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## 1. Warnings

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This device is powerful and should be used with special attention to safety. Before first use, please read this user manual in full, and keep it for future use. Be sure to read all warnings, contraindications and safety precautions, and follow them strictly. We recommend you refamiliarize yourself with the instructions before each treatment.

- Always ensure that your hands are dry before operating the device, touching the plug, or connecting the charging cradle to the mains.
- Do not place or store the wall adapter where it can fall, or be pulled into any liquid.
- For the purpose of recharging the battery, only use the wall adapter provided with this device.
- Do not use the wall adapter if it has fallen into liquid.
- Disconnect the device from the mains after charging the battery.
- Keep the device, all parts and accessories away from heated surfaces.

- Never leave the device unattended when plugged into the mains.
- 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 your warranty.
- Do not use if the parts or accessories are not supplied by the manufacturer as defined in this manual, or if they are damaged in any way, do not appear to be working properly, or if you see or smell smoke. In such cases, stop using the device, and contact customer service.
- Do not clean any of the parts in the dishwasher.
- Children shall not play with the device. Cleaning and user maintenance shall not be made by children.
- Children must not play with the packaging. They may injure themselves with the packaging material, or swallow small parts and choke.
- This device contains batteries that are non-replaceable.

- This unit has been designed and tested to meet the requirements of electromagnetic, electrostatic, and radio frequency interference standards. However, the possibility of electromagnetic or other interference may still exist. Relocating the device may help to eliminate interference.
- Do not dispose of the device or the battery with household waste! The law requires that you dispose of this electrical device (including all accessories and parts) at a designated recycling collection point for electrical devices.
- Dispose of the battery safely.
- If the product reaches its end of life, the battery must be removed before disposal (see section 12. Disposal).

## 2. Contraindications

The device must not be used by the following people: children, transgender women, adults with limited physical, sensory or psychological capacities, or those lacking experience or knowledge in how to use the device in a safe way, or those who do not understand the hazards involved.



### **Do not use if you:**

- have a pacemaker or internal defibrillator, or any other active electrical implant anywhere in the body.
- suffer from poorly controlled endocrine disorders, such as diabetes and thyroid conditions.
- have a history of skin cancer, or current condition of any other type of cancer, or pre-malignant moles.
- have received radiation therapy or chemotherapy treatments within the past 3 months, or have areas of potential skin malignancies
- have an impaired immune system due to immunosuppressive diseases such as AIDS and HIV, or use immunosuppressive medications.
- have used Isotretinoin (Accutane®) within 6 months prior to treatment.
- have a disease related to photosensitivity, such as porphyria, polymorphic light eruption, solar urticaria, lupus, etc.
- suffer from epilepsy.
- are pregnant or nursing.

**Do not use on areas that have:**

- a permanent implant such as metal plates and screws, silicone implants, or areas with injected fills or toxins.
- any active condition in the treatment area, such as sores, psoriasis, eczema, rashes, open lacerations, abrasions, or lesions.
- traumatized or injured skin.
- had recent exposure to the sun without protection (wait 1 day); for tanned or sunburnt skin, wait 3 days.
- had any surgery within 3 months prior to treatment.
- tattoos.
- long or thick hair. Use of the device may result in light bruising.

**Consult your physician if you have:**

- couperose or rosacea.
- a history of diseases stimulated by heat, such as recurrent herpes simplex in the treatment area. If so, you may treat only following a prophylactic regime.
- used physician-prescribed drugs on your skin within the past 6 months.
- a history of skin disorders, keloids, abnormal wound healing, as well as very dry and fragile skin.
- any other condition which, in the opinion of your physician or dermatologist, would make it unsafe for you to be treated.

### 3. Safety features

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The device protects your skin from overheating.

- **Thermal sensor and heat stabilizer:** These measure the skin temperature, stabilize the heat energy and prevent overheating. When the skin temperature reaches 43°C, the stabilizer will automatically stop emitting heat, until the skin temperature lowers enough for the stabilizer to resume heating.
- **Movement sensor:** The sensor will only emit RF heat when you are moving the device across your skin.

### 4. Get to know your device

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#### 4.1 Device description

The device is an anti-aging face treatment device which utilizes HT™ technology. This technology combines three kinds of energy: Infrared Radiation (IR) that affects the upper layer of skin for improved skin texture, Low Level Laser Therapy (LLLT) that reaches into the dermis for rejuvenation and collagen restoration, and focused Bi-Polar Radio Frequency energy (Bi-Polar RF) that penetrates deep into the sub-dermal fat for deep tissue tightening and wrinkle reduction

The device has a treatment surface with 3 electrodes and a control button with 4 surrounding indicator lights. The device has a rechargeable battery for cordless use, as well as an adapter for connection to the mains.

## 4.2 Intended use

The device is an over the counter hand-held device intended for the temporary reduction in the appearance of mild to moderate facial wrinkles and skin tightening. The device is intended for self-treatment in the home and is not suitable for commercial purposes. Do not use for any purpose other than as described in this manual.

## 4.3 Package contents

- Your Silk'n device
- Silk'n Slider Gel
- AC/DC adapter
- User manual
- Quick guide
- Warranty booklet




## 4.4 Device parts

Refer to the diagram on page (i) at the front of this manual to see the location of each feature.

- |   |                                       |
|---|---------------------------------------|
| • Treatment surface <b>(#1)</b>               | • Battery indicator light <b>(#5)</b> |
| • Electrodes <b>(#2)</b>                      | • Adapter socket <b>(#6)</b>          |
| • 4 energy level indicator lights <b>(#3)</b> | • Adapter with cable <b>(#7)</b>      |
| • Control button <b>(#4)</b>                  |                                       |



## 4.5 Device controls & settings

Button	Action	Function / Mode
Control button (#4)  	Long press x 1	Starts the device. Energy level 1 - 1 light on
	Short press x 2	Energy level 2 - 2 lights on
	Short press x 3	Energy level 3 - 3 lights on
	Short press x 4	Energy level 4 - 4 lights on
	Short press x 5	Goes back to level 1
	Long press	Goes back to standby mode
Energy level indicator lights (#3)  	Shows the energy level selected.	There is one light for each energy level. Level 1 is the lowest energy level, and level 4 is the highest.
Battery indicator light (#5)  	Green - blinks Green - constant Orange - blinks Orange - constant	Device charging Device charged Low charge in battery No charge in battery, treatment mode inactive

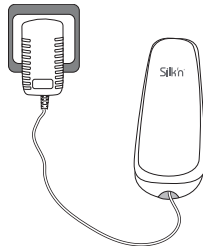
## 4.6 Charging the battery

1. Place the adapter cable into the device, then connect the adapter **(#7)** to the mains electricity supply.
2. The battery and energy level indicator lights **(#5), (#3)** will go on and off, and then the battery indicator light **(#5)** will blink green.

**i** The battery icon does not change color.



**i** Position the adapter so that the mains plug is disconnected easily.



Charge the device before first use. The initial charge should take approximately 6 hours.



Hours

You can use a fully charged device cordlessly for 30 - 40 minutes.




Minutes

## 5. Treatments

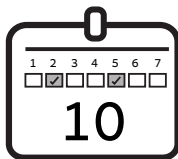
### 5.1 Treatment areas

There are 6 treatment areas for the face and neck. Please refer to your Quick Guide.

Treatment Area	Purpose
1. <b>Forehead:</b> including inbetween the eyebrows	Tighten skin
2. <b>Left cheek:</b> including around the eyes	Treat fine lines and build volume
3. <b>Right cheek:</b> including around the eyes	
4. <b>Upper lip:</b> including the nasolabial fold	Tighten and eliminate wrinkles
5. <b>Chin:</b> including the jawline 	Tighten and eliminate wrinkles
6. <b>Neck:</b>	Smoothing

### 5.2 Treatment plan

- Treat each area separately for a minimum of 5 minutes. You can treat as many areas as you like in one session.
- For best results, treat using energy level **4** for 10 minutes.
- Use the device for 2 sessions a week for 10 weeks. You will begin to see visible results after 5 weeks / 10 treatments.



- Treat once every 2 weeks after that, to maintain results.

For maximum effectiveness:

- Make sure you have enough gel on the treatment surface **(#1)** at all times during the treatment.
- Do not leave the device on one spot of skin. Keep moving the device covering the entire treatment area. This will prevent overheating of the treatment area, and reduce the possibility of any adverse effect.
- Make sure the 3 electrodes **(#2)** are always in full contact with the skin **(#1)**.
- If the energy level feels uncomfortable, reduce it to a level that is comfortable for you.
- Only change energy levels when the treatment surface **(#1)** is **not** in contact with the skin.

### 5.3 What to expect

For many people, using the device may be their first experience with a heat-based device designed for home use. During a treatment session it is normal to experience or feel:

- A sensation of warmth
- Some redness or slight swelling: this should subside within a few hours, or up to one day.

### 5.4 Possible side effects

If you follow the instructions fully and pay attention to all warnings and contraindications, complications and side effects are uncommon. However, every cosmetic treatment, 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.

- Excessive edema (swelling) and erythema (redness) are rare reactions to the treatment that, in most cases, subside within a few days. In case these signs appear, immediately use a damp cool cloth to cool the area for at least 10 minutes and apply an anti-burn cream.
- In rare cases the user may experience dilation of the superficial blood capillaries. This may result in a temporary redness for a few days. Also, some of the capillaries may present red spots that will also reduce with time. If these signs appear, we recommend that you cool the area with chilled water immediately.
- i** Consult your physician if you experience any persistent symptoms including pain, skin redness, swelling or a burning sensation.

## 6. Get started!

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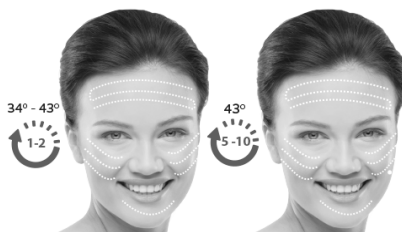
1. Make sure that your skin is clean and dry, and that you have removed all jewelry.
2. Remove the device and the other components from the box.
3. Remove the transparent protective film that covers the electrodes **(#2)**.
4. Decide if you want to use the device cordlessly or via the mains electricity supply.
  - **Cordless:** Check that the battery is not low before you start a treatment.
  - **Mains supply:** Place the adapter cable **(#7)** into the adapter socket **(#6)**, and connect to the mains supply.

5. **Start the device:** Press the control button (#4). The device starts at energy level 1 automatically, and 1 energy level indicator light (#3) will turn on.
6. Apply a thin layer of Silk'n Slider Gel over the area you intend to treat.

- i** Slider Gel (or any other water-based clear gel) facilitates smooth movement of the treatment surface (#1) over the skin and enables conductivity. To ensure safe and efficient treatment, always start by applying Slider Gel and apply more gel if needed.






7. Using energy level 1, place the device on the area you want to treat. Make sure that it is in good contact with the skin. You will feel a mild sensation of warmth.
8. Move the device in gentle massage-like motions on the area you wish to treat. Progress slowly and carefully. Keep moving the device ensuring that the 3 electrodes stay in contact with the skin as you treat the area.
9. With the device constantly in motion, treat **each** area for at least 5 minutes.
10. Increase the energy level gradually. Using the highest energy level will get the best results, but it's important that you set the energy level that is comfortable for the area you are treating.



- i** You will feel the skin temperature increase as the RF energy gets to work and as you increase the energy level. It usually takes about 1-2 minutes for the device to reach the required temperature. During the treatment your skin will get a little red. Don't worry; this is normal.
11. Experiment by moving the device slowly and/or quickly across the area you're treating until you get the rhythm and speed that suits you. Each person has their own preference.
  12. **Clean the treated area:** Apply a facial lotion or mask immediately after treatment.

## 7. Cleaning, maintenance & storage

Clean the device after each treatment.

-  Never immerse your device or any of its parts in water! 
- Put the device in standby mode, then unplug it.
- Use absorbent paper (such as toilet paper or wipes) to remove the gel residue off the treatment surface (#1). Make sure you remove all gel residue to prevent the gel from solidifying or damaging the device.
- Use a clean damp cloth to clean the device and the treatment surface (#1).
- i** You may use cleaning fluids with up to 70% alcohol, but never use acetone or other abrasive liquids, because they will damage your device. 

- Finally, wipe the device and the treatment surface (#1) dry with a clean dry cloth.
- After cleaning, we recommend you store the device in its original box.



## 8. Troubleshooting

Do not attempt to open or repair your device. You may exposure yourself to dangerous electrical components and may cause serious harm to yourself. It will also void the warranty.

Problem	Checks
The device does not start.	<p><b>Mains supply:</b> Make sure the adapter (#7) is properly connected to the device, that it is plugged into an electrical supply, and that you have pressed the control button (#4).</p> <p><b>Cordless:</b> Check that the battery is not low.</p>
I don't feel any heat from the device even though I pressed the control button (#4).	Heat will only be emitted if the treatment surface (#1) is in good contact with your skin, and you have applied gel before you start your treatment.
One or more lights blink continuously.	The device has malfunctioned. Unplug the device and restart.
The device has stopped working and is in standby mode.	<p>Press the control button (#4) again to start the device.</p> <p><b>Cordless:</b> Check that the battery is not low.</p>

For problems or queries, please contact Customer Service.



## 9. Customer service

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See our website for more information: [www.fitboxx.com](http://www.fitboxx.com). Contact Customer Service to report unexpected operations or events, or any other problem with your device. Our contact details are:

Telephone: 852-81045000

Email: [info@fitboxx.com](mailto:info@fitboxx.com)

## 10. Consumables

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You can purchase more Silk'n Slider Gel from our websites [www.fitboxx.com](http://www.fitboxx.com) or [www.silkn.com](http://www.silkn.com).

## 11. Warranty

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Please refer to the separate Product Warranty booklet for complete information.

- i** The manufacturer accepts no liability for damage or injuries caused by improper or incorrect use.

## 12. Disposal

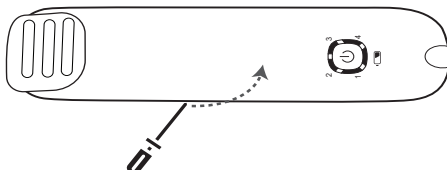
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If your device reaches its End of Life stage, be sure to follow your country's laws for the disposal of electrical items.

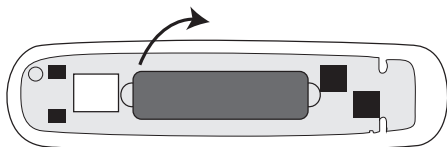
## 12.1 Battery removal

At the product's end of life, you are required to remove the battery before disposal. To do this, the device must be opened up. The device will no longer function after this procedure, nor can it be repaired. Any warranty will be void when the device casing is opened and the battery is removed. Home Skinovations Ltd is not liable for any physical or material damages as a result of performing this procedure.

1. **Disconnect the device:** Disconnect the device from the mains, remove the adapter (#7), and make sure that the battery is fully discharged (empty).
2. **Open the casing:** Use a small tool (e.g., screwdriver or utility knife), to open the device casing.



3. **Remove the battery:** Place the device on a sturdy table. Hold the printed circuit board (green) with one hand, and remove the battery carefully with the other hand. Do not damage the battery.



4. Place the battery in a plastic bag. This prevents the battery from coming into contact with other items.
5. Dispose of the battery and the device as advised by your local council.

## 12.2 Packaging

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.

## 12.3 Device

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.

## 13. Labeling



## 14. Signs & symbols

	A statement or event that indicates a possible or impending danger, problem when using the device.
	Important information about using or maintaining the device.
	Products marked with this symbol fulfil the requirements of the EU directives.
IP32	The device is protected against the ingress of objects larger than 2.5mm diameter, such as fingers, to protect against electric shock.
	Do not use in the bathroom.
	Do not dispose with household waste. Dispose in accordance with your country's laws and help protect the environment. In accordance with the WEEE Directive.

	Lithium-ion inside.
	The built-in rechargeable battery contains substances that may pollute the environment. Always remove the battery before you discard at an official collection point for batteries.

- i** This device is not suitable for use in the presence of flammable anaesthetic mixture with air or with oxygen or nitrous oxide.

## 15. Specifications

Model no.	H2120/H2130
Treatment area	468±5mm <sup>2</sup>
Technology	HT™
Red light (wavelength; optical output power)	630nm±20nm; 45±9mW/cm <sup>2</sup>
IR (wavelength; optical output power)	850nm±20nm; 57±11 mW/cm <sup>2</sup>
RF (frequency; maximum output power)	1 MHz ±30%; 12W max
Operation & safety	Heat stabilizer preventing skin overheating
Package size	22 cm X 22 cm X 9 cm
System weight	150 gm

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
Transport & storage between uses and storage condition	Temperature: minus 40 to 70°C Relative humidity : 10% - 90% Atmospheric pressure: 500 - 1060 hPa
Operating conditions	Temperature: 10 to 35°C Relative humidity: 30% - 75% Atmospheric pressure: 700 - 1060 hPa
Adapter	KSA24A1200150HC
Rating	Input: 100-240VAC, 50-60 Hz, 0.5A Output: 12V, 1.5A
The device was tested and complies with	IEC 60601-1 (Safety) IEC 60601-2-2 (High Frequency) IEC 60601-1-2 (EMC) IEC 60601-1-11 (Environment) IEC60601-2-57 (Safety of non-laser source)
Expected service life of the equipment	5 years

## 16. Legal notice

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