

perfect  
**BEAUTY**



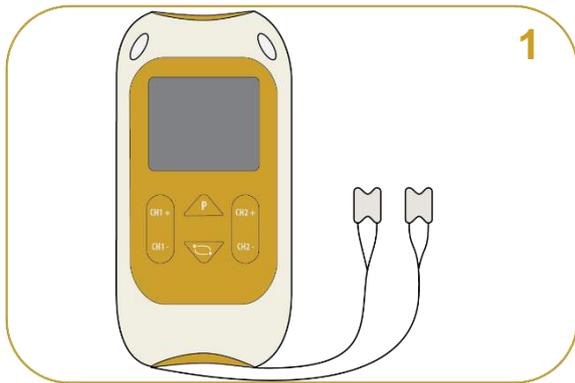
## INSTRUCTIONS FOR USE



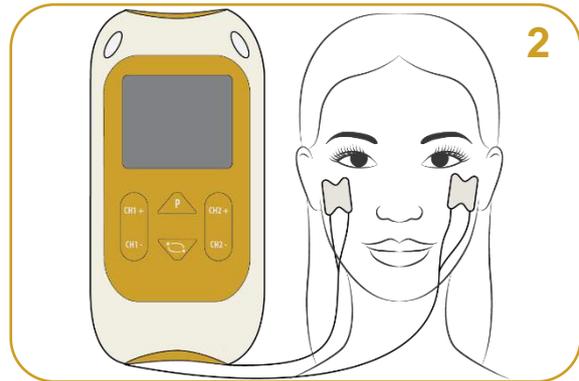
READ CAREFULLY BEFORE USE

**TensCare™**

# QUICKSTART GUIDE



1  
Connect the unit to the electrode pads



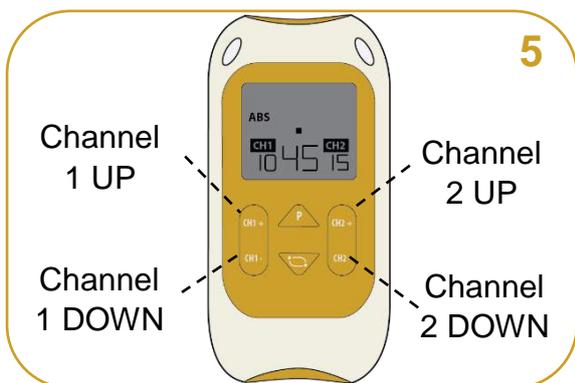
2  
Place the electrode pads around the area to be treated



3  
Press and hold the ON button to switch the device on



4  
Select the programme by pressing the button P



5  
Regulate the output intensity for each channel



6  
Press and hold the OFF button to switch the device off



Dear Customer,

Thank you for choosing **perfect BEAUTY**. TensCare stands for high-quality, thoroughly tested products for the applications in the areas of gentle electrotherapy, muscle toning, continence management and pain relief during labour.

Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

Best regards,

Your TensCare Team

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## SYMBOLS USED

	Attention! Please follow the instructions in the user's instructions for use.
	TYPE BF EQUIPMENT: Equipment providing a degree of protection against electric shock, with isolated applied part. Indicates that this device has conductive contact with the end user.
	This symbol on the unit means "Refer to instructions for use".
	Temperature Limitation: indicates the temperature limits to which the medical device can be safely exposed.
	Lot Number: indicates the manufacturer's batch code so that the batch or lot can be identified.
	Humidity Limitation: indicates the humidity limits to which the medical device can be safely exposed.
	Serial Number: indicates the manufacturer's serial number so that a specific medical device can be identified.
	Do not dispose in household waste.
	Catalogue Number: indicates the manufacturer's catalogue number so that the device can be identified.
	Atmospheric Pressure: indicates the atmospheric limits to which the medical device can be safely exposed.
	Date of Manufacture: indicates the date which the medical device was manufactured. This is included within the serial number found on the device (usually in the battery compartment), either as "E/Year/Number" (YY/123456) or "E/Month/Year/Number" (MM/YY/123456).
	This medical device is indicated for home use.
	<p>This medical device is not water resistant and should be protected from liquids.</p> <p><b>The first number 2:</b> Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm <math>\varnothing</math>, 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm <math>\varnothing</math> and greater.</p> <p><b>The second number 2:</b> Protected against vertically falling water drops when enclosure is tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.</p>

## 1. INTRODUCTION

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### Device Description & Principles of Design

The **perfect BEAUTY** is a powered muscle stimulator used for body toning and shaping, as well as for the reduction of wrinkles and cellulite.

It sends a small and gentle stimulation (similar to your natural nerve impulses) to the muscles being treated via two or four auto-adhesive electrode pads, in order to help you to firm and tone your body, and to maintain your youthful appearance.

We have developed bespoke programmes dedicated to each specific area: face, abs, buttocks & hips, thighs, bust, arms and calves.

## 2. INTENDED USE

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**Perfect BEAUTY** is a medical device designed to be used in the home healthcare environment to improve muscle tone and bulk, and reduce signs of ageing. It is suitable for use by all who can control the device and understand the instructions.

Do not use the device for any purpose other than this intended use.



**Warning:** Not suitable for use in children without medical supervision.

## 3. PERFECT BEAUTY FEATURES

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- **Dual Channel**

Two independent channels with four electrode pads to treat two areas at the same time.

- **Comfortable Stimulation**

Gentle stimulation with 90 small steps of intensity (about 1 mA per step).

- **8 Preset Programmes**

Including facial toning and firming; as well as programmes for body toning and shaping: abs, buttocks & hips, thighs, bust, arms and calves.

- **Memory**

Features 3 functions: programme retention (automatically starts in the last programme used), number of uses and time of usage.

- **Open Circuit Detection**

Automatically resets the strength to zero if the electrode pads are not correctly applied.

- **Detachable Belt Clip**

Enables the user to clip the unit onto a belt.

- **Large LCD Screen**

Clearly shows the operation of the unit and the programme and intensity being used.

- **Unique electrode pads**

**Face:** Simple application to stimulate all areas of the face in one treatment session.

**Breast\*:** Large surface area for comfortable stimulation.

\*Sold separately



**Note:** The electrode pads need to be applied directly to the skin before the intensity increase buttons will operate. If the **Perfect BEAUTY** detects the unit is not properly connected to you (for example if the electrode pads or leads come loose) then the unit switches the intensity to zero. This safety feature prevents any unpleasant changes in output.

## 4. HOW 'EMS' WORKS

E.M.S. stands for Electrical Muscle Stimulation and has successfully been used in medical rehabilitation and training in competitive sports. EMS produces intensive and effective muscular contraction.

EMS is a complement to other physical therapy and should always be combined with active mobility, strength, coordination and functional training.

In training, the technology for electrotherapy is used for all kinds of muscular exercise - warm-up, strength, speed, power, resistance, endurance, recovery and also for rehabilitation. EMS is well known and works as an excellent complement to regular training.

### Advantages of EMS

Use of EMS will help to tone and shape the body by contracting the selected muscle group. It is particularly convenient for areas that are famous for losing their shape and hard to exercise such as the upper arms and the face.

Successful athletes all over the world have discovered the advantages of electrical muscle stimulation, such as an increase of the local circulation and the size of the muscle fibres. EMS also helps to raise the intake of oxygen as well as improving the metabolic exchange and the consumption of energy of the user.

### How EMS Works

Muscular activity is produced by the central and peripheral nervous systems transmitting electrical stimuli to the muscles of our body. EMS uses external electrical impulses that work through the skin to stimulate the nerves supplying a specific muscle group.

This current then passes into the nerve fibres controlling that part of the muscle stimulating it to contract. So, electrical stimulation (EMS) artificially activates a muscle for you enabling to exercise the muscles and, as with any kind of exercise if performed regularly, build strength and tone.

Different frequencies have different effects; low frequencies (1-10 Hz) coupled with long impulse times, for example, have a purifying and relaxing effect through individual contractions, whereby the circulation in the treated muscle is simultaneously improved and removal of metabolic end products is supported (lymphatic drainage). The oxygen supply to the muscle is improved.

In contrast, by means of a rapid succession of contractions (fibrillation), medium frequencies (20-50 Hz) can put a high level of strain on the muscle, thus promoting the muscular structure.

## 5. CONTRAINDICATIONS, WARNINGS & CAUTIONS

### In this manual:

 **Warning** is used when failure to follow the instructions may result in serious injury or death.

 A **Caution** is used when failure to follow the instructions may result in a minor or moderate injury, or damage to the device or other property.

 **Notes** are used to provide clarification or recommendation.

### CONTRAINDICATIONS:

- **Do NOT use** if you have a pacemaker (or if you have a heart rhythm problem) or with any electronic medical devices. *Using this unit with electronic medical devices may cause erroneous operation of the device. Stimulation in the direct vicinity of an implanted device may affect some models. Stimulation on the front of the neck can affect your heart rate. Very strong stimulation across the chest may cause an extra heartbeat.*
- **Do NOT use** during the first three months of pregnancy. *It is not known whether TENS and EMS may affect foetal development.*
- **Do NOT use** on the abdomen in the later stages of pregnancy. *Stop using immediately if you experience unexpected contractions.*

### WARNINGS:

 **Do NOT use** when driving, operating machinery, or similar actions needing muscular control. *Loose electrode pads, damaged leads, or sudden changes in contact may cause brief involuntary muscle movements.*

 **Do NOT use** to mask or relieve undiagnosed pain. *This may delay diagnosis of a progressive condition.*

 **Do NOT use** if you have, in the area being treated: active or suspected cancer or undiagnosed pain with a history of cancer. *Stimulation directly through a confirmed or suspected malignancy should be avoided as it may stimulate growth and promote spread of cancer cells.*

### CAUTIONS:

 **Caution** should be used if you have suspected or diagnosed epilepsy as electrical stimulation may affect seizure threshold.

 **Caution** should be observed when using the device at the same time as being connected to monitoring equipment with body worn electrode pads. It may interfere with the signals being monitored.

 **Caution** should be used following recent surgical procedures. Stimulation may disrupt the healing process.

 **Caution** Simultaneous connection to high frequency surgical equipment may result in burns and damage to the stimulator.



**Caution** Strong electromagnetic fields (electro-surgery/ microwave cookers/ mobile phones) may affect the correct operation of this unit. If it appears to behave unusually, move it away from these devices.



**Caution** Do not permit use by children unable to understand the instructions or persons with cognitive disabilities, i.e.; Alzheimer's disease or dementia.



**Caution** Keep away from children under 5 years of age. *Long cord - risk of strangulation in infants.*



**Caution** should be observed when using the **Perfect BEAUTY** at high strength settings. Prolonged use at high settings may cause muscle injury or tissue inflammation. The **Perfect BEAUTY** is capable of delivering outputs in excess of 10 mA (RMS) or 10 V averaged over any period of 1 sec.

**DO NOT PLACE ELECTRODE PADS:**

- On skin, which does not have normal sensation. *If the skin is numb too great a strength may be used, which could result in skin inflammation.*
- On broken skin. *The electrode pads could encourage infection.*
- On the front of the neck. *This could cause the airway to close, giving breathing problems. May cause sudden drop in blood pressure (vasovagal response).*
- Over the eyes. *May affect eyesight or cause headaches.*
- Across the front of the head. *Effect on patients who have had strokes or seizures is not known. May affect your sense of balance. The effects of*

*stimulation on the brain are unknown.*

**ELECTRODE PADS CAUTION:**



**Caution:** Do not ignore any allergic reaction to the electrode pads: *If a skin irritation develops, stop using TENS, as this type of electrodes may not be suitable for you. Alternative electrode pads specially made for sensitive skin are available (see E-696-SS).*



**Caution:** Do not use this device with leads or electrode pads other than those recommended by the manufacturer. *Performance may vary from specification. Electrodes with smaller surface area may cause tissue irritation.*



**Note:** Electrode pads supplied have no measurable latex content.

**TO KEEP YOUR DEVICE IN GOOD WORKING ORDER, OBSERVE THE FOLLOWING ADDITIONAL CAUTIONS:**



**Caution:** Do not immerse your device in water or place it close to excessive heat such as a fireplace or radiant heater or sources of high humidity such as a nebulizer or kettle as this may cause it to cease to operate correctly.



**Caution:** Keep the device away from sunlight, as long-term exposure to sunlight may affect the rubber causing it to become less elastic and crack.



**Caution:** Keep the device away from lint and dust, as

long-term exposure to lint or dust may affect the sockets or cause the battery connector to develop a bad contact.



**Caution:** Temperature & Relative Humidity of storage: -20°C to +40°C, 8% to 70% R.H. Temperature & Relative Humidity of transportation: -20°C to +40°C, 8% to 70% R.H.



**Caution:** Do not attempt to open or modify the TENS unit. *This may affect the safe operation of the unit and will invalidate the warranty.*



There are no known side effects to use and long-term use is not harmful. However, the device works your muscles and unaccustomed amounts of exercise may produce muscle ache. If this happens, simply reduce the strength of the machine or allow your muscles to rest until the aching disappears.

## 6. INFORMATION ABOUT THE PROGRAMME SETTINGS

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Each programme has its own combination of Frequency and Pulse Width settings which allow for different muscle groups to be exercised and toned through the electrode pads.

- **Frequency (measured in Hz - pulses per second)**

Low frequencies (1-10 Hz) have a purifying and relaxing effect through individual contractions.

Medium frequencies (20-50 Hz) can put a high level of strain on the muscle, thus promoting the muscular structure.

- **Pulse Width (measured in  $\mu\text{s}$  - millionths of a second)**

The **perfect BEAUTY** unit has pulse widths of 80 to 600  $\mu\text{s}$ . Generally speaking, the higher the pulse width, the more "aggressive" the stimulation feels, if the pulse width is set high enough, it will usually elicit a muscle contraction, which is required for an effective toning of the muscle group selected.

### **Work/Rest:**

All the programmes are intermittent.

Once you have reached a comfortable level, 5 seconds after you stop pressing the button, the intermittent Work/Rest phase will start.

For each programme, the unit will go through a stimulation phase (Work) for 0-10 seconds, followed by a phase without stimulation (Rest) for a similar time.

This is to allow your muscles to recover from exercise and avoid fatigue.

During the Work period (**W**), the unit will generate contractions, try to contract the muscle voluntarily at the time to get the best possible results.

This cycle Work/Rest will continue for the duration of the programme selected.

**W** and **R** are displayed on the screen.

Each programme is a balanced mix of toning, firming, and shaping specifically designed for the designated muscle group.

All the programmes except **FACE 1** consist of seven phases, with a combination of settings optimised for each part of the body selected from the following.

- **Capillarization** (3 Hz to 8 Hz)

Treatment at these frequencies significantly increases arterial flow in the area treated. This is useful for recovering after intense work and improves local microcirculation.

- **Tissue Elasticity** (5 Hz to 15 Hz)

Stimulates the surface muscle fibres. These frequencies facilitate the removal of substances accumulated on the surface and improve the dynamic appearance of the skin.

- **Micro lifting** (12 Hz to 20 Hz)

Toning facial muscles to improve both the appearance and the dynamism of facial muscles.

- **Modelling** (12 Hz to 30 Hz)

Due to a combination of capillarizing and toning impulses, this frequency range helps mobilise fat in areas where it tends to accumulate.

- **Firming up** (20 Hz to 30 Hz)

Firming up muscles working mainly on slow-twitch fibres.

- **Lipolysis** (30 Hz to 40 Hz)

This frequency range evokes a significant increase in the temperature of the subcutaneous tissue. This results in an increased metabolism, and thus facilitates lipolysis.

- **Toning** (40 Hz to 50 Hz)

Toning up working mainly on fast-twitch fibres.

- **Definition and bulk** (60 Hz to 100 Hz)

Defining muscles in the arms and bust working mainly on explosive fibres. Grows muscle size.

For all programmes except **FACE 1**, follow the guidelines below to set the intensity level.

**Phase 1 - Preparation:** Turn up the stimulation gradually, until you feel an intermittent tingling.

**Phases 2 to 6 - Activation:** Increase the intensity until you feel a very smooth tensing under the pads, there should be little visible movement.

Use a low intensity for the first session to help you to understand how the machine works).

During the programme and over the next few days the intensity should be increased gradually to produce marked, but not painful muscle contractions.

**Phase 7 - Cool down:** Turn down the intensity gradually until you can only feel a mild tingling pulse.

For the programme **FACE 1**, which has just one phase, increase the intensity to the point where you can just see the muscle moving.



**Note:** The stimulation should remain comfortable and relaxing at all times.

## 7. PROGRAMMES

### 7.1. PRESET PROGRAMMES

	Programme	Muscle group	Description	Special Feature
1	FACE 1	Facial Quick Tone	Helps tone, firm, lift and tighten the soft tissues of the face, counteracting the effects of ageing.	<b>Intensity limited to 40 mA.</b> Use with face electrode pads (see <b>E-CM3050</b> ).
2	FACE 2	Facial Deep Tone	In the quest for a youthful appearance, facial muscles and skin may also be stimulated to improve circulation, help activate fibroblasts which produce collagen and elastin and can also tone flaccid and sagging face muscles.	<b>Intensity limited to 40 mA.</b> Use with face electrode pads (see <b>E-CM3050</b> ).
3	ABS	Abdominal	Suitable for people who wish to tone and shape their body to obtain a thinner silhouette and to enhance general fitness levels.	
4	HIP	Buttocks & Hips		
5	THIGH	Thighs		Circulation boosting to improve the appearance of cellulite.
6	BUST	Bust/Pectorals	For women who have sagging muscles and a build-up of fat around the bra strap area.	Can be used with breast electrode pads* (see <b>E-CMR60130</b> ) for improved comfort. *Sold separately.
7	ARM	Arms	Our upper arms often have little shape, usually caused by a lack of movement and muscular work. This programme is designed to firm and bulk muscles.	Circulation boosting to improve skin tone and appearance.
8	CALF	Calves	It is usually a lack of trained muscles in the legs which disturbs us most. Targeted muscle training for the calves is very simple to perform.	



**Note:** These programmes must be used in combination with a healthy diet and regular active exercises.

## 7.2. PROGRAMMES SETTINGS

<b>PROGRAMME 1: Facial Quick Tone</b>								
Phase	1	2	3	4	5	6	7	Total
Time (min)	20							20
Stimulation (s)	0							
Pause (s)	1							
Frequency (Hz)	70							
Pulse width (µs)	100							
Ramp (s)	1/1							

<b>PROGRAMME 2: Facial Deep Tone</b>								
Phase	1	2	3	4	5	6	7	Total
Time (min)	2	3	2	2	2	2	2	15
Stimulation (s)	2	4	3	6	3	4	1.2	
Pause (s)	2.5	4	3.5	4	3.5	2	.3	
Frequency (Hz)	100	10	50	4	40	4	100	
Pulse width (µs)	140	200	140	220	140	220	80	
Ramp (s)	.5	.5	.5	.5	.5	.5	.2	

<b>PROGRAMME 3: Abdominal</b>								
Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	10	8	7	8	2	45
Stimulation (s)	2	4	8	10	6	4	1.2	
Pause (s)	2.5	4	6	1	4	4	.5	
Frequency (Hz)	90	50	10	4	30	65	100	
Pulse width (µs)	200	300	500	600	360	300	80	
Ramp (s)	.5	.5	.9	1.3	.6	.5	.2	

<b>PROGRAMME 4: Buttocks &amp; Hips</b>								
Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	3	6	8	4	3	5	1.2	
Pause (s)	2	5	4	4	4	5	.5	
Frequency (Hz)	100	65	10	50	75	45	100	
Pulse width (µs)	200	300	500	300	260	260	80	
Ramp (s)	.5	.7	.9	.5	.5	.5	.2	

**PROGRAMME 5: Thighs**

Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	5	3	1	10	6	4	1.2	
Pause (s)	4	4	.7	1	4	4	.5	
Frequency (Hz)	10	65	100	4	45	8	100	
Pulse width (µs)	400	300	260	500	360	500	80	
Ramp (s)	.9	.5	.3	.9	.6	.5	.2	

**PROGRAMME 6: Bust/Pectorals**

Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	3	4	5	1	4	5	2	
Pause (s)	3	2.5	3	.3	4.5	6	.5	
Frequency (Hz)	90	60	10	4	45	65	90	
Pulse width (µs)	150	150	220	300	200	200	80	
Ramp (s)	.3	.5	1.3	.9	.6	.5	.2	

**PROGRAMME 7: Arms**

Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	3	4	8	4	6	4	1.2	
Pause (s)	2.5	3	3	8	4	4	.5	
Frequency (Hz)	70	60	10	50	10	65	100	
Pulse width (µs)	200	200	300	220	300	220	80	
Ramp (s)	.3	.5	.9	.9	.6	.5	.2	

**PROGRAMME 8: Calves**

Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	1	5	4	6	8	4	1.2	
Pause (s)	1	4	3.5	4	4	4	.5	
Frequency (Hz)	100	40	50	10	4	25	100	
Pulse width (µs)	200	220	200	300	300	220	80	
Ramp (s)	.3	.5	.5	.5	.9	.5	.2	

### 7.3. USING THE PROGRAMMES

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#### FACIAL PROGRAMMES:

The **FACE 1** and **FACE 2** programmes are a non-invasive option for helping lift and/or tighten the soft tissues of the face, improving facial muscle tone and reducing the signs of ageing.

**Recommended use:** One treatment session daily, 5 days/week, for 12 weeks.

You may notice some positive effects after just one session, but normally it will take about 6 weeks before you notice a difference.

Take care when adjusting the intensity as facial muscles are particularly sensitive; intensity should be increased gradually, starting with a very low level of stimulation (just above perception) and increasing with care until you reach a good level of stimulation, represented by good muscle activation.

On the face, it is not necessary to reach levels of intensity capable of causing discomfort! Great and significant results are obtained through consistency and patience.



**Warning:** Use these programmes only with the face electrode pads included in the kit (see **E-CM3050**).



**Warning:** a minimum distance of 3 cm. must be kept between the electrode pad and the eyeball.

The TensCare face electrode pads (see **E-CM3050**) are designed to reduce any risk to a minimum. Some secondary effects may subsist but they should be temporary.



**Note:** You might notice mild skin redness at the site of the electrode pads after the treatment session. It should fade within 10 to 20 minutes.



**Note:** Very rarely temporary after-effects, such as mild eyelid flutter, have been reported after facial stimulation. This has always resolved within a few days.

#### ABS, HIP, THIGH PROGRAMMES:

These programmes help improving body toning and body shaping by generating passive muscle contractions in the selected area.

It may improve your general fitness levels as well as achieving a thinner silhouette by building up the muscles.

The **THIGH** programme contains specific settings that help increase the flow of blood circulation, and modify the metabolism of the lipocytes. It allows to stimulate the subcutaneous deposits of fat and it assists reducing or eliminating the “Orange Peel” effect (cellulite) of the skin surface.

### **Recommended use:**

Generally, 3 sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.

### **BUST PROGRAMME:**

Electrical Stimulation can build, strengthen, and firm the pectoral muscles giving bulk and lift.

- Exercise and massage therapy to enhance the size and shape of your breasts
- Natural method to enhance your all-natural body

### **Recommended use:**

Generally, three sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.



**Note:** For improved comfort, use this programme with the breast electrode pads\* (see **E-CMR60130**).

\*Sold separately.

### **ARM PROGRAMME:**

The upper arms often get saggy and flabby especially in women with the triceps (back of the upper arm). It is commonly referred to as “Bingo Wings” or “Bat Wings”. It is tricky to tone this muscle group and some women find this area ungraceful or even embarrassing.

**Perfect BEAUTY** helps to tone, firm and lift the triceps and the biceps as it allows you to generate contractions in this specific muscle group.

### **Recommended use:**

Generally, 3 sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.

### **CALF PROGRAMME:**

Most people are aiming for thin but muscly legs with a harmonious balance between the size of the thighs and the size of the calves. Often, the calves are either too skinny with only little muscle mass or too big with a long muscle mass especially around the ankle.

The aim of this programme is to tone, shape and lift the calves’ muscles to achieve slender legs with improved definition of the muscles as well as a slimming effect on the ankles.

### **Recommended use:**

Generally, 3 sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.

### **GENERAL ADVICE:**

Ideally, use **perfect BEAUTY** once every two days for each muscle with a day of rest in between. It is possible to work on pairs of muscles, for example

thighs and abdominal muscles, treating one set one day and the other the next day.



**Warning:** Working on too many muscles at the same time is not recommended.

Once good results have been obtained the sessions may be reduced to once or twice a week until the user feels that optimum body shaping has been achieved.

## 8. ELECTRODE PADS

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### 8.1. PAD POSITIONING

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The electrode pads must always be used in pairs (two electrode pads on each channel), so that the signal can flow in a circuit.



**Note:** The face electrode pad acts as a pair of standard electrode pads. Connect both pigtail leads to the same channel on the unit.

**Electrode placement for EMS is very important for obtaining the best results.**

Place two electrode pads over the bulk of the muscle, with one electrode over the muscle's motor point. The motor point is the area on the skin that is located closest to the motor nerve's entry into the muscle – about 1/3 of the way down the muscle from the spine. Here, it is easiest to trigger a contraction by electrical stimulation.

Experiment by moving the electrode pads across the skin until you locate the point over the muscle that gives the cleanest contraction. In the examples in section 8.3., the electrode pads are marked **+ve (red)** and **-ve (black)** to match the red and black leads. The positive (red connector) electrode pad should be over the motor point.

Large muscle groups may require stimulation with two channels, that is, four electrodes simultaneously.

When exercising smaller muscles, take care to adjust the intensity level slowly

as the motor nerves may be more sensitive and using smaller electrode pads increases the current density.

You may feel more sensation in one pad than the other. This is normal – it depends on where the electrode pads are in relation to your nerves.

Use the square electrode pads (see **E-CM5050**) for all areas except the face where specific electrode pads are required (see **E-CM3050**).

For the bust area, it is recommended to use the optional breast electrode pads for improved comfort (see **E-CMR60130**).

**Always check that the unit is OFF before attaching or removing electrode pads.**

**Perfect BEAUTY resets strength to zero if the pad or lead is disconnected from your body. This is to prevent sudden changes in sensation when the pad is re-connected.**

## 8.2. PAD ADVICE

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- The electrode pads supplied are reusable but for single patient use.
- In order to obtain the best conductivity through the electrode pads always ensure that they are in good condition and tacky.
- Before use make sure your skin is clean and dry.
- Peel the electrode pads from their protective plastic shield by holding and lifting one corner of the pad and pulling. **Do not** pull on the pigtail wire of the pad.
- After use always replace the electrode pads on the plastic liner and replace them in the re-sealable plastic bag.
- If the electrode pads dry out, then it is best to buy a replacement pack. In an emergency, it may be possible to restore some of the tackiness of the pad by adding a tiny drop of water on each pad and spreading around. If too much water is added, the electrode pad will become too soft. If that happens then it is suggested in order to try and re-establish some adhesiveness, to place them sticky side up in a refrigerator for a few hours.
- In very hot weather the gel on the electrode pads may become soft. In such cases place them, still on their plastic liners and in their pouch into a fridge until they return to their normal condition.
- The electrode pads provided are latex-free.
- Replace the electrode pads when they lose their stickiness.
- *Poor connection may cause discomfort and skin irritation.*
- Storage life of an unopened pack of electrode pads is 2 years. This may be affected by very high temperatures or very low humidity.

### 8.3. ELECTRODE PLACEMENT

The electrode pads placement is specific to the programme used. Please refer to the placement guidelines below.



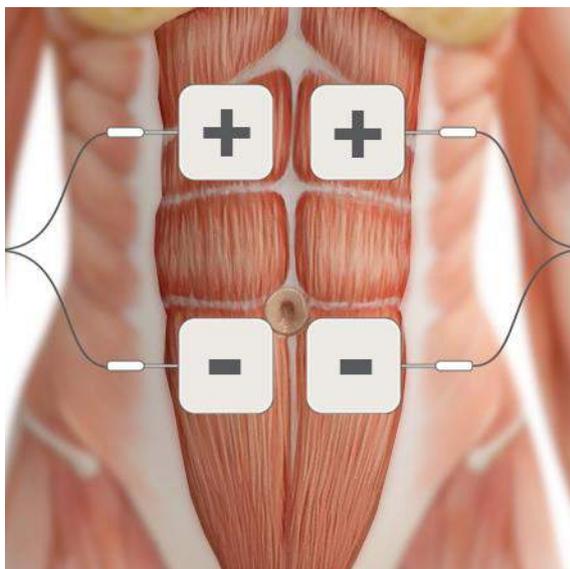
**Note:** The + electrode pad needs to be plugged in to the **red lead wire connector**, the – refers to the one for the **black lead wire connector**.

#### FACE 1 and FACE 2 – Pads placement

The face electrodes stimulate all the muscles on the face simultaneously.

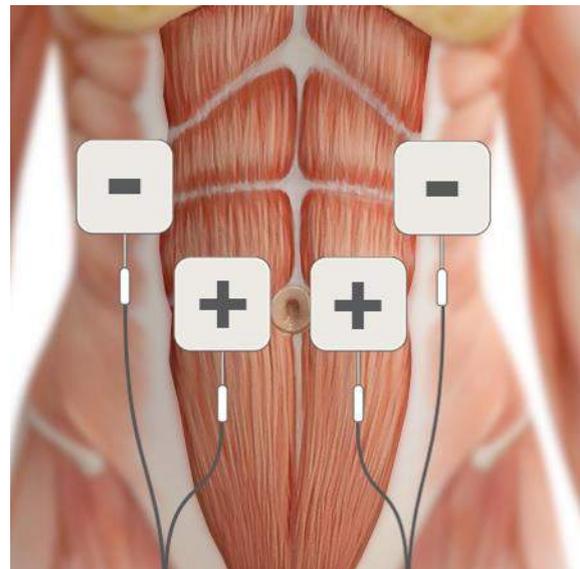


#### ABS – Pad placement 1

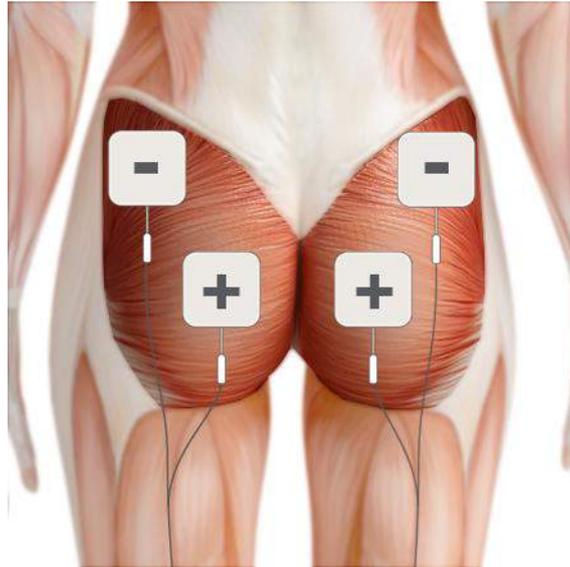


OR

#### ABS – Pad placement 2



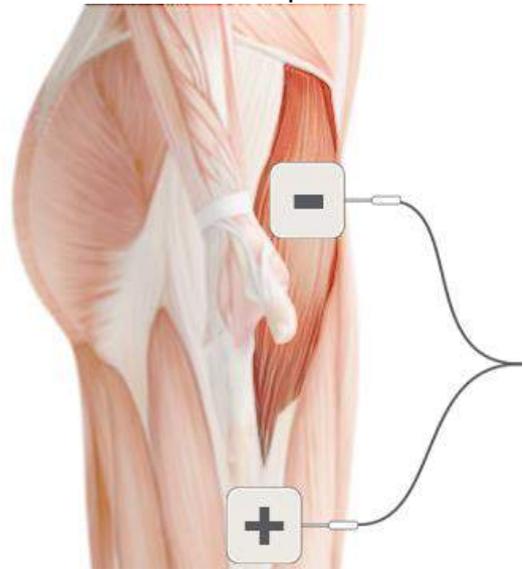
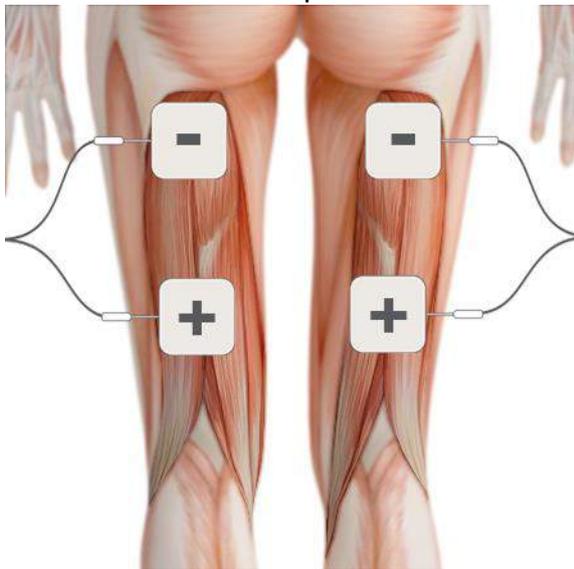
**HIP – Pads placement**



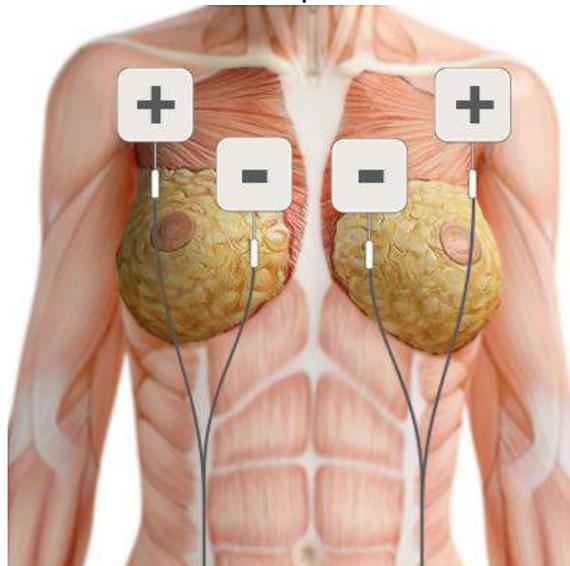
**THIGH – Pad placement 1**

OR

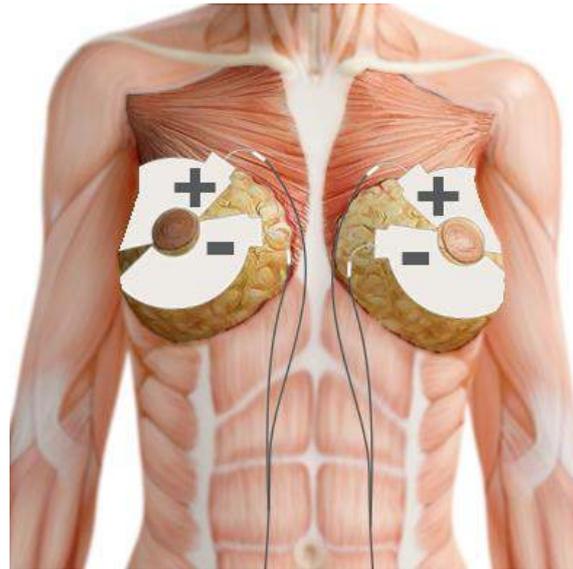
**THIGH – Pad placement 2**



**BUST – Pad placement 1**



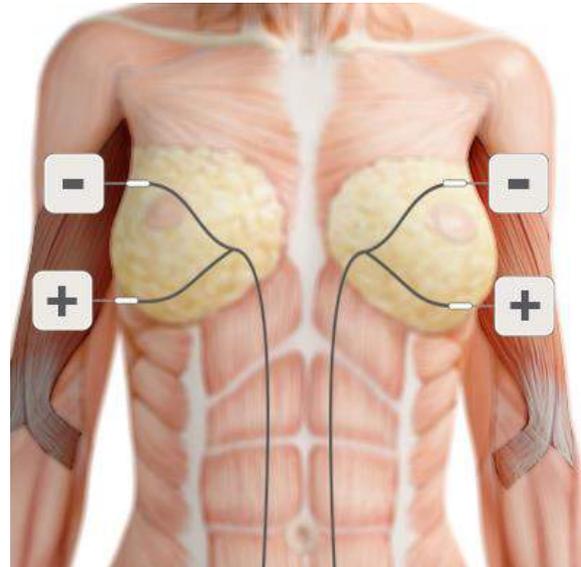
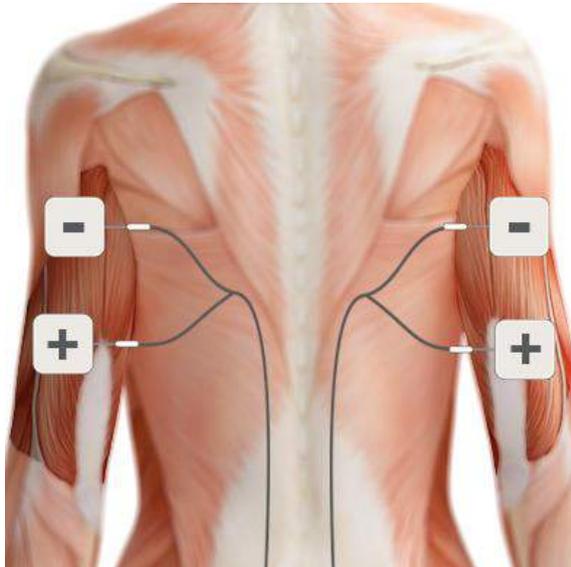
**BUST – Pad placement 2 with the optional breast electrode pads (E-CMR60130)**



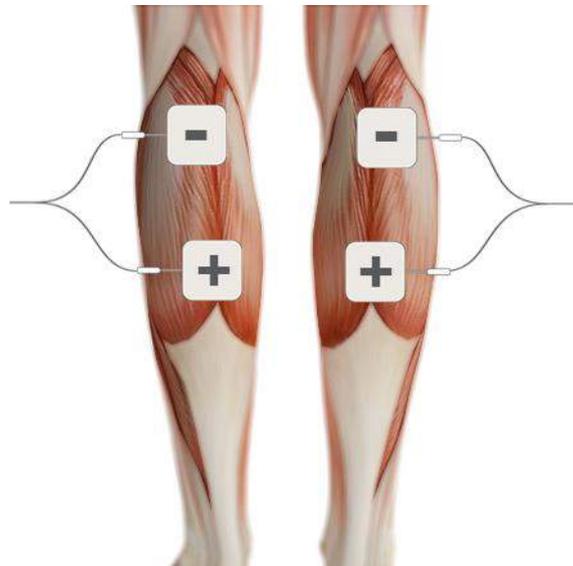
**ARM – Pad placement 1**

OR

**ARM – Pad placement 2**



**CALF – Pad placement**

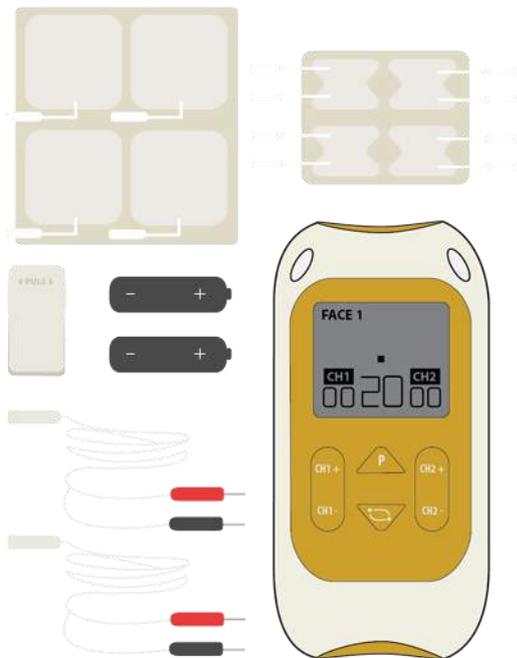


## 9. CONTENT

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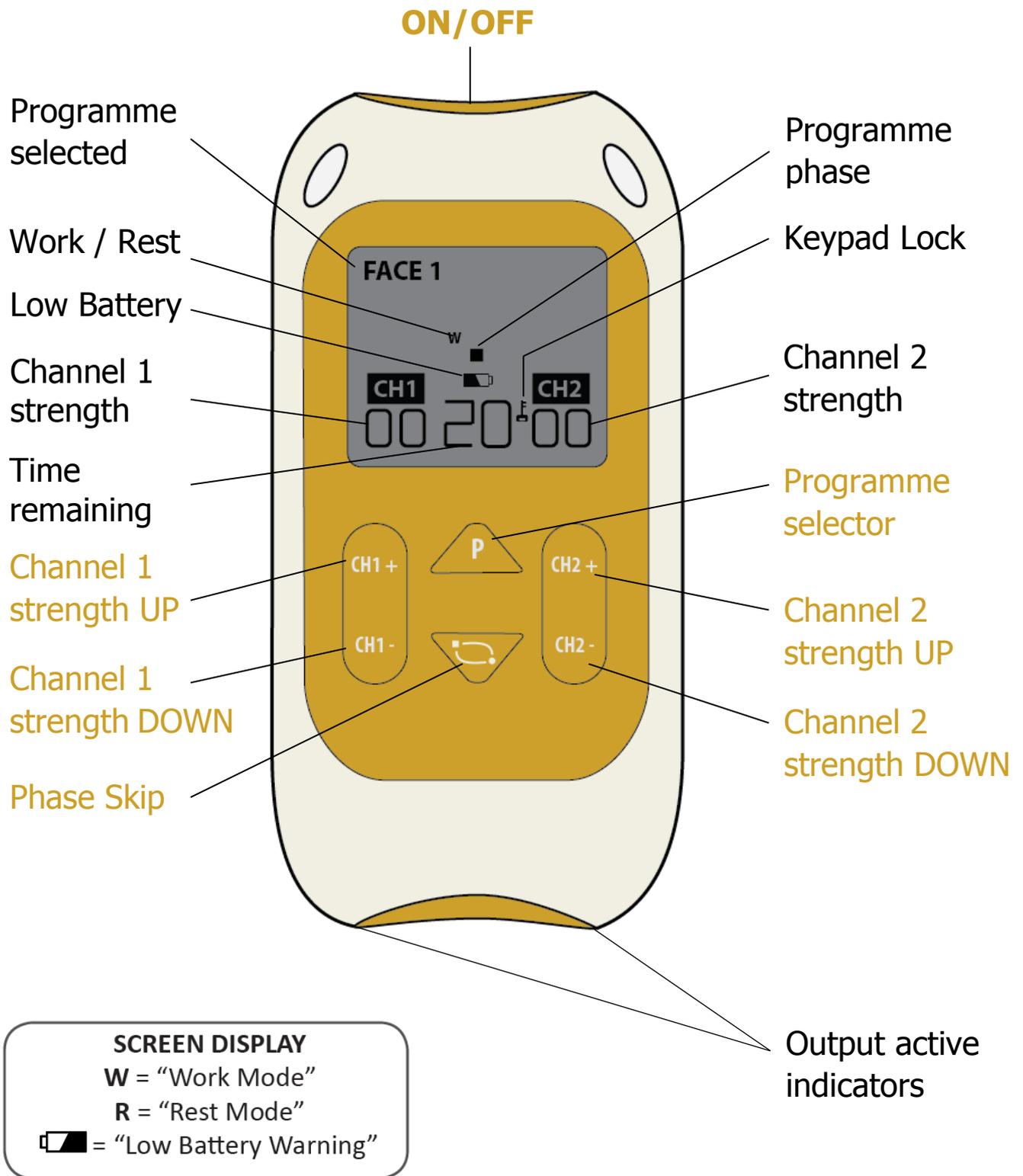
The pack contains:

- 1 x **Perfect BEAUTY** multi-purpose muscle stimulator and body toner
- 2 x Lead wires (L-CPT)
- 4 x 50x50 mm electrode pads (E-CM5050)
- 4 x 30x50 mm face electrode pads (E-CM3050)
- 2 x AA 1.5V alkaline batteries
- 1 x Detachable belt clip
- 1 x Storage pouch
- 1 x Instructions for use



# 10. UNIT INFORMATION

## 10.1. CONTROLS & DISPLAY



## 10.2. OPERATING INSTRUCTIONS



ON/OFF

To turn the unit ON, press the **ON/OFF** button on the top of the unit and hold for 3 to 5 seconds until the display shows.

To turn the unit OFF, press the **ON/OFF** button on the top of the unit and hold for 3 to 5 seconds until the display stops

The unit will turn OFF automatically:

When the Timer reaches zero,

If it is left at zero strength for more than 5 minutes.

The unit will start with the programme you used last.

At first use, or after changing batteries, the display shows that the unit is automatically set in programme **FACE 1** at zero strength.



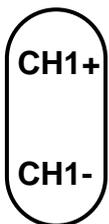
Note: Always check unit is OFF before applying or removing electrode pads.

The backlight will turn off 10 seconds after the last button press.

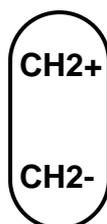
On the front of the unit there are six buttons:

### STRENGTH CONTROLS

The buttons marked **CH1+**, **CH1-**, **CH2+**, **CH2-** are the strength controls.



The left-hand buttons change strength in the left-hand lead, CH1, and the right-hand buttons change the right-hand lead, CH2.



To increase strength in steps of 1 mA, press and release the top part of the channel buttons, **CH1+** and **CH2+**.

The strength levels are shown on the LCD.

**The strength control buttons will not operate until the unit is properly connected to you. If the Perfect BEAUTY detects a disconnection in either channel it will automatically return the strength to zero in that channel and flash '00'.**

The unit has 90 levels of strength except for the facial programmes (**FACE 1** and **FACE 2**), which only go up to 40 mA (40 steps).

If you hold down the strength controls for 3 to 5 seconds, the strength will start increasing continuously.

You may feel nothing over the first few presses. Continue pressing until the sensation is strong but comfortable. At each phase of the programme the intensity automatically adjusts to give a comfortable stimulation, however further increases during use may be necessary if your body becomes used to the sensation. To decrease the strength, press and release the lower part of the buttons marked **CH1-** and **CH2-**.

The yellow LED on the output socket indicates that there is an active output which can be high enough to be harmful if not used correctly. The display will remain on for 5 seconds after the plug is removed.

### PROGRAMME CONTROL



The button marked **P** is the programme control. The

**perfect BEAUTY** has eight different, specially developed programmes. When the unit is first switched on it automatically enters the programme **FACE 1**.

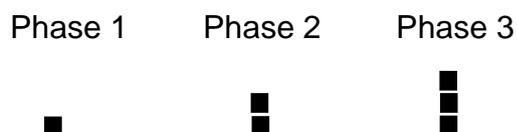
Each time you press and release the **P** button, the programme changes and is shown on the LCD.

Each time you change the programme, the strength level reverts back to zero. This is a safety feature to alleviate any sudden feeling of a surge, as each programme gives a different sensation.

### PHASE SKIP

All the programmes except **FACE 1** have seven phases.

The bar column in the middle of the display increases as each phase starts:



And so on up to the 7<sup>th</sup> phase (7 bars).



This button can be used to skip a phase. Press and hold this button for 3 to 5 seconds to skip and go to the next phase of the selected treatment session.

### LOW BATTERY



An empty battery symbol will show when you need to change the batteries. The unit will shut down about 2 minutes after this.

### KEYPAD LOCK



If you do not press any keys for 30 seconds, the keypad will lock so that only the keys marked **CH1-** or **CH2-** will work. This is to avoid

accidental changes in setting. To unlock, press either **CH1-** or **CH2-** keys.

### OPEN CIRCUIT CUTOUT

If the **perfect BEAUTY** is not correctly connected to your body, the strength in the channel which is not properly connected will automatically reset to zero. This is to prevent sudden changes if a broken connection is re-made.

### MEMORY

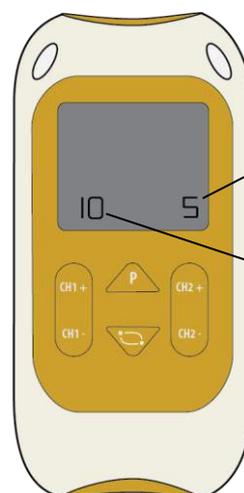
The **perfect BEAUTY** has a Memory with three functions:

1) Programme Retention. When you switch the unit on, it will automatically start in the programme which was being used when it was switched off.

2) Usage. Press the phase skip button  and **CH2-** together and hold down for 3 to 5 seconds. The display will show the number of times used and duration in hours used.

Press the same buttons again to return to normal controls.

3) Memory Reset. To reset memory to zero, hold down the phase skip button  and **CH1-** buttons together for 3 to 5 seconds.



Number of uses

Time used in hours

# 11. SETTING UP AND USING THE PERFECT BEAUTY

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## 11.1. INSTALLATION OF BATTERIES

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1) Remove belt clip by sliding down.



2) Remove battery cover by pulling on tag.



3) Insert batteries.

Ensure that the batteries are inserted



the right way as shown in battery compartment and that the ribbon is behind them.

4) Replace battery cover and belt clip.

 When the batteries are running low, a low battery indicator will show on the screen and it is important to change the batteries as soon as possible.

### Rechargeable batteries

The unit will work with rechargeable batteries, but the display may appear dim.

### Storage

Remove batteries from your **perfect BEAUTY** if the unit is unlikely to be used for a long period. *Some types of batteries may leak corrosive fluid.*

### Battery Life

Batteries should last about 48 hours at full power.

Unused batteries have a nominal shelf life of 3 years, but will usually last longer than this.

### Battery Warnings

 **Do NOT** pierce, open, disassemble, or use in a humid and/or corrosive environment.

 **Do NOT** expose to temperatures over 60°C(140F).

 **Do NOT** put, store or leave near sources of heat, in direct strong sunlight, in a high temperature location, in a pressurized container or in a microwave oven.

 **Do NOT** immerse in water, or get wet.

 **Do NOT** short-circuit.

 **Do NOT** connect the device unless the battery cover is in place.

*If battery leakage occurs and comes in contact with the skin or eyes, wash thoroughly with lots of water.*

*Keep batteries out of the reach of small children.*



**Caution** NEVER attempt to recharge an alkaline battery. *Risk of explosion.*

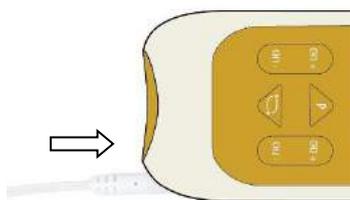


**Caution** Do not mix old, new or different types of batteries as this may lead to battery leakage or low battery indication.

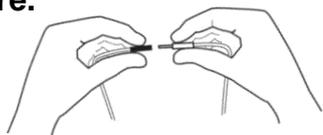
**Disposal:** Always dispose of batteries responsibly according to local government guidelines. Do not throw batteries onto a fire. *Risk of explosion.*

## 11.2. CONNECTING LEAD WIRES

Insert the lead wire plug into the base of the unit.



**Attaching the electrode pads to the lead wire.**



Push the pin ends firmly into the pigtail ends of the electrode pads.

The lead wires may be damaged by rough handling, and should be treated with care.

### Lead wire colour coding.

The ends of the lead wires are coloured red or black. The positive (red connector) electrode pad should be over the motor point (see 8.3.).

## 11.3. PREPARING FOR SESSION

1) Before use make sure your skin is clean and dry. You can use conductivity barrier wipes for effective electrode pads contact such as TensCare Contact Skin Wipes (see **E-CW50**).

If you are using the **FACE** programmes, clean the skin carefully before applying electrode pads, removing all makeup, oils and creams. Residue from these can prevent the electrode pads from adhering properly. Use an Aloe Vera based cream after treatment to soothe any skin irritation.

2) Place the electrode pads on the skin, see section 8.

3) If you are using your **perfect BEAUTY** while moving, you can attach the unit to your belt using the belt clip or hang it around your neck using a neck cord (not included). For safety, use thread or wool that will snap easily if the unit snags on something.

4) You can safely lean on the electrode pads. The sensation might change.



**Warning:** Ensure the **Perfect BEAUTY** is switched OFF before applying the electrode pads on the skin.

## 11.4. TRAINING SESSION

1) Press and hold the **ON** button on the control unit for 3 to 5 seconds to switch the control unit on.

When switched on for the first time, the **perfect BEAUTY** will automatically select the programme **FACE 1**. Next time, it will

automatically select the programme you were using the last time it was switched off.

- 2) You can select from the 8 preset programmes. Details in section 7 will help you identify the best programme to suit you.
- 3) Identify the correct pads positioning for the selected area and apply the electrode pads as described in section 8.3.
- 4) Once the electrode pads are correctly positioned, adjust the intensity as described in 7.3. with the buttons **CH1-**, **CH1+**, **CH2-** and **CH2+**. The LCD display shows the strength of intensity used for each channel.



**Note:** If the sensation becomes uncomfortable, reduce the intensity.

## 11.5. AFTER YOUR TRAINING SESSION

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When the timer reaches zero, your session is complete and the unit turns off.

- 1) Check that the control unit is OFF. If it is not, hold down the **OFF** button to switch off then remove the electrode pads from your skin by holding the pad itself and gently pulling. Be careful not to pull the wires as this may damage them.
- 2) Replace the electrode pads to their protective plastic shield and return them to the re-sealable plastic bag.



**Note:** When removing the electrode pads, **DO NOT PULL ON LEAD WIRES.**

## 12. CLEANING & STORAGE

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Clean the case and lead wires at least once a week by wiping with a damp cloth and a solution of mild soap and water. Wipe dry.

- **Do not** immerse your **perfect BEAUTY** unit in water.
- **Do not** use any other cleaning solution than soap and water.

### Storage life

- Storage life of an unopened pack of self-adhesive electrode pads is 2 years. This may be affected by very high temperatures or very low humidity.
- The unit has no fixed shelf life.

## 13. EMC

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Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be kept at least a distance  $d = 3,3$  m away from the equipment.

(Note. As indicated in Table 6 of IEC 60601-1-2:2007 for ME EQUIPMENT, a typical cell phone with a maximum output power of 2 W yields  $d = 3,3$  m at an IMMUNITY LEVEL of 3 V/m).



**Note:** For hospital use, full EMC advice tables are available on request.

## 14. DISPOSAL OF WASTE ELECTRICAL AND ELECTRONIC PRODUCTS (WEEE)

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One of the provisions of the European Directive 2002/96/CE is that anything electrical or electronic should not be treated as domestic waste and simply thrown away. To remind you of this Directive all affected products are now being marked with a crossed-out wheellie bin symbol, as depicted below.

To comply with the Directive, you can return your old electro-therapy unit to us for disposal. Simply print a postage-paid PACKETPOST RETURNS label from our website [www.tenscare.co.uk](http://www.tenscare.co.uk), attach this to an envelope or padded bag with the unit enclosed, and post it back to us. Upon receipt, we will process your old device for components recovery and recycling to help conserve the world's resources and minimise adverse effects on the environment.



## 15. ACCESSORIES

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### Expected Service Life

- The machine will often last for more than 5 years, but is warranted for 2 years. Accessories (lead wires, electrode pads, and batteries) are not covered by the warranty.
- Lead life depends greatly on use. Always handle the leads with care. We recommend to replace the lead

wires regularly (about every 6 months).

- Electrode pads should last 12 to 20 applications, depending on skin condition and humidity.
- AA alkaline batteries should last about 48 hours of continuous use.

Replacement electrode pads, new batteries and lead wires are available from your supplier or distributor (see back cover for contact details), by mail order from TensCare, by telephone using a credit or debit card, or through the TensCare website.

The following replacement parts may be ordered from TensCare at [www.tenscare.co.uk](http://www.tenscare.co.uk) or +44(0) 1372 723434.

E-CM3050	Face electrode pads Pack of 4 pairs
E-CMR60130	Breast electrode pads Pack of 4 (2 pairs)
E-CM5050	Square electrode pads Pack of 4
E-CM50100	Large electrode pads Pack of 4
E-696-SS	Square hypoallergenic electrode pads Pack of 4
L-CPT	Lead wire
B-AA	1.5V AA batteries
X- BC-PT	Replacement belt clip
X- BL-PTT	Replacement battery cover
E-CW50	Pack of 50 wipes

## 16. WARRANTY

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This warranty refers to the unit only. It does not cover, electrode pads, battery, or the lead wires.

### PRODUCT INFORMATION

### WARRANTY

This product is warranted to be free from manufacturing defects for 2 years from date of purchase.

This warranty is void if the product is modified or altered, is subject to misuse or abuse; damaged in transit; lack of responsible care; is dropped; if incorrect battery has been fitted; if the unit has been immersed in water; if damage occurs by reason of failure to follow the written instruction booklet enclosed; or if product repairs are carried out without authority from TensCare Ltd.

We will repair, or at our option replace free of charge, any parts necessary to correct material or workmanship, or replace the entire unit and return to you during the period of the warranty. Otherwise, we will quote for any repair which will be carried out on acceptance of our quotation. The benefits conferred by this warranty are in addition to all other rights and remedies in respect of the product, which the consumer has under the Consumer Protection Act 1987.

Our goods come with guarantees that cannot be excluded under the UK consumer Law. You are entitled to have

the goods repaired or replaced if the goods fail to be of acceptable quality.

### **Before you send your unit for service**

Before sending in your unit for service, please take a few minutes to do the following:

Read your manual and make sure you follow all the instructions.

### **Returning your unit for service**

Should repair be needed within the warranty period, enclose the tear off section of the warranty card (see page 33) and your proof of purchase receipt. Please ensure all relevant details are completed before sending your unit in for service. Please ensure your contact details are still current and include a brief description of the problem you are experiencing together with your purchase receipt.

For hygiene reasons, please do not include used electrode pads. Send only the unit and lead wires.

### **Please return the unit and warranty card (see page 33) at your cost to:**

#### **TensCare Ltd**

PainAway House,  
9 Blenheim Road,  
Longmead Business Park,  
Epsom, Surrey  
KT19 9BE, UK

Should you require any further information please do not hesitate to contact us by calling our number:

+44 (0) 1372 723 434.

## 17. TROUBLESHOOTING

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If your **perfect BEAUTY** is not working properly, please check the following:

Problem	Possible causes	Solution
<b>No display</b>	Flat batteries.	Replace batteries.
	Batteries inserted incorrectly.	Remove plastic wrap. Check + / - .
	Damaged springs in battery compartment.	Contact supplier.
<b>Low battery display</b>	Low batteries.	Replace batteries.
<b>No sensation</b>	Intensity is not strong enough.	Increase strength. Most users will feel something at a setting below 20 mA.
<b>Output will not increase above zero</b>	Open circuit cut-out operating. Lead not connected to body or faulty/damaged.	Ensure machine is attached to your body correctly. Try using the second lead wire. Purchase replacement if necessary.
	(Lead wires can break at the bend where they leave the machine giving no, or intermittent, output).	
<b>Sudden change in sensation</b>	If you disconnect and re-connect a few minutes later, the signal will feel quite a lot stronger.	Always return strength to zero after disconnecting the leads or electrode pads.

If the above review has failed to resolve your problem, or to report unexpected operation or events, call TensCare or your local supplier or distributor (address on back cover) for advice.

Contact TensCare customer service on +44 (0) 1372 723 434. Our staff are trained to assist you with most issues you may have experienced, without the need to send your product in for service.

## 18. GENERAL SPECIFICATION

Waveform		Asymmetrical Bi-Phasic
Amplitude		
FACE over 500 Ohm load		40 mA zero to peak +ve in 40 steps.
Other programmes over 1 kOhm load		90 mA zero to peak +ve in 90 steps +/- 10% Modified constant charge control
Output plug		Fully shielded: touch proof
Channels		Dual channel
Batteries		2 x AA alkaline (two AA batteries)
Weight		75 gms without batteries
Dimensions		120 x 60 x 20 mm
Safety Classification		Internal power source. Designed for continuous use. No special moisture protection.
Environmental specifications:		
Operating:		Temperature range: 5 to 40°C
		Humidity: 15 to 93% RH non-condensing
		Atmospheric pressure: 70 kPa to 106 kPa
Storage:		Temperature range: -25 to +70°C
		Humidity: Up to 93% RH non-condensing
TYPE BF EQUIPMENT		Equipment providing a degree of protection against electric shock, with isolated applied part.
		This symbol on the unit means "Refer to Instructions for use".
IP22		The unit is not water resistant, and should be protected from liquids.
		Complies with EU WEEE regulations



**Note:** The electrical specifications are nominal and subject to variation from the listed values due to normal production tolerances of at least 5%.

**RETURN THIS PORTION ONLY WHEN YOU RETURN YOUR PRODUCT FOR REPAIR UNDER WARRANTY.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTCODE: \_\_\_\_\_

DAYTIME TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

MODEL: \_\_\_\_\_

DATE OF PURCHASE: \_\_\_\_\_

**ATTACH PROOF OF PURCHASE**  
**DO NOT SEND IN ELECTRODE PADS**

RETAILER'S NAME: \_\_\_\_\_

RETAILER'S ADDRESS: \_\_\_\_\_

RETAILER'S POSTCODE: \_\_\_\_\_

BRIEF DESCRIPTION OF PROBLEM YOU ARE EXPERIENCING: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WARRANTY IS VOID UNLESS THE ABOVE INFORMATION IS COMPLETED AND CORRECT.**

TensCare aim to give you the best possible product and service. We listen to your suggestions and are constantly trying to improve our products. We also want to learn about the way our products are used, and the benefits they give. If you have anything you would like to share with us, please contact:

[www.tenscare.co.uk](http://www.tenscare.co.uk)

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<https://uk.pinterest.com/TensCareLtd/>



<https://tenscareltd.wordpress.com/>



<https://www.youtube.com/channel/UCzpk9dmLIJ3j0aHOpQ-0sg>



**EC Declaration of Conformity**

TensCare Ltd hereby declare that an examination of the production quality assurance system has been carried out following the requirements of the UK national legislation according to Annex V of the Directive 93/42/EEC on medical devices. We certify that the production quality system conforms with the relevant provisions of the aforementioned legislation, and the result entitles the organization to use the CE 0088 marking on this product.

Distributed by:



Manufactured by:

TensCare Ltd, 9 Blenheim Road,

Epsom, Surrey KT19 9BE, UK

Tel: +44(0) 1372 723434

[www.tenscare.co.uk](http://www.tenscare.co.uk)