



*Tua*<sup>®</sup>

tre'nd

ORIGINAL ITALIAN BEAUTY TOOLS

## **CAUTION**

Before using the appliance, read the instructions in this manual carefully. The manual contains important information on safety, operation, maintenance and precise contraindications. Look after the manual carefully for further reference.

This appliance must only be used for the purposes for which it was designed, meaning for the electric stimulation of muscles for personal-use beauty purposes (as indicated and described in this manual only).

All other uses shall be deemed improper.

The manufacturer disclaims all liability for any damage or injury caused by improper, wrong and unreasonable use.

## WELCOME TO THE WORLD OF TUA

The TUA world is the world of those people who want to feel well with themselves and in the midst of others. Everyday life, with its many hardships, anxieties and commitments, gradually risks dousing our expectations for the future, together with the curiosity, the energies and the vitalities that abound within us. The TUA world consists of a series of appliances dedicated to all those who want to stay in shape, bind together health and beauty and start (or start again) dedicating themselves to their well-being. For this reason, entering the TUA world is as easy and practical as staying at home: the appliances are used at home for just a few minutes a day. The fact that they are battery-driven makes

them absolutely portable. Their carefully studied ergonomic and innovative design ensures immediate use and makes them highly appealing. The TUA world contains all the technological and scientific experience of a group that also leads the way in the manufacture of professional electro-medical and beauty treatment appliances preferred by top-ranking institutes the world over. It is with the confidence that comes to us from the work of a well-tested team of researchers and with the guarantee provided by the most stringent international quality controls that we say to you too:

welcome to the world of TUA!

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# ELECTROSTIMULATION

Electrostimulation exploits a natural principle of our body. The brain in fact stimulates muscles through electro-chemical impulses conveyed to the fibres.

In the same way, through its electrodes, TUA TRE'ND conveys special low-voltage currents to the muscles and tissues. These currents are controlled and absolutely safe, able to cause the passive contraction of the muscle fibres and increase blood flow in the areas involved.

As and from today, all the advantages of electrostimulation are at your disposal.

In human beings, skeletal muscle contraction is controlled by the central nervous system by means of electro-chemical impulses conveyed through the nervous system.

The electro muscle stimulator is an appliance able to generate specific electrical currents that cause muscle contraction by substituting the impulses generated by the central nervous system. In this case, the current is applied at the point where the nerve comes into contact with the muscle cells (neuromuscular plate).

By modulating a series of variable parameters like the frequency of electrical impulses, duration of contraction and recovery, etc...various programs can be obtained useful for achieving different goals, strengthening muscle power, toning up beauty treatment, right up to the decontraction of injured and contracted muscles. Besides the correct positioning of the electrodes (see attached tables), care must also be given to choosing the right program for the result to be achieved.

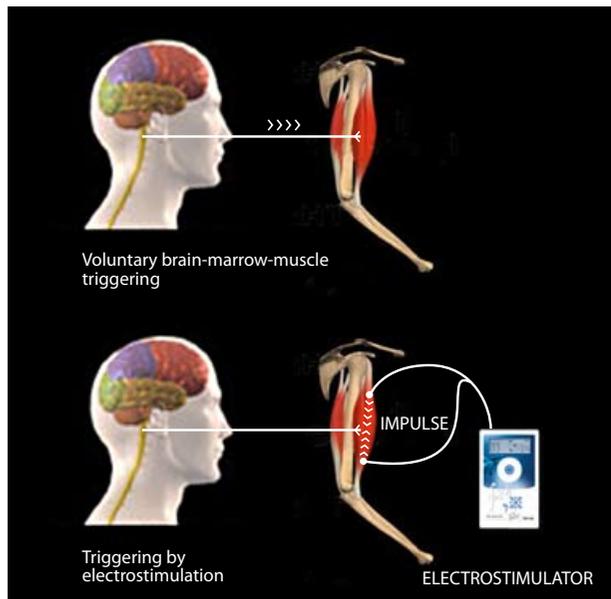
On this in fact will depend to a great extent the success of training through induced electric stimulation.

## BENEFITS OF ELECTROSTIMULATION

Training by electrostimulation provides a number of advantages which, when used according to criteria suited to the specific context, are such as to **integrate** and partially replace voluntary training. Among these can be included:

- **Selective stimulation of the muscle group or part of this.**

By positioning the electrodes correctly on the different muscles, a specific stimulation can be achieved on the selected muscle. Reducing activity of the adjacent muscles to a minimum. This is unlike what happens in the case of voluntary contraction, where the muscles always work according to specific muscle chains and synergies. For example, the selective stimulation of the quadriceps



muscle, or one of its heads (like the vastus medialis) can be achieved.

- **Maximum recruitment of muscle fibres.** By setting suitable current intensities, the maximum recruitment of muscle fibres can be obtained, something hard to achieve through voluntary contraction.

- **Absence of load on joints.** Especially on the spine, where problems in this area often represent a limitation to physical activity in both sedentary and sportspersons.

- **Absence of general body tiredness.** This makes it possible to concentrate a high number of specific intensity training stimulations within a short period of time. A large volume of work is thus done that would otherwise be impossible, within the same space of time, during the performance of traditional muscle activity programs.

- **Rapid progress.** Whether sports training, beauty treatment or rehabilitation after injuries, progress is always fast. In this latter case in fact, with due parameters, electrostimulation can be promptly used, thus considerably speeding up recovery and strengthening processes.

## MAIN CONTRAINDICATIONS AND WARNINGS

- During the menstrual cycle, skin conductivity changes; stimulation could prove less pleasant.
- Stimulation can cause reddening of the skin where the electrodes are applied, above all in the case of people with very sensitive skin.  
Such reddening is perfectly normal and usually disappears fairly quickly.
- Patients allergic to the gel of the electrodes should suspend treatment and see a doctor.
- Do not apply the electrodes on hyperpigmented areas (large moles) and varicose veins.
- Do not apply the electrodes directly on the breasts but rather on the muscles that support the breasts.
- Do not use in intimate and delicate areas - armpits, groin, knee cavities.
- Do not use on the abdomen of pregnant women.
- Do not use TUA TRE'ND on children, pace-maker wearers and people in weak psycho-physical condition or with physiological and organic ailments.
- Do not use on people with metal prostheses, silicone prostheses or aorta-abdominal bypasses.
- Do not use in transthoracic mode to prevent interference with the heart beat.
- Do not use on people suffering from epilepsy or multiple sclerosis.
- Do not apply near transplants.
- Do not apply to persons suffering from tumour syndromes or major neurological illnesses.
- Do not use on animals.
- IN CASE OF DOUBT, SEE A DOCTOR

**TUA TRE'ND Well-being in fashion!**

# TUA TRE'ND Face



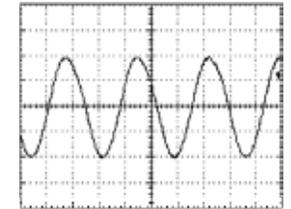
## CONTENTS OF PACKAGING

- 1 electrostimulator (part no. SLTTF)
- 1 face treatment wand (part no. SLTTFMA)
- 1 kit of 6 spare sponges for face electrodes (VATR09)
- 1 mains adaptor (part no. VATR11)
- 1 water sprayer (part no. VAVI19)
- 1 operator manual (part no. VATR08)
- 1 DVD manual (part no. VATR10)

## PRODUCT DESCRIPTION

TUA TRE'ND Face is a complete electrostimulation appliance for specifically treating the face. TUA TRE'ND Face features a special patented electrode for positioning on the various facial areas. The output generates a sinusoid type current at a special frequency designed to provide best results and offer best stimulation comfort on delicate face muscles.

The work programs are completely pre-programmed and already complete with all specific parameters such as stimulation frequency, pulse width, contraction times and recovery times: only the stimulation intensity has to be regulated.



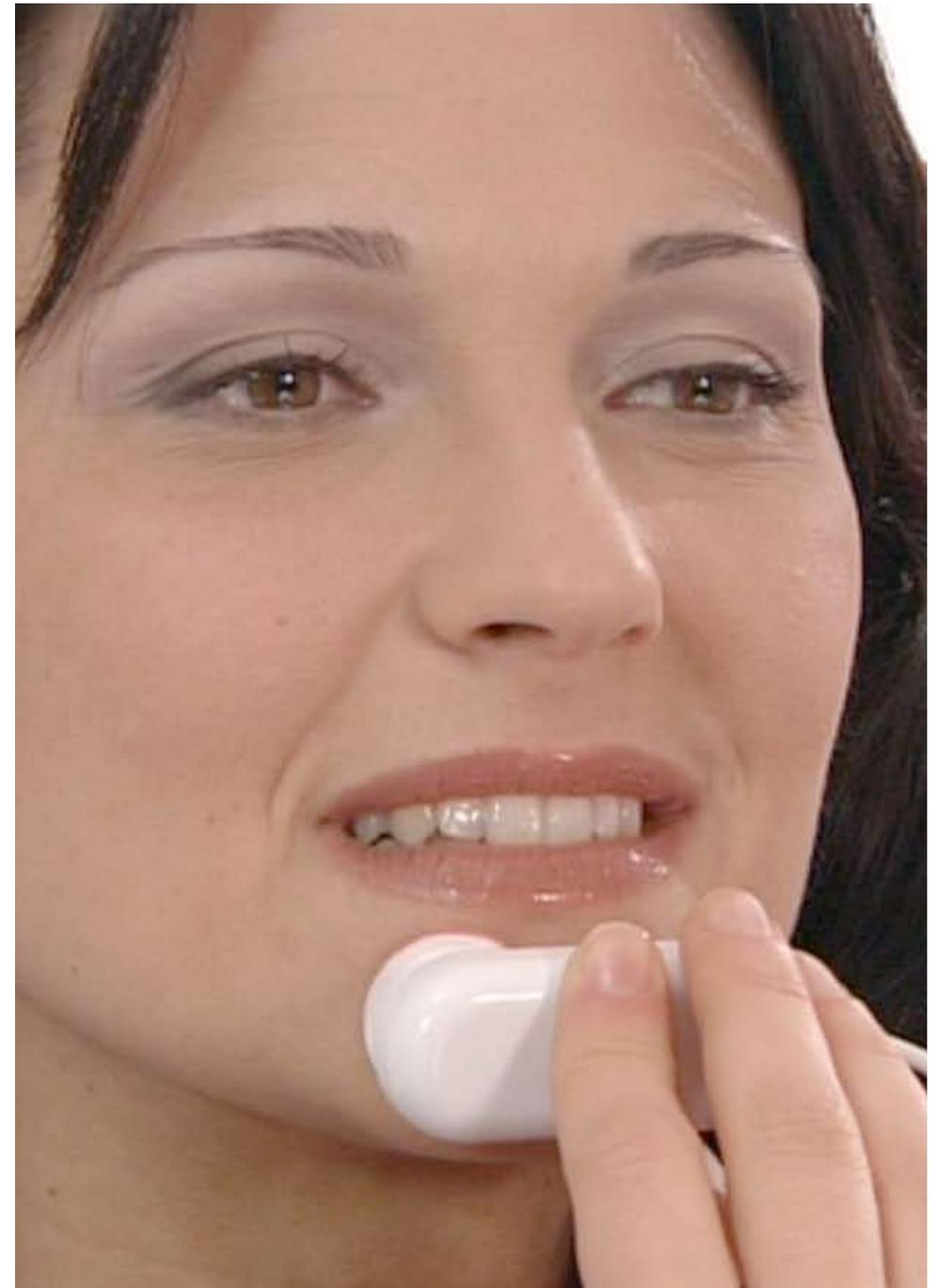
*sinusoidal current for stimulating face muscles*



- 1 Symbol indicating conformity of the appliance with European Directives
- 2 4.8-6 V battery-powered (direct current)
- 3 Production lot number (lot number-year-week of manufacture)
- 4 Appliance with BF type fitted part
- 5 Do not dispose of the device in the common urban waste

## DESCRIPTION OF THE FACE WAND

TUA TRE'ND Face features a special patented electrode for perfect positioning on the various facial areas. The total mobility of the 2 stainless-steel electrodes covered with special cellulose domes permits adaptation to all facial areas, as well as perfect contact on the bends and protrusions of different physical configurations.



## FACE PROGRAMS

The face section of TUA TRE'ND Face&Body consists of 5 work programs, each with specific frequencies and times for a specific face area.



**Program 1**  
Acts on the cheek-bone area as far as the area bordering on the ear.



**Program 2**  
Acts on the cheek, from the corner of the mouth to the jaw.



**Program 3**  
Acts on the temporal region and the forehead in general.



**Program 4**  
Acts on the chin and all around the mandibular arch. The same program is also used to stimulate the neck muscles.



**Program 5**  
Acts on the orbicular region and on the bags under the eyes.

## WORK PHASES

TUA TRE'ND Face programs consist of 2 work phases: **treatment; active recovery.**

At the end of each work phase, TUA TRE'ND automatically switches to the next phase and indicates this transition by means of an intermittent beep.

The duration of the programs is already set as is the time of each phase.

program No°	Total time (min)	Phase 1 Treatment (sec)	Phase 2 Active recovery (sec)
1 Cheek bone	3	150	30
2 Cheek	3	160	20
3 Forehead	3	150	30
4 Chin, neck	3	160	20
5 Eye bags	3	160	20

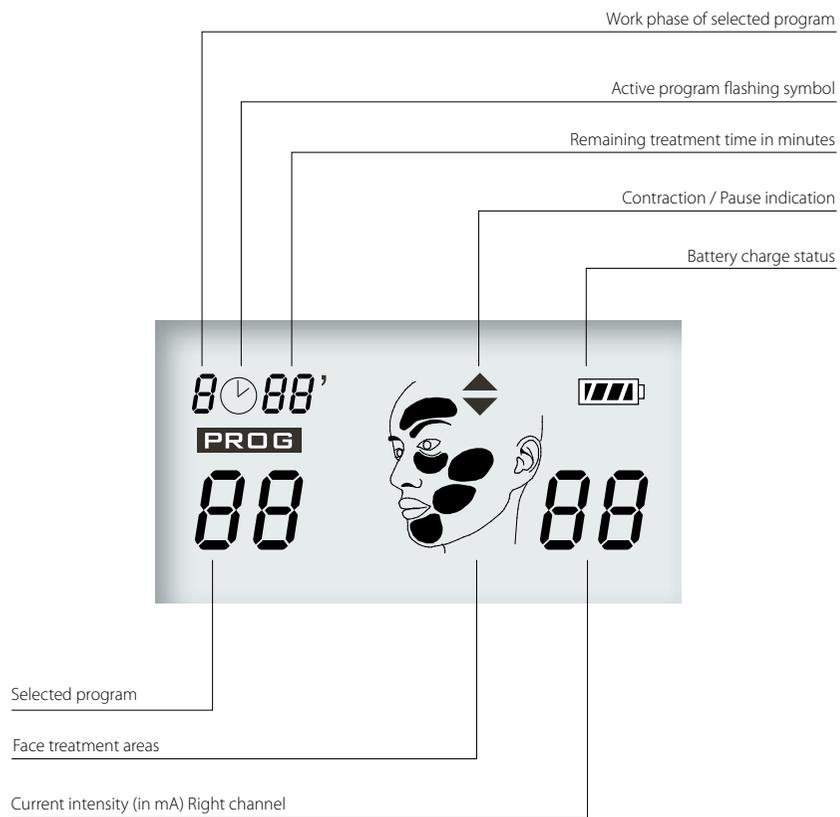
### Structure of program No. 3 (Forehead)

#### Program No. 3

Total time	3 min.			
Phase	<b>F1</b>		<b>F2</b>	
Phase time	150 sec.		30 sec.	
	Intermittente stimulation		Intermittente stimulation	
	Contraction	Recovery	Contraction	Recovery
Time / frequency	2 sec. - 80 Hz	1 sec. - 0 Hz	3 sec. - 10Hz	1 sec. - 0 Hz
Ramp up time	0,5 sec.	0,5 sec.	0,5 sec.	0,5 sec.
Ramp down time	/	/	0,5 sec.	0,5 sec.

# USING TUA TRE'ND Face

## GRAPHIC DISPLAY

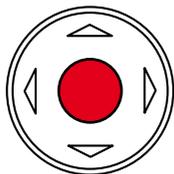


Connect the face stimulation wand to any of TUA TRE'ND Face outputs.



Switch on the appliance while keeping the central key  pressed for over 1 second.

TUA TRE'ND Face features 5 treatment programs which can be selected by means of the right arrow key  (forward movement) or left arrow key  (to move back) each of which is specific for a face area.

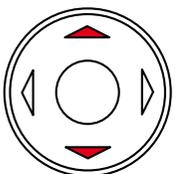


The example shows the program 1 selection procedure – specific for the cheek bone area.

The display shows the number of the selected program, the total treatment time expressed in minutes (in this case 3), and the battery charge, the face icon showing

the area to be treated and the program phase indication.

At this point, the selection procedure ends and treatment can start. To start the program press the ENTER button.



The intensity of the stimulation current expressed in milliamperes is indicated on the display screen on the right. This is initially set at 00.

By means of the up arrow button  and down arrow button  the desired value can be set (with single step pressures of 1

mA, or by keeping the buttons pressed so forward movement is continuous and faster).

In the example, the value is set at 20 milliamperes.

The progress of the treatment time is indicated by the flashing clock icon and that of the minutes symbol. The number to the left of the clock symbol represents the selected program work phase.

## REGULATING THE INTENSITY

Always remember that individual sensitivity to current can vary considerably and very much depends on the physiological condition of the person, on perspiration, on the adipose layer, on the condition of the electrodes and on the level of battery charge.

It is a good idea to increase the impulse level until maximum muscle contraction is achieved with acceptable current intensity.

The best results can be achieved with deep contractions, but without **ever reaching uncomfortable and troublesome** current levels.

The pulses are alternated with intervals; intensity adjustment must only be made during pulses and not during the intervals to avoid undesired excessive stimulations.

At the end of treatment, switch off TUA TRE'ND by keeping the enter button  pressed for about 2 seconds.

## USING THE FACE APPLICATOR



TUA TRE'ND uses a special face applicator consisting of 2 sprung electrodes adjustable in every direction to be able to adapt to every face conformation.

The stainless-steel electrodes are covered by special cellulose sponges.

Before each treatment, dampen the sponges well using normal tap water and the special spray.

**Be very careful: the sponges must be perfectly wet, otherwise they insulate and do not conduct the pulses.**

**Do not wet the electrode under the tap. Water could leak inside and remain there for a long time.**

### POSITIONING THE FACE APPLICATOR

See section [FACE APPLICATIONS \(positioning of electrodes\)](#).

## TECHNICAL DETAILS

Parameter	Face program
No. of outputs	1
Wave shape	Sinusoidal modulated
No. of programs	5
Pulse width	/
Frequency range	/
Contraction time	3
Recovery time	3
Current intensity	70 mA max (1KOhm load)
Supply	4 x batteries 1.2V 750mA rechargeable AAA type (code VABA07) or 4 alkaline batteries 1.5 V AAA type
Weight	120 g (including batteries)
Dimensions	90 x 60 x 18 mm
Operating conditions	Temperature: from 0 to 35 °C Humidity: from 20 to 65% RH
Storage	Temperature: from 0 to 50 °C Humidity: from 10 to 85 % RH
Battery charger	VUPIESSE mod. AD075020 (Vupiesse Italia reorder code: VATR11) Input: AC 230V~ 50/60Hz Output: DC 7,5V - 200mA 1,5VA

## RECHARGING THE BATTERIES

Use the battery charger provided to recharge the battery set supplied with the appliance. The batteries must be recharged when ample and deep muscle contractions are no longer achievable. By means of the graphic display icon, TUA TRE'ND Face indicates the battery charge condition. When the battery is completely down, the appliance switches off and can only be switched on again after changing or recharging the batteries.

To recharge the batteries, fit the battery charger plug in the socket and connect the battery charger to a power mains supply point.

The battery condition icon starts flashing on the display screen. After charging the battery charger automatically disengages and the battery condition icon remains on the display screen.

If correctly used, battery life expectations are around 300 charge/discharge cycles.

**For safety reasons, during battery recharging, appliance operation is deactivated.**

If the appliance is not used for long periods of time, remove the batteries from their housings.



## REPLACING THE BATTERIES

Remove the batteries from their housings and fit the new ones, type AAA, always alkaline, respecting the polarities shown on the bottom of the housing.

If the machine is not used for long periods of time, remove the batteries from their housing.

## CLEANING THE APPLIANCE

To clean the appliance only ever use a soft cloth, if necessary sprayed with a neutral detergent product. Do not use alcohol, thinners, solvents or other chemical products.

## CLEANING AND REPLACING THE SPONGES (face electrode)

For proper hygiene, it is best to remove the sponges from the electrode holder at the end of every treatment and wring them out well so no water remains.

The sponges can also be washed, using a neutral detergent.

TUA TRE'ND Face outfit contains an extra sponge kit; these should be used when the original sponges are very dirty or worn out.



## DISPOSAL

TUA TRE'ND is an electronic device and as such contains electronic components that could be harmful for the environment and for human health if disposed of in a way not in conformity with applicable legal provisions.

Discard TUA TRE'ND, the parts it contains and the accessories in compliance with local regulations on waste disposal.

In particular, always discard old batteries into special containers.

Directive No. 2002/96/EC requires product owners to dispose of it by delivering it to a local Waste Electrical and Electronic Equipment (WEEE) Collection centre or giving it back to the dealer on making a new purchase and in any case forbids discarding the product as domestic waste.

The directive establishes fines for the unlawful discarding of such wastes.

The symbol shown below (crossed waste basket on wheels) and on the TUA TRE'ND data plate indicates that the waste of electrical and electronic equipment must be collected separately.



## CLASSIFICATION

- TUA TRE'ND is a BF type internally powered appliance; Class II when connected to the battery charger BF type applied part.
- Degree of protection against the penetration of liquids: IPX0.
- Not suitable for use with anaesthetic mixtures inflammable with air, oxygen or nitrous oxide.

## CONFORMITY WITH REGULATIONS

TUA TRE'ND bears the CE mark.

TUA TRE'ND has been designed and manufactured in conformity with the requirements of the company quality system certified according to UNI EN ISO 9001:2000 and UNI EN ISO 13485:2004 standards.

For product audit, the EN60335-2-32:2003 electrical safety standard has been applied.

Conformity with electromagnetic compatibility has been determined by applying standards

EN50366:2003

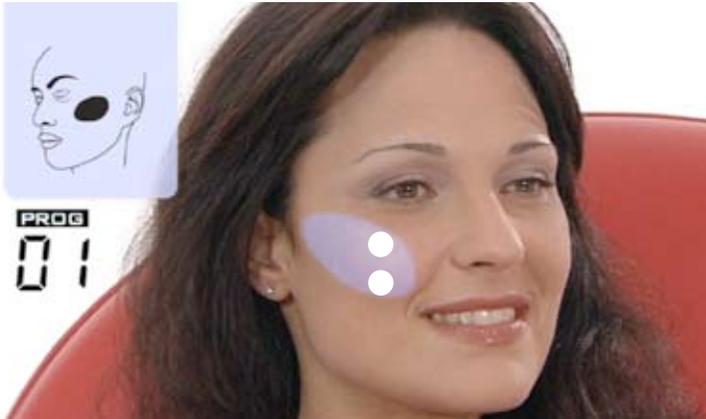
EN55014-1

EN55014-2

EN61000-3-2

EN61000-3-3

## 1 • CHEEK BONE AREA



Position the applicator vertically, just above the corner of the mouth, as shown in the photo; during operation, the applicator can be moved along the entire cheek bone and just skim the eyelid.

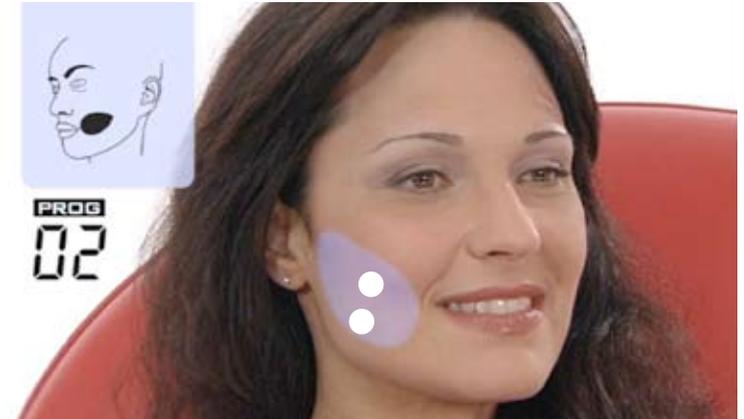


A second treatment envisages the electrode being positioned obliquely at the corner of the mouth; this can be moved as far as the ear for a complete stimulation of the lower part of the cheek bone, skimming the cheek.



**A slight stretching is obtained of the corner of the mouth and the contraction of the muscles of the entire area, which will appear more toned and firm.**

## 2 • CHEEK AREA



In this exercise, the applicator must be positioned obliquely, right at the corner of the jaw. During treatment, the applicator can be moved as far as the ear, following the shape of the face, for a complete exercise on the entire cheek area.

This exercise contracts and lifts the upper lip, causing the cheek and the lower part of the nose wing to stretch.

The stimulation of this area tones the cheek and gives the face a relaxed expression, as if slightly smiling, increasing the volume of the lip and combating the appearance of vertical wrinkles typical of ageing.



### 3 • FOREHEAD AREA



The applicator must be rested on the temporal region, with the two electrodes located obliquely between the ascula of the ear and the edge of the eyebrow, slightly above the latter.

During the exercise, the applicator can slide on the remainder of the forehead in order to treat the whole area.

Mind the intensity of the stimulation. The forehead muscles are in fact very thin and delicate. Consequently lower the intensity slightly if necessary.

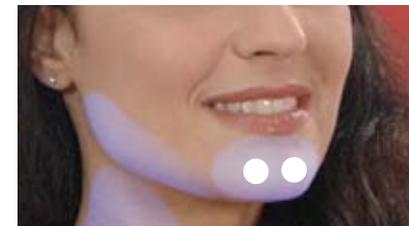
Stimulation of the forehead muscles helps reduce expression wrinkles and raises the eyebrows.



### 4 • CHIN – JAW AREA AND NECK



This program has been developed to stimulate several areas: the chin, jaw and neck area.



#### 4.1 Chin area:

the applicator is positioned horizontally on the chin, right underneath the lower lip.

This exercise make the lower lip puffy and often increases its volume. It contrasts atrophy.





**4.2 Jaw area:**

the applicator must be positioned immediately below the jaw, between the corner and the apex, following the conformation. During the exercise, the electrodes can slide along the entire lower jaw for a complete exercise on the

whole area.

This exercise contracts the chin and tones up the jaw area, helps sculpt the face oval and reduces the stretching caused by the drop of the Bichat's fat pad.



**4.3 Neck area:**

the applicator will be positioned vertically and during the exercise will slide in this position to extend the work to the entire area. Be careful because these muscles are delicate. To start, use low stimulation intensities.



**5 • BAGS UNDER THE EYES**



This application is dedicated to the eye area. The applicator must be positioned underneath the lower eyelid. The lower lid and bag are contracted without lowering. This is a very useful exercise because it provides draining stimulation and the "squeezing" of the bags under the eyes.

Be careful because this is a very delicate area, to be treated with low intensity.

