

# Quick Start Guide

Elise

- 1) Remove the back cover and insert rechargeable Li-ion battery
- 2) Connect the lead to the probe and the USB plug into the machine
- 3) Press and hold the **top ON / OFF button** for 3-5 second to **turn on**
- 4) Firstly test the unit with the probe in your hand – hold the probe tightly, covering as much of the metal plates on the probe with your skin
- 5) Increase the intensity by pressing the **+ button** until you can feel the stimulation  
**Note:** Once you have passed 20 mA, if you were to let go of the probe and break the contact between the probe and your skin, an alarm will sound and **'leads'** will appear on the screen. This is a safety feature which doesn't allow current to flow through the probe when there is poor contact between your skin and the probe
- 6) Now before inserting the probe turn the machine **off**, pressing the **top ON / OFF button**
- 7) Go to the toilet before use
- 8) We recommend the use of a lubricant such as water or a water based gel to increase conductivity
- 9) Insert the probe with the two silver plates side to side, one silver plate on the left and the other on the right. Insert leaving the flat plastic end visible
- 10) Turn on by holding the **top ON / OFF button**
- 11) **Press P** to select your programme of choice
- 12) Increase the intensity by pressing the **+ button** until you reach a comfortable strength of stimulation. Some women are more sensitive to the stimulation than others. Keep increasing until you can feel the stimulation and then turn it back down two or three steps. Some may like to start at around 40mA and others may wish to start higher at around 60mA. **The Elise's maximum strength is 99.9mA.** We recommend you start on a lower intensity setting and build the strength up with each use, so as not to over work the muscle
- 13) **Note:** Once you have reached a comfortable level, four seconds after you stop pressing the button, the intermittent work/rest phase will start. The machine will take itself to 00.0mA for a rest period and then take itself back up to the level of intensity you chose, to work the muscle. This cycle will continue for the 20 minute programme
- 14) Your Elise will count down from **20 minutes**. 20 minutes is the recommended daily usage time

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

Please call us for further advice  
Helpline: 01372 723434