



PHILIP STEIN

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PHILIP STEIN

## NATURAL FREQUENCY TECHNOLOGY

Philip Stein has been on a journey to challenge conventional ideas and introduce new possibilities to the watchmaking and accessories landscape. Our **Natural Frequency Technology®** can improve overall wellbeing and performance on a day-to-day basis. This technology is based on the scientific principle that the Earth has a pulse; measurable natural frequencies that surround all life on the planet and help us stay at our healthiest. Each Philip Stein watch and accessory houses a **Natural Frequency Technology®** disc, which acts like a finely tuned antenna that harnesses and channels to the body these beneficial frequencies. Watches and bracelets are designed to help wearers feel more focused and less stressed, while the Sleep Bracelet is designed to help wearers sleep better and wake up feeling more refreshed.

- Reduce Stress levels
- Enjoy Better Sleep
- Feel More Energy
- Improve Overall Wellbeing



CLINICAL STUDIES CONFIRM IT





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PHILIP STEIN

WATCHES



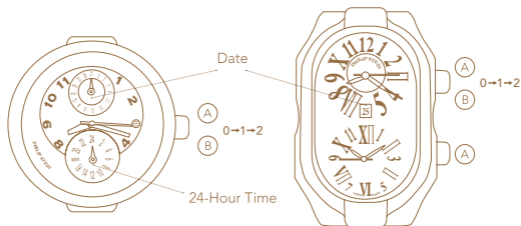
LESS STRESS

Philip Stein timepieces represent something unique in the watchmaking landscape; wearing a Philip Stein watch is not only a fulfilling experience but also a way of life. Each watch houses the unique **Natural Frequency Technology®**, designed to help wearers improve their overall wellbeing and feel less stressed in an ever changing and fast-moving world. Philip Stein watch collections are carefully curated to fit any style or occasion, whether it's an iconic everyday watch or a stunning luxury timepiece, a Philip Stein watch can be part of your life, wherever that may lead.

Our philosophy has always been the same, to help people all around the world look and feel at their best.



## WATCH INSTRUCTIONS



## **A Time Setting**

1. Pull crown out to position 1  
(position 2 on watches with date setting).
2. Turn crown until desired time appears.
3. Push crown back to original position.

## **B Date Setting (Without GMT Hand)**

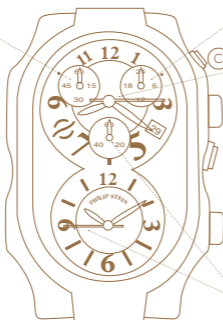
1. Pull crown out to position 1.
2. Turn crown clockwise until desired date.
3. Push crown back to original position.

## **C GMT Hand Setting**

1. Pull crown out to position 1.
2. Turn crown counterclockwise until hand in correct position.
3. Push crown back to original position.

Minute Eye

24 Hour Time



Stopwatch Hand

(A) 0→1→2

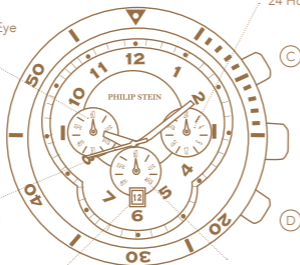
(D)

(B) 0→1

Sweeping Second Hands

Minute Eye

24 Hour Time



Stopwatch Hand

Date Display

Sweeping Second Hands

(A) 0→1→2

(D)

## CHRONOGRAPH WATCH FUNCTIONS

### A / B Time Setting

1. Pull crown out to position 1.
2. Turn crown to desired time.
3. Push the crown back to original position.

### A Date Setting

1. Pull crown out to position 1.
2. Turn crown counterclockwise until desired date appears in date window.
3. Push crown back to original position.

### Chronograph Instructions

1. Push C to start / stop stopwatch.
2. Push D to reset stop watch.
3. Push D again to reset minute eye.

### Resetting The Chronograph

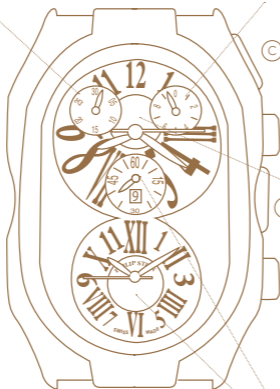
Resetting the chronograph should be performed if sweeping second hand is not resetting to the 12 o'clock position.

1. Pull crown out to position 2.
2. Push button C until sweeping second hand is aligned.
3. Once hand is aligned, push crown back to original position.

Locking Crowns need to be pushed slightly in, then turned counterclockwise to unlock. Once unlocked, follow the above instructions for the desired function.

Minute Eye

1/10 Second Counter



(A) 0→1→2

(D) Stopwatch Hand

(B) 0→1

Sweeping Second Hands

## ADVANCED CHRONOGRAPH STOP WATCH FUNCTIONS

### Winner / Runner Up Function

Captures winning / 2nd place finishing time.

1. Push button C to start chronograph.
2. When the winner finishes, push button D.  
The chronograph will stop moving.
3. When the runner-up finishes, push button C.
4. Record the time showing on the watch, as that will be the winner's time.
5. Push button D; the hands will jump to indicate the time for the runner-up.
6. Push button D again to reset the chronograph to zero.

### Intermittent Function

This function allows you to stop your chronograph temporarily to record a time, however, will keep time for the ongoing event.

1. Push button C to start chronograph.
2. Push button D to temporarily stop chronograph.
3. Record time.
4. Push button D to resume chronograph function, bypassing elapsed time.
5. Push button D again to temporarily stop chronograph.
6. Push button C to stop chronograph.
7. Record final time.
8. Push button D to reset chronograph to zero. (to record additional points in time, repeat steps 4 and 5.)

Day of the Week

Date

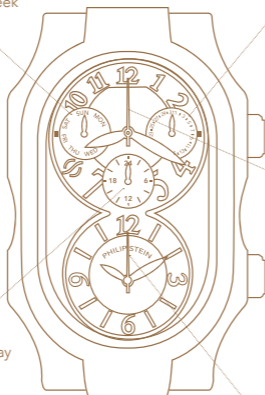
(A) 0→1→2

Sweeping Second Hands

(A) 0→1

24 Hour Display

Sweeping Second Hands



## MULTIFUNCTION DIAL WATCH FUNCTIONS

### A Time Setting

1. Pull crown out to position 2.
2. Turn crown to desired time.
3. Push crown back to original position.

### B Date Setting

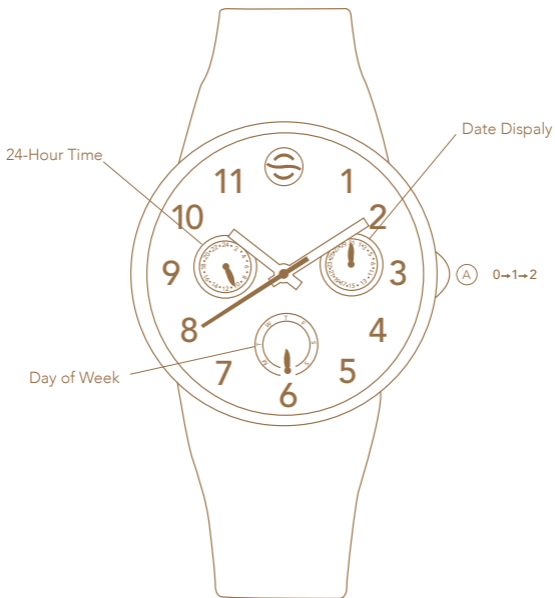
1. Pull crown out to position 1.
2. Turn crown counterclockwise until desired date appears in date window
3. Push crown back to original position.

### B Day of the Week Setting

1. Pull crown out to position 2.
2. Forward Time until desired Day.
3. Be sure time is correct in 24 hour display.

### 24 Hour Time Display

Please be sure when setting DATE and TIME, to ensure the 24 hour display is also correct. Afternoon hours should be set to times above 12. Otherwise, dates will change at Noon rather than Midnight.



## COLORS COLLECTION WATCH FUNCTIONS

### A Time Setting

1. Pull crown out to position 2.
2. Turn crown to desired time.
3. Push crown back to original position.

### A Date Setting

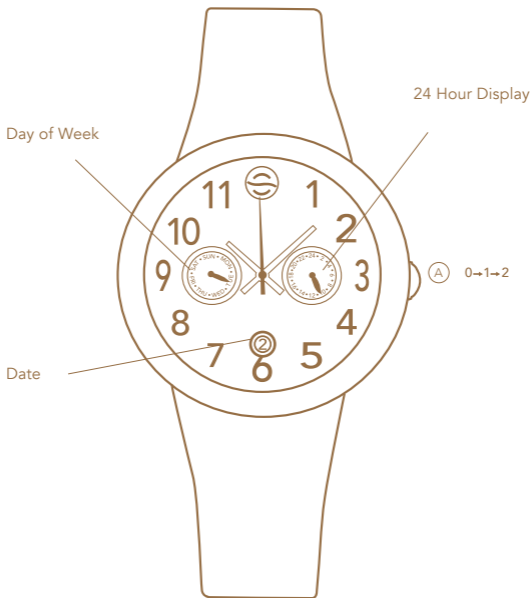
1. Pull crown out to position 1.
2. Turn crown counterclockwise until desired date appears in date window.
3. Push crown back to original position.

### A Day of the Week Setting

1. Pull crown out to position 1.
2. Turn crown clockwise until desired Day
3. Push crown back to original position.

### 24 Hour Time Display

Please be sure when setting DATE and TIME, to ensure the 24 hour display is also correct. Afternoon hours should be set to times above 12. Otherwise, dates will change at Noon rather than Midnight.



## MULTIFUNCTION WATCH FUNCTIONS

### A Time Setting

1. Pull crown out to position 2.
2. Turn crown to desired time.
3. Push crown back to original position.

### A Date Setting

1. Pull crown out to position 1.
2. Turn crown counterclockwise until desired date appears in date window.
3. Push crown back to original position.

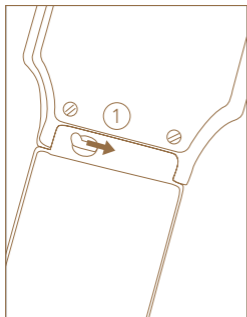
### A Day of the Week Setting

1. Pull crown out to position 2.
2. Forward Time until desired Day
3. Be sure Time is correct in 24 hour display

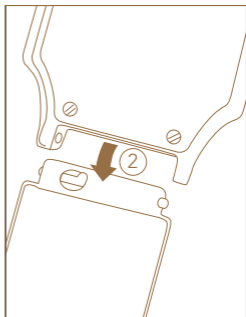
### 24 Hour Time Display

Please be sure when setting DATE and TIME, to ensure the 24 hour display is also correct. Afternoon hours should be set to times above 12. Otherwise, dates will change at Noon rather than Midnight.

## REPLACING YOUR PHILIP STEIN STRAP



1. On the back of the strap, slide the embedded lever to the right.



2. Gently pull strap away from the watch case. Reverse these steps to attach a new strap.

\*The mechanism may vary depending on the model

## **REPAIR INFORMATION**

In the event you need to have your Philip Stein timepiece serviced, we have a full list of Authorized Repair Centers (ARC) in your area. Please visit our website at [www.philipstein.com](http://www.philipstein.com), email [service@philipstein.com](mailto:service@philipstein.com), or contact our customer service department: within the US +1-305-373-0037, outside the US + 1-855-533-3939

## **NOTICE: UNAUTHORIZED RETAILERS**

Philip Stein sells its products exclusively through its network of Authorized Distributors and Retailers. Product purchased through Unauthorized Retailers may be counterfeit, second-hand, defective, tampered with, or be of doubtful origin.

Only products purchased through AUTHORIZED retailers are covered by the Philip Stein International Warranty. Please visit our store locator for a full list of authorized Philip Stein dealers, or contact our corporate offices.

## PHILIP STEIN WARRANTY

Philip Stein products are individually examined to ensure superb quality. We warrant each product with specific timeframes based on the type of item and the type of use it would have. Philip Stein Watches, Wellness Bracelets and Nano Sleep Bracelet have a TWO (2) year warranty against defect in materials and workmanship. We also offer a FIVE (5) year warranty on the Natural Frequency Technology (NFT) disk inside each watch and wellness bracelet. Classic and Slim Sleep Bracelets have a TEN (10) year warranty on the NFT disk, and a TEN (10) year warranty on the workmanship and materials. Fine fabrics, leathers and exotic skins may be more sensitive than other more durable materials such as rubber, and stainless steel. We warrant these products from manufacturing defects for a period THREE (3) calendar months from the date of purchase. Care instructions are provided via our website and product packaging.

We agree to repair or replace any defective part without charge. We reserve the right to replace the product with like grade, model, or quality of item if original product is no longer available. This warranty does not cover 1) Batteries; 2) Straps or Bracelets; 3) Watch Crystals; 4) Damage resulting from normal wear, accident, misuse, abuse, lack of proper maintenance, lack of reasonable care, damage during shipment, or any other matter beyond the direct control of Philip Stein; 5) Repair services performed by unauthorized repair facilities. No responsibility is assumed for any special, incidental, or consequential damages. Tampering with product by any persons outside the Philip Stein network of authorized service centers is strictly prohibited and will result in termination of the associated warranty, even if outside of the timepieces original 2-year warranty.

Repairs that do not fall under the warranty should only be performed by Philip Stein Authorized Repair Centers (ARC). Any services performed by unauthorized persons during the warranty period may result in termination of the warranty at the sole discretion of Philip Stein.

An International Warranty Card should have been in your watch box at the time of purchase. If this is not the case, please contact the dealer where the timepiece was purchased. This card should be completed in its entirety at the time of purchase by an Authorized Philip Stein dealer. This warranty is accepted by Philip Stein, and will be honored by specific warranty repair facilities, provided that: 1) The Warranty Card has been signed, stamped, and dated at the time of purchase from an Authorized Philip Stein dealer; 2) The Warranty Card is provided with the watch when it is sent for repair; 3) The serial number engraved on the case is clearly legible and has in no way been altered; 4) No parts have been altered or removed from the watch, nor any services been performed on the watch by unauthorized sources.

Failure to maintain these conditions will nullify and void the Philip Stein International Warranty. This warranty replaces any other warranty, written, oral, or implied by some countries local law. Some countries may not allow limitations of incidental or consequential damages; therefore, the information would not apply.

## GENERAL INFORMATION

The following information will assist you with proper use and maintenance of your Philip Stein timepiece. Following these recommendations will allow you to enjoy your timepiece, guarantee its reliability, and safeguard it from damage over time.

## CLEANING

It is recommended to keep the amount of buildup that can accumulate in the creases of the watch and stainless-steel bracelet to a minimum. Avoid direct contact with water by using a damp soft cloth and soft toothbrush with mild soap (without fragrances or moisturizers). Be sure to have the crown in its home position when performing the cleaning. Failing to do so may cause moisture to enter the case. Dry the watch and bracelet completely with a soft dry cloth when finished. Keep the watch away from cleaning agents, perfumes, cosmetics and other solvents as these products can cause damage to the bracelet, straps, gaskets or seals.

## GASKETS AND SEALS

All water-resistant watches have gaskets and seals keeping water and air from entering the watch case. Exposure to various conditions, including the oils and salts our bodies produce, may cause these gaskets and seals to deteriorate. It is recommended that these items be checked by Philip Stein Authorized Repair Centers each year as a precautionary step

## WATER RESISTANCE

Philip Stein timepieces with a rating of 3 ATM water resistance offer basic protection from accidental contact with water, such as being caught in the rain or washing your hands. Philip Stein timepieces that are rated 5 ATM water resistance are protected from water damage during accidental contact, such as when washing hands, or even while showering; however, they should by no means be submerged entirely in water. Only watches marked 15 ATM or greater are recommended for shallow swimming. Philip Stein watches are not suited for diving purposes.

## WEATHER

Avoid exposure to extreme weather. Prolonged exposure to extremely hot temperatures of over 140 °F (60 °C) and very low temperatures of below 32 °F (0 °C) can cause your timepiece to malfunction. Above all, avoid moving from one extreme temperature to another. Such conditions could cause condensation.

## CONDENSATION

Condensation occurs when the watch encounters sudden temperature changes. This could happen when going from hot outdoor climates, to cool, air-conditioned rooms. If the condensation does not clear, or happens repeatedly, please have a Philip Stein Authorized Repair Center examine the watch.

## **BATTERY**

Battery life in Philip Stein quartz watches vary. Depending on the model, the estimated lifespan is approximately 18 months. Batteries are not covered under warranty; however, if the timepiece is still within its 2-year warranty period, replacement of batteries is required to be done by a Philip Stein Authorized Repair Center

## **QUARTZ MOVEMENTS**

Philip Stein timepieces feature high quality quartz movements. Quartz movements require routine servicing to maintain accuracy. Maintenance should be performed every three to five years, depending on the model. Please contact your local Philip Stein Authorized Repair Center for more information.

## **MAGNETS**

Powerful magnets, like those in audio speakers and refrigeration units, generate magnetic fields. Even small magnets located in jewelry or furnishings (such as magnetic mattresses) can affect a watch movement. Avoid contact with magnets whenever possible.

## **SAPPHIRE COATED CRYSTALS**

Philip Stein Signature watches feature curved sapphire coated mineral crystals. While no watch crystals are scratch or shatter proof, sapphire coated crystals offer added protection from both.

## FULL COATED CRYSTALS

Some collections will feature full sapphire crystals. Although they offer better ability to see the dial and are known to offer better protection from scratching and shattering, they are not impervious to damage. All watch crystals should be treated with care.

## STRAPS AND BRACELETS

We recommend surface cleaning your strap and bracelets using warm water and mild soap with a soft brush. Except for rubber bracelets, avoid completely submerging the strap in water. Lay flat and air dry, avoiding artificial heat and direct sunlight. We recommend cleaning once a week for heavily worn straps.

The natural materials used to manufacture our straps are sensitive to intense sunlight, chemicals, and excessive perspiration; therefore, continued exposure may cause discoloration or other forms of wear damage. Friction with external garments could cause straps to lose color over time. We do not recommend wearing light-colored straps continuously, as they will pick up residue and become stained more easily than darker colored straps.



 **PHILIP STEIN**  
ELEGANT TECHNOLOGY FOR MODERNITY™