

PRESSO XL DIGITAL PREMIUM

Professional 3-in-1 aesthetic device: 20-chamber pressotherapy, far infrared heat and electrical muscle stimulation, with touch screen — Model ID-PRESOT18



Digital pressotherapy

20 chambers · 10 outlets (0–9) · 4 modes · adjustable pressure



Far infrared

5 heating zones · temperature adjustable in each zone



Muscle stimulation

5 outputs · 10 electrodes · 4 programmes from 10 to 40 Hz



Modular body suit

Feet · legs · waist · arms, with independent modules

Contents

PRESSO XL DIGITAL PREMIUM · Instruction manual

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01 GENERAL INFORMATION

The PRESSO XL DIGITAL PREMIUM (reference ID-PRESOT18) is a professional 3-in-1 device that combines sequential air-chamber pressotherapy, far infrared heat and low-frequency muscle stimulation (passive gymnastics) in a single platform with a modular body suit controlled from a touch screen.

Description of the device

The system consists of a vertical main unit on castors with a colour digital touch screen, and a modular suit made up of independent pieces for feet, legs, waist and arms, plus a base blanket for the couch and a bag to organise tubes and cables. The unit manages three technologies that can be applied in combination or independently:

- **Pressotherapy:** 20 air chambers distributed across the suit modules, with 10 outlets numbered 0 to 9, four inflation modes, adjustable inflation time for each outlet and adjustable pressure level.
- **Far infrared:** five heating zones built into the suit (arms, waist and legs) with temperature and time adjustable independently in each zone.
- **Muscle stimulation:** five independent outputs with ten pad electrodes, four preset programmes from 10 to 40 Hz and adjustable intensity on each output.

Intended use and users

The device is intended for aesthetic and wellness professionals working in a treatment room (beauty salons and spas). It must be used exclusively by staff trained in its operation, after reading this manual in full. It is not intended for domestic use without professional supervision. The PRESSO XL DIGITAL PREMIUM has an exclusively aesthetic and wellness purpose: it is not a medical device and is not intended for the prevention, diagnosis or treatment of any pathology.

NOTE

This device does not replace assessment by a healthcare professional. In the case of any pathology, ongoing medical treatment or doubt about the suitability of the treatment, obtain prior medical authorisation before applying any of the functions.

Symbols used in this manual

Three levels of warning are used throughout this document. Observe them at all times:

SYMBOL	MEANING
DANGER	Risk to personal safety or of serious damage to the device. Failure to comply may cause injury.
CAUTION	Situation that may compromise the result of the treatment or the service life of the device.
NOTE	Additional information or recommended good practice.

02 OPERATING PRINCIPLES

2.1 Aesthetic pressotherapy

Pressotherapy is a professional aesthetic technique based on controlled pneumatic compression. The suit incorporates independent air chambers that inflate and deflate following programmed compression and decompression cycles: pressure advances in an orderly manner from the areas furthest from the trunk towards the waist, according to the inflation mode selected on the screen.

This sequential compression massage activates return circulation and encourages the movement of retained fluids, which translates into an immediate sensation of lightness, especially in the legs. The pressure level, the inflation time of each chamber and the path of the sequence are adjustable, so the intensity of the massage adapts to the sensitivity and the objective of each client.

In the treatment room, pressotherapy is used for exclusively aesthetic and wellness purposes: the sensation of tired legs, occasional fluid retention, support for anti-cellulite and body-shaping programmes, and as a complement that enhances the result of other body treatments and of the cosmetics applied.

2.2 Far infrared heat

The suit modules incorporate resistance circuits that emit dry radiant heat. This heat gently and steadily raises the temperature of the treated area, activates surface circulation and prepares the tissue for the remaining phases of the protocol.

Heat relaxes the muscles, provides a general sensation of rest and helps the skin make the most of the cosmetic products applied before the session. Each of the five zones is adjusted separately, which makes it possible to apply heat only where the protocol requires it.

2.3 Low-frequency muscle stimulation

The principle of muscle stimulation is simple and respects the natural functioning of the body: low-frequency electrical impulses reproduce the signal the brain sends through the nerve fibres when it orders a contraction. The muscle does not distinguish between a voluntary contraction and one induced by the device, which is why this technique is known as passive gymnastics.

Applied through pad electrodes over the motor points, the impulses generate contraction and relaxation sequences that tone the muscles, activate the treated area and support body-shaping and firming programmes, performing particularly well on thighs, buttocks, abdomen and arms.

During the session the client feels a slight tingling accompanied by the contraction of the muscle. At low frequencies the sensation is barely perceptible; in toning programmes the contraction is more marked, always within the comfort range indicated by the client.

2.4 Combined effects

- **Body shaping:** the combination of sequential pressure, heat and passive muscle work is aimed at volume-reduction programmes and at improving the appearance of cellulite.

- **Firming:** stimulation of the sensory endings of the epidermis contributes to smoother, more elastic-looking skin.
- **Relaxation and wellness:** the air massage and the radiant heat release muscle tension and provide a general sensation of rest and light legs.
- **Synergy with cosmetics:** heat and the activation of the area help the skin make the most of the products applied before the session.

03 AESTHETIC APPLICATIONS

The PRESSO XL DIGITAL PREMIUM has been designed for use in the treatment room with an exclusively aesthetic and wellness purpose. Its main applications are:

- Sensation of tired, heavy legs at the end of the day
- Occasional fluid retention
- Improving the appearance of cellulite and orange-peel skin
- Body-shaping and volume-reduction programmes
- Firming and improving the general appearance of the skin
- Muscle toning through passive gymnastics
- Sensation of lightness and rest in the legs
- Localised aesthetic work on abdomen, arms, thighs and legs
- Preparation for and completion of other aesthetic body treatments
- Better performance of the cosmetics applied in the treatment room
- General relaxation and wellness

NOTE

This device is not a medical device and is not intended for the prevention, diagnosis or treatment of any pathology. If the client has any health condition, is pregnant or is following medical treatment, assessment by a healthcare professional is required before the session (see the contraindications in section 4).

04 CONTRAINDICATIONS

DANGER

Do not apply the treatment to anyone falling within the following cases. In case of the slightest doubt, require a written medical report or authorisation before the first session.

4.1 Absolute contraindications

- Recent thrombophlebitis or phlebothrombosis (deep vein thrombosis)
- Significant or tortuous varicose veins
- Active skin infections in the treatment area
- Lymphangitis
- Inflammatory arthritis in the acute phase
- Cardiocirculatory decompensation
- Significant uncontrolled blood pressure disorders
- Heart conditions and recent myocardial infarction
- Neoplasms (active oncological processes, unless expressly indicated by a doctor)
- Significant cardiac, respiratory or renal insufficiency
- Acute inflammation and febrile or infectious processes
- Pregnancy
- Open wounds, burns, dermatitis or skin lesions in the area
- Abdominal hernia
- Retinal detachment
- Minors

4.2 Relative contraindications

These require individual assessment and, where applicable, prior medical authorisation; apply reduced intensities and maintain continuous supervision:

- People under medical treatment or undergoing diagnosis
- Diabetes with neuropathy or altered sensitivity
- Altered skin or thermal sensitivity
- Very thin or hypersensitive skin
- Menstruation (avoid abdominal work if it causes discomfort)
- Post-operative periods without definitive medical discharge
- Significant capillary fragility or a tendency to bruising
- Advanced age with associated circulatory conditions

4.3 Specific to muscle stimulation

- Wearers of pacemakers, defibrillators or other implanted electronic devices: **prohibited**
- Epilepsy
- Haemorrhagic processes
- Do not place electrodes on the thorax, the cardiac area, the breasts, the neck (carotid sinus, larynx) or the head

- Do not apply over areas with metal implants (osteosynthesis, prostheses) located beneath the electrodes
- Do not apply on the abdomen in the case of hernia or recent abdominal surgery
- Irritated or damaged skin, or skin with altered sensitivity at the electrode placement point
- Hypersensitive or particularly nervous people: assess suitability and work at low frequencies

4.4 Specific to far infrared heat

- Clients with circulatory problems, such as varicose veins: use of this function is not recommended
- Altered thermal sensitivity (risk of burns without perceiving excessive heat)
- Areas with bleeding or recently healed wounds
- Photosensitivity or photosensitising medication: assess and reduce the temperature
- Do not apply heat over areas with acute inflammation, infectious processes or recent trauma
- Feverish states

05 SAFETY RULES

5.1 Electrical safety

- Before connecting the device, check the voltage indicated on its rating plate and connect it only to an earthed socket with matching voltage.
 - Do not dismantle the device or carry out any operation not described in these instructions. All repairs must be performed by authorised technical staff.
 - Assembly and disassembly of the device must be carried out with the involvement of qualified personnel.
 - Do not use the device near water or with wet hands. Do not pour liquids onto the unit or the screen.
 - Do not modify or alter the cables. Do not place the device where anyone can step on the power cable or the tubes.
 - Do not insert any object inside the device: risk of fire or electric shock. If anything accidentally enters the unit, disconnect it and contact technical service immediately.
 - Unplug the power cable from the socket at the end of the working day.
 - Place the device on a stable surface and lock the castors during the session so it cannot move or tip over.
-

DANGER

Unplug the device from the mains immediately if any of the following situations occurs:

- The device has become wet.
 - The device gives off a burning smell or makes an unusual noise.
 - The cable is broken or damaged.
 - The device shows breakage or visible damage.
-

5.2 Safety during use

- Always take a prior history from the client and rule out all the contraindications in section 4.
- Always adjust pressure, temperature and intensity from lower to higher, according to the sensations reported by the client. The treatment must never be painful.
- Keep in constant communication with the client throughout the session, especially to check the thermal sensation of the infrared function.
- Do not leave the client unsupervised during the treatment.
- Keep the functions not used in the session on pause.
- Do not activate the heating function with the garments closed and no client inside them.
- Do not select high temperatures for prolonged periods: each person's skin is different and there is a risk of burns.
- Check that the client is lying completely flat and that no limb is left unsupported or under tension.

5.3 Hygiene

- Always use disposable cellulose trousers specific to this type of treatment, for each client.
- When applying cosmetics, wrap the area with film or disposable material to prevent the product from contacting the inside of the garments.
- If you use non-disposable consumables, sterilise them correctly between clients.
- Clean and disinfect the electrodes and the surfaces of the suit after every session (see section 13).

5.4 Emergency stop

The unit has an emergency stop button on its top. Press it in the event of any incident to stop the device immediately. To reset it, turn it in the direction shown by its arrows until it releases; while it remains pressed, the device will not start. Before each working day, check that the button is released and accessible, with nothing preventing you from reaching it during the session.



FIGURE 01 Top of the unit: emergency stop button and the lock next to it.

06 DESCRIPTION OF THE DEVICE

6.1 Main unit and touch screen

The main unit is a vertical structure on castors housing the compressor, the control electronics and the colour digital touch screen located at the top. All treatment parameters are configured from this screen, which has three independent working areas accessed through the side tabs:

- **Pressotherapy:** session time, inflation mode, pressure level, inflation time of each outlet and activation or deactivation of each chamber.
 - **Far Infrared:** session time, temperature of each zone and activation or deactivation of each heating output.
 - **E.M.S.:** session time, working programme, intensity of each output and activation or deactivation of each channel.
-



FIGURE 02 Modular set prepared on the couch, ready for the start of the session.

6.2 Connections and parts of the unit

The suit connections are grouped on the front of the unit. The pressotherapy, muscle stimulation and infrared connectors are different from one another, which prevents assembly errors: the air tubes are distributed among three multiple connectors numbered 1, 2 and 3, and each stimulation output and each infrared zone has its own socket.



FIGURE 03 Front connections: multiple connectors for the pressotherapy tubes and sockets for muscle stimulation and infrared.

At the rear are the cooling fan, the rating plate, the circuit breaker that acts as the main switch, and the mains socket, which includes the fuse holder:



FIGURE 04 Rear of the unit with the items numbered 1 to 5.

- ❶

Emergency stop button, on the top
- ❷

Cooling fan
- ❸

Rating plate of the unit
- ❹

Main circuit breaker
- ❺

Mains socket with fuse holder

6.3 Modular suit and accessories

The body suit is made up of independent pieces manufactured in a canvas-type plastic material that is hard-wearing and easy to clean between sessions. Each piece connects to the unit through numbered air tubes and infrared cables, so that only what each protocol requires needs to be fitted:



FIGURE 05 Modular suit laid out: each chamber has its number printed with the prefix L or R according to the side of the body.

MODULE	PRESSURISED AIR OUTLET	INFRARED OUTLET
Arm module (right and left)	8 / 9	1 / 2
Waist and abdomen belt	6 / 7	3
Leg module (right and left)	2 / 3 / 4 / 5	4 / 5
Foot boot (right and left)	0 / 1	—

MODULE	PRESSURISED AIR OUTLET	INFRARED OUTLET
Base blanket for the couch	—	—
Organiser bag for tubes and cables	—	—



FIGURE 06 Arm chambers 8 and 9



FIGURE 07 Leg chambers 2, 3, 4 and 5



FIGURE 08 Waist chambers 6 and 7



FIGURE 09 Foot boot chambers 0 and 1



FIGURE 10 Base blanket for the couch with the built-in bag that gathers the tubes and cables.

Each chamber has its number printed with the prefix L or R to identify the left and right sides of the body (L-0 to L-9 and R-0 to R-9): the complete set adds up to 20 air chambers, ten on each side. The tubes are grouped into three multiple connectors numbered 1, 2 and 3, and the modules that include heating add their infrared cable numbered 1 to 5.

6.4 Contents of the set

The device is supplied with the following items:

- 1 main unit with digital touch screen
- 2 arm modules
- 1 waist and abdomen belt
- 2 leg modules
- 2 foot boots
- 1 protective blanket for the couch
- 1 bag for organising tubes and cables
- 10 muscle stimulation electrodes
- Stimulation cables and elastic retaining straps
- Pressotherapy tubes and connectors

- Cables for the infrared circuit
- Instruction manual

07 INSTALLATION AND CONNECTION

7.1 Positioning the device

- Place the unit on a stable, level surface, close to the couch and to an earthed socket.
- Leave free space around the device for ventilation and for the tubes to run without tension or being stepped on.
- Use the organiser bag to group tubes and cables and keep the working area clear.
- Avoid damp environments, proximity to water sources and direct sunlight.

7.2 Connecting the pressotherapy tubes

Connect each air tube to the outlet with the correct number: all tubes carry their corresponding numbering to ensure correct assembly (chambers 0 to 9 depending on the module, see the table in section 6.3). The connectors are grouped in threes; insert them keeping the arrow on the connector facing upwards and press until they click into place.



FIGURE 11 Multiple connectors for the pressotherapy tubes: the embossed arrow must face upwards.

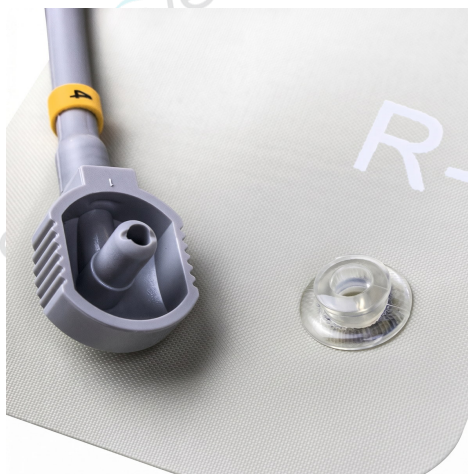


FIGURE 12 Connecting a tube to its port: the number on the tube must match the chamber marked on the module, with the L or R prefix of the body side.

CAUTION

A tube connected to an incorrectly numbered outlet will cause disordered filling of the chambers and an ineffective treatment. Check the numbering and orientation of all tubes before every session.

7.3 Connecting the far infrared circuit

Join the infrared cables of each module to the cables of the unit, matching their numbering (zones 1 to 5), and insert the connector fully into the corresponding outlet on the panel. Do not pull the cables sharply or bend them excessively when removing them.



FIGURE 13 Cables of the infrared circuit, numbered 1 to 5 according to the heating zone.



FIGURE 14 Sockets on the unit and their connectors: each cable goes into its own socket, respecting the numbering.

7.4 Connecting the stimulation electrodes

Connect the stimulation cables to the panel of the unit and the electrodes in pairs (one positive and one negative) to each cable. Each pad is attached to the cable by its clip and applied to the skin with the elastic retaining straps. Always apply water-based conductive gel to each electrode before placing it on the skin.



FIGURE 15 Muscle stimulation kit: 10 electrodes, connection cables and elastic retaining straps.

08 OPERATION

8.1 Start-up

- 1 Check the voltage indicated on the rating plate at the rear and connect the cable to an earthed mains socket.
- 2 Check that all air tubes and infrared cables have been correctly fitted, both on the unit and on each module of the suit, respecting the numbering.
- 3 If you are going to work with muscle stimulation, connect the cables and the electrodes in pairs and apply water-based conductive gel.
- 4 Check that the emergency stop button is released.
- 5 Switch on the circuit breaker located at the rear of the unit.
- 6 Wait for the touch screen to display the pressotherapy view, which is the one shown by default when the device is switched on.
- 7 Use the side tabs to select the function you are going to use and configure its parameters before starting the session.

8.2 Using the touch screen

The three functions of the device are operated from independent screens, accessed through the tabs on the left-hand side. The active tab is highlighted. On all three screens, the up and down arrows increase or reduce the value next to them, and the start and pause button at the bottom right starts or stops only the function currently displayed:

- **Pressotherapy:** manages time, inflation mode, pressure level, inflation time of each outlet and the active chambers.
- **Far Infrared:** manages the time and the temperature of each of the five heating zones, as well as their activation.
- **E.M.S.:** manages time, working programme and intensity of each of the five outputs.

NOTE

Each function keeps its own parameters when you change tab, and those not in use must remain on pause. Depending on the version of the device, the labels may appear in Spanish (presoterapia, infrarrojo, e.m.s., duración, modalidad, nivel) or in English (Pressotherapy, Far Infrared, E.M.S., time, mode, level): the screen layout is the same in both cases.

8.3 Pressotherapy function

The pressotherapy screen shows the body with the ten air outlets numbered 0 to 9. Each outlet has its own inflation-time setting, expressed in seconds, and a box that acts as a switch: pressing it excludes that outlet, which will not inflate during the session. The bottom bar is used to set the total time, the inflation mode and the pressure level.

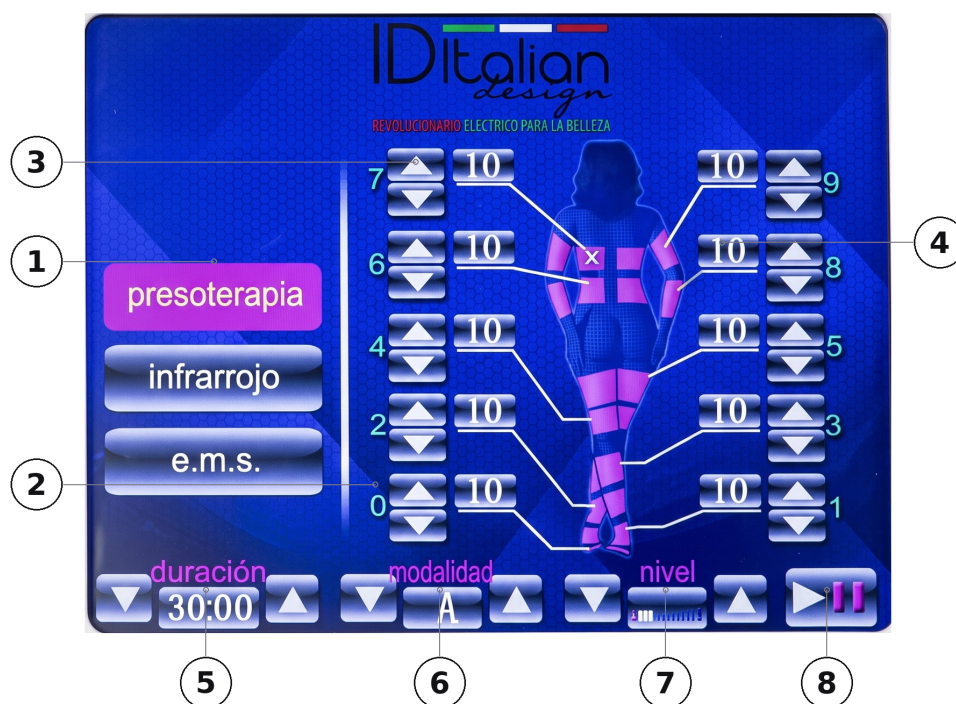


FIGURE 16 Pressotherapy screen of the unit, with the items numbered 1 to 8.

- | | |
|---|---|
| ① Function selection tabs: pressotherapy, far infrared and muscle stimulation | ⑤ Session time: display and adjustment |
| ② Numbering of the air outlets (0 to 9) | ⑥ Inflation mode (A to D): display and adjustment |
| ③ Inflation time setting for each outlet, in seconds | ⑦ Pressure level: display and adjustment |
| ④ Outlet value and working switch: pressing the box stops that chamber from inflating | ⑧ Start and pause of the pressotherapy function |

Inflation modes

Mode A · gentle massage and preparation — the sequence advances from chamber 0 to chamber 9 and each chamber deflates as the next one inflates, so the pressure wave travels along the body chamber by chamber. Once the path is complete, all of them inflate together and the cycle starts again. It is the most progressive setting on the device, suitable for the first sessions and for maintenance work.

Mode B · deep massage — the path also runs from chamber 0 to chamber 9, but each chamber stays inflated until the second one after it is filled: the compression wave is wider and the sensation more intense. The name refers to the working pattern and does not require the use of a high pressure.

Mode C · localised work — cumulative compression: the chambers already inflated remain inflated as the next one advances, so pressure builds progressively from the feet towards the waist. This is the mode recommended by the manufacturer to begin with, and the one associated with work on the abdomen and thighs.

Mode D · relaxation and comfort — the device runs three simultaneous sequences, with repeated alternations in the waist and arm chambers. It generates a combined compression pattern aimed at comfort within wellness protocols.

NOTE

The manufacturer recommends selecting mode C when starting to work with the device and then choosing the mode that best suits the objective of each session.

Pressure and working time

The pressure level is set from the bottom bar of the screen. The manufacturer's documentation indicates the values 0.10 · 0.22 · 0.32 bar and, on a different scale, 20 · 80 · 120 mmHg; both series appear in this way in the original documentation and are not mathematical equivalents of one another, so they must not be presented as exact conversions. The pressotherapy session time is also programmed from that bar and must not exceed 40 minutes.

CAUTION

Always work with low pressure at the start of the session and increase it progressively according to the client's sensations. Higher pressures may be used with younger people; the more advanced the age, the lower the pressure used must be. Stop the session in the event of any pain or abnormal sensation.

8.4 Far infrared function

The infrared screen shows the five heating zones of the suit, each with its own temperature setting and its output switch. You can heat only the zones included in the protocol and leave the rest deactivated. The time and the start and pause button of this function are independent of those of pressotherapy.

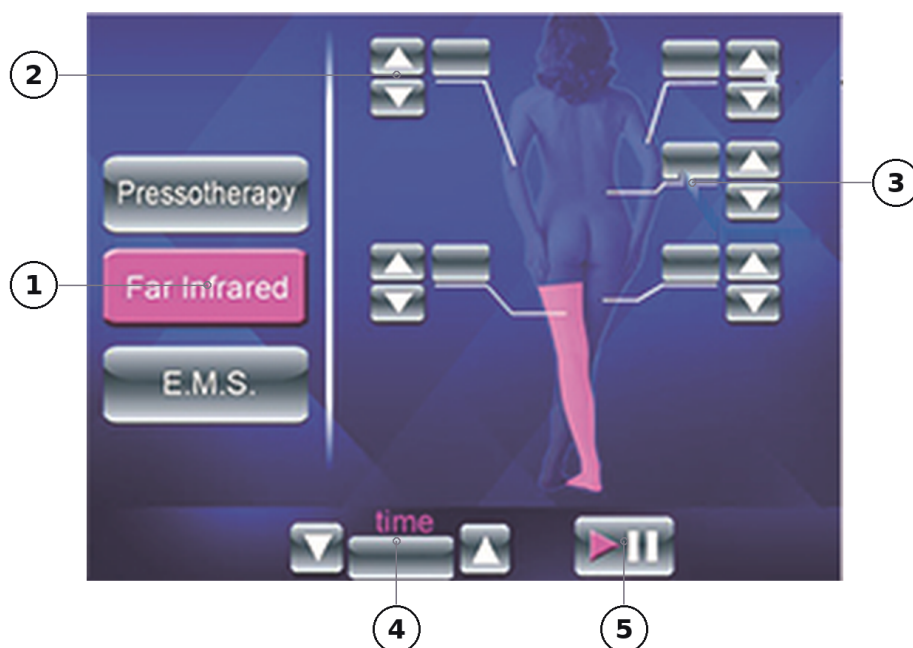


FIGURE 17 Far infrared screen with the items numbered 1 to 5. Diagram taken from the manufacturer's documentation; on the unit the labels appear in Spanish.

- | | |
|--|--|
| ① Far infrared function tab | ④ Session time: display and adjustment |
| ② Temperature setting for each zone | ⑤ Start and pause of the infrared heating function |
| ③ Heating output switch: pressing the box stops that zone from heating | |

CAUTION

Never exceed 20 minutes of work at high temperatures. As a reference, for more complete body protocols the manufacturer indicates up to 45 minutes of thermal stimulation, which must be reduced to around 30 minutes when the function is combined with other techniques. Communicate with the client throughout the application and reduce the temperature at any sign of excessive sensation. Use of this function is not recommended for clients with circulatory problems.

8.5 Muscle stimulation function

The stimulation screen shows the five numbered outputs, each with its intensity setting and its on-screen value. Before starting the function, check that the cables are connected to the panel, that the electrodes are placed in positive and negative pairs and that water-based conductive gel has been applied to each pad.

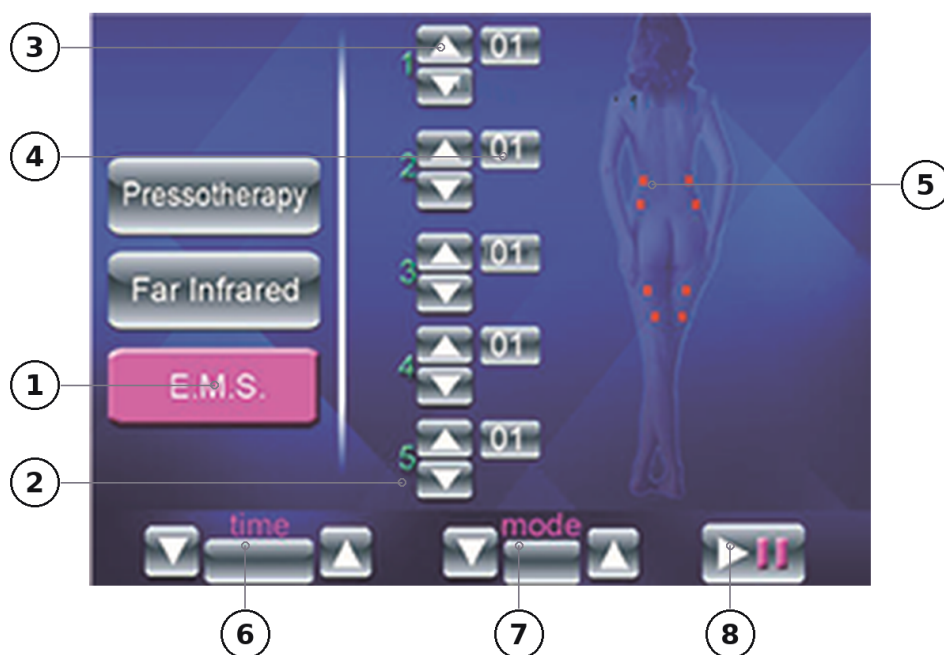


FIGURE 18 Muscle stimulation screen with the items numbered 1 to 8. Diagram taken from the manufacturer's documentation; on the unit the labels appear in Spanish.

- | | |
|---|--|
| ① Muscle stimulation function tab | ⑤ Graphic reference of the electrode placement areas |
| ② Numbering of the five stimulation outputs | ⑥ Session time: display and adjustment |
| ③ Intensity setting for each output | ⑦ Working programme (A to D): display and adjustment |
| ④ Intensity display and output switch | ⑧ Start and pause of the muscle stimulation function |

Working programmes

Programme A · 10 Hz — the lowest frequency of the device. Gentle work, suitable for the first sessions, for areas with little slackness and for clients who are sensitive to muscle stimulation.

Programme B · 20 Hz — intermediate level. It is the basis of aesthetic toning and body-shaping programmes.

Programme C · 30 Hz — a higher stimulation rate, aimed at areas with greater slackness within body-shaping programmes.

Programme D · 40 Hz — the highest frequency of the four preset options. Reserve it for clients already used to the treatment and always within the comfort range.

Set the intensity of each output independently, adapting it to the client's sensitivity and to the treated area. The higher the intensity applied, the greater the number of muscle fibres taking part in each contraction: work at the highest level that remains comfortable, increasing it progressively throughout the session and never

reaching the pain threshold. The normal sensation is a tingling accompanied by the contraction, not discomfort. A higher frequency is not automatically more suitable: choose the programme according to the area and the objective of the protocol.

8.6 Operating video

The distributor provides a support video covering the general operation of the device, the installation of the accessories and start-up in the treatment room:

Device operating video — <https://www.youtube.com/watch?v=i7btdgGT7xs>

09 TREATMENT PROTOCOL

Recommended working sequence for a complete body-shaping session:



FIGURE 19 Fitting the waist and abdomen belt on the client, with the electrodes already in place.

- 1 Check that the couch allows the client to lie completely flat, with no limb left unsupported or under tension.
- 2 Lay the base blanket over the couch and prepare only the modules for the areas you are going to work on.
- 3 Carry out prior skin hygiene. A body scrub before any treatment is advisable.
- 4 If you apply cosmetics specific to the objective of the treatment, do so with a prior massage of 15 to 20 minutes and then wrap the area with film or disposable material.
- 5 Fit the client with disposable cellulose trousers and adjust the modules without excessive compression.
- 6 Connect the air tubes (0 to 9) and the infrared cables (1 to 5) of the areas being used and, where applicable, the electrodes with water-based conductive gel.
- 7 Switch on the device, go to the pressotherapy tab and set the time, the inflation mode, the pressure level and the active outlets. Pressotherapy session: 20 to 30 minutes.
- 8 If the protocol includes heat, move to the infrared tab and set the temperature of each zone following the guidance in section 8.4.

- 9 Once the pressure and heat phase is finished, you may carry out a stimulation phase of about 10 minutes with the programme suited to the objective, placing the electrodes at the beginning and at the end of the muscle (see section 10).
- 10 Keep in communication with the client throughout the session and adjust pressure, temperature and intensity according to their sensations.
- 11 When finished, stop all functions, remove the modules and open them so that they release the heat before cleaning and storing them.

NOTE

When pressotherapy forms part of a combined treatment, apply it at the end of the session, after the other methods used. Ensure the client is properly hydrated by offering water before and after the treatment, and allow at least one hour after the last meal before starting the session.

10 ELECTRODE PLACEMENT

The following diagrams come from the original manufacturer's documentation and indicate the placement points of the electrodes in pairs (each number and its counterpart with an apostrophe form one circuit). The pads are placed over the motor points of the muscle, where the signal is channelled most effectively:

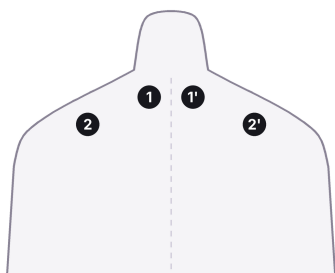


FIGURE 20 Shoulder and neck. Purpose: activate and release the area.

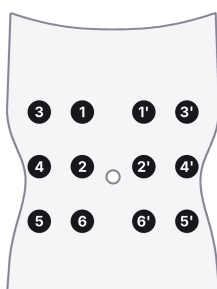
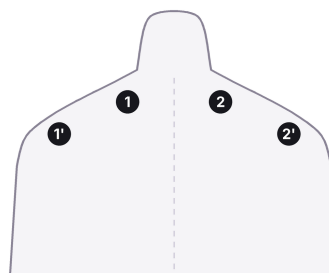


FIGURE 22 Abdomen. Purpose: tone the area within body-shaping programmes.

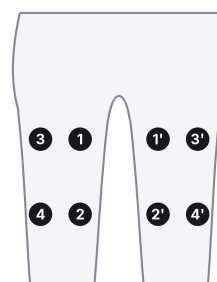


FIGURE 23 Thighs. Purpose: tone the area within body-shaping programmes.

CAUTION

Always place the electrodes in pairs (positive and negative) and with water-based conductive gel, at the beginning and at the end of the muscle; never over bone, joints, thorax or neck, and never crossing one circuit between the front and the back of the body. Insert the pads into the retaining straps previously placed on the client and check that they are in full contact with the skin.

NOTE

Use water-based conductive gel exclusively; it guarantees correct transmission of the impulse, protects the skin and extends the service life of the electrodes. It is available at sunmarket.es.

11 THE SESSIONS

For aesthetic purposes, pressotherapy sessions last approximately 20 to 35 minutes, depending on the working objective and the sensitivity of each client. Treatment with the pressotherapy function must not exceed 40 minutes.

As for frequency, as a general measure 2 or 3 sessions a week are usually carried out, always on alternate days. It is advisable to accompany the session with a relaxing atmosphere that supports the client's wellbeing throughout the treatment.

When pressotherapy is used within a combined treatment, it will be applied at the end of the session, after the other methods used. The following table sets out indicative durations and pressures according to the aesthetic objective of the session:

AESTHETIC OBJECTIVE OF THE SESSION	INDICATIVE DURATION	PRESSURE
Sensation of tired, heavy legs	20 – 30 minutes	Medium
Occasional fluid retention	25 – 35 minutes	Low – medium
Body-shaping programmes	20 – 30 minutes	High
Improving the appearance of cellulite	20 – 30 minutes	High
Maintenance session	20 minutes	Medium
Preparation before other treatments	15 – 20 minutes	Low

The values in this table are indicative. Always adjust them to the selected inflation mode, the pressure used, the client's general physical condition and their tolerance during the session.

12 PRECAUTIONS DURING TREATMENT

- 1 Always use water-based conductive gel on the passive gymnastics electrodes for better results. Adjust the intensity according to the sensations reported by the client, always gradually from lower to higher. If there is any sensation of pain, check that the electrode is in perfect contact with the skin.
- 2 Begin pressotherapy with low pressure and increase it progressively as the session goes on.
- 3 With the infrared function, do not exceed 20 minutes of work at a high temperature and reduce the level as soon as the client reports an excessive sensation of heat.
- 4 Throughout the treatment, communicate with the client in order to check temperature and pressure and make the corresponding adjustment.
- 5 During the treatment, keep the functions not being used in that session on pause.
- 6 Do not leave the client unsupervised, and do not leave the garments heating up while empty.
- 7 Always use disposable trousers, or correctly sterilise the consumable used for each client.

13 CLEANING AND MAINTENANCE

13.1 Cleaning after each session

- Stop all functions and disconnect the device from the mains before any cleaning.
- Open the suit modules as soon as the session is over so that they release the accumulated heat. Never store the garments while hot or damp.
- Clean the surface of the modules and the base blanket with a soft cloth dampened with water or a non-aggressive disinfectant; dry completely before storing. Do not immerse any component.
- Clean the electrodes, removing any conductive gel residue, and disinfect them; replace them when they lose adhesion.
- Clean the housing and the screen with a dry or slightly damp cloth; never with liquids poured directly onto them.
- Gather the tubes and cables into the organiser bag, without tension or kinks.

13.2 Periodic maintenance

- Check the condition of tubes and connectors: no permanent kinks, cracks or air leaks. Replace any damaged tube with an original spare part.
- Check the power cable and the electrode and infrared cables; if they show damage, do not use the device and request an original spare part.
- Do not pull the cables sharply when disconnecting them, and do not bend them excessively when gathering them.
- Store the suit flat or folded without forced angles, in a dry place protected from sunlight.
- The fuse sits in the fuse holder of the rear mains socket and is a 5 × 20 mm, 250 V type; replace it only with another of the same characteristics and with the device unplugged.
- The circuit breaker next to the socket acts as the main switch. If it trips repeatedly, do not keep resetting it and contact technical service.
- Keep the rear fan grille clear and clean it regularly with the device disconnected.
- Any other intervention is the exclusive responsibility of authorised technical service.



FIGURE 24 Circuit breaker and mains socket with the fuse holder, next to the rating plate.

14 TROUBLESHOOTING

Before contacting technical service, check the following points:

PROBLEM	PROBABLE CAUSE	SOLUTION
The device does not switch on	Circuit breaker off; emergency stop pressed; cable badly connected; blown fuse	Switch on the rear circuit breaker, release the emergency stop by turning it, check the cable and the earthed socket, and replace the fuse with an identical 5 × 20 mm, 250 V one
A chamber does not inflate	Tube connected to the wrong number; outlet deactivated on screen; connector not clicked in or tube kinked	Check the numbering 0 to 9 and the orientation of the connector, make sure the outlet is active on the pressotherapy screen and remove any kinks from the tube
Pressure is weak	Low pressure level; short inflation time; leak at a connector	Increase the pressure level, increase the inflation time of that outlet and check that all connectors are properly seated
The sequence is not the expected one	Inflation mode different from the one intended; tubes crossed between modules	Check mode A to D on the bottom bar and review the numbering of all tubes
One zone does not heat up	Heating output deactivated; infrared connector loose; low temperature	Activate the output on the infrared screen, insert connector 1 to 5 fully and raise the temperature
Muscle stimulation is not felt	Intensity at zero; no conductive gel; electrode not in contact; cable badly connected	Increase the intensity of that output, apply water-based conductive gel and check the electrode contact and the cable connection
Stimulation is uncomfortable	Excessive intensity; electrode partly detached	Reduce the intensity and reposition the electrode with full contact

⚠ DANGER

If the problem persists, or in the event of a burning smell, unusual noises, moisture in the device or visible damage, disconnect the device from the mains immediately and contact technical service. Do not open the housing: all repairs must be carried out by authorised technical staff.

15 TECHNICAL SPECIFICATIONS

Model	ID-PRESOT18 · PRESSO XL DIGITAL PREMIUM
Certified model	IDMRTSE5 PRESOTERAPIA ELECTRO-BEAUTY SCULPT · 8432729063219
Functions	Pressotherapy · Far infrared · Muscle stimulation (3 in 1 with modular suit)
Power supply	AC 200 – 240 V according to the rating plate of the unit supplied. The manufacturer's documentation also mentions 110 V configurations
Frequency	50 – 60 Hz
Power	350 W
Electrical protection	Main circuit breaker and 5 A fuse (5 × 20 mm, 250 V) in the mains socket
Emergency stop	Button located on the top of the unit
Pressotherapy	20 air chambers · 10 numbered outlets (0 – 9) · 4 inflation modes · inflation time adjustable per outlet
Pressure	0.10 · 0.22 · 0.32 bar — 20 · 80 · 120 mmHg, according to the manufacturer's documentation
Far infrared	5 zones (arms 1/2 · waist 3 · legs 4/5) · temperature and time adjustable per zone
Muscle stimulation	5 independent outputs · 10 electrodes · 4 programmes (10 · 20 · 30 · 40 Hz)
Screen	Colour digital touch screen
Pressotherapy time	Up to 40 minutes
Structure	Vertical unit on castors
Approximate dimensions	96 × 40 × 24 cm
Approximate weight	30 kg

Conformity

The device carries CE marking. The declaration of conformity of the certified model lists the following directives and standards:

CE · Electromagnetic compatibility	Directive 2014/30/EU
CE · Low voltage	Directive 2014/35/EU
RoHS	Directive 2011/65/EU
Standards applied · EMC	EN IEC 55014-1:2021 · EN IEC 55014-2:2021 · EN IEC 61000-3-2:2019+A1:2021 · EN 61000-3-3:2013+A1:2019+A2:2021
Standards applied · Safety	EN 60335-1:2012 and amendments · EN IEC 60335-2-115:2023+A11:2023 · EN 62233:2008
Standards applied · RoHS	IEC 62321-4 · 62321-5 · 62321-6 · 62321-7-1 · 62321-7-2 · 62321-8

The manufacturer reserves the right to modify the information contained in this manual, as well as the characteristics and components of the product, without prior notice. Some components may differ from the images shown.

16 WARRANTY AND TECHNICAL SERVICE

The device is supplied with the distributor's commercial warranty. The main unit and the textile set have different periods, because the garments of the suit are subject to the wear inherent in continuous use in the treatment room.

16.1 Coverage

ITEM	WARRANTY	NOTES
Main unit: control electronics, compressor, touch screen and structure	3 years	From the date of the purchase invoice
Modular suit: arm and leg modules, waist belt and foot boots	1 year	Parts subject to wear in salon use, considered consumables
Base blanket for the couch and organiser bag	1 year	Same terms as the rest of the textile set
Air tubes, connectors and infrared cables	1 year	Replacement with original spare parts
Electrodes, elastic straps and conductive gel	Not covered	Consumables requiring periodic replacement

The period runs from the date of the purchase invoice and covers the professional purchaser named on it. This commercial warranty is without prejudice to the rights granted to the purchaser by applicable law.

16.2 What is covered

- Manufacturing and material defects that prevent normal operation of the device.
- Failures of the control electronics, the compressor and the touch screen within the stated period.
- Air leaks in tubes, connectors and chambers attributable to an original defect.
- Labour and original spare parts required for the repair.
- Preliminary diagnosis and telephone assistance from the technical service.

16.3 What is not covered

- Normal wear of the garments, straps, electrodes and conductive gel.
- Tears, cuts, punctures or burns to the textile material occurring during use.
- Damage caused by a mains voltage other than the one stated on the rating plate, or by installations without earthing.
- Damage from impact, falls, unsuitable transport or storage in damp environments.
- Damage from liquids, cosmetics or disinfectants spilled onto the unit or introduced into the garments.
- Faults caused by tampering, disassembly or repair carried out by unauthorised personnel.

- Use of the device with accessories or spare parts that are not original.
- Non-professional use, use contrary to this manual, or failure to observe the contraindications and the time, pressure and temperature guidance.
- Consumables and the cleaning and periodic maintenance work described in section 13.
- Cosmetic damage that does not affect the operation of the device.

CAUTION

Opening the housing, replacing internal components or any intervention carried out by unauthorised personnel immediately voids the warranty. Replacing the fuse and the cleaning tasks described in section 13 are the only operations that are the user's responsibility.

16.4 How to report a fault

- 1 Stop the device, disconnect it from the mains and do not continue using it.
- 2 Check section 14 first: many incidents are resolved by checking the numbering of the tubes, the seating of the connectors or whether the outlet is active on screen.
- 3 Gather the serial number from the rating plate together with the date and number of the purchase invoice.
- 4 Describe the fault in as much detail as possible: function affected, when it appears and the behaviour observed.
- 5 Attach photographs or a short video of the problem and of the rating plate.
- 6 Contact the distributor's technical service by telephone, email or WhatsApp.
- 7 Keep the original packaging or an equivalent one: it is essential for safe transport if the unit has to be collected.
- 8 Do not send the device without having arranged collection with the technical service beforehand.

16.5 Technical service, training and replacement unit

The distributor runs its own technical service with original spare parts and supports the salon throughout the service life of the device:

- Telephone and WhatsApp assistance for questions about operation and about fitting the suit.
- Training on the operation of the device, by telephone or at the distributor's premises.
- Availability of a replacement unit during the repair, subject to the conditions in force at the time of the incident.
- Original spare parts for modules, tubes, connectors, electrodes and conductive gel.
- Updates to this documentation.

16.6 Details of your unit

Record the details of your device as soon as you receive it. The serial number appears on the rating plate at the rear, next to the circuit breaker, and it is the first detail the technical service asks for.

Model	
Serial number	
Date of purchase	
Invoice number	
Distributor and contact	

17 DISPOSAL OF THE DEVICE AND THE PACKAGING

At the end of its service life, the device and its accessories must be disposed of separately from other waste.

17.1 Electrical equipment

- Do not place the unit in household waste or in general commercial waste.
- Take it to an authorised collection point for waste electrical and electronic equipment, or hand it to the distributor when purchasing an equivalent device.
- Disconnect and remove the power cable before handing it over.
- Separate collection allows usable materials to be recovered and keeps electronic components out of the general waste stream.

17.2 Suit, accessories and packaging

- Separate the cardboard packaging and place it in the paper and cardboard container.
- Place the protective plastics in the appropriate container.
- Garments, tubes, cables and electrodes taken out of service are handled as non-recyclable waste, unless local regulations state otherwise.
- Conductive gel residues and empty containers follow the instructions on their own label.

NOTE

Always check the collection rules in force in your municipality: classification and drop-off points may vary.

A ANNEX A · PRIOR ASSESSMENT AND INFORMED CONSENT

This annex brings together, in a single printable document, the prior assessment of the client and their informed consent for the three technologies of the device. Complete and sign one copy before the first session and review the questionnaire at every new visit.

NOTE

Template for guidance. Adapt it to the details and procedures of your salon and have it reviewed by your legal advisers before use: Sunmarket Wellness does not provide legal advice and responsibility for the document finally used lies with the salon.

DETAILS OF THE SALON AND THE CLIENT

Salon	_____	Professional in charge	_____
Full name	_____		
Identity document	_____	Date of birth	_____
Telephone	_____	Email	_____

PRIOR ASSESSMENT QUESTIONNAIRE

Tick the appropriate box on each line. The questionnaire is completed by the client with the support of the professional.

BLOCK A · SITUATIONS THAT PREVENT THE SESSION	YES	NO
Pregnancy or suspected pregnancy	☐	☐
Pacemaker, defibrillator or other implanted electronic device	☐	☐
Epilepsy	☐	☐
Recent deep vein thrombosis, thrombophlebitis or phlebothrombosis	☐	☐
Significant or tortuous varicose veins	☐	☐
Heart condition or recent myocardial infarction	☐	☐
Cardiac, respiratory or renal insufficiency	☐	☐
Uncontrolled blood pressure	☐	☐
Active oncological process	☐	☐
Fever, active infection or acute inflammation	☐	☐
Skin infection, open wound, burn or dermatitis in the treatment area	☐	☐

BLOCK A · SITUATIONS THAT PREVENT THE SESSION	YES	NO
Lymphangitis	☐	☐
Inflammatory arthritis in the acute phase	☐	☐
Abdominal or inguinal hernia	☐	☐
Retinal detachment	☐	☐
Active haemorrhagic process	☐	☐
Person under 18 years of age	☐	☐

DANGER

A single affirmative answer in block A prevents the session from being carried out. Do not apply any of the three technologies while the situation persists and refer the client to their healthcare professional.

BLOCK B · SITUATIONS REQUIRING ASSESSMENT	YES	NO
Ongoing medical treatment or open diagnostic process	☐	☐
Diabetes with neuropathy or altered sensitivity	☐	☐
Altered skin or thermal sensitivity	☐	☐
Very thin or hypersensitive skin, or significant capillary fragility	☐	☐
Recent surgery without definitive medical discharge	☐	☐
Metal implants in the area where the electrodes would be placed	☐	☐
Photosensitising medication	☐	☐
Menstruation, if abdominal work is planned	☐	☐
Advanced age with associated circulatory conditions	☐	☐
Tendency to bruise or mark easily	☐	☐

An affirmative answer in block B does not necessarily prevent the session, but it requires individual assessment, reduced intensities, continuous supervision and, where applicable, prior written medical authorisation.

TECHNOLOGIES PLANNED

- ☐ Pressotherapy by pneumatic compression
- ☐ Far infrared heat
- ☐ EMS muscle stimulation
- ☐ Body areas planned:

DECLARATION AND CONSENT

The client declares and accepts the following:

1. They have been informed that the treatment has an exclusively aesthetic and wellness purpose, that it does not constitute a medical act and that it does not replace any healthcare assessment, diagnosis or treatment.
2. The three technologies of the device have been explained to them, together with the normal sensations of each one: progressive compression of the air chambers, gentle enveloping heat in the active zones, and tingling accompanied by muscle contraction in the stimulation function.
3. They have been informed that transient reactions may appear, such as redness, a sensation of heat for a while, slight marks from the garments or the straps, and mild residual tingling.
4. They declare that the information given in the questionnaire is truthful and complete and that they have not omitted any circumstance relevant to their safety.
5. They undertake to report any change in their state of health, treatment or medication before each new session.
6. They undertake to inform the professional immediately of any pain, discomfort, excessive sensation of heat or any other unpleasant sensation during the session.
7. They understand that results vary, that they depend on individual factors, on the number of sessions and on personal habits, and that no specific result or reduction in measurements has been guaranteed to them.
8. They have had the opportunity to ask questions and have received an answer to all of them before signing.
9. They freely consent to the application of the technologies marked in this document and know that they may withdraw consent at any time, without having to give reasons and without this affecting their relationship with the salon.
10. Should there be any doubt about their state of health, they undertake to provide prior written medical authorisation before receiving the session.

DATA PROTECTION

Data controller: the salon named in the header. Purpose: managing the provision of the aesthetic service, assessing the suitability of the sessions and keeping the treatment history. Legal basis: the client's consent and the performance of the service relationship. Retention: for the duration of the relationship with the salon and thereafter for the periods required by law. Recipients: data is not transferred to third parties except where required by law. Rights: access, rectification, erasure, restriction, objection and portability, by writing to the salon; a complaint may also be lodged with the competent supervisory authority.

Client's signature

Professional's signature

Date

B ANNEX B • SESSION LOG

Record each session as soon as it ends. The history makes it possible to adjust the parameters of the next visit, evidences the follow-up carried out and documents any incident.

Full name

Salon

Professional in charge

[illegible]

Keep this log together with the prior assessment form of each client and update it at every visit.

C ANNEX C · QUICK REFERENCE FOR THE TREATMENT ROOM

Operational summary to keep next to the device. It does not replace reading the full manual.

Before starting	Prior assessment form signed and reviewed · disposable trousers for each person
Assembly	Tubes 0 to 9 and infrared cables 1 to 5 on their own number · connector arrow facing upwards
Start-up	Cable to an earthed socket · circuit breaker set · emergency stop released · screen on pressotherapy
Pressotherapy	Mode C to begin with · pressure from lower to higher · maximum 40 minutes
Far infrared	Maximum 20 minutes at high temperature · lower the level as soon as heat is felt · never heat the garments while empty
Muscle stimulation	Water-based conductive gel · electrodes in pairs · at the beginning and end of the muscle · never on thorax, neck or head
During the session	Constant communication · never unsupervised · unused functions on pause
Full session	Pressotherapy 20 to 30 minutes · stimulation about 10 minutes · pressotherapy always at the end of a combined treatment
Frequency	2 or 3 sessions a week, on alternate days
When finished	Stop all functions · open the garments so they release the heat · clean electrodes and surfaces · gather everything into the bag
At any discomfort	Reduce the intensity or stop the function and, if necessary, press the emergency stop
Fuse	5 A · 250 V · 5 × 20 mm, always with the device unplugged

DANGER

In the event of a burning smell, unusual noises, moisture in the device or visible damage: press the emergency stop, disconnect from the mains and contact the technical service. Do not open the housing.

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PRESSO XL DIGITAL PREMIUM · ID-PRESOT18

Professional device for aesthetics and wellness. For exclusive use by trained staff.

DISTRIBUTOR

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