

Frequently asked questions about the E.M.S. Gloves

Q: I cannot feel anything when I'm wearing the gloves?

A: Either you have the intensity level on too low a setting or the cables are not connected properly.

Q: Some days when I use the E.M.S. Gloves I have to increase the intensity level to feel the same sensation, why is this?

A: Your body is a complex system and it is only natural that your body's sensitivity may change from day-to-day. In order to feel the maximum benefits, we advise that you drink plenty of fluid and stay hydrated.

Q: Can I wash the gloves?

A: Yes you can. We advise hand washing the gloves using washing powder and lukewarm water. The gloves are designed to be washed up to 15 times (but this may vary). The gloves with use will lose their intensity

over time. We suggest that you repurchase new gloves every four months.

Q: Is there a way of increasing the benefits when using the E.M.S. Gloves?

A: Yes, if your hands are dry, we suggest rubbing a moisturiser into your hands before use. This will boost the benefits. Otherwise, you can purchase circulation hand gel which intensifies the sensation when wearing the gloves.

Q: Can I use the gloves and the circulation device at the same time?

A: Yes, it's been designed to either use the gloves by themselves or use them in combination with the circulation device.

For more great circulation accessories – please visit www.circulationmax.com

User guide for your E.M.S. Gloves



Important Safety Notice

- i. **Should not be used by people in the first trimester of pregnancy, by people fitted with a pacemaker or other implanted medical device, or anyone being treated for existing Deep Vein Thrombosis (DVT).**
- ii. **All jewellery should be removed before using the gloves – if you can't remove your rings, you may feel a scratching sensation around that area.**
- iii. **If you have an open wound or cut, we advise that it heals first before using the gloves.**

How to use your E.M.S. Gloves with your circulation device.

1. Put the snap button of the wire cable on to the gloves. **(see Fig. 1).**
2. Then plug in the other end of the wire cable to the jack of the device. **(see Fig. 2).**
3. Then wear the gloves (but remember to remove all the jewellery on the hand).
4. Press (and hold down for three seconds) the on/off button, the LCD screen will light up in blue. The program show 01 and both Band shown in 00, which is in standby mode.
5. Select the program you wish to use, there are 10 different programs which are indicated on the LCD display. **(see. Fig. 3).**
6. Select the program by pressing "P+" & "P-". **(see Fig. 4).**
Gently increase intensity setting by pushing the button of "∧". Or decrease intensity setting by pushing the button of "∨". The intensity level is adjustable between 0 and 40. **(see. Fig. 5).**



Fig 1



Fig 2

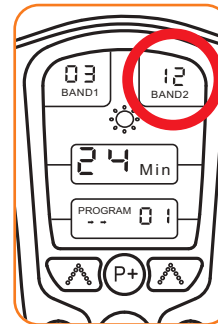


Fig 3



Fig 4

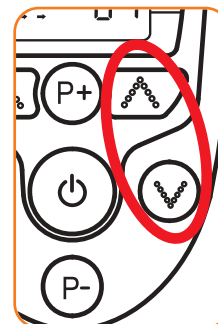


Fig 5

In order to let the user feel the stimulation increase gradually, each intensity level is divided into 6 smaller intensities. That means actually there are 240 intensity levels in total. But the display will only show a maximum of 40 levels. While you reach the small intensity (1st - 5th), the intensity level icon will be blinking, when reaching the 6th small intensity, the level icon will be constant.

7. To terminate the massage period, you can turn off the unit anytime by pressing the on/off button for three seconds.
8. The unit has an auto timer, it will start to count down from 25 minutes of massage and switch off automatically.