mystim
THE WAY I LIKE IT

Instructions, care & safety notices

for Jane Untamed

Delivery scope and operating elements

(1) On/off button for vibration
(2) Charger connection
(3) Remote control
(4) Charging cable

www.mystim

Item no: 80023

Congratulations!

With the purchase of a Mystim Jane Untamed, you have decided on a quality product „made in Germany" that you can use in two ways: As an effective pelvic floor trainer and/or as an especially exciting electrical sex toy.
To make sure that you will enjoy your toy for a long time AND get ideal training results, you should carefully read the following useful tips before using it for the first time.

We wish you lots of fun!
Your Mystim team

Stimulation current, muscles and eroticism

Stimulation current is becoming increasingly popular, in several areas even: Electrical muscle stimulation – EMS for short – has long been used successfully in professional sports to help top athletes get back into top shape after an injury. It has now also found its way into gyms for several years so that everyone can benefit from the advantages of this extremely intensive and efficient training. Your pelvic floor can now also benefit from the same technique: Whether you want to treat or prevent incontinence, if you have just given birth or if you just want to pamper yourself – with our Jane Untamed you are spot-on. A well trained pelvic floor has many advantages. After all: coming correctly comes from proper training.
But electrical stimulation has also become established in a completely different field by now: It is sizzling between more and more sheets and rightly so – because this form of stimulation feels terrifically fascinating and intense. The good news is: your Jane is perfectly suited for both. Electrical stimulation is harmless if it is carried out with high-quality products and not without thought.

⚠ However, there are some things you should always keep in mind when dealing with stimulation current:

- If you are using a metal contraceptive method such as Gynefix or a copper spiral, please consult your gynaecologist before use to find out if you can use EMS pelvic floor training.
- Persons with electronic or metal implants (e.g. pacemakers) must not use stimulation current without first consulting their physician. The same goes for persons with heart deficiencies or cardiac irregularities.
- Stimulation must never be done so that current flows through the brain or heart. Never stimulate the larynx or throat area. Muscular cramps in this area can lead to choking.
- Stimulation current devices must never be used near explosive or flammable materials.
- Stimulation current must not be used during pregnancy.
- Stimulation current must be used only on healthy skin.
- Keep away from children.
- Use only original Mystim accessories.

Use

1. For "pure" training.
As it would with a classic geisha ball, your pelvic floor is exercised with the weight of the balls. The training effect is hereby increased by the ball rotating inside the lower Geisha Ball.

2. For especially effective, "combined" training.
You hereby use – as described in the 1st point, the positive effect of the classic weight training but reinforce this effect through the additional use of your Jane Untamed's EMS function. The two balls of Jane harbour electrical stimulation fields. To activate them, simply connect your Geisha Ball to an electrical stimulator with training function using the cables supplied with your device. For instance, with Mystim Golden Girl or Mystim Cluster Buster.

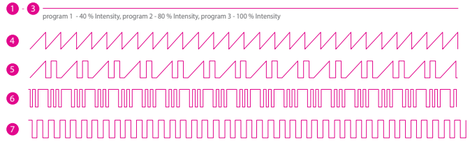
3. For enjoyment.
If you are training so hard then you deserve a reward. Simply switch your Cluster Buster from training to stimulation mode and additionally activate the vibration function of your Geisha Balls if you want. To do this, press the on/off button (1) directly on the upper ball of Jane Untamed once before inserting it. You can then easily control the vibration levels with the included remote control.

Important: In order to find the ideal intensity for you, it is important to insert the toy before switching on the stimulation current. Please use a water-based lubricant such as our "Bonnie & Glide" or the Mystim conductive gel "The Goldfather" which increases conductivity.

The vibration programmes

Your Jane Untamed has a total of ten vibration levels and you can easily switch between them by pressing the button (3) on your remote control.

Important: the vibration programs work only after this function has been activated by pressing the on/off button (1) directly on your Geisha Ball.



Accumulator and battery

Your Jane Untamed comes with a rechargeable Li-Ion battery. Please use the enclosed charging cable for charging. Simply insert the pin of the charging cable into the waterproof charging contact (2). You can connect the USB end with an appropriate plug and thus charge it in a socket.
After about 90 minutes, the rechargeable battery of your Jane Untamed is fully charged and will last for about three months on standby or 45–60 minutes during continuous operation.
Your remote control is powered with a button cell battery which you can replace, if necessary. Simply pull off the battery cover on the back of the remote control in the direction of the arrow.

Cleaning and care

Our toys are made of 100 % silicone which is also used in medical technology and therefore very hygienic. You can easily clean them with water and a mild detergent.
You should also use a disinfectant at regular intervals. Make sure that you use very skin-friendly products and observe the instructions for each product.
Please allow your Jane to dry off completely before using it again.

TIPS

Your pelvic floor training with Mystim Jane Untamed will be even more effective if you support the muscle contractions and relaxations – i.e. the tensing and relaxing of your muscles triggered by the electrical impulses – with "active" training. That means, whenever you notice that your pelvic floor is working, help it along by consciously tensing and also try to actively "let go" when the EMS programme is going through a relaxation phase.

Feeling a little "pain" in this area after training or maybe one or two days later means that you have not done anything wrong but everything right. You simply have sore pelvic floor muscles.

Still have questions? - Then contact us, we will gladly help:
www.mystim.com, hello@mystim.com

FCC Warning statements

FCC ID :2AP3HGEISHABALLS
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) this device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Manufacturer:
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