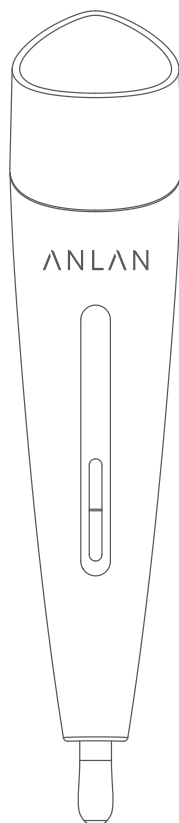


ANLAN

Acupoint Device

User Manual



Thank you for purchasing the ANLAN Acupoint Massager. Before using this product, please read this user manual carefully and keep it properly for future reference. In addition, this manual also serves as a warranty, so please keep it properly.

Safety Precautions



The following people are prohibited from using:

- Those with implantable electronic medical devices such as pacemakers, electrocardiographs, artificial heart-lung machines, and infusion pumps (which may cause equipment failure and endanger life).
People with heart disease, mental illness, nervous system
- disease, immune system disease, malignant tumors, cancer or potential diseases, abnormal blood pressure, fever, abnormal wound healing, metal allergy, or acute skin inflammation (such as contact dermatitis).

- Patients undergoing head surgery, people with physical or intellectual disabilities.
- Pregnant, breastfeeding and menstruating women.

The following parts are prohibited:

- Traumatic wounds, large areas of damaged skin, oral mucosa, genitals, areas of redness, swelling, inflammation or rashes, and areas not designated by product design.

During medical treatment or cosmetic procedures: If you are currently undergoing medical treatment (including medication) or cosmetic procedures, please consult a physician before use. If you experience any symptoms or discomfort, please consult a physician first.

Environment and safety of use:

- Keep away from water: The product is not waterproof. Do not use it in the bathroom, shower, pool or any humid environment. Do not immerse it in water! If it is immersed in water, stop using it immediately and discard it.
- Keep dry: Ensure the product and charging environment are absolutely dry.
- Keep away from dangerous sources: Do not use near heat sources such as stoves and heaters, or in environments with corrosive gases or substances.
- Child safety: Please store the product out of reach of children.

Product and charging safety:

- Disassembly and modification prohibited: It is strictly prohibited to disassemble, modify or repair the product by yourself.
- Charging safety: Please give priority to using the original charging cable included. If using a replacement charging cable or adapter, be sure to choose a charging cable or adapter that complies with local safety regulations and is certified by relevant agencies. Using unofficial charging accessories may lead to low charging efficiency, device damage, shortened battery life, and even fire hazards.
- If the charging cable is damaged, stop using it immediately.
Physical safety: Avoid impact, dropping or squeezing the product with heavy objects. The product is a precision instrument and needs to be kept properly.



Do not use with: lubricants, scrubs, shower gels; creams or gels containing heating/fat burning ingredients.

Usage guidelines:

- It is recommended to use it at room temperature and make sure your hands are dry before use.
- Use this product as often as recommended in the

instructions. Avoid working on the same part for a long time to prevent burns or discomfort.

- Be extremely careful when using around the eyes to avoid contact with the eyeballs.
- If you feel any discomfort during use, stop using immediately.
- If you use this product with gel, please apply the gel in moderation. Excessive application of conductive gel can easily trigger the product protection mechanism, and the device will automatically stop working to protect the internal components.

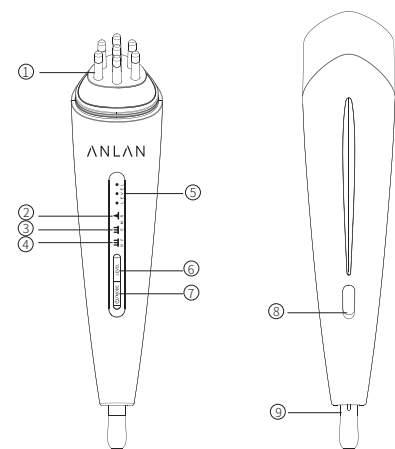
Cleaning and maintenance:

- Please wipe off any residual skin care products on the multi-polar massage head/mono-polar massage head immediately after use.
- Do not use water-soluble cleaners, thinners, gasoline, nail polish removers, etc. to clean the device.
- Store properly to avoid product falling or squeezing.

Contains batteries. When disposing of the product, please do not throw it with household waste. Please hand it over to a designated recycling center.

This product is a home beauty and skin care device, not a medical diagnostic or treatment device.

Product Introduction



- ① Multi-polar Massage Head
- ② Mono-polar EMS Mode
- ③ Multi-polar EMS Mode
- ④ Multi-polar RF Mode
- ⑤ Level Indicator Light

- ⑥ Level Button
- ⑦ Power/Mode Button
- ⑧ Type-C Charging Port
- ⑨ Mono-polar Massage Head

Package List



Device*1



User Manual*1



Type-C charging cable*1

Function Introduction

About Charging

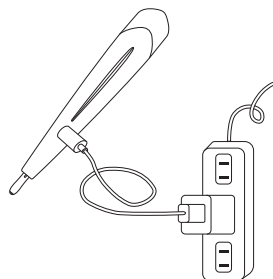
Insert the Type-C charging cable into the device and keep it connected. Connect the cable to the adapter and plug it into a power outlet.



Specification

Product Name	Acupoint Device
Product Model	BM303
Product Size	About 192.5mm*52.4mm*40.5mm
Device Weight	About 93g
Product Material	PC+ABS, PETG, stainless steel
Battery Capacity	520mAh
Charging Time	About 2h
Working Time	In RF mode: about 30min to 60min, In EMS mode: about 1.8h to 10h
Input	5V=1A
Rated Voltage	5V
Rated Input Power	5W
Operating Temperature	10°C ~ 35°C
Storage Temperature	-10°C ~ 50°C

Note: This product does not include an AC adapter. Before using your AC adapter, please confirm the rated power/voltage (DC 5V 1A).



Low battery reminder	Mode indicator lights flash, and beep 3 times.
Charging reminder	The level indicator light flashes, and lights up gradually as the charging time increases.
Fully charged reminder	The level indicator light is always on.

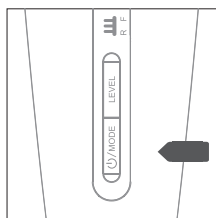
*Note: Do not turn on the device while charging

Working Time

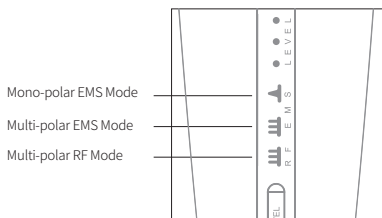
After fully charged, it can work for about 30 minutes to 60 minutes in RF mode and about 1.8 hours to 10 hours in EMS mode. However, the usage time may fluctuate due to differences in mode, usage habits, and cleaning habits.

Button Operation & Level Setting

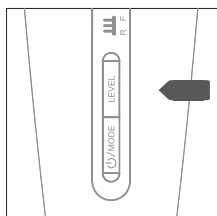
1. Power/Mode Button



- (1) Press and hold for 1.2 seconds to turn it on/off, the product will make a "beep" sound, and the default is multi-polar RF mode.
- (2) Short press to adjust the mode. The product will make a "beep" sound and the corresponding mode indicator will light up. There are 3 modes in total. The multi-polar massage head has two modes: RF mode and EMS mode. The mono-polar massage head has only EMS mode.



2. Level Button



Short press to adjust the level, the product will make a "beep" sound, the default is level 1.

Note: Mono-polar EMS mode, multi-polar EMS mode have 3 levels, multi-polar RF mode only has 1 level.



level 1



level 2



level 3



"●" is a constant light indicator, "○" is a non-light indicator.

*Security Features:

To prevent prolonged use and for safety reasons, this product will automatically shut down after about 5 minutes of use and standby mode after it is powered on. However, the time is reset each time the mode or level is switched, so it will automatically shut down within 5 minutes from that time.

Test Before Use

To prevent skin problems caused by using skin care products (such as gel, etc.) with this product, be sure to perform the following tests before use:

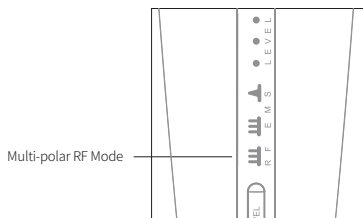


1. Wash and dry the area to be tested (such as the inside of your arm).
2. Apply the skin care product (such as gel, etc.) to the cleansed area and gently spread it.
3. Turn on the power, in RF mode, press the multi-polar massage head on the area where the skin care product is applied for about 5-15 seconds.
4. Press the power/mode button to switch to EMS mode, and press the mono-polar massage head on the area where the skin care product is applied for about 5-15 seconds.
5. Remove skincare products and check your skin condition after 48 hours.

Usage

Before using this product, thoroughly cleanse your skin to ensure it is free of oil, dirt, and makeup residue to avoid clogging pores and impairing energy transmission. This product has 2 massage heads design and three modes.

1.Multi-polar RF Mode



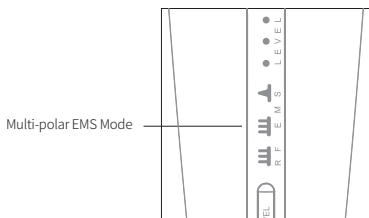
After turning on, the default multi-polar RF mode starts working and can be used with skin care products (such as gel, etc.). This mode can be used on the face and head, using radio frequency technology to promote skin collagen production, improve skin elasticity, and reduce fine lines.



Note:

- (1) It is recommended to stay on each part for 5 seconds to 10 seconds.
- (2) When this mode is working, please do not stay in one area for a long time to avoid burns.
- (3) When this mode is working, the skin surface may feel warm, which is a normal effect of radio frequency energy. If you feel overheated or uncomfortable, please stop to use.

2.Multi-polar EMS Mode



After turning on the product, select the multi-polar EMS mode. It is recommended to start from the lowest level for the first time use. Please use it with skin care products (such as gel, etc.). This mode can be used on the face and head, using EMS microcurrent technology to stimulate muscle vitality, promote skin firmness, and achieve the effect of lifting and firming, improving sagging skin, and modifying contours.

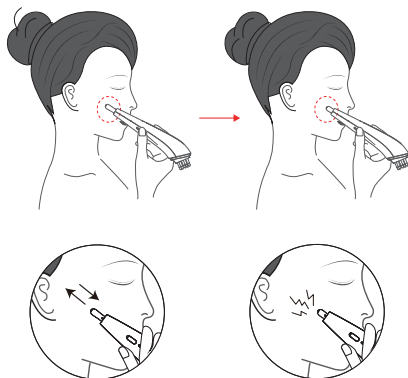
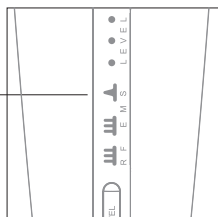


*It is recommended to stay on each part for 10 seconds to 30 seconds.

3.Mono-polar EMS Mode

After turning on the product, select the mono-polar EMS mode. For first-time users, it's recommended to start at the lowest level and apply skincare products (such as gel). This mode is specifically designed for facial muscles, using EMS microcurrent technology with a mono-polar pointer to precisely target the face, helping to strengthen facial muscles, relieve fatigue and tension, and reduce the appearance of fine lines.

Mono-polar EMS Mode



*It is recommended to stay on each part for 10 seconds to 30 seconds.

Recommended Use Frequency

It is recommended to use each mode once or twice a day for 5 minutes each time. Do not stay in one area for a long time to prevent skin discomfort.

Cleaning & Maintenance

To keep the product clean, please clean the massage head after each use.

- After use, turn off the device and gently wipe the head with a wet cloth or tissue to remove any residual skin care products on the device.
- It is recommended to charge it once every month to maintain the battery active.
- If not used for a long time, please store it properly after maintenance.

*When cleaning, be sure to turn off the device.

*Do not store with makeup or oil on it.

*Do not wipe with detergent, alcohol, etc..

Q&A

Questions	Reasons	Solutions
No current sense after turning on	Is your skin too dry?	Apply gel or moisturizing serum to ensure normal use
	Have you ever dropped it?	Repair or exchange immediately
Unable to charge	Is the power cord interface loose?	Please connect the interface stably to ensure normal charging
Strong skin tingling	Is the level too high?	Please reduce to a suitable level.
	Is there enough gel?	Use sufficient amount of gel for better experience
Unable to turn on	Is the battery sufficient?	Please charge the device in time to ensure normal use

Product Disposal

The rechargeable battery in this product contains substances that may pollute the environment, so the battery must be disposed of safely. Before discarding this product, the battery must be removed and sent to an officially designated recycling station for processing.

When the product is discarded, please send it to a designated recycling center or a qualified recycling service point for professional disposal to ensure that the battery is recycled safely and environmentally friendly. The specific steps are as follows:

1. Cut off the power supply.
2. Let the product continue to operate until the battery is dead.
3. Disassemble the product casing.
4. Remove all screws from the internal motherboard.
5. Remove the battery.

⚠ Do not disassemble this product by yourself. The rechargeable battery can only be removed when discarding this product.