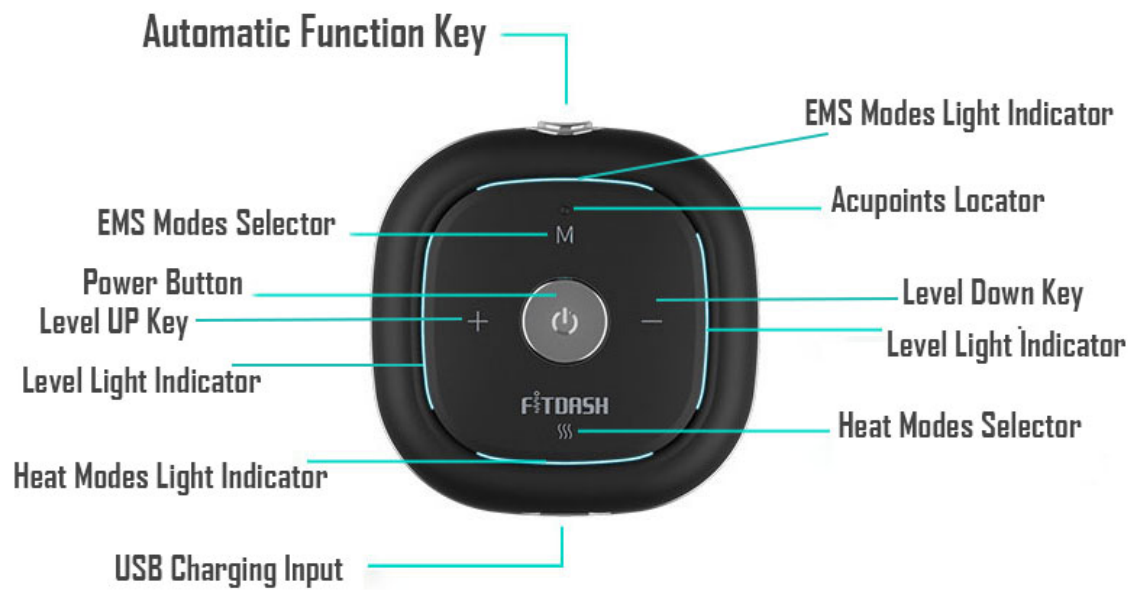


## HOW TO USE FITDASH™

- 1- Apply Massage oil, lotion, or essential oil on the target area (Optional)
- 2- Remove the protective cap from the bottom
- 3- Adjust the height of the EMS thimble by gently unscrewing it by hand



- 4- Long press the power button to turn on the device
- 5- Place the device on the sore areas
- 6- Long press the function key to find acupoints
- 7- Short press the EMS Mode Selector once to switch between 3 modes
  - **M1 Acupuncture:** Green Light
  - **M2 Tapping:** Blue Light
  - **M3 Kneading:** Red Light
  - **NO EMS:** No Light
- 8- Short press the Heat Mode Selector once to select the desired temperature
  - **38°C:** Blue Light
  - **40°C:** Green Light
  - **42°C:** Red Light
  - **45°C:** Multi-Colour
  - **No Heat:** No Light
- 9- Use the Level Up & Down Keys to adjust the level of EMS & Heat Intensity
- 10- Combine EMS & Heat with Cupping function to achieve the desired result
- 10- The device automatically turns off after 15 minutes of use
- 11- Apply essential oil or lotion on the treated area after the treatment



#### EMS LIGHT INDICATOR GUIDE

- **GREEN:** Low Intensity M1
- **BLUE:** Moderate Intensity M2
- **RED:** High Intensity M3

#### TEMPERATURE LIGHT INDICATOR GUIDE

- **GREEN:** 38°C
- **BLUE:** 40°C
- **RED:** 42°C
- **MULTI-COLOR:** 45°C