

User's Manual

Home Beauty Device	Bright Lift	HRF-40
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Introduction

Thank you for purchasing a YA-MAN product.

- Please read this User's Manual carefully for information on how to use the device properly and safely.
- After reading the contents hereof, be sure to keep this User's Manual in an accessible location.
- Make sure to include this User's Manual if you are transferring ownership of the device to another person.

Safety Precautions

- Read these Safety Precautions carefully before using the device in order to use it correctly.
- Use the device sensibly in accordance with the prescribed steps.
- Immediately discontinue use and arrange to have the device repaired if any abnormality occurs.
- Do not use the device in a defective state, as doing so could cause physical harm to the user.
- The precautions listed in the User's Manual are very important. For your safety, please follow them carefully.
- Precautions are classified as DANGER, WARNING, or ATTENTION in order to clearly specify the level of danger and possible injury or damage that may occur if the device is misused.

● Classifications of Precautions



DANGER

Improper use of this device poses a severe and likely risk of death or serious injury.



WARNING

Improper use of this device may pose a risk of death or serious injury.



ATTENTION

Improper use of this device may result in injury or property damage*.

* 'Property damage' refers to damage affecting a dwelling, household belongings, or domestic animals and pets.

● Symbols



This symbol shows you what you must not do.



This symbol shows you what you must do.



This symbol shows you what you must be careful with.



Danger (regarding use and storage)

● **The following individuals should not use the device.**

Use of the device could cause electronic medical devices to malfunction.

- ◆ Do not use in conjunction with any medical electronic equipment, including:
pacemakers or other implanted electronic medical devices; artificial heart-lung machines or other electronic life-support medical devices, and electrocardiographs or other worn electronic medical devices.



Prohibition



WARNING (Use and storage)

● **Do not use under the following conditions:**

Doing so may cause an accident or other problems.

- If you have existing or suspected heart disease, or related disorders • If you have been diagnosed with loss of temperature sensation • If you are under a doctor's care
- If you are prohibited from exercising by doctors • If you are a child or adolescent • If you have an acute disease • If you have tuberculosis • If you have a fever
- If you are suffering from hypertension • If you have an infectious disease • If you have a malignant tumor • If you have a blood disease • If you have blood clots
- If you have a febrile disease • If you have a visceral disease • If you have a skin disease • If you have an allergic constitution • If you have atopic dermatitis
- If you have skin problems • If you have sensitive skin • If you have unhealthy skin blemishes caused by physical irritation
- If you are experiencing skin irritation or redness due to sunburn • If you are severely fatigued • If you are physically unwell • If you are under the influence of alcohol
- If you have excessive myopia (-6D or higher). • If you have had an eye or face operation • If you have diseases of the eyes or face or you are under treatment;
- If you are pregnant, menstruating, or lactating • If you have capillary dilatation due to long-term use of steroid hormonal drugs or a liver disorder;
- If you take medication that induces drowsiness



Prohibition

● **Do not use the device on the areas indicated below or outside of specified areas.**

Doing so may cause an accident or other problems.

- Cuts • Sites where surgery (including plastic surgery) was performed • Anywhere inside the mouth, around the pubic region, or any mucous membrane • Acne
- Sites where skin suffers from purulent inflammation • Sites with itchiness or a hot sensation • Swollen moles and viral warts • The Adam's apple • Eyeballs
- The eyelids or around the eyes (except in Cool Mode)

* The LED light can be used over eyelids and around the eyes. Close your eyes and hold the device at least five cm away from the eyes.

* If you are uncertain as to whether it is safe to use the device, consult a physician prior to use.

● **Do not use the device continuously for an overly long period (for example, through commercial use).**

Doing so may cause an injury or the generation of heat.



WARNING (Use and storage)

- **Do not overuse the device.**

For usage time and frequency, follow the instructions in the **User's Manual**.

Failure to comply may cause physical injury.



Prohibition

- **Do not use the device for a long time over sites where the skin is thin or sites above bones.**

Failure to comply may cause skin problems or physical ailments.

- **Do not use anywhere on the body except for the face.**

Failure to comply may cause injuries.

- **Do not use continuously on the same area except when in Cool Mode. Be sure to move the device across the skin while it is in use. Do not use on areas that cannot be reached by the entire electrode head surface.**

Failure to comply may cause burn injuries.

- **Do not place the device near fire or flames, and do not dispose of the device in a fire. Do not use or store in a high-temperature area or if the device is hot.**

Failure to comply may lead to the generation of heat, a fire, or explosion.

- **Do not use the device near a flammable substance (such as alcohol, thinner, benzene, nail polish remover, or spray).**

Failure to comply may cause a fire, electric shock or other injuries.

- **Do not use the device when an odor or abnormal generation of heat is detected.**

Failure to comply may cause the device to become damaged or catch fire.



Use is prohibited
when an abnormal odor
or excess heat is detected

- **Do not place heavy items on the device, drop the device (especially during use), or otherwise subject the device to a strong impact.**

Failure to comply may cause an injury or a failure of the device.



Pumping
is prohibited

- **Do not place the device in an unstable location. Do not drop or strike.**

Doing so may cause a failure of the device. An injury may also be caused if the device is dropped on a foot or other exposed body part.



Dropping of
the device is
prohibited

- **Do not use the device on individuals who are unable to express their will or who have reduced skin sensitivity.**

Failure to comply may cause an accident or an injury.



User restrictions

- **Use by unattended children or individuals with physical disabilities should be avoided. Minors should use the device only under the supervision of a guardian who has given their consent.**

Failure to comply may cause injuries.

- **Do not use the device for any purpose other than those stated in the User's Manual.**

Failure to comply may cause an injury or a failure of the device.



Non-intended uses
are prohibited.



WARNING (Use and storage)

- **Do not use or charge the device in the bathroom or near a bathtub, shower, sink, or other vessels filled with water.**

Failure to comply may cause an electric shock, short circuit, fire, or failure of the device.

- **Do not wet, wash, or immerse the device in water.**

Failure to comply may cause an electric shock, short circuit, fire, or failure of the device.



Exposure to water
is prohibited

- **Do not disassemble, attempt to repair, or modify this device in any way.**

Failure to comply may cause a fire, electric shock or other injuries.

Contact your local distributor for advice on repairing the device.



Disassembly
is prohibited

- **Be sure to perform a pre-test before using the device for the first time.**

Failure to comply may cause an accident or an injury.



Mandatory
Compliance

- **If you are currently undergoing dental treatment or have teeth fillings, choose a lower intensity level and apply the device on a different area.**

You may feel strong irritation or discomfort by EMS on your cheeks or chin. If you feel strong discomfort, consult a physician.

- **If water or foreign matter gets into the device (the main body, for example), immediately discontinue use and request an inspection.**

Failure to comply may lead to a fire or electric shock.

- **Do not use or store the device in the following locations:**

- A high-humidity location such as a bathroom • Dusty areas • A location where there is exposure to direct sunlight
- A location where water or other liquids may splash on the device • A tilted location, or a location where there is vibration or shocks • An outdoor location
- A location where there are strong radio waves or magnetism • Locations that are accessible to children • A location where there is exposure to oil smoke or steam
- A location that may become hot, such as near a heating device (for example, a heater)
- A location with drastic temperature changes (for example, near an air conditioner or heater)

Failure to comply may lead to a fire, electric shock, malfunction, failure of the device, or other accidents.



WARNING (Use and storage)

- **Do not leave the device near fire, in the hot sun, in a bathroom or other high-temperature/high-humidity location, or near combustible gas or a flammable object. Do not dispose of the device in a fire or place it near fire or flames.**
Do not use or charge in a high-temperature area or if the device is hot. Do not bring the device close to a heater.

The device features a built-in rechargeable battery. Failure to comply may cause the generation of heat, a fire, the explosion of the device, or failure of the device.



Combustion
warning

- **Do not put the device into a microwave or pressure vessel.**

Failure to comply may lead to the generation of heat, a fire, or explosion.



Explosion



ATTENTION (Use and storage)

- **Refrain from the following acts.**

Failure to comply may cause an accident, injury, or a failure of the device.

- Do not use the device if your skin is experiencing a rash, inflammation, itchiness, or other abnormalities.
- Do not use if damaged due to dropping or an impact with another item.
- Do not use the device continuously for an overly long period (for example, through commercial use).

- **Do not press the device strongly or use it intensively on a single spot.**

Pressing the device more strongly than necessary or using it intensively on a single spot may damage the skin.

- **Avoid contacting the electrode head with any other metal surfaces or objects.**

Failure to comply may cause the generation of heat, a fire, malfunctions, or damage to the device.

- **Before use, check to make sure that the electrode is not cracked, deformed, or broken. Do not use the device if it is damaged or malfunctioning.**

Failure to comply may cause skin problems or a malfunctioning of the device.

- **Do not use the device in locations that are extremely hot or cold.**

The recommended temperature range for the device's usage environment is approximately 15 to 30°C.

- **Do not use the device in locations that are unstable or where it could fall over easily.**

Failure to comply may cause an injury or a failure of the device.



Prohibition

ATTENTION (Use and storage)

- **Do not wipe the device or charging base with alkali cleaning agent, alcohol, thinner, benzene, nail polish remover, or any other solvents.**

Failure to comply may cause damage to the surface of the device.

- **Do not use the device on pets.**

Failure to comply may cause an injury.

- **Do not leave the device on the floor or on top of furniture while it is switched on. Be sure to turn the device off after use.**

Failure to comply may cause injury or damage the furniture.

- **Do not allow the device to come into contact with another electronic appliance (electric blankets/bed sheets, heated tables, etc.) while the power is on. Do not use with other electronic products at the same time.**

Failure to comply may cause an injury or a failure of the device.

- **Do not look directly into the LED light. When using the LED light to treat areas around the eyes and the eyelids, be sure to close your eyes and keep the electrode head at least five cm away from the skin.**

Failure to comply may cause injury to your eyes or skin.

- **Do not use Cool Mode continuously.**

If used for continuous treatments, the head will not fully cool.

To resume using the device, wait at least 30 minutes before proceeding.



Prohibition

-
- **Do not use the device outdoors.**

Failure to comply may cause a failure or malfunction of the device.



**Outdoor use
is prohibited**

-
- **Remove any accessories (necklace, belt, rings, earrings, etc.) before using the device.**

Failure to comply may cause an accident or an injury.

- **Use only Level 1 for EMS upon first use and until you are accustomed to use.**

Failure to comply may cause an accident or an injury.



**Mandatory
Compliance**



ATTENTION (Use and storage)



Mandatory
Compliance

- **Reapply skin-care products or water during treatment to ensure that there is always some liquid between the electrode head and the skin.**

If there is an insufficient amount of skin-care products or water, the stimulation will weaken, causing skin problems.

- **If you feel an unpleasant tingling on your skin, reduce the intensity level or move to another area. You could also moisten the skin with skin-care products, water, or gel before using the device.**

Failure to comply may cause skin damage.

- **Carefully clean the parts of the device that come into contact with the skin every time you use it and keep the device clean at all times.**

Failure to comply may cause skin problems.

- **If you begin feeling ill or if a skin abnormality appears during use, stop using the device immediately.**

Check carefully to make sure there are no skin abnormalities before using the device. Stop using the device immediately if the treatment does not agree with your skin.

- **Stop using the device immediately if you feel any pain during use.**

Failure to comply may cause an accident or skin problems.

- **Do not use the device in excess of the times shown below for each treatment:**

Clean Mode: three minutes Moist Mode: five minutes Cool Mode: three minutes

Failure to comply may cause skin problems.

- **Avoid using the device continuously on the same area of skin.**

When using on the same area again, be sure to leave an interval of 24 or more hours between treatments. Excessive use may damage the skin.

The above recommendations are guidelines only; please observe your skin condition and use the device accordingly.

- **After each use, be sure to turn the power off, remove dirt and other particles that have adhered to the device according to 'After Treatment' (page 27).**

Failure to comply may cause skin problems or a malfunctioning of the device.

- **Be sure to comply with the following items when using the device.**

Failure to comply may cause an accident, injury, or a failure of the device.

- Do not use continuously on the same area.
- Use the device appropriately based on your skin condition.
- Do not use the device in combination with peelings, skin packs, or other treatments or after sunbathing.



WARNING (The power supply)

- **Do not damage, modify, bundle, or otherwise apply undue force to the AC adapter or USB charging cable.**

Placing a heavy item on top of the AC adapter or USB charging cable, or pinching them between other items, could damage them and cause a fire or electric shock.



Careless or reckless use is prohibited

- **Do not pull the AC adapter or USB charging cable when moving or lifting the device.**

Failure to comply may cause an electric shock, short circuit, fire, or disconnection.



Do not pull on the cord to move the device

- **Do not use if the AC adapter or USB charging cable is damaged or if the wall socket is loose.**

Failure to comply may cause an electric shock, short circuit, or fire. Contact your local distributor for advice on repairing the device.



Use of a damaged cable or plug is prohibited

- **When disconnecting the AC adapter and USB charging cable from an outlet, be sure to pull it out by holding the power plug instead of the cord (Do not touch the metal prongs). Do not insert or disconnect the plug with wet or damp hands.**

Failure to comply may cause an electric shock, short circuit, or fire.



Removing the plug

- **When cleaning the device, be sure the power is switched off. When the device is not in use, disconnect the AC adapter and USB charging cable from the main body and the power outlet. Do not insert or disconnect the plug with wet or damp hands.**

Failure to comply may cause an electric shock, short circuit, or fire.

- **Do not wet, wash, or immerse the AC adapter or USB charging cable in water.**

Failure to comply may cause an electric shock, short circuit, fire, or failure of the device.



Exposure to water is prohibited

- **Use at AC100-240V only to avoid a potential fire or electrical shock hazard. Make sure the AC adapter and USB charging cable are fully inserted into the electrical outlet.**

Failure to comply may cause a fire, electric shock, or a failure of the device.



Mandatory Compliance

- **Be sure to use the dedicated USB charging cable supplied with the product. Plug the AC adapter directly into a wall outlet and do not overload the electric circuit.**

Failure to comply may cause an electric shock, short circuit, fire, or failure of the device.

- **Before charging the device, check to make sure the charging terminal is not wet.**

Failure to comply may cause an electric shock, short circuit, or fire.

- **In the unlikely event that an abnormality occurs, immediately turn off the device.**

Refrain from using the device if faulty operation, smoke, abnormal noises, or odors are detected, or if it is otherwise operating in an abnormal state.

- **Stop using the device and turn it off when you feel an earthquake or hear thunder. When the battery is charging, disconnect the AC adapter and USB charging cable from the device's main body and the power outlet.**

- **Do not plug the AC adapter into a power outlet when there is gel or water (other liquid) in the charging base (do not recharge the device).**

When Using Outside of Japan



WARNING

- **Use at AC100-240V only to avoid a potential fire or electrical shock hazard.**

Failure to comply may cause a fire, electric shock, or a failure of the device.



Mandatory
Compliance

- **Be sure to check the plug configuration and the voltage of the power outlet before use.**

Failure to comply may cause the generation of heat, a fire, or a malfunction of the device.



Combustion
warning

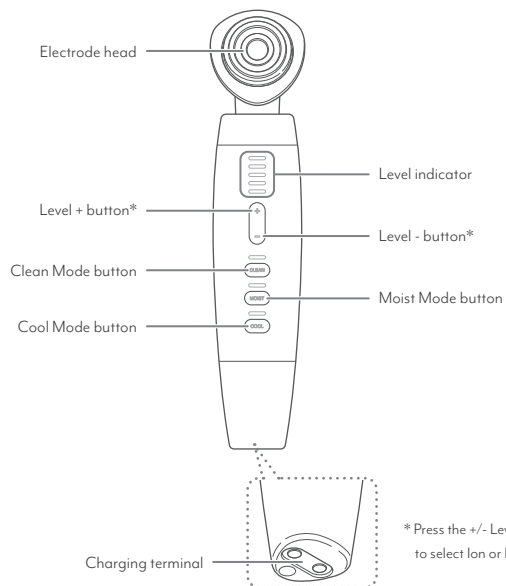
- The plug configuration and voltage may vary depending on the region and the type of accommodation. Always be sure to check for compatibility before using the device.
- For information about plug adapters, consult a travel agency or a consumer electronics retailer.

Memo

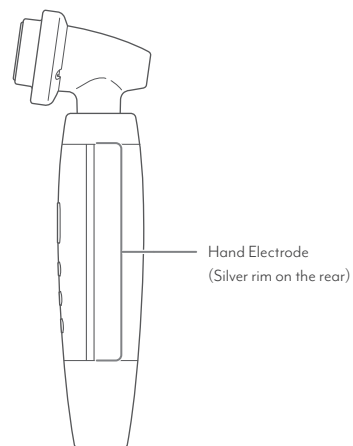
Names and Functions of Components

Main Body

● Front view



● Side view

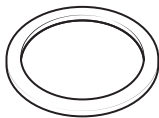


Accessories

- **Charging base**



- **Cotton stopper**
(Attached to the electrode head of the main body
before packaging)



Use this stopper to apply cotton
to the electrode head (page 20).

- **USB charging cable**
(USB Type-C™)*

- **AC adapter**

- **User's Manual**

* For dedicated use with this product. Do not use attachments other than those provided with the product.

* The design and specifications of the device and peripheral accessories are subject to change for improvement purposes without notice.

Functions

- **RF (radio frequency):** Warms the skin to the deep layers (stratum corneum) to prepare a better condition for the treatment

- **Ion cleansing:** Absorbs dirt that cannot be removed through normal face washing with the power of ions

- **Ion Moisture:** Incorporates ions with original waveforms, enabling skin-care products to penetrate the skin (deep into the stratum corneum)

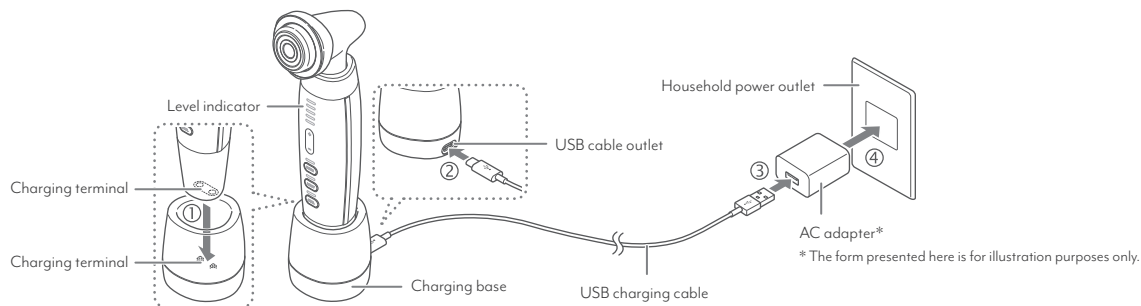
- **EMS:** Stimulates the muscles with an electrical current

- **Photo:** Treats your skin with LED Photo treatment

- **Cooling:** Tightens skin with a cooling effect

Before Use

Charge the device



Place the main body of the device on the charging base, which is connected to the USB charging cord, as shown in the diagram to begin charging.


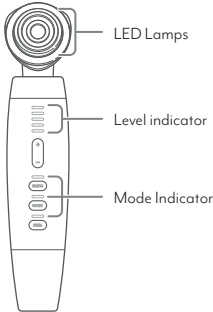

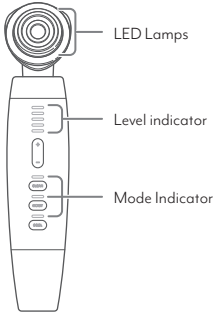

* If charging does not begin after approximately 10 seconds, check that the charging terminals of the main body and the charging base are aligned correctly (such that the USB cable outlet in the charging base is at the back of the main body), and that the USB charging cable or AC Adapter connection is not loose.

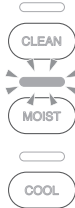


Charging	The level display lamps will blink white in order.
When charging is complete	The level display lamps will switch off. Remove the USB charging cable.
Charging time	Approximately three hours (At an indoor temperature of approximately 25°C) (Actual charging time will differ depending on the remaining battery level and the charging environment.)
Operating time	Approximately 40 minutes; operating times will differ according to the usage mode, level, and environment.



- Do not overload an electrical circuit with the AC adapter. Be sure the AC adapter is inserted directly into the wall outlet.
- Before charging, check that there is no liquid (water or gel, etc.) on the charging base. Liquid (water or gel, etc.) on the charging base during charging will cause the device to malfunction.
- Fully charge the battery before using the device for the first time after purchasing.
- When using the device for the first time or when the device has not been used for an extended period of time, it is possible that you will be unable to use the device for very long even with a full charge displayed.
In such a case, recharge the device before using it.
- Be sure to use the included AC adapter and USB charging cable.
- Do not recharge the device in locations where there are high temperatures or high humidity, such as bathrooms or washrooms.

Modes

Mode	Button display					
Standby (State in which functioning is suspended after treatment on each mode has been completed)	 <p>The display for the next recommended mode blinks (page 17).</p>		<div> <ul style="list-style-type: none"> • <u>Be sure to move the device on your skin while using it. (except when using the device in Cool Mode)</u> • Use of cotton in Moist mode is optional. • The device and electrode head may get hot after using the Cool Mode. Do not use Cool Mode continuous. <p>Allow the device to rest (with the power off) for at least half an hour after use.</p> <div> <p>*1. If using your regular skin product, be sure it is water soluble. Do not use oil-based or scrubbing skin products. Failure to comply may cause product malfunctions or skin problems.</p> <p>*2 See page 34.</p> </div> </div>			
Clean	 <p>The Clean Mode display is lit.</p>		Features	Function	Operating time	Frequency
			Absorbs dirt that cannot be removed through normal face washing and tones your skin.	• RF • Ion Cleansing (+ Vibration) • LED (Blue)	Approximately three minutes (After one minute and 30 seconds, a beeping sound will notify you that it is time to begin treatment on the other side of your face.)	Treatments two to three times per week
			LED Lamps	Level indicator	Level	Recommended cosmetics
			LED (blue) lamp	 1-5 lamps	Ion: 5 levels	RF Booster Pad Pore Refining Deep Cleansing ^{*2} (or cotton and your regular skin lotion ^{*1})

Mode	Button display	Features	Function	Operating time	Frequency
Moist	 Moist Mode display lamp	Helps beauty ingredients to penetrate into the stratum corneum and moisturize your skin	<ul style="list-style-type: none">• RF• Ion Moisture (+ Vibration)• EMS (low frequency waves)	Approximately five minutes (After two minutes and 30 seconds, a beeping sound will notify you that it is time to begin treatment on the other side of your face.)	Treatments two to three times per week
		LED Lamps	Level indicator	Level	Recommended cosmetics
		N/A	 1-5 lamps	Ion + : 5 levels EMS	Flawless Serum moisture or RF Booster Pad Clear Deep Moisture* ² (If moisture is insufficient, add the skin lotion remaining in the pouch.)
Cool	 Cool Mode display lamp	Features	Function	Operating time	Frequency
		Cooling treatment and LED (Blue) improve skin elasticity and skin texture.	<ul style="list-style-type: none">• Cool• LED (Blue)	Approximately three minutes (After one minute and 30 seconds, a beeping sound will notify you that it is time to begin treatment on the other side of your face.)	Everyday use is possible
		LED Lamps	Level indicator	Level	Recommended cosmetics
		LED (blue) lamp	N/A	N/A	Place directly on the skin. (Using a milky lotion or other skin-care products to moisturize the skin before using the device will increase moisturizing.)

* Only the central electrode head has cooling functions.

* Only the central electrode head has cooling functions.

Timer

A beeping sound will notify you half-way through the operating time.

Refer to pages 15 and 16 for operating times in each mode.

Standby Mode

When treatment on a certain mode is completed, the device will emit a rapid beeping sound and switch to Standby Mode. (State in which functioning is suspended)

Refer to pages 15 and 16 for operating times in each mode.

Briefly press the Mode button again to start the selected mode.

After treatment on Clean Mode has been completed, the Moist and Cool Mode lamp displays will blink, and when treatment on Moist Mode is completed, the Cool Mode lamp display will blink.

Auto Power Off

If the device is not operated within approximately five minutes of going into Standby Mode, it will emit a beeping sound and switch off automatically.

When treatment on Cool Mode has finished, the power will turn off automatically.

Pre-testing on Skin

When using the device for the first time, always test for compatibility.



ATTENTION

- Be sure to perform a pre-test in order to prevent skin problems from occurring.
- If a rash, reddening, itchiness, stinging sensation, or other abnormality occurs at the pre-testing site, immediately stop the pre-test.
- Check carefully to make sure there are no skin abnormalities before using the device. Stop using the device immediately if the treatment does not agree with your skin.

1

Wash the inner side of your arm with soap and water, then wipe dry with a towel.

Be sure to wipe the moisture off completely.

2

Apply water or a gel/lotion that you already own to the skin and use the device on Moist Mode Level 1 for approximately three minutes (pages 19 to 23).

3

Make sure there is nothing unusual about your skin.

Continue to use the product only if you experience no reddening or burning sensation on your skin within 24 hours.



How to Use

Precautions

Read the items below carefully before use and use only as directed.

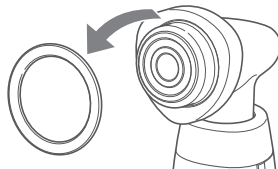
- **Be sure to perform a pre-test before using the device for the first time (page 18).**
- **Be sure to move the device on your skin while using it.** Using the device continuously on the same area may cause burns or other injuries.
(except when using the device in Cool Mode)
- The warmth of the RF (radio frequency) changes depending on the type of skin-care products used and the skin's condition at the time of treatment.
- Do not use this device around the eyes unless it is in Cool Mode.

* The LED light can be used around the eyes and eyelids. Close your eyes and hold the device at least five cm away from the skin.
- Do not look directly into the LED light.
- When holding the device, make sure that you are holding the hand electrode.
- Recommended environmental temperature: 15 to 30°C

Attaching Cotton to the Head

1

Remove the cotton stopper from the electrode head.



2

Place a piece of cotton on top of the electrode head and press the cotton stopper down over the cotton.

- If the cotton stopper does not fit properly on the electrode head, please use a larger and thinner piece of cotton. Because thick cotton pads are difficult to fix in place, split them in half before use.
- If the cotton is too thick, the thermal action of RF treatment may be adversely affected and you will feel less heat.

3

Apply your regular skin lotion or gel onto the cotton.

- Make sure the lotion or gel coats the entire surface of the electrode head.

ATTENTION

- If using a smooth (non-viscous) skin lotion, the feeling of warmth may decrease. Recommended skin-care products: RF Booster Pads/Pore Refining Deep Cleansing; RF Booster Pads/Clear Deep Moisture, Flawless Serum Moisture (page 34), any viscous face lotion
- If the cotton pad becomes dry, add more skin-care products. Cotton pads may easily detach when they dry.

Basic method of use

1

Remove makeup and gently cleanse your face.

- Remove oil and dirt from your skin so that it is in a clean condition prior to treatment.

* Cool Mode can be used over makeup.

2

If it is necessary to apply face lotion or gel to your skin, attach a cotton pad to the electrode head.

Refer to page 20 for information on how to attach the cotton.

3

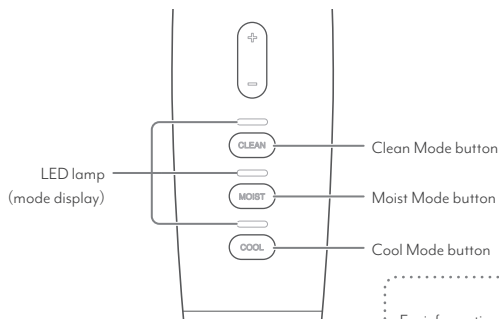
Turn on the device

Press down and hold the Mode button for the mode you wish to use (Clean, Moist, or Cool Mode button). (Hold down the button for approximately three seconds or longer)

The device will emit a beeping sound and the LED lamp above the Mode button (Mode display) will be on.

* If you wish to stop treatment part-way through, press the relevant mode button down and hold.

You can switch modes, even part-way through treatment in one mode, by pressing the mode button for the mode you wish to use.

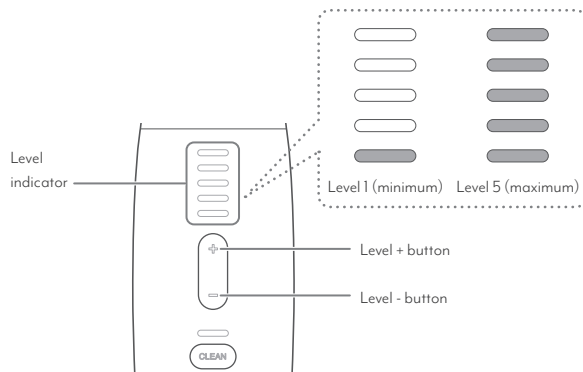


For information about each mode, refer to "About modes" (page 15).

4

(When using the device in Clean/Moist Mode only)**Select your preferred Ion or EMS level (intensity).**

- Each time you press the Level + / - button, the device will beep and the ion/EMS level will change.
- The Ion/EMS level can be adjusted between Level 1 and Level 5. When the setting reaches either Level 5 (maximum) or Level 1 (minimum), the device will emit a beeping sound.
- For Clean Mode, only the ion level can be adjusted.



- Start using the device from Level 1.
- Choose higher levels as you become accustomed to the stimulation.

5

Hold the device so that your hand is touching the Hand Electrode (the silver rim on the rear).

- If your hand is not touching the Hand Electrode, the ion function cannot operate.

6

Apply the electrode head to your skin and move the head over the area being treated.

- After each mode is completed, the device will go into Standby Mode (except when in Cool Mode). Push the Mode button you wish to use to start the next mode.
- If you wish to stop treatment part-way through, press the relevant mode button down and hold.

See "How to use the device on your skin"
(pages 24-26) to learn how to move the device.

ATTENTION

- During use, make sure the electrode head is firmly touching the skin.

7

Care for the skin when complete

- When you have finished treatment, rub the remaining face lotion/gel into your skin before using your usual basic skin-care products to condition it.

ATTENTION

- Clean the main body of the device after each use (page 27).

How to use the device on your skin.

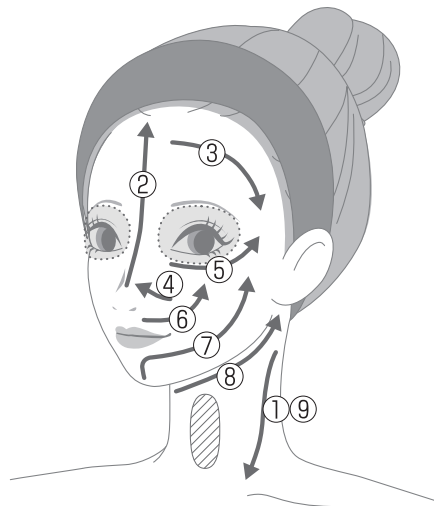
- Recommended speed for moving the device: approximately four cm/second
- * If the temperature feels too hot, move the head more quickly.
- A beeping sound will notify you half-way through the operating time. When you hear the beeps, begin care on the other side of your face.

ATTENTION

- Use in a position in which the entire surface of the electrode head comes into contact with your skin.
- Be sure to move the device over the skin as you use it (except when using the device in Cool Mode). Using the device continuously on the same area may lead to burn injuries.
- Do not use the device on the eyelids or around the eyes.

Clean Mode

Move electrode head over the skin in the direction of the arrows shown below.
The LED light can be used to treat areas around the eyes and the eyelids.



Areas you should not treat



Areas that can only be treated with LED light

Close your eyes and hold the device at least five cm away from the eyes.

Moist Mode

Use the device for approximately two minutes and 30 seconds on each half of your face (for a total of approximately five minutes for your entire face).

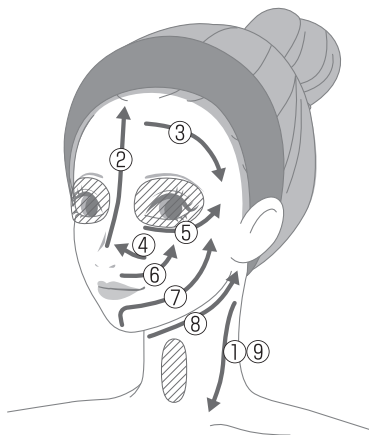
● One side of your face (approximately two minutes and 30 seconds)

Moisturizing waveform is being output for approximately one minute and 30 seconds, and muscle-training waveform is being output for approximately one minute. Use each waveform as shown in the diagram below.

When using muscle-training waveform, move the device to a different area of skin according to the sensations in your muscles.

Moisturizing waveform (one minute and 30 seconds)

Repeat ① through ⑨ four or more times.



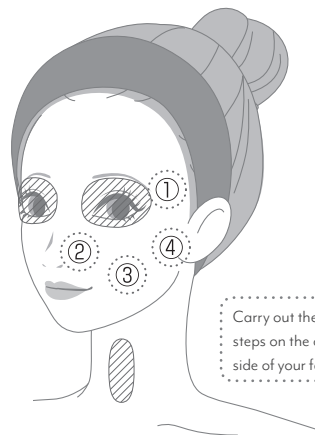
Areas you should not treat



Muscle-training waveform (one minute)

(When you can feel muscle stimulation)

Stop the device for around 15 seconds over the locations shown in the diagram.



- ① Temple
- ② Sides of the nose
- ③ Cheeks
- ④ Beside the earlobes

COOL Mode

Press the electrode head repeatedly on your face as if stamping on the skin
(Press→Release→Move electrode head).

* The device can also be used around the eye area.

* When using the LED light on the eyelids, be sure to close your eyes and
keep the electrode head a minimum of five cm away from the skin.

After Treatment

How To Clean

Clean the device after each use for hygienic reasons.



WARNING

- When cleaning the device, check to make sure it is not charging and that the power is switched off.

1

To clean the device and electrode head, wipe it with a damp and well-wrung cloth to remove any dirt. Wash the cotton stopper with water after removing it from the main body.

2

Wipe the entire main body of the device with a dry cloth and store it after removing all moisture.

ATTENTION

- Do not splash water on the main body of the device or the charging base or immerse them in water.
- Ensure no moisture is left on the charging terminals.
- Do not leave the device with lotion or gel on it.
- Refrain from using an alkali cleaning agent, alcohol, thinner, benzene, nail polish remover, or any other solvents.



Storage

- If you will not be using it for an extended period, clean the device before storing it.
- When not in use, disconnect the AC adapter and USB charging cable from the wall power outlet, charging base, and the main body of the device.
- Avoid storing the device near a heater or in a bathroom or other high-temperature/high-humidity location. Also, avoid locations where there is exposure to direct sunlight or that is otherwise unstable.
- Keep the device out of the reach of children.

Maintenance and Inspections

- If you have not used the device for an extended period, inspect it carefully and check that it works properly and safely before using it again.
- If the device is malfunctioning, go to “Troubleshooting” (page 29) and attempt to identify the problem before contacting us to arrange a repair.
If the problem persists, contact your local distributor.
- If the device malfunctions, appears damaged, or needs service, please contact your local distributor.

Additional Information

Troubleshooting

If you perceive any abnormality while using the device, verify the following points before arranging to have it repaired.

Problem	Possible Causes and Solutions
The device does not turn on.	→ Press the Mode button (Clean, Moist, or Cool Mode button) and hold for approximately three seconds or longer (page 21).
	→ The battery level is low. (After the top-most part of the Level display lamp blinks three times, the power will switch off.) Charge the battery (page 13).
	→ If the main body becomes overheated after the device has been used in Cool Mode, it may not be possible to switch the power on due to the safety function. (After the bottom-most part of the Level display lamp blinks three times, the power will switch off.) Do not use the main body of the device for at least 30 minutes.
I cannot recharge the device.	→ Insert the AC adapter or USB charging cable properly (page 13).
	→ The charging terminals of the main body and the charging base are not aligned correctly. Check the alignment of the charging terminals (page 13).
	→ The main body is not set correctly on the charging base. Set the main body correctly on the charging base (page 13)
The device is too warm.	→ The device is being used continuously. Turn off the device and wait at least one hour before using it again.
The level (strength) does not change.	→ The level only changes for ions in Clean Mode and ions/EMS in Moist Mode.
Cool Mode is not very cool.	→ Cool Mode is being used continuously. Turn off the device and wait at least 30 minutes before using it again.
	→ The device is being used in an environment where the temperature exceeds the recommended range. Use the device within a temperature range of 15 to 30°C.
When the device is operating in Cool Mode, the outer electrode head is not cool.	→ Only the inner electrode head becomes cool.

Problem	Possible Causes and Solutions
The EMS feels strong (unpleasant tingling, painful)	→ Lower the EMS intensity with the Level - button.
	→ The entire surface of the electrode head is not touching skin. Use a mirror to check that the entire surface of the electrode head is touching the skin.
	→ Switch to a different area.
The EMS feels weak (or you cannot feel it)	→ Increase the EMS intensity with the Level + button.
	→ The skin lacks moisture or is dry. Moisturize the skin with lotion or gel.
	→ You are not applying the device along muscles. Apply the electrode head along muscles (page 25).
The treatment temperature is too high (except when using the device in Cool Mode).	→ You are using the device without moving the electrode head. Except when in Cool Mode, be sure to move the electrode head over your skin when using the device.
	→ The speed may be too slow. Move the device a little more quickly.
I cannot feel any warmth.	→ The device is in standby or Auto-off status (page 17). Press the relevant mode button to start the mode (page 21).
	→ The skin lacks moisture or is dry. Moisturize the skin with lotion or gel.
	→ If the device is moving too fast, your skin may not be warmed. Move the device a little more slowly. Also, if the device is moving too slowly, the safety function will be triggered, limiting the warmth. Move the device a little more quickly.

Frequently Asked Questions

Q What is the recommended frequency and duration of use?

A Recommended frequency of use: Two to three times a week for Clean/Moist Modes. The device can be used daily in Cool Mode.
Recommended duration of use: Clean Mode: three minutes; Moist Mode: five minutes; Cool Mode: three minutes
Please do not use the device on the same mode more than once a day. Excessive use may damage the skin.
The above recommendations are guidelines only; please observe your skin condition and use the device accordingly.

Q How much lotion or gel should I use each time?

A This device is designed to achieve better effects with sufficient use of lotions and/or gel. As a general guide, when using cotton pads, be sure the entire electrode head is moistened with face lotion.
Use about two pearl-sized drops of gel. We recommend adding more lotion or gel if you feel there is not enough.

Q I don't feel any warmth from the RF when using the device in Clean/Moist Modes.

A Move the electrode head more slowly or press harder against the skin surface. It is also possible that there is insufficient lotion or moisture in the cotton. Add more lotion or gel.

Q The cotton is not picking up any dirt.

A Dirt is removed even though it may not be visible on the cotton. The amount of visible dirt on the cotton can vary among individuals.

Q The RF is not warming the electrode head.

A The RF does not warm the electrode head. Rather, it uses the power of electricity to warm your skin.

Q Is it possible to switch off the vibrations?

A No, it is not possible to switch off the vibrations.

Product Specifications

Power supply	5V/over 1.0 A
Power consumption	Approximately 4.5 W
Battery	Lithium ion battery
Charging time	Approximately three hours (Actual charging time will differ depending on the remaining battery level and the charging environment.)
Operating time	Approximately 40 minutes (when fully charged) (Operating time may vary depending on the operating mode, operating level, and/or operating environment.)
Outside dimensions	Main body (with cotton stopper): Approximately W 45 x D 66 x H 211 mm Charging base: Approximately W 55 x D 54 x H 56 mm
Weight	Main body (with cotton stopper): Approximately 230 g
Materials	Main body: ABS resin and polycarbonate resin Electrode head: Polycarbonate resin and stainless steel Hand electrode: ABS resin (chrome-plated)
Country of origin	Japan
Accessories	Charging base One USB charging cable (USB Type-C™) One AC adapter..... One Cotton stopper..... One (attached to the electrode head of the main body before packaging) User's Manual
Recommended environmental temperature	15 to 30°C

After-sales Service

Rechargeable battery

- The rechargeable battery is a consumable item (not covered by the product warranty).
- If the device no longer operates for more than a short period of time even after the battery has been recharged, the battery may have reached the end of its service life (the battery is expected to last 300 charge cycles).
- If you need a battery replacement, contact your local distributor.

Disposing of the device

- Follow your local government rules for proper disposal of this product.
- This product uses a lithium ion battery.



Contacts for overseas customers

For countries and regions outside Japan, please contact to the store where you have purchased your product for any inquiry about the product.
Alternatively, check YA-MAN Global Official Website (<https://www.ya-man.com/en/>)

Recommended cosmetics

RF Booster Pad Pore Refining Deep Cleansing



Quantity: One box contains 15 sachets
of one sheet type
(enough for approximately 1.5–2 months)

Item No.: YRF0003

RF Booster Pad Clear Deep Moisturizer



Quantity: One box contains 15 sachets
of one sheet type
(enough for approximately 1.5–2 months)

Item No.: YRF0004

Flawless Serum Moisture



Quantity: 80g/200g

Item No.: CS19002/CS20001

Please contact your local distributor for detailed information on products and purchases.

* Sales may be discontinued without prior notice.

Memo

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