

EMSLIM Body Sculpting Machine

USER MANUAL



Welcome

to your **EMSLIM Body Sculpting Machine**



TABLE OF CONTENTS

PREFACE	1
I. PRODUCT INFORMATION & SPECIFICATION	2-3
II. PRODUCT APPEARANCE	4
III. WARNINGS	5-7
IV. OPERATING POSITION	8
V. MODE SELECTION & OPERATION	9
V.1 AUTO MODE	10
V.2 MANUAL MODE	11-12
VI. FREQUENTLY ASKED QUESTIONS	13-15
VII. MAINTENANCE	16

PREFACE

Thank you for choosing REJUVA FRESH EMSLIM Body Sculpting Machine.

Small in size, yet powerful in effect, Rejuva Fresh Home Use EMSlim Neo destroys fat cells while at the same time building muscle fibers, allowing you to enjoy a well defined abdominal area, and overall improved body contour. All this, without any additional diet or exercise! Moreover, it's perfectly portable, so you can enjoy the treatment anywhere.

The use of this machine is safe, minimally-invasive procedure, and easy to operate. There are no bleedings, no pain, and side effects.

Please read this User Manual carefully in order to use the machine properly and to protect the machine from unnecessary damages.

Should you encounter any issues during operation of the machine or any related questions, you can contact us at our website: rejuvafresh.com or email us at hello@rejuvafresh.com

I. PRODUCT INFORMATION & SPECIFICATION

I.1 Product Information

The machine simultaneously emits synchronized high intensity electromagnetic energy and radio frequency (RF). The RF heat prepares muscles for the exposure to stress, similar to what a warm up activity does before any physical workout. Within minutes, fat cells are collapsed & damaged, and are slowly removed from the body.

Energy passes through the skin and fat tissues and stimulates the various layers of muscle, causing them to contract. The range of frequencies used is such that the muscles are not allowed to relax in between contractions and are forced to remain in a contracted state for several seconds. Thus the muscles are strengthened and trained without any stress on the joints.

I.2 Product Specification

Power	1500 W
Voltage	100 V/ 110 V/ 220 V Voltage selected according to your region
Screen Size	7 in
Package Dimension	45 x 35 x 30 cm

I. PRODUCT INFORMATION & SPECIFICATION

I.3 List of Accessories

No.	Item	Quantity	Image
1	Body	1 Set	
2	Handle	1 (Flat) <i>*Curved Handle is optional</i>	
3	Bandages	3	
4	Power Cable	1	

NOTE: for those who opt for “No RF”, the RF controller will not be present and the energy used for the procedure will be exclusively magnetic wave energy.

II. PRODUCT APPEARANCE

II.1 Front/Side view



III. WARNINGS

III.1 Before use



Use at least one hour after meals.
DO NOT use when feeling full after eating



Before starting the treatment,
remove any metal jewelry you are wearing.



DO NOT operate on the head, neck/carotid artery,
or near the thoracic gallery.



The area to be treated and the handles must be dry
before starting the treatment.

III. WARNINGS



DO NOT eat during treatment.
Try to eat or drink at least 1 hour after the treatment.



DO NOT put/use any electronic products or metal objects on the machine during treatment.

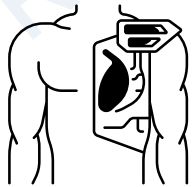


DO NOT drink water during treatment.



DO NOT USE if with: heart disease, hypertension, thyroid, malignant tumor, renal failure, epilepsy and muscle strain

III. WARNINGS



DO NOT use if with with metal or electronic implants (metal contraceptive ring, cardiac pacemaker, cardiac defibrillator, nerve stimulator, drug pump and stent)



DO NOT use if pregnant, menstruating, conceiving, or breastfeeding



DO NOT use if had undergone major surgery, Diabetic and with cerebrovascular disease (stroke patients)

IV. OPERATING POSITION

The position of the handle must be the same as the image below:



V. MODE SELECTION & OPERATION

I. Function and Mode Selection

1. After turning on the machine, the mode selection interface will appear
2. There are two modes: AUTO and MANUAL mode. Select which mode to use.

Figure 1



3. After choosing the mode, select the appropriate settings according to gender, age range, and target treatment area.
4. Click the icon shown below start working.

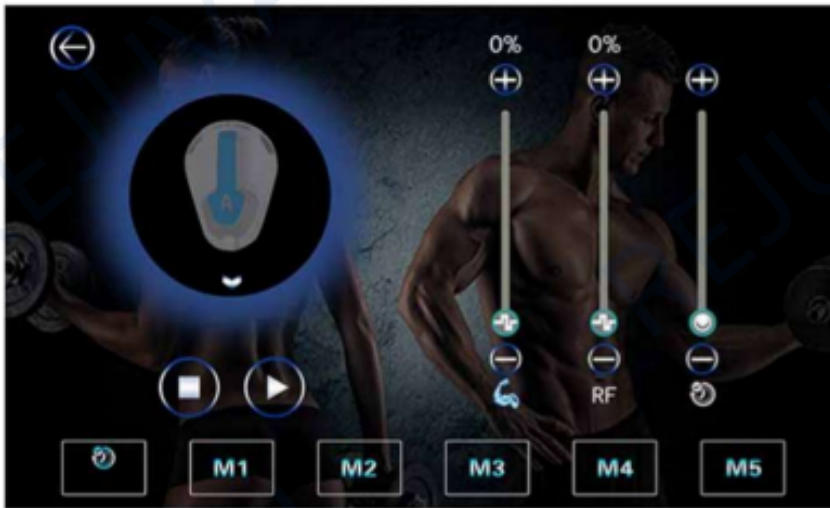
Figure 2



Enter into working interface

V. MODE SELECTION & OPERATION

V.1 AUTO Mode



1. Select the type of treatment. This is located at the bottom of the interface:

[M1] : Basic training for beginners

[M2] : Adaptation training.

[M3] : Preliminary training

[M4] : Advanced training

[M5] : Professional training

**NOTE: Each mode contains 6 different frequencies that automatically switch.
The first minute of each mode is warm-up.**

2. The recommended intensity starts from 8% (weak) to 100% (strong).

[Intensity] : Strength intensity, click [-] and [+] to adjust.

NOTE: Set the intensity before the start of treatment.

We recommend choosing the intensity lower and should be gradually increased according to the patient's ability to withstand it.

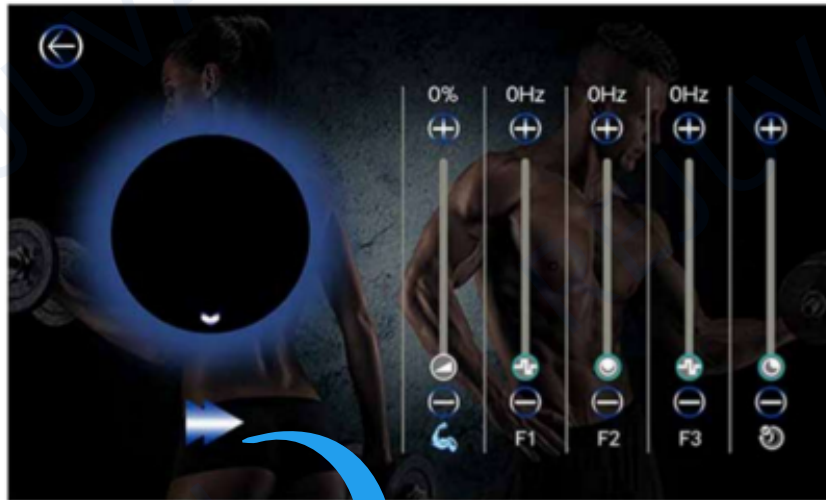
3. Set the working time. The default working time of one treatment is 30 minutes.
This can be adjusted from 1 minute to 30 minutes.

4. Click "▶" start. If need to pause, please click "■". Click "◀" return to the previous interface.

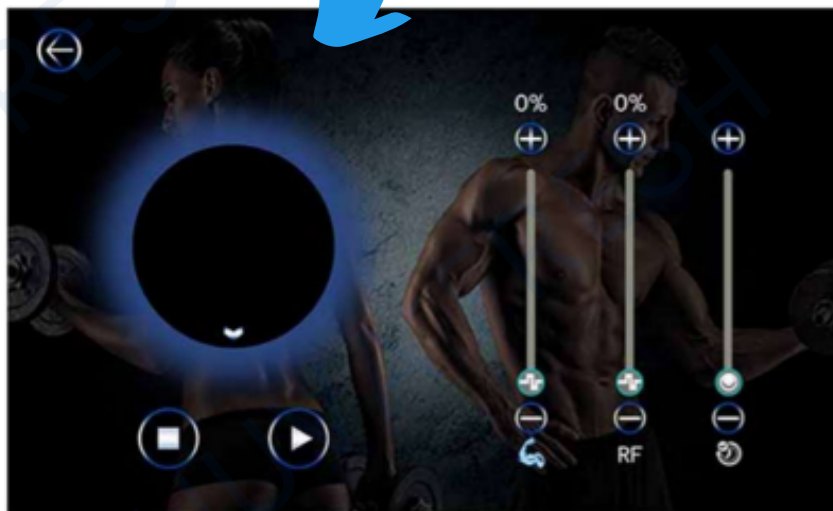
5. Note: Click [-] and [+] to adjust parameters when the device is in a paused state.

V. MODE SELECTION & OPERATION

V.2 MANUAL Mode



Click this interface and you will proceed with the next interface below



V. MODE SELECTION & OPERATION

V.2 MANUAL Mode

1. Manually adjust the frequency on the interface same as in the image above.

[F1] : Frequency 1, the intensity range is 3HZ (weak) to 300Hz(strong);

[F2] : Frequency 2, the intensity range is 3HZ (weak) to 300Hz(strong);

[F3] : Frequency 3, the intensity range is 3HZ (weak) to 300Hz(strong).

NOTE: Before the start of treatment, set the frequency parameters according to the required frequency. F1 frequency works for 5 minutes, F2 frequency works for 1 minute, F3 frequency works for 5 minutes, and F1, F2, and F3 frequencies are cycled in sequence.

2. The recommended intensity is from 8% (weak) to 100% (strong).

[Intensity] : Strength intensity, click [-] and [+] to adjust.

NOTE: Set the intensity before the start of treatment.

We recommend choosing the intensity lower and should be gradually increased according to the patient's ability to withstand it.

3. Set the working time. The default working time of one treatment is 30 minutes. This can be adjusted from 1 minute to 30 minutes.

4. Click "▶" start. If need to pause, please click "■". Click "◀" return to the previous interface.

5. Note: Click [-] and [+] to adjust parameters when the device is in a paused state.

VI. FREQUENTLY ASKED QUESTIONS

6.1 Who is suitable to use this machine?

The use of this machine can provide beneficial muscle tightening for most people especially for:

- ① Women who need to gain muscle and change their shape.
- ② Men who need to gain muscle and change their body.
- ③ People who need to lose weight—suitable for both men and women, more suitable for busy office workers.
- ④ Those people who need to lose weight quickly—brides, models, actors, etc.
- ⑤ Postpartum mother (experiencing separation of rectus abdominis. Improve the shape of the abdominal muscles and shape a flat abdomen

6.2 Is there a difference in the effect of abdominal treatment when one or two treatment heads are used? How should we choose?

It is recommended that all patients use the two treatment heads at the same time. Both treatment heads must be in full contact with the skin, and not hover sideways or extend beyond the treatment area. This will ensure that all abdominal muscles are treated and activated. Both therapies are equally effective.

6.3 Will it melt fat while lifting the hips?

Many studies have confirmed that the metabolic activity of buttock fat is lower than that of abdominal fat. Because of this, it will not dissolve fat when treating buttocks

6.4 Is this treatment safe? Will it affect the internal organs?

The only tissue that responds to energy is motor neurons, so it has no effect on other tissues including organs.

VI. FREQUENTLY ASKED QUESTIONS

6.5 Will it hurt during treatment?

The process is painless and noninvasive. There is no need for anesthesia. The feeling during the treatment is the same as that of your muscles during intense exercise.

6.6 How long will the treatment take? When will I see the effect?

A course of treatment is going to take 4 weeks. Each week, 3-4 sessions is needed. A significant reduction in fat and increase in muscle is visible after 2-4 weeks after finishing the recommended course treatment. Usually after 2-3 course of treatment, muscle mass increases by 14.5% and fat reduction by approximately 17.5%. This is just an estimation and not based on clinical trial

6.7 How long will the effect last?

The effect can be maintained for one year after 6 courses. Some people may need additional treatment to achieve the best results. If you have a course of treatment every 2-3 months, you can maintain a better and best condition.

6.8 How long does each treatment take?

A single treatment is usually 30 minutes per area of the body.

6.9 Does the machine have radiation? Is it safe?

It emits less radiation than regular cellphones. There is also a test report which proved that the radiation range of this machine is within the national safety electrical appliances.

6.10 How thick of fat can the machine penetrate?

This machine can penetrate several inches into the muscle layer. However, if the customer's fat is thick, the energy may not be able to penetrate into the muscle tissue thoroughly, so it is difficult to make the muscle contract and achieve the therapeutic effect.

VI. FREQUENTLY ASKED QUESTIONS

6.11 Can it be combined with other body care treatments?

It can be combined with some non-traumatic fat-removing care, such as various fat-reducing equipment, to eliminate more fat. In addition, it can be combined with some postpartum repair care to improve the health and physical problems of postpartum women.

VII. MAINTENANCE

1. Ensure that the power supply is stable. If the local power supply voltage is unstable, it is recommended that the user add a regulated power supply with matching power.
2. The power cord of the socket is required to be more than 1.5 square meters.
3. When using this device, please keep away from the wall and keep a space of 30cm around the device for heat dissipation.
4. After each treatment, clean with mild disinfectant.
5. Please do not use alcohol or corrosive solvent to clean the host and handle to avoid damage.
6. During treatment, avoid the damage caused by pressing the handle line and bending the handle line.
7. DO NOT place the instrument in an environment with high temperature, humidity, dust, and direct sunlight. The instrument should be placed in a dry, cool, and ventilated room with a temperature of 5 to 40°C and a humidity of no more than 80%.



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