



User's Manual

Home Use Beauty Device

YA-MAN THE MIYABI

YJFG0



English User's Manual come with this product.

Please download the other language's User's Manual version from this link (<https://www.ya-man.co.jp/en/support/documents/>) or scan with QR code with your camera phone.

Please carefully read User's Manual to ensure safe and proper use of the device.



TO ACCESS SCAN WITH YOUR CAMERA PHONE

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Before using this product, please read these instructions carefully.

- 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.
- Be 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 while it is 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 cause an injury or property damage*. <small>* "Property damage" refers to expanded damage affecting a dwelling, household belongings, or domestic animals and pets.</small>

● 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

The following individuals should not use the device:

-  **Prohibition** Use of the device could cause electronic medical devices to malfunction.
- ◆ Do not use the device 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
 - electrocardiographs or other worn electronic medical devices

WARNING

The following individuals should not use the device:

- Failure to comply may cause accidents or other problems.
- If you have existing or suspected epilepsy, heart disease, or related disorders
 - If you are unable to sense temperature or stimulation
 - If you have an autoimmune disease
 - If the user is a small child or a person who is unable to express their intentions on their own

Do not allow physically challenged persons to use the device unattended.

Consult a physician prior to use under the following conditions:

- If you have an acute disease
- If you have an infectious disease
- If you have a malignant tumor
- If you have a febrile disease
- If you have high blood pressure or a blood disease
- If you have a fever
- If you have sensory impairment due to severe peripheral circulatory dysfunction (e.g. diabetes)
- If you have a nerve damage
- If you have a skin disease or atopic dermatitis
- If you are a hospital outpatient and are taking medication
- If you have a pre-existing skin condition, such as an allergic constitution or contact dermatitis, or if you have a concern about your skin when using this device



Prohibition

Do not use in the following cases or on the following areas.

- Failure to comply may cause accidents or other problems.
- If your skin is damaged, experiencing a rash, inflammation, or other abnormalities
 - If you are under the influence of alcohol
 - Anywhere inside the mouth, around the pubic region, or any mucous membrane
 - Eyeballs
 - Upper eyelids (exposure to LED light is possible)
 - Lower eyelids and the outer corners of the eyes (EYE CARE Mode and exposure to LED light are possible)
 - Throat
 - Head
 - Bulging moles
 - Viral warts
 - Sites where you have broken a bone
 - Areas of internal bleeding, swelling or scabbing after cosmetic medical procedures
- * Avoid using the device for 2 weeks after cosmetic medical procedures. After this period, consult with a physician and only use the device if the physician confirms there is no problem. (e.g. Hyaluronic acid injections, silicone injections, Botox, thread lifts, double eyelid surgery, HIFU, etc.)
- Areas where metal was implanted by surgery (reconstructive surgery, plastic surgery, cosmetic surgery, etc.)



Prohibition

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

Failure to comply may cause skin problems or physical ailments.



Prohibition

Do not overuse the device. For usage time and frequency, follow the instructions in the User's Manual.

Failure to comply may cause physical injuries.



Prohibition

Before use, check to make sure the electrode and treatment head are not cracked, deformed or broken. Do not use the device if it is damaged or malfunctioning.

Failure to comply may cause injuries or skin problems.

WARNING

Do not use, store or charge the device in the following locations:

- In bathrooms or near bathtubs, showers, washbasins or other containers filled with water
- A dusty location
- Outdoors or a location where there is exposure to direct sunlight
- A slope or a location where there are vibrations or shocks
- A location where there are strong radio waves or magnetism
- Near a flammable substance (such as alcohol, thinner, benzene, nail polish remover or spray).
- A location where there is exposure to oil smoke or steam
- A location that may become hot, such as near a heating device (e.g. a heater)
- A location with drastic temperature changes (e.g. near an air conditioner or heater)

Failure to comply may cause a fire, electric shocks, accidents, malfunction of the device, falls or injuries.



Prohibition

Do not use the device if the AC adapter is damaged.

Inquiry the Global After Service (<https://www.ya-man.co.jp/en/support/repair/>) or your local distributor and use the dedicated AC Adapter. Do not connect anything other than the rated power supply (DC9V 2.0A).



Prohibition

Do not pull out the plug from a power outlet or pull out the plug from the device during use.

Failure to comply may cause an electric shock or a fire due to a short circuit. Be sure to turn off the power before pulling out the plug.



Prohibition



Non-intended uses are prohibited

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

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

Be sure to use AC100 to 240V. Make sure the AC adapter is fully inserted into a power outlet.

Failure to comply may cause a fire, electric shock or other accidents.
* The free-repair warranty is only valid in Japan.



Must Comply



Prohibition

Do not use at a temperature below the specified ambient temperature.

Failure to comply may cause the electrodes to stick to and damage the skin.



Prohibition

Do not leave the device unattended while it is turned on.

Failure to comply may cause a fire or other accidents.



User restrictions

Keep the device and AC adapter away from children and do not allow them to use it alone. Children shall not play with the appliance.

Failure to comply may cause accidents or injuries.



Combustion warning

Do not dispose of the device in a fire or place it near fire or flames. Do not use, charge or store in a high-temperature or high-pressure area.

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

WARNING



Must Comply

If the device is dropped or damaged, turn off the power immediately, pull out the plug, and request a repair/inspection.

Failure to comply may cause a fire or electric shock.



Disassembly is prohibited

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

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



Removing the plug

If you feel an earthquake, see lightning or hear thunder, turn off the power and unplug the device.

Failure to comply may cause a fire or electric shock.



Prohibition

Always use the dedicated AC adapter.

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



Overloading of an electric circuit is prohibited

Do not exceed the rated capacity of a power outlet or wiring accessory (do not connect too many plugs to one outlet).

Failure to comply may cause an electric shock, fire, or malfunction of the device.



Use of a damaged cable or plug is prohibited

Do not use if the AC adapter is damaged or if the wall socket is too loose.

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



Removing the plug

When disconnecting the plug from a power outlet, be sure to pull it out by grasping its head instead of the cord (do not touch the metal parts). Do not insert or disconnect the plug with wet or damp hands.

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



Removing the plug

After using the device, when the device is not in use and when cleaning it, be sure to turn off the power and remove the plug from a power outlet.

Make sure to disconnect the AC adapter from a power outlet after charging is completed. Failure to comply may cause a fire or other accidents.



Careless or reckless use is prohibited

Do not damage, modify, bundle, twist or otherwise apply undue force to the AC adapter.

Failure to comply may cause the cable to break, resulting in a fire or an electric shock. Straighten out any twists in the cord before storing.



User restrictions

Children shall not play with the device. Children should obtain the consent of their guardians before using the device and should only use it under the supervision of a guardian or a specialist. Cleaning and user maintenance shall not be made by children without supervision or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Failure to comply may cause accidents or injuries.

ATTENTION



Prohibition

Do not press the device strongly or use it intensively on a single area.

Pressing the device stronger than necessary or using it intensively on a single area may damage the skin.



Prohibition

Do not use while driving.

Failure to comply may cause accidents or injuries.



Prohibition

Do not use COOL Mode continuously.

If the mode is used for continuous treatments, the head will not become fully cool. Have an interval of at least 30 minutes between treatments.



Must Comply

Use only Level 1 upon the first use and until you are accustomed to use.

Even if you do not feel any stimulation, make only small adjustments to the intensity level.

Use the device at an intensity level that suits you.

Make only gradual adjustments to the intensity level. Failure to comply may cause accidents or injuries.



Prohibition

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

Failure to comply may lead to accidents due to malfunctions of the device.



Prohibition

Do not expose the device to strong water pressure from showers or faucets nor submerge it in water.

The main unit is rated JIS-compliant and a water resistance rating of IPX5, which means that it is resistant to low-pressure splashes.

Do not intentionally splash water on the device as it is not designed to withstand strong water pressure from showers or faucets, nor to be submerged in water. Failure to comply may cause a malfunction of the device.



Must Comply

Check carefully that your skin is not showing any abnormalities during the treatment. Stop using the device immediately if you start to feel pain, fatigue or if you see any skin reaction during use.

Stop using the device immediately if the treatment does not agree with your skin. If symptoms persist the following day and beyond, consult a physician.

ATTENTION



Prohibition

Do not look directly into the LED light. When using the LED light to treat the upper eyelids, lower eyelids and outer corners of the eye, be sure to close your eyes and keep the electrode head at least 5 cm away from the skin.

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



Must Comply

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

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



Must Comply

Avoid using the device on the same area for longer than 15 minutes.

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.



Removing the plug

If a power failure occurs, turn off the power immediately and unplug the device from the power outlet.

Failure to comply may cause an accident.

WARNING



Use the device at AC100 to 240V only.

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

Must Comply



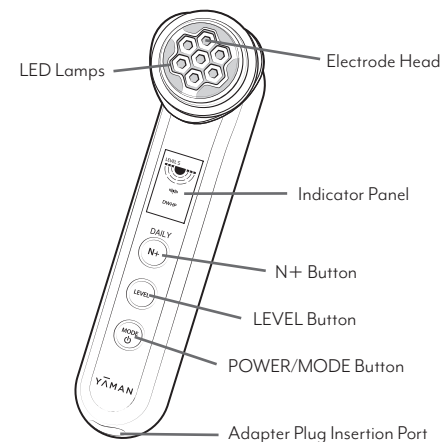
Be sure to check the plug configuration and the voltage of the power outlet before use.

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

Combustion warning

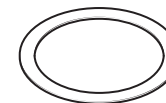
- The plug configuration and voltage may vary depending on the region and the type of accommodation. Always be sure to check for compatibility before using the device.
- For information about plug adapters, consult with a travel agency or a consumer electronics retailer.

● Main Unit



[Accessories]

● Cotton Stopper (Silver Ring)



- * The cotton stopper is attached to the electrode head when purchased.
- * Use this stopper to fix a cotton pad to the electrode head.

● AC Adapter

- * The design and specifications of the device and accessories are subject to change for improvements without prior notice.

Charging the Battery

This product is rechargeable and can be used either without an electric cord or by connecting it to an AC adapter.

Always use the device after charging when you use device without an electrical cord.

- Before using for the first time, or if you have not used the device for an extended period, fully charge the battery and make sure that the Charging indicator has turned from flashing to solid, indicating a full charge.
- Make sure that there is no water on the adapter plug insertion port.
Failure to comply may cause an electric shock, short circuit, fire, or malfunction of the device.

● Estimated Charging Time

Charging time	Operating Time
Approx. 3 hours	Approx. 30 minutes

* Charging at room temperature of approx. 25°C.

* Operating time when fully charged.

* Operating time may vary depending on the operating mode, operating level and/or operating environment.

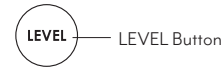
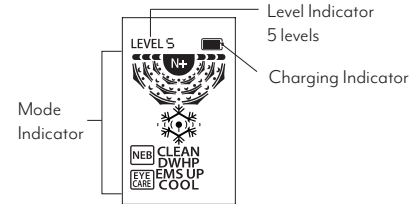
* Actual charging time will differ depending upon the remaining battery and the charging environment.

● Charging the Battery

- 1 Insert the AC adapter plug into the adapter socket of the main unit.
- 2 Plug the AC adapter into the power outlet.
 - Use only the supplied exclusive AC adapter with this device.
 - Plug the AC adapter directly into the wall socket. Do not overload an electric circuit.
 - When charging begins, the Charge indicator will flash. When charging has completed, the charging indicator will turn solid.
- 3 After charging is completed, disconnect the AC adapter plug from the wall outlet, then disconnect the adapter plug from the device.

How to Read the Indicator Panel

● Indicator and Buttons








- Press and hold the POWER/MODE button to turn on the device.
- Treatment mode can be changed by pressing the POWER/MODE button during operation.
- Each Mode has 5 intensity levels that can be adjusted only with the LEVEL button.
- Press and hold the POWER/MODE button to turn the power off.

● Mode Indicator






- DWHP course

When you press and hold the POWER/MODE button to turn ON the device, the treatment mode will be selected in the following order: CLEAN → DWHP → EMS UP → EYE CARE → COOL → CLEAN (repeat)

Mode	CLEAN	DWHP	EMS UP	EYE CARE	COOL
Mode Indicator	 CLEAN	 DWHP	 EMS UP	 EYE CARE	 COOL

- NEB course


The mode can be switched by briefly pressing the N+ button during the DWHP course, the treatment mode will be selected in the following order: CLEAN → NEB → EMS UP → EYE CARE → COOL → CLEAN (repeat)

Mode	CLEAN	NEB	EMS UP	EYE CARE	COOL
Mode Indicator	 CLEAN	 NEB	 EMS UP	 EYE CARE	 COOL

- DAILY CARE

Turn on the power and press and hold the N+ Button while the DWHP or NEB course is running, to switch to DAILY CARE Mode.

You cannot switch to DAILY CARE Mode when the device is in standby status of DWHP or NEB course.

Mode	DAILY CARE
Mode Indicator	

● Level Indicator

Use only Level 1 upon the first use and until you are accustomed to use.

5 Levels are available; choose the level you feel more comfortable with.

Each time the LEVEL button is pressed, the level will change.

● Charging Indicator

The charging indicator lights up/flashes from 1 to 3 depending on the level of charge.

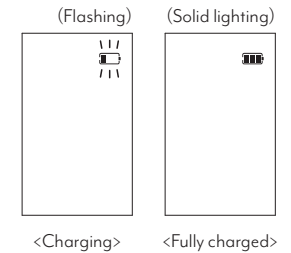
When using without an electric cord: light is on

When using while charging: light is off

Charging: Flashing

When charging has completed, the charging indicator will turn solid.

* When using the device without an electric cord, if the battery level is insufficient, the device will beep 3 times, the charging indicator will flash 3 times and the power will be turned off.



● Safety Functions

- Temperature sensor

If the temperature of your skin or of the electrode head becomes high, the output will be lowered for safety. Also, if the temperature rises excessively, the power will be turned off for safety (a buzzer will sound 10 times to notify you). If this happens, leave the device turned off for approximately 30 minutes.

- Current sensor

Measure the current value that is output and control it so that the current does not exceed the desired value.

- Motion sensor

The motion sensor will detect the movement of the device, and if the electrode head continues to be applied to the same position, the output will be stopped for safety.

If you move the device slowly, the motion sensor may cause the warmth of the device to be reduced.

- Touch sensor

The touch sensor detects when your skin is in contact with the device and when it is not, and it adjusts the output accordingly.

● Timer Function

When half of the operating time has passed, you will be notified by a short beep sound.

Refer to page 14 for the operating time of each mode.

● Standby status (available only when the DWHP or the NEB course is selected)

The device will sound three short beeps when the mode is complete, and the light indicator for the next mode will start flashing (standby status means that a function has stopped).

Refer to page 14 for the operating time of each mode.

If you briefly press the MODE button again, the mode of the indicator that is flashing will start.

When treatment in COOL Mode is finished, the device will sound two short beeps and the power will be turned off automatically instead of the device going into standby status. This operation only applies to COOL Mode.

● Auto-off (Automatic Power-off)

If the device is not operated within approx. 5 minutes of going into standby status, it will be turned off automatically after 2 short beeps. When treatment in COOL Mode is finished, the device will sound two short beeps for both the DWHP and the NEB courses, and then the power will turn off automatically. When using DAILY CARE, the device will sound two short beeps and the power will turn off automatically when the mode ends.

● Personal Memory Function

The device remembers the level being used when the last treatment mode ended, and returns to the same level settings the next time it is switched on.

● Resistance Factor Control

This function detects the ease of electric conductivity of your skin and controls the treatment accordingly to provide the appropriate output.

● Water-resistance

This product has a water resistance rating of IPX5 (JIS-compliant).

* It is therefore not completely water-resistant. Do not submerge the device in water or hold it under running water.

* The AC adapter is not waterproof.

Pre-testing on Skin

* When using the device or a cosmetic product for the first time, always test for compatibility.

1 Clean your skin.

- Wash the inner side of your arm with soap and water, then wipe dry with a towel.
- Remove all metal accessories (watches, necklaces, rings, earrings, etc.) when using the device. Failure to comply may cause accidents or injuries.

2 Apply water or skincare product (gel or lotion) on the inner side of your arm and apply DWHP Mode of DWHP course treatment for 3 minutes.

- Do not wet or rub the pre-testing area.

If you experience any skin abnormality (redness or burning sensation) at the pre-testing area within 24 hours, stop using the device.



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 abnormalities occur at the pre-testing area, immediately stop the pre-test and wash the area.
- Do not use the device if any skin abnormalities are perceived.

About Treatment Modes

	Mode	Functions	Cotton	Operating time	Level	Frequency
DWHP course	CLEAN	• CERTEC [®] • RF • Ion derivation • LED (Red)	With cotton	Approx. 3 minutes	5 levels	2 to 3 times a week
	DWHP	• CERTEC [®] • DYHP • DWHP • LED (Red / Orange)	With or without cotton	Approx. 3 minutes	5 levels	
	EMS UP	• CERTEC [®] • RF • EMS • LED (Red)	With or without cotton	Approx. 3 minutes	5 levels	
	EYE CARE	• RF • CERTEC [®] • EMS for the eye area • LED (Red)	With or without cotton	Approx. 3 minutes	5 levels	5 times a week
	COOL	• COOL • Micro-currents • LED (Blue)	Without cotton	Approx. 3 minutes	N/A	Everyday use is possible
NEB course	CLEAN	• CERTEC [®] • RF • Ion derivation • LED (Red)	With cotton	Approx. 3 minutes	5 levels	2 to 3 times a week
	NEB	• CERTEC [®] • DYHP • LED (Red / Orange)	With or without cotton	Approx. 3 minutes	5 levels	
	EMS UP	• CERTEC [®] • RF • EMS • LED (Red)	With or without cotton	Approx. 3 minutes	5 levels	
	EYE CARE	• RF • CERTEC [®] • EMS for the eye area • LED (Red)	With or without cotton	Approx. 3 minutes	5 levels	5 times a week
	COOL	• COOL • Micro-currents • LED (Blue)	Without cotton	Approx. 3 minutes	N/A	Everyday use is possible
DAILY CARE	DAILY	• CERTEC [®] • EMS • RF • Ion derivation • LED (Red)	With or without cotton	Approx. 6 minutes	5 levels	Everyday

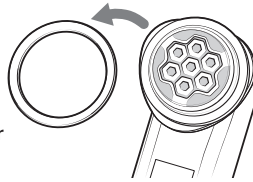
* Use the device after washing your face and performing your skin care routine using a skin lotion or a similar product.

*Cell Energy Regeneration Technology.

- Be sure to move the device on your skin during use (except in EYE CARE Mode and COOL Mode).
- If the COOL Mode is used for continuous treatments, the head will not become fully cool. Have an interval of at least 30 minutes between treatments.

How to attach a cotton pad to the electrode head

- 1 Remove the cotton stopper from the electrode head.
- 2 Place a cotton pad on top of the electrode head and press the cotton stopper down over the cotton pad.



- 3 Apply your regular skin lotion or gel onto the cotton pad.
 - * If the cotton stopper does not fit properly on the electrode head, please use a larger and thinner cotton pad. Because thick cotton pads are difficult to fix in place, split them in half before use.
 - * If the cotton pad is too thick, the thermal action of the CERTEC[®] and RF treatment may be adversely affected and you will feel less heat.
- 3 Apply your regular skin lotion or gel onto the cotton pad.
 - * Make sure the skin lotion or gel coats the entire surface of the electrode head.
 - * If using a watery (low-viscosity) skin lotion, the feeling of warmth may decrease. Recommended skin lotions: high-viscosity skin lotions
 - * Be sure to thoroughly wipe off any lotion or gel left on the device with a dry cloth after each use.

How to Use (General Instructions)

● Precautions

- **Make sure that the cosmetics you use are water-soluble. Do not use oil-based or scrub-based products.**
Doing so may cause the product to malfunction or lead to skin problems.
- **Be sure to move the device on your skin during use. Do not stop on one spot as this may cause burns.**
- **The perceived warmth of the CERTEC[®] and RF changes depending on the type of skin-care product used and the skin's condition at the time of treatment.**
- **Do not use any of the modes on your upper eyelid (exposure to LED light is possible). Use only EYE CARE Mode or COOL Mode on your lower eyelids or on the outer corners of your eyes (exposure to LED light is possible).**
* The LED light can be used over the upper eyelids, lower eyelids and outer corners of the eye. Close your eyes and hold the device at least 5 cm away from the eyes. Do not look directly into the LED light.
- **Do not look directly into the LED light.**
- **The recommended ambient temperature is 15° C to 30°C.**
- **Remove all metal accessories (watches, necklaces, rings, earrings, etc.) when using the device.**
Failure to comply may cause accidents or injuries.
- **Please 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.

[®]Cell Energy Regeneration Technology.

● Treatment Method

- 1 Remove makeup and gently cleanse your face.
 - * Make sure to remove makeup before using the device on your face. If you use the device over makeup, the foundation may cause dark staining of the skin.
 - Remove oil and dirt from your skin so that it is in a clean condition prior to treatment.
 - If using your regular skin lotion, be sure that it is water soluble. Do not use oil-based or scrub-type skin lotions, as these may cause to malfunction of the device or skin problems.
- 2 Attach a cotton pad if necessary and apply skin lotion onto it.
 - * Be sure to replace the cotton pad used in CLEAN Mode.
- 3 Press and hold the POWER/MODE button to turn on the power.

When using the DWHP course for treatment, select the mode and level and do not attempt to modify them.

When using the NEB course for treatment, press the N+ button briefly, and then select the mode and level.

When using DAILY CARE for treatment, press and hold the N+ button, and then select the mode and level.

You cannot switch between the DWHP course and the NEB course when the device is in standby status.
- 4 Gently apply the electrode head to your skin and move the head over the area being treated. Refer to pages 17-19 for more details.
 - At the end of each mode, standby status is activated (for about 5 minutes), and when the POWER/MODE button is pressed the next mode starts.
 - * During use, make sure the electrode head is firmly touching the skin.
- 5 Press and hold the POWER/MODE button to turn off the power.
 - * When treatment in COOL Mode has finished, the power will turn off automatically.
- 6 After treatment, condition your skin as necessary.
 - After finishing the treatment, apply lotion and other products thoroughly into the skin, and complete with your regular basic skin-care items.
 - * After each use, refer to 'After Treatment' (page 20) and remove the remaining sebum, serum and other particles stuck to the device.
 - Failing to remove them may cause a malfunction of the device or skin problems.

How to use the device on your skin

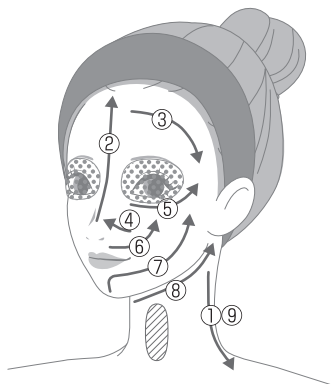
Move the electrode head over the skin in the direction of the arrows shown below.



- Please reapply skin-care products or water during treatment to ensure 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.

Common to both the DWHP and NEB courses

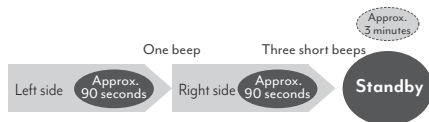
<CLEAN, DWHP and NEB Mode>

- If the temperature feels too hot, move the head more quickly. You can also use a cotton pad to lower the temperature.
- Use the device in a position in which the entire surface of the electrode head comes in contact with your skin.
- Be sure to move the device over the skin as you use it. Placing the device continuously on the same area may cause burns or low-temperature injuries.
- Do not put the electrode head on the upper eyelids, lower eyelids or the outer corners of the eyes.



-  Areas you should not treat
-  Areas that can only be treated with LED light (Refer to page 19 for how to use)
* Close your eyes and hold the device at least 5 cm away from the skin.

Recommended speed for moving the device: 2 cm/second




Common to both the DWHP and NEB courses


<EMS UP Mode>


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 water, lotion or gel before using the device. Failure to comply may cause skin damage.

- Do not let the electrode head to come in contact with your upper eyelids, lower eyelids, or the outer corners of your eyes.

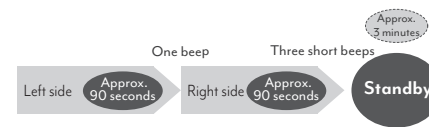


 Press and move the device in a circular, massaging motion as indicated by the arrows.

 Areas you should not treat

 Areas that can only be treated with LED light (Refer to page 19 for how to use)

* Close your eyes and hold the device at least 5 cm away from the skin.

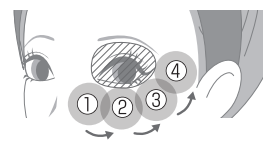


Common to both the DWHP and NEB courses

<EYE CARE Mode>

Press the electrode head repeatedly on your face from the inner to the outer corners of the eyes as if stamping on the skin (Press → Release → Move the electrode head in the direction of arrows shown below).

- * Be sure not to press down continuously on the skin for longer than 3 seconds.
- * Do not move the device while pressing.



 Areas you should not treat: Upper eyelids

* Lower eyelid and the outer corners of the eyes can be treated.

Estimated pressing time: approx. 3 seconds for each point



If you are concerned about dryness around your eyes, we recommend applying EYE CARE Mode for approx. 2 minutes for each side (4 minutes in total).

Common to both the DWHP and NEB courses

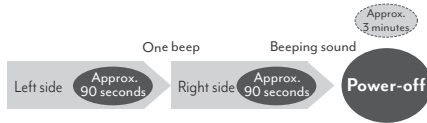
<COOL Mode>

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

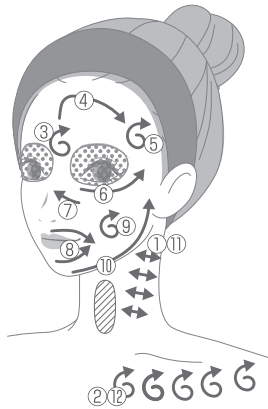
- Do not let the electrode head to come in contact with your upper eyelids, lower eyelids, or the outer corners of your eyes.

● How to treat the upper eyelids, lower eyelids and outer corners of the eye using the LED.

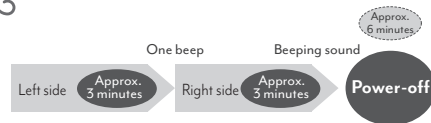
Remove the cotton pad, close your eyes and hold the device at least 5 cm away from the skin to use the LED light.



<DAILY CARE>



- Press and move the device in a circular, massaging motion as indicated by the arrows.
 - Areas you should not treat
 - Areas that can only be treated with LED light (See above for usage)
- * Close your eyes and hold the device at least 5 cm away from the skin.



* Please 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.

● How to clean and store the product

- Ensure the power is off and unplug the AC adapter from the main unit.
- To clean the treatment head and cotton stopper, wipe with a damp and well-wrung cloth to remove any dirt. Wash the cotton stopper with water.
 - Remove the cotton stopper from the main unit and wash it with water before wiping it dry.
 - Do not wipe the device with solvents such as alcohol, thinner, benzene, nail polish remover, kerosene, chemicals or polishing powder. Failure to comply may cause damage to the surface of the device.
 - After using the device, thoroughly wipe off any remaining lotion and gel, ensuring none is left on the device. Failure to comply may cause a malfunction of the device.
- Wipe off any dirt from areas other than the electrode head and cotton stopper with a dry cloth.

Storage

- When the device is not in use for a long period of time, turn off the power and disconnect the AC adapter from the main unit and wall socket before storing.
- Avoid storing the device near a heater or in a bathroom or other high-temperature/high-humidity locations. Also, avoid unstable locations or places where there is exposure to direct sunlight.
- Keep the device out of the reach of children.
- Cleaning and user maintenance shall not be made by children without supervision.

Maintenance and Inspections

- When you have not used the device for a long period of time, check to see that it is functioning normally before re-starting use. Failure to comply may lead to an accident or malfunction of the device.
- If the device is malfunctioning, go to 'Checklist for Possible Problems' (pages 21-22) and attempt to identify the problem before arranging to have the device repaired. If the problem persists, inquire the Global After Service (<https://www.ya-man.co.jp/en/support/repair/>) or your local distributor.
- If the device malfunctions, appears damaged or needs service, please contact your local distributor.

Checklist for Possible Problems

Problems	Possible Causes and Solutions
The device does not turn on.	Press and hold the POWER/MODE button to turn the device on (page 16).
	There is an insufficient charge. Charge the battery (page 9) or use the device with an electrical cord.
The device only operates for a few minutes even after charging.	There is an insufficient charge. Charge the battery (page 9). Alternatively, use the device by connecting it to an AC adapter.
	The expected life of the rechargeable battery (approximate number of charging times: 300 times) has expired. Inquire the Global After Service (https://www.ya-man.co.jp/en/support/repair/) or your local distributor. *Do not try to replace the battery by yourself as this may cause a malfunction of the device.
	You may have pressed the wrong button. Press and hold the POWER/MODE button to turn the device on again (page 16).
	The device is in standby or auto-off status (page 12 - 13). Press the POWER / MODE button.
	If the device is used at low temperature, the power may switch off immediately. Use the device while charging it.
The device shuts off.	If you hear 3 long beeps before it shuts off, the battery is insufficiently charged. Charge the battery (page 9). Alternatively, use the device by connecting it to an AC adapter.
	If the device is left at low temperature for a long time, it may turn itself off. Leave it at the recommended ambient temperature of 15°C to 30°C for a while, check the charging status and try again.
Device does not start charging (charge indicator does not flash).	The adapter is not plugged into the device. Plug adapter into the device (page 9).
	Plug the AC adapter into the wall socket and press the LEVEL button and POWER/MODE buttons at the same time while the power is off (reset).
The device is too warm.	The device is being used continuously. Turn off the device and wait at least 30 minutes before using it again.

Problems

Possible Causes and Solutions

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.
EMS causes uncomfortable tingling or pain.	Lower the 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.
The EMS feels weak or I cannot feel it at all.	Increase the intensity with the Level button.
	The skin lacks moisture or is dry. Moisturize your skin with lotion or gel.
	You are not applying the device along muscles. Verify that you are applying the device along muscles with the help of a mirror (page 18).
	There is an insufficient charge. Charge the battery (page 9). Alternatively, use the device by connecting it to an AC adapter.
	You have been using the electrode head on your skin for a long time. Be sure to move the electrode head over your skin when using the device, except in COOL Mode.
The treatment temperature is too high (except in COOL Mode).	The electrode head moves to slow. Move the device a little quicker.
	It may feel very hot depending on the skin-care product used or the presence/absence of a cotton pad. If it feels hot, try the following: <ul style="list-style-type: none"> Use a cotton pad, or if you are already using a cotton pad, use the device without the cotton pad. Change the skin-care product used.
	The device is in standby or auto-off status (page 12 - 13). Turn the power off and then on again, or activate the modes by pressing the POWER/MODE button.
You cannot feel CERTEC [®] and RF warmth.	The skin lacks moisture or is dry. Moisturize your skin with lotion or gel.
	The electrode head moves fast. Please move the device a little slower.
I can't select the level.	There is no intensity level selection available in COOL Mode.
The device cannot be operated.	Press the LEVEL button and the POWER/MODE button at the same time (reset)

*Cell Energy Regeneration Technology.

Frequently Asked Questions

Q	A
How much lotion or gel should I use each time?	This device is designed to achieve better results 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.
Can I use this product in the bath? Also, can I wash the main unit with water?	The device cannot be used in the bath (bathroom, tub). The main unit is rated JIS-compliant IPX5, which means that it is resistant to splashes but cannot withstand strong jets from showers and faucets, nor can it be submerged in water. The main unit cannot be washed with water as this may cause a malfunction of the device. Only the cotton stopper can be washed with water.
Why do I not feel the warmth of CERTEC[®] and RF when using CLEAN, NEB or EYE CARE Modes?	Move the electrode head more slowly or press harder against the skin surface. It is also possible that there is insufficient moisture on the cotton pad. Add more lotion or gel.
Why can't I see any dirt on the cotton pad?	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.
Can I use it over a facial mask?	It can be used over a facial mask too (except in CLEAN Mode). We recommend using a facial mask in DWHP Mode, NEB Mode and DAILY CARE Mode.

*Cell Energy Regeneration Technology.

After-sales Service

● Rechargeable Battery

- The rechargeable battery is a consumable item (It is not covered by warranty).
- If the operation time after charging has become extremely short, it could be the end of the battery's life. The battery can be charged approx. 300 times.
- Consult the Global After Service (<https://www.ya-man.co.jp/en/support/repair/>) or your local distributor for a battery replacement.

● Disposing of the device

- Follow your local government rules for proper disposal of this product.
- This product uses a lithium-ion storage battery. For information on the disposal of batteries, see **Disposing of the Battery and Removing the Battery** below.



Li-ion

<Disposing of the Battery>

The lithium-ion battery used in this product is a valuable recyclable resource.

- The battery must be removed from the appliance before it is disposed.
 - Be sure to turn off the power and disconnect the AC adapter before removing the batteries.
 - Use a screwdriver to remove the battery. Be careful not to injure yourself.
 - When removing the battery, be careful not to damage it on a hard object.
- * Failure to comply may cause the generation of heat or a fire.
- Follow your local government rules for proper disposal or recycling of this product.

● Correct Disposal of this product

This marking indicates that this product should not be disposed with other household wastes throughout the UK and EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

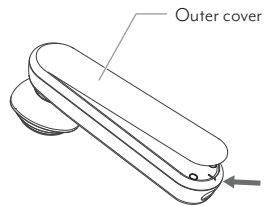


<Removing the Battery>

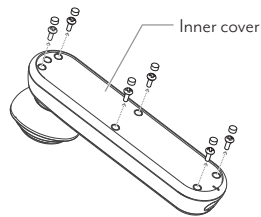
Operation Steps Refer to figures ① to ④ below to remove the battery.

- ① Remove the outer cover using a flat-tipped object.

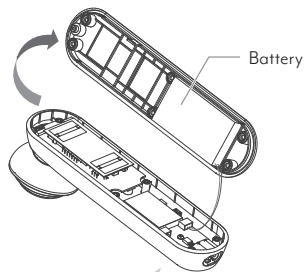
* It is fixed with strongly adhesive tape



- ② Remove the 6 rubber stoppers and screws on the inner cover.



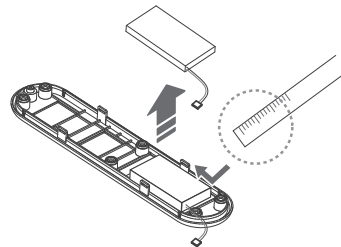
- ③ Remove the inner cover and disconnect the battery cable from the connector.



⚠ Do not cut the cable.

- ④ Remove the battery using a flat object like a ruler.

* It is fixed with strongly adhesive tape



⚠ Pay attention not to damage the battery



This figure is intended to be used for disposing of the product, not repairing it.
CAUTION: Disassembling the device by yourself may cause a failure.

● Product Specifications

Rated Power Supply	DC9V 2.0A
Power Consumption	Approx. 18 W
Battery	Lithium-ion battery
Charging time	Approx. 3 hours (may vary depending on the charging environment)
Outer Dimensions	Main unit (with cotton stopper): approx. W52 x D62 x H203 (mm)
Weight	Main unit (with cotton stopper): approx. 312 g
Materials	Main unit: ABS resin Indicator panel: Polycarbonate and acrylic resin Electrode head: PET resin and stainless steel Main unit's metallic parts: ABS resin (indium vapor deposition)
Country of origin	Japan
Accessories	Cotton stopper, AC adapter
Recommended Environmental Temperature	15° C to 30° C
Water resistance class:	JIS-compliant IPX5 class protection

● Warranty

If you have purchased from www.global.ya-man.com,

Warranty: Please register your device at <https://global.ya-man.com/apps/warranty/registrants/new>

Contact: inquiries to contactus@ya-man.com

If you have purchased from local distributor,

Warranty: Please contact your local distributor

● User's manual (WEB)

User's manual is also available at following address:

<https://www.ya-man.co.jp/en/support/documents/>