



mystim

THE WAY I LIKE IT

Gebrauchsanweisung

Tension Lover



Instructional Manual
Mode d'emploi
Gebruiksaanwijzing
Instrucciones
Istruzione d'uso
инструкция по уходу

CE 0483

www.mystim.com

Thank you and congratulations.

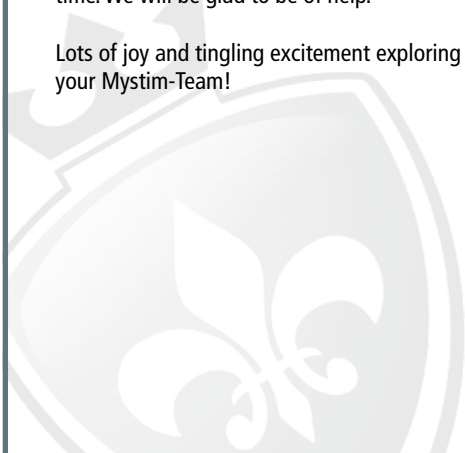
We are delighted that you chose the Mystim Tension Lover and wish you lots of joy with this love toy of the most recent generation.

In order to enjoy your device unrestrictedly it is of utmost importance to read the instruction manual thoroughly and completely before first usage of the Tension Lover.

Love toys have a long tradition and fortunately, nowadays, are mostly out of the closet. However, especially electro-stimulation toys are still subject to prejudice. But every love toy serves one purpose first and foremost: the enrichment of your sexual live. With the Tension Lover this may be achieved in an absolutely new dimension. So go on down the path of never suspected joy!

The Mystim Tension Lover is a medical product classified 2a and is subject to constant quality control as are all our products. Should you find any faults despite of that or would like to communicate ideas or statements concerning this product, please feel free to contact us any time. We will be glad to be of help.

Lots of joy and tingling excitement exploring wishes you
your Mystim-Team!



1. TENS - what does that mean?

Simulating the nerves by means of electrical impulse through the skin is called Trans-dermal Electrical Nerve Stimulation (TENS). TENS devices have traditionally been used therapeutically for pain management and physical therapy as they offer a proven alternative to pharmaceutical drugs.

The classical TENS therapy is based on the natural body-own system of information transportation. Positive as well as negative sensations (such as pain) reach the brain via the same nervous system. TENS uses the fact that pleasant sensations travel on faster nerve strands than negative ones. This means that, when the soft electrical impulses TENS therapy sends out, reach the spinal cord, there is no more room left for the pain information; it can no longer be processed by the brain.

Moreover TENS causes the production of body-own happiness hormones, the so called endorphins. These two factors together can noticeably ease the sensation of pain or completely eliminate it.

More information about pain therapy can be found in Chapter 9.

2. Electrical stimulation and sexual practice

For some years, electrical stimulation, or e-stim for short, has been getting more and more popular. There are more nerves running through the erogenous zones than anywhere else in the human body. With the Mystim Tension Lover you can stimulate each one to ecstasy. The device can be adjusted so you may enjoy a soft, slow tickling that spreads all over the body just as easily as it can be used to provoke a strong orgasm. However you decide to use your Tension Lover, you are certain to experience something new and intensely sensual.

While dildos and vibrators have conquered many bedrooms, electrical stimulation devices are still under a lot of prejudice. We would like to address some of the most common misconceptions.

2.1 Electric current and sex – for sadomasochists only?

One of the most popular misunderstandings concerning e-stimulation is the idea that electrical nerve stimulation is uncomfortable and painful and therefore exclusively suitable for use in the SM- scene.

The Mystim Tension Lover is equipped with two separately controlled channels, offering the possibility to adjust the impulses individually according to your taste. Stimulation may be varied from gentle/soft over intensive all the way to strong/painful.

TENS devices can be used in the SM-mode as well as for gentle satisfaction.

2.2 E-stimulation – isn't it perverted?

Definitely not, e-stimulation is not perverted. Electrical stimulation is the most recent generation of love toys. Each new toy had to first prove itself and survive existing prejudice and ideas about what is „normal“ or „abnormal“. Just a couple of years ago, the use of vibrators was considered perverted. Nowadays, they are accepted by society and a common part in the sexual practice of many couples.

In comparison, e-stimulation is still a young sex toy that can offer you lust and satisfaction in a completely new dimension.

2.3 Electrical stimulation – isn't it dangerous?

E-stim toys are only dangerous when the unit is used carelessly. Never use the Tension Lover to run current through your brain or your heart. While it may be tempting to stimulate both nipples at the same time, to do so would run electrical current across the heart, which can be very dangerous. The same warning applies to stimulating one's temples. People with heart problems or pacemakers should always consult a physician before using any sort of TENS unit, including the Tension Lover.

If these precautions and the warnings at chapter 6 are observed, electrical stimulation is safe.

2.4 E-stimulation = Instant orgasm machine?

Alongside the negative prejudices, electrical stimulation devices are subject to some positive exaggerations circulating in connection with e-stimulation. For example the notion that a TENS device is an orgasm machine with which never suspected highs could be experienced in no time at all at the push of a button.

Such exaggerated expectations leave user disappointed when they are reduced to facts after the first test of the electrical stimulation device.

When using an electrical love toy three things are most important: have fun experimenting, have patience and practice. With e-stim, „practices makes perfect” indeed.

3. What does an impulse consist of?

Your Mystim Tension Lover works by means of electrical impulses. But how is an impulse defined?

3.1 Impulse width

The width of an impulse determines the duration of the single impulse. By varying the impulse width along with the intensity of the electricity, you are able to stimulate different groups of nerves. (See Chapter 4.2.2 for more information on setting the impulse width.)

3.2 Impulse frequency

The frequency refers to how often electrical impulses are released to the skin. This is measured in Hertz (Hz).

To achieve a tickling, vibrating sensation, you will want to use a higher frequency setting (above 80 Hz). The reason this “buzzes” is because your nerves are unable to differentiate between individual impulses. To achieve a pulsing sensation, set the frequency much lower (around 10 Hz or lower), so you can detect the individual impulses as they come in contact with your skin. (See Chapter 4.2.3 for more information on setting the impulse frequency on your unit.)

3.3 Intensity

Intensity controls the strength of each impulse. Every individual senses impulse strength differently due to variation in tissue resistance, thickness of skin, etc. Therefore, the intensity should be chosen so that impulse is felt as thumping or tickling, but never uncomfortable or even painful. In general, stimulation should not lead to muscle contraction.

Naturally, you can raise impulse intensity until muscle contraction sets in. For this, a high frequency, long width and strong intensity for visible contraction is recommended.

In no instance should the application become uncomfortable.

Please find more information on intensity settings in chapter 4.2.4.

3.4 Treatment time

You can employ your Mystim Tension Lover for as long, or short a time you like. Especially at low intensity and high frequency, the stimulation may last for hours.

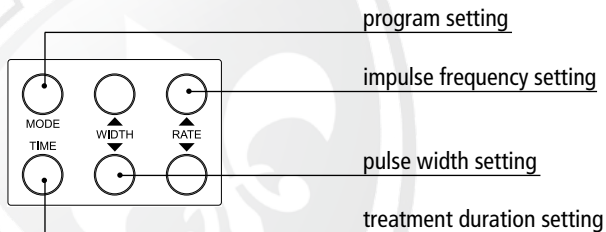
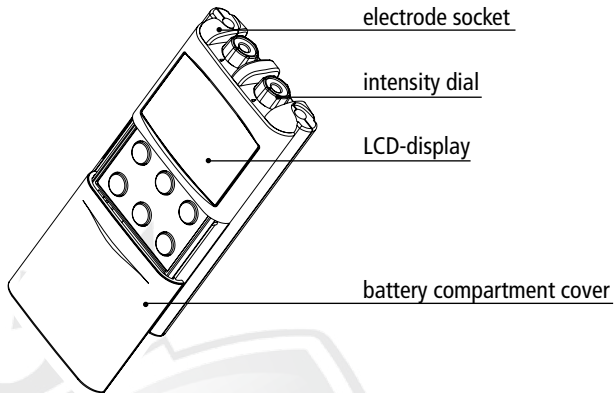
Please find settings for treatment time in chapter 4.2.5.



4. Manual control setting

In case you do not want to apply one of the preset programs, it is possible to set pulse width, frequency, and intensity manually. To do so, please first push the MODE button repeatedly until the display shows „N-normal treatment mode“ on the left.

4.1 Draft and arrangement of control elements



4.2 The controls and their functions

4.2.1 Starting the unit

You start your Mystim Tension Lover by turning the intensity dial clockwise until you hear a „click“ sound. By turning counter-clockwise you can turn the device off again.

4.2.2 Setting the impulse width

The two WIDTH buttons are for setting the impulse width. Pressing the upper button increases the impulse width, with the lower one you decrease width, in 1 μ s steps. Keeping one of the buttons pressed increases or decreases impulse width in steps of 5 μ s. You can read the set impulse width in the middle of the display.

The relevance of the impulse width is described in chapter 3.1.

4.2.3 Setting the impulse frequency

The RATE buttons are for setting the impulse frequency. Pressing the upper button increases impulse frequency, with the lower one you decrease frequency, in 1 Hz steps. Keeping one of the buttons pressed increases or decreases impulse frequency in steps of 5 Hz. Set impulse frequency can be read at the bottom of the display.

The relevance of the impulse frequency is described in chapter 3.2.

4.2.4 Setting the impulse intensity

The two intensity dials are for setting the impulse intensity. By turning clockwise you increase the intensity, counter-clockwise you decrease it continuously. Always start with the lowest intensity setting and slowly turn it up until you feel a tickling sensation. Treatment should not be uncomfortable or even painful.

The relevance of the impulse intensity is described in chapter 3.3.

4.2.5 Setting the treatment duration

When turned on, the display first shows the duration of the last treatment at the top, as this is automatically memorized. By pressing the TIME button you increase duration in 10 minute intervals to 60 minutes maximum.

5. Preset programs

Instead of manual setting, you can also choose one of the preset stimulation programs. By pressing the MODE button, you can select one of seven programs. With each push you switch to the next program. The chosen program starts blinking on the left side of the display.

5.1 B, or burst mode

In the first mode, burst (B), single bursts of 7-10 individual impulses are sent in a fixed pattern. This is a combination of common TENS and low frequency TENS. In the burst mode, the frequency of the stimulation is set by the device and can be controlled separately through the frequency control.

5.2 N, or „normal mode“

The second setting, normal mode (N) offers direct, manual control of the device: intensity, pulse width, and frequency can be adjusted at will.

5.3 M, or modulated mode

The third setting is the modulated mode (M). By continuously changing the intensity, this method tries to prevent immunisation of the nerves. If the intensity is increased in a period of low intensity within the cycle, intensity can manually be increased slowly, so that you feel it becoming stronger.

5.4 MR, or modulated pulse frequency

When applying this mode, the frequency decreases continually by 50 % and then increases until the initial value is reached again.

5.5 MRW, or modulated pulse frequency and modulated pulse width

Using the fifth mode, not only the frequency, but also the width are subject to increase and decrease. Oscillation occurs in counter-parallelly, e.g. when the frequency increases, the width decreases at the same time and vice versa. Intensity, pulse width, and frequency can be adjusted separately.

5.6 SDR, or intensity and frequency modulation

In this sixth programme, intensity and frequency increase and decrease over a cycle of 6 seconds. Increase and decrease occur in an opposite manner.

The intensity of the stimulation decreases by 20 % while the frequency increases by 45 %, before returning to the initial value. Intensity, frequency, and pulse width can be adjusted separately.

5.7 SDW, or intensity and impulse width modulation

The seventh programme contains an increase and decrease in intensity and impulse width over a cycle of 6 seconds. Increase and decrease occur in opposite oscillation. Stimulation intensity decreases by 20 % while pulse width increases by 54 % until they return to the initial value. Intensity, pulse width, and frequency are separately adjustable.

6. General safety and precautionary measures

Do read the instruction manual before using your Mystim Tension Lover for the first time.

- Only use your TENS device according to the purpose described in the instruction manual.
- Only employ accessories recommended by Mystim.
- Persons with electronic or metallic implants (e.g. pace makers) may not use TENS without prior consultation of their physician.
- Do not apply the device while operating machinery or driving a vehicle.
- Please always turn off your device before application and removal of the electrodes.
- TENS devices do not have AP/APG-safety. They may not be operated in the environment of explosive or combustible material.
- Persons afflicted with heart disease may only apply the Mystim Tension Lover under extreme caution. Please consult your physician concerning side effects before application of the device.
- TENS may not be applied during pregnancy.
- The purposeful use of TENS is nerve stimulation. If the device is applied to unsuitable body areas, danger to the user may arise. Never place electrodes in the laryngeal or pharyngeal area. Muscle spasms in this area can cause asphyxiation.

- In some rare occasions, electrodes may cause skin irritations. In that case, please cease stimulation and remove the electrodes. Discontinue treatment until the cause for the skin irritation has been diagnosed.
- Do not adhere electrodes to the eyes, in the mouth, or over the ears.
- The electrodes are to be used only on healthy skin. Never apply electrodes to irritated or injured skin.
- Keep away from children.
- Never apply electrodes in a manner that will run current through the brain.
- In case you want to use your Mystim Tension Lover for pain therapy, you may only do so after establishing the reason for and source of the pain.
- Attention: Do not plug the electrode wires into an alternating current socket!

Additionally, in Germany, the following applies:

- The device is manufactured according to the medical products law (MPG).
 - The device is subject to the medical products operator's regulation (MPBetreibV).
 - Operator and user are obligated to strictly observe the operator's regulation in all aspects.
- For all other states of the European Community, national laws and regulations for operation of medical products are valid.

7. Helpful suggestions for skin care

In order to prevent skin irritations we suggest the following:

- Wash the areas where the electrodes are to be placed prior to application and after removal with a mild soap and water. Rinse the soap thoroughly and dry the skin.
- Excessive hair growth may be cut with scissors; do not shave the area that is to be stimulated.
- Many skin problems arise due to the electrodes being pulled too tightly over the skin. To prevent this, apply the electrodes lightly from the centre and flatten them to the rim. Do not stretch them over the skin.
- To prevent irritation by stretching, tape the excess wire in a circle to your skin so it will not pull on the electrodes.

- When removing the electrodes, always do so in the direction of hair growth.
- It may be helpful to apply skin lotion between applications on the areas the electrodes were attached to.
- Never adhere electrodes to skin already irritated or injured.
- Dispose of electrodes that do not adhere well.
- Self-adhesive electrodes are to be used by the same person only.
- In case of skin irritation, cease usage and consult your physician.
- Prior to application read the instruction manual for self-adhesive electrodes.
- If the stimulation is uncomfortable either reduce intensity to a tolerable level or discontinue stimulation and consult your physician.

8. The first time

Now that you are acquainted with the most important functions of your Mystim Tension Lover you are ready to make your first practical experience with electrical stimulation. If you are already familiar with e-stim, you most likely have your preferred settings worked out. If you are an e-stim newcomer, you should take the following tips as what they are: suggestions! – never meant as strict orders. The rule of thumb is: Allowed is what pleases you, and that can differ a lot from one person to the next.

8.1 Placement of the electrodes

Where you place the electrodes depends on many different factors: What are your personal preferences and your most erogenous zones? Do you want to use your Tension Lover by yourself or with a partner? Are you male or female? In the following, we will make some suggestions for a tingling experience.

8.1.1 Placements for him and her:

Use one pair of electrodes for each person. One electrode is adhered to the thigh, the other to the nipple. Please do observe that this placement is unsuitable for persons with heart problems, and never connect both nipples at once with the electrodes!

After attaching the electrodes, find an impulse intensity that is comfortable to both of you by slowly turning higher. Take your time and enjoy the soft tickling. You may hug and kiss while letting the excitement rise. Change the setting after some time so you don't get too used to it. With a little bit of practice you will offer your partner completely new joys.

8.1.2 Placement for him:

You can attach an electrode pair on the left and a pair on the right side of your penis. One pad each on the left and the right of the glans, and one pad each left and right on the shaft. To most e-stim users the sensation is more intense in this placement when the current flows from glans direction penis base.

Another option is to place two electrodes on one buttock, and just the remaining two on the penis.

In any case, you should take your time. Sit or lay down comfortably, and slowly turn up the impulse intensity until the vibration is most stimulating to you. When choosing a low impulse intensity, the tingling sensation changes slowly to a pulsating one. You may enjoy this feeling for hours, if you like.

Many male TENS users are surprised that their penis retreats during stimulation, although the excitement is unchanged. The reason is the electrical stimulation of the erectile body of the penis. You can contravene by using a cock ring. Also „dirty minds“ or exciting pictures or movies may be of help to have the penis rise to full height.

Sometimes this mode of erectile body stimulation causes an ejaculation without orgasm.

8.1.3 Placement for her:

Especially the pelvic floor and the labia are suitable adhesion points. When stimulating the clitoris or the vagina directly, please be extremely careful, as these areas are very pain sensitive. For first experiments a placement of one electrode on the inside of each thigh and one on perineum and labia is recommendable.

Lay down by yourself or with your partner and carefully turn the intensity higher, and enjoy. You can treat yourself with a vibrator or be treated, or have intercourse during the stimulation.

9. Fighting pain with the Mystim Tension Lover

Your Mystim Tension Lover is a high quality medical product, that can also be used for pain therapy. In the following you will read more about correct electrode placement for a most effective treatment of pain.

9.1 Electrode placement

Best possible electrode placement is the key to successful treatment. In addition to the placement strategies that will be described here, it can be effective to try different applications. It is important to take your time experimenting for the best electrode placement for you, as the positioning is individual. Please consult a physician familiar with TENS.

9.1.1 The bordering placement

This is the most common placement strategy. Here, the painful area is circled by four electrodes. You can decide whether the current is to flow directly through the pain area or to surround it. In order to obtain a direct flow through the painful area, place the electrode pairs diagonally across from each other; for a surrounding flow, place the electrode pairs parallelly next to each other. This is very effective if the pain is in an extremity or deep within the tissue.

9.1.2 Placement in the area of a spinal nerve

The spinal nerves exit the spinal cord in pairs between the vertebrae. In this technique of electrode placement stimulation happens above the innervated area by placing one electrode exactly on the spot of pain and the other at the nerve's root at the spinal cord.

9.1.3 Placement at motive, trigger, and acupuncture points

Motive, trigger, and acupuncture points are places of high tissue conductivity. In order to find the exact position of such a point please consult your physician.

9.1.4 Multiple placement strategies

As your TENS device possesses two independent channels, you can apply different strategies in electrode placement at the same time. One channel can be used for direct stimulation of the pain area, whereas the second channel is applied for point therapy by bordering placement.

10. What to consider when using the electrodes

Please observe the instructions on electrode placement in the instruction manual in order to keep stimulation effective during treatment time and to prevent skin irritations. Only use electrodes with the CE-certification sign.

Plug the wires delivered with your Tension Lover into the sockets on the device. You may use one or two connection wires. After connecting the wires please connect the electrodes to the wire ends (positive and negative terminal). Please be careful when attaching or disconnecting the wires. Do not pull at the wires, as this may cause them to break.

10.1 Use of self-adhesive electrodes

10.1.1 Application

- Clean the skin thoroughly with soap and water before application of the electrodes
- Excessive hair should be cut, but not shaved
- Connect the wires to the electrodes
- Pull the safety cover off the electrodes and apply firmly to the skin area by pressing.

10.1.2 Removal

- Lift the electrodes at the corner and gently pull off. Do not pull at the electrode wire, as this might damage the electrodes
- Re-glue the electrodes to the safety cover and then remove the wires by carefully twisting and pulling.

10.1.3 Care and storage

Your Mystim Tension Lover will only achieve best results when electrodes and wires are cared for accordingly.

- Clean the wires with a damp cloth; slight powdering with talcum (e.g. baby powder) will prevent tangling of the wires and improve their durability
- After each application please store the electrodes in their resealable bags in a cool dry place (e.g. the refrigerator)

- Life time of the electrodes is improved by applying a drop of cool tap water (please do not use distilled water) to the adhesive area and air drying the surface turned up. Moistening the adhesive area too much may spoil the adhesive capability.

11. Handling the Mystim Tension Lover

Your Mystim Tension Lover is already equipped with a battery, but may also be operated by storage batteries.

11.1 Usage of re-chargeable batteries

Prior to usage of a new device the storage battery has to be charged according to the manufacturer's instruction. Please read all instructions and safety precautions printed on the accumulator and in this manual before usage. Stored for more than 60 days the re-chargeable battery may discharge. Therefore, prior to usage they need to be charged again, if they were stored for a duration of time.

11.2 Testing and exchanging batteries

Delivery already contains a 9V battery. If the „low battery“ sign shows in the LCD-display, the battery is too weak to operate the device and needs to be exchanged. The device automatically turns off and can not be turned on again until a new battery has been inserted. In order to guarantee save device function from time to time the battery needs to be replaced. When replacing the battery proceed as follows:

- Pull the battery compartment's lid downwards to reveal the battery.
- Remove the consumed battery from the battery compartment.
- Insert a new 9V battery according to the drawing in the bottom of the battery compartment. The destined polarity has to match.
- Push the lid back upwards.

11.3 Care, transportation, and storage

- The device may be cleaned with alcohol. Attention: When handling combustible fluids do not smoke or operate with open flame (e.g. candles, etc.)
- Stains and massive staining may be removed with a mild detergent.

- Do not submerge the device in liquids or subject it to large amounts of water.
- For save transportation always insert the device into the carrying case.
- If the device is not used for a prolonged period of time, remove the batteries from the battery compartment (acid could leak and damage the device). Store the device and all accessories cool and dry in the carrying case.

11.4 Safety-technical control measures, STC

According to the medical products operator's regulation, § 6 (safety technical control measures), the user is obliged to have regular safety-technical controls conducted. Mystim prescribes these controls in accordance to MPBetriebV § 6 in a 24-months turn.

The safety-technical control may only be delegated to persons, who are able to conduct controls in an orderly fashion based on their education, knowledge, and experience achieved by practical work, and who also have suitable measuring and proofing tools available.

Standards for safety-technical control re to be requested from the quality management agent of Mystim.

Prior to each application of the Mystim Tension Lover device the following controls are to be conducted:

1. Inspect device of surface damage:
 - Deformation of casing?
 - Damaged or defect electrode sockets?
2. Inspect device for damaged control elements:
 - Imprints still legible?
3. Inspect display elements:
 - The LCD-display has to show device settings when turned on.
4. Inspect accessories for usability:
 - Electrode wires non-damaged?
 - Electrodes non-damaged (no fissures, no worn material)?

11.5 Malfunctions

Should malfunctions occur, please check the following:

- Is the treatment mode set correctly? If not, please correct setting.
- Is the wire connected correctly to the device? Wires are to be completely inserted into the sockets.
- Does LCD-display show the device settings? If necessary, exchange the battery.
- Is the wire damaged? In any case of damage, exchange the wire.
- Are 2 Electrodes connected to the paired wire?

In case of any other problems, return the device to the dealer. Do not try to repair a defective device yourself as manipulation voids the warranty. For problems with the device or accessories please contact your dealer.

11.6 Disposal

Device packaging should be disposed of in the recycling bin, metal parts of the device in the metal recycling disposal. Plastic parts, electrical parts, and electronic chips are to be disposed of as electronic garbage. Batteries are problem garbage and are to be disposed of accordingly. Return consumed batteries to your local recycling plant. Do not dispose of in regular garbage. You may obtain further information on disposal of problem material at your local waste management centre.

12. Contents of delivery and accessories

12.1 Contents of delivery

- 1 x Mystim Tension Lover unit
- 2 x lead wires
- 4 x self-adhesive electrodes
- 1 x battery, 9 V
- 1 x instruction manual
- 1 x carrying case

Caution:

The above mentioned contents are standard equipment that may vary with the distributors.

12.2 Accessories

- self-adhesive electrodes in different forms and sizes
- permanent silicone electrodes for multiple use
- gel for use with permanent electrodes
- electrode wire for permanent electrodes or for self-adhesive electrodes
- various dildo models for vaginal and/or anal use
- various probes for vaginal and/or anal use
- additional accessoires can be found on our website at www.mystim.com

If you would like to retrofit your device to permanent electrodes, you need the fitting electrode wires and electrode gel.

13. Technical specifications

Channels:	dual, isolated between channels
Pulse Amplitude:	adjustable to maximal 80 mA for positive impulse or to about 10 mA peak for negative impulse at 500 Ohm load per channel.
Pulse Rate:	adjustable from 1 to 160 Hz in steps of 1 Hz
Pulse Width:	adjustable from 50 to 260 μ s in steps of 1 μ s.
Timer:	10, 20, 30, 40, 50 and 60 minutes
Dual flank control by software:	increase of amplitude at change of modus (anti shock)
Wave Form:	asymmetrical bi-phasic square pulse
LCD-display:	for display of set parameters
Power Source:	9V battery
Battery Life:	approximately 60 hours at regular settings
Operating Conditions:	0 °C to +50 °C at 20 to 75% relative humidity, however with no condensation, pressure 700 hPa to 1060 hPa.
Storage Conditions:	0 °C to +50 °C at 20 to 75% relative humidity, however with no condensation, pressure 700 hPa to 1060 hPa.
Dimensions:	128 mm (height) x 70 mm (width) x 25 mm (length)
Weight:	170 g (inclusive of battery)

protected from electrical shock, type BF
all electrical specifications at $\pm 20\%$ 500 Ohm load

13.1. Explanation of signs on the CE label



Observe the instruction manual!



Application component of type BF. Application components are not suitable to be used for direct application at the heart.



Symbol for the marking of electric appliances and electronic devices.

14. Warranty

There is a 2 year guarantee for our products, applicable from date of purchase. Within the prescribed warranty time we will remove all defects of the device, that are based on faulty material or manufacture. Removal of defect occurs at our choice by either repair or replacement of parts or the entire device. Exempt from warranty are: Defects caused by inappropriate use (f. ex. connection to inappropriate electrical current or voltage, connection to inappropriate sources of electricity, breakage by fall and such). Normal wear and tear that only minimally affects the operational utility of the unit is not subject to the warranty. Warranty subsides if unauthorized intervention or repair is undertaken, or if non-original parts are used. In case of a defect that is covered by the warranty, please send the device and the original receipt to one of our service partners or directly to hofmann gmbh. No other claims are valid under the provisions of this warranty, unless our liability is based on legal statute. Claims against the dealer based on the provision of the purchase agreement do not affect this warranty.

15. Manufacturer

Hofmann GmbH
Frankenstraße 16
63776 Mömbris, Germany

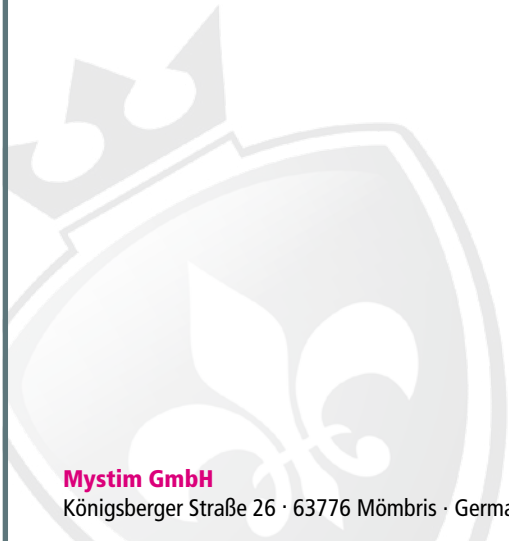
Videos showing the use
and care of our toys:

www.mystim.com/care_instructions.html





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