

Medisana VC 150

Medisana VC 150 Cupping Massager

Model: VC 150 (88603)

Brand: Medisana

1. INTRODUCTION

The Medisana VC 150 Cupping Massager is an innovative device designed for skin care, combining three advanced technologies: vacuum cupping massage, Electrical Muscle Stimulation (EMS), and red light therapy. This device aims to promote smoother, healthier skin by stimulating the lymphatic system, massaging connective tissue, and increasing skin elasticity.

Key features include:

- **3-in-1 Function:** Integrates cupping massage, EMS, and red light technology.
- **Vacuum Cupping Massage:** Stimulates the lymphatic system and massages connective tissue for increased skin elasticity.
- **Revitalizing Application:** Enhances muscle flexibility and provides relaxation.
- **Flexible Use:** Offers 3 cupping intensities, 6 EMS levels, and two interchangeable cups for various body parts.
- **Convenient Handling:** Features integrated light indicators and an easy twist-and-lock mechanism for cup attachment.



The Medisana VC 150 Cupping Massager.

2. SAFETY INFORMATION

Please read all safety instructions carefully before using the Medisana VC 150 Cupping Massager. Failure to follow these instructions may result in injury or damage to the device.

- Ensure the device is unplugged when not in use.
- Do not use near water or in a humid environment.
- Consult a healthcare professional before use if you have medical conditions, including but not limited to: pregnancy, heart conditions, pacemakers, epilepsy, skin conditions, or recent surgery.
- Stop use immediately if you experience discomfort, pain, excessive redness, or any adverse reaction.
- This product contains small parts and is not suitable for children under 3 years old. Keep out of reach of children.
- Do not apply to the head, face (unless using the specific face mode without suction), cervical spine, or breasts.
- Do not stay too long on a single area to avoid excessive bruising or skin irritation.
- Only use the device for its intended purpose as described in this manual.

3. PRODUCT OVERVIEW

The Medisana VC 150 comes with the main unit, two different sized cupping attachments, and a USB charging cable. Familiarize yourself with the device components before use.



Contents: VC 150 device, two cupping attachments, USB cable, and user manual.

Controls and Indicators

The device features intuitive controls and light indicators for easy operation.

- **Power Button:** Short press to turn ON, long press (3 seconds) to turn OFF.
- **Mode Button (BODY/FACE):** Press to switch between body and face modes.
- **EMS Button:** Adjusts EMS intensity levels.
- **LIPO Button:** Adjusts cupping intensity levels.
- **RELEASE Button:** Long press to release suction in case of discomfort.
- **Indicator Lights:** Display selected function levels and battery status.

4. SETUP

Charging the Device

Before first use, fully charge the device. Connect the provided USB cable to the charging port on the

- After turning on, press the BODY/FACE button to toggle between BODY and FACE modes. The corresponding indicator light will illuminate.

FACE Mode (No Cupping)

In FACE mode, cupping is disabled. You can use EMS and Red Light therapy.

- Press the **EMS** button to switch between 3 EMS intensity levels.

BODY Mode (With Cupping)

In BODY mode, both cupping and EMS/Red Light therapy are available.

- Ensure a cupping cup is securely mounted.
- Press the **LIPO** button to select from 3 levels of cupping intensity.
- Press the **EMS** button to switch between 6 EMS intensity levels.
- If you experience discomfort during cupping, long press the **RELEASE** button to immediately release the suction.

Application Areas for 'LIPO' (Cupping) Mode

Cupping can be used on the abdomen, waist, back, arms, hips, legs, thighs, and buttocks.

Important: DO NOT APPLY to the head, face, neck, cervical spine, or breasts. DO NOT STAY too long on a single area.



Applying the device to the abdomen.



Flexible application on
different parts of the body

Flexible application on various body parts.

6. THERAPY EXPLANATIONS

Understand the benefits of each integrated therapy:

Cupping

Cupping therapy is an ancient alternative medicine practice that involves placing cups on the skin to create suction.

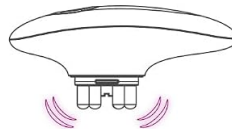
The therapy dates back to ancient Egyptian, Chinese, and Middle Eastern cultures. The suction is believed to promote relaxation. It is commonly used to relieve muscle pain, stiffness, anxiety, and fatigue.



EMS

Electrical Muscle Stimulation (**EMS**) is a technology that uses electrical impulses to stimulate muscle contractions.

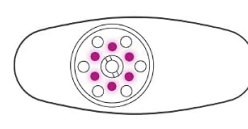
EMS is commonly used to improve muscle strength, tone, and endurance. When combined with other therapies, like cupping, EMS can enhance the overall therapeutic effect by targeting muscles more effectively and providing deeper muscle activation.



RED-Light

Red light therapy (**RLT**) is a non-invasive treatment that uses low-level wavelengths of red light to penetrate the skin.

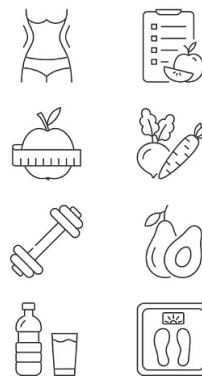
This therapy is believed to promote healing and rejuvenation by stimulating cellular activity, boosting collagen production and enhancing circulation. Red light therapy is commonly used for skin care, pain relief, and muscle recovery.



How to boost the effect?

It's important to combine the therapy with a holistic approach to health and wellness, to achieve the best results from cupping massage.

- Follow a **healthy diet**, balanced nutrition and avoid processed foods
- Exercise regularly, engage in a **physical activity** such as walking, running, yoga or fitness training
- Drink plenty of **water**, hydration is key
- Get enough **sleep**, reduce stress
- Try to avoid bad habits like smoking or drinking alcohol
- Be in a **positive** state on mind



Explanation of Cupping, EMS, and Red-Light therapies.

Cupping Therapy

Cupping therapy is an ancient alternative medicine practice that involves placing cups on the skin to create suction. This therapy dates back to ancient Egyptian, Chinese, and Middle Eastern cultures. The suction is believed to promote relaxation and is commonly used to relieve muscle pain, stiffness, anxiety, and fatigue.

Electrical Muscle Stimulation (EMS)

EMS is a technology that uses electrical impulses to stimulate muscle contractions. EMS is commonly used to improve muscle strength, tone, and endurance. When combined with other therapies like cupping, EMS can enhance the overall therapeutic effect by targeting muscles more effectively and providing deeper muscle activation.

Red-Light Therapy (RLT)

Red light therapy (RLT) is a non-invasive treatment that uses low-level wavelengths of red light to penetrate the skin. This therapy is believed to promote healing and rejuvenation by stimulating cellular activity, boosting collagen production, and enhancing circulation. RLT is commonly used for skin care, pain relief, and muscle recovery.

How to Boost the Effect

It's important to combine the therapy with a holistic approach to health and wellness to achieve the best

results from cupping massage:

- Follow a **healthy diet**, balanced nutrition, and avoid processed foods.
- Exercise regularly; engage in a **physical activity** such as walking, running, yoga, or fitness training.
- Drink plenty of **water**; hydration is key.
- Get enough **sleep**; reduce stress.
- Try to avoid bad habits like smoking or drinking alcohol.
- Be in a **positive state of mind**.

7. MAINTENANCE AND CARE

Proper maintenance ensures the longevity and hygiene of your device.

- **Cleaning:** After each use, wipe the cupping cups and the device head with a soft, damp cloth. For thorough cleaning, the cups can be detached and washed with mild soap and water. Ensure all parts are completely dry before reattaching or storing.
- **Do Not Submerge:** The main unit is not waterproof. Do not submerge it in water or rinse it under running water.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it out of reach of children.
- **Battery Care:** To maintain battery life, avoid fully discharging the device frequently. Charge it regularly, even if not in use for extended periods.

8. TROUBLESHOOTING

If you encounter issues with your Medisana VC 150, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on	Low battery; Device not charged	Charge the device fully. Ensure the charging cable is properly connected.
No suction or weak suction	Cupping cup not properly attached; Skin not clean or moist enough; Suction level too low	Ensure the cup is securely twisted onto the device. Apply a thin layer of massage oil or lotion to the skin. Increase the LIPO intensity level.
EMS not felt	EMS level too low; Poor skin contact	Increase the EMS intensity level. Ensure the device is in full contact with the skin.
Device stops unexpectedly	Low battery; Overheating protection	Recharge the device. Allow the device to cool down if it has been used continuously for a long period.

If the problem persists after trying these solutions, please refer to the full user manual or contact Medisana customer support.

9. SPECIFICATIONS

Technical details for the Medisana VC 150 Cupping Massager:

15,3 cm
6.02 in



6 cm
2.36 in

Dimensions of the Medisana VC 150.

Feature	Detail
Model Number	88603
Product Dimensions (L x W x H)	15.3 x 6 x 6.9 cm (6.02 x 2.36 x 2.72 inches)
Weight	230 grams
Power Source	Battery Powered (1 Lithium-ion, included)
Material	Plastic

Feature	Detail
Color	White
Special Features	Heat function
Massager Form	Cupping Massager
Targeted Body Part	Body
Wireless	Yes
Water Resistance Level	Not waterproof
Country of Origin	China

10. WARRANTY AND SUPPORT

Medisana products are manufactured to high-quality standards. For detailed warranty information, please refer to the warranty card included with your product or visit the official Medisana website.

For further assistance, technical support, or to download the complete user manual, please visit the official Medisana support page or use the link below:

[Download Full Manual \(Model 88603\)](#)