

Panasonic®

Operating Instructions (Household) The RF Ultrasonic Device Model No. EH-XR10

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Operating Instructions
(Household) The RF Ultrasonic Device
Model No. EH-XR10

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Thank you for purchasing this Panasonic product.

Before operating this unit, please read these instructions completely and save them for future use.

Safety precautions

To reduce the risk of injury, loss of life, electric shock, fire, and damage to property, always observe the following safety precautions.

Explanation of symbols

The following symbols are used to classify and describe the level of hazard, injury, and property damage caused when the denotation is disregarded and improper use is performed.



DANGER

Denotes a potential hazard that will result in serious injury or death.



WARNING

Denotes a potential hazard that could result in serious injury or death.



CAUTION

Denotes a hazard that could result in minor injury or property damage.

The following symbols are used to classify and describe the type of instructions to be observed.



This symbol is used to alert users to a specific operating procedure that must not be performed.



This symbol is used to alert users to a specific operating procedure that must be followed in order to operate the unit safely.



DANGER

► Preventing accidents

Never use this appliance near electronic medical devices or home electrical therapy devices such as the following:

- Pacemakers and other electronic medical devices implanted in the body
- Heart-lung machines and other life-supporting electronic medical devices
- Wearable electronic medical devices, such as electrocardiographs and intravenous drip equipment
- Doing so may cause incorrect operation of electronic medical devices and home electrical therapy devices, resulting in accidents or causing patients to feel unwell.

WARNING

► To prevent skin or health problems

The following persons should not use this appliance:

- Individuals with heart disease
- Individuals with a nervous disorder in their face
- Individuals with diabetes
- Individuals with hemorrhagic disease, hemophilia or other blood disorder
- Individuals with high blood pressure
- Individuals undergoing treatment on their teeth
- Individuals with a detached retina, or who once had a detached retina
- Individuals with severe nearsightedness (-6D or higher)
- Individuals with metal, silicon or plastic implants in their face due to bone fracture or plastic surgery, etc.
- Babies, toddlers or other child in the growth stage, or other individual who cannot indicate intent
- Individuals with head or eye aftereffect condition due to a traffic accident, etc.
- Individuals who have had eye surgery (Individuals who have had LASIK surgery should consult with their doctor prior to use)
- Doing so may cause accidents, illness or blindness.

The following persons should not use this appliance:

- Persons with allergies
- Persons with sensitive skin
- Persons with skin diseases or atopic dermatitis
- Doing so may cause problems with the skin or body.

The following persons should not use this appliance:

- Menstruating or pregnant women, or within one month of childbirth.
- Doing so may cause skin trouble due to hormonal imbalance.

The following persons should not use this appliance:

- Individuals without sense of heat
- Doing so may cause burn.

Do not use this appliance in the following body area or following cases.

- When you do not feel well
- After drinking alcohol or taking medicine, or when you are very tired
- Areas with skin damage, eczema or swelling
- When there are abnormalities on the skin such as dermatitis or extreme sunburns
- Body parts where epilation or shaving was performed on the same day
- Where cosmetic surgery has been performed
- Forehead (usable on forehead in RF mode only), lips, eyes, eyelids, ears, and neck
- Doing so may cause problems with the skin or body, or blindness.



WARNING

The following individuals must consult a doctor prior to use:

- Individuals with serious disease
- Individuals with acute disease
- Individuals with febrile disease
- Individuals with infectious disease
- Individuals with malignant tumors
- Individuals who, within the last 2 weeks, have undergone beauty treatment or some treatment by a clinic requiring a recovery period or have had treatment that caused severe redness in the skin



If you feel pain or abnormality on your skin or other part of your body, immediately stop using this product.

- Failure to do so may cause accidents or skin/physical trouble.



The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.

- Failure to do so may cause burn.

► This product



Do not use in proximity of flammable materials (such as alcohol, benzene, thinner, spray, nail polish remover).

- Doing so may cause fire or burn.



This product has a built-in rechargeable battery. Do not throw into fire or apply heat. Do not charge, use, or leave in high temperatures.
- Doing so may cause overheating, ignition, or explosion.



Do not store within the reach of children. Do not let them use it.

- Otherwise, small parts may be accidentally swallowed, thus causing accidents or injuries.



Do not modify or repair.

- Doing so may cause fire, electric shock, or injury. Contact Panasonic authorized service center for repair (battery change etc.).



Never disassemble except when disposing of the product.

- Doing so may cause fire, electric shock, or injury.

► In case of an abnormality or malfunction

Immediately stop using and remove the adaptor if there is an abnormality or malfunction.

- Failure to do so may cause fire, electric shock, or injury.

<Abnormality or malfunction cases>



- The main unit, adaptor or cord is deformed or abnormally hot.
- The main unit, adaptor or cord smells of burning.
- There is an abnormal sound during the use of the main unit, adaptor or cord.
- Immediately request inspection or repair at an authorized service center.

WARNING

► Power supply

-  **Do not connect or disconnect the adaptor to a household outlet with a wet hand.**
- Doing so may cause electric shock or injury.

Do not immerse the main body and AC adaptor in water or wash it with water.

-  **Do not use or store the appliance in a bathroom or location with high humidity. Also, do not place in a location where water may spill (such as top of a vanity).**
- Doing so may cause electric shock or fire.

Never use the appliance if the AC adaptor is damaged or if the power plug fits loosely in a household outlet.

-  **Do not damage or modify, or forcefully bend, pull, or twist the cord or the power plug. Also, do not place anything heavy on or pinch the cord or the power plug.**
- Doing so may cause electric shock or fire due to a short circuit.

Do not use anything other than the supplied AC adaptor for any purpose.

-  **Also, do not use any other product with the supplied AC adaptor. (See page 10.)**
- Doing so may cause burn or fire due to a short circuit.

Do not use in a way exceeding the rating of the household outlet or the wiring.

-  - Exceeding the rating by connecting too many plugs to one household outlet may cause fire due to overheating.

Always ensure the appliance is operated on an electric power source matched to the rated voltage indicated on the AC adaptor.

Fully insert the adaptor or appliance plug.

- Failure to do so may cause fire or electric shock.

Always unplug the adaptor from a household outlet when cleaning.

- Failure to do so may cause electric shock or injury.

Regularly clean the power plug and the appliance plug to prevent dust from accumulating.

-  - Failure to do so may cause fire due to insulation failure caused by humidity.
Disconnect the adaptor and wipe with a dry cloth.

► Take care of the following precautions as well

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

- Failure to do so may cause an accident or injury.

WARNING

-  **The supply cord cannot be replaced. If the cord is damaged, the AC adaptor should be scrapped.**
- Failure to do so may cause an accident or injury.

CAUTION

► Power supply

-  **Do not allow metal objects or trash to adhere to the power plug or the appliance plug.**
- Doing so may cause electric shock or fire due to a short circuit.

-  **Do not wrap the cord around the adaptor when storing.**
- Doing so may cause the wire in the cord to break with the load, and may cause fire due to a short circuit.

-  **Disconnect the adaptor or the appliance plug by holding onto the adaptor or the appliance plug instead of the cord.**
- Disconnecting by holding onto the cord may cause electric shock or injury.

-  **Disconnect the adaptor from the household outlet when not charging.**
- Failure to do so may cause electric shock or fire due to electrical leakage resulting from insulation deterioration.

► Note the following precautions

-  **Do not allow the ultrasonic probe or RF poles to make contact with metals.**
- Doing so may cause burn.

-  **Do not drop or hit against other objects.**
- Doing so may cause injury.

- Do not use continuously for an extended period on the same area.**
 - Doing so may cause injury to the skin, infection, inflammation, bleeding, pigmentation or other trouble, or worsening of such symptoms.

-  **Before using, check that the ultrasonic probe is free from cracks, chips, deformities, and other damage.**
- Failure to do so may cause injury to the skin.

-  **Excluding the arm used for a patch test, use only for care of the cheeks, face line, and forehead (in RF mode only).**
- Failure to do so may cause skin damage, inflammation, etc.

Handling of the removed battery when disposing

DANGER

- The rechargeable battery is exclusively for use with this appliance. Do not use the battery with other products.
 - Do not charge the battery after it has been removed from the product.
 - Do not throw into fire or apply heat.
 - Do not hit, disassemble, modify, or puncture with a nail.
 - Do not let the positive and negative terminals of the battery get in contact with each other through metallic objects.
 - Do not carry or store the battery together with metallic jewellery such as necklaces and hairpins.
 - Do not use or leave the battery where it will be exposed to high temperatures, such as under direct sunlight or near other sources of heat.
 - Never peel off the tube.
- Doing so may cause overheating, ignition, or explosion.

WARNING

After removing the rechargeable battery, do not keep it within reach of children and infants.

- The battery will harm the body if accidentally swallowed.
- If this happens, consult a physician immediately.

If the battery fluid leaks out and comes in contact with the eyes, do not rub the eyes, and thoroughly rinse with clean water, such as tap water.

- Failure to do so may cause eye injury.
- Consult a physician immediately.

CAUTION

If the battery fluid leaks out and comes in contact with the skin or clothes, rinse off with clean water, such as tap water.

- Failure to do so may cause inflammation.

Before use

- The following symbol indicates that a specific detachable power supply unit is required for connecting the electrical appliance to the supply mains. The type reference of power supply unit is marked near the symbol.



► Usage frequency

- Use this appliance up to 12 minutes total for all modes (RF/Ultrasonic mode and RF mode) once during a day. Use up to 3 times per week and wait at least 1 day between each use.
- Overusing the appliance will actually hurt your skin.

► Skin precautions

- Before use, perform a skin allergy test using the conductive gel or some skin care product in place of the gel. (See page 11.)
- This quick test checks for any potential skin issues before you begin using the appliance normally.

- Please use this appliance with bare skin (after removing make-up and washing your face).
- Please check the condition of your skin while using this appliance.

When having abnormal sensation on skin, stop using the appliance immediately and consult a physician.

Skin issues can be attributable to stress, body condition, visceral disease, skin care products, and other factors. Seek professional medical attention if you have any skin issues.

► RF warmth level

- The ultrasonic probe increases in temperature as the RF warmth level is increased.

Select the desired microcurrent and temperature level according to your skin conditions and personal preferences. When using the appliance for the first time or if any skin discomfort occurs, you are advised to adjust microcurrent and temperature level to "LOW".

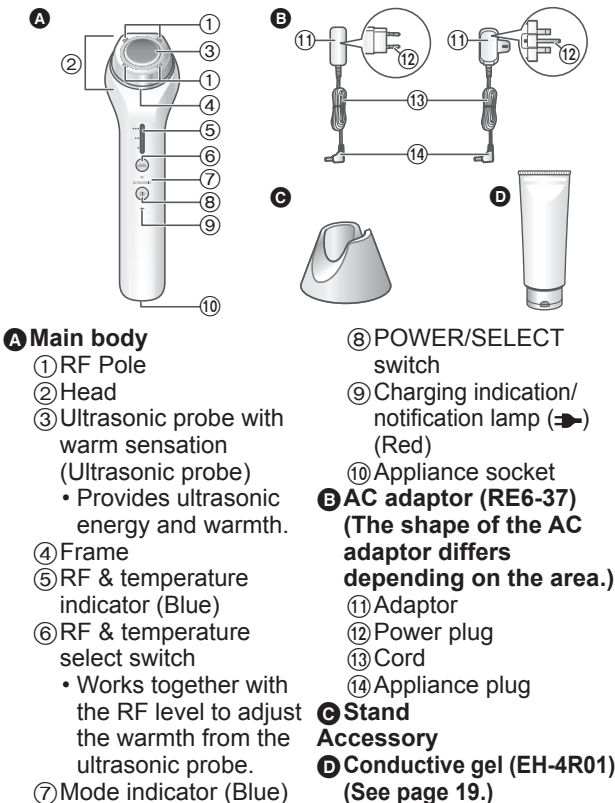
► Sensors

- This appliance is equipped with a sensor to detect that the ultrasonic probe is making proper contact with the skin.
Over-care prevention sensor: Notifies the user when the ultrasonic probe has made contact with the skin for too long.
Fitted contact sensor: Notifies the user when the ultrasonic probe is not in contact with the skin.
 (See page 15.)

► Accessories

- Before using the appliance, be sure to remove any jewellery such as earrings on your face or around your neck.

Parts identification



Modes and their applications

Select the mode appropriate to the desired application.

Mode	RF/Ultrasonic	RF
Area of application	 Face line, cheeks, and mouth • Do not use on the forehead.	 Forehead
Function	RF × Ultrasonic energy × Vibration	RF
Usage time	10 min.	2 min.

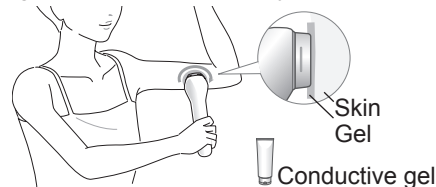
Preparation

Skin (Allergy) test procedure

Make sure to check compatibility of this appliance with your skin as this product is normally used together with conductive gel. Skin care products you normally use can also be used in place of the gel.

This check must be performed to ensure you experience no skin issues as a result of use.

- Testing is required for each of your skin care products.



- 1 Clean the test area (inner arm) with soap and water, and dry it with a towel.**
- 2 Apply the conductive gel or skin care product.**
 - Apply a light amount just enough to cover the head.
- 3 Turn on the power and make contact with your skin.**
 1. Turn on the power and select the RF/Ultrasonic mode. (See page 13.)
 2. Once the appliance has completed the preheating process, press the ultrasonic probe onto your skin and slowly move the appliance in a circle for approximately 10 seconds. (See page 14.)
 - The head vibrates.

3. Remove the appliance from the skin and then press onto your skin and move the appliance for another 10 seconds.

- Once you have finished this procedure, allow the gel or skin care product to naturally dry.

4 Wait 48 hours without using the appliance.

- Do not allow the affected area to become wet and do not scrub this area.

If any skin issues occur within 48 hours

Do not continue to use the conductive gel or skin care product.

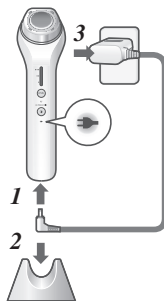
Charging

1 Insert the appliance plug into the appliance socket.

2 Mount the main body in the stand.

3 Insert the adaptor into a household outlet.

- Check that the charging indication/notification lamp (➡) is glowing.
- Charging is completed after approx. 2 hours.
The charging indication/notification lamp (➡) turns off.



4 After charging is completed, unplug the adaptor from the household outlet and unplug the appliance plug from the main body.

(for safety and to reduce energy usage)

- Charging the battery for more than 2 hours will not affect battery performance.

<To check if charging is completed>

If you remove and reinsert the appliance plug while charging, the charging indication/notification lamp (➡) glows and turns off after approximately 5 seconds.

<Charging periods>

- Once the battery runs low, the charging indication/notification lamp (➡) will flash once per second. Once the battery is nearly depleted completely, an audible alarm will be triggered. Charge the appliance immediately.
- Once fully charged, the appliance can be used approximately 3 times. (in RF/Ultrasonic mode and RF mode)

However, the usage time may be reduced depending on the usage environment.

Notes

- When charging the appliance for the first time or when it has not been in use for more than 6 months, the charging time may change or the charging indication/notification lamp (➡) may not glow for a few minutes. It will eventually glow if kept connected.
- Recommended ambient temperature for charging is 15 °C – 35 °C. It may take longer to charge or the battery may fail to charge properly in extremely high or low temperatures. (See page 21.)

- If there is noise from the radio or other sources while using or charging the appliance, move to a different location to use the appliance.

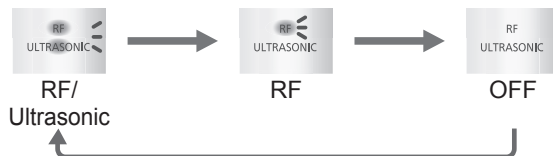
How to use

Use the appliance on clean skin after thoroughly removing makeup and washing your face.

- A tone will be triggered after the POWER/SELECT switch is pressed or the sensor operates.
- Warming may fail when the ambient temperature is below 15 °C.

1 Press the switch and select a mode.

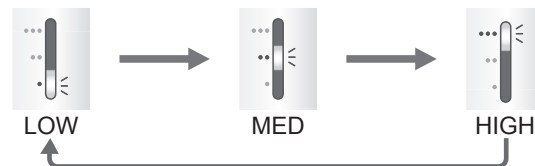
- Each press switches to the next mode. The selected mode flashes in blue.
- Select the mode appropriate to the desired application. (See page 11.)



- The appliance starts in RF/Ultrasonic mode each time the power is turned on.
- The appliance will not turn on when the AC adaptor is connected.
- Make sure to use the appliance with the frame attached.

2 Press the switch and select an RF warmth level to start the preheating process.

- Each press switches to the next level. (The selected mode flashes in blue.)
- The ultrasonic probe increases in temperature as the RF warmth level is increased.



Memory function

The previously selected RF warmth level is stored in memory so that the appliance can be used with the same setting.

This memory function will reset when the appliance has not been used for a long period of time or when the battery has ran out.

3 Apply the conductive gel while the appliance is preheating.

- We recommend using a conductive gel that helps transmit RF and ultrasonic energy.

1. Apply a macadamia nuts size (approximately 3 g) of gel into your hand.
 2. Spread the gel around the areas of your face that you want to treat with this appliance as illustrated by the areas in the figure.
- Spread conductive gel gently on your face. Do not rub gel into skin.



Daily skin care products can also be used

- Use the conductive gel or skin care products to help transmit the RF and ultrasonic energy to the skin.
 - Use skin care products that will provide a slippery surface for the appliance.
- Skin care products with large amounts of oil can obstruct the transmission of RF and ultrasonic energy.



Gel, serum, and milky lotion



Cream, toner, lotion, and oil

- If friction begins to develop during use, add some more skin care product to prevent any negative effects on the skin due to friction.

4 Preheating process completes (takes approximately 1 minute).

The preheating process will finish approximately 1 minute after turning on the power. A tone will be triggered, and indicators change from flashing to glowing states to indicate that the appliance is ready.



LOW



MED



HIGH

Notes

- The appliance can be used on the skin even while indicators are flashing. The lamps will begin glowing once contact is made with the skin.
- An alert tone will be triggered 15 seconds after the appliance is not in contact with the skin. Then, the power will automatically turn off after approximately 1 minute.

Changing the level after the preheating process completes

The level changes with each pressing of the .



LOW



MED



HIGH

- Select an appropriate level while paying attention to the condition of skin.

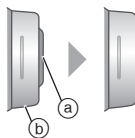
5 Once the preheating process completes, press the appliance onto your skin and begin moving it around. (See page 16.)

The power will be automatically turned off after each mode is completed.

- You can also turn it off by a long press of the POWER/SELECT switch.

How to apply the head properly

- Apply the appliance to the skin as both ultrasonic probe (a) and frame (b) are making complete contact.
- Press the appliance tightly to the skin as both ultrasonic probe and frame are contacting the skin in parallel.



The head vibrates except in RF mode.

- RF and Ultrasonic are only effective when the head is vibrating.

Note

- Head vibration produces sound, which is just normal operation.

Situations of an alert sound triggering followed by vibration stopping

Remove and press the ultrasonic probe on your skin again if either of the following notifications occur.

► Over-care prevention sensor

The ultrasonic probe has been in contact with your face for approximately 15 seconds.

► Fitted contact sensor

The ultrasonic probe has not made contact with the skin for approximately 15 seconds.

An alert will trigger and the power will turn off after approximately 1 minute if the appliance continues in either of these states.

How to move the head in each mode

RF/Ultrasonic mode - Approximately 10 minutes

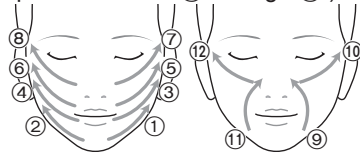
(5 seconds per each movement shown by arrow in the figure)

Face line



Mouth to temples
(Approx. 8 min.)

Move the appliance as your cheeks are gently lifted upward.
(Repeat directions ① through ⑫.)



(A tone will be triggered 2 minutes before automatic power off.)

Mouth

(Approx. 2 min.)

Move the appliance upward around your face lines as your mouth is gently lifted upward.

(Repeat direction ⑬ through ⑱.)



(A tone will be triggered.)

Automatic power off

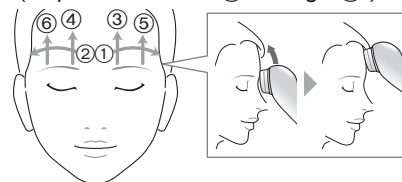
RF mode - Approximately 2 minutes

(5 seconds per each movement shown by arrow in the figure)

Forehead
(Approx. 2 min.)

Move from the center of forehead as indicated by ① and ② in the figure towards temples.

- Press the upper edge of the head above the eyebrows as indicated by ③, ④, ⑤, and ⑥ in the figure. Gently move the appliance upward.
(Repeat directions ① through ⑥.)



(A tone will be triggered.)

Automatic power off

Note

- If friction begins to develop during use, add some more conductive gel to prevent any negative effects on the skin due to friction.

After use

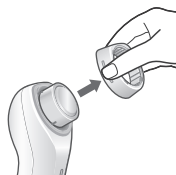
Cleanse the gel from the face.

- After cleansing off gel from the face, use your daily skin care products to condition your skin.
- If you used a daily skin care product instead of the conductive gel, you do not need to cleanse it off.

- After using the appliance, make sure to clean the main body and frame.
- Check if the battery has run out.

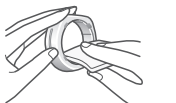
1 Pinch the frame to remove.

- If gel is making it difficult to remove the frame, wipe off excess gel and then remove the frame.



2 Cleaning

Use a tissue or similar to wipe off gel or skin care product.



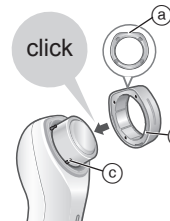
- Use a tissue, cotton swab, or similar to remove any gel or skin care product that has gotten into gaps.



3 Attach the frame.

Align the four notches (b) with the tabs (c) on the head and then press the frame onto the head until it clicks into place.

- Orient the frame so that the flat side (a) faces up.



4 Store the main body in the stand.



Notes

- The main body cannot be washed with water.
- If you are concerned that the main body is dirty, use a cloth soaked with soapy water to wipe the dirt. Wring out the cloth before wiping.
- Do not use alcohol, nail polish remover, or detergent (ex. liquid hand soap), etc. to clean the appliance. Doing so may cause failure, cracking or discoloration of parts.
- Make sure to remove all excess gel or skin care product. (Failure to do so can cause hardening when this excess material dries.)

Verifying ultrasonic energy is transmitted in RF/ Ultrasonic mode

Transmission of ultrasonic energy cycles on and off for approximately 1 second for each phase, but this will not be felt by the skin. Use the following procedure to verify transmission of ultrasonic energy.

1. Place a few drops of water on the ultrasonic probe (a).

- Orient the ultrasonic probe so that it is level.

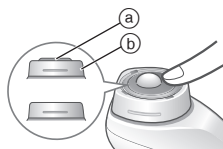
- We recommend that you use water for this check as it is more difficult to make a determination if using gel.

- Do not allow any other parts beside the ultrasonic probe to come into contact with water.



2. Turn on the power and select the RF/Ultrasonic mode.

3. Use your finger to lightly press on the ultrasonic probe (a) until the ultrasonic probe is approximately the same height as the frame (b).



4. Confirmation

- The water droplets will vibrate if the appliance is operating properly. (The vibration cycle lasts for approximately 1 second.)



Frequently asked questions

Question	Answer
What is RF and ultrasonic energy?	RF is an acronym for radio frequency. This is a type of high-frequency energy. ▶ Ultrasonic energy includes sound frequencies over 20 000 Hz that cannot be heard by the human ear.
Can I use this appliance on my hands and other areas of the body?	▶ This product has been designed specifically for use on the face. Use this product only for beautifying the face.
Can I use the appliance more frequently than once a day?	Use this appliance up to 12 minutes total of all modes (RF/ Ultrasonic mode and RF mode) once during a day. ▶ Use up to 3 times per week and wait at least 1 day between each use. Overusing the appliance will actually hurt your skin.
Why do I need to apply gel or skin care product?	This material helps transmit the RF and ultrasonic energy to the skin. ▶ (Any air between the ultrasonic probe and the skin causes the RF and ultrasonic not be transmitted.)

Question	Answer
Can I use some other type of gel or milky lotion?	▶ While we recommend that use the conductive gel, serum, milky lotion, and gel can also be used. (See page 14.)
What type of skin care products should I use after using this appliance?	▶ Apply the skin care products you normally use on a daily basis after using this appliance.
How long does the battery last?	▶ The battery lasts approximately 3 years. If the battery quickly runs out after a full charge, the battery has likely reached the end of its service life. (Note that battery service life significantly varies depending on usage and storage conditions.)
Can I replace the battery myself?	▶ Please consult an authorized service center. Changing the battery by yourself may cause failure.
Is it OK to charge the battery after every use?	▶ The battery in this appliance is a lithium-ion battery, and so charging it after every use will not affect battery service life.

Question	Answer
What should I do if the gel causes staining or I develop skin issues?	▶ Do not use the appliance until the skin condition clears. (We recommend that you seek professional medical attention.) You may have sensitive skin. Skin issues can also occur due to your physical condition, stress, body condition, and visceral disease.
What should I do if I feel tooth pain?	▶ Use of this appliance may cause discomfort if you have any cavities. Do not use the appliance until you have had any cavities treated. (We recommend that you seek professional medical attention.)

Separately sold Gel



Conductive Gel (EH-4R01)

Troubleshooting

English

Problem	Possible cause	Action
The power does not turn on even after the POWER/SELECT switch is pressed.	▶ The appliance has not been charged.	▶ Charge the appliance. (See page 12.)
	▶ The AC adaptor is connected.	▶ Disconnect the AC adaptor before use.
The appliance can only be used for a few minutes after charging.	▶ The battery has reached the end of its life. (approximately 3 years) (See page 22.)	▶ Please contact the store where purchased. (Customers cannot replace the battery as doing so may cause malfunction.)
The RF & temperature indicator, mode indicator, and charging indication/notification lamp (→) flashes once per second, and then the appliance stops operating.	▶ The protection function has operated in the main body, and the appliance has stopped abnormally.	▶ Turn off the power and turn it back on again after some time has passed. If the symptom occurs repeatedly, contact an authorized service center.
The RF & temperature indicator turns off during use.	▶ The power will be automatically turned off after each mode is completed.	
	▶ After the preheating process completes, the power automatically turns off if no contact with the skin has been made for approximately 1 minute.	
	▶ A sensor has made a detection.	▶ Confirm that you are making proper contact with the skin. (See page 15.)
	▶ There is no power remaining in the battery.	▶ Charge the appliance. (See page 12.)

Problem	Possible cause	Action
The charging indication/ notification lamp (→) does not turn on or goes out.	▶ This lamp turns off after charging is complete. (See page 12.) ▶ Make sure that the adaptor or appliance plug are pressed completely into place.	
The charging indication/ notification lamp (→) flashes twice per second while the appliance is charging.	▶ This is an indication of abnormal charging. Make sure that you are charging the appliance in the recommended ambient temperature of 15 °C to 35 °C for charging.	▶ If the symptom occurs repeatedly, contact an authorized service center.
The appliance is hot.	▶ The appliance will be warm during use and charging. This is not indicative of any failure.	
The appliance does not vibrate in RF mode.	▶ The appliance does not vibrate in RF mode, but this is not a malfunction.	

If the problems still cannot be solved, contact the store where you purchased the unit or a service center authorized by Panasonic for repair.

Battery life

Approximately 3 years.

If the operating time is significantly shorter even after a full charge, the battery has reached the end of its life. (The battery life may change due to usage and storage conditions.)

The battery in this appliance is not intended to be replaced by consumers. Have the battery replaced by an authorized service center.

Removing the built-in rechargeable battery

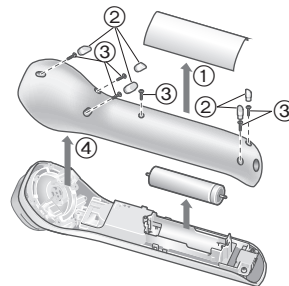
Remove the built-in rechargeable battery before disposing of the appliance.

Please make sure that the battery is disposed of at an officially designated location if there is one.

This figure must only be used when disposing of the appliance, and must not be used to repair it. If you dismantle the appliance yourself, it may cause malfunction.

- Remove the appliance from the AC adaptor.
- Press the POWER/SELECT switch to turn on the power and then keep the power on until the battery is completely discharged.

- Perform steps ① to ④ and lift the battery, and then remove it.
- Take care not to short circuit the positive and negative terminals of the removed battery, and insulate the terminals by applying tape to them.



For environmental protection and recycling of materials

This appliance contains a Li-ion battery.

Please make sure that the battery is disposed of at an officially assigned location, if there is one in your country.

Specifications

Power source	See the name plate on the AC adaptor. (Automatic voltage conversion)
Charging time	Approx. 2 hours

This product is intended for household use only.



使用說明書
(家用) RF 超聲波緊緻器
型號 EH-XR10

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感謝您購買本 Panasonic 產品。
使用本產品之前，請仔細閱讀本說明書，並妥善保存以供未來使用。

中文

安全須知

為減低受傷、死亡、觸電、火災及財物損失的風險，請務必遵照以下安全預防措施。

符號說明

以下符號用於為危險、傷害及財物損失的級別分類和作出解釋。若不理會此等符號，不當使用本產品就可能導致所述的危險、人身傷害及財物損失。

 **危險** 表示潛在的危險會導致嚴重受傷或致命。

 **警告** 表示潛在的危險可能會導致嚴重受傷或致命。

 **注意** 表示可能會導致輕微受傷或財產損失的危險。

以下符號用於分類和解釋必須留意的指示類型。

 此符號用於提示用戶，不得執行某項特定的操作程序。

 此符號用於提示用戶，必須遵從某項特定的操作程序，藉以安全操作本產品。

危險

► 避免意外

絕對不要在下列的電子醫療裝置或家用電子治療裝置旁使用本產品：

- 體內移植心律調節器和其他電子醫療裝置
- 人工心肺機和生命支持的電子醫療裝置
- 穿戴式電子醫療裝置，例如心電儀和靜脈点滴設備
- 否則可能導致電子醫療裝置和家用電子治療裝置不正確操作，造成意外或導致患者不適。

警告

► 防止皮膚或健康問題

以下人士切勿使用本產品：

- 患有心臟病者
- 患有面部神經失調者
- 患有糖尿病者
- 患有出血性疾病、血友病或其他血液疾病者
- 患有高血壓者
- 正接受牙齒治療者
- 視網膜剝離或曾經有過視網膜剝離者
- 患有嚴重近視者（-6D 或更高者）
- 因骨折或整形手術而臉部有金屬、矽或塑膠移植植物等人士。
- 嬰兒、幼童以及正在發育期的其他兒童，或是其他無法表達意圖者
- 頭或眼睛因受交通事故等而有後遺症者
- 動過眼睛手術者
- （動過角膜激光矯視手術者使用前應諮詢醫生）
- 否則可能導致意外、疾病或失明。

警告

以下人士切勿使用本產品：

-  過敏者
- 敏感性皮膚者
- 患有皮膚病或異位性皮膚炎的人士
- 否則可能導致皮膚或身體上的問題。

以下人士切勿使用本產品：

-  月經中或孕婦，或產後未滿月者。
- 否則可能會因賀爾蒙失衡導致皮膚問題。

以下人士切勿使用本產品：

-  無熱感者
- 否則可能導致灼傷。

切勿在下列的身體部位或情況中使用本產品。

- 身體不適時
- 飲酒或服藥後，或是感覺十分疲倦時
- 皮膚受損、濕疹或腫脹部位
-  皮膚出現異常情況，如皮膚炎或極度灼傷
- 當日進行了拔毛或剃毛的部位
- 做過美容手術的部位
- 前額（前額只能使用射頻（RF）模式）、嘴脣、眼睛、眼皮、耳朵和頸部
- 否則可能導致皮膚或身體上的問題，或失明。

下列人士使用前務必諮詢醫生：

- 患有重病者
- 患有急性病症者
- 患有熱病者
- 患有傳染病者
- 患有惡性腫瘤者
-  過去 2 週內曾進行過美容治療或診所治療，而仍在復原期中或接受治療後導致皮膚嚴重發紅的人
- 如皮膚或身體其他部位感到疼痛或異常時，請立即停止使用本產品。**
- 否則可能導致意外或皮膚／生理上的問題。

 本產品的表面會發熱。對熱不敏感者使用本產品時務必小心。

- 否則可能導致灼傷或燙傷。

► 本產品

-  切勿在易燃物（例如酒精、揮發油、稀釋劑、噴霧、去光水）附近使用。
- 否則可能導致火災或燒傷。

-  本產品有內置可充電式電池。切勿棄進火源或熱源中。切勿在高溫位置充電、使用或放置。
- 否則可能導致過熱、燃燒或爆炸。

-  切勿保存在兒童可觸碰的地方及切勿讓兒童使用。
- 否則可能會意外吞入小部件而導致意外或傷害。

-  切勿改裝或維修產品。
- 否則可能導致火警、觸電或受傷。
- 維修（電池更換等）請聯絡 Panasonic 授權的服務中心。

-  切勿拆卸本產品，棄置時除外。
- 否則可能導致火警、觸電或受傷。

警告

►如遇操作異常或故障

如若產品出現異常或故障情況，請立即停止使用產品及拔除轉接器。

- 否則會造成火警、觸電或受傷。

< 異常或故障情況 >

• 主機、轉接器或電線變形和異常灼熱。

• 主機、轉接器或電線出現燒焦氣味。

• 主機、轉接器或電線使用期間出現異常聲響。

- 請立即將產品帶往 Panasonic 直屬服務中心，以要求檢查或維修。

►電源供應

 切勿在手濕時將轉接器插入家用電源插座，或是從家用電源插座中拔除。

- 否則可能導致觸電或受傷。

 切勿將本體及電源供應器浸在水中或用水洗滌。

 切勿將本產品儲存在浴室或濕氣重的地方。而且，也切勿放置在水會溢出的地方（例如儲物櫃上方）。

- 否則可能導致觸電或火警。

如電源供應器損壞，或電源插頭未緊接家用電源插座上，切勿使用本產品。

 切勿損壞或改裝，或用力彎折、拉扯，或扭曲電線或電源插頭。此外，切勿在電線或電源插頭上放置重物或將其夾住。

- 否則可能會因短路而導致觸電或火警。

除了隨產品附上的電源供應器外，任何情況下都請勿使用其他電源供應器。

 而且，也切勿將隨附的電源供應器用於其他的任何產品。（請參閱第 29 頁。）

- 否則可能會因短路而導致灼傷或火警。

切勿以超出家用電源插座或配線額定值的方式使用產品。

 - 將太多插頭接駁至一個家用電源插座，以致超出額定值，可能會因過熱而導致火警。

請務必使用與電源供應器上標示之額定電壓相符的電源進行操作。

 完全插入轉接器或機身插頭。

- 否則可能導致火警或觸電。

 清潔產品時，必須從家用電源插座拔出轉接器。

- 否則可能導致觸電或受傷。

應定期清潔電源插頭和機身插頭，以防止塵埃積聚。

 - 否則濕氣可令絕緣失效，導致火警。
拔除轉接器並用乾布抹拭。

►同時要小心下列注意事項

體力、知覺或精神障礙者（包括幼童）務必在監護人的管理下且瞭解器具的使用方式。

 請特別注意避免幼童玩耍器具。

- 否則可能導致意外或受傷。

 電線不可更換。若電線損壞，電源供應器就應棄掉。

- 否則可能導致意外或受傷。

⚠ 注意

▶ 電源供應

⊘ 切勿讓金屬物件或垃圾附在電源插頭或機身插頭上。
- 否則可能會因短路而導致觸電或火警。

⊘ 切勿在存放產品時將電線圍繞轉接器纏住。
- 否則可能令電線內的纏線因受壓而斷裂，並可因短路而導致火警。

⚠ 拔出轉接器或機身插頭時，應握著該個部位而非電線。
- 手持電線拔出轉接器或機身插頭，可能導致觸電或受傷。

⚠ 不充電時，應從家用電源插座拔出轉接器。
- 否則可能因絕緣劣化造成漏電，導致觸電或火警。

▶ 請注意以下注意事項

⊘ 切勿讓超聲波頭或 RF（射頻）點與金屬接觸。
- 否則可能導致灼傷。

⊘ 切勿掉落，或者與其他物體發生碰撞。
- 否則可能導致受傷。

⊘ 切勿在同一部位做長時間的連續使用。
- 否則可能導致皮膚受傷、感染、發炎、流血、色斑或其他問題，或者令該等病症惡化。

⚠ 使用前，檢查超聲波頭是否有裂紋，碎片，變形和其他損壞。
- 否則可導致皮膚受傷。

⚠ 除了貼膚試驗的手臂外，只能用於面頰、面紋和前額護理（只能使用 RF（射頻）模式）。
- 否則可能導致皮膚損壞、發炎。

如何處置從廢棄產品中拆下的電池

⚠ 危險

- 本充電電池僅能用於搭配此本產品使用。請勿將本電池搭配其他產品使用。
- 將電池從產品拆除後，請勿進行充電。
- 請勿丟入火中或加熱。
- 請勿撞擊、拆解、改裝或以指甲穿刺。
- ⊘ 請勿讓電池的正極和負極端子透過金屬物質相互接觸。
- 請勿將電池與金屬飾品，如項鍊及髮夾等一起攜帶或存放。
- 切勿在高溫的位置使用或放置電池，例如在陽光直射或靠近其他熱源的地方。
- 請勿剝下電池直流管。
- 否則可導致過熱、燃燒或爆炸。

⚠ 警告

⊘ 拆除充電電池後，切勿放在孩童或嬰兒可取得的地方。
- 若意外吞下電池，會傷害身體。
- 若發生此狀況，請立即就醫。

⚠ 若電池液體外漏且接觸到眼睛，請勿揉搓眼睛，並使用清水（如自來水）徹底沖洗。
- 否則可能會導致眼睛受傷。
- 請立即就醫。

⚠ 注意



若電池液體外漏且接觸到皮膚或衣物，請使用清水（如自來水）沖洗。
- 否則可能導致發炎。

使用前注意事項

- 以下符號指示本產品需要可連接至電源插座的特定可拆式電源供應器。電源供應器的建議類型標示於靠近符號的地方。



► 使用頻率

- 一天一次使用本產品所有模式（RF（射頻）／超聲波模式和 RF（射頻）模式）的總時間最多為 12 分鐘。
每週最多 3 次，每次之間須間隔一天。
過度使用本產品實際上反而會傷到皮膚。

► 皮膚保護措施

- 使用前，以面部緊緻啫喱或用某些護膚品替代啫喱進行皮膚過敏試驗。（請參閱第 30 頁。）
此一快速試驗讓您在開始正常使用本產品前，檢查出任何潛在的皮膚問題。
- 請將本產品用於（卸妝並洗淨臉部後）裸露的皮膚。
- 使用本產品時請檢查您的皮膚狀態。
如果皮膚有異常感覺時，請立即停止使用本產品並諮詢醫生。
皮膚問題可歸因於壓力，身體狀況，內臟疾病，護膚品和其他因素。如有任何皮膚問題請尋求專業醫療。

► RF（射頻）熱度

- 超聲波頭會隨著 RF（射頻）熱度的增加而升溫。
依照您的皮膚狀況及個人喜好選擇所需的微電流和溫度等級。
首次使用本產品或遇有任何皮膚不適的狀況時，請將微電流和溫度等級調至「低」。

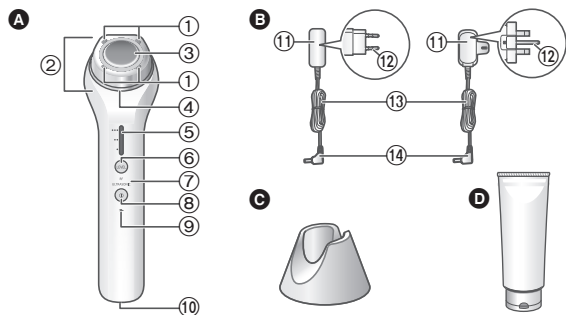
► 感應器

- 本產品配有感應器可偵測超聲波頭有良好貼合皮膚。
防止過度護理感應器：當超聲波頭與皮膚接觸時間過長時通知使用人。
合宜的接觸感應器：當超聲波頭未接觸到皮膚時通知使用人。（請參閱第 33 頁。）

► 配件

- 使用本產品之前，確保已將任何首飾取下，例如臉上的耳環或頸部的項鍊。

部件說明



A 本體

- ① RF（射頻）點
- ② 機頭
- ③ 具有溫度感應的超聲波頭（超聲波頭）
 - 提供超聲波能量和熱度。
- ④ 外框
- ⑤ RF（射頻）及溫度指示燈（藍色）
- ⑥ RF（射頻）及溫度選擇開關
 - 與 RF（射頻）等級一起工作來調整超聲波頭的熱度。
- ⑦ 模式指示燈（藍色）
- ⑧ 電源 / 選擇開關
- ⑨ 充電指示燈 / 通知燈（）（紅燈）

⑩ 機身插頭插入口

B 電源供應器（RE6-37） （電源供應器的形狀因地區而異。）

- ⑪ 轉接器
- ⑫ 電源插頭
- ⑬ 電線
- ⑭ 機身插頭

C 底座

配件

D 面部緊緻啫喱（EH-4R01） （請參閱第 37 頁。）

模式及其應用

選擇所需應用的適當模式。

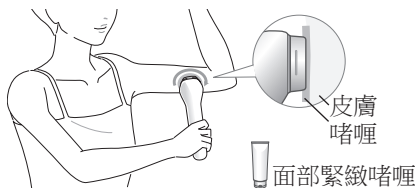
模式	RF（射頻）／超聲波	RF（射頻）
應用部位	 面紋、面頰及嘴部 • 切勿用於前額。	 前額
功能	RF（射頻）× 超聲波能量 × 震動	RF（射頻）
使用時間	10 分鐘	2 分鐘

使用前準備工作

皮膚（過敏）試驗步驟

務必確認本產品與您皮膚的相容性，因為本產品通常要與面部緊緻啫喱一起使用。也可用您的日常護膚品代替啫喱。務必進行此項檢查以確保使用不會導致皮膚問題。

• 您的每款護膚品都需進行試驗。



1 以肥皂和清水洗淨試驗部位（內臂）並用毛巾擦乾。

2 塗上面部緊緻啫喱或護膚品。
• 以足夠覆蓋機頭的微量塗上即可。

3 開啟電源並與皮膚接觸。

1. 開啟電源並選擇 RF（射頻）／超聲波模式。
（請參閱第 31 頁。）
2. 一旦本產品完成預熱程序，請將超聲波頭壓在皮膚上並將本產品緩慢地繞圈移動大約 10 秒鐘。
（請參閱第 33 頁。）
• 機頭震動。
3. 將本產品從皮膚取下然後再壓到皮膚上並再次繞圈移動 10 秒鐘。
• 一旦此步驟完成後，讓啫喱或護膚品自然乾燥。

4 靜待 48 小時不使用本產品。
• 切勿讓塗抹部位潮濕也不可抓癢該部位。

在 48 小時內若出現任何皮膚問題
則切勿繼續使用該面部緊緻啫喱或護膚品。

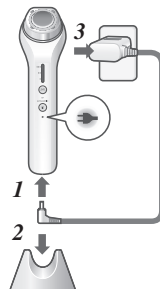
充電

1 請將機身插頭插入插頭插入口。

2 請將本體裝入底座。

3 請將轉接器插入家用插座。

- 檢查充電指示燈 / 通知燈（）會亮燈。
- 充電約 2 小時後完成。
充電指示燈 / 通知燈（）熄滅。



4 完成充電後，從家用插座拔下轉接器並從本體上拔下機身插頭。

(針對安全及減低電源耗量)

- 對電池充電 2 小時以上，並不會影響電池效能。

< 檢查充電已滿 >

如果在充電中將機身插頭拔下並重新插入，充電指示燈 / 通知燈 (➡) 會亮起並在大約 5 秒鐘後熄滅。

< 充電期 >

- 一旦電池量低時，充電指示燈 / 通知燈 (➡) 會每秒閃爍一次。
 - 一旦電池幾乎完全耗盡時，會觸發警示音訊。請立即充電本產品。
 - 本產品完全充滿電後，大約可使用 3 次。(在 RF (射頻) / 超聲波模式和 RF (射頻) 模式中)
- 然而，使用時間可能會因使用環境的不同而縮短。

註

- 若首次為本產品充電，或之前已有 6 個月以上沒使用，充電的時間可能會有所不同，或充電指示燈 / 通知燈 (➡) 可能有幾分鐘無法亮起。如繼續充電，指示燈最後就會亮起。
- 建議的充電環境溫度為 15 °C 到 35 °C。在溫度極高或極低的情況下對電池充電，可能需要較長的時間，或是電池可能無法正確充電。(請參閱第 38 頁。)
- 如果收音機或其他音訊來源在使用或充電本電器時發出噪音，請移到另一個地方使用本產品。

使用方法

請將本產品用於臉部徹底卸妝並清洗後的乾淨皮膚上。

- 按下電源 / 選擇開關或感應器操作後會發出一個聲響。
- 環境溫度低於 15 °C 時可能無法加溫。

1 按下 ① 開關並選擇一個模式。

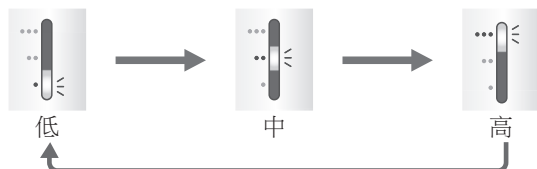
- 每按一下就會切換至下一個模式。所選的模式會閃藍燈。
- 選擇所需應用的適當模式。(請參閱第 29 頁。)



- 每次開啟電源時，本產品會以 RF (射頻) / 超聲波模式做為開始。
- 連上電源供應器時並不會開啟本產品。
- 確保是用隨附的外框來使用本產品。

2 按下 開關並選擇一個 RF（射頻）熱度來啟動預熱程序。

- 每按一下就會切換至下一個熱度。（所選的模式會閃藍燈。）
- 超聲波頭會隨著 RF（射頻）熱度的增加而升溫。



記憶功能

會將上一次所選的 RF（射頻）熱度儲存在記憶體，以便能以相同的設定使用本產品。
當長期未使用本產品或電池耗盡時，此記憶功能將會重設。

3 在本產品預熱時塗上面部緊緻啫喱。

- 建議使用面部緊緻啫喱以幫助 RF（射頻）和超聲波能量的發射。

1. 在手中塗夏威夷豆大小（大約 3 克）的啫喱。
2. 如圖中  部位所示地將啫喱塗佈在臉部所要治療的部位。
 - 輕輕地將面部緊緻啫喱塗佈到臉上。
 - 切勿將啫喱按摩進入皮膚。



也可使用日常護膚品

- 使用面部緊緻啫喱或護膚品來幫助將 RF（射頻）和超聲波能量發射進入皮膚。
- 請使用能使本產品具有滑溜表面的護膚品。含有大量油份的護膚品會妨礙 RF（射頻）和超聲波能量的發射。



啫喱、精華液和較水狀的乳液



乳霜、爽膚水、乳液和精油

- 如果使用開始形成摩擦，請多添加一點護膚品以防摩擦對皮膚造成任何負面影響。

4 預熱過程完成（約花 1 分鐘）。

預熱過程會在電源開啟後大約 1 分鐘完成。然後會發出一個聲響，而指示燈會從閃爍變成點亮狀態來表示本產品已就緒。



註

- 即使在指示燈閃爍時本產品仍可在皮膚上使用。一旦與皮膚做出接觸就會開始亮燈。
- 15 秒鐘後本產品仍未與皮膚接觸將會發出一個警示聲響。然後，在過了大約 1 分鐘就會自動關閉。

預熱過程完成後變更熱度

每按一下 **LEVEL** 就會變更一次熱度。



- 注意皮膚狀況，選擇適當的熱度。

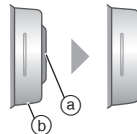
5 預熱過程完成後，將本產品壓到皮膚上並開始轉圈移動。（請參閱第 34 頁。）

每個模式完成後電源將會自動關閉。

- 也可長按電源 / 選擇開關將本品關機。

如何正確使用機頭

- 在超聲波頭 (a) 和外框 (b) 完全接觸將本產品用於皮膚上。
- 將本產品緊壓到皮膚上讓超聲波頭和外框與皮膚呈平行接觸。除了 RF (射頻) 模式外，機頭都會震動。
- RF (射頻) 和超聲波只有在機頭震動時才能有效。



註

- 機頭震動產生聲響，只是正常操作並非故障。

發出警示聲響後震動會停止

若發生下列通知中的一個時，請取下並將超聲波頭壓到皮膚上。

► 防止過度護理感應器

超聲波頭已經與您的臉部接觸了大約 15 秒鐘。

► 適宜的接觸感應器

超聲波頭未能接觸到皮膚已有大約 15 秒鐘。

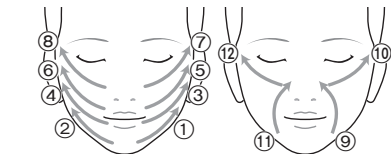
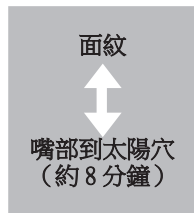
如果本產品持續有下列情況中的一項時，將會發出警示並在大約 1 分鐘過後關閉電源。

如何在各模式中移動機頭

RF（射頻）／超聲波模式 - 大約 10 分鐘

（依圖中箭頭所示的每個動作 5 秒鐘）

當面頰輕輕向上抬高時移動本產品。
（重複方向 ① 至 ⑫。）



（電源自動關閉的前2分鐘會發出一個聲響。）

嘴部
（約 2 分鐘）

當您的嘴部輕輕向上抬高時沿著您的面紋向上移動本產品。
（重複方向 ⑬ 至 ⑱。）



（將會發出一個聲響。）

自動關閉電源

RF（射頻）模式 - 大約 2 分鐘

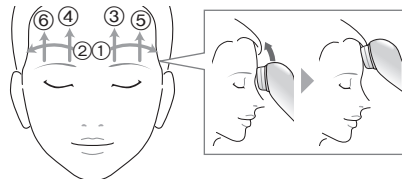
（依圖中箭頭所示的每個動作 5 秒鐘）

如圖中 ① 和 ② 所示從前額中間向太陽穴移動。

• 如圖中 ③、④、⑤ 和 ⑥ 所示在眉毛上方壓下機頭的上緣。輕輕將本機向上移動。

（重複方向 ① 至 ⑥。）

前額
（約 2 分鐘）



（將會發出一個聲響。）

自動關閉電源

註

- 如使用中開始形成摩擦，請多添加一點面部緊緻啫喱以防摩擦對皮膚造成任何負面影響。

使用後

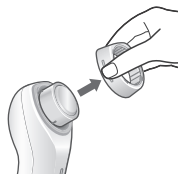
清潔臉上的啫喱。

- 清潔掉臉上的啫喱後，使用您的日常護膚品調理皮膚。
- 若您用的是日常護膚品而非面部緊緻啫喱，則無需清潔掉。

- 本產品使用後，務必要清潔本體和外框。
- 檢查電池是否耗盡。

1 夾住外框來取下。

- 如果因為啫喱而難以取下外框，可拭除過多的啫喱，然後取下外框。



2 清理的方式

使用面紙或類似品將啫喱或護膚品拭除。



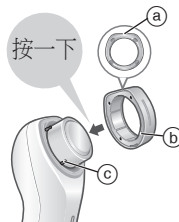
- 使用面紙、棉籤或類似品將縫隙內的任何啫喱或護膚品去除。



3 裝上外框。

將四個槽口 (b) 對齊機頭上的舌片 (c)，然後將外框壓到機頭上直到卡入就位。

- 將外框方向導正使其平坦側 (a) 面向上。



4 請將本體放入底座。



註

- 本體不可用水清洗。
- 若您擔心本體髒汙，可用布浸以肥皂水將髒汙拭除。擦拭前請將浸濕的布擰乾。
- 切勿使用酒精、去光水或清潔劑（例如：洗手乳）等清潔本產品。否則可導致零件故障、裂開或變色。
- 務必將所有的多餘啫喱或護膚品都去除掉。（否則這些多餘的物質乾掉後會導致硬化。）

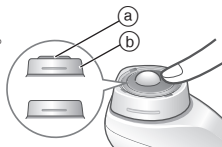
確認 RF（射頻）／超聲波模式中會發射超聲波能量
超聲波能量發射開啟和關閉的周期，在每個階段大約為 1 秒鐘，但皮膚並不會感覺到。使用下列步驟來確認超聲波能量的發射。

1. 在超聲波頭上 (a) 置放一兩滴水。
 - 導正超聲波頭使其水平。
 - 我們建議用水進行此項檢查，因為如使用啫喱將更難以做出判斷。
 - 除了超聲波頭外，切勿讓任何其他部分與水接觸。



2. 開啟電源並選擇 RF（射頻）／超聲波模式。

3. 用手指在超聲波頭上 (a) 輕壓，直到超聲波頭約與外框 (b) 等高。



4. 確認

- 本產品正確操作時小水滴會震動。（震動周期會維持大約 1 秒鐘。）



常見問題

問題	解答
什麼是 RF（射頻）和超聲波能量？	RF（射頻）是無線電頻率的字母縮寫。是一種典型的高頻能量。超聲波能量包括高於 20 000 Hz 的聲頻，是人耳所無法聽見的。
我可以在雙手及身體其他部位使用此產品嗎？	本產品為臉部專用的設計。只能將本產品做臉部美容之用。
我能以一天超過一次以上的頻率使用本產品嗎？	一天一次使用本產品所有模式（RF（射頻）／超聲波模式和 RF（射頻）模式）的總時間最多為 12 分鐘。 每週最多 3 次，每次之間須間隔一天。 過度使用本產品實際上反而會傷到皮膚。
為什麼需要塗上啫喱或護膚品？	此類物質有助於將 RF（射頻）和超聲波能量發射至皮膚。 （超聲波頭與皮膚間的任何空氣都會導致 RF（射頻）和超聲波的無法發射。）
我可使用一些其他種類的啫喱或較水狀的乳液嗎？	雖然我們建議使用面部緊緻啫喱，但也可以使用精華液、較水狀的乳液和啫喱。（請參閱第 32 頁。）
使用本產品後我該用那種的護膚品？	使用本產品後可使用您日常所用的護膚品。

問題	解答
電池能維持多久？	▶ 電池壽命大約 3 年。 如完全充電後電池迅速耗盡，則電池可能已達其使用壽命。 (請注意，電池使用壽命會因用途和儲存條件而大有不同。)
我可以自行更換電池嗎？	▶ 請諮詢授權的服務中心。自行更換電池可能會造成故障。
每次使用後進行電池充電是否妥當？	▶ 本產品使用鋰離子電池，每次使用後充電並不會影響電池的使用壽命。
如果啫喱造成斑點或我發現皮膚有問題，該如何處理？	▶ 在皮膚狀況尚未明瞭之前切勿使用本產品。(建議您尋求專業醫療。) ▶ 您可能具有敏感性皮膚。 皮膚問題也可能會因您的生理狀況、壓力、身體狀況和內臟疾病而產生。
如果我發現我牙齒疼痛，該如何處理？	▶ 若有任何蛀牙而使用本產品可能會導致不適。 在未將蛀牙治療前切勿使用本產品。 (建議您尋求專業醫療。)

單獨出售啫喱



面部緊緻啫喱 (EH-4R01)

疑難排解

問題	疑似原因	措施
即使按下電源 / 選擇開關後仍無法開啟電源。	▶ 本產品尚未充電。 ▶ 已接上電源供應器。	▶ 將產品充電。(請參閱第 30 頁。) ▶ 使用前請拔下電源供應器。
充電後本產品只能使用幾分鐘。	▶ 電池已到達使用壽命盡頭。(大約 3 年。)(請參閱第 39 頁。)	▶ 請聯絡您所購買的商店。 ▶ (客戶不能自行更換電池，否則可能導致故障。)
RF (射頻) 及溫度指示燈、模式指示燈和充電指示燈 / 通知燈 (➡) 每秒閃爍一次，然後本產品會停止操作。	▶ 本體內的保護功能已操作而本產品已不正常的停止。	▶ 關閉電源靜待一會兒後再重新開啟。 ▶ 若故障提示持續出現，請聯絡合資格服務中心。
RF (射頻) 及溫度指示燈在使用中關閉。	▶ 每個模式完成後電源將會自動關閉。 ▶ 預熱過程完成後，如果未能與皮膚接觸大約 1 分鐘，電源將會自動關閉。 ▶ 感應器已做偵測。 ▶ 電池中無電力殘留。	▶ 確認您已將皮膚正確接觸。(請參閱第 33 頁。) ▶ 將產品充電。(請參閱第 30 頁。)
充電指示燈 / 通知燈 (➡) 未能開啟或熄滅。	▶ 此燈會在充電完成時熄滅。(請參閱第 30 頁。) ▶ 確認轉接器或機身插頭均已插到底就定位。	
本產品充電中充電指示燈 / 通知燈 (➡) 每秒閃爍兩次。	▶ 出現充電異常的指示燈。務必要在 15 °C 至 35 °C 的建議充電環境溫度中進行本產品的充電。	▶ 若故障提示持續出現，請聯絡合資格服務中心。
本產品發熱。	▶ 本產品在使用和充電中會發熱。此乃正常現象。	
本產品 RF (射頻) 模式中未能震動。	▶ 本產品 RF (射頻) 模式中未能震動，但並非故障。	

如果仍然無法解決問題，請與您購買本機的商店聯繫，或洽 Panasonic 直屬服務中心進行維修。

電池壽命

大約 3 年。

如果運作時間在充滿電後仍大幅縮短，表示電池已到達使用壽命的盡頭。

(電池壽命可能因用量及保存狀況有變。)

使用者不應更換本產品內的電池。應由 Panasonic 直屬服務中心更換電池。

拆除內置充電電池

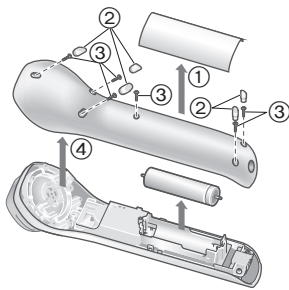
廢棄產品之前，取出內置可充電式電池。

如您的國家／地區有指定認可棄置電池的地方，請確保將電池棄置於這些地方。

下圖只適用於棄置本產品時，切勿使用下圖作維修之用。

若您自行拆解本產品，可能會導致產品損壞。

- 拔除產品的電源供應器。
- 按下電源 / 選擇開關開啟電源，保持電源開啟狀態直至電池完全放電。
- 根據下圖 ① 至 ④ 的順序拉動電池，然後將其取出。
- 請注意取出的電池正負終端有可能出現短路情況，並應用膠紙隔離電池終端。



環保及材料回收

本產品含有鋰離子電池。

如您的國家有指定認可棄置電池的地方，請確保將電池棄置於這些地方。

產品規格

電源	請參閱電源供應器上標籤。 〔自動變壓〕
充電時間	大約 2 小時

本產品只適用於家居用途。

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