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› **Ya-man Oral Lift Facial Device Electric Toothbrush Instruction Manual YOC-OL1BAM1**

**Ya-man YOC-OL1BAM1**

# **Ya-man Oral Lift Facial Device Electric Toothbrush Instruction Manual**

Model: YOC-OL1BAM1 | Brand: Ya-man

## **1. INTRODUCTION**

Thank you for purchasing the Ya-man Oral Lift Facial Device Electric Toothbrush. This innovative device combines the functionality of an electric toothbrush with EMS facial muscle training, allowing for comprehensive oral care and facial muscle stimulation. This manual provides essential information for safe and effective use of your device.



Image: The Ya-man Oral Lift device, its charging base, and a brush head.

### Package Contents:

- Ya-man Oral Lift Main Unit
- Clean Toothbrush Head (2 pieces)
- Silicone Gum Care Head (2 pieces)
- Charging Base
- USB Charging Cable
- Instruction Manual (this document)

## 2. SAFETY PRECAUTIONS

To ensure safe operation and prevent injury or damage, please read all safety instructions carefully before using the device. Keep this manual for future reference.

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

- Using medical electrical devices (e.g., pacemakers, artificial heart-lung machines, wearable electrocardiographs).

- Heart disease, disorders, or suspected disorders.
- Infants or individuals unable to express their intentions.
- Inability to perceive temperature or stimulation.
- Autoimmune diseases.

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

- Acute diseases, infectious diseases, malignant tumors, or febrile diseases.
- High blood pressure or blood disorders.
- Fever.
- Sensory disorders due to severe peripheral circulatory disorders (e.g., diabetes).
- Neurological disorders.
- Skin diseases or atopic dermatitis.
- Undergoing treatment and taking medication.
- Allergic constitution, contact dermatitis, or other pre-existing skin conditions, or discomfort on the skin during use.

### **Consult a Dentist Before Use If You Have Any of the Following Conditions:**

- Suspected periodontal disease.
- Concerns about teeth or oral cavity conditions during treatment.
- Receiving antibiotic medication from a dentist.

### **Do Not Use On:**

- Areas with wounds, rashes, or inflammation in the oral cavity.
- When intoxicated.
- Head, genital area, eyeballs, face, eyelids (eye sockets), throat.
- Swollen moles, viral warts, fractured areas.
- Lips or tongue, gums (only when using EMS).
- Areas with internal bleeding, swelling, or scabs after cosmetic medical procedures. (Refrain from use for 2 weeks post-procedure and consult a doctor if no issues. Examples: hyaluronic acid injection, silicone injection, Botox, thread lift, double eyelid surgery, HIFU, etc.)
- Areas where metal has been embedded in the body due to surgical procedures (plastic, cosmetic).

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

## **3. SETUP**

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### **3.1 Charging the Device**

1. Connect the USB charging cable to the charging base and a suitable USB power adapter (not included).
2. Place the main unit onto the charging base. Ensure the device is securely seated.
3. The indicator light on the device will illuminate to show charging status. A full charge typically takes approximately [X] hours (refer to product packaging for exact time).

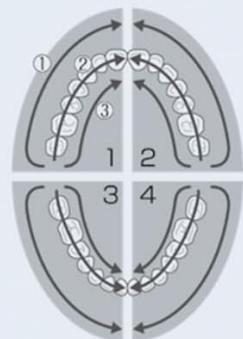
# HOW TO / ご使用方法

## 歯磨き＆表情筋ケア

### 歯を順番に磨く

歯の表側を磨いている間  
EMS電極は頬裏のみあてる

歯磨き時間は2分間を推奨しています。  
口腔内を上下左右に4分割し、  
1か所を約30秒かけて4か所磨きます。



01 歯の表側 → 02 噙み合わせ面 → 03 歯の裏側

### うれしいポイント

30秒で振動が短く停止！  
ブラシを動かす目安をお知らせします。



Image: The Ya-man Oral Lift device on its charging base, indicating charging readiness.

### 3.2 Attaching the Brush Head

1. Select either the Clean Toothbrush Head or the Silicone Gum Care Head based on your desired function.
2. Align the chosen head with the main unit and push it down firmly until it clicks into place.
3. To remove, pull the head upwards while holding the main unit.

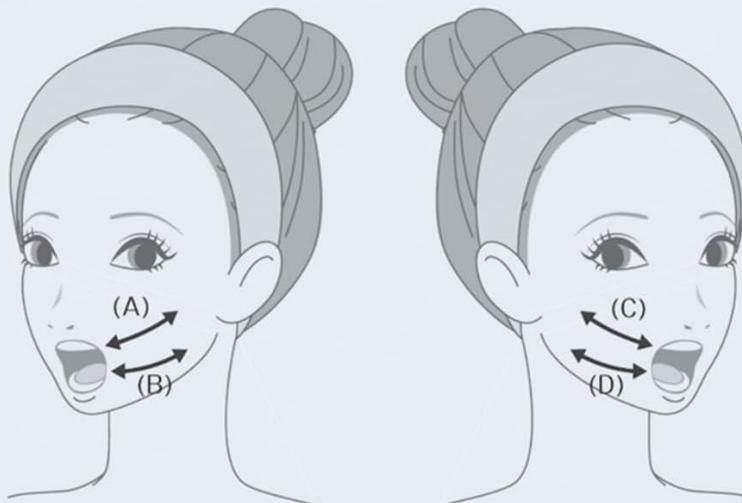
# HOW TO / ご使用方法

## 表情筋ケアのみ

図に沿って口腔内を動かしながら60秒使用する

左頬裏の斜め上(A)60秒 → 左頬裏の中心(B)60秒

→ 右頬裏の斜め上(C)60秒 → 右頬裏の中心(D)60秒



※EMSの1日の使用目安は約10分です。

Image: The Ya-man Oral Lift device showing both the clean toothbrush head and the silicone gum care head.

## 4. OPERATING INSTRUCTIONS

### 4.1 General Operation

- Power On/Off:** Press and hold the power button for [X] seconds to turn the device on or off.
- Mode Selection:** Short press the mode button to cycle through available modes (e.g., Toothbrushing, EMS Facial Care).
- Intensity Adjustment:** Use the +/- buttons to adjust the vibration intensity for toothbrushing or EMS level for facial care.

### 4.2 Toothbrushing & Facial Muscle Care Mode

This mode allows you to brush your teeth while simultaneously stimulating facial muscles with EMS. Use the Clean Toothbrush Head for this mode.

1. Apply a small amount of toothpaste to the brush head.
2. Place the brush head against your teeth at a 45-degree angle to the gum line.
3. Turn on the device and select the toothbrushing mode. Adjust vibration intensity (2 levels available)

as desired.

4. Brush your teeth in four quadrants (upper right, upper left, lower right, lower left). The device will pause briefly every 30 seconds to indicate when to move to the next quadrant.
5. While brushing the outer surface of your teeth, ensure the EMS electrodes on the back of the brush head are in contact with the inner cheek. Adjust EMS intensity (6 levels available) as desired.
6. Continue for a recommended total of 2 minutes (30 seconds per quadrant).

/ RECOMMEND /

男女問わずファースト美顔器にもおすすめ



Image: Proper technique for using the electric toothbrush, showing the round brush head.

BEHIND THE SCENES /

# 開発秘話

とにかくズボラで継続が苦手な私。

そんな人でも美顔器を続けるには?

と考え、習慣化している歯磨きと

掛け合わせることを考えました。



Image: Close-up of the round brush head, designed to fit the contours of your teeth for effective cleaning.

## 4.3 EMS Facial Muscle Care Only Mode

This mode focuses solely on EMS facial muscle training. Use the Silicone Gum Care Head for this mode. The recommended daily usage time for EMS is approximately 10 minutes.

1. Attach the Silicone Gum Care Head to the main unit.
2. Turn on the device and select the EMS facial care mode. Adjust EMS intensity (6 levels available) as desired.
3. Move the device inside your oral cavity according to the following sequence, spending 60 seconds on each area:
  - Upper left cheek (A) - 60 seconds
  - Center left cheek (B) - 60 seconds
  - Upper right cheek (C) - 60 seconds
  - Center right cheek (D) - 60 seconds

NO COMPROMISE WHATSOEVER /

歯磨きだって一切の妥協なし

超高速振動で、

プラークや歯間汚れを除去！



1分間で  
30,000回  
以上の振動\*！

\*SONICレベルHIGH使用時

Image: Diagram illustrating the movement for EMS facial muscle care inside the mouth.

ラウンド形状だから、  
歯にフィットした状態で磨ける！

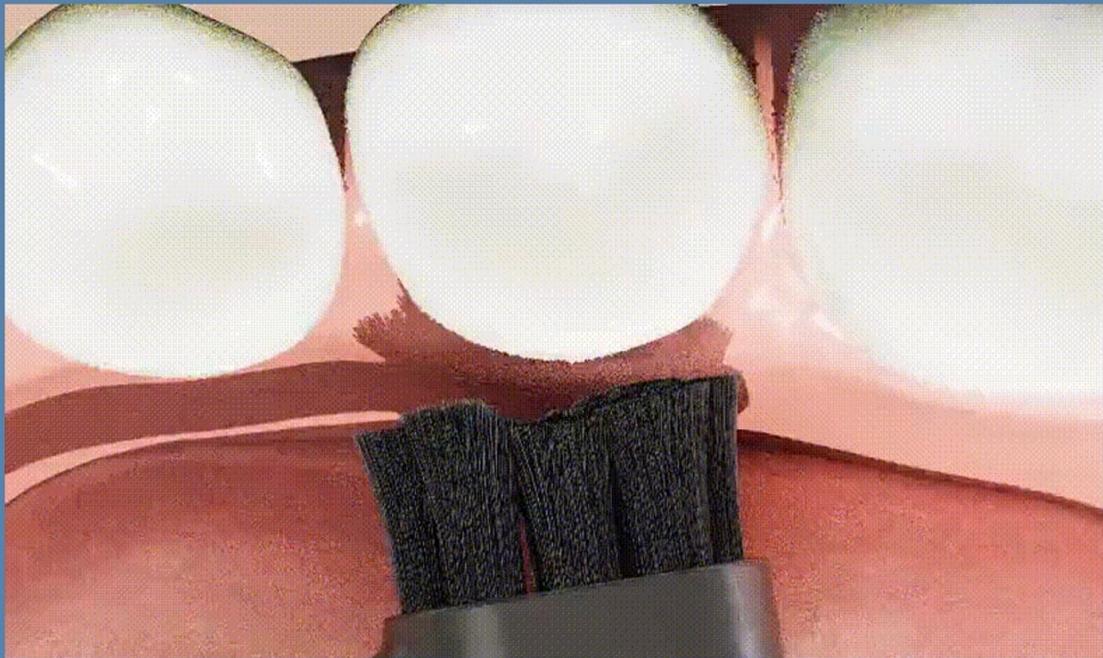


Image: Visual representation of the 6 EMS intensity levels.

## 5. MAINTENANCE

### 5.1 Cleaning the Device

- After each use, rinse the brush head thoroughly under running water.
- Wipe the main unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the main unit in water.
- Ensure the charging contacts on both the device and the base are clean and dry before charging.

### 5.2 Storage

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

### 5.3 Replacing Brush Heads

It is recommended to replace the brush heads every 3 months, or sooner if the bristles become frayed or damaged, to maintain optimal performance and hygiene.

## 6. TROUBLESHOOTING

If you encounter any issues with your Ya-man Oral Lift device, please refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Device does not turn on	Low battery; Device not charged	Charge the device fully. Ensure the charging cable and adapter are working correctly.
No vibration/EMS	Incorrect mode selected; Intensity level too low; Device malfunction	Ensure the correct mode is selected. Increase the intensity level. If the problem persists, contact customer support.
Brush head falls off	Brush head not securely attached	Re-attach the brush head, ensuring it clicks firmly into place.

If the problem persists after trying these steps, please contact Ya-man customer support for assistance.

## 7. SPECIFICATIONS

Feature	Detail
Model Number	YOC-OL1BAM1
Package Size	27.2 x 18.4 x 6.5 cm; 310 g
Color	Black
Product Features	Pressure Sensor, 3-sided, Facial Device
Toothbrush Head Shape	Round
Bristle Material	Silicone
Handle Material	Plastic
Operation Mode	Automatic
Number of Settings	8 (Vibration: 2, EMS: 6)
Country of Origin	China

## 8. WARRANTY AND SUPPORT

For warranty information, product registration, or technical support, please refer to the warranty card included with your product or visit the official Ya-man website. Keep your purchase receipt as proof of purchase.

Official Ya-man Website: [www.ya-man.com](http://www.ya-man.com)

