

# USER MANUAL

**BeautyRelax BR-2220**

Body Shaping Massager

**CELLUFORM OPTIMAL**



# BR-2220

## Celluform Optimal



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## **INTRODUCTION**

Dear customer, thank you for your trust in purchasing our product. Please read all the detailed information in the instruction manual carefully before using it for the first time. Please pay particular attention to the warnings and safety notices. Use the appliance exactly as instructed. All of these steps will help to maximize the use of all the functions of the instrument and protect everyone's health. In this manual we will try to give you the best possible idea of the technology used and how to use the instrument to best advantage.

Please do not take any of the instructions in this manual lightly. The aesthetic device for non-invasive treatment of selected body parts works with technology that is painless and safe. The device has undergone a long development process and meets all statutory safety standards in terms of safety. In order to effectively stimulate the subcutaneous fat tissue, the device works with a certain power. If you do not follow the instructions given, do not honor the warnings and the list of contraindications, you can negatively affect your health in the extreme case. On the other hand, do not be afraid of using the device. The design, features and technology are adapted for use in home conditions without the supervision of a knowledgeable health care professional.

### Introductory important information related to the device and its use:

- The BeautyRelax aesthetic device belongs to the category of massage/aesthetic devices. It is not a medical device. It does not serve to treat obesity or other related limitations. It offers technologies that, when used under specific conditions, assist in the reduction of subcutaneous fat.
- The BeautyRelax aesthetic device provides a non-invasive treatment. In practice, this means that no part of the application head physically penetrates under the skin.
- Non-invasive use is a prerequisite for the use of the device in home conditions by the average user. Operation of the device does not require the supervision of an erudite trained medical or cosmetic aesthetics professional.
- The BeautyRelax aesthetic device is certified and meets all the standards required for a device of this kind. The safety of the adapter and all electronic components is ensured.
- The treatment is always combined with a clear conductive gel (sonogel). It can be purchased at any pharmacy or health supply store. It costs a few tens of crowns. Definitely the cheapest is enough. The more expensive the better. The main purpose of applying a fine layer of gel to the skin is to increase conductivity. Ultrasound gets a better ability to penetrate the dermis layer, where the structure of collagen and elastic fibers.
- It is definitely not true that the more frequent the use of the device, the faster the results. Give your body enough time to process the energy that is released by using the machine. This will make a significant contribution to protecting your health.
- If you are unsure about anything, if you are unsure at any stage of using the device, please do not hesitate to contact us. Phone: 737196160 or email: mh@santadria.cz Our product manager Martin Hrbek is available to answer any questions or concerns you may have.

**Keep the instructions for use carefully for later reference.**

We wish the device to serve you well and meet the expectations you had before buying it.

BeautyRelax.cz team

## **NOTICE**

- Read this manual before first use, review all illustrations and keep the manual for future reference.
- If your skin is affected by a serious skin condition, do not use the device. If you are unsure whether your medical condition is consistent with the conditions for use of the device, consult your general practitioner for suitability.
- The device is primarily intended for your personal use. Do not share it with family members or friends. If more than one person is using the device, special attention should be paid to hygiene.
- If the device is damaged, does not work properly or has fallen into the water, never put it into operation.
- If the unit is broken, do not touch the internal parts to avoid electric shock.
- If the device falls to the ground, it may be damaged. In this case, do not continue to use the instrument and contact the dealer's service department.
- Do not use the device near water or in places with increased humidity (bath, shower, swimming pool, etc.).
- The device is not washable. It must not be immersed in water or under a stream of running water.
- Do not leave the device unattended. Always switch off the appliance thoroughly after each use.
- If the device has been moved from a very cold to a very warm environment, wait at least 3 hours before using it.
- The appliance is not intended for use by children or persons whose physical or mental condition does not permit the safe use of the appliance.
- Do not place or use the device on hot heat sources (radiator, stove, fire, etc.)
- Do not attempt to disassemble or repair the device yourself.
- Store the device in a dry environment. Try to keep it protected from dust.
- Do not expose the device to direct sunlight.
- The distributor is not liable for damages caused by improper use contrary to the instructions in this manual. It is not responsible for consequences caused by failure to observe the safety warnings.
- The distributor is not liable for any damage to health or property caused by other uses.



## **USING SONOGEL**

The use of the device is always associated with a clear conductive gel (not included). The application gel, called SONOGEL, can be purchased at any medical supply store (can also be purchased at a pharmacy). The gel is very important for the use of the device. It forms a necessary bonding layer between the applicator and the skin. It is water-based. It cannot harm the applicator head. The use of the applicator gel is essential. Ultrasound, radiofrequency and EMS pulses get better ability to bind to the skin. Do not use any other cosmetic products.



## CONTRAINDICATIONS

**Under no circumstances should** the device be used by persons affected by any of these conditions:

- Cancer, epilepsy, diabetes, viral diseases
- In a state of high fever
- Serious kidney or liver disease
- High cholesterol
- Skin diseases
- Fatigue syndrome
- Heart disease, pacemaker, hypertension
- Metal implants in the body
- Vascular disorders or arteriosclerosis
- Pregnancy
- Menstruation
- Persons taking anti-clotting medication
- Patients who have undergone surgery with transplantation
- Persons who require constant supervision may use the device only after consulting a physician



## PROHIBITED AREAS OF TREATMENT

- Thyroid area
- The area where the heart is
- Armpits
- Elbow
- Wrist
- Knees
- Ankle
- Palms
- Feet
- Knee area
- Spine



## PERMITTED TREATMENT AREAS

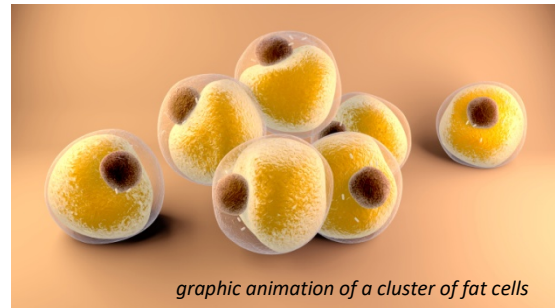
- Forearm (**BODY** mode)
- Arms (**BODY** mode)
- Tummy (**BODY** mode)
- Thighs (**BODY** mode)
- Buttocks (**BODY** mode)
- Calves (**BODY** mode)
- Face and chin (**FACE** mode)



**Note:** *the paired body area is taken as one part*

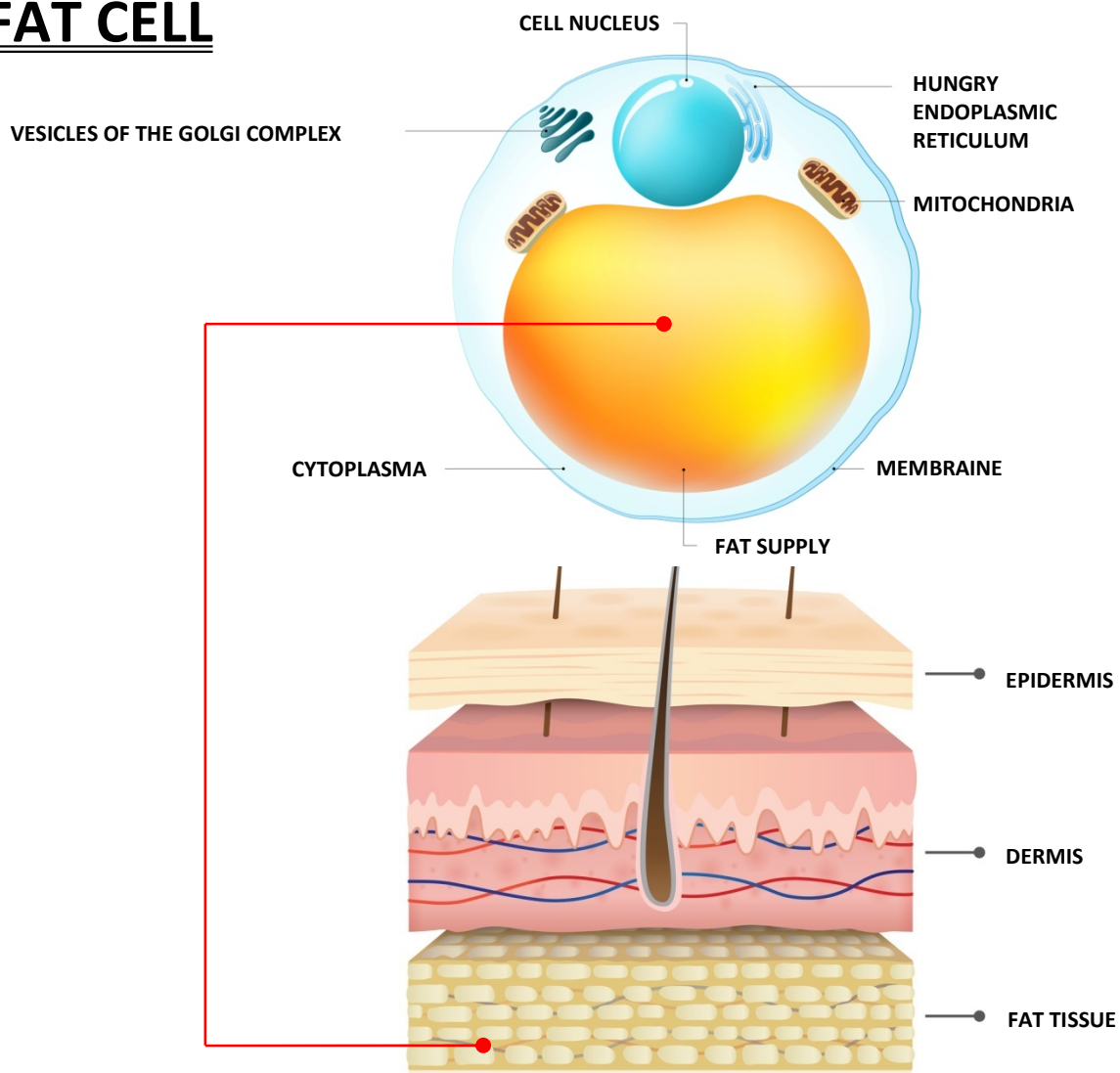
## PROBLEMS OF ADIPOSE TISSUE

**Fat cells** are among the largest cells found in the human body. Their main purpose is to create a supply of energy. In addition to storing energy, white adipose tissue also serves as thermal insulation and protection for internal organs. Adipose tissue is most commonly found in the subcutaneous tissue. Adipose tissue is one of the connective tissues. One of the important properties of adipose tissue is the accumulation of fat actively formed from carbohydrates and fatty acids in the cells. The process of fat storage and breakdown is controlled hormonally and by nervous stimuli. White adipose tissue is composed of **fat cells** with large fat droplets surrounded by a ring of cytoplasm (fat vacuole). The nucleus is located at the periphery of the cell. The stored fat is semi-liquid in consistency and consists mainly of triacylglycerols and cholesterol esters. In lean individuals, it occupies about 20% of body weight, but in obese individuals it can make up to 50% of total weight.



graphic animation of a cluster of fat cells

## FAT CELL



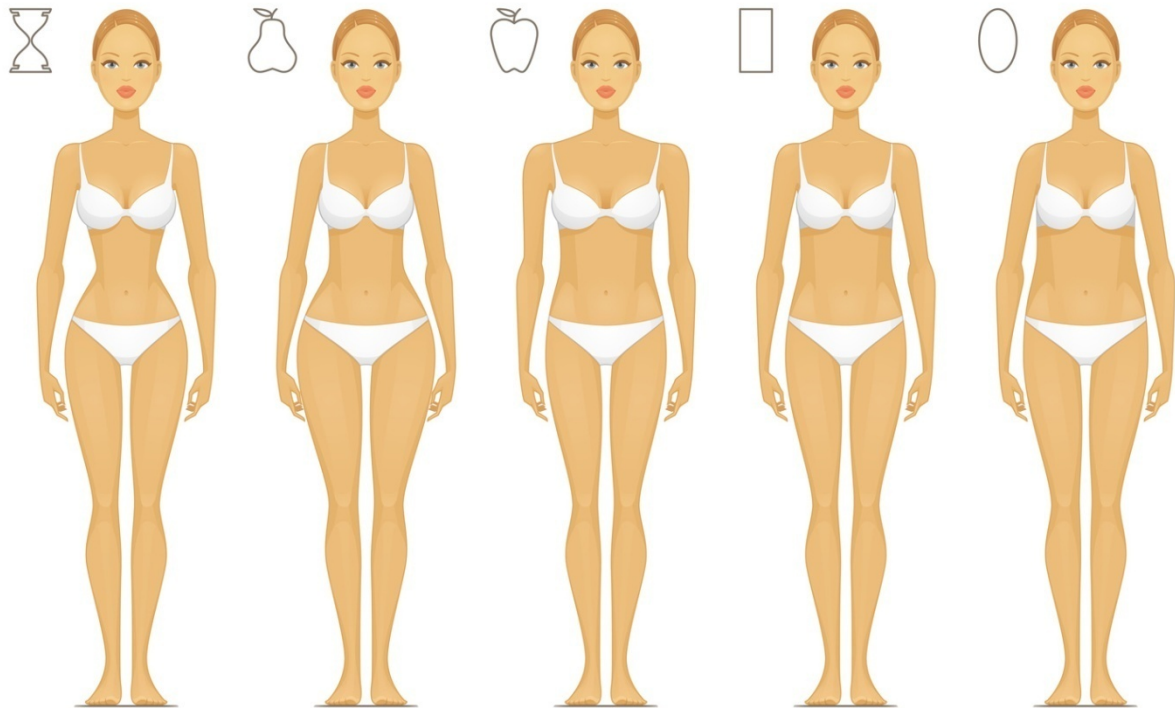


## **STIMULATION OF ADIPOSE TISSUE BY ULTRASOUND**

The main purpose of using aesthetic devices is to directly target the fat cells that accumulate in the adipose tissue. Under the action of ultrasound waves, triglycerides are broken down into fatty acids and glycerol. Glycerol is water soluble and is thus easily absorbed into the circulatory system. The fatty acids are processed by the liver in a way that is natural and intrinsic to the body.

## **FOR ALL CHARACTER TYPES**

The BeautyRelax is suitable for all body types. For both men and women. Whatever the predisposition for greater fat deposition on any part. Exceptions are people who are subject to any of the conditions listed in the list of contraindications.



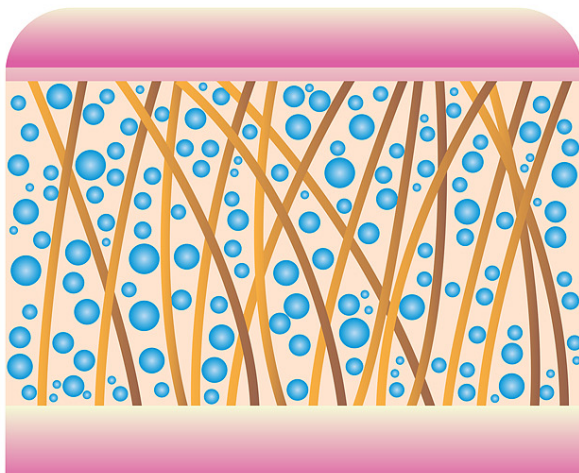
## THE PROBLEM OF WRINKLES

The process of wrinkle formation is a natural phenomenon. It is a consequence of skin aging. Over time, it loses its elasticity. Cell renewal slows down, resulting in an inability to produce sufficient quantities of quality collagen. As a result of **reduced collagen production**, the skin develops lines that the body is unable to compensate for without help. The wrinkling of the skin gradually penetrates into the dermis layer - the dermis (the supporting tissue of the skin). The result is skin with a large number of deep and prominent wrinkles. Wrinkles can be divided into two basic groups. **Dynamic wrinkles**, which are caused by contraction (contraction of muscles). They begin to appear around the age of 35. **Static wrinkles** are the result of sagging of the lower layer of the skin and low collagen production. Static wrinkles begin to appear around the age of 40.



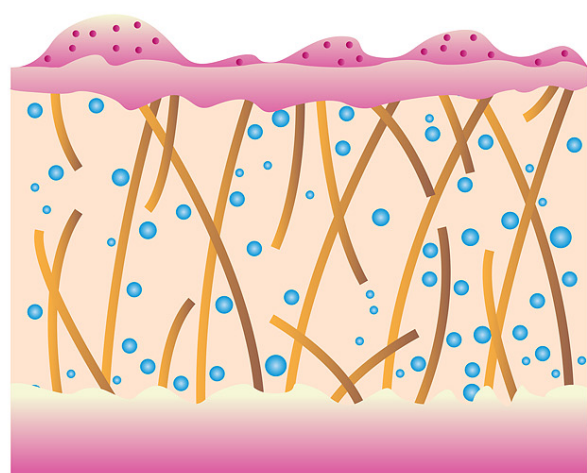
## METHODS OF WRINKLE REDUCTION

Wrinkle removal options are divided into two basic groups: **invasive** and **non-invasive**. The invasive method includes all types of surgical procedures where a scalpel or injections are used. The doctor's instrument physically passes over the surface of the skin. Non-invasive methods include a variety of cosmetic products, creams, gels, oils and serums. Another option is instrumental skin treatments using selected technologies designed to actively stimulate natural collagen production and strengthen elastic fibers. **Radiofrequency** technology is experiencing a great boom in the field of aesthetics. It achieves the best ratio of **gentleness** and **effectiveness**.



### TIGHTENED SKIN WITHOUT WRINKLES

SUFFICIENT COLLAGEN  
FLEXIBLE ELASTIC FIBRES

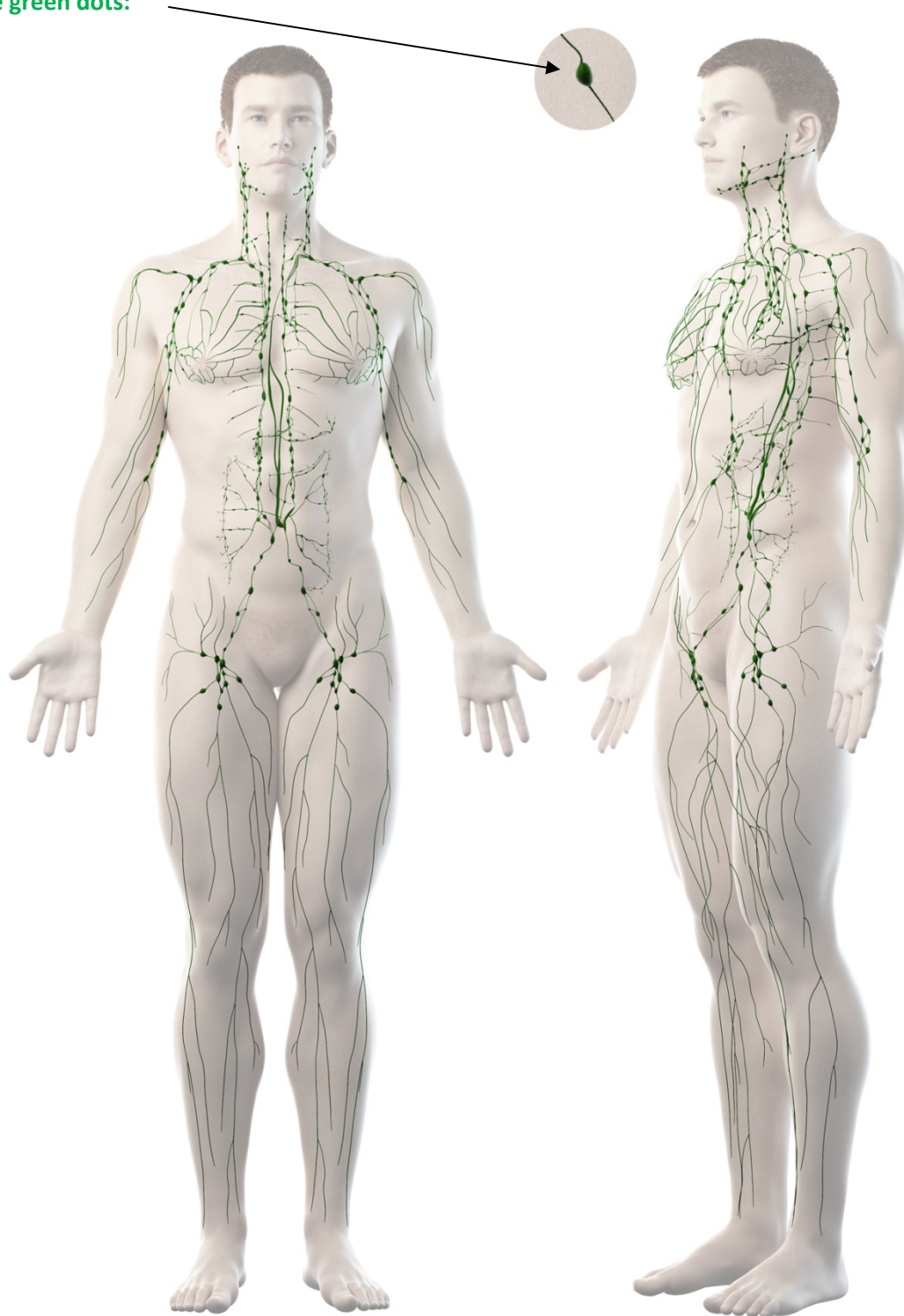


### SAGGING SKIN WITH WRINKLES

LOW AMOUNT OF COLLAGEN  
REDUCED ELASTICITY OF ELASTIC FIBRES

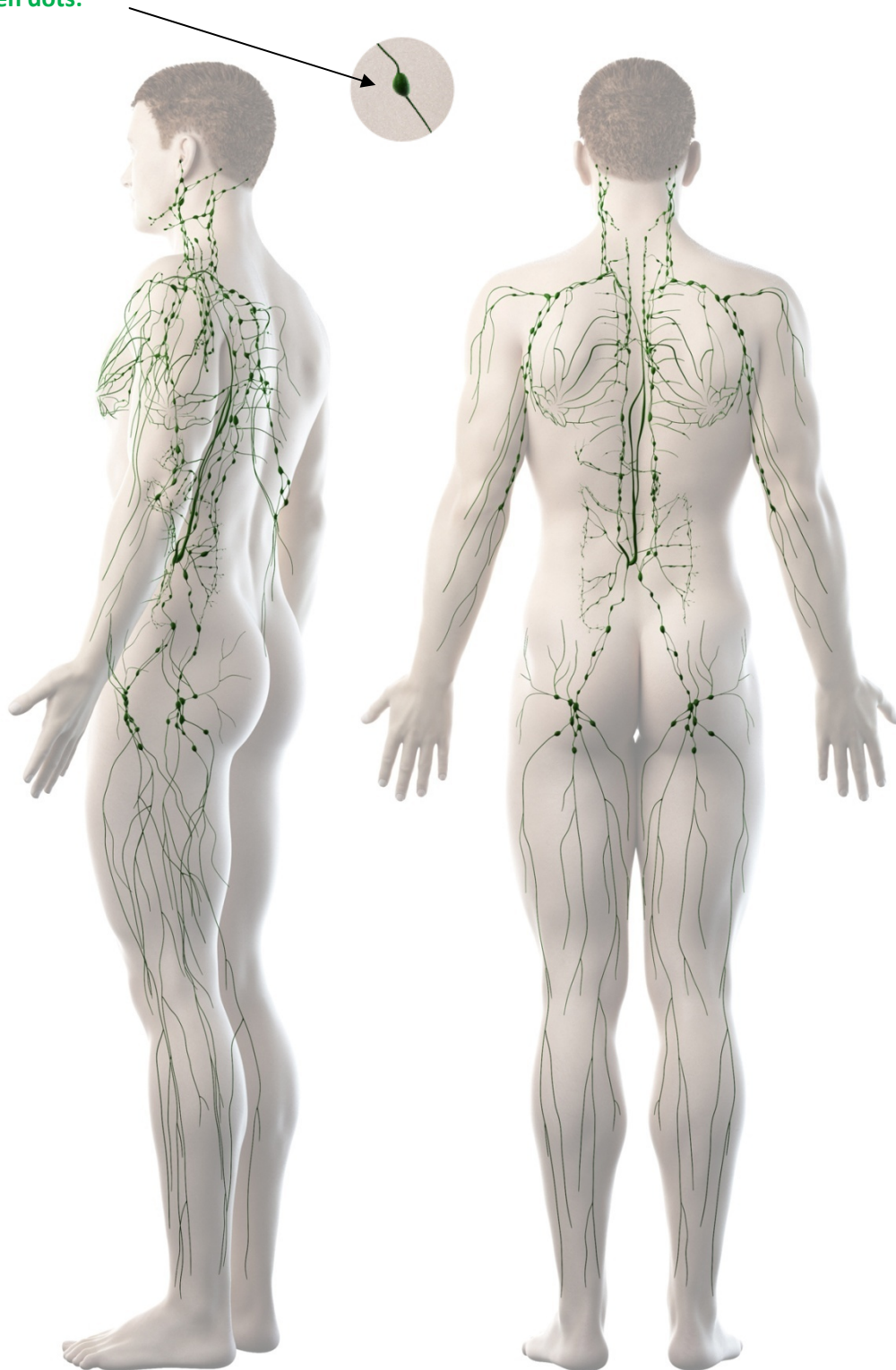
## LYMPH NODES

When using the **Beautyrelax** device, **try to avoid** these areas of the lymph nodes. A light touch does not matter. Constant stimulation of these nodes is not recommended. The nodes are shown **with large green dots**:



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## **INTRODUCTION OF THE DEVICE**

### **TECHNOLOGY**

BeautyRelax Celluform Optimal is a new generation aesthetic device for effective body shaping. The design and technologies used are based on the instrument technology of professional aesthetic studios. Reduction of subcutaneous fat, firming of sagging skin, alleviation of cellulite symptoms. The main effects of highly effective technologies: ultrasound, radiofrequency, EMS and photon light. Designed for body treatment. Absolutely safe to use in home conditions. BeautyRelax Celluform Optimal is the optimal solution for your body!

### **ULTRASOUND**

The application head generates high-frequency ultrasound waves that penetrate the subcutaneous tissue at a frequency of 1MHz. The tissues then absorb the energy generated. The integrity of the fat cell is disrupted and fat is released. The released fat is broken down into glycerol and free fatty acids. The glycerol serves as an energy source, while the fatty acids are transported to the liver where they are processed as normal fatty acids from food and excreted out of the body naturally. The removed fat is not returned to the tissue. Ultrasonic cavitation is a painless, non-invasive, gentle, effective and most importantly permanent method for fat reduction on the most problematic areas.



### **RADIOFREQUENCY**

When applied to the area to be treated, the applicator releases energy with a very specific power and frequency. The radiofrequency waves are optimized to cause a thermal gradient that significantly affects the processes in the dermis layer. The energy delivered activates the remodelling of collagen fibres and elastin. The maximum possible targeting of energy even in areas with a more pronounced fat layer and the subsequent excitation of metabolic processes has a significant impact on the very effective smoothing of sagging and deformed contours.



### **RED LIGHT**

- promotes natural collagen production
- increasing the efficiency of absorption of active ingredients in cosmetic products
- improvement of blood circulation in the subcutaneous tissue
- prevents pigment formation



### **BLUE LIGHT**

- activates porphyrins (starts a chemical reaction that kills harmful bacteria)
- antibacterial and anti-inflammatory effect
- prevention of acne formation
- safe and effective treatment

## EMS

The multifunctional application head of the BeautyRelax Celluform Optimal generates gentle electrical impulses. The power and frequency of the electrical pulses are specially adjusted to allow for an effective yet painless skin treatment. Muscles are contracted and thus strengthened. Collagen and elastic fibres are mechanically stimulated. The skin has a rejuvenated and radiant appearance. All this non-invasively and without any unpleasant sensations.



## MAIN ADVANTAGES

- The device can be used on the face and body.
- 4 modern technologies commonly used in aesthetic salons.
- Better achievable results compared to similar instruments.
- Completely non-invasive nature of the treatment.
- It causes no discomfort.
- Painless and completely safe to use.
- Time-saving: 1 treatment takes 15 minutes.
- Without any side effects.

## WHAT YOU CAN EXPECT

- Intensive stimulation of the dermis layer to promote natural collagen production.
- Inducing muscle tension in the facial muscles to strengthen them.
- Targeted focus on fatty tissue in the chin area.
- Achievable and visible results of subcutaneous fat reduction even in cases where fat is growing through muscle mass (especially in men or athletic women).
- Active stimulation of adipose tissue with a focus on female and male body parts.
- Shaping of prominent contours on the arms, legs and body.

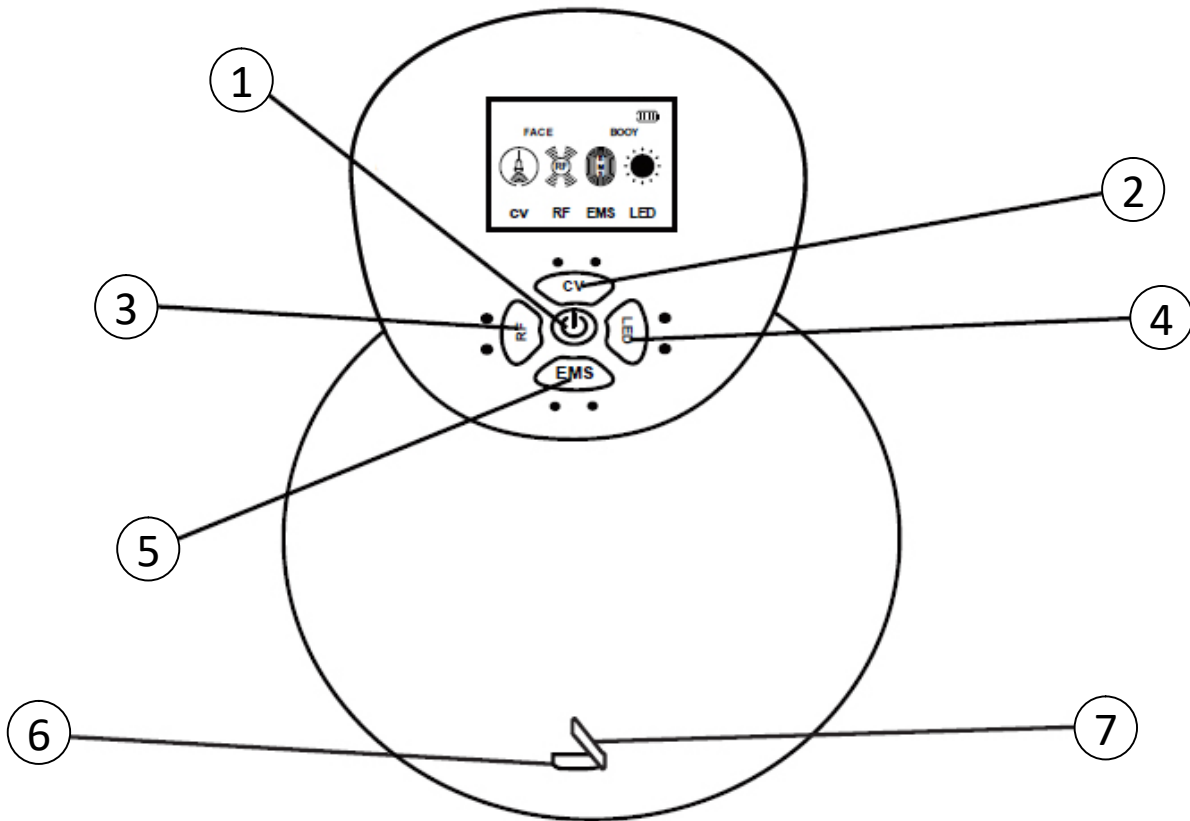
## TECHNICAL PARAMETERS

- Ultrasound frequency: 1Mhz.
- Radiofrequency: 2Mhz
- Red light with a wavelength of 625nm.
- Blue light with a wavelength of 465nm.
- Backlit LCD display.
- Timer.
- Battery status indication.
- Operating voltage: 5V.
- Operating current: 1A.
- Dimensions: 8,5x8,5x8,5cm.
- Weight: 250g .

## PACKAGING CONTENT

- Aesthetic device BeautyRelax BR-2220 Celluform Optimal
- USB charging cable
- Charging adapter 220V
- Operating Instructions

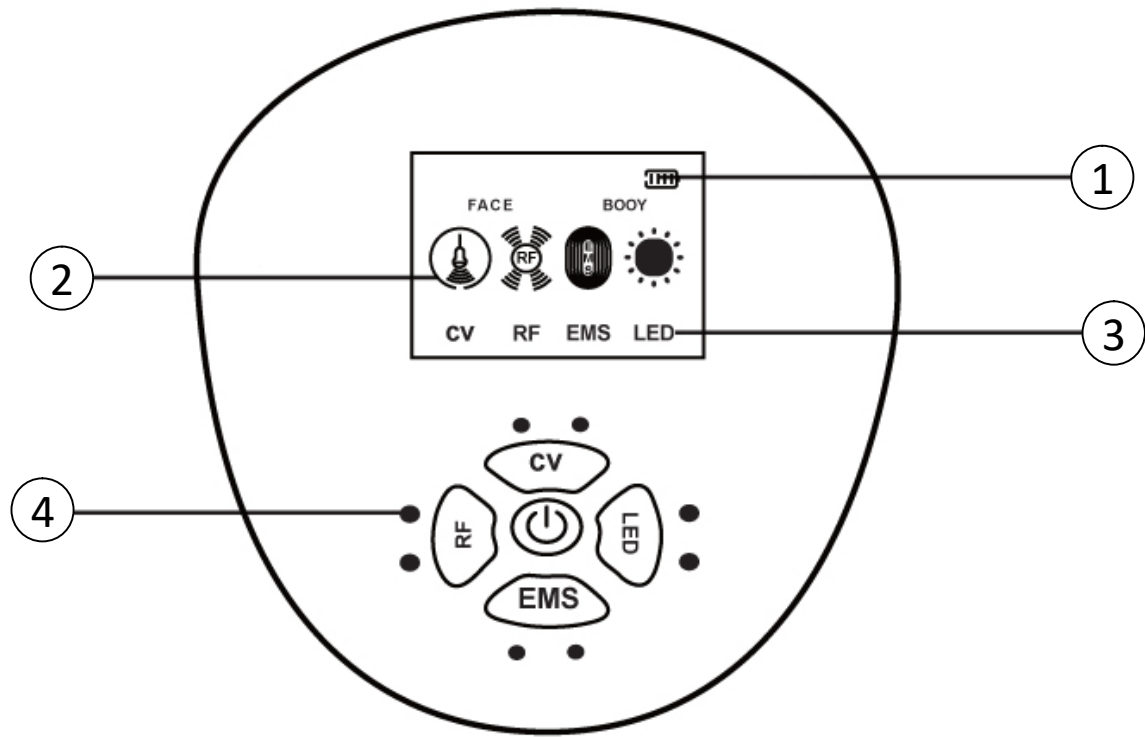
## DEVICE DESCRIPTION



- 1. ON/OFF button
- 2. CV ultrasonic wave button
- 3. RF radiofrequency button
- 4. LED photon light button
- 5. EMS electric pulse button
- 6. Power cable input
- 7. Power cable cover

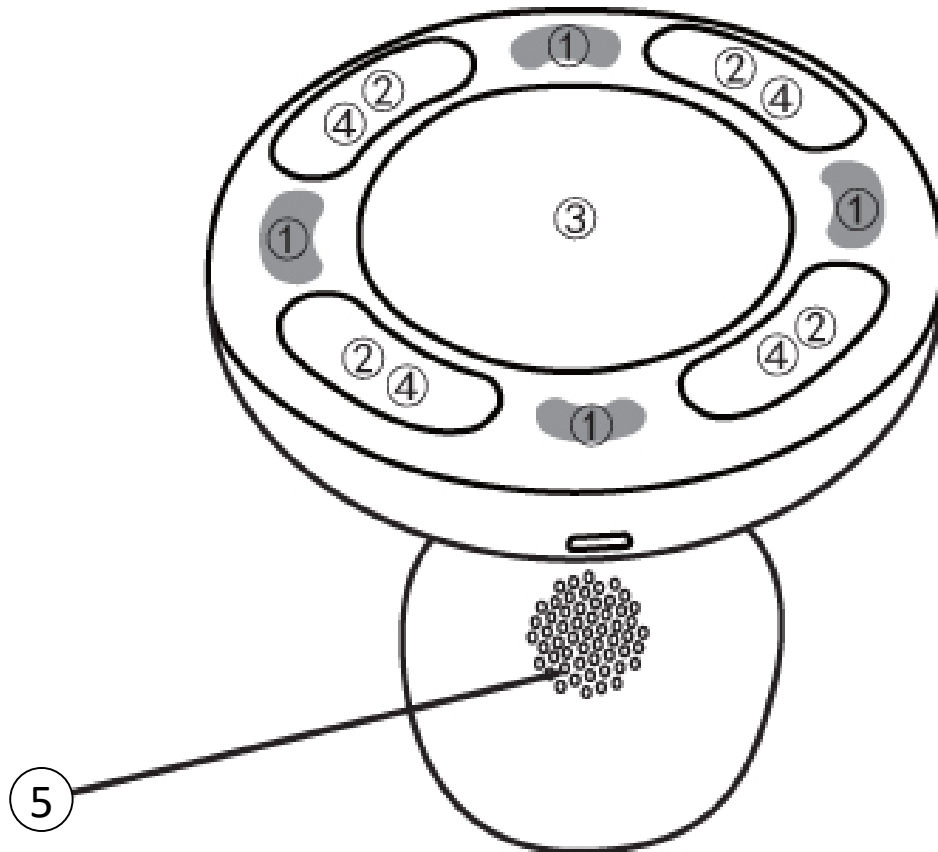


## DEVICE DESCRIPTION









1. Battery status indicator
2. Display the current mode
3. Mode name
4. Intensity level indication

## DESCRIPTION OF THE APPLICATION HEAD



- 1. Red and blue light
- 2. Radiofrequency
- 3. Ultrasonic waves
- 4. EMS electrical pulses
- 5. Heat venting (never cover)

## SCHEME OF CONTROL BUTTONS

<b>Button</b>	<b>Functions</b>	<b>Light indication</b>
	<i>briefly 1s - switching on the device briefly 1s - switching off the device</i>	
	<i>short press - change between modes Body mode / Face mode / manual mode selection</i>	
	<i>2 intensity levels</i>	<i>light indication at the LED button</i>
	<i>2 intensity levels</i>	<i>light indication at the CV button</i>
	<i>red/blue light</i>	<i>light indication at the LED button</i>
	<i>2 intensity levels</i>	<i>light indication at the LED button</i>

## INTENSITY SETTING

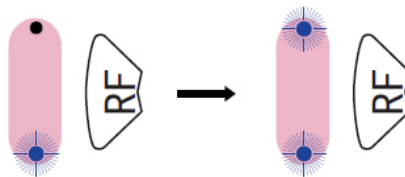
### **ON/OFF button**

Press the **ON/OFF** button for a long time. The device will switch on. The instrument will start in **Body** mode. Press the **ON/OFF** button briefly again to switch to **Face** mode. Press again to switch to the free treatment mode. Press the **ON/OFF** button for a long time to switch off the device at any time.



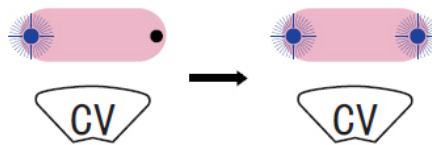
### **Two levels of RF radiofrequency intensity**

Press 1x **RF button** = low level 1. Press 2x **RF button** = high level 2. Each level is accompanied by a light signal.



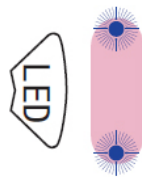
### **Two levels of CV ultrasound intensity**

Press 1x **CV button** = low level 1. Press 2x **CV button** = high level. The individual levels are accompanied by a light signal.



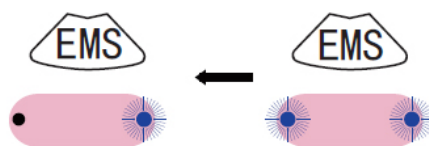
### **Two colours of photon light**

Using the **LED** button you can choose the colour of the photon therapy light.



### **Two levels of EMS electrical pulses**

Press 1x **EMS button** = low level 1. Press 2x **EMS button** = high level. The individual levels are accompanied by a light signal.



**Note**

Each mode has an automatic timer of 10 minutes (the time is not reset if the intensity changes). After 10 minutes, the unit switches to standby mode. You can then use the **ON/OFF** button to select a new mode of use for the instrument. The LCD display will show the appropriate icon according to the set mode of use of the instrument.

## **DESCRIPTION OF THE INDIVIDUAL BODY/FACE MODES**

The massager has a great advantage over similar type devices. By adjusting the power it can be used on the body and face. Celluform Optimal thus incorporates two devices into one. The device offers multifunctional skin treatment in two basic modes: Body, Face. Plus an additional free mode in which you can activate the device's technologies manually.

### ***Body treatment mode - BODY***

Timer of 10 minutes. High intensity radiofrequency + red LED light (RF + LED 2 light indicators) working for 2 minutes. High intensity ultrasonic waves + red light (CV + LED 2 light indicators) work for 3 minutes. High intensity RF + EMS (10 seconds each) + red LED light (2 light indicators) work for 5 minutes.

### ***Facial treatment mode - FACE***

Timer of 10 minutes. Low intensity radiofrequency + blue LED light (1 RF + 2 LED light indicators) working for 3 minutes. Low intensity ultrasonic waves + blue light (1 CV + LED 2 light indicators) work for 2 minutes. EMS electric pulses in low intensity + blue LED light (1 EMS + 2 LED light indicators) work for 2 minutes. Radiofrequency pulses at low intensity + EMS alternately (each function 10 seconds) + blue LED light (1 EMS + 1RF + 2 LED light indicators) work for 3 minutes.

### ***Free mode - manual technology settings***





In FACE mode, press the **ON/OFF** button once briefly. This starts the so-called free mode, in which you can set the action of the technologies individually. You can also manually adjust the power action for individual technologies. However, the following technology combinations can be activated in free mode:

ULTRASOUND + LED LIGHT, RADIOFREQUENCY + LED LIGHT, EMS PULSES + LED LIGHT. The main technologies (ultrasound, radiofrequency, EMS pulses) cannot all be run simultaneously in free mode. Use the free mode when you get more experience with the device. You will learn how your skin perceives each technology. You can then activate only selected technologies in the future. However, you should always base your choice on the characteristics of the technologies (how important a particular technology is).

### ***Automatic shutdown function***

After 10 minutes, the device automatically switches to standby mode. In case of further inactivity within 2 minutes, the device will automatically switch off.

## TECHNOLOGY APPLICATION SCHEME

<b>Button</b>	<b>Meaning of</b>	<b>Body treatment area</b>	<b>Frequency of use</b>
	<i>suppression manifestations of cellulite / increased skin elasticity</i>	<i>face/body</i>	<i>15 minutes at one treatment / day</i>
	<i>reduction adipose tissue</i>	<i>face/body</i>	
	<i>non-invasive treatment of skin cells</i>	<i>face/body</i>	
	<i>strengthening of muscle tissue</i>	<i>face/body</i>	

## **LENGTH & FREQUENCY OF USE - BODY**

In the introduction to the user manual, we described which body parts you can target with the device. Now we will try to explain how to best plan your use of the device and what rules to follow. When using the device, please refer to the following guidelines:

- Only one part of the body can be treated per day. The paired body area is considered as one part. So you can target the tummy or arms (right and left hands together) or inner thighs (right and left legs together) in one day.
- Use of the device on any given day should not exceed 15 minutes.
- The device can be used a maximum of 3 times per week (this applies to the same and different parts of the body).
- The optimal frequency of use is therefore e.g. Monday, Wednesday, Saturday.
- Repeat this weekly program within one month.
- If you use the device for three weeks, we recommend skipping the fourth week entirely.
- Then resume using the device again within a three-week cycle.

**Note:** *the above information also applies to free mode, where you can choose which technology to enable on the device. However, the time and frequency of use remain the same.*

## **LENGTH & FREQUENCY OF USE - FACE**

We have briefly mentioned the duration of application to the facial area in the previous paragraph. However, it is not possible to determine the duration of the skin treatment to the nearest second according to predefined tables. The duration of use of the device depends significantly on several factors - skin condition, age of the user, skin type, skin sensitivity or the way the user takes care of the skin for a long time. In general, for the very first use, the treatment should last in the order of units of minutes. During the initial use, it can be analysed gradually how the skin reacts to the radiofrequency wave and ultrasound technology or how long it takes for the skin to stop being sensitive to touch after the treatment. This allows the time interval between treatments to be determined. The length of the treatment should also take into account the extent of the surface area of the selected area. The entire facial area will take longer due to the more rugged surface relief.

## SKIN TEST

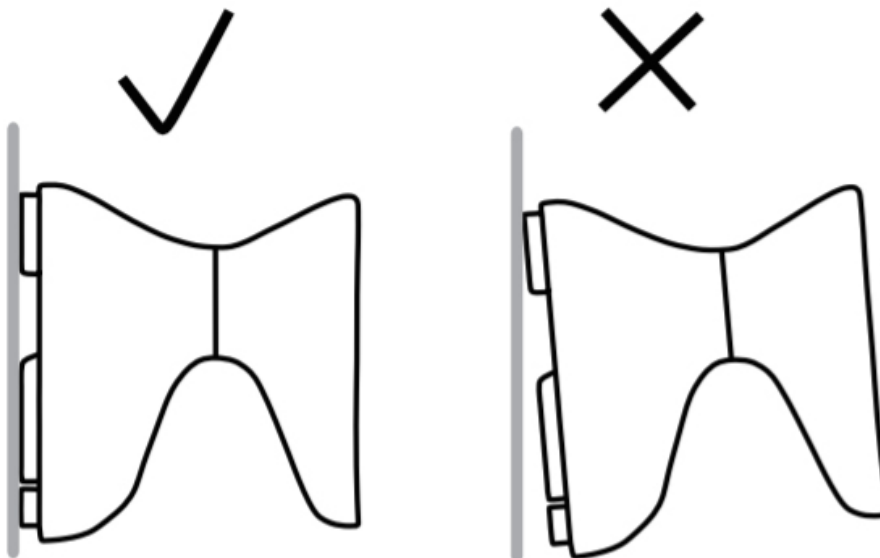
We're all originals. There are a variety of skin types. Although it is perfectly safe to use the device, it is recommended to perform a skin test to see if use will cause any adverse skin irritation or allergic reaction.

1. Apply a thin layer of conductive gel to the skin
2. Treat a small area of skin in circular motions alternating RF, CV and EMS technologies for 3 minutes.
3. Remember to set the lowest intensity level to 1.
4. If no abnormal discolouration due to an allergic reaction appears on the skin within 24 hours, you can safely use the device according to the instructions in this manual.



## CORRECT USE OF THE DEVICE

When using, always ensure that the application area is in full contact with the skin. Otherwise the device will not work properly. This applies to large areas on selected parts of the body (thighs, buttocks, etc.).



*Correct use*

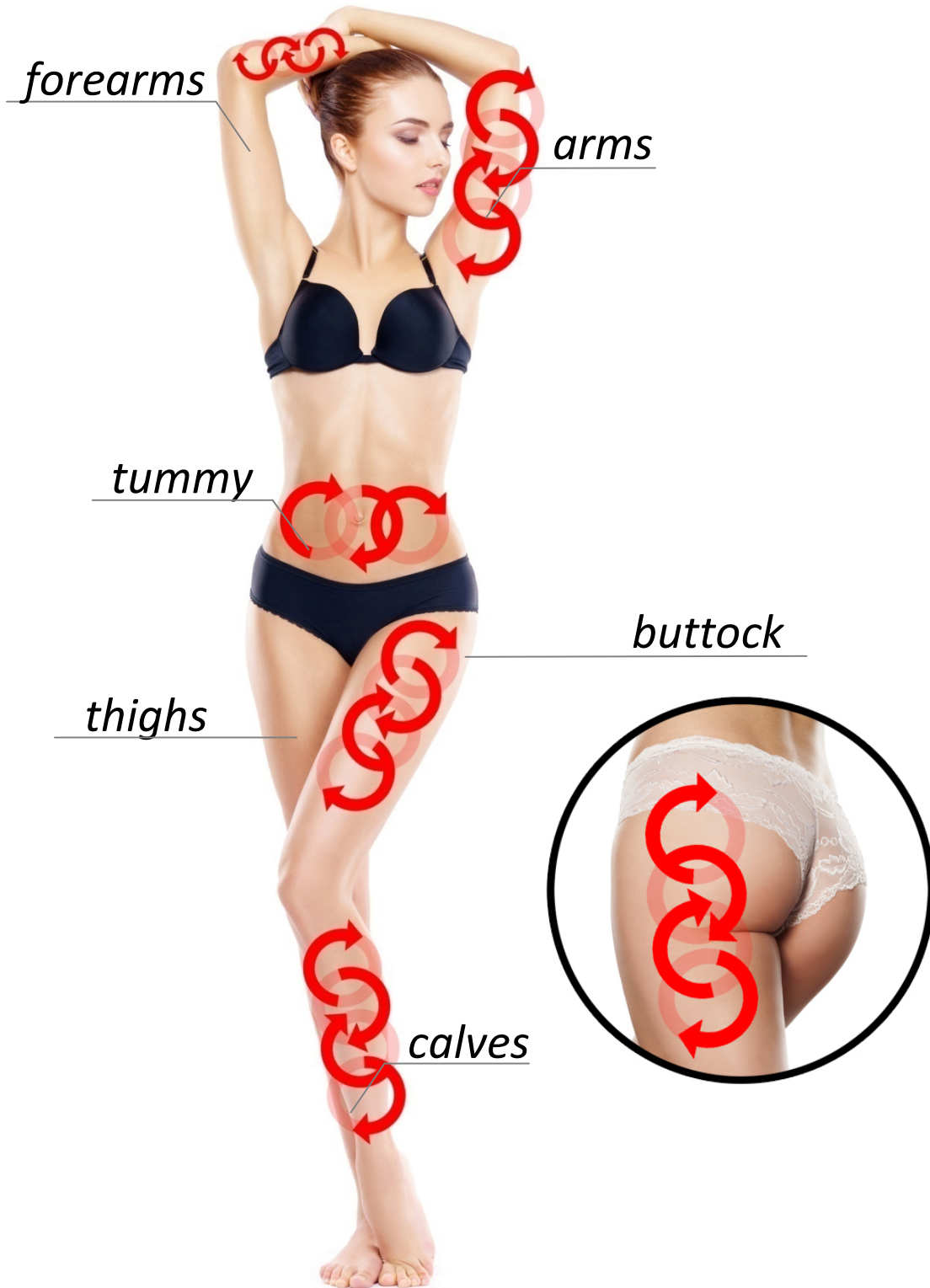
*Improper use*

**Note:** this of course does not apply to the facial area. The face has a variety of curves, larger or smaller areas. For face, neck and décolletage, apply the head to the skin as the skin relief allows.



## BODY TREATMENT OPTIONS BODY MODE

### UNIVERSAL MASSAGE TECHNIQUE



## ARMS



*Make yourself comfortable and relax the muscles in your arms. Move the application head of the device towards the shoulder. Gradually treat the outside and inside of the arm. Move in short, straight movements as illustrated. Try to focus on the parts of the arm where there is the most fatty tissue.*

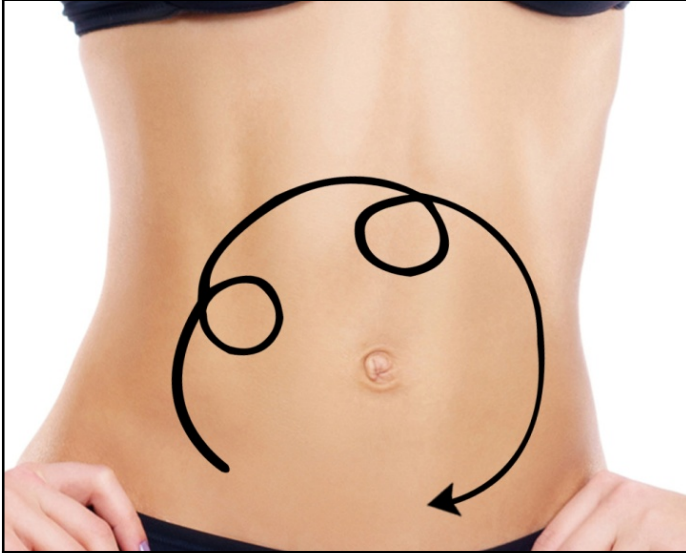


*Follow the same procedure as in the previous step. Now perform circular pulling movements. In this way, treat the whole arm one by one. Focus on the area with increased fatty tissue.*



## WAIST & TUMMY

*Move the application head in a circular motion. Treat the entire tummy area in this way. Always try to avoid the belly button area directly. You can move clockwise or anticlockwise.*



*Move the applicator head in long strokes with smaller circles. Treat the entire tummy area in this way. Always try to avoid the belly button area directly. You can move clockwise or anticlockwise.*



*Move the application head in long, rounded movements. Try to focus on the side of the waist. Work from top to bottom and repeat the process.*

## BUTTOCK



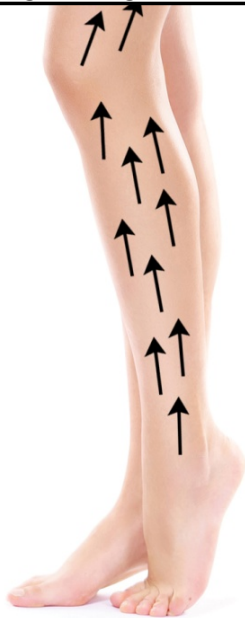
*Move the applicator head in long, rounded movements from the centre of the buttocks upwards towards the waist.*



*Move the applicator head in long, rounded movements from the centre of the buttocks upwards to the waist in a U-shape.*



*Move the application head in long, short movements with a loop in the middle of the path. You can treat the entire buttock area in this way.*



## THIGH & CALF

*Move the application head in short, straight movements. Optimally from the underside of the limb upwards.*



*Move the application head in long, long circular movements. Optimally from the underside of the limb upwards.*



*Move the application head in an arcing motion. In this way you can treat both the front and the back of the limb.*

## TREATMENT OPTIONS FACE MODE FACE



**FACE:** move away from the centre forehead to the edge, cover the whole area gradually



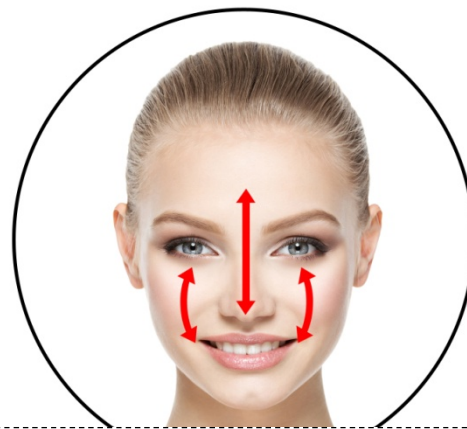
**NOSE:** move from the forehead around the nose to the cheek, from top to bottom



**FACE:** move your face in the direction of the from the bottom up



**CHIN:** move from the tip of the chin along the contours of the face, from bottom to top



**T zone:** move from forehead to tip of nose and face, movement in both directions



**Neck:** move from the chin towards the ear and then down to the neck upwards

## **BATTERY CHARGING**

The device has a built-in rechargeable battery. Once the battery is discharged, the device automatically switches off. The battery status is indicated by a battery icon on the display.

### ***Charging procedure:***

1. Plug the cable into the mains adapter included in the package.
2. Connect the other end of the cable to the input on the side of the device.
3. The length of the charge depends on the state of the battery.
4. The battery icon on the display indicates the charging progress.

## **CLEANING AND MAINTENANCE**

The use of the device is always associated with the application of the sonogel. Always ensure that the application head is cleaned after the treatment is completed. If more than one person uses the device, the surface of the applicator head should be disinfected. Ideally with an alcohol spray solution. Do not use any aggressive cleaning agents. Moisture must NEVER penetrate the device. Dry the applicator thoroughly after cleaning. This will significantly prolong its service life.

**CELLUFORM  
OPTIMAL**

**DUAL ESTHETIC TREATMENT**  
OPTIMAL FULL BODY SOLUTION

**FACE**

**BODY**

## SOLVING POTENTIAL PROBLEMS

The Problem	Possible cause	Solution
The device cannot be switched on	You have not pressed the ON/OFF button long enough	Press the ON/OFF button again for a long time
	The battery is low	Charge the battery
The device switches off automatically after a few minutes	Low battery	Charge the battery
	You need to reboot	Switch the device off and on again
The device cannot be charged	USB cable not sufficiently connected	Reconnect the cable correctly to the device
	The battery is charged	The battery icon on the display is full
I don't feel the effects of radiofrequency	Skin is too dry	Apply a larger amount to the skin contact gel
	The intensity level is low	Increase the intensity to level 2
	You move the application head too fast	Recommended movement speed 2-5cm per second
	Contact electrodes are not in full contact with the skin	The contact area of the device must be with the skin in its entirety
Radiofrequency burns too much	You stay with the device in one place for too long	Recommended movement speed 2-5cm per second
	Contact electrodes are not in full contact with the skin	The contact area of the device must be with the skin in its entirety
	The level of intensity is high	Reduce the intensity to level 1
I don't feel the effects of EMS	Skin is too dry	Apply a larger amount of contact gel to the skin
	The intensity level is low	Increase the intensity to level 2
	You move the application head too fast	Recommended movement speed 2-5cm per second
	Contact electrodes are not in full contact with the skin	The contact area of the device must be with the skin in its entirety
I feel the effects of the ultrasound too	Feeling of vibration and slight whistling not a defect	This is a concomitant phenomenon
The device generates noise during use	Slight whistling is not a fault	This is a concomitant phenomenon





## **RELATED RECOMMENDED INSTRUMENTS**

When non-invasive instrumental treatment of adipose tissue is recommended ideally to support the activity of the body's lymphatic system. Professional massage studios offer similar treatments in the same way. Lymphatic massage and support of blood circulation significantly helps to drain the limbs and flush out all unwanted pollutants from the bloodstream. As part of our range, we can recommend the following products for inspiration, which can be effectively combined with the BeautyRelax Celluform Optimal:



BeautyRelax Massager  
Vacuform Premium



BeautyRelax Massager  
Vacuform



BeautyRelax Vacuform Exclusive Vacuum  
Drainage Massager



BeautyRelax Massager  
Lymfopress Premium

## **FREQUENTLY ASKED QUESTIONS AND ANSWERS**

### **How should the treatment be carried out properly in the home environment?**

Please read all the details in this manual very carefully before starting the treatment. Pay particular attention to the contraindications. If you are unsure, consult your general practitioner. Also study the list of areas that are precisely defined for ultrasonic cavitation treatment. During the treatment, adopt a lying or sitting position. Make yourself comfortable. Wear something lighter and comfortable.



### **What precautions must be taken before and after treatment?**

Do not eat heavy or fatty foods for at least 4 hours before the treatment. Light meals (e.g. vegetable salad, yogurt) are recommended. The day before treatment, on the day of treatment and for several days after treatment, increase your drinking to 2 to 2.5 litres of pure water per day. Avoid fizzy and sweetened waters. For a week after your ultrasound treatment, you should avoid alcohol, caffeine, nicotine, heavy and fatty foods. All these factors put a strain on your liver, which is already burdened with filtering the released fats from your body. Further burdening them could lead to nausea or ill health. We recommend a slight increase in physical activity after treatment. This will significantly boost your circulation and overall metabolism. Stimulating the blood circulation and lymphatic system will encourage the flushing of released fats out of the body naturally.

### **Does treatment with an aesthetic device with ultrasonic cavitation function hurt?**

The treatment is completely painless and safe if all the instructions in the manual are followed.

### **I'm severely obese. I'm very overweight. Is using the BeautyRelax Celluform Optimal the right solution for me?**

Unfortunately, no. In this case, we do not recommend using the device under the above circumstances. An aesthetic device cannot compensate for an unhealthy lifestyle in which you consume, with repetitive regularity, more calories than your body can metabolize in the long term. If you are very overweight, we recommend that you contact your GP or a nutritionist and address the weight loss process under professional supervision.

### **So who is the BeautyRelax Celluform Optimal suitable for?**

The aesthetic device is suitable for anyone who is internally convinced that they are really interested in working on their appearance. Despite all efforts, it is not possible to reduce the unwanted layer of fatty tissue on selected parts of the body. Yet he is willing to try the non-invasive route and avoid surgery with a scalpel. The device is designed for anyone who already feels some fatigue in the facial area. The skin has lost its original elasticity. The incidence of wrinkles is increased.

### **Do I need to adjust my diet in any way while using the device?**

It certainly does. If possible, avoid eating really heavy, fatty foods on the day you use the device. We are thinking in particular of dishes that have been prepared using the oil frying technique. We also recommend avoiding sweetened drinks. Ideally, consume only plain water or water flavoured with fresh fruit juice. By lightening your diet you will significantly help your body during the period of using the device.

**How do I know if the applicator head is really generating ultrasound waves?**

During the treatment, you may hear a faint whistling sound emitted by the ultrasound. Sensitive individuals may feel a slight tingling sensation. To test the functionality of the ultrasound waves, apply a small amount of water droplets to the application head. The ultrasonic waves will agitate the water molecules.

**What results can be achieved?**

The result is strongly influenced by several factors. The released fat must be processed by the body. How quickly it processes it depends mainly on your metabolic rate, the type of fat you have (whether it has grown into muscle tissue), the state of your lymphatic system or your lifestyle. Under optimal conditions, this can be up to several centimetres of loss after repeated treatments, while maintaining the above mentioned lifestyle. Think of an aesthetic device with ultrasonic cavitation capability as a useful tool to assist you in your efforts to look better. In order to achieve your dream goals, you need to adjust your lifestyle and increase your exercise (we are still talking about light physical activity, no extreme physical exertion that you may not be used to). This is important so that the processes that the aesthetic device will start in your body can take place successfully and efficiently.

**Is it safe to use an aesthetic device with ultrasonic cavitation?**

As long as the device is used on the right parts and the users do not correspond to any of the contraindications listed, ultrasonic cavitation is perfectly safe. The released fat is able to be gradually processed by the body. The power is specially adjusted so as not to damage other cells and blood vessels. Again, we remind you that the treatment is always associated with a sonogel. This allows the ultrasound waves to sufficiently bind to the skin.

**What principles must be followed to achieve the desired slimming effect?**

As already mentioned in the previous text, it is necessary to adjust the lifestyle and increase fluid intake. You can safely undergo ultrasonic cavitation treatment after 7 to 10 days. We do not recommend treating more than two areas at a time. If you treat parts that are closer together, the effect of cavitation is multiplied. Otherwise (more distant areas), the effect is divided. Always try to avoid parts of the body where there are lymph nodes - see the graphic visualisation in this manual, passage: **LYMPHATIC NODES**. A slight accidental movement does not matter. However, the application head must not directly stimulate these selected parts. Proper function of the lymph nodes and prolonged stimulation with ultrasound waves are not compatible.

**Do I need to make any adjustments to the movement while using the device?**

You definitely don't have to combine the use of the device with high athletic performance. However, it is advisable - ideally on the day of use - to take a short walk, run or ride a treadmill or bike. If you are unable to leave your home, at least take a light stretch. Use exercises to help you get a little breathless. Again, we emphasize. There is no need to do extreme physical exercise. The main purpose is to support your lymphatic system and metabolic rate so that the energy released when stimulating fat tissue is used efficiently. Timing after using the device is optimal.

**What is the reason for caring for the applicator head after each use?**

The contact head must be carefully cleaned of contact gel. Cleaning will prevent any possible ingress into the instrument and ensure the best possible hygiene of operation.

**Can more than one person use the device?**

Yes. It is possible, but under certain conditions. Pay particular attention to the disinfection of the application head. You will prevent the transmission of bacteria or possibly skin diseases. For disinfection, ideally use an alcohol spray solution. Always dry the surface of the application head thoroughly.

**How long should an individual skin treatment take?**

The recommended length of an individual treatment should not exceed 15 minutes.

**Is the device a medical device?**

The device is not a medical device. It belongs to the category of massage devices. The device does not treat obesity or any other disease. The device provides technologies that help in the fight against subcutaneous fat reduction.

**Does the device have any certification?**

Instrument for standard European certification. It meets all the standards that are imposed on instruments of this type. In case of need, please contact us at: [mh@santadria.cz](mailto:mh@santadria.cz) We will send you the declaration of conformity electronically.

**Is the device waterproof?**

It's not. No part of the appliance is designed to be washed under running water.

## A FEW SENTENCES IN CONCLUSION

BeautyRelax Celluform Optimal is the first model in the category of body shaping devices that is also designed for use on the face, neck and décolleté. It's a huge step forward. You need to use a different frequency of ultrasound waves on selected areas of the body than for the face. Until now, the devices have not been able to change this parameter. The Celluform Optimal is the ideal solution for users who do not want to have multiple cosmetic devices, but prefer a device with multiple purposeful uses. The facial surface has a different relief than selected areas on the body. The design of the application area thus represents a certain compromise in order to effectively treat the entire body. For the face, neck and décolletage area, this may require a little griffon. With each additional use, your skin treatment technique will gradually improve. I wish you that the device fulfills your wishes and expectations.



Martin Arbek

[www.beautyrelax.cz](http://www.beautyrelax.cz)

## DISPOSAL OF USED ELECTRICAL EQUIPMENT



This symbol on products or in accompanying documents means that used electrical and electronic products must not be added to normal municipal waste. For proper disposal, refurbishment and recycling, take these products to the designated collection points. Alternatively, in some European Union or other European countries, you can return your products to your local retailer when purchasing an equivalent new product. By properly disposing of this product, you will help conserve valuable natural resources and help prevent potential negative environmental and human health impacts that could result from improper waste disposal. For further details, contact your local authority or nearest collection point. This symbol is valid in the European Union. If you wish to dispose of this product, please obtain the necessary information on the correct method of disposal from your local authorities or your dealer.

## CERTIFICATION



The product is approved for use in European Union countries and bears the CE mark. The declaration of conformity and all documentation is available from the importer.

## IMPORTER

SANTADRIA s.r.o. , Mojmírovo nám. 75/2 Brno, 612 00  
IČO: 29195454 | DIC: CZ29195454

If you have any questions about the product, please do not hesitate to contact us:

Email: [mh@santadria.cz](mailto:mh@santadria.cz) Tel: 737 196 160

Printing errors, features and changes in technical parameters reserved.

# ES DECLARATION OF CONFORMITY

The undersigned, representing the company

**SANTADRIA s.r.o.**

Mojmírovo nám. 75/2, Brno 612 00

ID: 29195454

hereby declares that the product

## Body shaping massager

launched under the model name: **BeautyRelax Celluform Optimal BR-2220**

EAN **8594166118980**

is in compliance with the following European standards:

EN 55014-1:2017

EN 61000-3-2: 2014

EN 61000-3-3: 2013 EN 55014-2: 2015

EN 60335-1: 2012+A11:2014+A13:2017

EN 62233:2008

EN 60335-2-23:2003+A1:2008+A11:2010+A2:2015

All detailed information is provided in the test reports:

**TB191124289 + TB191124288**

**Based on compliance with these directives, the product has been CE marked.**

The product also complies with RoHS Directive 2002/95/EC (RoHS). All materials are health-safe. They do not contain any heavy metals such as cadmium and other toxic substances.

For safe use, it is essential to strictly follow the instructions in the instruction manual included in the package.



Place of issue: Brno

Release Date: 1.4.2021

Martin Hrbek, Managing Director