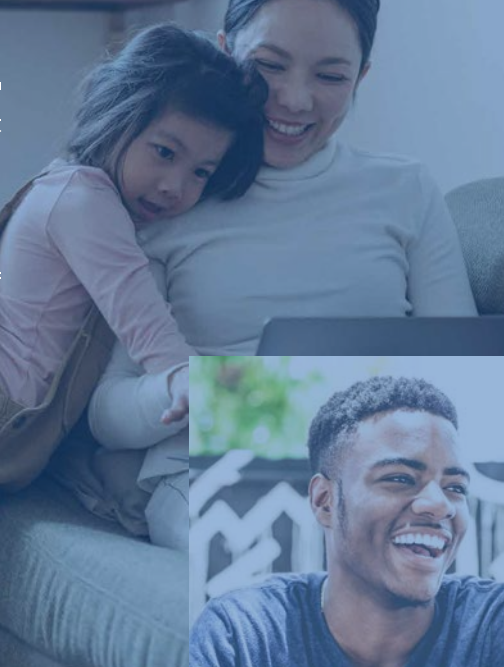




TensCare™

Product Catalogue

2024



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About us

Recognised with the prestigious Queen's Award for Enterprise, TensCare stands as a beacon of distinction in the healthcare industry. This accolade is emblematic of our commitment to excellence and also our contribution to International Trade and impact on communities worldwide. Joining hands with us means aligning with a brand that not only cares for its users but actively contributes to enhancing their quality of life.



Our mission extends beyond mere product offerings. We believe in the power of collaboration, acknowledging that by working together, we can create ripples that extend beyond ourselves. When you partner with TensCare, you become part of a team dedicated to improving lives and making a positive impact on the world.

At TensCare, over the last 30 years we've built a legacy rooted in the pursuit of excellence, in 2017 we became Employee Owned with the majority of shares held in Trust for our employees. This unique structure ensures that every team member is a stakeholder, fostering a deep commitment to understanding and meeting customer needs. Our ISO 13485 accreditation, and product registrations around the world with many Ministry of Health bodies including FDA, TGA, CFDA, HC, COFEPRIS underscores our dedication to quality, ensuring that our products exceed world medical and consumer health and safety requirements .

We offer a range of drug-free therapeutic devices for all ages targeting many specific ailments and well-being concerns, from pain relief during childbirth to often age-related ailments such as arthritic pain; from migraine relief to toe nail fungal treatments. Our cutting-edge product portfolio sets new standards, consistently exceeding user expectations. Our electrotherapy devices aid muscle rehabilitation for the pelvic floor improving continence and relieving bladder weakness, to our beauty devices reducing the appearance of aging.



Our first 30 years have seen many innovative breakthroughs and at TensCare we remain forward-focused, committed to continuous research and development. Our products, driven by advanced digital technology, evaluation of clinical research and listening to our customers, not only meet current demands but also anticipate future needs. Furthermore, our expertise in collaboration allows us to design bespoke units tailored to your specific requirements, market demands, or unique patient needs.

Join with us in shaping the future of healthcare. TensCare has a commitment to the well-being of those we work with and those we serve, a promise of innovation, and a partnership that goes beyond business. Together, we can converge innovation with compassion to create positive change for the prosperity and health of our customers one TensCare product at a time.





The TensCare pain relief range provides safe, effective, drug-free pain relief for a wide range of chronic, acute and musculoskeletal pains. TensCare devices use clinically proven treatment methods including TENS, EMS and heat to relieve pain from conditions such as dysmenorrhea (period pain), endometriosis and fibroids, chronic pain such as migraine headaches, arthritis and fibromyalgia, and general and acute pain such as back pain, post-surgical pain and injuries.

What is TENS?

TENS stands for Transcutaneous Electrical Nerve Stimulation. TENS stimulates your body's own natural defences against pain. TENS is entirely safe and has been used successfully by thousands of pain sufferers.

How does TENS work?

TENS sends gentle electrical stimulation through the skin to provide pain relief in one of two ways:

Pain Gate and Endorphin Release.

Pain Gate: The pain gate works by releasing chemicals in the synapse at spinal level that inhibits transmission of pain signal. TENS stimulates the sensory nerves, which carry touch and temperature signals to the brain. These nerves go to the same connections in the spine as the nerves carrying pain. A strong sensory signal will block the pain signal travelling up the spine to the brain. This is known as closing the "Pain Gate" and takes effect quite quickly after the unit is switched on. When the pain gate is open, pain messages are sent to the brain, and we feel pain. When the pain gate is closed, these pain messages are blocked, and pain is not felt.

Endorphin Release: At low frequency settings, and slightly stronger outputs, TENS drives the motor nerves to produce a small repetitive muscle contraction. This is seen by the brain as exercise, and this promotes the release of endorphins – your body's own natural pain killer. The relief builds up and normally takes about 40 minutes to reach a maximum level which can last for hours after the machine is switched off.

TENS Applications

TENS is effective for pain relief from a very wide range of causes.

Musculoskeletal Pain

Joints: Osteoarthritis, rheumatoid arthritis, psoriatic arthritis, gout, spondylarthritis
Bones: Osteoporosis, osteopenia, associated fragility fractures, traumatic fractures, carpal tunnel syndrome
Muscles: Sarcopenia
Widespread: Fibromyalgia

Chronic Pain

Sciatica, lumbago, arthritic pain, migraine, constipation (back pain): osteoporosis, spinal stenosis, vertebral fracture, pinched/compressed nerve, ankylosing spondylitis and degenerative disc disease

Acute Pain

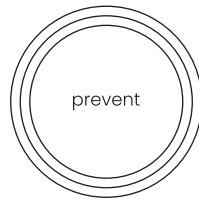
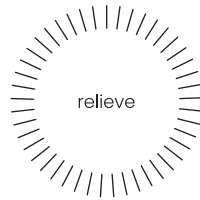
Sprains & strain, labour pain (childbirth)

Mynd

Migraine relief

Mynd uses clinically-proven TENS technology to stimulate branches of the trigeminal nerve for:

- Instant and effective relief during a migraine
- Reduce the frequency and intensity of future migraine episodes



Device Features:

- 40 intensity levels provide effective and comfortable level of stimulation
- Two programmes, one for treatment and one for prevention
- Reusable gel pads provide 3-5 applications per pad



Migraine relief

Clinically-proven electrotherapy device to treat the symptoms of migraine headaches and reduce the frequency of migraine attacks.

- There is no known cause for migraine, although most people with it are genetically predisposed to migraine.
- If you are susceptible to migraine there are certain triggers which commonly occur. These include stress, lack of food, alcohol, hormonal changes in women, lack of sleep and the environment.
- Scientists have found that the predisposition to the disease is inherited, through the female line.

Mynd uses TENS to alleviate migraines as well as pain from cluster & tension headaches.



Drug-free solution



Safe & effective



No severe side-effects

Pain Relief





For instant, effective and lasting pain relief

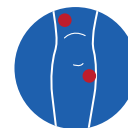
Suitable for a range of pains and ailments:

PerfectTENS General pain relief

Our best selling TENS device, Perfect TENS uses clinically proven treatment programmes to provide relief from chronic, acute and musculoskeletal pain.

Device Features:

- Pain Gate and Endorphin release pain relief mechanisms.
- 9 Pain Relief programmes including preset and adjustable programme settings.
- Adjustable treatment times, from 5 minutes to continuous treatment.



Knee pain



Back pain



Arthritis



Hip pain



Fibromyalgia



Sciatica



Postoperative pain



Sprains, tears and muscle strain

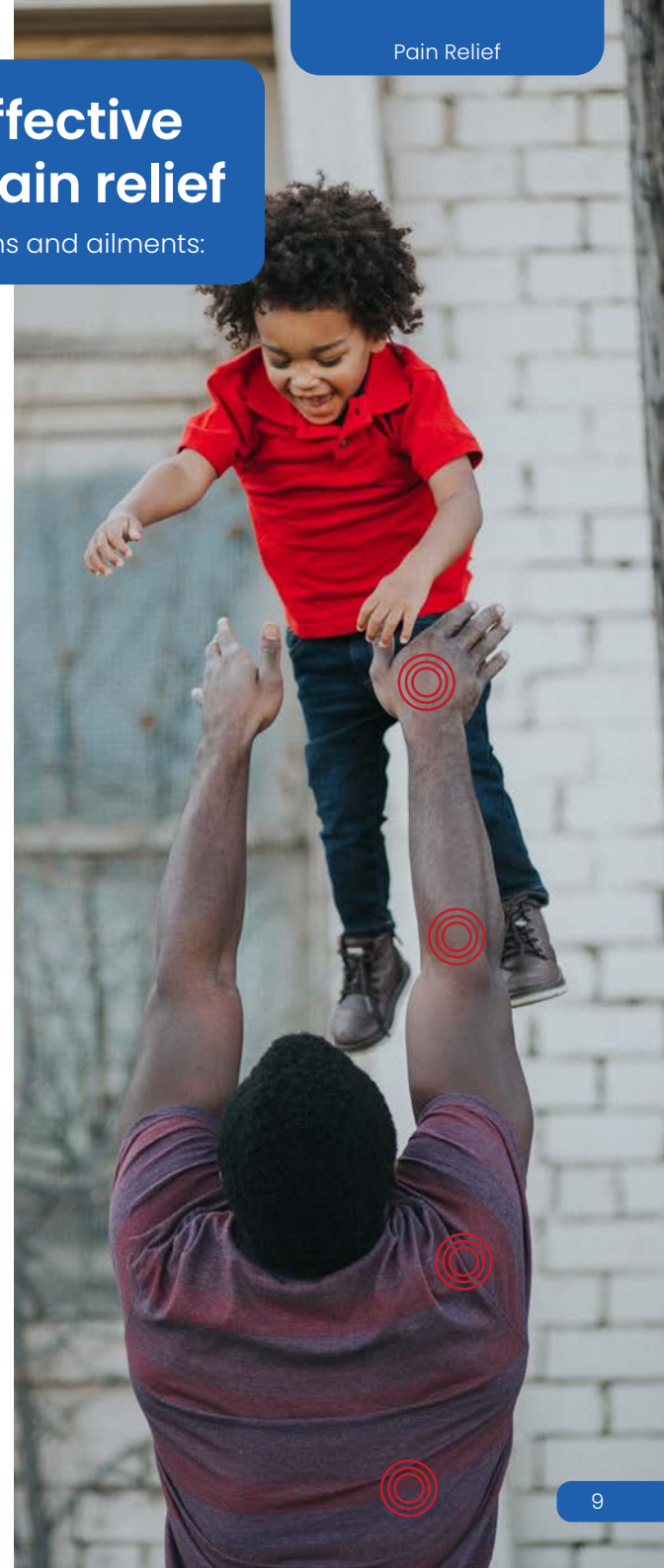


TENS One General pain relief

TENS One is a versatile TENS unit that provides complete adjustability in treatment parameters, allowing you to select the parameters that work best for you.

Device Features:

- Adjustable dials for precise adjustment in treatment parameters.
- Pain Gate and Endorphin release pain relief mechanisms.
- Constant, burst and modulation stimulation modes.
- Adjustable treatment times, from 15 minutes to continuous treatment.



Put an end to period pain

The Ova Period Pain Relief range offers clinically tested devices to treat symptoms of primary menstrual pain (dysmenorrhoea) and secondary menstrual pain due to conditions such as endometriosis, fibroids or pelvic inflammatory disease.



TENS, Heat, Massage Therapies

TENS

- Provides analgesic effect
- Relaxes uterus muscles
- Blocks pain signals
- Stimulates endorphin production for natural pain relief

Heat + Massage

- Increases blood flow
- Reduces muscle tension and relaxes abdominal muscles
- Soothes menstrual cramps
- Reduces bloating



Natural and drug-free solutions with no side effects



Instant and lasting pain relief



Suitable for endometriosis



Discreet and wearable, use at home or on-the-go



Recommended by healthcare professionals



Ova Therma Belt

The Ova Therma Belt provides soothing heat therapy and gentle massage to help you deal with the symptoms of period pain.



Device Features:

- Wearable, with an adjustable belt strap
- Adjustable heat and massage levels, 1-3



Ova+

Ova+ uses TENS technology to provide instant and lasting relief from period pain.



Device Features:

- Our best-selling period pain reliever
- Small and discreet, attaches by a belt clip.
- Variable TENS modes for all levels of pain



Ova 3

Ova 3 is the ultimate period pain relief device, combining TENS and soothing heat therapy to provide you instant and effective relief from menstrual cramps.



Device Features:

- Our newest period pain reliever.
- Combining TENS and Heat therapies
- Wearable with adjustable electrodes positioning





Wearable electrodes for targeted pain relief

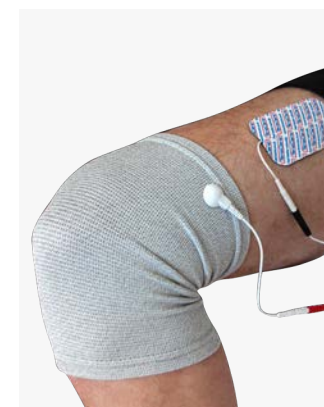
Combine your TensCare device with conductive garment electrodes to treat pain in the hands knees and feet, in particular arthritic pain.

The iSock, iGlove and KneeStim use our innovative **Silver Stim Conductive Fabric Technology**



When combined with an adhesive electrode, it allows electrical stimulation to pass through the garment and provide targeted and effective treatment to either the foot, hand or knee.

Delivering electrical stimulation via the wearable garments helps to increase blood flow and mobility, reduce swelling and provide pain relief.



iSock

iGlove

Knee Stim

What's included



2 x Socks



2 x Gloves



1 x Knee Stim



Electrodes



Electrodes



Electrodes



Small & Large sizes



Small & Large sizes



One size

Suitable for:

- Ankle pain
- Arthritis in the foot
- Plantar fasciitis

- Wrist pain
- Arthritis in the hand
- Carpal tunnel syndrome

- Knee pain

Incontinence & Sexual Health



Incontinence is a widespread condition that affects 8.7% of individuals above 20 years old worldwide, which increases up to 30 to 60% in women aged 40+. Incontinence ranges in severity from minor leaks to the complete loss of bladder or bowel control. It can occur at any age, but is more likely to develop with age or following childbirth.

Urinary incontinence is more common in women than in men. Approximately 25–45% of women are affected by urinary incontinence at some point in their lives, compared to about 15–25% of men. Urinary incontinence often occurs as a result of weak or stretched pelvic floor muscles. These muscles usually assist in supporting the abdominal and pelvic organs; help to control bladder and bowel; provide support for the baby during pregnancy and assist in the birthing process; as well as working with the abdominal and back muscles to stabilise and support the spine. In men, they are also important for erectile function and ejaculation.

Incontinence is commonly associated with:

- Leakage during activities like laughing, coughing, or sneezing
- Urgent or delayed trips to the toilet
- Difficulty emptying the bladder/bowel
- Loss of control
- Accidental flatulence
- Prolapse (vaginal or rectal)
- Pelvic pain during or after intercourse

Common risk factors associated with urinary incontinence include:

- Pregnancy (both during and after childbirth) and menopause.
- Certain surgical procedures, such as prostatectomy (prostate removal) and hysterectomy (removal of the uterus and/or ovaries).
- Limited mobility, which can hinder reaching or using the toilet.
- Neurological and musculoskeletal disorders, including multiple sclerosis and arthritis.
- Health conditions like obesity, diabetes, stroke, heart diseases, respiratory disorders, prostate issues, constipation, and urinary tract infections.
- Certain medications

There are different types of incontinence with a number of possible causes. The following are the most common:

Stress Incontinence:

This occurs when there is pressure on the bladder, such as when coughing, sneezing, laughing, or lifting heavy objects. It is often caused by weak pelvic floor muscles and is common in women, especially after childbirth. It is the most common form of urinary incontinence and affects about 51% of women suffering from incontinence.

Urge Incontinence:

Also known as overactive bladder, this type involves a sudden and strong urge to urinate, often resulting in leakage before reaching the toilet. It can be caused by bladder muscle overactivity or neurological conditions. This is the most common form of urinary incontinence in men, affecting between 40–80% of men above 20 years old, worldwide. It can affect anyone at any age, but it appears to be more prevalent in the elderly.

Mixed Incontinence:

Some individuals may experience a combination of two or more types of incontinence, such as stress and urge incontinence.

Incontinence is not a normal part of ageing and can be treated.

Urinary incontinence is treated differently according to the type and cause. Pelvic floor exercises are seen as the most effective way to prevent issues with incontinence. Yet, 1 in 3 women who are trying to perform pelvic floor exercises, do not know how or are unable to voluntarily exercise their pelvic floor muscle themselves and require assistance.

Kegel exercises, also known as pelvic floor exercises, involve contracting and relaxing the muscles of the pelvic floor, which support the bladder, uterus, and rectum. This can help strengthen the pelvic floor muscles and improve bladder control. To perform Kegel exercises:

1. Identify the Right Muscles: The first step is to locate the pelvic floor muscles. You can do this by stopping the flow of urine midstream or by inserting a clean finger into the vagina (for women) and contracting the muscles that tighten around your finger.
2. Isolate the Muscles: Focus on isolating the pelvic floor muscles without contracting the abdomen, buttocks, or thigh muscles.
3. Contract and Relax: Contract the pelvic floor muscles and hold for a count of 5 seconds, then relax for 5 seconds. Repeat this 10–15 times, gradually increasing the duration of the contractions as your muscles become stronger.
4. Consistency is Key: Perform Kegel exercises regularly, aiming for at least three sets of exercises per day.

For a lot of women and men, it is complicated to perform the Kegel exercises correctly as it may be hard to identify the muscles that need to be contracted. In order to ensure that the Kegel exercises are being performed effectively, it is recommended to use a pelvic floor trainer, such as Fleur, or a pelvic floor exerciser (see our Pelvic floor exerciser range).

How do Pelvic Floor Exercisers Work?

A Pelvic Floor Exerciser (PFE) uses gentle stimulation, similar to natural nerve impulses, delivered through a vaginal or anal probe or adhesive electrode pads to contract pelvic floor muscles. If you have forgotten how to contract them, are having trouble getting muscle response, or simply want to bring back the condition of your pelvic floor muscles, a pelvic floor exerciser can work them for you to build up their strength and help you to develop your own muscle control. In urge incontinence pelvic floor exercisers work in a slightly different way. The electrical stimulation is designed to soothe your bladder muscles rather than exercise your pelvic floor. The pelvic floor exerciser would then use a gentler, low frequency setting which promotes the release of endorphins and reduces involuntary contractions of the bladder (detrusor) muscle.

The pelvic floor can be strengthened with regular exercise. Building pelvic floor strength enables the muscles to better support the pelvic organs, improves bladder and bowel control, and can stop accidental urine, faeces leakage or flatulence. In men, anal stimulation may also help men to strengthen their pelvic floor. Pelvic floor muscle training is recommended for recovery from some causes of Erectile Dysfunction. However it is not intended to treat any medical issues and your first step in deciding appropriate therapy should be to consult your professional medical advisor. The exercises will also generate a rush of blood towards the pelvic floor area, which allows a better vascularization of these muscles, which will improve sensitivity and sensations during sexual intercourse. It can also reduce the risk of prolapse, improve recovery from childbirth and gynaecological surgery. Doing just a few pelvic floor exercises daily will help to treat bladder weakness or prolapse symptoms and will help to prevent problems later on.

Pelvic floor exercisers

Overcome bladder leakage with our range of clinically-proven pelvic floor exercisers.

The TensCare range of powered muscle stimulators treat symptoms of urge, stress and mixed incontinence by strengthening the pelvic floor muscles and soothing the bladder muscles.

Electrical stimulation can also help improve vaginal sensation and have a positive impact on sexual intimacy.



Fleur

Kegel toning balls

Strengthen your pelvic floor muscles and stop bladder leakage with the Fleur kegel balls.

The weight of the toning balls resting on the muscles, encourages them to spontaneously contract.

- High quality medical grade & phthalates-free silicone and perfect weight.
- Active or passive training: includes an assortment of Kegel exercises with every kit.



Unicare

Dedicated programme provides incontinence treatment and relief from menstrual pain.



Stress, urge and mixed incontinence



After-care toning programme



Menstrual pain relief



Rechargeable battery



iTouch Sure

A TensCare best-seller, iTouch Sure has helped thousands overcome bladder leakage.



Stress, urge and mixed incontinence



After-care toning programme



AA battery powered



Kegel Toner

Device targeted for treating stress incontinence and bladder leakage post-pregnancy. Strengthen and tone your pelvic floor muscles.



Stress incontinence



After-care toning programme



Post-pregnancy



AA battery powered



Elise 2

Our smallest pelvic floor exerciser allows you to discreetly treat symptoms of urinary incontinence.



Stress, urge and mixed incontinence



Small size



After-care toning programme



Rechargeable battery

iTouch Go

Wireless Pelvic Floor Exerciser

The iTouch Go is a reliable and clinically proven solution to prevent and alleviate the symptoms of urinary incontinence and pelvic floor weakness.

Tailored programs to address different types of urinary incontinence all in one portable compact device.

Electrical stimulation can also help improve vaginal sensation and have a positive impact on sexual intimacy.



iTouch Go features a control hub, which allows you to control the probe output whilst also acting as a travel case and providing USB type-C charging.

The control hub includes a small LCD display which indicates selected programme, treatment intensity and battery status of both the hub and probe.



Stress, urge and mixed incontinence



After-care toning programme



Improve sexual intimacy



Wireless treatment



Rechargeable battery

Incontinence & Sexual Health



Perfect PFE for Men

Incontinence treatment for men

Our pelvic floor exerciser designed specifically for men, treat symptoms of urinary and faecal incontinence using the PFE for Men and anal probe.



Uses TensCare's bespoke anal probe to treat symptoms of incontinence.

- Our smallest anal probe provides comfortable muscle stimulation to strengthen the pelvic floor muscles.
- Unique sliding safety stopper allows adjustable depth of insertion.

Device Features:

- Single channel unit to treat symptoms of urinary and faecal incontinence
- Gentle stimulation with fine tune adjustment settings for different levels of intensity
- 5 preset programmes



Go Gel helps provide lubrication as well as improving treatment effectiveness.



3 programmes for urinary and faecal incontinence including stress, urge and mixed incontinence.



After-care toning programme



PFE for Men also provides relief from chronic pelvic pain.



Anal stimulation strengthens the pelvic floor, which may also help those who suffer from Erectile Dysfunction.



Probes

Find the right probe for your incontinence treatment



2mm pin connectors



Compatible with all Tenscare incontinence devices



Manufactured from medical grade plastic and stainless steel



CE Certified



Liberty Mini

A vaginal probe for those who need a smaller option.



Small



Vaginal



Anal



Liberty Fit

Our smallest diameter probe designed for anal use.



Anal



Liberty Loop

The unique design enhances electrode contact. The probe includes a detachable pointer for visual feedback during use.



Vaginal



Gold Loop

Our gold-plated vaginal probe is designed for those who are unable to use our standard probe due to skin sensitivities and nickel allergy.



Vaginal



Nickel free



Liberty Probe

Our standard vaginal probe provides comfortable and effective treatment.



Vaginal



Liberty+

Our largest diameter vaginal probe for those who need a bigger option.



Large



Vaginal



Labour pains, also known as contractions, are a natural physiological process that occurs during childbirth. These pains are a crucial part of the birthing process, signalling the body's readiness to deliver the baby. The intensity of labour pains varies one mother-to-be to another.

It is important to understand the various pain relief options available and their impact on the labour, mother-to-be and baby. Medical options include nitrous oxide, pethidine or epidural anaesthesia but these are often disregarded as mothers seek a 'natural solution'.

TENS machines offer a non-invasive and drug-free method for pain relief during labour with no side-effects for mother or baby. By stimulating sensory nerves and promoting the release of endorphins, it can help women manage the discomfort of contractions and make the labour process more manageable. Its ease of use and flexibility make it a popular choice for those seeking natural pain relief options during childbirth.

Many midwives recommend maternity TENS because the machines enable mothers to remain mobile and upright during labour; aiding the descent and dilation. Electrodes are typically placed on the lower back or other painful areas, and the intensity of electrical stimulation can be adjusted to the woman's comfort level. Maternity TENS can be used from 37 weeks, to aid with lower back pain and is most effective when used from the onset of labour, as this allows the body time to build endorphin levels.

Whilst some expectant mothers will achieve sufficient pain relief using just a maternity TENS machine, others may require additional pain relief. Maternity TENS can safely be used with other pain relief options such as gas and air. However, due to its electrical nature it cannot be used for water births.

Benefits of Maternity TENS:

- Can be used from the onset of labour, helping with transition from home to hospital
- Can be safely used in conjunction with analgesics such as pethidine or standard gas and air
- Can be used to manage after birth pain, post-episiotomy pain and general back pain
- Safe for mother and baby
- Drug-free
- Often recommended by midwives
- Easy-to-use
- 9 out of 10 women find TENS helpful in labour
- Mum-to-be remains in control and mobile

In 2013, a survey of more than 1,200 mums who had given birth within the last five years, revealed that almost 20% of respondents had used a maternity TENS machine while giving birth, and the majority of those who used one, confirmed it provided effective or very effective pain relief. In our recent survey of more than 5,350 mamaTENS users, 90% confirmed it provided effective pain relief and that they would use a maternity TENS again for consequent labour.

Natural pain relief during childbirth

TensCare's Perfect Mama devices have been used by midwives and expecting mothers for over 20 years



Perfect MamaTENS

- Can be combined with traditional pain relief methods
- Safe, natural pain relief during labour
- Relieve back pain during the last 3 weeks of pregnancy
- Ease post-operative pain following caesarean, perineal tear or episiotomy
- Recommended by midwives & doctors

- A B C** Dedicated programmes for different stages of labour
- BOOST** BOOST button for increased pain relief during contractions
- + -** Adjustable treatment intensity for effective relief

Perfect Mama+

- Safe, natural pain relief during labour
- Relieve back pain during the last 3 weeks of pregnancy
- Ease post-operative pain following caesarean, perineal tear or episiotomy
- Track the progression of labour with Perfect mama+
- Adjustable treatment intensity for effective relief

- A B C** Dedicated programmes for different stages of labour
- BOOST** BOOST button for increased pain relief during contractions
-  Integrated contraction timer allows you to measure the duration and intervals between contractions.
-  Breast electrodes can be used to help initiate lactation.



Breast Pumps

Feed your baby with comfort and confidence with the Nouri Range

A breast pump range designed for both mother and baby, choose from manual, electric and double breast pumps.

The Nouri Range offer a natural solution to breastfeeding. BPA free, all three pumps are quiet and lightweight allowing for discreet expression and to collect excess lactation. Nouri pumps are easy to clean, assemble and use.

Nouri Pump



Manual expression



Adjustable pumping levels



Nouri Auto



Automatic expression



Massage mode to stimulate milk flow before a session



Integrated night-light



Nouri Duo



Automatic expression



Massage mode to stimulate milk flow before a session



Integrated night-light



Collect into two bottles simultaneously



Baby Essentials

Devices to make caring for your baby easier



Maternity & Baby



Digi Duck

Bath Thermometer

Easy-to-use bath thermometer keeps your baby safe during bath time.



Indicates when bath is too hot



Doubles as bath toy



Sloth Clock

Sleep Trainer

All-in-one children's sleep trainer designed to keep you child in bed longer.



Bed time & Wakeup time indicator



Night-light



Nasal Aspirator



Soft, flexible, BPA Free



Easy breathing



Fits noses of all sizes



TensCare have a range of at-home beauty therapy devices using a number of different treatments, including EMS, Microcurrent, Red Light Therapy and Blue Light Therapy.

EMS stands for Electrical Muscle Stimulation and has successfully been used in medical rehabilitation and training in competitive sports. EMS produces intensive and effective muscular contractions which can help to tone and shape selected muscle groups and parts of the body. Using EMS alongside exercise is particularly useful for targeting areas of the body which are difficult to exercise and often lose their shape.

EMS Beauty Applications

Facial toning; helps tone, firm lift and tighten the soft tissues of the face, counteracting the effects of aging. Body shaping and toning by generating passive muscle contractions in targeted areas of the body, to build, strengthen, tone and firm targeted muscles.

Microcurrent technology has become a revolutionary tool in the field of beauty applications. This non-invasive and painless procedure involves the use of low-level electrical currents to stimulate facial muscles and improve skin tone. Here is a summary of microcurrent technology in beauty applications:

Microcurrent technology was originally developed for medical purposes, such as muscle rehabilitation and pain management. However, it has gained popularity in the beauty industry for its ability to tone facial muscles and rejuvenate the skin. Microcurrent devices deliver gentle electrical currents that mimic the body's natural electrical signals.

These currents stimulate the muscles beneath the skin, causing them to contract and relax. This process helps to lift and tone facial muscles, reducing the appearance of sagging skin.

Benefits:

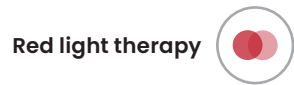
Facial Toning: Microcurrent treatments are often referred to as "non-surgical facelifts" because they can enhance the contours of the face and reduce the appearance of fine lines and wrinkles.

Improved Circulation: The electrical currents increase blood flow to the skin, promoting a healthier complexion and better nutrient delivery.

Increased Collagen and Elastin Production: Microcurrent therapy can stimulate the production of collagen and elastin, essential proteins for youthful, supple skin.

Enhanced Product Absorption: By improving the skin's permeability, microcurrent treatments can enhance the absorption of skincare products, making them more effective.

Red light therapy and Blue light therapy have gained significant popularity in the beauty and skincare industry for their potential to promote various aesthetic benefits.



Red light therapy

Red Light therapy, also known as photobiomodulation, uses low-level wavelengths of red light to stimulate cellular processes and deliver a range of cosmetic advantages:

Skin Rejuvenation: Red light therapy helps stimulate collagen production, leading to improved skin elasticity and reduced fine lines and wrinkles. It can also aid in the healing of scars and blemishes, resulting in smoother, younger-looking skin.

Acne Management: Red light therapy has been shown to reduce acne by targeting and minimizing inflammation and bacteria on the skin's surface. It can help control breakouts and improve overall skin clarity.

Anti-Aging: By enhancing blood circulation and cellular turnover, red light therapy can contribute to a more youthful appearance. It can diminish age spots, sun damage, and hyperpigmentation, promoting an even skin tone.

Hair Growth: Red light therapy can stimulate hair follicles and improve the thickness and density of hair. It is used in treating conditions like androgenetic alopecia and promoting hair growth.

Pain Reduction: While primarily a beauty treatment, red light therapy can also alleviate discomfort associated with certain skin conditions, such as psoriasis and eczema, making the skin feel more comfortable and look healthier.

Reduced Inflammation: Red light therapy's anti-inflammatory properties can reduce redness and puffiness in the skin, contributing to a more balanced and radiant complexion.

Minimized Scarring: It can help minimize the appearance of scars, including surgical scars and stretch marks, by promoting the healing and regeneration of damaged skin cells.

Enhanced Product Absorption: Red light therapy can enhance the absorption of skincare products, allowing them to penetrate deeper into the skin, maximizing their effectiveness.



Blue Light Therapy

Low-level blue light can be used to target specific skin issues and improve overall skin health.

Acne Treatment: Blue light therapy is particularly well-known for its ability to treat acne. It works by killing the bacteria responsible for acne breakouts (*Propionibacterium acnes*) while also reducing inflammation in the skin. This can result in clearer and smoother skin, with fewer pimples and blemishes.

Restore oil balance: Blue light therapy helps regulate sebum production, which is often excessive in individuals with oily skin. By reducing sebum levels, it can contribute to a matte and less greasy complexion.

Rosacea Management: Blue light therapy can alleviate the redness and visible blood vessels associated with rosacea, providing relief and improving the appearance of the skin.

Psoriasis and Eczema Relief: While primarily used for acne, blue light therapy can also help manage symptoms of skin conditions like psoriasis and eczema. It can reduce inflammation, itching, and discomfort, promoting better skin health.

Complementary to Skincare Products: Blue light therapy can enhance the effectiveness of skincare products by helping them penetrate deeper into the skin. This can maximize the benefits of serums, creams, and other skincare regimens.



Glomask LED Face Mask

Clinically proven combination light therapy using blue, red and near infrared light stimulation for healthy, radiant and younger looking skin.

Compatible with Unigel for radiant results.



Device Features:

- 5 treatment modes including Blue and Red/NIR combination treatment
- Varying treatment times
- Hand-held wireless controller
- Eye protection to eliminate direct exposure to light
- Full visibility during use

Advanced Skin Light Therapy



Blue & Red+NIR Lights

Blue light benefits:

- Clears acne
- Kills bacteria
- Restores oil balance
- Closes pores
- Protects skin

Red+NIR light benefits:

- Reduces wrinkles
- Improves sun damage
- Restores skin firmness
- Enhances complexion
- Rejuvenates skin



Uniglo & Uniwand

Uniglo & Uniwand is the ultimate full body toning and facial rejuvenation beauty therapy tool using EMS and microcurrent technology.



Unigel Hyaluronic Gel

Unigel is a hyaluronic gel that improves microcurrent facial treatment effectiveness whilst moisturising and rejuvenating your skin.

Hyaluronic Benefits:



Hydrating



Plumping



Firming



Repairing

Anti-Aging and Full Body Toning



Full body toning programmes to improve muscle bulk, tone and strength.

- Sculpt your body, tighten your skin and lose weight with daily Uniglo workouts.
- Combine EMS technology with a healthy, active lifestyle for best results.



Microcurrent treatment reduces the appearance of wrinkles.

- Stimulates collagen and elastin production in your skin for a non-invasive and effective face lift.
- Improves face contour and brightens your complexion.

Device Features:



- 6** **Six body toning programmes** target those areas that need a little extra help.



- 2** **Two dedicated facial toning programmes** brings professional beauty therapy treatment to your home.



Nailit Nail Cleaning Device

Nailit is a light therapy device designed to clean and improve the appearance of fungal nails.

Nailit uses a combination of infrared and blue light therapy to break down bacteria and reduce nail fungus, helping to provide a visible improvement in the appearance of the nail.



Daily 7 minute sessions per nail.



Visible improvement is possible in just **3 months** of daily use.



Dual-action hinge makes Nailit suitable for fingers and toes.



Rechargeable battery can provide up to 22 hours of use.



Electrical Muscle Stimulation (EMS) uses electrical impulses, also known as electrical signals or pulses, electrical impulses, also known as electrical signals or pulses. These impulses are typically low-level and mimic the body's natural electrical signals that instruct muscles to contract.

EMS is a widely used technology in sports and rehabilitation applications, offering numerous benefits for athletes and individuals recovering from injuries. EMS involves the use of electrical impulses to stimulate muscle contractions, aiding in muscle development, performance enhancement, and recovery. Here is a summary of EMS in sports and rehabilitation applications:

Sports Performance Enhancement:

- **Strength Development:** EMS can supplement traditional strength training by providing additional muscle contractions. This helps athletes build muscle mass and strength, enhancing their overall performance.
- **Endurance Improvement:** EMS can target both fast-twitch and slow-twitch muscle fibres, improving endurance and stamina, which is crucial for sports like long-distance running and cycling.
- **Speed and Power Enhancement:** Athletes can use EMS to specifically target muscles involved in speed and explosive movements, such as sprinting and jumping, resulting in improved performance.

Rehabilitation and Injury Recovery:

- **Muscle Rehabilitation:** EMS is effective in muscle rehabilitation following injuries or surgery. It helps prevent muscle atrophy, maintains muscle tone, and facilitates the healing process.
- **Pain Management:** EMS can help alleviate pain and reduce muscle spasms, providing relief to individuals recovering from various injuries, including strains, sprains, and overuse injuries.
- **Improved Range of Motion:** EMS can be used to enhance joint mobility and flexibility, aiding in the recovery of patients with musculoskeletal injuries.

Muscle Activation and Recovery:

- Pre-Exercise Warm-Up: EMS can be used as part of a warm-up routine to activate specific muscle groups, ensuring they are ready for optimal performance during training or competition.
- Post-Exercise Recovery: EMS can assist in muscle relaxation, reducing muscle soreness and promoting quicker recovery after intense workouts or competitions.
- Blood Circulation: EMS can stimulate blood circulation, delivering oxygen and nutrients to muscles more efficiently, which aids in recovery and reduces the risk of muscle cramps and fatigue.

IFT

Interferential Therapy (IFT) is a therapeutic modality used in physical therapy and pain management. It involves the application of low-frequency electrical currents to alleviate pain, reduce inflammation, and promote tissue healing.

IFT utilizes the principle of interference, where two medium-frequency electrical currents with slightly different frequencies are delivered into the affected tissue where they intersect and create a low-frequency beat frequency.

Low frequency nerve stimulation is known to be physiologically effective (as with TENS and NMES) and this is the key to IFT intervention. Unlike TENS however, which delivers intermittent pulses to stimulate surface nerves and block the pain signal, IFT delivers continuous stimulation deep into the affected tissue by using a 4000Hz carrier wave to overcome the skin impedance.

IFT is believed to work through the stimulation of parasympathetic nerve fibres, resulting in enhanced blood flow and the reduction of edema. Additionally, it involves passing currents through cell membranes, with the specific current patterns varying depending on the tissue being treated. By using specific frequencies within a defined range, IFT can stimulate different systems in the body, promoting increased blood circulation. This, in turn, accelerates the healing process.

Injury Prevention:

- Muscle Balance: EMS can be used to correct muscle imbalances, reducing the risk of injury due to overcompensation or weak muscles.
- Improved Proprioception: EMS can enhance proprioception (awareness of one's body position), helping athletes maintain better control and stability, thus reducing the risk of injuries related to poor coordination.

Microcurrent

Microcurrent therapy is an emerging technology with applications in sports and rehabilitation. This therapy involves the use of low-level electrical currents, typically in the microampere range, to stimulate tissue healing, reduce pain, and enhance overall recovery.

Microcurrent stimulation delivers tiny electrical impulses that mirror the body's own natural bio-electrical field. The stimulation is believed to have an impact on ATP (adenosine triphosphate) production in cells, primarily by influencing cellular metabolism and energy production. In most cases, treatment is virtually sub-sensory, with just a slight electrical tingling sensation.

Microcurrent has a number of applications:

Pain Relief: Effective in alleviating acute and chronic pain associated with sports injuries, muscle strains, and musculoskeletal conditions by promoting endorphin release, the body's natural painkillers.

Tissue Healing and Recovery:

Enhanced Healing: Microcurrent therapy can accelerate the body's natural healing processes by promoting cellular regeneration, tissue repair, and the formation of collagen and elastin. This makes it valuable in post-injury rehabilitation.

Muscle Rehabilitation and Function:

Muscle Re-education: Microcurrent therapy aids in muscle re-education, making it beneficial for athletes recovering from muscle injuries or surgeries. It can help restore proper muscle function and coordination.

Improved Range of Motion: By reducing muscle spasms and enhancing flexibility, microcurrent therapy can enhance an athlete's range of motion, enabling better performance and reducing the risk of future injuries.

Inflammation Reduction:

Anti-Inflammatory Effects: Microcurrent therapy has anti-inflammatory properties and can reduce swelling and edema, which are common in sports injuries.

Form Active Muscle Recovery

Form is a smart active recovery tool that uses electrical muscle stimulation to improve post-workout recovery.

Form removes the complexity of EMS treatment, providing the benefits of active recovery without causing further fatigue.

-  Developed alongside professional athletes
-  Smart electrodes automatically configure programme parameters
-  Bespoke treatment settings per muscle group
-  Effective muscle recovery in just 20 minutes.



Elicits muscle contractions



Promotes blood flow



Reduces muscle tension



Provides pain relief



Accelerates recovery

Treatment comparison

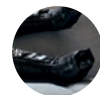
There are many benefits to using Form over other active recovery methods.



• Form



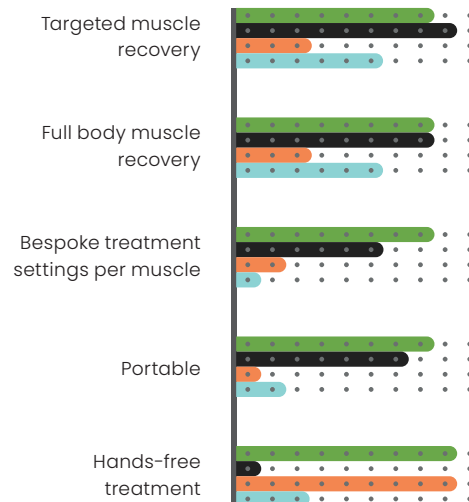
• Massage gun



• Compression boots



• Foam roller



Unifit

Fitness, recovery and pain relief

Modern electrotherapy using the latest in TENS, EMS and Massage technology for fitness, recovery and pain relief.

Device Features:

- Dual-channel device
- Improved user interface
- Rechargeable battery
- Advanced muscle mass mode for large muscle mass
- Preset and manual programmes with adjustable treatment times
- 66 programmes



TENS

- Treat chronic, muscular and skeletal pain



Massage

- Relieve muscle stiffness, aches and pains
- Encourage blood flow and improve muscle recovery



EMS

- Improve muscle strength, bulk and performance
- Muscle rehabilitation
- Prevent muscle atrophy post injury



Unipro

Physiotherapy & Rehabilitation

Unipro is a multimodality electrotherapy device that combines: TENS, EMS, Microcurrent & Interferential Therapy.

Device Features:

- Dual-channel device
- Multilingual user interface
- Rechargeable battery
- Advanced muscle mass mode for large muscle mass
- Asynchronous EMS stimulation
- 2 and 4 pole IFT stimulation
- Preset and manual programmes with adjustable treatment times
- Suitable for use at home and in clinics
- 70 programmes



TENS

- Treat chronic, muscular and skeletal pain



EMS

- Improve muscle strength, bulk and performance
- Muscle rehabilitation
- Prevent muscle atrophy post injury



IFT

- Effective and comfortable pain relief
- Stimulate deeply situated muscle tissue
- Reduce inflammation
- Assist tissue repair and promote healing



MIC

- Promote ATP production in cells
- Increases blood flow and induce healing

Sports TENS 2

Sports TENS is a multimodality electrotherapy unit that combines TENS, EMS and Massage technology. Ideal for use at home or on the go.



TENS

- Treat chronic, muscular and skeletal pain



EMS

- Improve muscle strength, bulk and performance
- Muscle rehabilitation
- Prevent muscle atrophy post injury



Massage

- Relieve muscle stiffness, aches and pains
- Encourage blood flow and improve muscle recovery

Device Features:

- Dual-channel device
- Rechargeable battery
- Preset and manual programmes with adjustable treatment times
- 55 programmes

Perfect EMS

Perfect EMS is designed specifically for muscle training, conditioning and rehabilitation, as well as providing effective pain relief.



Dedicated EMS programmes for different types of muscle training, including:

- Muscle warm up
- Endurance training
- Power training
- Enhance definition and bulk



Adjustable TENS programmes for personalised and effective pain relief.

Device Features:

- Dual-channel device
- Preset and manual programmes with adjustable treatment times
- 10 programmes



For effective, non-invasive treatment of injured soft tissues.

Shockwave therapy is an evidence-based, effective treatment that is primarily used in the treatment of these common musculoskeletal conditions:

- Calcific Tendonitis of the shoulder
- Adhesive capsulitis
- Tennis Elbow (Lateral Epicondylitis)
- Medial Epicondylitis (Golfer's Elbow)
- Upper and lower extremity tendinopathies
- Greater trochanteric pain syndrome
- Patellar tendinopathy
- Avascular necrosis of femoral head
- Osteoarthritis of the knee
- Non-union of long bone fracture
- Medial tibial stress syndrome (shin splints)
- Plantar fasciopathy

Shockwave

Shockwave Therapy is a non-invasive therapy that uses acoustic waves to treat various Musculoskeletal conditions.

It can relieve pain and promote healing of injured tendons, ligaments, and other soft tissues.

It stimulates the metabolism, enhances blood circulation, and accelerates the healing process, allowing damaged tissues to regenerate and recover.



Device Features:

- Compressor-free ballistic radial shockwave with electromagnetic generator
- Foot switch control
- 7 adjustable preset programmes
- 30 preset treatment recommendations with guided illustrations
- 7" colour LCD touch screen
- Carry case included



Looking after our wellbeing offers a wide range of benefits that positively impact our physical, mental, and emotional health, as well as our overall quality of life.

Improved Physical Health:

- **Enhanced Immune Function:** A strong sense of wellbeing is associated with a healthier immune system, reducing the risk of illness.
- **Better Cardiovascular Health:** Practices that promote wellbeing, such as regular exercise and stress management, contribute to heart health.
- **Lower Risk of Chronic Diseases:** Healthy lifestyle choices can reduce the risk of chronic conditions like diabetes, hypertension, and obesity.

Enhanced Mental Health:

- **Reduced Stress and Anxiety:** Prioritizing wellbeing can help manage and reduce stress and anxiety levels, improving mental resilience.
- **Better Cognitive Function:** Practices like meditation and mindfulness can enhance cognitive abilities, including focus and memory.
- **Enhanced Emotional Regulation:** Wellbeing practices often promote emotional stability and better emotional management.

Increased Energy and Vitality:

- Regular exercise and a balanced diet can boost energy levels, leading to increased vitality and productivity.
- Adequate sleep, a key aspect of wellbeing, ensures better alertness and daytime performance.

Positive Relationships:

- Improved wellbeing can lead to better communication skills and emotional intelligence, fostering healthier relationships with others.
- Reduced stress can lead to more harmonious interactions with family, friends, and colleagues.

Enhanced Quality of Life:

- A sense of wellbeing contributes to an overall higher quality of life, as individuals are more likely to engage in activities they enjoy and pursue their passions.
- Wellbeing can lead to a greater sense of purpose and fulfilment.

Longevity:

- Prioritizing wellbeing has been linked to a longer and healthier lifespan.

Reduced Healthcare Costs:

- Maintaining wellbeing through a healthy lifestyle can reduce healthcare expenses associated with preventable diseases and conditions.

Happiness and Contentment:

- Wellbeing is closely linked to happiness and contentment, contributing to an overall sense of fulfilment and joy in life.

Looking after our wellbeing is essential for living a healthier, more fulfilling, and happier life. TensCare's latest Health and Wellbeing range aims to provide drug-free, safe and effective solutions to promote overall wellness, focusing on stress reduction, relaxation and sleep.



OKO Eye Massager

Multi-therapy eye massager to relieve eyestrain, improve sleep, soothe headaches, lower stress and help anxiety.



Air pressure



Vibration



Hot compress

Advanced Massage Modes

Choose from 5 advanced massage modes to relax, relieve eyestrain, and assist in falling asleep. Each mode offers a unique combination of air pressure, vibration, and hot compress cycle technology, allowing you to customize your massage to suit your specific needs.



Device features:

- 5 massage modes for relaxation, relieving eye strain and assisting falling to sleep.
- Connect a device via Bluetooth for audio playback
- Folding design for easy travel.
- Adjustable headband to fit all sizes.

Combining massage and heat can improve blood circulation to the ocular region. This can:



Reduce dark circles around the eyes



Release muscle tension



Improve skin firmness



Brighten eyes

OKO delivers heat compression which can also be used to treat blepharitis and relieve inflammation of the eye.

Acupressure massage can

- Relieve eyestrain & painful eyes
- Soothe headaches
- Reduce swelling
- Provide relief from allergies



Somnus

Sleep Aid

Somnus uses Cranial Electrotherapy Stimulation (CES) to aid sleep and insomnia. CES has also shown benefits when helping with symptoms of anxiety, stress and depression.



Assist falling to sleep



Increase sleep time



Improve sleep quality



Raise energy levels

Why Use Somnus?



Drug free

2

Improvements in just 2 weeks



At-home use



Clinically proven



Safe and effective



FDA approved technology



Prescription free



Avoid side-effects of sleeping pills

CES has been used for over 70 years

to help those who suffer from insomnia, anxiety or depression

CES delivers gentle stimulation to the cranial nerves to:

- Secrete neurotransmitters and hormones associated with sleep, depression and anxiety.
- Imbalanced brainwaves can cause emotional and neuro-physical health concerns. CES modulates brainwaves to a balanced state.
- Promote alpha brainwaves to facilitate calm and resting brain-state.
- Alpha brainwaves can help to reduce anxiety and depression whilst also helping to switch off and sleep.

Somnus has no severe side-effects, is prescription-free and can be used in the comfort of your own home at a time that suits you.

Improve sleep in two weeks

20-60 minutes of daily use

Wellbeing

Accessories

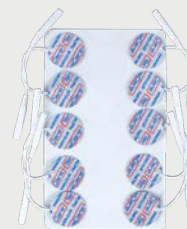
Electrode pads



50 x 50 Electrodes

E-CM5050

4 reusable 50 x 50 mm electrode pads for TENS/EMS stimulation.



25 mm Electrodes

E-CM25

10 reusable Ø25 mm electrode pads for TENS/EMS stimulation.



50 x 90 Electrodes

E-CM5090

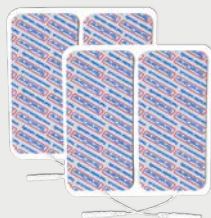
2 reusable 50 x 90 mm electrode pads for TENS/EMS stimulation.



Butterfly pads

E-BF155

2 reusable 105 x 155 mm butterfly electrode pads for TENS/EMS stimulation.



50 x 100 Electrodes

E-CM50100

4 reusable 50 x 100 mm electrode pads for TENS/EMS stimulation.



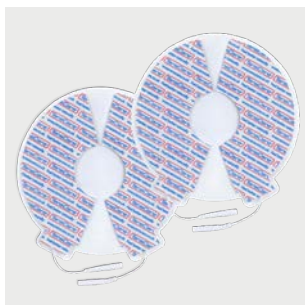
Perfect mama Electrodes

E-CM50100PM

4 reusable 50 x 100 mm electrode pads with integrated lead wires for use with the TensCare perfect mamaTENS/mama+ units.

Accessories

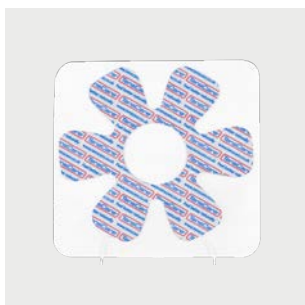
Specialised electrode pads



Breast Electrodes

E-CMR60130

4 reusable 60 x 130 mm breast electrode pads for lactation and toning using TENS/EMS stimulation.



Joint Electrodes

E-SF150

1 reusable joint electrode pad for pain relief using TENS stimulation.



Face Electrodes

E-CM3050

4 reusable 30 x 50 mm electrode pads for facial toning using EMS stimulation.



Sensitive Skin Electrodes

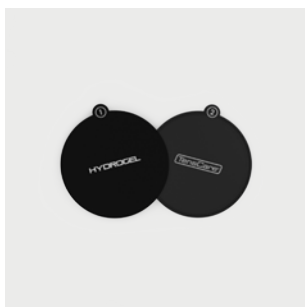
E-ULSTIM-X

4 reusable 50 x 50 mm sensitive skin electrode pads for TENS/EMS stimulation.



Accessories

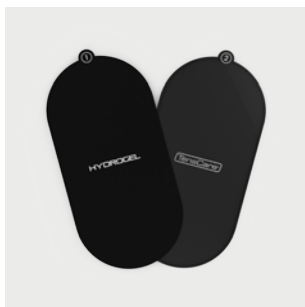
Product specific gel pads



Small Form Hydrogels

E-FORM-S

3 pairs of small replacement Hydrogels designed specifically for use with the TensCare Form device.



Large Form Hydrogels

E-FORM-L

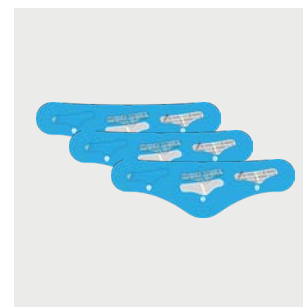
3 pairs of large replacement Hydrogels designed specifically for use with the TensCare Form device.



Ova 3 Hydrogels

E-OVA3

3 pairs of replacement Hydrogels designed specifically for use with the TensCare Ova 3 device.



Mynd Gel Pads

E-MYND

3 replacement gel pads designed specifically for use with the TensCare Mynd device.



Device Accessories

Pain Relief

	Mynd	Perfect TENS	TENS One	Ova Thermo Belt	Ova+	Ova 3
Kit Electrodes	E-MYND	E-CM5050	E-CM5050	-	E-CM5090	E-OHE
Lead Wires	-	L-CPT	L-CPT	-	L-OVAPLUS-PK	-
Battery	-	B-AA	B-AA	-	-	-
Charging cable	L-MUSB	-	-	-	X-OVA-USB	L-MUSB
Cradle	-	-	-	-	-	-
Additional items	-	Belt clip: X-BC-PT Battery cover: X-BL-PTT	-	-	-	Ova 3 Hydrogels: E-OVA3
Also compatible with	-	E-CM5090 E-CM50100 E-ULSTIM-X E-BF155 E-CMR60130 E-SF150	E-CM5090 E-CM50100 E-ULSTIM-X E-BF155 E-CMR60130 E-SF150	-	-	-

*Chargers with EU, USA and AU plugs are available for most units upon request.

Incontinence & Sexual Health

	Unicare	iTouch Go	Kegel Toner	iTouch Sure	Elise 2	Perfect PFE for Men
Kit Electrodes	E-CM5090	-	-	-	-	E-CM5050
Kit Probe	X-VPL	X-ITG	X-VPK	X-VP	X-VP	X-PR13
Lead Wires	L-CPT	-	L-CPT	L-ITI-NEW	L-ELGR L-VPCE	L-CPT
Battery	-	-	B-AA	B-AA-8	B-BL4B	B-AA
Charging cable	X-UNICH	X-USBC	-	-	X-EL2CHI000MA	-
Cradle	-	-	-	-	-	-
Additional items	Belt Clip: X-BC-UR Go Gel: K-GOI00 30 Wipes: X-WIPES	Go Gel: K-GOI00 30 Wipes: X-WIPES	Battery Cover: X-BL-PTT Go Gel: K-GOI00	Lead Set: L-ITS-NEW Go Gel: K-GOI00 30 Wipes: X-WIPES	Battery Cover: X-EL2C Go Gel: K-GOI00 30 Wipes: X-WIPES	Belt Clip: X-BC-PT Battery Cover: X-BL-PTT Go Gel: K-GOI00 30 Wipes: X-WIPES
Also compatible with	E-ULSTIM-X X-VP X-VPM X-VPG	-	-	X-VPM X-VPL X-PR13 E-CM5050	X-VPM X-VPL X-PR13 E-CM5050	E-ULSTIM-X X-AP

*Chargers with EU, USA and AU plugs are available for most units upon request.

Maternity & Baby

	Perfect mamaTENS	Perfect mama+	Nouri Pump	Nouri Auto	Nouri Duo
Kit Electrodes	E-CM50100-PM	E-CM50100-PM E-CMR60130	-	-	-
Lead Wires	L-CPT	L-CPT	-	-	-
Battery	B-AA	B-AA	-	-	-
Charging cable	-	-	-	USB	USB
Cradle	-	-	-	-	-
Additional items	Belt Clip: X-BC-PT Battery Cover: X-BL-PTT Neck Cord: X-BL-MR	Belt Clip: X-BC-PT Battery Cover: X-BL-PTT Neck Cord: X-BL-MR	1 x Bottle (150ml) 1 x Bottle cap 1 x Feeding teat and cap 1 x Diaphragm 1 x Tube 1 x Breast Shield 1 x Shield cover 1 x Shield connector 1 x Bottle cap 1 x USB cable 1 x Bottle dock 2 x Bottle valve 1 x Diaphragm cap	2 x Bottle (150ml) 1 x Feeding teat and cap 1 x Diaphragm 1 x Tube 1 x Breast Shield 1 x Shield cover 1 x Shield connector 2 x Breast shield 2 x Shield cover 2 x Bottle cap 2 x Diaphragm 4 x Bottle valve 2 x Tube 1 x Bottle dock cap	2 x Bottle (150ml) 2 x Feeding teat and cap 2 x Diaphragm cap 2 x Shield connector 2 x Breast shield 2 x Shield cover 2 x Bottle cap 2 x Diaphragm 4 x Bottle valve 2 x Tube 1 x Bottle dock cap
Also compatible with	E-CMR60130	-	-	-	-

*Chargers with EU, USA and AU plugs are available for most units upon request.

Beauty

	Uniglo	Uniwand	Glomask	Naillit
Kit Electrodes	E-CM5050 E-CM3050 E-CM25	-	-	-
Lead Wires	L-CPT	-	-	-
Battery	-	-	-	-
Charging cable	X-UNICH	-	USB	USB-DC
Cradle	-	-	-	-
Additional items	Belt Clip: X-BC-UR	Hyaluronic Conductive Gel: K-UNIGEL	1 x Remote Control 1 x Travel Bag	-
Also compatible with	E-ULSTIM-X E-CMR60130 E-CM50100	-	-	-

*Chargers with EU, USA and AU plugs are available for most units upon request.

Fitness & Recovery

	Form	Unifit	Unipro	Sports TENS	Shockwave
Kit Electrodes	E-FSE-S E-FSE-L	E-CM5050	E-CM5050	E-CM5050	-
Lead Wires	-	L-CPT	L-CPT	L-ST2	-
Battery	-	-	-	-	-
Charging cable	-	X-UNICH	X-UNICH	X-MDA534627-1000	OCE00102040401
Cradle	X-FORM-CR	-	-	-	-
Additional items	Form Hydrogels: E-FORM-S E-FORM-L	Belt Clip: X-BX-UR	Belt Clip: X-BX-UR	-	Controller: OCE-ESWT-002-01 Therapeutic handle: X-TCE101Z Footswitch: X-TCE20102 Therapeutic head: X-TCE101Z-07 X-TCE101Z-08 X-TCE101Z-09 Handle pedestal: X-TCE101Z-04
Also compatible with	-	E-CM25 E-CM3050 E-CMR60130 E-CM50100 E-ULSTIM-X E-BF155 E-SF150	E-CM25 E-CM3050 E-CMR60130 E-CM50100 E-ULSTIM-X E-BF155 E-SF150	E-CM25 E-CM3050 E-CMR60130 E-CM50100 E-ULSTIM-X E-BF155 E-SF150	Handwriting pen: X-TCE10405 Silicone cap: X-TCE101Z-06 Aluminium alloy suitcase: X-TCE40101

*Chargers with EU, USA and AU plugs are available for most units upon request.

Wellbeing

	Somnus	OKO
Kit Contents	2 x Ear Clips 1 x Lead wire 1 x Instructions for use 1 x Certificate	1 x Instructions for use
Charging cable	USB	TYPE-C - USB
Additional items	-	-

*Chargers with EU, USA and AU plugs are available for most units upon request.

Technical Specification

Pain Relief

	Mynd	Perfect TENS	TENS One	Ova Thermo Belt	Ova+	Ova 3
TENS	✓	✓	✓	✗	✓	✓
HEAT	✗	✗	✗	✓	✗	✓
Application	Migraines	General pain	General pain	Period pain	Period pain	Period pain
Dimensions (mm)	120 x 38 x 11	60 x 120 x 20	67 x 100 x 32	185 x 85 x 25	38 x 65 x 10	54 x 54 x 18
Weight (g)	15	120	185	152	15	76
Total programmes	1	9	3	3	4	4
Treatment time (min)	20 - 60	10 - 60	15 - Continuous	Continuous	15 - Continuous	15 - Continuous
Channels	-	2	2	-	1	-
Amplitude max (mA)	20	60	80	-	52	54
Frequency (Hz)	55 - 110	2 - 150	1 - 150	-	10 - 110	10 - 110
Pulse width (µs)	200	50 - 250	50 - 250	-	50 - 200	50 - 200
Waveform	Alternated Mono-phasic Rectangular	Asymmetrical Bi-Phasic	Asymmetrical Bi-Phasic	-	Symmetrical Bi-Polar	Symmetrical Bi-Polar
Battery	Li-ion, 110mAh, 3.7 V	2 x AA	2 x AA	Rechargeable Li-ion	Li-ion, 3.7 V	Li-ion, 500mAh, 3.7 V
Battery life (Hr)	18 hours	15 hours	15 hours	3 hours	5 hours	0.5 - 15 hours
Additional features	Wearable	-	-	3 Heat modes + Vibration	-	TENS + HEAT Combination therapy
Product code	K-MYND	K-PERFECT	K-TENSONE	K-OVATH	K-OVA+	K-OVA3

Incontinence & Sexual Health

	Unicare	iTouch Go	Kegel Toner	iTouch Sure	Elise 2	Perfect PFE for Men
Pain	✓	✗	✗	✗	✗	✓
Stress	✓	✓	✓	✓	✓	✓
Urge	✓	✓	✗	✓	✓	✓
Mixed	✓	✓	✗	✓	✓	✓
Tone	✓	✓	✓	✓	✓	✓
Application	Incontinence	Incontinence	Incontinence	Incontinence	Incontinence	Incontinence
Dimensions (mm)	60 x 120 x 20	63 x 120 x 26	60 x 120 x 20	53 x 105 x 28	65 x 100 x 18	60 x 120 x 20
Weight (g)	100	145	120	125	85	120
Total programmes	5	4	2	4	4	5
Treatment time (min)	10 - Continuous	10 - Continuous	10 - 20	10 - Continuous	10 - Continuous	10 - Continuous
Channels	1	1	1	1	1	1
Amplitude max (mA)	99	99	99	99.5	99	99
Frequency (Hz)	10 - 110	10 - 110	35 - 50	10 - 50	10 - 50	4 - 50
Pulse width (µs)	100 - 300	100 - 300	250 - 300	200 - 300	200 - 300	200 - 300
Waveform	Asymmetrical Rectangular	Asymmetrical Rectangular	Asymmetrical Rectangular	Asymmetrical Rectangular	Asymmetrical Rectangular	Asymmetrical Rectangular
Battery	Li-ion, 1000mAh, 3.7 V	Li-ion, 1000mAh, 3.7 V	2 x AA	2 x AA	Li-ion, 600mAh, 3.7 V	2 x AA
Battery life (Hr)	15 hours	15 hours	15 hours	15 hours	15 hours	15 hours
Additional features	Period pain programme	Wireless probe	-	-	-	-
Product code	K-UNICARE	K-ITGO	K-KT	K-IT2	K-EL2	K-PPFE-MEN

Maternity & Baby

	Perfect mamaTENS	Perfect mama+	Nouri Pump	Nouri Auto	Nouri Duo
TENS	✓	✓	X	X	X
Application	Perinatal and postpartum pain relief	Perinatal and postpartum pain relief + Lactation	Manual breast pump	Automatic breast pump	Automatic dual breast pump
Dimensions (mm)	60 x 120 x 20	60 x 120 x 20	233 x 103 x 230	325 x 102 x 225	255 x 213 x 162
Weight (g)	120	120	200	517	890
Total programmes	3	3	-	3	2
Treatment time (min)	Continuous	Continuous	-	30	30
Channels	2	2	-	-	-
Amplitude max (mA)	75	75	-	-	-
Frequency (Hz)	80 - 150	80 - 150	-	-	Adjustable pump frequency
Pulse width (µs)	150 - 250	150 - 250	-	-	-
Waveform	Symmetrical Bi-Phasic Rectangular	Symmetrical Bi-Phasic Rectangular	-	-	-
Battery	2 x AA	2 x AA	-	Li-ion, 850mAh, 3.7 V	Li-ion, 800mAh, 3.7 V
Battery life (Hr)	30	15	-	1 hour	1.5 hours
Additional features	Boost button - increase intensity for contractions	Boost button + Breast electrode pads	BPA Free	BPA Free + Night light	BPA Free + Night light + Adjustable suction level
Product code	K-PM	K-MAMA+	K-NRIPUMP	K-NRIAUTO	K-NRIDUO

Beauty

	Uniglo	Uniwand	Glomask	Nailit
Face toning	✓	X	X	X
Body toning	✓	X	X	X
EMS	✓	X	X	X
Microcurrent	✓	✓	X	X
Light therapy	X	X	✓	✓
Application	Body toning	Uniglo MIC accessory	LED face mask	Nail fungus
Dimensions (mm)	60 x 120 x 20	25 x 134 x 25	195 x 223 x 93	41 x 70 x 36
Weight (g)	100	53	314	50
Total programmes	8	1	5	1
Treatment time (min)	20 - 30	26	5 - 20	7
Channels	2	-	-	-
Amplitude max (mA)	300	100 - 750	-	-
Frequency (Hz)	0.8 - 100	0.8 - 20	-	-
Pulse width (µs)	25 - 600	25 - 120	-	-
Waveform or Wavelength	Asymmetrical Bi-Phasic	Asymmetrical Bi-Phasic	Blue: 415nm ± 5nm Red: 633nm ± 5nm NIR: 830nm ± 5nm	Blue: 470nm ± 5nm NIR: 905nm ± 5nm
Battery	Li-ion, 750mAh, 3.7 V	-	Lithium Polymer, 1000mAh, 3.7 V	Li-ion, 900mAh, 3.7 V
Battery life (Hr)	15 hours	-	2.5 hours	22 hours
Additional features	-	-	Blue, Red & NIR Light combination therapy	Blue & NIR Light combination therapy
Product code	K-UNIGLO	K-UNIWAND	K-GLOMASK	K-NL

Fitness & Recovery

	Form	Unifit	Unipro	Sports TENS	Shockwave
TENS	X	✓	✓	✓	X
EMS	✓	✓	✓	✓	X
IFT	X	X	✓	X	X
Microcurrent	X	X	✓	X	X
Massage	X	✓	X	✓	X
Application	Muscle recovery	Sports Training	Rehabilitation	Sports Training	Musculoskeletal
Dimensions (mm)	55 x 55 x 21	62 x 125 x 26	62 x 125 x 26	56 x 114 x 23	290 x 240 x 130
Weight (g)	41	129	129	90	2.22 kg
Total programmes	1	34	35	34	7
Treatment time (min)	20	5 – Continuous	5 – Continuous	1 – Continuous	5 – 10
Channels	–	2	2	2	–
Amplitude max (mA)	80	99	99	99	–
Frequency (Hz)	3 – 10	1 – 250	0.5 – 4160	1 – 250	1 – 22
Pulse width (µs)	280 – 340	25 – 340	10 – 998	25 – 340	–
Waveform	Symmetrical Bi-Phasic Rectangular	Asymmetrical Bi-Phasic	Asymmetrical Bi-Phasic + Symmetrical Balanced Sine	Asymmetrical Bi-Phasic	–
Battery	Li-ion, 300mAh, 3.7 V	Li-ion, 1500mAh, 3.7 V	Li-ion, 1500mAh, 3.7 V	Li-ion, 900mAh, 3.7 V	Mains power supply
Battery life (Hr)	22 hours	10 hours	10 hours	15 hours	–
Additional features	Wearable	New LCD Display	IFT + New EMS programmes	–	Shockwave therapy
Product code	K-FORM	K-UNIFIT	K-UNIPRO	K-ST2	K-SHOCKWAVE

Wellbeing

	Somnus	OKO
CES	✓	X
Massage	X	✓
Heat	X	✓
Air pressure	X	✓
Application	Insomnia, Anxiety and Depression	Eye fatigue, Anxiety, Stress & Sleep
Dimensions (mm)	82 x 100 x 30	212 x 75 x 104
Weight (g)	116	320
Total programmes	1	5
Treatment time (min)	20 – 60	15
Pulse Frequency (Hz)	0.8 – 1.2	–
Pulse width (µs)	200 – 1100	–
Waveform	Bi-Phasic Asymmetrical Square	–
Battery	Li-ion, 100mAh, 3.7 V	Li-ion, 1450mAh, 3.7 V
Battery life (Hr)	20 hours	5 hours
Additional features	Large backlit display	Bluetooth connectivity with built-in speaker
Product code	K-SOM	K-OKO

Certifications



TensCare is fully compliant to EU MDR 2017/745 in accordance to Annex IX Chapter I and III of the regulation with acceptability to market any class I and class IIa TENS and EMS devices.



TensCare complies with all necessary requirements of ISO 13485:2016 and EN ISO 13485:2016 as the design and manufacturer of TENS, EMS, MENS and IF stimulators for alleviation of chronic and acute pain, muscle weakness and incontinence.



TensCare has class I and II devices with 510(k) clearance available from the different pain relief, rehabilitation and incontinence ranges.

Contact us



TensCare Ltd.
9 Blenheim Road,
Epsom, Surrey,
KT19 9BE, U.K.



+44 (0) 1372 723434



www.tenscare.co.uk



sales@tenscare.co.uk

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