

12 Pad Digital Lean Machine

By The Beauty Works Ltd



**INSTRUCTIONS FOR USE
(BT-12)**

bea
uty
works

ABOUT THE BEAUTY WORKS LIMITED

At the Beauty Works, we understand the importance of 'taking care of yourself' and improving self confidence by improving the way we look and feel. Most of us have days when we're not feeling or looking our best, and for many of us our jobs, family and hectic lifestyle prevent us from sticking to our diets, exercise routines and other regimes which improve our general well being.

You can visibly reduce the signs of ageing with the Elevate and Sleek Cheeks, our fantastic micro-facial exercisers. Tone up flabby chins, saggy jowls and reduce fine lines around the eyes.

These excellent products will help you to look and feel years younger. Rejuvenate your skin with the new Skin-Light Therapy, or reveal a fresher clearer complexion using the Diamond Peel.

Is your skin looking tired? A little sallow and in need of a pick me up? Enhance your skins' natural balance and help to control acne, oily T-Zone, spots and blemishes with the Clear Zone.

Do your clothes feel uncomfortable and pull tight? Pinch at your tummy and nip at the hip? Blouse buttons a little strained? Whether its only a few weeks away from your holiday, Christmas party or an important date. Our Lean Machine range is the answer to toning up all the parts of your body.

Dare to bare all Cellu Smooth for super sexy legs WITHOUT the Cellulite! A true ultrasound unit to remove cellulite based on salon systems.

Follow this up with our easy, smooth self tanner the Airbrush Tanning System.

Our latest and most innovative products include:

DIAMOND PEEL	SKIN-LITE THERAPY
ELEVATE	UV NAIL DRYER (professional)
DIGITAL LEAN MACHINE	CLEAR ZONE

The Beauty Works have developed a range of health and beauty care products, specially for use within the privacy of your home. All of which you will enjoy using regularly with excellent results and renewed confidence. Please do not hesitate to call our help line if you would like personal advice on which of our products is best suited to you.

Tel: 01322 226 031

Fax: 01322 227 345

Email: sales@thebeauty-works.co.uk

Advice: beautyexpert@thebeauty-works.co.uk

Web: www.thebeauty-works.co.uk

INTRODUCTION

The Digital Lean Machine has been specifically designed to tone and firm your muscles by electronically stimulating them to contract, while you simply lie back and relax. These Muscle toners can be used to help in the recovery of muscles injured while playing sport, to relieve muscle tension and to tighten and firm specific muscle areas, e.g. flabby or weak stomach muscles, buttocks area, upper thighs etc.



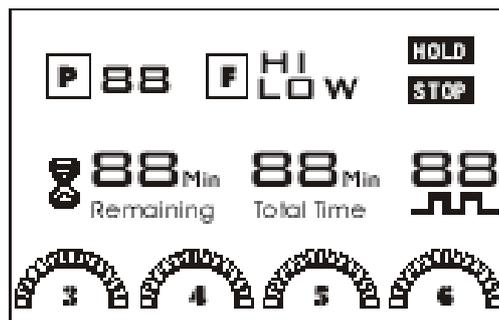
Muscle toning, or faradic treatments, has been extremely successful and very popular throughout beauty salons and sports injury clinics for a number of years. 'Faradism' is the common name given to this treatment due to the type of current used, which causes the muscles to involuntarily contract. The interruption of the current then relaxes the muscle, and prevents muscle fatigue.

The contraction and relaxation of the muscles increases the blood and lymph circulation which feeds and nourishes the cells and aids the removal of waste products from the tissues.

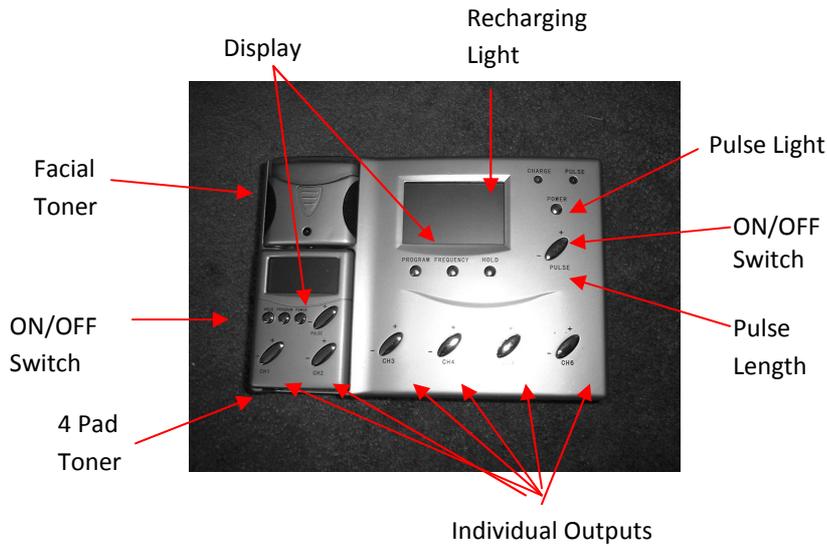
FEATURES

The Digital Lean Machine includes a Facial Exerciser, a 4 Pad Unit and 9 programs which are:

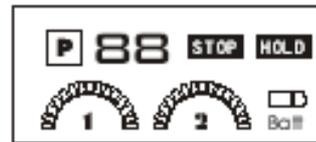
- Muscle Toning
 - Massage
 - Relaxation
 - Sports
 - Intensive
 - Ab-crunch
 - Strength Training
 - Endurance
 - Muscle Relief
- All programs with 2 different frequency settings allowing 18 different preset programs.
 - Individual strength settings on each of the outputs so each output can be set to the desired level on each muscle groups.
 - Pulse length adjustment over all outputs to change the length of the pulse.
 - To turn the product on/off you have to press the on/off button and hold it for about 2 seconds for both the 4 Pad and 8 Pad base.
 - 4 Pad unit to include rechargeable battery which is recharged from the base unit when plugged into the mains supply. To recharge the battery, place the 4 pad onto the base unit and ensure that the unit is plugged into the mains and that the main power switch on the base unit (on the side) is switched on but the main unit is not being used.
 - The 4 Pad unit is to be controlled by the base unit when used together – except for the individual output strength on the 2 outputs.
 - On the master unit the settings that can be changed are:
 1. Pulse length overall all outputs (1-5)
 2. Individual pulse strength for each of the 6 outputs (from 0-10)
 3. Program selection: 1-9
 4. Frequency: high/low
 5. Hold function – to protect setting during use



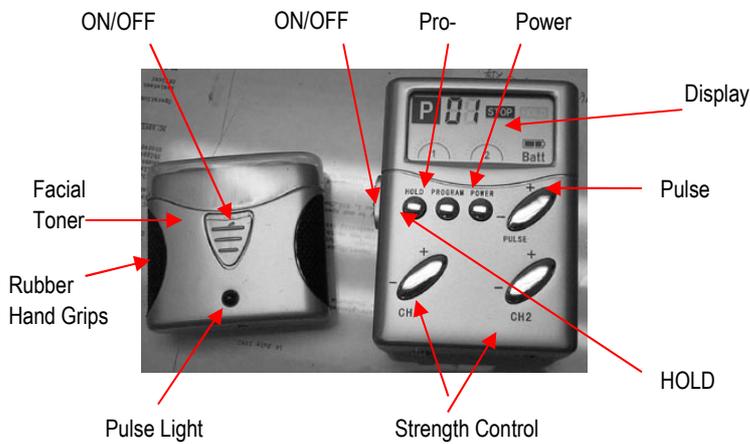
MAIN UNIT



- On the 4 Pad unit the settings that can be changed are:
- Individual pulse strength for each of the 2 outputs
- Program selection: 1-9



4 PAD UNIT AND FACIAL TONER



PROGRAM SETTINGS

MUSCLE TONING	30 minutes		
MASSAGE	20 minutes		
RELAXATION	20 minutes	STRENGTH TRAINING	20 (high)/10 (low) minutes
SPORTS	45 minutes	ENDURANCE	40 (high)/30 (low) minutes
INTENSIVE	30 minutes	MUSCLE RELIEF	20 minutes
AB CRUNCH	25 minutes		

TREATMENT

As you become accustomed to your machine, adjust the controls to provide maximum comfort and efficiency. Turn the output controls on, then gradually advance them until you feel an intermittent tingling sensation (these settings will vary with different people and different muscle groups). Slowly advance the output control settings a little at a time until you feel a rhythmic muscle movement. At approximately 5 minute intervals, you can slightly increase the settings, thus increasing the strength of the impulse to maintain a strong but comfortable contraction.

These settings will vary from person to person and you do not need to go beyond the setting that is comfortable for you. You should feel a regular contracting and relaxing of the muscles being exercised. Do not be alarmed by the sensation of the involuntary contractions. Most people find this movement strange at first but you will soon become used to it.

A correct contraction occurs when the initial tingling sensation lessens and a good movement of the muscle is seen and felt. If a proper contraction is not experienced, or a pair of pads are not working properly (i.e. feeling uncomfortable or the muscles beneath are not contracting) turn the machine off by setting all of the controls to the OFF/O position. Then, making sure the skin underneath is free from grease, reposition the pads slightly, then gradually turn up the controls.

When you are comfortable, just relax and shape up with the Digital Lean Machine. Your treatment will range from 10 minutes – 45 minutes depending on which specific programs you will be using.

If at any time during your treatment, you need to adjust or re-position a pad, always turn the machine off first. After several weeks of daily use, the muscles treated will have toned up. Continued regular use of the Digital Lean Machine for once or twice a week will maintain their condition.

At the end of each treatment, switch the unit off and make sure the mains adapter is removed from the mains socket.

N.B. Always ensure that the skin is absolutely clean before treatment. To re-apply stickiness to the pads please add a few drops of water to their surface.

Never immerse the unit (or any of its parts) in water

HOW TO USE YOUR DIGITAL LEAN MACHINE

- Insert the leads into the pads.
- Insert jack plugs (the end of the lead) into the Digital Lean Machine unit output sockets.
- Check that the battery/mains adapter has been connected and the main is switched on.
- Place the pads on the area(s) to be treated.
- The Digital Lean Machine will automatically work through the programs shown above. If you would like to skip a program press the Program Setting button. To select the desired program turn on the power and then press the program button until the desired program comes up. Once you have selected the desired program then select the relevant frequency by pressing the frequency button – this will scroll between high and low. Then select the desired pulse length and individual pulse strength by pressing the pulse strength button at the top to increase the pulse strength and at the bottom of the button to decrease the pulse strength. Once you have the desired level then press the HOLD button and this will retain the settings. If you need to change the settings then press the HOLD button until HOLD disappears from the display and you can then change all of the settings. Once the settings have been adjusted then press the HOLD button to store the settings during use.
- Gradually press the dials up as you become used to the sensations until you are able to see (and feel) a muscular contraction. Settings may vary depending on the sensitivity of the area being treated.
- When you are able to feel rhythmic muscle movement relax. You can monitor the time remaining for the program to finish by looking at the LCD which shows the program total time and time remaining.
- N.B. If you feel an unpleasant tingling under any of the pads, they may be placed incorrectly. If in doubt switch OFF your unit and start from the beginning.
- At the end of the treatment switch your Digital Lean Machine off by turning off the power switch and then turning off the power supply on the side of the unit. Then switch off at the plug and remove the mains adapter from the wall socket. If you have used the HOLD button then you will need to depress the HOLD button before you can switch off the unit.

DO NOT SWITCH OFF THE UNIT FROM THE MAINS WHILST IN USE AS THIS CAN CAUSE THE UNIT TO MALFUNCTION. ALWAYS SWITCH OFF THE UNIT FIRST BY FOLLOWING THE ABOVE PROCEDURE BEFORE SWITCHING OFF THE ON/OFF BUTTON.

IF AT ANY TIME YOU FEEL UNSURE THEN PLEASE CONTACT OUR CUSTOMER SERVICES LINE BY TELEPHONE OR E-MAIL. IN THE EVENT OF ANY REACTION TO USE THEN STOP USING THE PRODUCT IMMEDIATELY AND CONTACT YOUR DOCTOR FOR ADVISE, OR YOU CAN RETURN THE PRODUCT TO THE COMPANY WHERE YOU PURCHASED IT (SUBJECT TO TERMS AND CONDITIONS).

ONLY USE THE PRODUCT ONCE YOU HAVE CONSULTED YOUR DOCTOR TO CONFIRM THAT IT IS SAFE FOR YOU TO USE THE PRODUCT.

IMPORTANT: SOFT START FACILITY

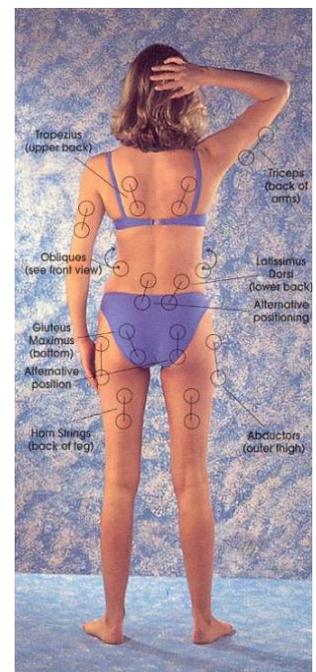
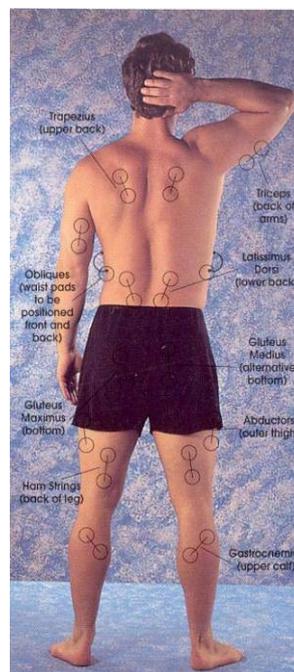
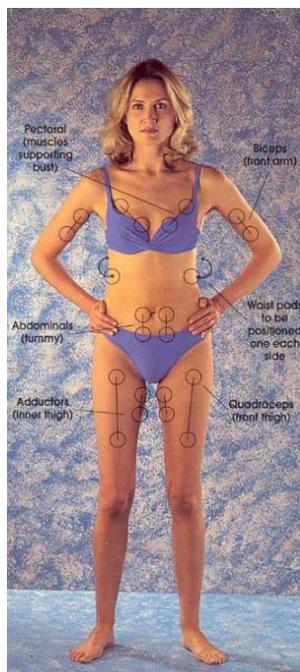
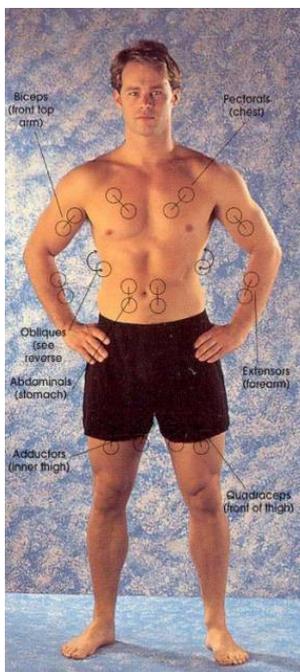
Your Digital Lean Machine is fitted with a 'Soft Start'. When the unit is turned on all outputs are automatically set to zero. To adjust the output

BENEFITS OF USING THE DIGITAL LEAN MACHINE

- The Digital Lean Machine improves tone and condition, tightening and firming specific muscle groups.
- They effortlessly lift slack muscles, giving you a leaner, firmer appearance while you lie back and relax.
- The Digital Lean Machine can help in the recovery of muscles injured while playing sport.
- Post Natal treatment, to help tighten and firm slack and stretched abdominal muscles after childbirth (following postnatal check up).
- The Digital Lean Machine, when used in conjunction with a good diet and regular exercise, will help improve figure shape.
- The Digital Lean Machine will, on a very gentle setting, release muscle tension and help relax tired and aching muscles.

NOTE: The Lean Machine is a muscle conditioner and not a weight loss product. Please seek your doctor's advice for a suitable diet/program to lose weight. If you are very overweight then the high content of body fat can prevent a muscle contraction making the product less effective. Always seek your doctor's advice before using any EMS product.

PADS POSITIONS



GENERAL CAUTION

To reduce the risk of fire, burns, electrocution or injury, before actually using your foot spa a careful study of the following important safety precautions is strongly recommended:-

1. WARNING – THIS APPLIANCE MUST NOT BE TAKEN INTO THE BATHROOM.
2. DO NOT IMMERSE IN WATER OR ANY OTHER LIQUID
3. DO NOT USE WITH WET HANDS
4. Such situations above constitute a DANGER TO LIFE! Through electric shock.
5. This appliance should NEVER be stored whilst hot or while still connected to the mains, always ensure the appliance is switched off, then unplugged from the mains and it has cooled down before storing and empty the water.
6. This appliance is intended for domestic use only. It is not intended for commercial use. Use the appliance only for its intended use as described in this manual.
7. The appliance must never be left unattended when plugged in.
8. Close supervision is necessary when this appliance is used near or by children.
9. Never continue to use this appliance if it is not working properly, or has been dropped in any way, or if it has been dropped in water or any other liquid, or if it has a damaged plug or lead.
10. Do not carry the appliance by the mains cable or pull the cable to remove the plug from the socket.
11. Do not operate this appliance if the cable or adapter plug becomes damaged. A qualified electrician must always carry out any repairs that are necessary.
12. If the appliance stops unexpectedly or appears to malfunction, switch off the power supply, unplug from the mains and stop using use immediately. Seek professional advice to rectify the fault or make repairs.
13. Switch off the power supply or unplug from the mains socket when not in use, before cleaning or changing accessories.
14. Avoid positioning the appliance where the power cable might be accidentally trapped or damaged.
15. Keep the appliance and cable away from sources of heat, sharp objects or anything that may cause damage.
16. Ensure the appliance is switched OFF before connecting to the mains power supply.
17. Never reach for any appliance that has fallen into water. Switch off the power supply at the mains immediately and unplug. Do not re-use until the product has been inspected and approved by a qualified electrician.
18. Always ensure that hands are dry before operating or adjusting any switch on the product or touching the plug and mains supply connections.

YOUR QUESTIONS ANSWERED

Q. What is passive exercise and how does it work?

A. Your muscles are moved by signals sent from your brain via nerves to your muscles which then contract and move the body part you wish to exercise. A passive exercise machine does the work for you by sending a signal straight to your muscles making them contract involuntarily.

Just imagine – while you relax, read, watch the television you can achieve the same visual effects as a strenuous work-out. You may even experience some next-day soreness. Passive exercise is not new. For more than 30 years it has been used in both the medical and beauty fields to tone muscles.

Q. Will dieting help?

A. As your physical activity decreases, and as your metabolic rate slows down with age, you may find yourself gaining weight and losing your youthful curves beneath an ever growing layer of fat. With crash dieting, 30% of weight loss can be muscle loss. But when you regain the lost weight, you put back only the fat, thereby losing it on two counts – not only is muscle a part of looking good, but muscle burns calories even while you sleep. Fat does not. Use a minimal dieting. Don't eat below a 1000 calories per day and push up your metabolic rate with aerobic exercise (i.e. exercise that increases your heart rate) at least three times a week for at least 20 minutes each time. Ideal exercises are brisk walking, jogging, cycling, etc. Your diet should consist of small amounts of lean protein with complex carbohydrates (i.e. fruit, vegetables, whole meal bread. Keep saturated fats, sugar and salt to a minimum).

Q. How can Lean Machine help after childbirth?

A. Don't use the Lean Machine while you are pregnant. But after the birth of your baby Lean Machine is a godsend.

You want to get your figure back as quick as you can, but baby care is such an exhausting and time consuming work that most new mothers cannot find the time, or the energy, to exercise those stressed and stretched muscles back into shape. Don't despair, when you have time to sit down, put some pads onto your upper and lower abdominal muscles and with gentle contractions let the Lean Machine exercise you back into shape. And when you have regained your figure, continue with regular treatment to maintain your shape.

Q. How often should I use the Lean Machine?

A. Everyday for super quick results then, when you are in shape, 3 or 4 times a week for Maintenance.

Q. Is it safe for all ages to use?

A. Yes, any age group can use it safely, but it is not recommended for small children without doctors advice and parent control.

Q. I have been using my Lean Machine and did not realize that I was three months pregnant?

A. Although we do not recommend pregnant women to use the Lean Machine, consult your doctor as he will determine if this is possible.

Q. Can I use the Lean Machine over stretch marks, scars, varicose veins?

A. Only on stretch marks, not on scars or varicose veins.

Q. At what time of the day should I use the Lean Machine?

A. Anytime convenient to yourself.

Q. Can women use the Lean Machine during their period's and ovulation?

A. Yes, this will not affect the body in any way.

Q. Do all sets of pads have to be used at once?

A. No, but if only one set is used then ensure that they are plugged into output socket one.

Q. How do I know if I am getting the right contractions and can you explain what the sensation feels like so that I know I have got the right pads on the right muscles?

A. A correct contraction occurs when a tingling sensation lessens and a good movement of the muscles is seen and felt. This will not take place until the pads are in the correct position. Turn the controls to OFF/O before adjusting the pads. Adjust the pad slightly (small movement may suffice). Then turn your Lean machine on and gradually advance the setting a little at a time until you feel a rhythmic movement.

Q. Can I use the Lean Machine on my face or neck?

A. No. Elevate, Sleek Cheeks and Mono Cheeks available from The Beauty Works, are especially designed for this purpose.

Q. Is it safe to use the Lean Machine on one group of muscles and then use it on another group of muscles straight away?

A. Yes, but a period of 3-4 hours must be allowed before exercising the same group of muscles.

Q. Is the Lean Machine safe to use on people with serious illnesses or various nervous disorders?

A. No, definitely not.

Q. Will I be slimmer?

A. You will look slimmer because your newly toned muscles will hold you in like a corset.

CONTRAINDICATIONS

Do not use the Digital Lean Machine if you have any of the following conditions:

- Pregnancy
- Allergy
- Pacemaker/Heart Disorder
- Skin Disease or Disorders
- Diabetes
- Infections
- Epilepsy
- Sunburn

Also:

- Do not use on the face and neck
- Do not use on any sensitive parts of the body
- Do not use with dry pads
- Do not use on scars, moles, varicose veins or open wounds.
- Always check with your doctor that it is safe for you to use the product
- Only use the Facial Toner on the face and neck.
- If you are fitted with an I.U.D (coil) you may experience a tingling sensation, if you do so, please stop the treatment and inform your GP. This is standard procedure with electrical equipment of this nature, and there is no need to worry at all.

If you have any queries on any of the above, or would like to discuss this further please contact us on 01322 226 031.

CLEANING AND CARE

1. The appliance must be unplugged and switched off before cleaning.
2. Let the appliance cool down before touching or cleaning the body.
3. The appliance has been designed for domestic use and is virtually maintenance free.
4. Clean the body with a soft dry cloth.
5. Do not use any harsh detergents, abrasives, solvents or cleaners. Never immerse in water to clean.
6. Dry thoroughly before use.
7. To clean the pads (where non-sticky pads are used) wipe over the pads with a damp cloth – never immerse the complete pads in water.
8. Clean the air outlet openings on the underside of the appliance regularly with a soft brush.
9. To replace the stickiness on the sticky pads, pour water over the black part of the pads, making sure that no water goes onto the leads at all, and then allow to dry. You will then find that the stickiness has returned. You will find that after the sticky pads have been used a lot it will be necessary to replace them. These can be purchase direct from the manufacturer

BATTERY

The rechargeable battery included in the unit is a nickel-cadmium type. The battery must not be disposed off in normal waste containers but should be collected as Small Chemical Waste, according to the instructions of the local authorities. The battery can be removed by opening the battery compartment of the 4 pad and detaching the battery terminals from the battery snap.

The length of battery use will vary depending on the program used. In particular the battery will provide limited use on programs 7, 8 and 9 due to the amount of power used from the battery. It is advised to use these programs from the main unit or, if using from the 4 pad section to re-charge the batteries after 1-2 uses.

MONO CHEEKS FACIAL EXERCISER

Please read the instructions carefully before using your Mono cheeks adaptor. Mono Cheeks works on the same safe and well established technology used in the Lean Machine. It electronically reproduces the impulses normally sent by the brain, causing the muscle to contract at a controllable rate. Mono Cheeks like the Sleek Cheeks (an independent facial exerciser) has been specifically developed to treat the face and neck muscles which can not easily be exercised.

Gently, passive treatment with the Mono Cheeks tones up tired muscles and stimulates the supply of blood to the skin tissue, thus nourishing the cells and disposing toxic substances. This combined effect actually helps to slow down the ageing process.

PREPERATION FOR TREATMENT

In addition to your Mono Cheeks, you will require: a water based moisturising cream, a watch or clock and a mirror. Remove all traces of cosmetics from the face and neck. Pin back your hair and remove any garments or jewellery obstructing the areas for treatment.

TREATMENT

Study and follow the exercise diagrams. Gently massage the moisturizing cream onto the area that you have chosen to exercise first. Also dab the Sleek Cheeks heads with a little cream.

ENSURE THAT ALL OUTPUT CONTROLS ON THE LEAN MACHINE ARE SET TO 0

1. Turn the Lean Machine control to the ON position.
2. Click the control on the Mono Cheeks to the ON position.
3. Firmly position the Mono Cheeks unit on the area selected, as illustrated by the diagrams.
4. Slowly increase the output on the Lean Machine until you experience a mild tingling sensation.
5. Gradually increase the control, intensifying the sensation to maintain a strong but comfortable muscle movement or contraction.

The setting will vary with different people and various muscle groups. Do not be alarmed by the sensation of your muscles contracting involuntarily. You will soon become accustomed to this feeling. A correct contraction occurs when the tingling sensation disappears and a good muscle movement is experienced. When first using Mono Cheeks you will probably have to experiment for a while to find the correct location.

TREATMENT STRENGTHS

Your facial muscles are very delicate. Do not strain them either by exceeding the stated duration or frequency of the treatments, or by setting the control to exceed a gentle movement.

Exercise each area in turn for three minutes. Remember to moisten each area and exercise heads before each treatment and most importantly remember to reduce both controls to the lowest position before treatment of each new area.

Give your face a daily treatment to begin with. After about one week when your face muscles become accustomed to the exercise, this may be increased, provided a minimum of 3-4 hours is allowed between treatments of the same muscle area. After 8 to 12 weeks of daily use you will see an improvement in your appearance. Continue to use your Mono Cheeks once or twice a week on a regular basis.

NB. Clean the exercise contacts regularly with a clean dry cloth.

DIAGRAMS FOR USE



EXERCISE 1

Placement: Position the exercise heads on the underside of the jaw, pushing gently upwards. You should experience a downwards and sideways movement of the lower lip. The chin may also pucker.

Effect: Reduces flabby chins and tightens the skin under the mouth.

EXERCISE 2

Placement: Position the exercise heads on the underside of the jaw, pushing gently upwards. Your chin should pucker and the lower lip move upwards and sideways.

Effect: Tightens the skin on the side of the neck and jaw and improves the jaw line.



EXERCISE 3

Placement: Position the exercise heads at the top of the jawbone back at the angle of the jaw. Both the upper and lower lips should pucker. N.B. Ensure that the exercise heads do not wander down the neck or onto the cheek.

Effect: Improves the muscles around the mouth and improves the lines around the lower cheek and mouth.

EXERCISE 4

Placement: This position is close to the ear. The exercise heads should be positioned vertically with the lower head remaining in the same position as Exercise 3. You should experience a combined flutter of the eye and mouth.

Effect: Stimulates the circulation on the side of the face and improves the lines around the upper lip, nose and cheeks



WARNING: Sleek Cheeks should not be used on people with serious illness or nervous disorders. Nor should it be applied on damaged tissue, enlarged moles or injured areas. It is not recommended for anyone under the age of 18 years. Keep out of reach of children.



EXERCISE 5

Placement: The exercise heads should be raised from their position for Exercise 4 until the upper head is just above the top of the ear. You should experience a movement between the eye lid and the eyebrow with the forehead lifting. If the eye lids close reduce the control settings. This treatment should be done in a gentle manner.

Effect: Improves the eyebrow area and the contours of the eye.

EXERCISE 6

Placement: Hold the exercise heads under the cheek bone on a line between the corner of the mouth and the ear. You should experience a gentle lift of the mouth and cheek. If necessary move around the area to achieve desired effect, e.g. move exercise heads to a more vertical position.

Effect: Improves the areas under the chin, jaw, cheek and mouth corner.



EXERCISE 7

Placement: The exercise heads should be positioned on the side of the neck between the windpipe and the diagonal muscle. Experiment with the position until the neck tendons protrude both under the chin and the collar bone area. N.B. Ensure that the exercise heads are not positioned too far outwards. This will result in the muscles between the collar bone and ear reacting strongly.

Effect: Tightens the muscles at the base of the neck to the

CERTIFICATION

This appliance conforms with the CE directives for radio interference suppression and low-voltage safety and has been built to meet current safety requirements.



DISPOSAL AND THE ENVIRONMENT

If your electrical appliance requires replacement or is of no further use, please think of protecting the environment. Contact your local authority for advice as many have facilities for environmentally safe disposal.



GUARANTEE

This product has been manufactured under the strictest of quality control procedures, and using the highest quality of materials to ensure excellent performance and reliability. Provided the appliance is properly used and maintained it should give long lasting performance.

This appliance comes with a full 12 months manufacturers guarantee that should the appliance stop working within that period then the manufacturer will repair or replace that item – provided that the defect is not found to be a consequence of the product having been misused, i.e. connected to an incorrect voltage, or used contrary to the instructions, or subject to accidental damage, neglect or inexpert repair. The guarantee does not cover accidental damage such as if the appliance is dropped and then stops working.

If the appliance is opened for whatever reason then the guarantee will not be valid.

Your statutory rights are not affected.

MANUFACTURED IN CHINA BY:

The Beauty Works Limited
8 Twisleton Court, Priory Hill, Dartford, Kent, DA1 2EN
Tel: 01322 226 031 Fax: 01322 227 345

Email: sales@thebeauty-works.co.uk
Advice: beautyexpert@thebeauty-works.co.uk
Web: www.thebeauty-works.co.uk