

YA-MAN HRF-18T

YA-MAN RF Core EX HRF-18T Body Beauty Device Instruction Manual

Model: HRF-18T

1. INTRODUCTION

The YA-MAN RF Core EX HRF-18T is a home-use beauty device designed for body, face, and bust care. It integrates three popular beauty salon technologies: Cavitation, Radio Frequency (RF), and Electrical Muscle Stimulation (EMS). This device is waterproof (IPX7 equivalent), allowing for use during bath time.

This manual provides essential information for the safe and effective use of your device. Please read it thoroughly before first use and keep it for future reference.

2. SAFETY PRECAUTIONS

Failure to follow these safety instructions may result in injury or device malfunction.

2.1 Do Not Use If You Have Any of the Following Conditions:

- Persons using medical electrical equipment (e.g., implanted pacemakers, life support systems, wearable medical devices).
- Persons with heart disease, disorders, or suspected conditions.
- Persons unable to express their will.
- Persons unable to perceive temperature or stimulation.
- Persons from early pregnancy until immediately after childbirth.
- Persons with autoimmune diseases.
- Persons with uterine diseases such as endometriosis or uterine fibroids.

2.2 Consult a Doctor Before Use If You Have Any of the Following Conditions:

- Acute diseases.
- Infectious diseases.

- Malignant tumors.
- Febrile diseases.
- High blood pressure or blood disorders.
- Fever.
- Sensory impairment due to severe peripheral circulatory dysfunction, such as diabetes.
- Neurological disorders.
- Skin diseases or atopic dermatitis.
- Undergoing medical treatment and taking medication.
- Allergic constitution, contact dermatitis, or other pre-existing skin conditions, or those concerned about their skin during use.

2.3 Do Not Use On Areas Other Than Specified or On the Following Areas:

- Fractured areas.
- Areas with metal implants due to surgical procedures (plastic, orthopedic, cosmetic).
- Areas with internal bleeding, swelling, scabs, etc., after cosmetic medical procedures. (For such areas, refrain from use for 2 weeks after the procedure and consult a doctor before resuming use. Examples of procedures: hyaluronic acid injection, silicone injection, Botox, thread lift, double eyelid surgery, HIFU, etc.)

If you feel unwell or notice any skin abnormalities during use, stop immediately and consult a doctor if the condition does not improve.

3. PRODUCT OVERVIEW AND FEATURES

The YA-MAN RF Core EX HRF-18T combines three advanced technologies for comprehensive beauty care:

- **RF (Radio Frequency):** This high-frequency technology warms the skin from deep within by reacting to moisture, commonly used in professional beauty salons.
- **Cavitation:** Utilizes powerful 330kHz ultrasonic waves to vibrate the skin, targeting specific areas.
- **EMS (Electrical Muscle Stimulation):** Delivers electrical impulses to stimulate muscles. This model features a "Double Wave EMS" combining medium and low frequencies.

This device offers total care for the face, body, and bust. It is waterproof (IPX7 equivalent), allowing for safe use during bath time to enhance the warming effect.



Image: The YA-MAN RF Core EX HRF-18T device, showcasing its ergonomic design and control panel.



Image: Diagram illustrating the three core technologies of the device: RF for warming, Cavitation for targeted vibration, and EMS for muscle stimulation.

4. SETUP

4.1 Unboxing and Initial Inspection

Carefully remove the device and all accessories from the packaging. Check for any visible damage. The package should contain:

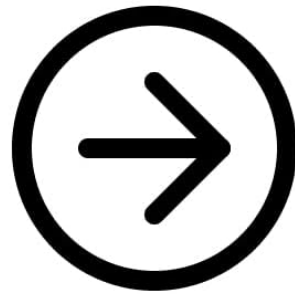
- YA-MAN RF Core EX HRF-18T main unit
- AC Adapter
- Instruction Manual (this document)

4.2 Charging the Device

1. Connect the AC adapter to the charging port on the device.
2. Plug the AC adapter into a power outlet (100-240V).
3. The charging indicator light will illuminate. A full charge takes approximately 3 hours.
4. Once fully charged, the indicator light will change or turn off (refer to the device's specific indicator behavior).

Note: Ensure the device is fully charged before its first use for optimal performance. Do not operate the device while it is charging.

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Image: The YA-MAN RF Core EX HRF-18T device placed on its charging base, indicating the charging process.

5. OPERATING INSTRUCTIONS

Before use, ensure your skin is moisturized with gel or lotion. The device can be used in the bath, but applying a conductive gel is recommended for smoother gliding and better results.

5.1 Power On/Off and Mode Selection

1. Press and hold the power button to turn the device on.
2. Press the "MODE" button to cycle through available modes (e.g., RF, Cavitation, EMS).
3. Use the level adjustment buttons (usually "+" and "-") to select the desired intensity for RF (3 levels) and EMS (6 levels).
4. To turn off the device, press and hold the power button.



Image: Close-up of the device's control panel, showing buttons for mode selection and intensity levels for RF (3 levels) and EMS (6 levels).

5.2 Usage Areas and Techniques

The device is designed for use on various body parts, face, and bust. A typical session duration is approximately 10 minutes per area.

For Body:

- **Arms:** Glide the device upwards from the elbow to the shoulder.
- **Abdomen:** Move the device in circular motions or upwards from the lower abdomen.
- **Hips:** Glide the device upwards from the thighs towards the hips.
- **Thighs:** Move the device upwards from the knee to the hip.
- **Calves:** Glide the device upwards from the ankle to the knee.

For Face:

- **Cheeks:** Gently glide the device upwards from the jawline towards the temples.
- **Forehead:** Move the device upwards from the eyebrows to the hairline.
- **Jawline:** Glide along the jawline from the chin towards the ears.

For Bust (EX Model Exclusive):

The Bust Mode is specifically designed to target muscles around the bust area. This mode combines RF and EMS for a dual approach.

1. **Step 1:** Before treatment, stretch your back to refresh the area.
2. **Step 2:** Gently glide the device from under the bust towards the armpit, feeling the RF warmth and EMS stimulation.
3. **Step 3:** Move the device upwards from the back towards the bust, lifting the muscles.

Proper maintenance ensures the longevity and hygiene of your device.

6.1 Cleaning the Device

1. After each use, wipe the device clean with a soft, damp cloth.
2. For stubborn residue, use a mild soap solution on the cloth, then wipe again with a clean, damp cloth.
3. Ensure no water enters the charging port or other openings.
4. Dry the device thoroughly with a soft, dry cloth before storing.

Note: The device is waterproof, but it is important to dry it completely after use, especially if used in the bath, to prevent water accumulation in crevices and ensure proper function.

6.2 Storage

Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it out of reach of children.

7. TROUBLESHOOTING

If you encounter any issues with your YA-MAN RF Core EX HRF-18T, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device for approximately 3 hours.
No sensation or weak sensation during use.	Insufficient conductive gel/lotion. Intensity level is too low. Device not making full contact with skin.	Apply more gel/lotion. Increase the intensity level. Ensure the device head is in full contact with the skin.
Skin feels uncomfortable or irritated.	Intensity level is too high. Skin is too dry. Allergic reaction.	Reduce the intensity level. Apply more gel/lotion. Stop use immediately and consult a doctor if irritation persists.
Charging issues (e.g., not charging, intermittent charging).	Charging port or adapter connection issues. Corroded charging terminals.	Ensure the AC adapter is securely connected to both the device and the power outlet. Clean charging terminals if visible corrosion. If issues persist, contact customer support.

If the problem persists after trying these solutions, please contact YA-MAN customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	HRF-18T
Brand	YA-MAN
Input Voltage	100-240V
Dimensions (approx.)	83 × 116 × 97 mm
Main Unit Weight (approx.)	307g
Country of Manufacture	Japan
Accessories	AC Adapter
Charging Time (approx.)	3 hours
Operating Time (approx.)	30 minutes
Waterproof Level	IPX7 equivalent
Materials	ABS resin, PET resin, Polycarbonate
Battery Type	Lithium-ion (built-in)


9. WARRANTY AND SUPPORT



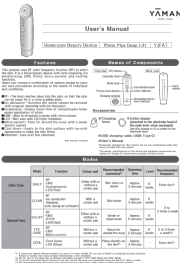
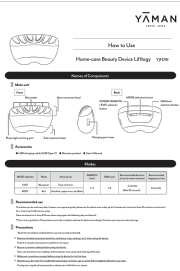

For warranty information and customer support, please refer to the warranty card included with your product or visit the official YA-MAN website. Keep your proof of purchase for warranty claims. If you experience any issues not covered in the troubleshooting section, or require further assistance, please contact YA-MAN customer service.

YA-MAN Official Website: www.ya-man.com

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Related Documents - HRF-18T

	<p>YA-MAN Photo PLUS Hyper HRF-11 Instruction Manual</p> <p>Comprehensive instruction manual for the YA-MAN Photo PLUS Hyper HRF-11 home beauty device, covering safety precautions, features, treatment modes, usage instructions, troubleshooting, and after-service information.</p>
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	<p>YA-MAN HRF-10 Photo PLUS Instruction Manual - Skincare Device Guide</p> <p>Comprehensive instruction manual for the YA-MAN HRF-10 Photo PLUS home beauty device, detailing RF, EMS, Ion Cleansing, LED, and Cooling treatments for optimal skincare results.</p>
	<p>YA-MAN Liftlogy SP User Manual</p> <p>User manual for the YA-MAN Liftlogy SP home-care beauty device, providing instructions on usage, safety precautions, maintenance, and troubleshooting.</p>
	<p>YA-MAN Photo Plus Deep Lift YJFA1 User Manual - Home Care Beauty Device</p> <p>Comprehensive user manual for the YA-MAN Photo Plus Deep Lift YJFA1, a home-care beauty device featuring RF, EMS, Iontophoresis, LED, and Micro-current technologies for facial skin treatment.</p>
	<p>YA-MAN Liftlogy Home-care Beauty Device: How to Use Guide</p> <p>A comprehensive guide on how to use the YA-MAN Liftlogy home-care beauty device, covering its features, modes, and recommended usage for face and body treatments.</p>
	<p>YA-MAN YJMF4 Blue Green Mask Lift User Manual</p> <p>Comprehensive user manual for the YA-MAN YJMF4 Blue Green Mask Lift home-care beauty device, covering setup, usage instructions, safety precautions, troubleshooting, and product specifications.</p>