

LELO 1022

LELO Luna Smart Bead User Manual

Model: 1022

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1. INTRODUCTION

Thank you for choosing the LELO Luna Smart Bead. This device is designed as a pelvic muscle toner, offering a discreet and battery-free method for pelvic floor exercise. Regular use can contribute to improved pelvic health. Please read this manual thoroughly before first use to ensure proper operation and care.



Image: The LELO Luna Smart Bead in Deep Rose, presented in its retail packaging alongside a black storage pouch and warranty card.

2. SAFETY INFORMATION

- Consult your physician before using this product if you have any medical concerns, are pregnant, or have recently given birth.
- Discontinue use immediately if you experience any discomfort or pain.
- Do not use the device if it appears damaged or if the silicone is compromised.
- This product is for personal use only.
- Keep out of reach of children.
- Ensure the retrieval cord is always accessible during use.

3. PRODUCT OVERVIEW

The LELO Luna Smart Bead is crafted from body-safe silicone and features a sleek, ergonomic design for comfortable use. It is completely waterproof for easy cleaning and hygiene.

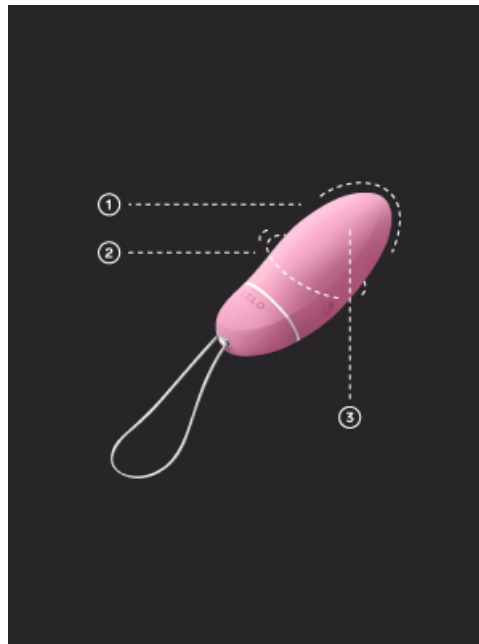


Image: A diagram illustrating the key components of the LELO Luna Smart Bead. (1) Main body, (2) Control button, (3) Retrieval cord attachment point.

Key Features:

- **Intelligent Memory Function:** Remembers your last used setting.
- **Energy Efficient & Convenient:** Designed for extended use without frequent battery changes.
- **Body-Safe Silicone & Fully Waterproof:** Ensures hygiene and durability.
- **5 Progressive Vibration Levels:** Allows for customized intensity during exercises.
- **Simple & Safe:** User-friendly design for new and experienced users.
- **'Squeeze & Relax' Technique:** Supports effective pelvic floor muscle training.

ticking all the boxes



INTELLIGENT MEMORY FUNCTION



ENERGY EFFICIENT & CONVENIENT



BODY-SAFE SILICONE & FULLY WATERPROOF



5 PROGRESSIVE VIBRATION LEVELS



SIMPLE & SAFE FOR NEW SENSATIONS



THE 'SQUEEZE & RELAX' TECHNIQUE



Image: A visual representation of the LELO Luna Smart Bead's key features, including intelligent memory, energy efficiency, body-safe silicone, waterproof design, 5 vibration levels, and support for the 'Squeeze & Relax' technique.

4. SETUP

Battery Installation

1. Gently twist the base of the Luna Smart Bead to open the battery compartment.
2. Insert one AAA battery, ensuring the polarity (+/-) matches the indicators inside the compartment.
3. Securely close the battery compartment by twisting the base back into place until it is flush with the body of the device. This ensures the device remains waterproof.

First Use Preparation

1. Before initial use, clean the Luna Smart Bead thoroughly as described in the "Maintenance and Care" section.
2. Apply a water-based lubricant to the device for comfortable insertion.

5. OPERATING INSTRUCTIONS

Basic Operation

- **To Turn On:** Press and hold the control button for 3 seconds. The device will start on its lowest vibration setting.
- **To Change Vibration Level:** Press the control button briefly to cycle through the 5 progressive vibration levels.
- **To Turn Off:** Press and hold the control button for 3 seconds.

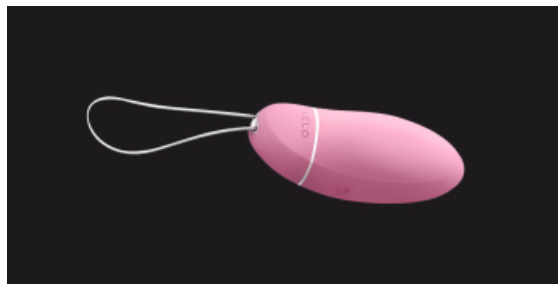


Image: An animated representation of the LELO Luna Smart Bead, demonstrating its vibration function.

Pelvic Floor Exercise (Kegel Training)

The LELO Luna Smart Bead is designed to assist with Kegel exercises. Follow these steps for effective training:

1. Insert the Luna Smart Bead comfortably into the vagina, ensuring the retrieval cord remains outside the body.
2. Turn on the device and select a comfortable vibration level.
3. Perform the 'Squeeze & Relax' technique: Contract your pelvic floor muscles as if you are stopping the flow of urine, hold for a few seconds, then relax completely.
4. Focus on isolating the pelvic floor muscles. The vibrations can help you feel the contraction more distinctly.
5. Repeat this process for 5-10 minutes, 1-2 times daily, or as recommended by a healthcare professional.
6. After your exercise session, turn off the device and gently remove it using the retrieval cord.

6. MAINTENANCE AND CARE

Cleaning

- Always clean the Luna Smart Bead before and after each use.
- Wash the device with warm water and a mild, antibacterial soap or a specialized toy cleaner.
- Rinse thoroughly with clean water.
- Pat dry with a lint-free cloth or air dry completely before storing.
- Do not use cleaners containing alcohol, petroleum, or acetone, as these can damage the silicone.

Storage

- Store the Luna Smart Bead in a clean, dry, and dust-free place, away from direct sunlight and extreme temperatures.
- Keep it separate from other toys made of different materials to prevent material degradation. The included storage pouch is ideal for this purpose.
- If the device will not be used for an extended period, remove the AAA battery.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is dead or incorrectly inserted.	Replace the AAA battery or check its orientation. Ensure the battery compartment is securely closed.
Vibrations are weak.	Low battery power.	Replace the AAA battery.
Device turns off unexpectedly.	Low battery power.	Replace the AAA battery.
Difficulty changing vibration levels.	Button not pressed correctly or device malfunction.	Ensure a firm, brief press of the control button. If the issue persists, contact customer support.

8. SPECIFICATIONS

- **Model:** LELO Luna Smart Bead (Model 1022)
- **Material:** Body-safe silicone, ABS Plastic
- **Color:** Deep Rose
- **Dimensions:** 3.05 x 3.3 x 8.13 cm (L x W x H)
- **Weight:** 113.4 g
- **Battery:** 1 x AAA (not included)
- **Vibration Levels:** 5
- **Water Resistance:** Fully Waterproof
- **Care Instructions:** Hand Wash

9. WARRANTY AND SUPPORT

LELO products are covered by a 1-year warranty from the date of original purchase against defects due to faulty workmanship or materials. This warranty does not cover normal wear and tear, damage caused by accident, misuse, or neglect.

For warranty claims or technical support, please visit the official LELO website or contact their customer service directly.

You may need your proof of purchase and the product's model number (1022) and ASIN (B00O4CODSA).

Online Support: www.lelo.com/support

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question