heart muscle between the positive and the negative poles, i.e. never put one electrode on the front of the torso and the other on the back near the heart area;
11. on different patients, to avoid the crossed contamination phenomenon.

2.4 – Special notices

1. We suggest you do not use the electrostimulator **after a heavy meal**.
2. Should any sign of **tachycardia**, **extrasystolia**, or **failure to tolerate the stimulation** appear during the treatment, you should **suspend** the treatment to bring the whole situation back to normal.
3. At the end of the session, the area the electrode was applied on may **reddden slightly**, or else a capillary may burst in the area. In this case we suggest you **use a lighter frequency** or **a lower stimulation intensity**.

Chap. 3 – FUNCTIONS

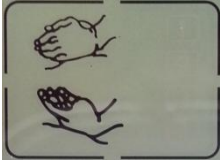


- | | | |
|-------------------------|-------------------------|--------------------|
| 1. Two output connector | 4. Battery indicator | 7. Mode selector |
| 2. USB port | 5. On/ off switch | 8. Time adjustment |
| 3. LCD screen | 6. Intensity adjustment | 9. Pause switch |

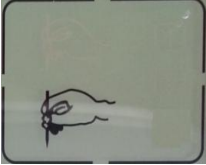
Chap. 4 – OPERATIONS

1. **Clean off** the area of application and remove any creams or lotions;
2. **fit the batteries** into the compartment on the back of the device. Make sure the polarity is as shown inside;
3. **connect the cables** you need (1 or 2) with the plugs in the holes located at the upper part of the device;
4. **connect the electrodes** in each clip of the connected cables;
5. **remove the plastic support** lifting the electrode by a flap;
6. **apply** the electrodes on the zone to be treated, following the pictures at the end of the manual and the instructions in the Chapter APPLICATIONS (the polarity of the plugs is not important); press the electrodes for a few seconds so the gel adheres perfectly, even in the corners;
7. press the ON/OFF button to **turn on** the device;
8. press M and the central key to look for the desired program (see **Programs Table**): with the M key you will get access to 6 macrocategories, each category consists of two, three or four subcategories that are the programs. While the indicator flickers when placed on one macrocategory, press the central key to select the desired subcategory (program). Programs can be set to run for a preferred duration ranging from 10 to 60 minutes. Upon completion of the selected treatment duration, the program stops automatically. You can set the time using the T key;
9. pressing the central key (9) for five seconds the keyboard will be blocked, to unblock it press it again for 5 seconds.

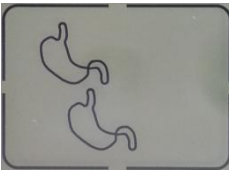
Chap.5 - FURTHER INFORMATION ABOUT PROGRAMS



1	Muscular workout for upper limbs 50Hz
2	Muscular workout for lower limbs 10Hz
3	Muscular workout for back 2Hz
4	Abdominal muscular workout 50Hz



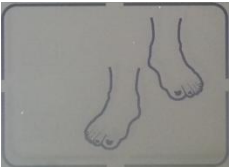
1	Reactivation blood circulation 1->50Hz
2	Reactivation lymphatic microcirculation 1-20Hz
3	Pinch massage (antalgic) 40Hz



1	Muscular workout high abdominal 60Hz
2	Muscular workout lateral abdominal 20-40Hz
3	Muscular workout low abdominal 20-50Hz



1	Ayurvedic antalgic massage 600Hz
2	Shiatsu antalgic massage 500-600Hz



1	Deep antalgic massage 1-50Hz
2	Deep antalgic localized massage 20-50Hz



1	Reflex therapy massage 600Hz
2	Acupuncture 500-600Hz

NOTES:

- as the minutes go by, the stimulation may increase or diminish; in this case, increase or diminish the intensity so as to keep the stimulation constant;
- the intensity of Channel 1 and Channel 2 can be set differently;

c) for muscular development or to increase the effects increase the intensity gradually throughout the duration of the program.

ATTENTION: if the stimulation becomes bothersome or painful, decrease the intensity or press the key 9 to interrupt the session.

10. **at the end:** you can **set** another program, repeating the operations from point 7 or else you can **turn the device off** by pressing ON/OFF;

NOTE: each programs stops automatically after 30 minutes; if the device is unused for 3 minutes, it shuts down automatically;

11. **put the electrodes** on their supports and insert them back in their bags;

NOTES:

a) if the adhesive gel does not attach perfectly, wet it with water;

b) if the temperature is high or if not used for a long time store in the fridge;

12. **disconnect the cables and store** all the components in the case;

13. **put in a cool and dry place** far from sunlight.

Chap. 6 – PROGRAMS

IBeauty Tens has 16 preset programs. Each program produces different effects, and can be used for specific purposes. You can also combine different programs in the same session or week planning. Table 1 shows all the programs and how to use them (principal effect).

Programs Table

N.	PROGRAM
P1	Upper limbs muscular workout
P2	Lower limbs muscular workout
P3	Back muscles workout
P4	Abdominal muscles workout
P5	Blood microcirculation reactivation
P6	Lymphatic microcirculation reactivation
P7	Antalgic pinch massage
P8	Upper abdominal workout
P9	Lateral abdominal workout
P10	Lower abdominal workout
P11	Ayurvedic antalgic massage
P12	Shiatsu antalgic massage
P13	Deep antalgic massage
P14	Deep antalgic localized massage
P15	Reflexology
P16	Acupuncture

6.1 – Programming the sessions

In order to carry out effective treatment using IBeauty Tens, apply the stimulation on every treating area for 30 minutes, at least twice a week. For the treatment of diffused and compact cellulitis it can be useful to repeat the treatment (total 60 minutes); for acute pathologies and particularly intense and continuous pains it is advisable to repeat the specific analgesic program 2 - 3 times in the same day after some hours.. See the following number of weekly sessions suggested in base of program type.

- **Muscle stimulation** – 2 - 3 applications on alternate days; use P6 program after the most intense sessions or fatiguing trainings.
- **Aesthetic treatments** – between 3 and 5 sessions (also every day); to get also the toughening of the treated zones, combine with the muscular stimulation in the same session or in alternated days.
- **Analgesic therapy** – apply every day (or when it's necessary) until the pain disappears or decreases considerably. After 10 - 20 applications if the pain persists, refer to a physician.

Chap. 7 – APPLICATIONS

The centre of the manual shows some possible ways of positioning the electrodes: on **muscles** for stimulation, on **adipose areas** for local thinning and on **painful spots** for analgesic therapy.

ATTENTION: READ CAREFULLY THE CONTRAINDICATIONS BEFORE THE APPLICATION.

7.1 – Positioning the electrodes

Following are some general techniques:

- **Muscle stimulation**– apply 2 electrodes at 1 to 2 cm from the beginning and the end of the muscle, in a longitudinal direction. For large muscles, use 4 electrodes with 2 Channels (e.g.. quadriceps, glutei).
- **Beauty treatments** – apply 2 or 4 electrodes to the area to be treated in order to mark off the surface involved, always at 1 to 2 cm from the limit of the area itself; there are no specific points for positioning.
- **Analgesic therapy** - apply 2 electrodes on sides of painful area delimit the trigger point. For restricted painful areas, apply the negative electrode on the point of pain and the positive at 2 to 3 cm of distance. If the pain is diffuse and deep, apply 4 electrodes around the trigger point.

Chap. 8 – TECHNICAL SPECIFICATIONS

8.1– Technical characteristics

Power: rechargeable battery Li-ion 1,5V
Wave form: rectangular biphasic and TENS
Channels: 2 independent
Intensity: 0-60 mA (20 regulation levels)
Frequency: 1-600 Hz
Impulse width: 40-400 µs

8.2– Basic equipment

Device
N.2 cables
N.4 pre-gelled adhesive electrodes
N.1 battery
User manual

8.3– Accessories

Pre-gelled adhesive electrodes
Splitting cables
Conducting velcro bands

Chap. 9 – MAINTENANCE

- **Equipment:** clean with a damp cloth. Keep the device in a cool and dry place, far from sunlight.
- **Batteries:** in normal conditions they last for some weeks. Replace the batteries with some of the same kind, or with rechargeable batteries; do not use different kinds of batteries at the same time.
- **Electrodes:** under conditions of ordinary use, they last at least 10 to 15 applications or more. After use, put them immediately back on their supports, and always close them in their bags. When the gel loses adherence, wipe the pre-gelled part before and/or after application. To ensure longer life, keep the electrodes in a refrigerator.

After sales service:

New Age Italia s.r.l.

Via De Brozzi, 3 - 48022 Lugo (RA)
Tel:+39-0545.32019 - Telefax: +39-0545.369028
E-mail: asstecnica@newageitalia.it

Chap. 10 – SYMBOLS



CLASS II DEVICE



EQUIPMENT OF BF TYPE



REFER TO THE ATTACHED DOCUMENTATION



THIS DEVICE HAS BEEN MARKED CE ACCORDING TO THE DIRECTIVE 93/42EEC ON MEDICAL DEVICES WITH No. MED26017 BY THE NOTIFIED BODY No. 0476.



WASTE DISPOSAL IN AGREEMENT WITH THE DIRECTIVE 2002/96/EC AND 2003/108CEE

Chap. 11 - WARNINGS

Disposal: The device must be disposed of in accordance with the local regulations for disposal of special waste.

The tool works according to its specifications, if the environment is maintained to an inclusive temperature between the 5° and the 40° Cs and with damp inferior to 80%. The same conditions must be maintained during transport and storing.

Do not use in the immediate proximities of cellular telephones (maintain them to at least some meter of distance).

Operate in proximity (for instance to 1 meter) of an instrument for waves therapy short, or microwaves, can produce instability in the exit of the device.

Don't simultaneously connect the patient with the electrostimulator and with a surgical instrument HF, to avoid dangers for the patient and for the same stimulator. You recommends to the operator not to contemporarily touch patient and active parts.

In case of malfunctions and breakdowns, it is opportune to exclusively send the tool to the house builder. You recommends not to operate in proximity of inflammable substances

You keeps in mind that the use of the same electrodes and the same envelopes in sponge or of the same conductive bands on more patients it could favour phenomenon of cross infection among the same.