

Thank you for purchasing this product.  
 This manual describes the operation and precautions for safely handling this device.  
 Read this manual before using the device. After reading the manual, keep it in a safe place for future reference.

### Safety Precautions (Be sure to always follow these precautions)

In order to prevent personal injury or damage to property involving you or any other persons, be sure to observe the precautions outlined below.

■ The following symbols show the degree of injury or damage which may result through incorrect use or failure to observe the precautions in the text.

	This symbol indicates the possibility of death or serious injury.
	This symbol indicates the possibility of death or serious injury.
	This symbol indicates the possibility of bodily harm or damage to property.
	This symbol indicates a "Prohibited" action which must not be performed.
	This symbol indicates a "Mandatory" action which must be performed.

	Do not use this device in combination with the following medical devices. • Internally implanted electronic devices such as pacemakers • Electrical medical equipment used for life support such as artificial heart and lung apparatus • Wearable medical electronic equipment such as electrocardiographs Otherwise, the device may break down or cause injuries.

	Do not use the device near the heart, head, face, mouth, genitals or areas affected by illness or covered with tattoos. Accident, injuries or illness may occur.
	Do not use this product with therapeutic devices. Otherwise, you may feel nauseous.

	Do not allow children to use this device or allow to play or stand on the Main Unit or gel pad. There is a risk of accident or injury.
	Do not apply the gel pad onto metal objects such as watches or necklaces. There is a risk of accident or injury.
	Do not use the device if the surface of the gel pad is damaged or uneven. Accidents, problems or malfunction may occur.
	Turn the power off before connecting or disconnecting the Main Unit and gel pad, or when sticking down, changing, or peeling off the gel pad. This may result in electric shock or malfunction.
	Any person suffering from the following should consult a doctor prior to using the device. 1) People currently receiving medical treatment from a doctor, or who are otherwise experiencing symptoms of an illness 2) People with malignant tumours 3) People with cardiac or cranial nerve abnormalities 4) Pregnant women or those who have just given birth 5) People with a body temperature of 38°C or higher (fever) ※ Example 1: acute onset of symptoms (fatigue, chill, blood pressure fluctuations) ※ Example 2: state of debilitation 6) People with infectious diseases 7) People with skin abnormalities or problems 8) People with acute (painful) disorders such as spinal fractures, sprains and muscle tears 9) People suffering from exhaustion 10) People using medication 11) People with abnormal blood pressure 12) People with disabilities 13) People who are unable to express their own wishes 14) People with impairments, advanced peripheral circulatory disorders, or illnesses such as diabetes 15) People with a low body temperature 16) People with circulatory disorders 17) People with no effect following a significant period of use 18) People whose skin reacts badly to the gel pad Accident or illness may occur.

	Do not disassemble, repair, or modify the device. This may result in fire or electric shock.
	This product is intended to be used by one person at a time. The device cannot be shared by multiple users. Accident or electric shock may occur.
	Do not use or store the device in any of the following locations. • In direct sunlight • In areas of high temperature such as in proximity to heating devices • In areas of high humidity such as bathrooms • In wet or damp places • In dusty environments • In places with high levels of vibration There is a risk of fire, electric shock or malfunction.
	Do not use the device during sleep. There is a risk of accident or injury.
	Do not use the device before or when in control of cars, motorcycles and bicycles. An accident or a malfunction may occur.
	Do not leave the gel pad affixed to the skin for a long period of time. It may cause skin inflammation.
	Do not use the gel pad when it is wet. This may result in electric shock.
	Do not use the product on one area for more than 15 minutes. Accident or illness may occur.
	Do not overlay two gel pads during use. Accident or illness may occur.
	Ensure that the Main Unit and the gel pad are properly connected prior to use.

	Confirm that each operation button works properly before use.
	When using the device for the first time, or when the device has been idle for a long time, check the instruction manual and confirm whether it was operating normally previously.
	If you feel strong irritation, experience eczema, redness or itchiness of the skin due to using this device, stop use immediately and consult a doctor. Accident or illness may occur.
	Avoid touching the USB connector port with your hands, fingers or other parts of the body. This may result in electric shock, poor contact or a malfunction.
	Do not insert metal into USB connector port. This may result in heating or fires.
	Do not forcibly pull the cable, bend it or place any heavy objects on it. Otherwise, it may cause wires to be damaged or broken, or even cause a fire or electric shock.
	Do not use the USB function if the dedicated USB cable is damaged or if the USB connector port is loose. This may result in a fire or electric shock.
	Do not use travel adaptors or other transformers for charging. This may result in heating or fires.
	Do not charge the device using an in-vehicle cigarette lighter. This may result in a fire, heating or an electric shock.
	Do not touch the USB cable or gel pad with wet hands. This may result in an electric shock, malfunction or accident.
	Do not use the provided USB cable for purposes other than charging the Main Unit. The dedicated USB cable cannot be used for communication purposes or for charging other equipment.
	Check whether the USB cable is properly inserted before charging. A fire or electric shock may occur if the USB cable is not properly inserted.

	Charge the device every three months. The battery cannot be charged when it is fully discharged.
	When a malfunction occurs, stop using the device immediately and cut the power supply. Contact the retailer.
	Do not leave or store the device within the reach of young children. An accident may occur. In the unlikely event that a child swallows the Main Unit, consult a doctor immediately.
	Do not pour water into the Main Unit or make it wet. This may result in heating, breaks or fires.
	When disposing of this product, please do so in accordance with the regulations of your local government.

### About this product

#### ■ Purpose

This product is designed to provide relaxation and rejuvenation through stimulation of the muscles.  
 For household use.

#### ECLEAR refree

When a low-frequency current passes through electrodes and contacts the human body, the muscles contract and the nerves are stimulated to produce a feeling of relaxation.

#### ■ Standard usage time

Standard use time is 15 minutes on any body part. Exceeding 15 minutes may cause you to feel unwell.

This product has a built-in timer that automatically turns the power off after around 15 minutes.

#### ■ Effective time for usage

We recommend that you use the device after a bath.

**Caution:**  
 Wipe all sweat or moisture from the skin prior to use.

### Confirm package contents

Check all items prior to use.

We make every effort to ensure the packaging is correct. If any parts are missing or damaged, contact the seller immediately.

HCM-P011G2 series

Main Unitx1	2Point Padx1 (consumables)
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Dedicated USB cable, storage sheet, pouch (small), Instruction Manual (this Manual)

HCM-P011G3 series

Main Unitx1	Wide Padx1 (consumables)
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Dedicated USB cable, storage sheet (for Wide Pad only) pouch (large), Instruction Manual (this Manual)

HCM-P012G1 series

Main Unitx2	1Point Padx2 (consumables)
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Dedicated USB cable, storage sheet, pouch (small), Instruction Manual (this Manual)

#### ■ Optional items

For information concerning the optional items, please contact your dealer.

The following optional items are available.

Sales name: Gel pad P01

1 Point Pad (2 pieces inside)

Model: HCM-P01G1BU  
 HCM-P01G1PN

2 Point Pad (1 piece inside)

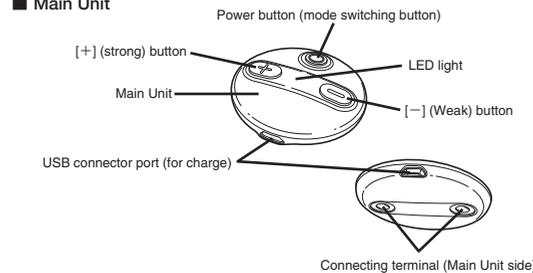
Model: HCM-P01G2BU  
 HCM-P01G2PN

Wide Pad (1 piece inside)

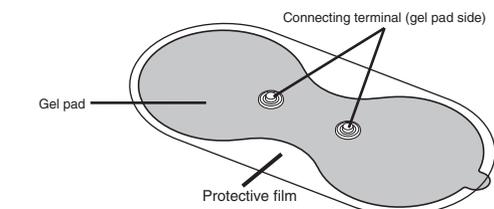
Model: HCM-P01G3BU  
 HCM-P01G3PN

### Name of each part

#### ■ Main Unit



#### ■ Gel pad [2Point Pad]



#### ■ Dedicated USB cable



### Preparation [2Point Pad]

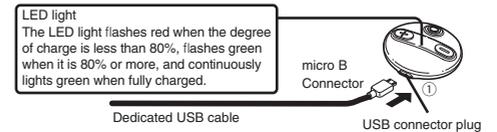
Make sure the battery is fully charged before use (after purchase or when it has not been used for a long period of time).

#### 1 Charge Charge time: approximately 3.5 hours

① Insert the USB micro B connector of the dedicated USB cable into the USB port of the Main Unit.

② Insert the USB A connector of the dedicated USB cable into the following USB port to power the device.

※ When it is properly connected, the device beeps and the LED light flashes.



■ When connected to a PC  
 USB2.0, USB3.0 or USB3.1 of a IEC60950-compliant computer



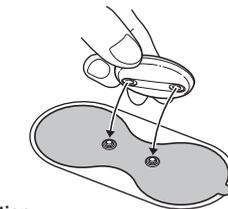
**Caution:**  
 • Use of travel adaptors or other transformers for charging may cause excessive heating or a fire.  
 • Do not operate the device when it is charging.  
 • After the Main Unit is charged many times, its usage time may decrease. If the usage time is excessively short, the battery has reached the end of its lifecycle. It cannot be replaced.

③ When charging is complete, you will hear a beep

#### 2 Install the gel pad onto the Main Unit

※ Operate the 1 Point Pad in the same way as you operate the Wide Pad.

- Take the gel pad from the package during first use.  
 (Do not remove the protective film from the gel pad.)
- Confirm that the Main Unit is disconnected from the power (LED light is off).
- The gel pad is not properly connected to the Main Unit until a click is heard.



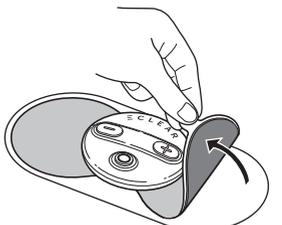
**Caution:**  
 Use the gel pad provided by the company.

#### ■ When replacing the gel pad

- Take the Main Unit from the gel pad.
- Take the gel pad from the package.  
 (Do not remove the protective film from the gel pad.)
- Confirm that the Main Unit is disconnected from the power (LED light is off).
- The gel pad is not properly connected to the Main Unit until a click is heard.

### How to install the gel pad [2Point Pad]

#### 1 Remove the protective film by grasping the protruding part



- Remove the storage sheet the second time you use the device.
- For the Wide Pad, please take hold of both tabs to peel it off.

#### 2 Affix the gel pad where required

Affix the gel pad closely onto the skin.  
 ※ The Main Unit automatically disconnects if the gel pad leaves the skin.

**Caution:**  
 Do not place the gel pad onto metal objects such as necklaces or navel jewelry.

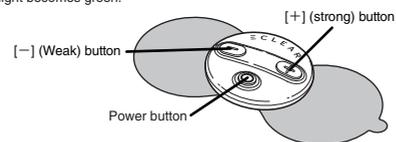
#### ■ How to use

- Do not touch the adhesive surface of the gel pad. When the gel pad is no longer sticky, refer to "Care of the gel pad" (P20).
- Do not fold the pad.

## How to use

### 1 Turn on the power

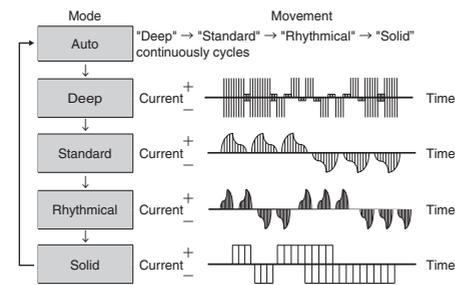
To turn on the device, press and hold the Power button for approximately 2 seconds until the device beeps. The LED light becomes green.



### 2 Switch mode

Press the Power button to change mode during use.

- When the device is connected, it starts in "Auto" mode.
- When the Power button is pressed, the device will beep and change modes in the following sequence. When the device returns to "Auto" mode, it will beep.



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### 3 Adjust the strength

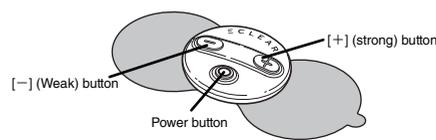
10 levels of strength are available.

- When the device is connected for the first time or when the mode is changed, the intensity level is 1.
- When you press the [+ (strong) button, you will hear a beep and the intensity rises by 1 level.
- When you press the [- (weak) button, you will hear two beeps and the intensity will decrease by 1 level.
- If you press the [+ (strong) button when the device is at level 10 or the [- (weak) button when it is at level 1, the device will beep three times and the intensity will not change.

### 4 Turn off the power

After 15 minutes of use, the device will beep and turn off automatically.

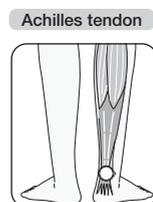
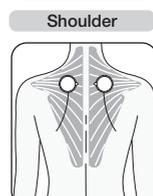
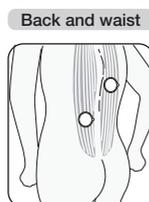
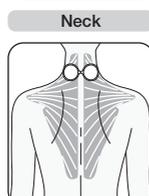
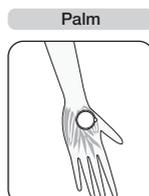
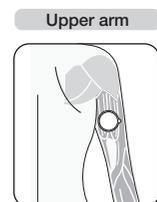
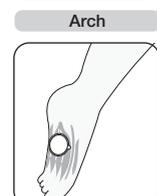
- To turn off the power, press and hold either the Power button, the [+ (Strong) button, or the [- (Weak) button for approximately 2 seconds.
- The device cuts the power when the gel pad is detached from the skin or the Main Unit becomes separated from the gel pad.



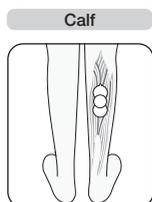
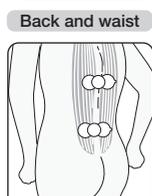
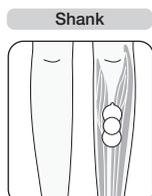
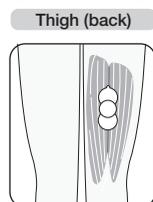
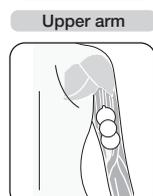
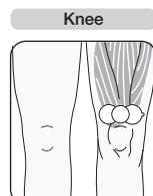
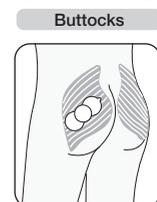
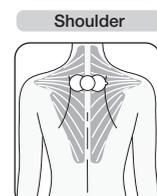
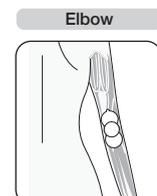
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## Examples of applying gel pads

### 1 Point Pad



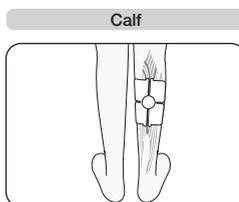
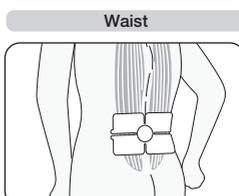
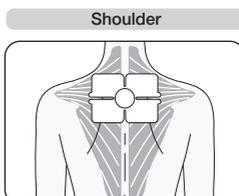
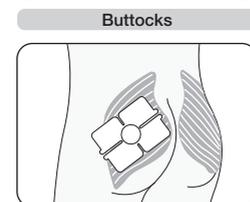
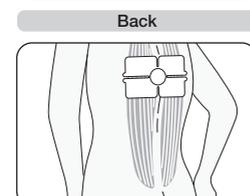
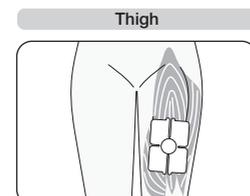
### 2 Point Pad



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### Wide Pad

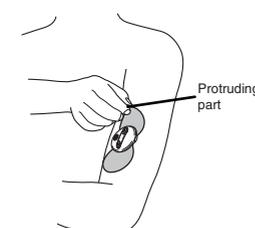


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## After use [2Point Pad]

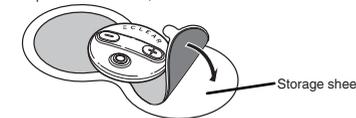
### Storage

- Take the gel pad off your skin. Grasp the protruding part of the gel pad when doing so. Do not touch its adhesive surface.

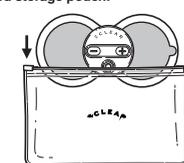


- Without removing the Main Unit from the gel pad, affix the pad to the storage sheet.

- When two pieces are included, affix them on both sides of the storage sheet.



- Store it in the attached storage pouch.



### Caution:

Do not leave the device in areas of high temperature or humidity or in direct sunlight.

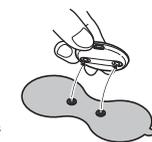
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## Care of [2Point Pad]

Remove the gel pad from the Main Unit to maintain it.

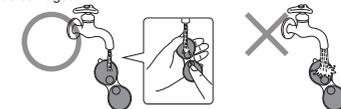
### Care of the gel pad

- The gel pad requires maintenance when one of the following circumstances arises.
- The gel pad does not stick to the skin
  - Stimulation is weak during use
  - The skin becomes irritated during use
  - The gel pad is dirty
  - The gel pad cannot be glued onto the storage sheet
- If you continue to feel irritation or if stimulation remains weak even after cleaning, replace the gel pad.



- Spray a small amount of water to clean the pad with your fingers for a few seconds.

- Do not use too much water. This may decrease adhesion or cause the adhesive surface to be damaged.



- Grasp the protruding part to make the pad naturally dry.
- With insufficient drying, the adhesive strength may become weak.
  - Do not wipe the adhesive surface with a tissue or cloth.
  - Avoid exposure to direct sunlight.



### Caring for the Main Unit

- Wipe the Main Unit with a dry, soft cloth when it is dirty.

### Caution:

Do not let water enter the Main Unit or USB connector port.

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## Storage

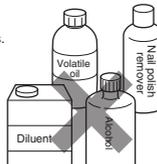
Keep this product in an environment that meets the following conditions.

Storage temperature: -10°C - 60°C

Storage humidity: 20 - 85%RH

### Notes regarding care and storage

- Do not use volatile oil or diluent for cleaning.
- Do not store the device in any of the following locations.
  - In direct sunlight
  - Places with high temperatures or high humidity, and places near sources of moisture or with a lot of dust
  - Places with high levels of vibration
  - Places where chemicals are stored or corrosive gases are produced



- Keep the device out of the reach of children.
- When not idle for a long period of time, store the device in a fully charged condition at normal temperature (10 to 30°C).
- Charge the device every three months. If left completely idle, recharging may be impossible.

## Disposal

### Notes regarding recovery of lithium-ion batteries

Lithium-ion batteries are an important recyclable resource, so we request your cooperation in recycling. When disposing of this product, do so in accordance with local regulations.

- When disposing of this product, do not disassemble the battery.
- Do not dispose of the product as general household waste. Discarded lithium-ion batteries may short circuit in garbage trucks and cause excessive heating or a fire.

### How to remove lithium-ion batteries

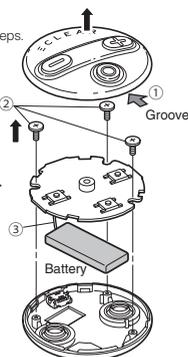
Never disassemble this product except when disposing of it.

### Warning

The following procedures apply only to discarded products, not those requiring repairs. Do not disassemble the product as it may cause the device to malfunction or an accident.

- When the device run out of the battery power.
- Remove the battery using a screwdriver in the following steps.

- Insert a straight screwdriver into the groove just beneath the Power button of the Main Unit
- Remove the screws used to fasten the circuit board
- Cut the black negative connector wire on the battery behind the circuit board with a wire cutter
- Remove the battery



- After removing the battery, affix tape to the terminals to avoid a short circuit between the (+) and (-) terminals of the battery.

## Troubleshooting

Malfunction	Cause	Solution
The battery fails to power the device	The device is insufficiently charged or the battery is flat	Unplug and then charge the device. ➔P11
	The battery is charging	Remove the dedicated USB cable after the battery is completely charged. ➔P11
	The gel pad does not stick to the skin	Unplug the device and place the gel pad close to skin. ➔P13
The device powers off quickly The device powers off during use	The device is insufficiently charged or the battery is flat	Unplug and then charge the device. ➔P11
	The Main Unit and the gel pad are poorly connected	Unplug the device and connect the Main Unit and gel pad again. ➔P12 - P13
	The gel pad does not stick to the skin properly	Unplug the device and place the gel pad close to skin. ➔P13
The device cannot be charged	The battery is flat after it has been stored for a long time	The device doesn't work. To prevent full discharge, charge the device every three months. ➔P20
The gel pad does not stick to the skin	Does not remove the transparent protective film from the adhesive surface of the gel pad	Remove the transparent protective film from the adhesive surface of the gel pad. ➔P13
	The adhesive surface of the gel pad is dirty	Spray a small amount of water to clean the pad with your fingers for a few seconds. ➔P20
	Use the pad immediately after cleaning it	Make sure the adhesive surface of the pad is dry. ➔P20
	The adhesive surface of the gel pad is damaged	The gel pad is a consumable item. Stop using the gel pad if its adhesive surface is damaged and purchase a new one. ➔P9
The adhesive surface of the gel pad has peeler	There is a significant amount of sweat or moisture on the adhesive surface of the gel pad	The gel pad is a consumable item. Stop using the gel pad if its adhesive surface is damaged and purchase a new one. ➔P9
There is no feeling of stimulation or the stimulation is weak	The gel pad is not in close contact with the skin	Ensure close contact with the skin. ➔P13
	The gel pad is overlapping	Avoid overlapping. ➔P13
	The adhesive surface of the gel pad is dirty	Spray a small amount of water to clean the pad with your fingers for a few seconds. ➔P20
	The gel pad is not properly connected	Connect the gel pad properly until it clicks. ➔P12
	The strength is too weak	Adjust the strength. ➔P15
	Charging is insufficient or the battery is flat	Charge the device. ➔P11
The skin becomes reddened/irritated	The adhesive surface of the gel pad is dirty or damaged	The gel pad is a consumable item. Stop using the gel pad if its adhesive surface is damaged and purchase a new one. ➔P9
	Usage time is too long	Use in one area for 15 minutes or less, then peel the gel pad away from the skin after use. ➔P15
	The gel pad is not in close contact with the skin	Ensure close contact with the skin. ➔P13
The adhesive surface of the gel pad is dirty or dry	The adhesive surface of the gel pad is dirty or dry	Spray a small amount of water to clean the pad with your fingers for a few seconds. ➔P20
	The adhesive surface of the gel pad is damaged	The gel pad is a consumable item. Stop using the gel pad if its adhesive surface is damaged and purchase a new one. ➔P9

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## Product specifications

Supply voltage	DC5.0V
Built-in battery	Lithium-ion batteries (40 mAh ※1 ※2)
Number of charge cycles	approximately 500 times * 1
Charge time	approximately 3.5 hours * 3
Operating time	approximately 150 minutes (when fully charged) * 4
Maximum output current	10 mA or less
Rated output voltage	approximately 32V
Fundamental frequency	approximately 2 - 550 Hz
Output pulse width	approximately 200 μS
Power consumption	approximately 0.2 W
Timer	approximately 15 minutes
Main Unit dimensions	approximately φ44 mm× D11 mm
Cable length	20 cm
Main Unit weight	approximately 13 g
Operating temperature and humidity ranges	0°C - 40°C, 20 - 85% RH
Storage temperature and humidity ranges	-10°C - 60°C, 20 - 85% RH

- Comply with JIS C 8711
- Overcharge, over-discharge, over-voltage protection functions are provided
- Standard when a flat battery is fully charged
- It varies depending on the type of operation and its surroundings.

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ECLEAR reflex gel pad  
Instruction Manual for use in Hong Kong and the Philippines  
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