

Quick Start Guide

Elise

- 1) Remove the back cover and insert rechargeable Li-ion battery.
- 2) Connect the lead to the probe and the USB plug into the machine.
- 3) Press and hold the **top ON / OFF button** for 3-5 seconds to **turn on**.
- 4) Firstly test the unit with the probe in your hand – hold the probe tightly, covering as much of the metal plates on the probe with your skin.
- 5) Increase the intensity by pressing the **+ button** until you can feel the stimulation.
Note: Once you have passed 20.0 mA, if you were to let go of the probe and break the contact between the probe and your skin, an alarm will sound and 'leads' will appear on the screen. This is a safety feature which doesn't allow current to flow through the probe when there is poor contact between your skin and the probe.
- 6) Now before inserting the probe turn the machine **off**, pressing the **top ON / OFF button** for 3-5 seconds.
- 7) Go to the toilet before use.
- 8) Lubricate the probe with a proprietary jelly, such as TensCare Go Gel or waterbased lubricant, or water to increase conductivity.
- 9) Choose a comfortable position, such as leaning back or lying down on your bed with your knees raised.
- 10) Insert the probe into the vagina, in the same way as a tampon with the two silver plates side to side, one plate on left and the other on the right, until only the flange at the end is visible. The probe will naturally position itself with the widest part of the flange vertically.
- 11) Press and hold the **top ON / OFF button** for 3 -5 seconds to **turn on**.
- 12) **Press P** to select your program of choice.
- 13) Increase the strength of intensity of stimulation as high as is comfortable by pressing the **+ button** and then take it back down one step. Some women are more sensitive to the stimulation than others. Some may like to start at around 40.0mA and others may wish to start higher at around 60.0mA. The "Elise's" maximum strength is 99.9mA. We recommend you start on a lower intensity setting and build the strength up with each use, so as not to over work the muscle. Note the "Elise" strength will go up at 0.5 increments.
Note: Once you have reached a comfortable level, 5 seconds after you stop pressing the button, the intermittent work/rest phase will start. The machine will take itself to 00.0mA for a rest period and then take itself back up to the level of intensity you chose, to work the muscle. This cycle will continue for the 20 minute program.
- 13) Your "Elise" will count down from **20 minutes**. 20 minutes is the recommended daily usage time.
- 14) The battery should last at least 6 hours at 50mA 300uS 50Hz (about 18 treatment sessions of 20 minutes each). To fully charge the battery it will take 2 hours.

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**Please follow the quick start guide
before use**

Please call us for further advice

In Australia - 1800 010 891

In New Zealand - 0800 523 583