

# 10 Pad Lean Machine

By The Beauty Works Ltd



**INSTRUCTIONS FOR USE  
(BT-10)**

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## 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](mailto:sales@thebeauty-works.co.uk)**

**Advice: [beautyexpert@thebeauty-works.co.uk](mailto:beautyexpert@thebeauty-works.co.uk)**

**Web: [www.thebeauty-works.co.uk](http://www.thebeauty-works.co.uk)**

## INTRODUCTION

The 10 Pad 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.

## YOUR 10 PAD LEAN MACHINE UNIT



## INSTRUCTIONS

1. Before operating your Lean Machine ensure that all the controls are set to the OFF/ON position.
2. Insert the leads into the pads.
3. Insert jack plugs into the Lean Machine unit.
4. Check that the battery has been connected.
5. Place the elastic straps on the areas to be treated.
6. Dampen the black surface of the pads thoroughly to ensure the contact is sufficient. DO NOT IMMERS IN WATER.
7. Slip the pads under the straps in the area to be treated.
8. Switch the machine to lowest setting and the monitor light will come on.
9. Gradually turn 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.
10. When you are able to feel arrhythmic muscle movement relax, and put your timer clock on for 30-40 minutes. N.B. If you feel an unpleasant tinglin under any of the pads, they may be too dry or placed incorrectly. If in doubt switch OFF your unit and start from the beginning.
11. At the end of treatment switch OFF/ON your Lean Machine.

## IMPORTANT: SOFT START FACILITY

Your Lean Machine is fitted wit a 'Soft Start', it will not operate unless all the output controls are clicked to 0 before you switch the machine on as shown by a constant red light. When the output controls are set to 0, switch to the ON position. The pulse monitor will now show a green light at intermittent intervals, according to the pulse length setting.

## 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.

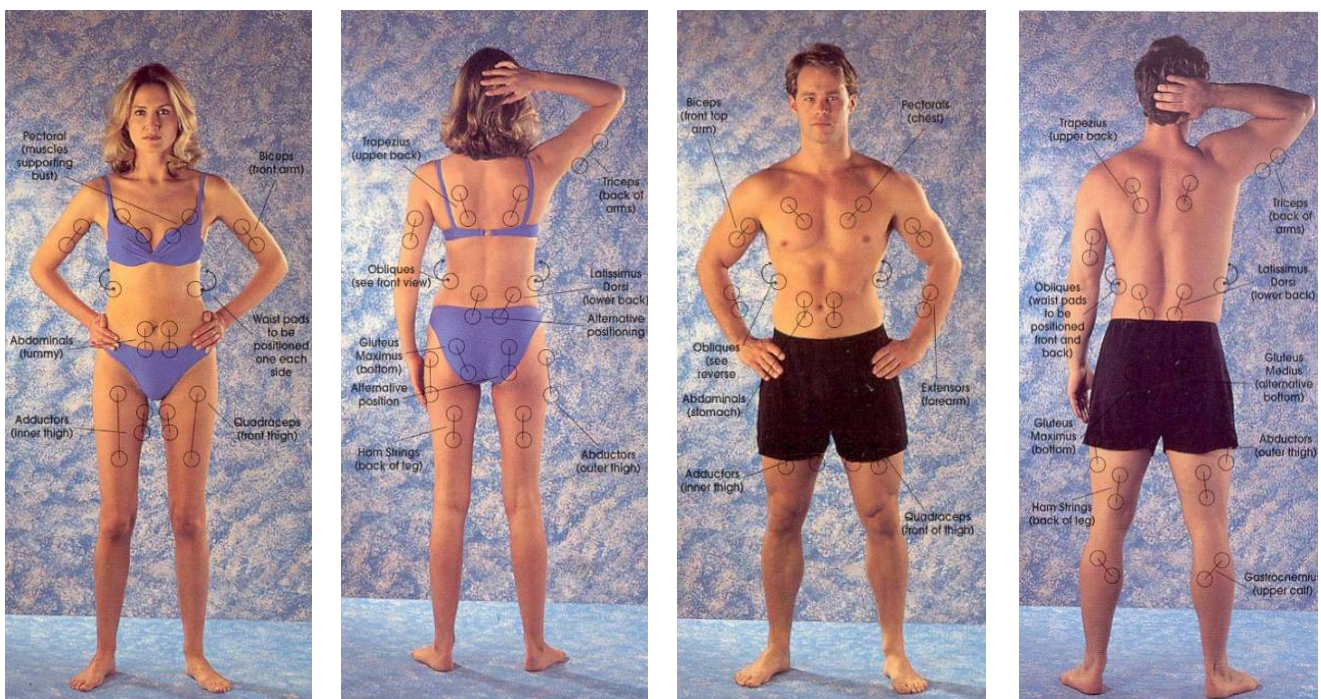
N.B. Always ensure that the skin is absolutely clean before treatment. To re-apply stickiness to the pads please add a few drops of water to their surface.

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

## BENEFITS OF USING THE 10 PAD LEAN MACHINE

- The 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 Lean machine can help the recovery of muscles injured while playing sport.
- Post Natal Treatment, to help tighten and firm slack and stretched abdominal muscles after childbirth.
- The Lean Machine, when used in conjunction with a good diet and regular aerobic exercise, will help improve figure shape.
- The Lean Machine will, on a very gentle setting, release muscle tension and help relax tired and aching muscles.

## PADS POSITIONS



## GENERAL CAUTION

To reduce the risk of fire, burns, electric shock or other injury, before using your 10 Pad Lean Machine a careful study of the following important safety precautions is strongly recommended:-

- WARNING – THIS APPLIANCE MUST NOT BE TAKEN INTO THE BATHROOM
- DO NOT IMMERSE IN WATER OR ANY OTHER LIQUID
- DO NOT USE WITH WET HANDS

Such situations above constitute a DANGER TO LIFE through electric shock.

- DO NOT WRAP THE MAINS CORD AROUND THE UNIT WHEN STORING.
- This appliance should NEVER be stored whilst hot or while still connected to the mains, always ensure the appliance is switched off, unplugged from the mains and that it has cooled down before storing.
- The unit should not be left unattended when plugged in.
- This appliance is intended for household use only. It is not intended for commercial use. Use the appliance only for its intended use as described in this manual.
- Never continue to use this appliance if it is not working properly, or has been dropped, or if it has been dropped in water or any other liquid, or if it has a damaged plug or lead.
- Keep the mains lead away from heated surfaces.
- Do not repair the appliance yourself always consult an authorized technician.

## YOUR QUESTIONS ANSWERED

### 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 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 4 Pad Lean Machine if you suffer from any of the following conditions:

- Pregnancy
- Allergy
- Diabetes
- Pacemaker/Hear Disorder
- Skin Disease or disorders
- Infections
- Epilepsy
- Sunburn

Also:

- Do not use on face or 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.

We wish to inform you that if you are fitted with IUD (coil) you may experience a tingling sensation, if you do 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.

However, should you have any queries, please call the helpline – [01322 226 031](tel:01322226031)

## CLEANING AND CARE

1. Switch the unit off before cleaning.
2. Use a damp towel to clean the appliance.
3. DO NOT immerse the appliance in water.
4. Keep this product in a dry, cool and safe place.
5. Do not use any harsh detergents, abrasives, solvents or cleaners. Never immerse in water to clean.



## RATING

This product is designed to operate at the following voltages without adaptation:

Input Voltage: 230V-240V ~ 50Hz

Output: 6V DC 600mA

## 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 inexperienced 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:

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