

Silk'nTM
Beautiful Technology

Lipo H5001

- EN USER MANUAL
- DE BEDIENUNGSANLEITUNG
- FR MODE D'EMPLOI
- NL GEBRUIKSAANWIJZING
- ES MANUAL DEL USUARIO
- PT MANUAL DO UTILIZADOR
- GR ΕΓΧΕΙΡΙΔΙΟ ΧΡΗΣΤΗ
- TR KULLANIM KILAVUZU
- IT MANUALE PER L'UTENTE
- NO BRUKERHÅNDBOK
- SV ANVÄNDARMANUAL
- DA BRUGERMANUAL



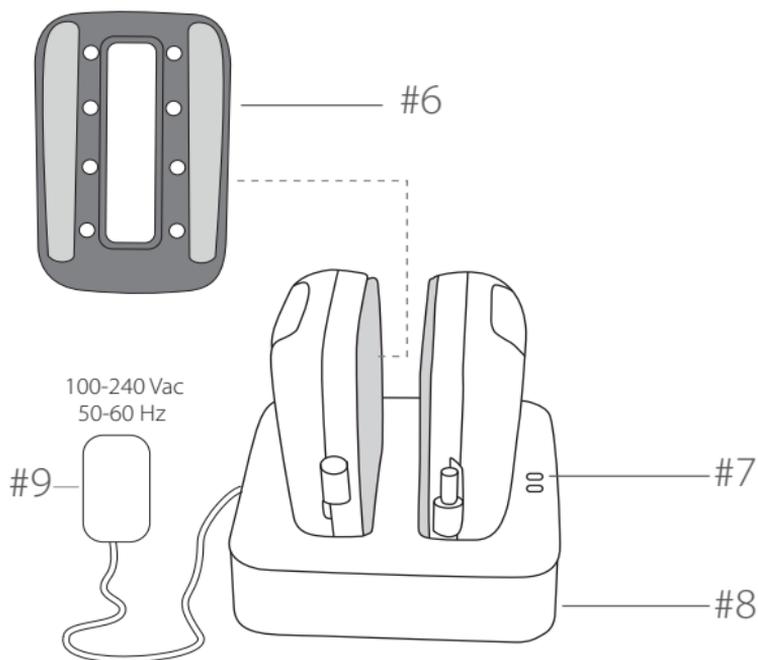
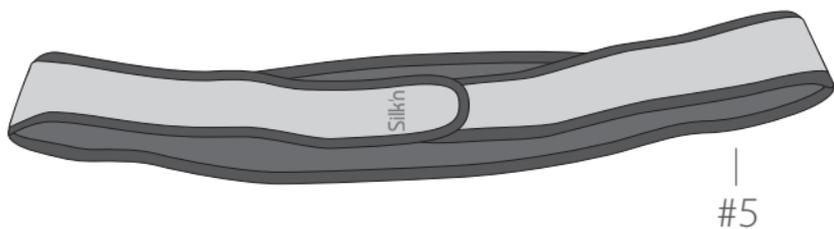
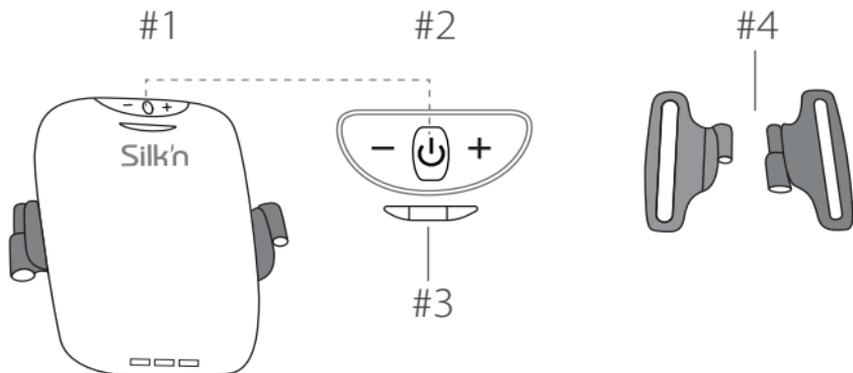


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1. Warnings & contraindications

EN

The user manual is based on the standards and rules in force in the European Union. When abroad, you must also observe country-specific guidelines and laws.

Silk'n Lipo is a powerful electrical device and should be used with special attention to safety. Please read all warnings and contraindications before use. We recommend you familiarise yourself with the instructions in this manual before each treatment.

- Do not use the device while bathing or taking a shower.
- Always ensure that your hands are dry before connecting the stand/charging cradle to the electricity supply.
- Keep the adapter away from water. The adapter is not waterproof.
- Do not place or store the treatment units, stand/charging cradle and adapter where it can fall or be pulled into a tub, sink, water or any other liquid.

- Do not reach for the stand/charging cradle or adapter if they have fallen into water. Unplug immediately before retrieving either of them. Failure to unplug the stand/charging cradle may result in an electric shock!
- Never use the adapter if it has a damaged cable or plug, isn't working properly, or has been submerged in water. If that happens, unplug the adapter immediately.
- If the stand/charging cradle malfunctions, unplug immediately.
- Dry each treatment unit before charging or storage.
- Dry each electrode pad before storage.
- Only authorized personnel are permitted to perform repairs. Do not attempt to modify, open or repair the device. You may expose yourself to dangerous electrical components and may cause serious harm to yourself.
- Changes or modifications to this device not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

- ⦿ Do not use if the parts or accessories are not supplied by the manufacturer as defined in this manual, or if the device is damaged or does not appear to be working properly. In such cases contact Customer Service.
- ⦿ Do not clean any of the parts in the dishwasher.
- ⦿ Children must not play with the (plastic) packaging. They may injure themselves with the packaging material, or swallow small parts and choke.
- ⦿ Do not dispose with household waste! The WEEE directive requires that you dispose of this electrical device (including all accessories and parts) at a designated recycling collection point for electrical devices. For details see section "13. Disposal".
- ⦿ The battery must be removed from the appliance before it is scrapped.
- ⦿ The appliance must be disconnected from the supply mains when removing the battery.
- ⦿ The battery is to be disposed of safely.

- ⦿ Attention should be drawn to the environmental aspects of battery disposal. Don't throw used batteries in a dustbin. Please contact your retailer in order to protect the environment.

Battery Removal

To remove the battery, the device must be broken apart. The device will no longer function after this procedure, nor can it be repaired. Any warranty will be void when the device casing is broken and the battery is removed. We recommend you wear safety protective goggles and gloves.

Home Skinovations Ltd is not liable for any physical or material damages as a result of performing this procedure.

To remove the battery place each treatment unit on a hard, strong surface. Use a hammer to break the outer plastic casing.

Use pliers or a screwdriver to remove the casing. Unscrew the PCB (printed circuit board) and remove the battery by disconnecting the plug from the PCB.

Contraindications

- Silk'n Lipo must not be used by children, adults with limited physical, sensory or psychological capacities, or those lacking experience or knowledge in how to use the device. Keep the device out of the reach of children.
- Use a lower EMS energy level if you experience any discomfort.
- Stop use immediately if your skin is very red, or if it blisters or burns.
- Use on clean, dry, healthy skin.

Do not use if you:

- have heart disease and you have not consulted your physician.
- are on immuno-suppressant drugs such as corticosteroids without consulting your physician, or if you have an immuno deficiency disorder.
- have any type of active cancer.
- have a lymphatic disorder, thyroid disorder, diabetes or liver disorder, or any other metabolic condition.
- have a pacemaker, internal defibrillator, or any other active electrical implant anywhere in the body.

- ⊙ have applied topical solutions containing metal ions on the treatment area.
- ⊙ have epilepsy.
- ⊙ have serious arterial circulatory problems in the lower limbs.
- ⊙ have an abdominal or inguinal hernia.
- ⊙ are pregnant or nursing.

Do not use on these parts of the body:

- ⊙ Near the heart. The electrodes must not be placed on any part of the front ribcage (where the ribs and breastbone are located), and specifically not on the two large pectorals. This can increase the risk of ventricular fibrillation and induce cardiac arrest.
- ⊙ The back ribcage.
- ⊙ The head or neck.
- ⊙ On the genitals.
- ⊙ On or around the eyes.
- ⊙ Areas with tattoos.
- ⊙ Areas that have metabolic arthritis or chronic pain.
- ⊙ Areas that are swollen, infected, or inflamed; or that have broken or irritated skin, or where there are skin eruptions

(e.g. skin rashes, phlebitis, thrombophlebitis, varicose veins, or post-operative scars where the healing process could be affected etc.).

- Parts of the body that have metal staples, implants or pins; or if you are near metal. Remove jewellery or other accessories from the treatment area during a treatment session.
- Areas that have a history of cancer or potential skin malignancies.

2. Safety with Silk'n Lipo

With Silk'n safety comes first. Silk'n Lipo has these safety features:

- **Proximity sensor:** The device works only when it is on, and the **treatment unit** is in good contact with your skin.
- **Auto shut-down:** Although you can stop a treatment whenever you wish, the device shuts down after a minute or so, when there is no contact with the skin (the **operating light** will be constant green). It also shuts down automatically after 15 minutes of continuous use.

3. Get to know Silk'n Lipo

Silk'n Lipo is a system to help you reduce fat in specific areas, exercise your muscles and tone specific parts of your body without physical effort, and in the comfort of your home.

By placing the **treatment unit**¹ on target areas such as the upper arms, abdomen, buttocks or thighs, fat can be broken down and removed specifically from that area. It can also help you shape individual areas that do not respond to diet or exercise. Silk'n Lipo is not intended for overall fat reduction or weight loss, and cannot replace diet or exercise.

¹ The singular is used to denote both single and multiple items for the product parts **treatment unit**, **belt** and **electrode pad**.

3.1 Package contents

- 1 or more Treatment units *
- 2 Connectors
- 1 or more Body belts *
- 1 or more Electrode pads *
- Stand/charging cradle
- Adapter
- User manual
- Warranty card

*Varies according to the option purchased.

3.2 Device description

Silk'n Lipo is a device for home use that utilizes Low Level Laser Technology (LLLT) and Electrical Muscle Stimulation (EMS). Together these energies help increase muscle tone and reduce fatty acids and deposits to enhance body toning and reshaping.

Silk'n Lipo includes a selection of belts suited to the part of the body you wish to treat. Each treatment unit contains laser diodes and electrodes that activate the EMS. Each treatment unit is attached to the belt and then placed on the part of the body you wish to tone and reshape. Silk'n Lipo uses integrated rechargeable batteries so that each treatment unit can be charged easily before each use.

Refer to the diagram at the front of the manual to see the location of each feature.

1. Treatment unit
2. Control button
3. Indicator lights
4. Connectors
5. Body belt
6. Electrode pad
7. Charging indicator lights
8. Stand / charging cradle
9. Adapter

3.3 Intended use

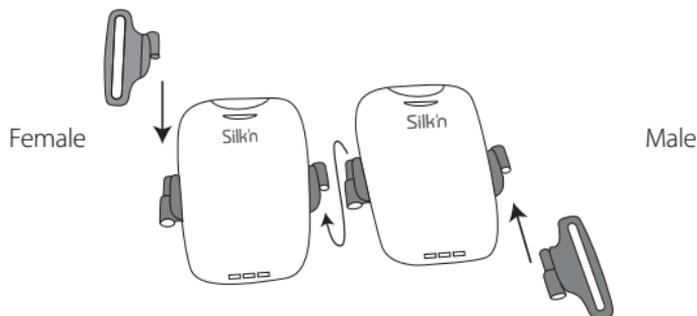
Silk'n Lipo is a non-invasive aesthetic device to reduce the circumference of the waist, arms, thighs and buttocks. The device is also intended to improve muscle tone and firmness, and strengthen muscles in these areas.

The device is not intended for use in any therapy, or for the treatment of any medical conditions or diseases. Do not use for any purpose other than as described in this manual.

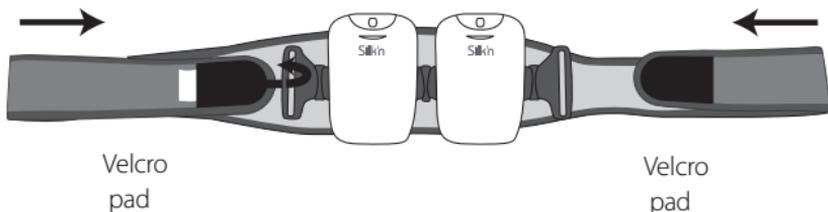
4. Device controls & settings

4.1 Connecting the different parts

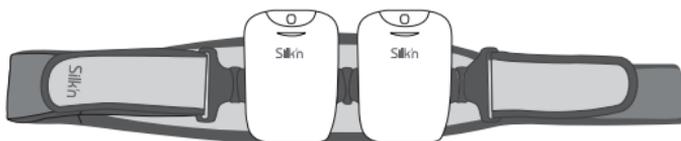
1. Remove the different parts from the box.
2. Place the **treatment unit** on a flat surface. If you have more than one **treatment unit**, connect them together.
3. Take the female **connector** and slot it into the left side of the **treatment unit**. Then take the male **connector** and connect it to the right side (see illustration).



4. Select the **belt** for the part of the body you are treating, and lay it on a flat surface with the side with the Silk'n logo facing you.
5. Next, fold each side of the **belt** inwards so that you see the black Velcro pads.



6. Slide each end of the **belt** into the **connectors** and then fold backwards, so that the Velcro pad sticks to the **belt**. Your **belt** will now look like this.



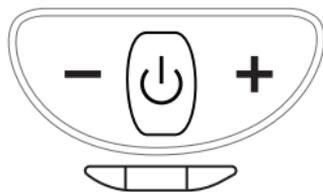
7. Of course, to use Silk'n Lipo you will need to disconnect one side, place the **belt** on your body and then reconnect the side you disconnected!



Note that you can only use the device when:

- the **treatment unit** is charged.
- you have placed a wet **electrode pad** on each **treatment unit** (see section "4.4 Wetting the electrode pads").
- each **treatment unit** is in good contact with your skin.
- you have read this manual, and understand how to use the device.

4.2 Controls and settings



Battery / Error Operating Not in use

Each **treatment unit** has a control panel that includes:

- a **control button** (#2)
- 2 EMS energy level buttons (left and right of the **control button**)
- 2 **indicator lights** - left and middle (#3)

Control	Action	Function
Control button 	Long press	<ul style="list-style-type: none"> • Turns the treatment unit on (or off). When you turn it on, you will feel a short vibration. When you turn it off, you will feel 2 short vibrations. • The green operating light (middle) will be constant green.
+ Button 	Short press	<ul style="list-style-type: none"> • Each press increases the EMS level. As you increase levels, the operating light blinks faster.
	Long press	<ul style="list-style-type: none"> • The same effect as a short press.
- Button 	Short press	<ul style="list-style-type: none"> • Each press decreases the EMS level. As you decrease levels, the operating light blinks more slowly.
	Long press	<ul style="list-style-type: none"> • Sets the EMS level back to zero.
Battery / Error light (left)	Orange light blinks continuously	<ul style="list-style-type: none"> • Battery low.
	Constant orange	<ul style="list-style-type: none"> • Device error.
Operating light (middle)	Green light blinks continuously	<ul style="list-style-type: none"> • The device is on, and has good contact with the skin. • Blinks faster as the EMS level increases.
	Constant green	<ul style="list-style-type: none"> • There is no contact with the skin but the device is ready to use. • The device will then shut down automatically after a minute or so if there is no contact with the skin.
Indicator light (right)	---	<ul style="list-style-type: none"> • Not in use.

4.3 Energy levels

Silk'n Lipo has multiple levels of Electrical Muscle Stimulation (EMS). This gives you excellent control of the intensity of muscle stimulation you wish to use for each part of the body you treat. What's more, you can change levels as often as you like during a treatment.

- **To increase the EMS level:** Short press the **+ button** as many times as you need to set to the EMS level that is comfortable for you. You will see that the **operating light** blinks more quickly as you increase the EMS level.
 - **To reduce the EMS level:** Short press the **- button** as many times as you need (see section "4.2 Controls and settings").
 - **To set the EMS level back to zero:** Long press the **- button**.
- i** You can only change EMS levels when the **treatment unit** is in good contact with your skin. When there is no contact with the skin, the EMS drops to zero.

4.4 Wetting the electrode pads

The **electrode pads** are required for the EMS to work, and they must be wet before you start your treatment.

1. Wet each **electrode pad** with a wet cloth or with wet fingers.
2. Then place the wet **electrode pad** onto the back of each **treatment unit**. Make sure that it fits firmly around the center rectangle. You might need to manipulate it slightly, so that the **electrode pad** lies flat on top of the **treatment unit**.



- i** It is important that you only wet the **electrode pad**, and not the whole **treatment unit**.

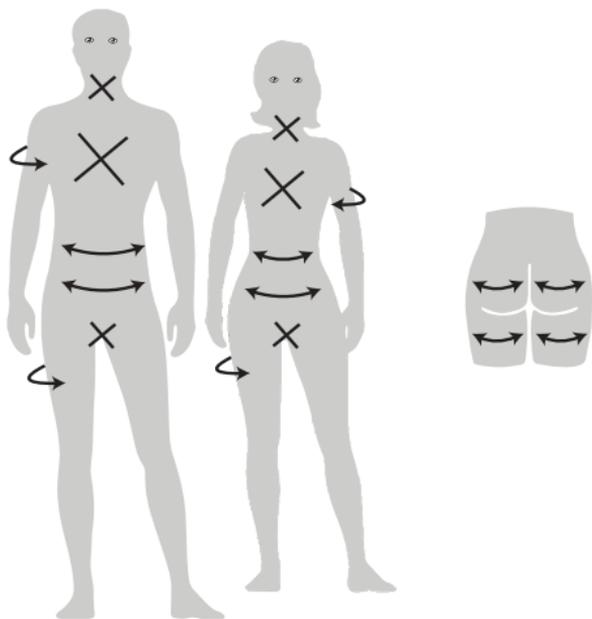
4.5 Device charging

Charge each **treatment unit** before first use. The initial charge should take around 6 hours. Subsequent charges should take around 3 hours. We recommend you recharge the device before each treatment.

1. Remove the **electrode pads** before placing the **treatment units** in the **stand/charging cradle**.
2. Connect the empty **stand/charging cradle** to the electricity supply. The **2 charging indicator lights** will be constant green.
3. Place each **treatment unit** in the cradle so that it sits in the designated grooves.
 - When the **treatment unit** is charging, the orange **battery/error indicator light** on the **treatment unit** will flash on and off.
 - When fully charged the **battery/error indicator light** (left) will go off, and the green **operating light** (middle) will be constant green.
4. Once charged, disconnect the **stand/charging cradle** from the electricity supply.

5. Treatment plan

- ⚠ For use on clean, healthy skin (see section "1. Warnings & contraindications").
- Treat the target area for 15 minutes per treatment session (see illustration).
- For larger parts of the body, like the stomach or buttocks, you may wish to move the **treatment unit** to an adjacent part of the target area, and use for another 15 minutes. You may keep doing this until you have covered the target area.
- Try to avoid gaps and overlaps.
- Never use Silk'n Lipo on exactly the same spot during a treatment session.
- For daily use, but no more than 3 times a week on each specific target area. Continue until you get the results you want.



6. What to expect with Silk'n Lipo

If you follow the instructions fully and pay attention to **all warnings and contraindications**, complications and side effects are uncommon. However, every energy-based device, including those designed for home use, involves some degree of risk. Therefore it is important that you understand and accept the risks and complications that may occur.

Skin redness

You may find some skin redness in the treated area which should disappear after the treatment.

Muscle pain

As with all exercise, some muscle soreness may occur after a treatment but it should go away after a day or two. If this happens, use a low EMS level for a few treatment sessions until the soreness has gone.

Skin irritation

Although very rare, it is possible to have a prolonged reddening of the skin, or the appearance of acne. Stop use immediately, and only treat that specific area when the skin irritation has gone.

Headache

Equally rare, is the possibility that you might feel light-headed when you start using the device. If this happens, sit down during the treatment, or stop using the device until you feel OK.

Allergic reaction

If you have an allergic reaction to the device or its accessories, stop using the device.

-  Stop use immediately if any of these effects are more severe.
-  See your doctor if the effects do not go away within 2 to 3 days.

7. Get started!

Treating with Silk'n Lipo is easy. Just follow these steps for each part of the body you wish to treat.

1. Use on clean, healthy skin (see section "1. Warnings & contraindications").
 2. Check that the batteries are well charged before use. If the **battery/error light** is orange and blinks slowly, this indicates that the battery is low.
 3. Before each treatment, wet the **electrode pad** with a wet cloth or with wet fingers, and place them on each **treatment unit** (see section "4.4 Wetting the electrode pads"). Next, connect one or more **treatment units** to the **belt** (see section "4.1 Connecting the different parts").
 4. Disconnect one of the **connectors** on one side, and then place the **belt** around the area you wish to treat. Then reconnect the side you just disconnected.
 5. Adjust the tightness of the **belt** so that the **treatment unit** is in good contact with your skin, and that the **belt** is firm and well secured to your body.
-  If the **belt** is not tight against your skin, the EMS energy may disconnect. If that happens, tighten the **belt** and press the **+ button** to reselect the EMS energy level required.
6. **Switch on.** With the controls in view, press the **control button** on each **treatment unit**. The green and orange **indicator lights** will go on. The orange **indicator light** will go off after a second or so and the **treatment unit** will vibrate once. When the **treatment unit** is in good contact with the skin, the green **operating light** will blink slowly, and the laser energy will start to work.

7. Changing the EMS level:

- **To increase:** Short press the **+ button** as many times as you need to set to the EMS level that is comfortable for you. The **operating light** blinks more quickly as you increase the EMS level.

i If you long press the **+ button**, the EMS level will still only increase by one increment.

- **To reduce:** Short press the **- button** as many times as you need (see section "4.2 Controls and settings").

i Long pressing the **- button**, sets the EMS level back to zero.

8. **Treat each area for 15 minutes.** Keep the **treatment unit** in place, and the device on for up to 15 minutes. Every few minutes you will feel a vibration. The vibrations are a normal part of the treatment routine. At the end of 15 minutes, you will feel 3 vibrations, no more energy will be emitted and the device will shut down automatically.

i To switch off the device **before 15 minutes**, long press the **control button**. You will feel 2 vibrations, then the device will shut down.

9. If you want to treat another area (next to the area you have just treated or another part of your body), wet the **electrode pad**, and move the **treatment unit** to the next location.

i Try to avoid gaps and overlaps.

i If you move the device to another part of your body and the **treatment unit** is not in good contact with the skin, the EMS level will revert to zero. If this happens, make sure the **treatment unit** is in good contact with the skin, then short press the **control button** to start the device again, and then the **+ button** to increase the EMS level.

8. Cleaning & maintenance

8.1 Cleaning the treatment units & charging cradle

We recommend that you clean the **treatment unit** after each use, and the **stand/charging cradle** once a month.

Before cleaning:

- Disconnect the **treatment unit** from all other parts (**belt, electrode pads, connectors, stand/charging cradle**). Disconnect the **stand/charging cradle** from the electricity supply.
- Do not use abrasive cleaners or chemicals to clean any parts.
- Clean each **treatment unit** and **stand/charging cradle** with a damp cloth using a mild detergent, then wipe it dry with a clean cloth.
- ⚠ Do not clean any of the parts in the dishwasher.

8.2 Cleaning the electrode pads

- After each use, wipe each **electrode pad** and dry with a cloth.
- Do not store them in a closed box or drawer until they are completely dry.

8.3 Replacing the electrode pads

- Do not use **electrode pads** if they are damaged. If that happens, replace with new ones.

8.4 Cleaning the belt

The **belt** materials are: **External:** Nylon / **Middle layer:** SBR / **Internal:** Nylon.

Please note the cleaning instructions.



Hand wash only



Do not dry clean



Do not bleach



Do not tumble dry



Do not iron

8.5 Storage

- After cleaning, we recommend that you return each **treatment unit** to the **stand/charging cradle**.
- If you do not plan to use the device for a long time, store the different parts in the original packaging in a clean, dry place to prevent the accumulation of dust.
- Make sure the **stand/charging cradle** is disconnected from the electricity supply.

9. Parts & consumables

You can purchase replacement **treatment units**, **electrode pads** or **belts** through the retailer where you bought the device, or you can order directly from our website: www.silkn.eu.

10. Troubleshooting

Only authorized personnel are permitted to perform repairs. Do not attempt to modify, open or repair the device. You may expose yourself to dangerous electrical components and may cause serious harm to yourself. It will also void the warranty.

Problem	Checks
My device does not start.	Make sure that: <ul style="list-style-type: none"> ● the treatment unit is charged. ● you have pressed the control button to turn it on. ● the operating light is constant green.
I can't feel the electrical stimulation or the EMS level seems too low.	Check that: <ul style="list-style-type: none"> ● the electrode pad is wet. ● the treatment unit is in good contact with the skin and ● the belt is fixed securely to your body.
I can't change the EMS level.	Check that the treatment unit is charged.
The indicator lights are on all the time.	There is a system error.

 If you have problems or queries, please contact Customer Service.

11. Customer service

For more information see our website www.silkn.eu. This manual is also available as a PDF download from the website. Contact Silk'n Customer Service to report unexpected operations or events, or any other problem with your device.

Our contact details are:

Country	Service number	Email
Belgium	0900-25006	serviceconsommateurbe@silkn.eu
France	0891-655557	serviceconsommateurfr@silkn.eu
Germany	089 51 23 44 23	kundenservice@inno-essentials.de
Italy		servizioclientiit@silkn.eu
Netherlands	0900-2502217	klantenservicenl@silkn.eu
Spain	900 823 302	servicioalcliente@silkn.eu
UK	0906-2130009	customercareuk@silkn.eu
Other countries	+31 (0)180-330 550	info@silkn.com

12. Warranty

Refer to your Silk'n warranty card.

13. Disposal

If your device reaches its End of Life stage, be sure to follow your country's laws for the disposal of electrical items.



Dispose of the packaging separated into single type materials. Dispose of cardboard and carton as waste paper and film via the recyclable material collection service.



Do not dispose with household waste! The WEEE directive requires that you dispose of this electrical device (including all accessories and parts) at a designated recycling collection point for electrical devices. This ensures that the device is recycled professionally, and prevents the release of harmful substances* into the environment. Make sure that the device is in an uncharged state before disposal.

* Products labelled with Cd = cadmium, Hg = mercury, Pb = lead.

14. Specifications

Model No.	H5001 (device); H5002 (charging cradle)
Technology	Low Level Laser Therapy (LLLT) Electrical Muscle Stimulation (EMS)
Charging cradle	Input 12Vdc, 1.5A max Charging 2 modules simultaneously
Module powered by	Li-ion battery, 3.7V, 2600mA
Adapter models	PSM18E-120L6HS KSA24A1200150HE
Adapter Rating Input: Output:	100-240 Vac, 50-60 Hz, 0.6A Max 12 Vdc, 1.5A
LLLT - Diode wavelength - Diode power	658nm +/- 8nm 100mW (max)
EMS - Pulse Amplitude	0-32mA into 1000 ohm load
- Output Voltage	Adjustable 0-32V, Max output 32V peak to peak into 1000ohm load.
- On Time	Adjustable, 20~2400 milliseconds
- Off Time	Adjustable, 20~2400 milliseconds
- Ramp Time	Adjustable, 22~800 milliseconds, 22 milliseconds/step. The "On" time will increase and decrease.
- Pulse Rate	30~50Hz
- Pulse Width	350~450µs
- Timer	15 min
- Wave Form	Symmetrical Bi-phasic rectangular pulse
- Tolerance	There may be a +/-5% tolerance of all settings and +/- 20% tolerance of output of intensity.

Weight	Module: 300gr Charging Cradle: 215gr
Transport & storage between uses and storage condition	Temperature: minus 40 - 70°C Relative humidity: 10% - 90% Atmospheric pressure: 500 - 1060hPa
Operating conditions	Temperature: 5 - 40°C Relative humidity: 15% - 90% Atmospheric pressure: 700 - 1060hPa
Time from minimum storage temperature between uses to minimum operating temperature with ambient temperature of 20°C	30 minutes
Time from maximum storage temperature between uses to maximum operating temperature with ambient temperature of 20°C	30 minutes
Service life	3 years

15. Signs & symbols

The user manual is based on the standards and rules in force in the European Union. When abroad, you must also observe country-specific guidelines and laws.

	Declaration of Conformity: Products labeled with this symbol meet all applicable provisions of the European Economic Area.
IP22	The device is protected against the ingress of objects such as fingers.
	Do not dispose with household waste! The WEEE directive requires that you dispose of this electrical device (including all accessories and parts) at a designated recycling collection point for electrical devices.
	Follow the operating instructions.
	Class 1 laser product.

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