

FAT SMOOTHER

Iron Away Stubborn Fat, Cellulite & Stretch Marks



USER MANUAL

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Please read this manual carefully before using the device

Pre-use Preparation

Please follow all instructions to insure you are safely and correctly using this device.

Fat Iron comes with a THERMAL SENSOR designed to measure skin temperature and stabilize the emitted heat energy.

To prevent overheating, a unique built-in heat stabilizer inside the device measures the treated skin temperature during treatment. As a rise in the treated skin temperature is detected (42°C-43°C), the stabilizer will automatically stop emitting heat, until skin temperature lowers enough for the stabilizer to resume heating.

Package contents

Upon opening the Fat Iron device package, you will find the following parts:

- Fat Iron Body Contouring Device
- An AD/DC adaptor
- Instruction Manual

Introduction

Fat Iron Body Device is a non-invasive at home skin care device. It works with Red LED lights, micro-current (EMS) and radio frequency therapy (RF) Thermal technology.

Intended Use

Fat Iron Body device is intended for cellulite reduction, toning, and body skin stimulation.

This device is indicated for over-the-counter cosmetic use. This device has been proven to improve muscle tone and firmness in the arms, abdomen, thighs and buttocks areas.

Features & Functions

1. The device has 3 programs:

- RF and Red LED lights
- EMS and Red LED lights
- RF, EMS and Red LED lights

RF treatment:

Generating heat deep into the tissue and stimulate collagen production to reduce the appearance of loose skin and cellulite. RF waves target and heat the fat cells collected beneath the skin, causing them to break down. They are then absorbed by the lymphatic system and naturally disposed of.

By providing heat energy up to 7mm below the skin's surface, this frequency helps the body to eliminate fat cells all together thus reducing cellulite levels.

EMS (GENTLE MICRO-CURRENT TREATMENT) :

The micro-current therapy works by mimicking and gently accelerating the normal cell activity of skin which can slow down with age. Oxygen is more easily absorbed, damaged tissue is repaired, and collagen production is increased.

RED LIGHT (620-730nm Wavelength)

The red light penetrating 8-10mm is suitable for any type of skin; it can reach derma to stimulate fiber cells. Heating can improve blood circulation and collagen albumen

hyperplasia to reduce wrinkles and make skin more elastic and smooth. The mild wave length is suitable for

surrounding eyes and forehead.

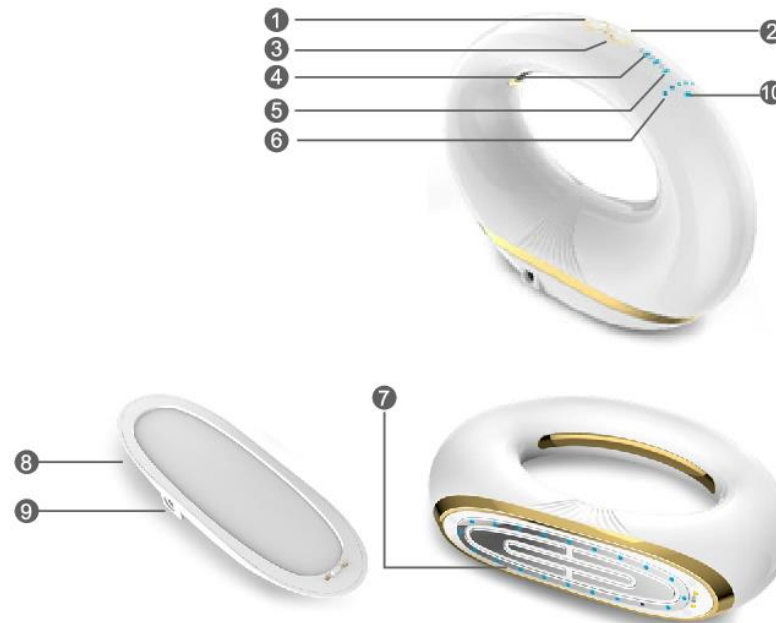
Safety Precautions

1. Do not use body device on the head, face (including directly on the eyes and covering the mouth), neck (especially the carotid sinus), groin, upper back, chest area or crossing over the heart.
2. You should stop using the device and should consult with your physician if you experience adverse reactions from the device.
3. If you are under the care of physician, consult your physician before using this device.
4. Do not use the device if you have a body-worn medical device such as an insulin pump or pace maker.
5. Stimulation should not be applied over your neck as this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
6. Application of the body device spherical electrodes across your chest(thorax area) may increase the risk of cardiac fibrillation or other rhythmic disturbances, which could be lethal.

7. Do not use this device when there is a tendency to bleed following acute injury or breaks in bones.
8. Do not apply stimulation over areas of skin that lack normal sensation.
9. Apply stimulation only to clean and healthy skin.
10. Stimulation should not be applied over or near cancerous wounds or open wounds such as rashes, swollen, infected, or inflamed areas or skin eruption, e.g. phlebitis, thrombophlebitis, broken capillaries, varicose veins, etc.
11. Do not apply stimulation while sleeping, bathing or showering.
12. Do not apply stimulation while driving, operating machinery, or during any activity in which uncontrollable muscle twitching may put the user or the public at Unnecessary risk of injury.
13. If the device begins to overheat, turn the device off immediately.
14. Keep this device out of the reach of children.
15. Keep all electrical appliances (including the body device) away from water (including baths, showers and sinks).
16. Never operate the device if it is not functioning properly, or not operating properly due to damage caused by dropping or accidental submersion in water.

General View of the Device

1. Key: to turn on/off and change modes
2. key: to adjust intensity
3. LED indicator
4. EMS indicator
5. RF indicator
6. Intensity level indicator
7. Metal massage probe
8. Charging base
9. DC connector
10. Charging indicator



Operating Procedures Getting Started!

- Remove Fat Iron body device and other components from box.
- Fully recharge the device with the AC/DC adaptor and cord.
- Once charged, the device is now in standby mode and is ready to start.
- Spread a thin layer of gel on the designated treatment area. Alternatively, spread a moderate amount of Primer Gel on the device's TREATMENT SURFACE. The Primer Gel is designed to better conduct the energy into your skin, for optimal results.
- Hold the Power & Mode button for 2-5 seconds to turn on the device. This will turn mode 1 on: RF and RED LED lights mode is working.
- Repeat and press the Power & Mode button to select different modes:
 - Mode 1: RF & Red lights- Reduce the appearance of cellulite while treating the skin to reduce appearance of fine lines & wrinkles
 - Mode 2: EMS & Red light- Tone & Firm muscles while treating the skin to reduce appearance of fine lines & wrinkles
 - Mode 3: RF, EMS, & Red light- Combine all 3 options for maximum results.
- Press the Level button to adjust the intensity of RF and EMS. Total 5 levels.
- Attach the TREATMENT SURFACE to the skin. Please note that the skin must be clean and dry before applying

Gel. Skin should be free of other moisturizers and lotions that can harm the device.

9. Attach the device to the designated skin area. You will feel a mild sensation of warmth. Move the device in gentle massage- like linear motions on the designated area

(HIPS, BUTTOCKS, THIGHS, CALF, BACK, THORAX, BELLY AND ARMS) Proceed slowly and carefully.

Note:

1). The lights will only work when the device comes in contact with the skin. Device will automatically turn off if no contact is received for over 2 minutes.

2). The battery indicator light will turn red when battery is low. It turns back to white color when full charged.

3). The TREATMENT SURFACE cannot be in contact with the skin when in changing mode.

4). A "Beeping" sound will occur when the devices switches to different modes.

5). The default intensity is set at the minimum level. 10. Press and hold the Power/Mode button for 2 seconds to turn off the body device after treatment.

Note:

For best result, you may choose to focus on a specific area of concern within the treatment area for the full 5 minute treatment cycle and then repeat over other areas as necessary.

1. Select a preferred treatment area on either side of your body.

2. Cleanse the selected treatment area with an oil free cleanser. Any oil-based products on the skin can block the microcurrent.

*Shave any excessive hair in the treatment area as it can create a tingling sensation.

3. Apply a mask like layer of Fat Iron gel in sections within the selected treatment area.

* If skin become dry during the treatment apply more gel.

TREATMENT AREAS

There are seven (7) recommended treatment areas



TREATMENT AREAS	SPECIFIC AREAS OF CONCERN
1. Right Upper Arm	Front, Back and Side
2. Left Upper Arm	Front, Back and Side
3 Abdomen/waist	Front and Side
4 Right Thigh	Front, Back and Side
5 Left Thigh	Front, Back and Side
6 Left Buttock	Front and Side
7. Right Buttock	Front and Side

TREATMENT TECHNIQUES



ARMS FRONT

ARMS BACK

ABDOMEN/ WAIST

GLIDES:

To glide, place Fat Iron at the starting point of a treatment area, When it beeps, slowly glide the device in an upward motion using medium pressure to the endpoint until the beep sounds(5 seconds). See the illustration shown for starting and ending points for each treatment area.



Thighs Front

Thighs Back

Buttocks/ Hips

HOLDS

(Recommended for stubborn areas):

To hold, place Fat Iron on the targeted area and hold in place for at least 2-3 beeps(10-15 seconds). Do not glide. You may treat multiple stubborn areas within the treatment area for up to 5 minutes.

Troubleshooting

- Device does not start:
Make sure the device is charged, the indicator will be flashing with a red light when the battery is low.
- Heat energy is not emitted or felt:
Heat will not be emitted if the TREATMENT SURFACE is not touching to your skin. This is a safety feature.-
Do not attempt to open or repair your body device, only authorized personal are permitted to perform repairs.
- Maintenance
After each treatment session, it is necessary to clean your body device, and specifically concentrating on the
- TREATMENT SURFACE.
Turn off the body device before cleaning, Use absorbent paper (such as toilet paper or hand drying napkins) to gently wipe the gel residue off the TREATMENT SURFACE

After cleaning, it is recommended to store your Fat Iron device in its original box, and keep it away from water! Never immerse the device into water.

Specification	
Product model	Fat Iron
Dimensions	Device size:215*160*56MM
Material	ABS+Metal
Power supply	AC220V/50Hz
Output Voltage /Current	9V/1A
Battery capacity	7.4V/1300mAh
Accessories	1 Adaptor, 1 manual