

Panasonic®

Operating Instructions

使用說明書

(Household) The Advanced
Ionic Cleansing and Toning Device

(家用) 高滲透離子美顏器

Model No. EH-XT30
型號



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Operating Instructions

(Household) The Advanced
Ionic Cleansing and Toning Device

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Thank you for purchasing this Panasonic product.

Before operating this unit, please read these instructions completely and save them for future use.

Safety precautions

To reduce the risk of electric shock, injury, fire, loss of life, and damage to property, always observe the following safety precautions.

Explanation of symbols

The following symbols are used to classify and describe the level of hazard, injury, and property damage caused when the denotation is disregarded and improper use is performed.



DANGER

Denotes a potential hazard that will result in serious injury or death.



WARNING

Denotes a potential hazard that could result in serious injury or death.



CAUTION

Denotes a hazard that could result in minor injury or property damage.

The following symbols are used to classify and describe the type of instructions to be observed.



This symbol is used to alert users to a specific operating procedure that must not be performed.



This symbol is used to alert users to a specific operating procedure that must be followed in order to operate the unit safely.



DANGER

► Preventing accidents

Never use this appliance near electronic medical devices or home electrical therapy devices such as the following:

- Pacemakers and other electronic medical devices implanted in the body
- Heart-lung machines and other life-supporting electronic medical devices
- Wearable electronic medical devices, such as electrocardiographs and intravenous drip equipment
- Doing so may cause incorrect operation of electronic medical devices and home electrical therapy devices, resulting in accidents or causing patients to feel unwell.

WARNING

► This product

The appliance has a built-in rechargeable battery.



Do not throw it into flame or heat it.

Do not charge, use or leave in high temperatures.

- Doing so may cause overheating, ignition, or explosion.

Do not place the appliance within reach of children or infants.



Do not let them use it.

- Doing so may cause an accident or injury due to accidental ingestion of small parts.

Do not modify or repair.



- Doing so may cause fire, electric shock, or injury.

→Contact an authorized service center for battery replacement or other service.



Never disassemble except when disposing of the appliance.

- Doing so may cause electric shock, injury or fire.

► To prevent skin or health problems

The following persons should not use this appliance:



- Individuals with heart disease
- Individuals with a nervous disorder in their face
- Individuals with hemorrhagic disease, hemophilia or other blood disorder
- Individuals undergoing treatment on their teeth
- Babies, toddlers or other child in the growth stage, or other individual who cannot indicate intent
- Individuals with aftereffects in the head due to a traffic accident, etc.
- Doing so may cause accidents or physical discomfort.

WARNING

The following persons should not use this appliance:



- Individuals with allergies
- Individuals with sensitive skin
- Individuals with skin diseases or atopic dermatitis
- Doing so may cause skin/physical problems.



The following persons should not use this appliance:

- Pregnant women or within one month of childbirth
- Doing so may cause skin discomfort due to hormonal imbalance.



The following persons should not use this appliance:

- Individuals without sense of heat
- Doing so may cause burns.

Do not use the appliance in the following cases or on the following body areas:



- When you do not feel well
- When you are taking medicine or when you are very tired
- Areas with skin damage, eczema or swelling
- When there are abnormalities on the skin such as dermatitis or extreme sunburns
- Body parts where epilation was performed on the same day or where surgery (plastic, cosmetic, etc.) has been performed
- Throat
- Doing so may cause skin/physical problems.



Do not use the appliance on the following body area:

- Eyelids
- Doing so may cause eye problems.



Do not use the COOLING mode when the ambient temperature is below 15 °C.

- Doing so may cause the IONIC head to stick to the skin thus result in injury to the skin.



The following individuals must consult a physician prior to use:

- Individuals with serious disease
- Individuals with acute disease
- Individuals with febrile disease
- Individuals with infectious disease
- Individuals with malignant tumors
- Individuals with disturbance of perception due to a high degree of peripheral circulatory failure such as diabetes.
- Failure to do so may cause accidents or physical discomfort.



If you feel pain or abnormality on your skin or other part of your body, immediately stop using this product.

- Failure to do so may cause accidents or skin/ physical trouble.



WARNING

This appliance is not intended for use by people (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.



Children should be supervised to ensure that they do not play with the appliance.

- Failure to do so may cause an accident or injury.

► Power supply



Do not connect or disconnect the AC adaptor to or from a household outlet with a wet hand.

- Doing so may cause electric shock and injury.

Do not immerse the main body and AC adaptor in water or wash them with water.



Do not use or store the appliance in a bathroom or location with high humidity. Also, do not place it in a location where water may spill (such as top of a sink).

- Doing so may cause electric shock or fire.

Never use the appliance if the AC adaptor is damaged or if the power plug fits loosely in a household outlet.



Do not damage, modify, forcefully bend, pull or twist the cord or the power plug.

Also, do not place anything heavy on or pinch the cord or the power plug.

- Doing so may cause electric shock or fire due to a short circuit.



Do not use the appliance in a way exceeding the rating of the household outlet or the wiring.

- Exceeding the rating by connecting too many plugs to one household outlet may cause fire due to overheating.



Do not use anything other than the supplied AC adaptor for any purpose (See page 13.). Also, do not use any other product with the supplied AC adaptor.

- Doing so may cause burns or fire due to a short circuit.



The supply cord cannot be replaced. If the cord is damaged, the AC adaptor should be scrapped.

- Failure to do so may cause an accident and injury.



Always ensure the appliance is operated on an electric power source matched to the rated voltage indicated on the AC adaptor.

Fully insert the adaptor or appliance plug.

- Failure to do so may cause electric shock or fire.

WARNING



Always unplug the adaptor from a household outlet when cleaning.

- Failure to do so may cause electric shock or injury.

Regularly clean the power plug and the appliance plug to prevent dust from accumulating.



- Failure to do so may cause fire due to insulation failure caused by humidity.

→ Disconnect the adaptor and wipe it with a dry cloth.

► In case of an abnormality or malfunction

Immediately stop using and remove the adaptor if there is an abnormality or malfunction.

- Failure to do so may cause fire, electric shock, or injury.

<Abnormality or malfunction cases>



- The main body, adaptor or cord is deformed or abnormally hot.
- The main body, adaptor or cord smells of burning.
- There is abnormal sound from the main body, adaptor or cord during use or charging.

→ Immediately request inspection or repair at an authorized service center.

CAUTION

► Power supply



Do not allow metal objects or trash to adhere to the power plug or the appliance plug.

- Doing so may cause electric shock or fire due to a short circuit.



Do not wind the cord around the adaptor for storage.

- Doing so may cause the wire in the cord to break with the load, and may cause fire due to a short circuit.



Disconnect the adaptor or the appliance plug by holding onto the adaptor or the appliance plug instead of the cord.

- Disconnecting by holding onto the cord may cause electric shock or injury.



Disconnect the adaptor from the household outlet when not charging.

- Failure to do so may cause electric shock or fire due to electrical leakage resulting from insulation deterioration.

CAUTION

► Note the following precautions



Do not drop the appliance or subject it to shock.

- Doing so may cause injury.

Do not use the appliance continuously for an extended period on the same area.



- Doing so may cause injury to the skin, infection, inflammation, bleeding, pigmentation disorder or other troubles, or worsening of such symptoms.



Before using, check that the sensing head is free from cracks, nicks, deformities, and other damage.

- Failure to do so may cause injury to the skin.



Use only for care of the face, neck and chest.

(Except the skin allergy test on the arm before the first use)

- Failure to do so may cause injury or inflammation of the skin.

Handling of the removed battery when disposing

DANGER



- The rechargeable battery is exclusively for use with this appliance. Do not use the battery with other products.
- Do not charge the battery after it has been removed from the product.
- Do not throw into fire or apply heat.
- Do not hit, disassemble, modify, or puncture with a nail.
- Do not let the positive and negative terminals of the battery get in contact with each other through metallic objects.
- Do not carry or store the battery together with metallic jewellery such as necklaces and hairpins.
- Do not use or leave the battery where it will be exposed to high temperatures, such as under direct sunlight or near other sources of heat.
- **Never peel off the tube.**
- Doing so may cause overheating, ignition, or explosion.

WARNING

After removing the rechargeable battery, do not keep it within reach of children and infants.



- The battery will harm the body if accidentally swallowed.
If this happens, consult a physician immediately.

If the battery fluid leaks out and comes in contact with the eyes, do not rub the eyes, and thoroughly rinse with clean water, such as tap water.



- Failure to do so may cause eye injury.
Consult a physician immediately.

CAUTION

If the battery fluid leaks out and comes in contact with the skin or clothes, rinse off with clean water, such as tap water.




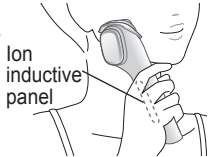

- Failure to do so may cause inflammation.

- Charge the appliance correctly according to these Operating Instructions. (See page 20 “Charging”.)
- This appliance contains battery that is only replaceable by skilled persons. Please contact an authorized service center for the details of repair.
- The following symbol indicates that a specific detachable power supply unit is required for connecting the electrical appliance to the supply mains. The type reference of power supply unit is marked near the symbol.



Before use

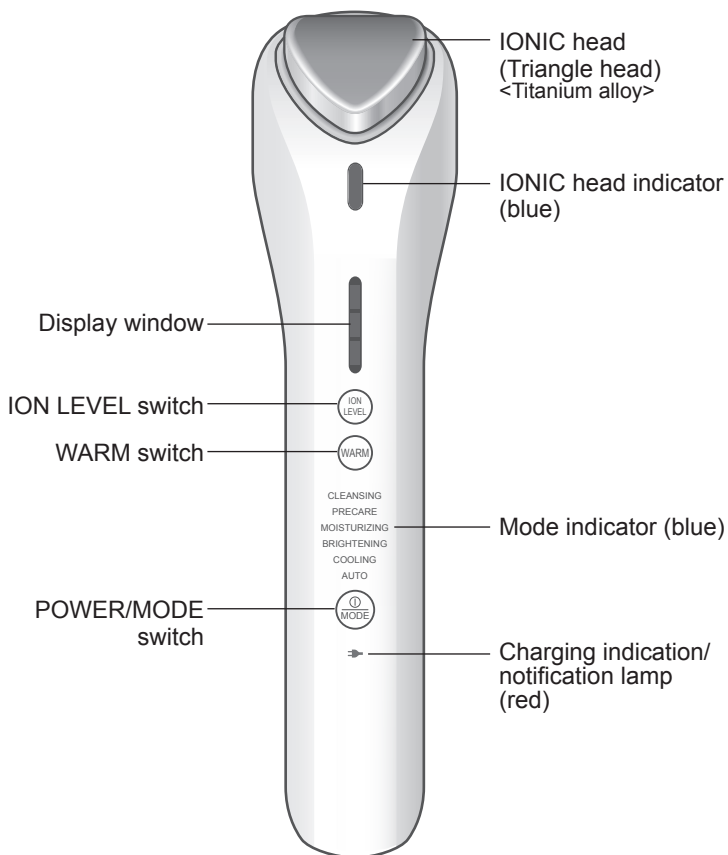
Usage frequency	Use the appliance up to 15 minutes in total during a day.
Skin precautions	Before use, a skin allergy test is required. (See page 21.) <ul style="list-style-type: none"> • This quick test checks for any potential skin issues before you begin using the appliance normally.
	Use the appliance on bare skin (after removing makeup and cleansing the face).
	Observe the skin condition while using the appliance. <ul style="list-style-type: none"> • Once any problem is found with the skin, immediately stop using the appliance and consult a physician.

<p>Ion level / Temperature</p>	<p>Select the desired ion level and temperature according to the skin condition and personal preference.</p> <ul style="list-style-type: none"> • For the first use or if any skin discomfort occurs, it is recommended to set the ion level to "LOW" and the temperature to "LOW" before use. • The PRECARE/COOLING modes do not have the adjustment functions for the ion and temperature level. (The ion level and temperature cannot be selected.)
<p>Accessories</p>	<p>Before use, remove earrings or any other jewellery from the face or around the neck.</p>
<p>Skin detection function / vibration of the IONIC head</p> 	<p>Hold the main body tightly so that your palm fully comes into contact with the ion inductive panel on its back. When the IONIC head senses the contact with the skin, it will automatically vibrate.</p>  <ul style="list-style-type: none"> • While the IONIC head is vibrating, none of the switches is available. There may be a slight noise, which is not a malfunction. • If the IONIC head does not vibrate, there is no ion effect. • Skin detection and vibration are not available during AUTO mode cooling or COOLING mode. (Only cooling for the IONIC head) • The appliance will automatically turn off if you do not touch the ion inductive panel or apply the IONIC head to the skin for approximately 20 seconds. (Except during AUTO mode cooling or COOLING mode)
<p>Vibration of the PRECARE head</p> 	<p>The PRECARE head starts vibrating once it comes in full contact with the skin firmly.</p> <ul style="list-style-type: none"> • While the PRECARE head is vibrating, none of the switches is available. There may be a slight noise, which is not a malfunction. • The appliance will automatically turn off if you do not apply the PRECARE head to the skin for approximately 20 seconds.

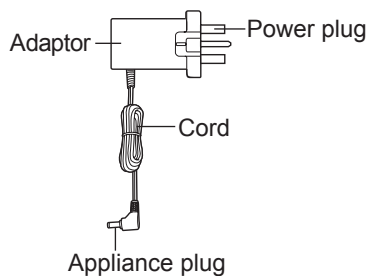
Parts identification

Main body

Front



AC adaptor (RE6-37)



Stand



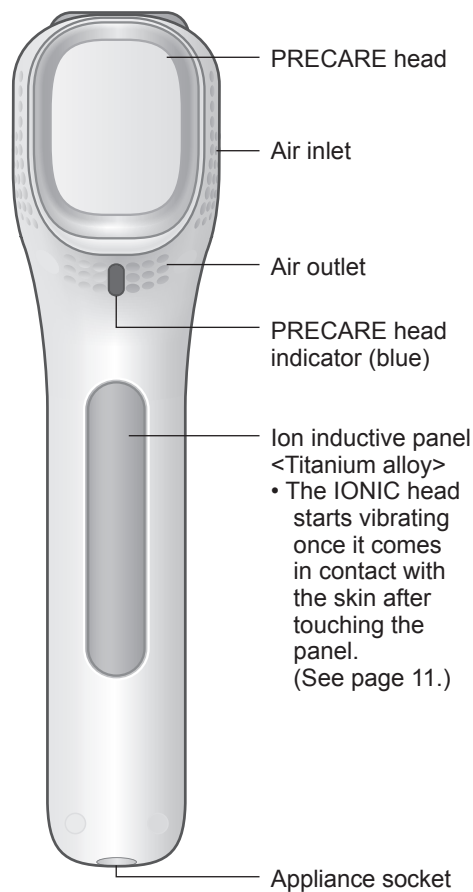
Cotton ring



Protective cap

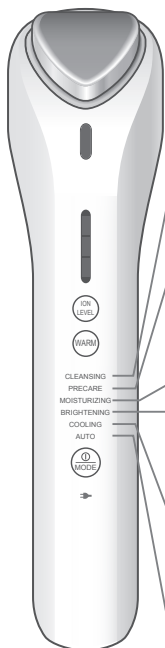


Back



Modes and recommended treatment

Select a mode or combination of modes according to your skin conditions or concerns. (See page 16.)



Mode	Features	Head used
CLEANSING W 3 min	To remove dirt/residue from pores/skin without damaging skin.	
PRECARE^{*1} 2 min	To penetrate high-molecular skincare ingredients such as hyaluronic acid or collagen ^{*2} . • Please use this mode prior to the MOISTURIZING/AUTO mode.	
MOISTURIZING W 3 min	To penetrate hydrating skincare ingredients deeper into epidermis.	
BRIGHTENING W 3 min	To accelerate penetration of vitamin C of skincare products into epidermis.	
COOLING C 2 min	To tighten skin and keep firmness by cool stimulation. • Also for pre-makeup care.	
AUTO	Program 1 W C 3 min It is recommended to use with serum, cream or eye cream.	
	Program 2 W C W 5 min It is recommended to use with a sheet mask or massage cream.	

Please use commercially available cotton pads when using toner or lotion.








• The effect may vary with individuals.

*1 The head may vibrate during use. (See page 25.)

*2 Penetration up to epidermis.
Penetration amount tested using hyaluronic acid with molecular weight 5 000 to 10 000 and collagen with molecular weight 1 000 to 5 000.

W Warm sensation + Ion + Vibration

C Cooling

Skin care products used	Cotton pad	Recommended skin care products
Toner, lotion	○	
—	—	—
Lotion	○	
Gel, glutinous lotion, serum, moisturizer, cream, eye cream, massage cream, sheet mask, cream mask ^{*3}	—	—
Lotion containing vitamin C ^{*4} .	○	
Gel, glutinous lotion, serum, moisturizer, cream, eye cream, massage cream, sheet mask, cream mask ^{*3} , skin care products containing vitamin C ^{*4} .	—	—
—	—	—
Lotion	○	
Gel, glutinous lotion, serum, moisturizer, cream, eye cream, massage cream, sheet mask, cream mask ^{*3}	—	—
Lotion	○	
Gel, glutinous lotion, serum, moisturizer, cream, eye cream, massage cream, sheet mask, cream mask ^{*3}	—	—

^{*3} Soak-in-type that is not washed off

^{*4} **Please use skin care products containing vitamin C or vitamin C derivative for the BRIGHTENING mode.**

Ingredients list • Vitamin C • Vitamin C derivative • Vitamin C ethyl • L-Ascorbic acid 2-Glucoside
 • 2-O-Ethyl-L-Ascorbic acid • 3-O-Ethyl ascorbic acid
 • Ascorbyl phosphate Mg • Vitamin C phosphate Mg • Ascorbyl phosphate 3Na
 • Glyceryl ascorbic acid • Palmitic acid ascorbyl phosphate 3Na
 • Active C • Isostearyl ascorbyl phosphate 2Na, etc.

Recommended treatment (With recommended skin care products)

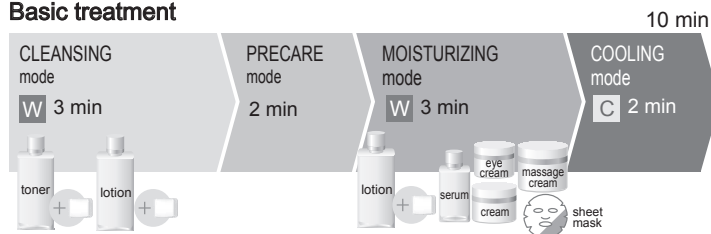
English

- Use the appliance for 15 minutes or less in total.
- The power turns off automatically after each mode is completed.
- Use the MOISTURIZING/AUTO mode right after using the PRECARE mode.

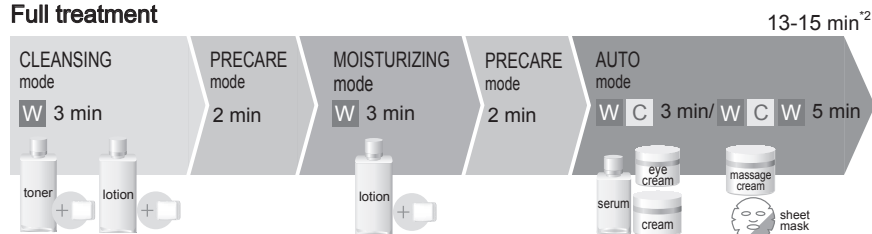
To enhance the penetration of high-molecular skincare ingredients*1

In combination with the PRECARE/MOISTURIZING mode

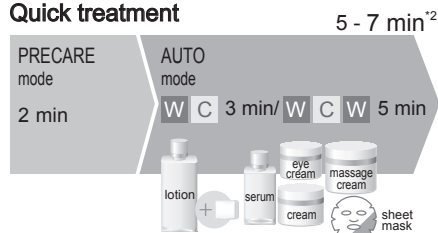
Basic treatment



Full treatment



Quick treatment



- *1 Penetration up to epidermis. Penetration amount tested using hyaluronic acid with molecular weight 5 000 to 10 000 and collagen with molecular weight 1 000 to 5 000.
- *2 It may vary with programs of the AUTO mode.

W Warm sensation + Ion + Vibration

C Cooling

+ : Skin care products with which cotton pads should be used

To enhance the penetration of vitamin C*3

In combination with the BRIGHTENING mode

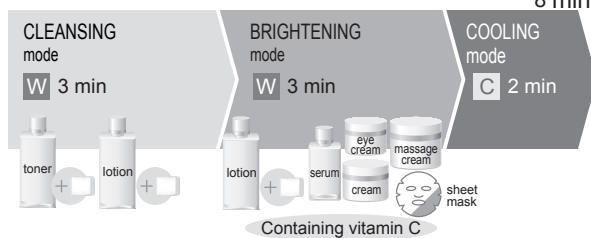
- Please use skin care products containing vitamin C or vitamin C derivative for the BRIGHTENING mode.

Example:

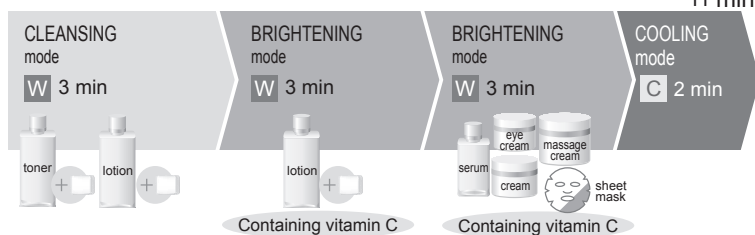


Containing vitamin C

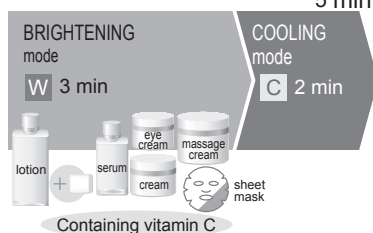
Basic treatment



Full treatment



Quick treatment




*3 Penetration into epidermis.

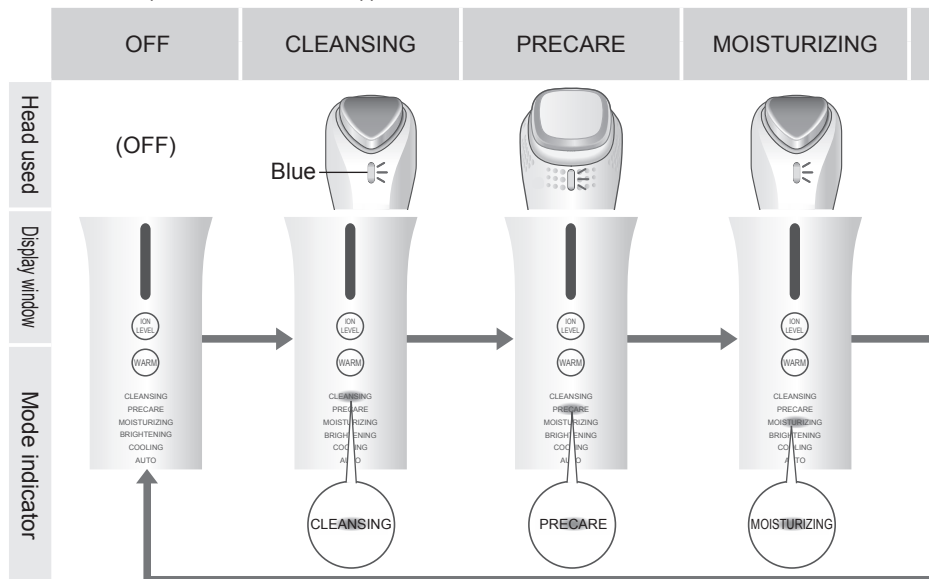
How to switch the mode, ion level and temperature

- The IONIC head may not warm up when the operating temperature is not within the recommended range (15 °C or above).


Mode

The mode switches each time  is pressed, and the indicator of the selected mode lights on. (In the AUTO mode, the indicator of the selected program also lights on in the display window.)

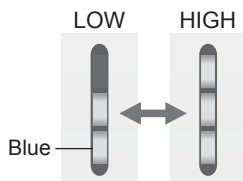
- After a mode is selected, the indicator below the used head lights on.
- Each time the power is turned on, the appliance starts from the CLEANSING mode.




Ion level

The ion level switches each time  is pressed.

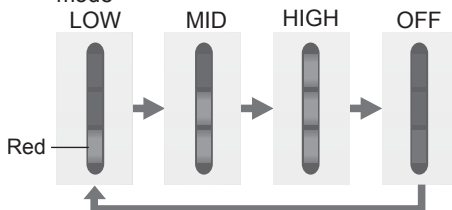
- Except in the PRECARE/COOLING mode

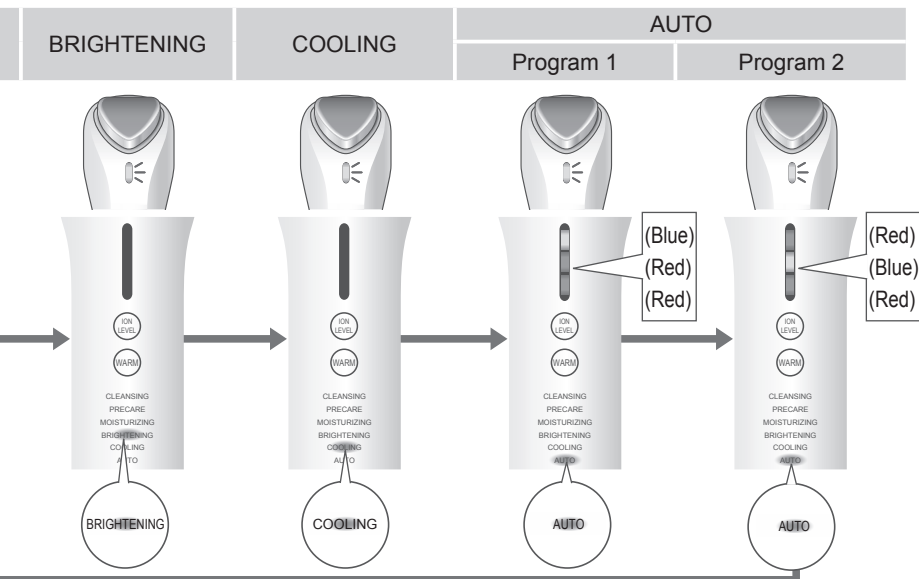


Temperature

The temperature switches each time  is pressed.

- Except in the PRECARE/COOLING mode





Notes

- In approximately 5 seconds after is pressed, the ion level/temperature indicator in the display window will light off automatically, and the ion level/temperature settings are not displayed.
(If the IONIC head comes in contact with the skin, the indicator will light off even 5 seconds have not elapsed.)
However, in the AUTO mode, the indicator of the current program will light back on automatically.

Memory function

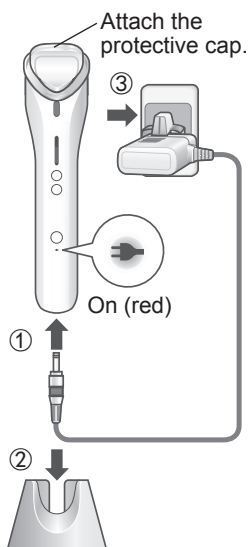
The appliance records last used ion and temperature level, and starts with the same setting when switched on.

(The mode cannot be recorded.)

- This memory function will reset when the appliance has not been used for a long period of time or when the battery has ran out.

Preparations

Charging



1 Connect the adaptor.

- ① Insert the appliance plug into the appliance socket.
- ② Put the main body onto the stand.
- ③ Insert the adaptor into a household outlet.

On (red)

(Charging is completed after approx. 1 hour.)

Off

2 Disconnect the adaptor from the household outlet, and unplug the appliance plug from the main body.

(For safety and energy saving)

- Charging the battery for more than 1 hour will not cause any damage to the main body.

How to check if charging is completed

Disconnect the appliance plug and then connect it back.

→ If the charging is completed, the charging indication/notification lamp lights on and then off after approx. 5 seconds.

Charging periods

- When the charging indication/notification lamp blinks once a second, the battery capacity is low. Please charge it.
- With a full charge, the appliance can be used approximately 3 times. (In the case of the "Basic treatment (10 min)", see page 16.) However, the usage time may be reduced depending on the usage environment.

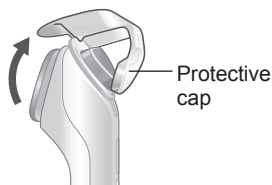
Notes

- The charging time may differ or the charging indication/notification lamp may not glow for a few minutes, when the appliance is charged for the first time, or if it has not been used for more than 6 months. (It will eventually glow if kept connected.)
- Recommended ambient temperature for charging is 15 °C - 35 °C. It may take longer to charge or the battery may fail to charge properly in extremely high or low temperatures.
- If there is noise from the radio or other sources while using or charging the appliance, move it to a different location for use.

Check before use

Before use, disconnect the adaptor and remove the protective cap.

- The power cannot be turned on with the adaptor connected.



CAUTION

- Do not use the appliance on the upper eyelid or throat.

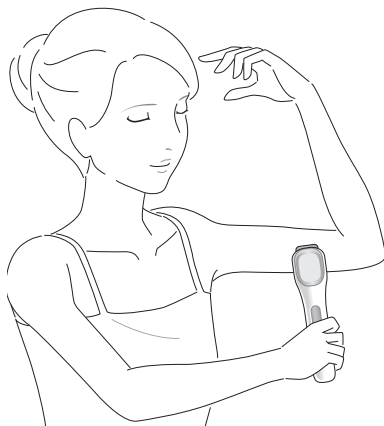
Note

- The recommended operating temperature range is 15 °C or above. The IONIC head may not warm up when the operating temperature is not within the recommended range.

Skin test (allergy test) procedure

Please perform a skin test using the appliance in combination with your skin care products to check if this appliance is applicable to your skin.

The test is required to prevent skin problems.



- 1 Clean the test area (inner arm) with soap and water, and dry it with a towel.**
- 2 Follow steps 1 - 2 on pages 26 - 27, and select the MOISTURIZING mode.**
 - If using skin care products containing vitamin C, select the BRIGHTENING mode.
- 3 Keep the IONIC head in contact with the inner arm for approx. 10 seconds.**
 - The head vibrates. (See page 11.)
- 4 Wait for 48 hours.**

If any reaction occurs in the skin within 48 hours

Stop using this skin care product together with the appliance.

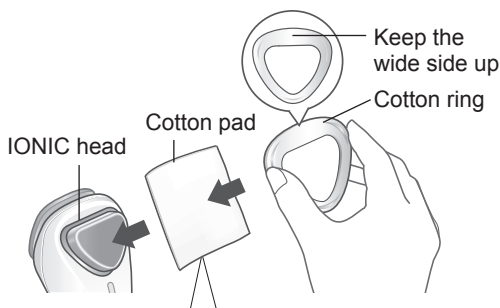
When using CLEANSING mode

1 Prepare skin care products.



Using the IONIC head

① Attach a cotton pad (purchased separately) into the IONIC head.



1 Press on the bottom edge.



2 Snap in the buckles (x2).



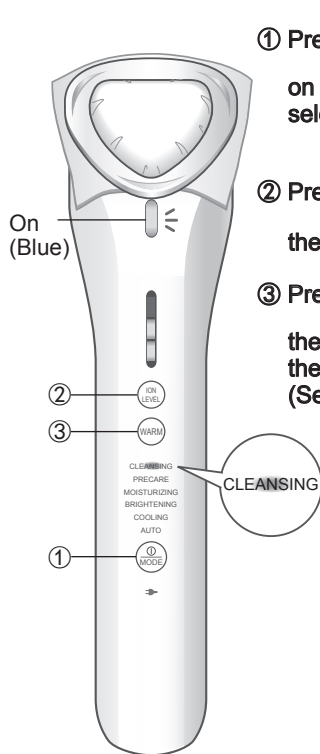
- There may be no "click" sound depending on the type of cotton pad.


② Soak the cotton pad with lotion. (Make sure the cotton pad is fully saturated.)



2 Select the mode, ion level and temperature.

3 Hold the main body tightly.

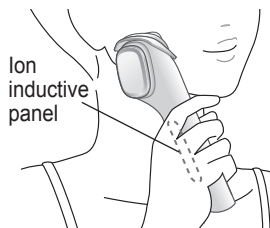


① Press  to turn on the power, and select the mode.

② Press  to select the ion level.

③ Press  to select the temperature (of the IONIC head). (See page 18.)

Hold the main body tightly so that your palm fully comes into contact with the ion inductive panel on its back.



- When the IONIC head is applied to the skin as illustrated, it will sense the contact with the skin and automatically vibrate. (See page 11.)

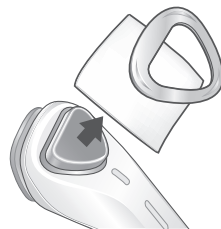
▶ 4 Move the appliance against the skin. **W** 3 min

▶ 5 After the mode is completed, remove the cotton pad.



Move the appliance slowly with the cotton pad in contact with the skin in the order from ① to ⑥ as illustrated. (The method is the same for both the left and right sides.)

- Do not apply too much force.
- Please add some lotion after moisture in the cotton pad is used up or if it is hard to move the IONIC head or implement the skin detection function.



To turn off power forcibly during use.

Long press .

Note

- The power turns off automatically after the mode is completed.

CAUTION

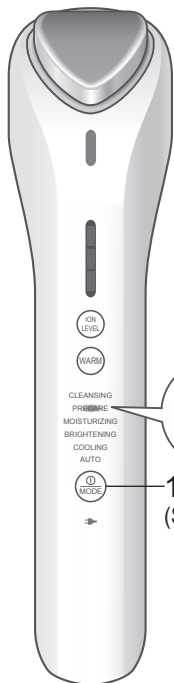
- Do not reuse the used cotton pad. (Doing so may cause skin problems.)

When using PRECARE mode

- Use the MOISTURIZING/AUTO mode right after using the PRECARE mode.
- This mode does not require any skin care products, cotton pads or the cotton ring.

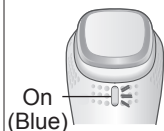
1 Press  to turn on the power, and select the mode.

2 Move the appliance against the skin. 2 min



PRECARE

1
(See page 18.)



Using the PRECARE head

- The PRECARE head vibrates for 3 seconds once in contact with the skin firmly.

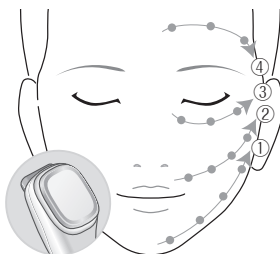
How to apply

Gently apply against the skin (for 2-3 sec).

Release to change the position when the vibration stops



How to move



Gently stroke the skin for 2-3 sec in the order from ① to ④ as illustrated. (The method is the same for both the left and right sides.)

To turn off power forcibly during use.

Long press .

CAUTION

- Hold the main body as illustrated, and apply the appliance against the skin firmly.

Notes

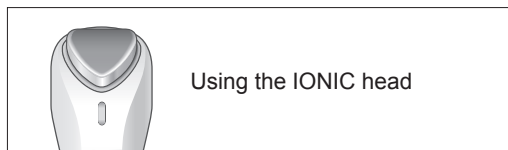
- The power turns off automatically after the mode is completed.
- This mode does not require any skin care products, however if the skin is dry, you can apply some lotion before using the PRECARE mode.



When using MOISTURIZING/BRIGHTENING mode

- Please use skin care products containing vitamin C or vitamin C derivative for the BRIGHTENING mode.

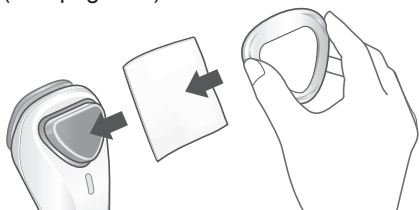
1 Prepare skin care products.



Check the type of skin care products to be used. (See page 14.)

When using cotton pads

Attach the cotton pad (purchased separately) onto the IONIC head, and moisten the cotton pad with lotion. (See page 22.)



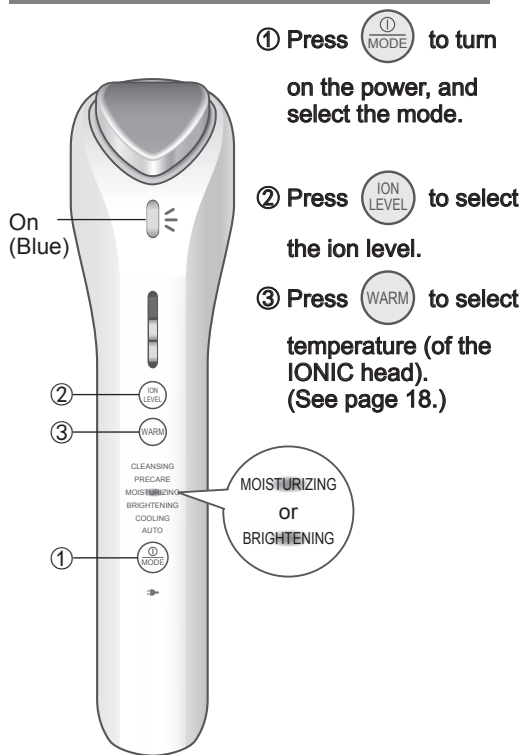
When not using cotton pads

Apply the skin care product on your face.

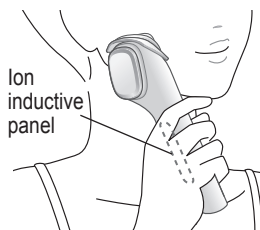


2 Select the mode, ion level and temperature.

3 Hold the main body tightly.



Hold the main body tightly so that your palm fully comes into contact with the ion inductive panel on its back.



- When the IONIC head is applied to the skin as illustrated, it will sense the contact with the skin and automatically vibrate. (See page 11.)

→ Slide → Do not slide

4 Move the appliance against the skin.

W 3 min

When using lotion



Move the head slowly, repeatedly pressing it lightly against and away from your skin in the order from ① to ⑥ as illustrated.

- When it is hard to implement the skin detection function, add some lotion.

When using serum, moisturizer, sheet mask, or gel



Move the head slowly, repeatedly pressing it lightly against and away from your skin in the order from ① to ⑤ as illustrated.

- Move the head to enhance the penetration of serum.

When using cream

To turn off power forcibly during use

Long press 

Note

- The power turns off automatically after the mode is completed.



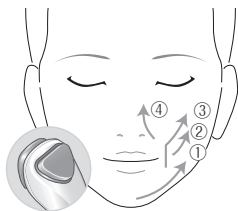
Move the head slowly, pushing the face-line upward in steps ① and ②, and lifting the face-line in steps ③, ④ and ⑤.

- If the appliance becomes hard to slide over your face during use, move the head slowly, repeatedly pressing it lightly against and away from your skin.

- The method is the same for both the left and right sides of face.

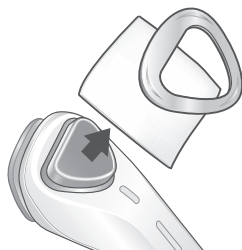
5 After the mode is completed, if a cotton pad is attached, remove it.

When using massage cream or cream mask



Move the head slowly, pushing the face-line upward in steps ① and ②, and lifting the face-line in steps ③ and ④.

- It can be used on the forehead depending on your preferences.



When using eye cream



Apply the head gently and move it slowly.

- Do not apply too much pressure on the eyes and skin.

CAUTION

- Do not reuse the used cotton pad. (Doing so may cause skin problems.)

When using AUTO mode

1 Prepare skin care products.

2 Select the mode, ion level and temperature.



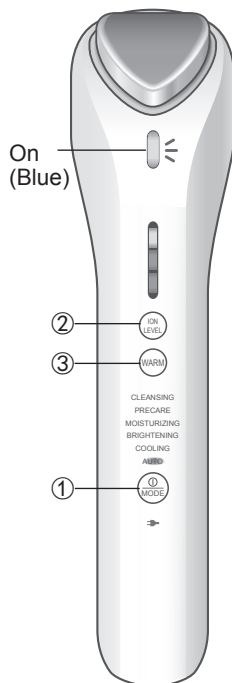
Using the
IONIC head

Check the type of skin care products to be used. (See page 14.)

Apply the skin care product on your face.



- Cotton pads are required for AUTO mode with lotion. (See page 22.)

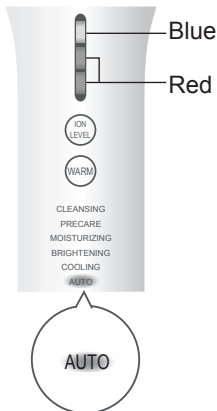


3 Hold the main body tightly.

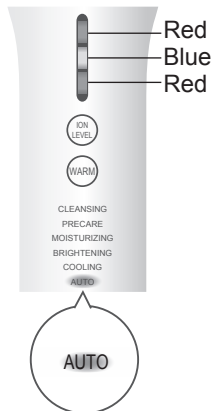
① Press  to turn on the power, and select the mode.

AUTO mode

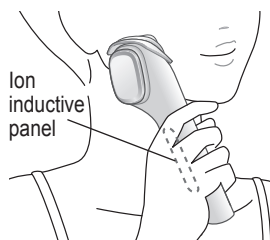
• Program 1



• Program 2




Hold the main body tightly so that your palm fully comes into contact with the ion inductive panel on its back.





• When the IONIC head is applied to the skin as illustrated, it will sense the contact with the skin and automatically vibrate. (See page 11.)

② Press  to select the ion level.

③ Press  to select the temperature (of the IONIC head). (See page 18.)

Note

- In approximately 5 seconds after   is pressed, the ion level/temperature indicator in the display window will light off automatically.

Program 1 (with recommended skin care products)

→ Slide ●●●●→ Do not slide

4 Move the appliance against the skin.

W 2 min

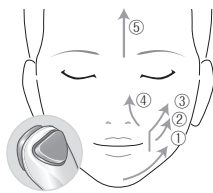
When using serum



Move the head slowly, repeatedly pressing it lightly against and away from your skin in the order from ① to ⑤ as illustrated.

- Move the head to enhance the penetration of serum.

When using cream



Move the head slowly, pushing the face-line upward in steps ① and ②, and lifting the face-line in steps ③, ④ and ⑤.

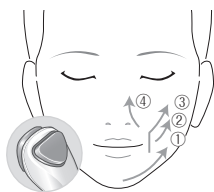
- If the appliance becomes hard to slide over your face during use, move the head slowly, repeatedly pressing it lightly against and away from your skin.

Program 2 (with recommended skin care products)

4 Move the appliance against the skin.

W 2 min

When using massage cream



Move the head slowly, pushing the face-line upward in steps ① and ②, and lifting the face-line in steps ③ and ④.

When using sheet mask



Move the head slowly, repeatedly pressing it lightly against and away from your skin in the order from ① to ⑤ as illustrated.

- Move the head to enhance the penetration of serum.

- The method is the same for both the left and right sides of face.

C 1 min

When using eye cream



Apply the head gently and move it slowly.

- Do not apply too much pressure on the eyes and skin.

Auto shift



Move the head slowly, repeatedly pressing it lightly against the skin for 2 to 3 seconds then removing it and changing the location in the order from ① to ⑤ as illustrated.

C 1.5 min

Auto shift



Move the head slowly, repeatedly pressing it lightly against the skin for 2 to 3 seconds then removing it and changing the location in the order from ① to ⑤ as illustrated.

W 1.5 min

Move in the same way as the first 2 min of **W**

To turn off power forcibly during use


Long press .


Note

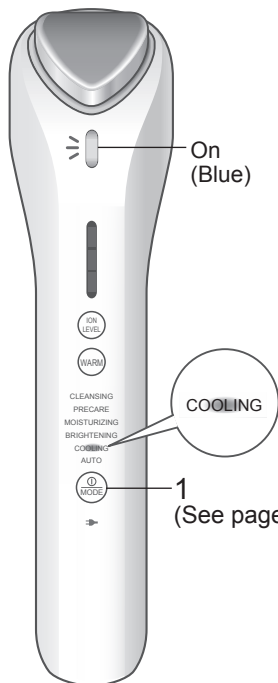
- The power turns off automatically after the mode is completed.

When using COOLING mode

- This mode does not require any skin care products, cotton pads or the cotton ring.

Press  to turn on the power, and select the mode.

2 Move the appliance against the skin.
 2 min



Move the head slowly, repeatedly pressing it lightly against the skin for 2 to 3 seconds then removing it and changing the location in the order from ① to ⑤ as illustrated.

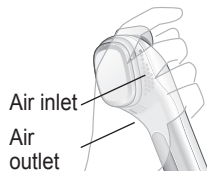
- The method is the same for both the left and right sides.

To turn off power forcibly during use

Long press .

CAUTION

- Do not block the air inlet and the air outlet.
- Do not use the appliance continuously.



Notes

- The head does not vibrate.
- There is a noise from the fan.
- The power turns off automatically after the mode is completed. (The fan also stops.)
- The temperature of the head may vary depends on the ambient temperature.

After use

1 Wipe any dirt off the head.

2 Attach the cotton ring and protective cap.

3 Store the appliance.

- Wash the cotton ring and protective cap with water.

IONIC head

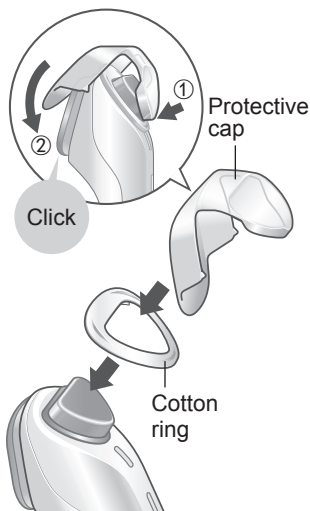
Tissue or the like



PRECARE head



- When cleaning the rubber part, do not use any objects with thin tip (ex. cotton swabs). (Doing so may cause damages.)



When concerned about the dirtiness on the main body

Wring a soft cloth soaked in soapy water to wipe the dirt off.

CAUTION

- Do not rinse the main body with water.
- Do not use alcohol, nail polish remover, detergent (ex. hand sanitizer), or the like. (Doing so may cause a malfunction, or cracking or discoloration of the parts.)

Frequently asked questions

Question	Answer
Can I use the appliance more frequently than once a day?	► Use the appliance for 15 minutes or less in total.
Can I use the appliance in a bathtub?	It cannot be used in a bathtub. ► Do not use or store it in places with high humidity or where it is likely to be splashed with water.
Can I use the CLEANSING mode to take off my makeup?	It can not be used to take off makeup. ► Please use after cleansing or washing your face.
Can I change the ion level and temperature during use?	► These can be changed even during use. (See page 18.)
Can I replace the battery myself?	Please consult an authorized service center. ► Changing the battery by yourself may cause failure.
Will the battery deteriorate if the appliance is not used for an extended period of time?	► The battery may deteriorate if the appliance is not used for over 6 months, so make sure to perform a full charge at least once every 6 months.
Is it OK to charge the battery after every use?	► The battery in this appliance is a lithium-ion battery, and so charging it after every use will not affect battery service life.
The cotton pad is easy to fall off.	Attach the cotton ring until it clicks. (See page 22.) ► • You may not be able to attach it depending on the shape and size of the cotton pad. Please use another cotton pad.
My skin tingles, why is this?	Please add sufficient skin care products, or set the ion level to "LOW". ► • If a small amount of skin care products is used, the skin may feel stimulation.

Troubleshooting

Problem	Possible cause	Action
The power does not turn on even after the POWER/MODE switch is pressed.	<ul style="list-style-type: none"> ▶ The appliance has not been charged. ▶ The AC adaptor is connected. 	<ul style="list-style-type: none"> ▶ Charge the appliance. (See page 20.) ▶ Disconnect the AC adaptor before use.
The charging indication/notification lamp (red) does not turn on or goes out.	<ul style="list-style-type: none"> ▶ This lamp turns off after charging is complete. (See page 20.) ▶ The adaptor is not inserted into the household outlet correctly. ▶ The appliance plug is not firmly inserted into the socket. 	<ul style="list-style-type: none"> ▶ Correctly insert the adaptor into the household outlet. ▶ Firmly insert the appliance plug into the socket.
The display window (red) blinks twice per second.	<ul style="list-style-type: none"> ▶ The protection function has operated in the main body, and the appliance has stopped abnormally. 	<ul style="list-style-type: none"> ▶ Turn off the power and turn it back on again after some time has passed. ▶ If the symptom occurs repeatedly, contact an authorized service center.
The charging indication/notification lamp (red) blinks twice per second while the appliance is charging.	<ul style="list-style-type: none"> ▶ The appliance is being charged in an ambient temperature approximately lower than 15 °C or higher than 35 °C. 	<ul style="list-style-type: none"> ▶ Charge the appliance in an ambient temperature range of 15 °C – 35 °C. ▶ If the symptom occurs repeatedly, contact an authorized service center.

Problem	Possible cause	Action
The power turns off during use.	▶ The power will be automatically turned off after each mode is completed.	
	▶ There is no power remaining in the battery.	▶ Charge the appliance. (See page 20.)
	▶ The appliance will automatically turn off if you do not touch the microcurrent panel or apply the titanium head to the skin for approximately 20 seconds. (Except for AUTO mode cooling or COOLING mode)	▶ Turn on the power, re-select the mode and use the appliance, applying it to the skin.
The appliance can only be used for a few minutes after charging.	▶ The battery has reached the end of its life. (approximately 3 years) (See page 40.)	▶ Please contact the store where purchased. (Customers cannot replace the battery as doing so may cause malfunction.)
The IONIC head does not warm up.	▶ The appliance is being used in an ambient temperature approximately lower than 15 °C.	▶ Use the appliance in an ambient temperature approximately 15 °C or higher.
	▶ The appliance has not been charged.	▶ Charge the appliance. (See page 20.)
	▶ Temperature level is set to "OFF".	▶ Set temperature level to "LOW", "MID" or "HIGH". (See page 18.)

Problem	Possible cause	Action
The IONIC head does not become cool.	▶ Use the appliance in an ambient temperature approximately 35 °C or higher.	▶ We recommend using the appliance in an ambient temperature range of 15 °C – 35 °C.
	▶ The appliance has not been charged.	▶ Charge the appliance. (See page 20.)
	▶ The air inlet or air outlet is blocked.	▶ Do not block the air inlet or air outlet.
	▶ COOLING mode has been used continuously.	▶ Do not use COOLING mode continuously.
The IONIC head becomes warm a while after the power is turned off.	▶ After COOLING mode is used, the IONIC head temporarily becomes warm for a while after the power is turned off. This is not a fault.	
The IONIC head does not vibrate.	▶ The IONIC head does not vibrate during AUTO mode cooling or COOLING mode.	
	▶ Your hand is not touching the ion inductive panel.	▶ The skin detection function is not working. Please grip the main body so that your hand firmly touches the ion inductive panel when you apply the appliance to your skin. (See page 11.)
	▶ There is not sufficient lotion in the cotton pad. (In the case of using toner or lotion)	▶ Make sure that lotion fully penetrates into the inner side of the cotton pad.

Problem	Possible cause	Action
The PRECARE head does not vibrate.	▶ Make sure the PRECARE mode is selected.	▶ Select the PRECARE mode.
	▶ The appliance is not applied to your skin with sufficient force.	▶ Apply the appliance to your skin firmly. (See page 25.)
The fan makes a noise.	▶ The fan operates in AUTO mode cooling and COOLING mode.	
Clicking sound is heard from the appliance during use.	▶ Clicking sound occurs while the IONIC/ PRECARE head vibrates. This is not a fault.	

If the problems still cannot be solved, contact the store where you purchased the unit or a service center authorized by Panasonic for repair.

Battery life

Approximately 3 years.

If the operating time is significantly shorter even after a full charge, the battery has reached the end of its life. (The battery life may change due to usage and storage conditions.)

The battery in this appliance is not intended to be replaced by consumers. Have the battery replaced by an authorized service center.

Removing the built-in rechargeable battery

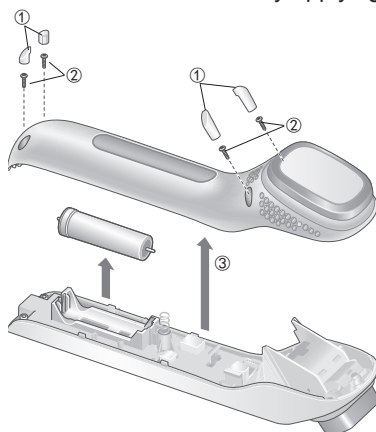
Remove the built-in rechargeable battery before disposing of the appliance.

The battery is to be disposed of safely.

Please make sure that the battery is disposed of at an officially designated location if there is one.

This figure must only be used when disposing of the appliance, and must not be used to repair it. If you dismantle the appliance yourself, it may cause malfunction.

- Remove the appliance from the AC adaptor.
- Press the POWER/MODE switch to turn on the power and then keep the power on until the battery is completely discharged.
- Perform steps ① to ③ and lift the battery, and then remove it.
- Take care not to short circuit the positive and negative terminals of the removed battery, and insulate the terminals by applying tape to them.



For environmental protection and recycling of materials

This appliance contains a Li-ion battery.

Please make sure that the battery is disposed of at an officially assigned location, if there is one in your country.

Specifications

Power supply	See the name plate on the AC adaptor. (Automatic voltage conversion)
Charging time	Approx. 1 hour

This product is intended for household use only.

使用說明書 (家用) 高滲透離子美顏器 型號 EH-XT30

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感謝您購買 Panasonic 產品。

在您使用本產品前，請仔細閱讀並妥善保存本說明書，以供日後參考。

安全注意事項

為減低受傷、死亡、觸電、火警及財物損失的風險，請務必留意以下安全注意事項。

符號說明

以下符號用於為危險、傷害及財物損失的級別分類和作出解釋。若不理會此等符號，不當使用本產品就可能會導致所述的危險、人身傷害及財物損失。



危險

表示潛在的危險會導致嚴重受傷或致命。



警告

表示潛在的危險可能會導致嚴重受傷或致命。



注意

表示可能會導致輕微受傷或財產損失的危險。

以下符號用於分類和解釋必須留意的指示類型。



此符號用於提示用戶，不得執行某項特定的操作程序。



此符號用於提示用戶，必須遵從某項特定的操作程序，藉以安全操作本產品。



危險

► 為避免發生問題

下列電子醫療器械及家用電子治療儀器的使用者，請勿使用本產品。



- 心律調節器等體內植入式醫療器械
- 人工心肺機等生命維持醫療器械
- 心電儀、點滴控制器等穿戴式醫療器械
- 否則可能會造成電子醫療器械及家用電子治療儀器出現失誤，進而引起事故或身體不適。



警告


► 本產品


本產品含有內建充電電池。




- 請勿投入火中或加熱。
- 請勿在高溫環境下充電、使用及放置本產品。
- 否則可能會造成發熱、起火或爆炸。

警告


-  請勿將本產品置放在兒童和嬰幼兒的接觸範圍內。
此外，請勿讓他們接觸或操作本產品。
 - 否則可能會因其意外吞入零件而引發事故和傷害。

-  請勿自行改裝或維修本產品。
 - 否則可能造成火災、觸電或受傷。→請聯絡 Panasonic 直屬服務站進行維修（更換電池等）。


-  請勿拆卸本產品。（棄置本產品時除外。）
 - 否則可能會造成觸電、受傷或火災。

► 為防止皮膚或健康問題


下列人士請勿使用本產品：

- 心臟病患者
- 顏面神經損傷患者
-  · 出血性疾病、血友病患者等血液異常人士
- 正在進行牙科治療的人士
- 幼兒及成長期兒童，以及無法清晰表達自身意願的人士
- 因交通意外等而導致頭部出現後遺症的人士
 - 否則可能會引發事故或不適。


下列人士請勿使用本產品：

-  · 過敏性體質人士
- 敏感性皮膚人士
- 患有皮膚病及過敏性皮膚炎的人士
 - 否則可能會導致皮膚或身體不適。


下列人士請勿使用本產品：

-  · 孕婦或分娩後不足一個月的女性
 - 否則可能因激素失調而引發皮膚問題。

下列人士請勿使用本產品：

-  · 熱感遲鈍及皮膚缺乏感知能力的人士
 - 否則可能會導致燙傷。

為避免產生皮膚及身體不適，請勿在下列情況及部位使用本產品。

-  · 身體不適時
- 正在服藥或非常疲倦時
- 皮膚上有傷口、濕疹及腫塊時
- 有皮膚炎、曬傷等皮膚疾病時
- 曾於同一日脫毛的身體部位，或者曾接受外科手術（整容手術、美容手術等）的部位
- 咽喉
 - 否則會造成皮膚或身體不適。

警告



請勿在下列部位使用本產品。

- 眼臉
- 否則可能會導致眼睛出現問題。



環境溫度低於 15 °C 時，不可使用 COOLING（冷敷）模式。

- 否則可能會令感應頭黏住皮膚，導致皮膚受傷。

下列人士請諮詢醫師後再使用本產品。



- 長期重大症患者
- 急性病患者
- 熱性病患者
- 傳染病患者
- 惡性腫瘤患者
- 因嚴重的周邊循環系統衰竭（例如糖尿病），而導致知覺障礙的人士
- 否則可導致意外或身體不適。



若皮膚或身體其他部位感到疼痛或不適，請立即停止使用本產品。

- 否則可能會導致皮膚、身體不適。



本產品不宜供肢體、感官或精神上有障礙、或缺乏經驗及知識等人士（包括兒童）使用，必須有監護人從旁監督，並指導使用本產品，且能承擔使用者安全的責任。並應妥善照顧兒童，確保他們不會接觸這些產品。

- 否則可能會發生意外或受傷。

► 電源



請勿用沾濕的手將電源供應器從電源插座中插入或拔除。

- 否則可能會造成觸電並受傷。



請勿將機身及電源供應器浸入水中或用水清洗。

請勿放置或存放在接近水槽、有水的地方，或其他盛有液體、極為潮濕的地方。

請保持產品乾燥。

- 否則可能會造成觸電或引起火災。





當電源供應器損壞或插頭未牢固插在家用電源插座上時，請勿使用本產品。

請勿破壞、改裝、用力彎曲、拉扯或扭曲電源線。此外，請勿在電源線上面放置重物或擠壓電源線。

- 否則可能會導致觸電或由於短路而引起火災。


警告


-  使用時，請勿超過家用電源插座或連接線的額定值。
 - 若在家用電源插座上連接過多插頭而超過額定值，可能會因過熱而引起火災。

-  請勿使用隨附電源供應器（見第 51 頁）以外的其他裝置為本產品充電。此外，請勿使用隨附電源供應器為其他產品充電。
 - 否則可能會導致燙傷或由短路所引起的火災。

-  電源線不能更換，若電源線損壞，應棄置此電源供應器。
 - 否則可能會發生意外或受傷。

-  請務必使用與電源供應器上標示之額定電壓相符的電源進行操作。完全插入轉接器或電源線插頭。
 - 否則可能導致火警或觸電。

-  進行清潔時，請務必將轉接器自家用電源插座上拔除。
 - 否則可能導致觸電或受傷。

-  請定期清潔電源插頭和電源線插頭，以免聚積灰塵。
 - 否則可能會因潮濕造成絕緣故障，進而引起火災。
 - 請拔除轉接器，然後用乾布擦拭。

▶ 若出現異常或故障

若出現異常和故障，請立即停止使用，並拔除轉接器。

- 否則可能會造成觸電、受傷或火災。

<異常或故障狀況>


- 機身、轉接器或電源線變形或異常發熱
- 機身、轉接器或電源線發出燒焦的氣味
- 機身、轉接器或電源線在使用或充電過程中發出異常的聲音
- 請立即洽詢購買的經銷商或聯絡Panasonic直屬服務站進行維修。

注意

▶ 電源

-  請勿使針或異物附著至電源線插頭及產品電源線插孔上。
 - 否則可能會造成觸電或由於短路引起火災。

-  存放時，請勿將電源線緊緊纏繞在轉接器上。
 - 否則可能會造成電源線斷線，並可能會造成觸電或由於短路引起火災。

-  拔除轉接器或電源線插頭時，應握住轉接器或電源線插頭，而不要只握住電源線。
 - 否則可能會造成觸電並受傷。

-  不充電時，請自家用電源插座上拔除轉接器。
 - 否則可能會因絕緣效能下降而造成漏電，進而引起觸電或火災。

注意

► 注意事項



請避免本產品掉落或受到撞擊。

- 否則可能會造成受傷。



請勿長時間在同一部位使用本產品。

- 否則可能會造成皮膚受傷、感染、發炎、出血、色素沉澱等問題，或導致症狀惡化。



使用前，請檢查確保感應頭沒有裂痕、缺口、變形及其他損壞。

- 否則可能會造成受傷。



本產品僅限用於臉部、頸部及脖頸到胸口部位的皮膚護理。

(初次使用前，在手臂處進行過敏測試的情況除外。)

- 否則可能會造成皮膚受傷，引起發炎。

如何處置從廢棄產品中拆下的電池

危險

· 本充電電池僅能用於搭配此本產品使用。請勿將本電池搭配其他產品使用。

· 將電池從產品拆除後，請勿進行充電。

· 請勿丟入火中或加熱。



· 請勿撞擊、拆解、改裝或以指甲穿刺。

· 請勿讓電池的正極和負極端子透過金屬物質相互接觸。

· 請勿將電池與金屬飾品，如項鍊及髮夾等一起攜帶或存放。

· 切勿在高溫的位置使用或放置電池，例如在陽光直射或靠近其他熱源的地方。

· 請勿剝下電池直流通管。

- 否則可導致過熱、燃燒或爆炸。

警告



拆除充電電池後，切勿放在孩童或嬰兒可取得的地方。

- 若意外吞下電池，會傷害身體。

若發生此狀況，請立即就醫。



若電池液體外漏且接觸到眼睛，請勿揉搓眼睛，並使用清水（如自來水）徹底沖洗。

- 否則可能會導致眼睛受傷。

請立即就醫。

注意



若電池液體外漏且接觸到皮膚或衣物，請使用清水（如自來水）沖洗。

- 否則可能導致發炎。

- 請根據這些使用說明，為本產品正確充電。（見第 58 頁「充電」。）
- 本產品內含有電池，只可由熟練人員更換。請聯絡授權維修中心，瞭解維修詳情。
- 以下符號表示需要用特定的可拆卸式供電裝置將電器連接至供電電源。供電裝置的類型參考標示在符號附近。



使用須知

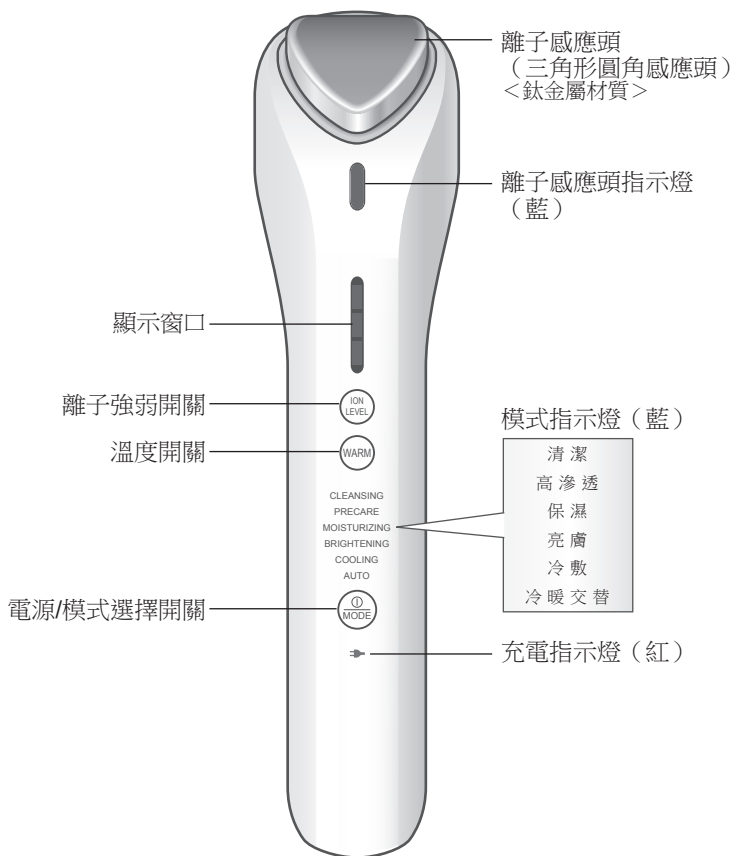
有關使用時間	請控制在1日之內合共使用最多15分鐘。
有關皮膚	<p>為確保使用，請務必進行皮膚測試（過敏測試）。（見第 59 頁）</p> <ul style="list-style-type: none"> • 此項測試是預先就皮膚問題進行的簡單檢查。 <p>請在素顏狀態（卸妝、潔面後的狀態）之下使用。</p> <p>初次使用及敏感性皮膚人士等，務必確認皮膚情況後再使用。</p> <p>皮膚感覺不適時，請立即停止使用並即時諮詢醫生。</p>
離子強弱/溫度	<p>請根據皮膚狀態和個人喜好，選擇離子強弱和溫度。</p> <ul style="list-style-type: none"> • 初次使用或出現任何皮膚不適時，建議將離子強弱調校至「弱」，以及將溫度調校至「低」後使用。 • PRECARE（高滲透）/ COOLING（冷敷）模式不設離子及溫度功能。（無法選擇離子強弱和溫度。）
有關飾物	用本產品前，請摘下耳環、項鍊等飾品。
有關離子皮膚檢測功能和感應頭震動	<p>請緊握機身，讓手掌充分接觸機身背面的離子感應板。感應頭接觸到皮膚時，會因感應到皮膚而產生震動。</p> <ul style="list-style-type: none"> • 感應頭震動時，所有開關均無法運作。此外，亦可能有輕微的噪音，這種情況並非故障。 • 如果感應頭仍未震動，就表示離子功能並未啟動。 • 處於AUTO（冷暖交替）模式的「冷卻中」及COOLING（冷敷）模式時，本產品不會執行皮膚檢測及震動。（感應頭只限冷卻） • 如果機身背面的離子感應板或感應頭不接觸皮膚20秒以上，電源會自動關閉。（處於AUTO（冷暖交替）模式的「冷卻中」及COOLING（冷敷）模式時除外。）
有關高滲透時的感應頭震動情況	<p>感應頭接觸皮膚時會產生震動。</p> <ul style="list-style-type: none"> • 感應頭震動時，所有開關均無法運作。此外，亦可能有輕微的噪音，這種情況並非故障。 • 如果感應頭不接觸皮膚20秒以上，電源會自動關閉。



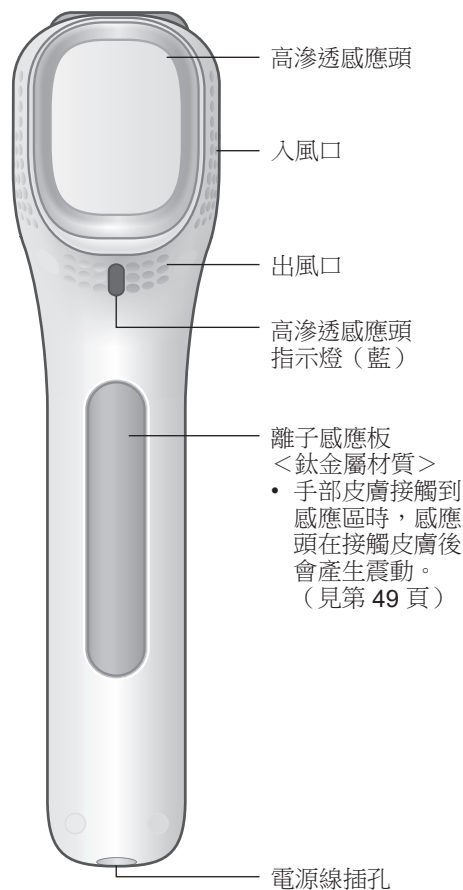
部件名稱

機身

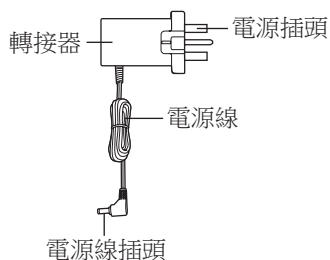
正面



背面



電源供應器（RE6-37）



底座



化妝棉固定環

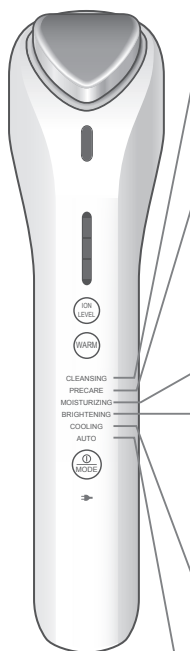


保護蓋



使用模式

請根據皮膚狀態及現存的問題，單獨或結合使用各種模式。（見第 54 頁）



模式	功能	使用感應頭
CLEANSING （清潔） 溫 3分鐘	需要護理皮膚、去除老舊角質及污垢時。	
PRECARE （高滲透）※1 2分鐘	需促進透明質酸、膠原蛋白等大分子成分的滲透效果※2時。 • 請在 MOISTURIZING（保濕）/AUTO（冷暖交替） 模式之前使用。	
MOISTURIZING （保濕） 溫 3分鐘	需要讓護膚品的保濕成分滲透至皮膚角質層時。	
BRIGHTENING （亮膚） 溫 3分鐘	需要讓護膚品的維他命C成分滲透至皮膚角質層時。	
COOLING （冷敷） 冷 2分鐘	需要以冷敷的方式收緊皮膚時。 • 亦可用於化妝前的護理。	
AUTO（冷暖交替）	程序1 溫 冷 3分鐘	
	程序2 溫 冷 溫 5分鐘	

使用清潔型化妝水或化妝水時，請使用市面上有售的化妝棉



• 每個人產生的效果各有不同。
 ※1 使用過程中會產生震動。
 （見第 63 頁）

※2 最多滲透至表皮。採用分子量為 5 000 - 10 000 的透明質酸，以及分子量為 1 000 - 5 000 的膠原蛋白開始滲透量試驗。

溫 溫感+離子+震動

冷 冷卻

使用的護膚品

化妝棉

建議的護膚品

清潔型化妝水、化妝水

○



不使用護膚品。

—

—

化妝水

○

凝膠類/黏稠狀化妝水、美容液、乳液、面霜、眼霜、按摩霜、面膜及膏狀面膜^{*3}

—



含有維他命C^{*4}的化妝水。

○

凝膠類、美容液、乳液、面霜、眼霜、按摩霜、面膜及膏狀面膜^{*3}、含有維他命C^{*4}的護膚產品

—



不使用護膚品。

—

—

化妝水

○

凝膠類/黏稠狀化妝水、美容液、乳液、面霜、眼霜、按摩霜、面膜及膏狀面膜^{*3}

—



化妝水

○

凝膠類/黏稠狀化妝水、美容液、乳液、面霜、眼霜、按摩霜、面膜及膏狀面膜^{*3}

—



※3 免清洗式

※4 使用BRIGHTENING（亮膚）模式時，請使用含有維他命C或維他命C衍生物的護膚品。

成分例子：·維他命C ·維他命C衍生物 ·維他命C乙基醚
·L-抗壞血酸 2-葡萄糖苷 ·2-O-乙基-L-抗壞血酸
·3-O-乙基抗壞血酸 ·抗壞血酸磷酸酯鎂
·維他命C磷酸酯鎂 ·抗壞血酸磷酸酯三鈉
·甘油抗壞血酸 ·棕櫚酸抗壞血酸磷酸酯三鈉
·活性C ·異硬脂醇抗壞血酸磷酸酯二鈉等

建議方案（使用建議的護膚品時）

- 1日之內請勿使用超過**15分鐘**。
- 各種模式結束後，電源會自動關閉。
- 使用**PRECARE（高滲透）**模式後，請緊接**MOISTURIZING（保濕）/ AUTO（冷暖交替）**模式使用。

促進大分子成分的滲透效果*1時

與**PRECARE（高滲透）/MOISTURIZING（保濕）**模式結合

基礎方案



完整方案

13 - 15分鐘*2



快速方案

5 - 7分鐘*2



*1 最多滲透至表皮。採用分子量為**5 000 - 10 000**的透明質酸，以及分子量為**1 000 - 5 000**的膠原蛋白開始滲透量試驗。

*2 視乎**AUTO（冷暖交替）**模式的不同程序而異。

溫 溫熱 + 離子 + 震動

冷 冷卻

+ : 需使用化妝棉的護膚品

促進維他命C^{※3}的滲透效果時。

與BRIGHTENING（亮膚）模式結合

- 使用BRIGHTENING（亮膚）模式時，請使用含有維他命C或維他命C衍生物的護膚品。

例子：



含維他命C

基礎方案



完整方案



快速方案




※3 滲透至皮膚角質層。

模式、離子強弱和溫度的切換方法

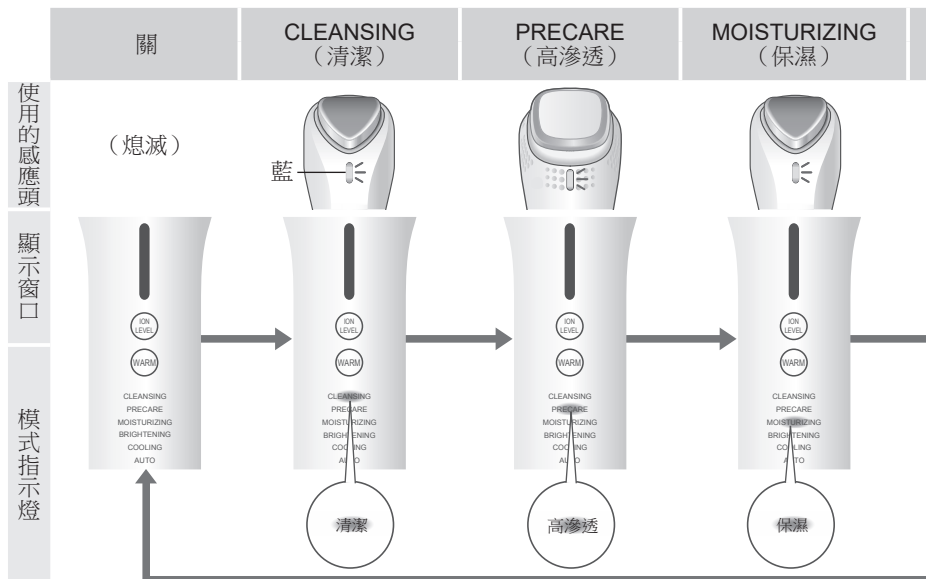
- 低於建議的使用溫度範圍（15℃以上）時，離子感應頭可能會無法升溫加熱。

模式

每次按下  時都會切換，所選模式的指示燈將會亮起。

（處於AUTO（冷暖交替）模式時，顯示窗口中所選程序的指示燈也會亮起。）

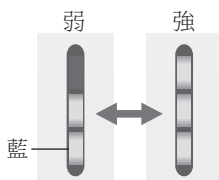
- 選擇模式後，使用的感應頭下面的指示燈會亮起。
- 每次開啟電源時，便會由CLEANSING（清潔）模式開始啟動。



離子強弱

每次按下  時都會切換。

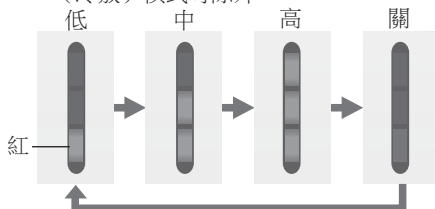
- ※ PRECARE（高滲透）/COOLING（冷敷）模式時除外

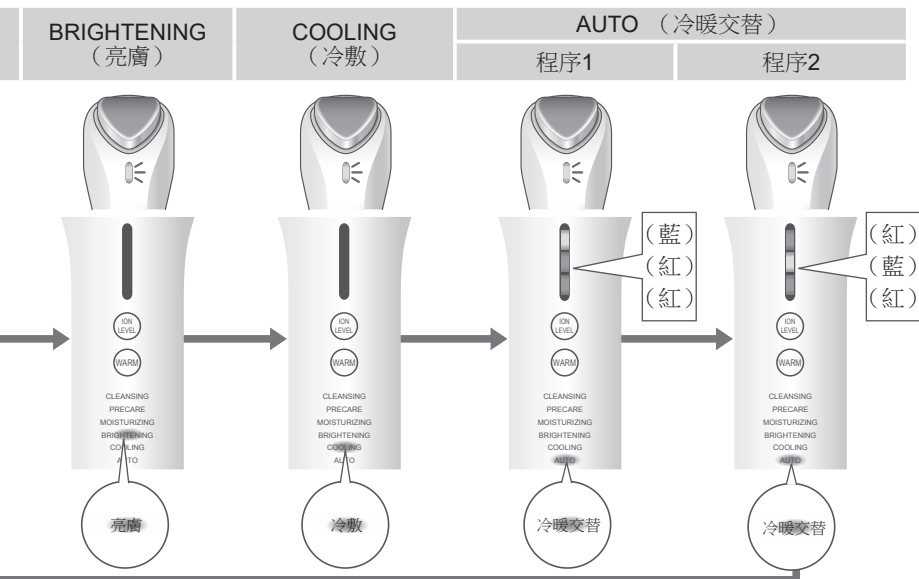


溫度

每次按下  時都會切換。

- ※ PRECARE（高滲透）/COOLING（冷敷）模式時除外





提示

- 按下 **ION LEVEL** **WARM** 後等候約5秒，顯示窗口的離子強弱/溫度指示燈會自動熄滅，且不會顯示離子強弱/溫度設定。
(如果離子感應頭接觸到皮膚，即使沒有達到5秒，指示燈也會熄滅)
- 但是，處於**AUTO** (冷暖交替) 模式時，則會自動恢復為顯示各項程序的指示燈。

記憶功能

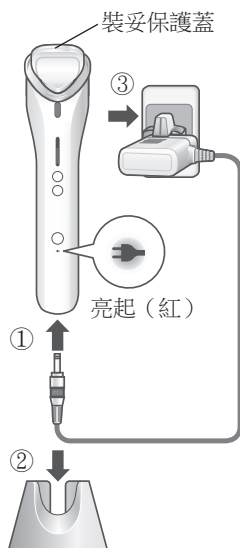
本產品會自動記憶上次使用時選擇的離子強弱和溫度。如希望使用上一次的設定，就無需重新設定。

(使用模式無法記憶)

- 長期不使用本產品或電池用完時，記憶功能將會重新設定。

準備

充電



1 連接轉接器

- ① 將電源線插頭插入機身
- ② 將機身放到底座上
- ③ 將轉接器插入插座中

● 亮起 (紅)

(充電會在大約1小時後完成)

● 熄滅

2 將轉接器從插座中拔出，並將電源線插頭從機身中拔出。

(以確保安全和省電)

- 即使充電超過1小時，機身也不會發生故障。

確認充電完成的方法

拔出並重新插入電源線插頭。

→ 如已充滿電力，充電指示燈將會亮起，並於大約5秒之後熄滅。

充電時間

- 充電指示燈每秒閃爍1次，表示電池內剩餘電量過低。請為產品充電。
- 完全充電1次，可使用約3次。(使用「基礎方案(10分鐘)」的情況下；詳細說明請見第54頁。)但是，視乎不同的使用環境而定，使用時間可能會縮短。

提示

- 如首次為本產品充電，或者半年以上沒有使用本產品，充電時間便可能會發生變化。另外，在充電開始後的數分鐘內，充電指示燈 ● 可能不會亮起。(繼續充電時，指示燈便會亮起)
- 建議充電溫度為 15℃ - 35℃。超出建議溫度，會出現充電時間延長或無法充電的情況。
- 使用本產品或為其充電期間，如果收音機等裝置發出噪音，請將本產品移至其他地方使用。

使用前請確認

使用之前，請先拔出轉接器並取下保護蓋。

- 在連接轉接器的狀態下，本產品無法啟動電源。



注意

- 請勿在上眼瞼及咽喉部位使用本產品。

提示

- 建議的使用溫度範圍為 15 °C 以上。超出建議的溫度範圍時，可能會無法升溫加熱。

皮膚測試（過敏測試）步驟

請將你使用的護膚品與本產品結合使用，藉以進行皮膚檢測，判斷自己的皮膚是否適合使用本產品。

為防止皮膚出現不良反應，請必須執行測試。



- 1 用皂液洗淨需執行過敏測試的部位（手臂內側），然後用毛巾等擦乾。
- 2 按照第64 – 65頁上的步驟1 – 2操作，選擇MOISTURIZING（保濕）模式。
 - 使用含有維他命C的護膚品時，請選擇BRIGHTENING（亮膚）模式。
- 3 離子感應頭與手臂內側貼合大約10秒。
 - 感應頭震動。（見第 49 頁）
- 4 等候48小時。

如果48小時內皮膚出現不良反應

請停止與該護膚品配合使用。

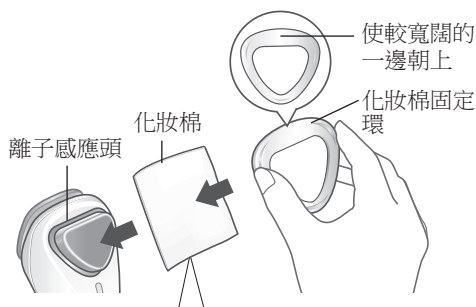
使用CLEANSING（清潔）模式時

1 準備護膚品



使用離子感應頭

① 將自行購買的化妝棉安裝到離子感應頭上。



② 使用化妝水浸濕化妝棉（確保完全滲透）。



1 按住底邊



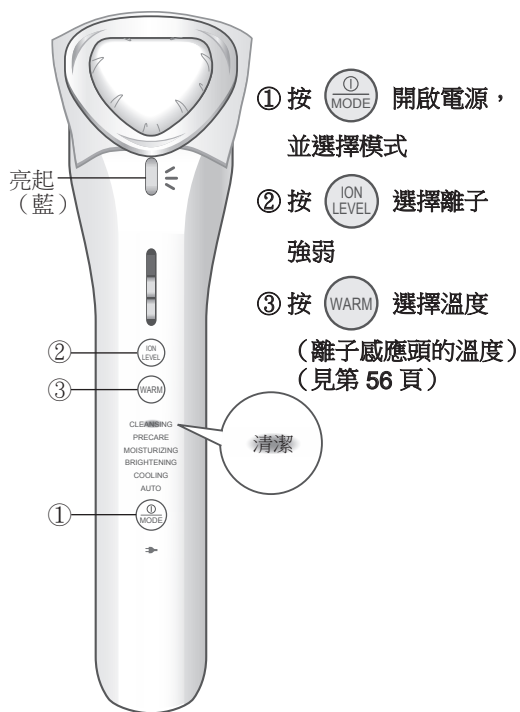
2 卡入掛扣（2個位置）



• 視乎化妝棉的種類而定，此時可能不會發出咔聲。



2 選擇模式、離子強弱和溫度



3 緊握機身

緊握機身，確保充分接觸機身背面的離子感應板。



• 感應頭在這種狀態下與皮膚接觸，會因感應到皮膚而產生震動。(見第 49 頁)

4 貼合皮膚移動

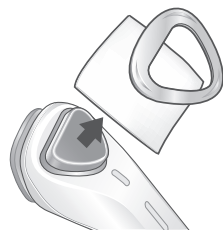
溫 3分鐘

5 模式結束後， 請取下化妝棉



按照圖① - ⑥的次序，
讓化妝棉與肌膚充分貼
合，在皮膚上輕力緩慢移
動（左右方法相同）。

- 請勿用力按壓。
- 化妝棉中的水分用完之
後，或者如果離子感應
頭變得難以移動，或者
皮膚感應功能變弱時，
請補充化妝水。



需要中途關閉電源時

長按 。

提示

- 模式結束後，電源會自動關閉。

注意

- 用過的化妝棉請勿再次使
用。
（否則可能會導致皮膚問
題）

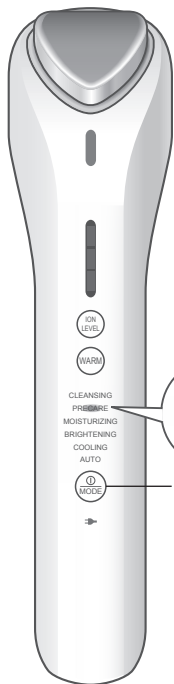
使用PRECARE（高滲透）模式時

- 使用PRECARE（高滲透）模式後，請立即進入MOISTURIZING（保濕）/ AUTO（冷暖交替）模式。
- 在PRECARE（高滲透）模式下，無需使用護膚品、化妝棉或化妝棉固定環。

1 按  開啟電源，
並選擇模式

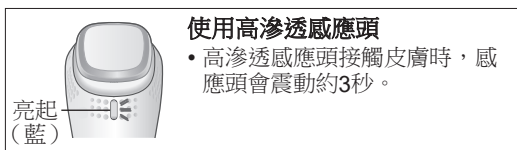
2 貼合皮膚移動

2分鐘



高滲透

1
(見第 56 頁)



使用高滲透感應頭

- 高滲透感應頭接觸皮膚時，感應頭會震動約3秒。

按壓方法

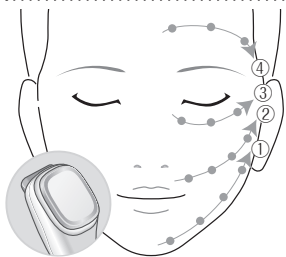
輕柔按壓皮膚
(約3秒)



震動停止時，鬆開並
改變位置



移動方法



按照圖① - ④的次序，輕柔按壓皮膚約3秒（左右方法相同）。

需要中途關閉電源時

長按  。

注意

- 靠近感應頭緊握機身，並緊密貼合皮膚。

提示

- 模式結束後，電源會自動關閉。
- 使用PRECARE（高滲透）模式時，無需與護膚品配合使用；如感到肌膚過於乾燥，使用前可先塗上化妝水。



使用MOISTURIZING（保濕）/BRIGHTENING（亮膚）模式時

- 使用BRIGHTENING（亮膚）模式時，請使用含有維他命C或維他命C衍生物的護膚品。

1 準備護膚品

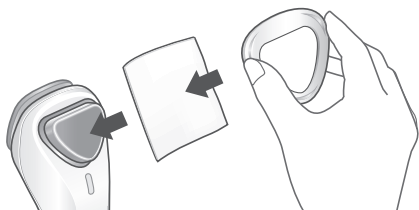


使用離子感應頭

請確認使用的護膚品種類。（見第 52 頁）

使用化妝棉時

將自行購買的化妝棉安裝到離子感應頭上，並使用化妝水浸透化妝棉。（見第 60 頁）

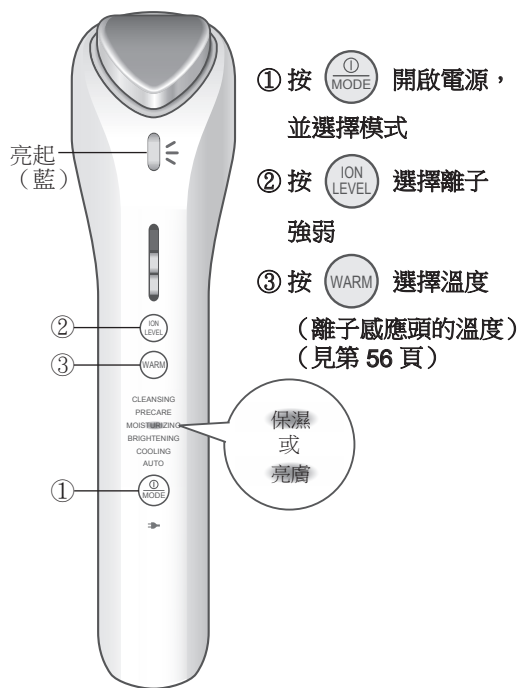


不使用化妝棉時

將護膚品塗在臉上。



2 選擇模式、離子強弱和溫度



3 緊握機身

緊握機身，確保充分接觸機身背面的離子感應板。



- 感應頭在這種狀態下與皮膚接觸，會因感應到皮膚而產生震動。（見第 49 頁）

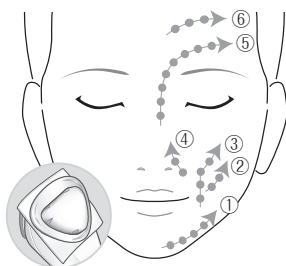
————→ 滑動 ·····→ 不要滑動

4 貼合皮膚移動

溫 3分鐘



使用化妝水時



按照圖① - ⑥的次序，一邊反覆輕柔點壓，一邊緩慢移動。

- 皮膚感應功能變弱時，請補充化妝水。

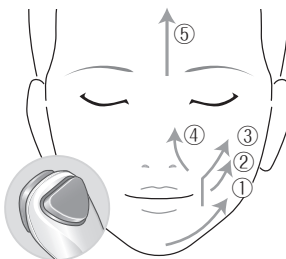
使用美容液、乳液、片狀面膜或凝膠類護膚品時



按照圖① - ⑤的次序，一邊反覆輕柔點壓，一邊緩慢移動。

- 移動美顏器，使美容液均勻塗開。

使用面霜時



按照圖①、②的次序，沿著面部線條推壓；按照圖③、④、⑤的次序，向上提拉緩慢移動。

- 過程中難以移動時，請一邊輕輕柔點按，一邊緩慢移動。

需要中途關閉電源時

長按 。

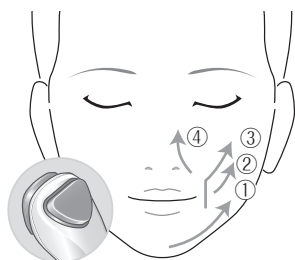
提示

- 模式結束後，電源會自動關閉。

- 面部左右兩邊採用相同的方法。

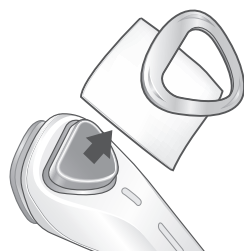
5 模式結束後，
如已安裝化妝棉，
請取下化妝棉

使用按摩霜或膏狀面膜時



按照圖①、②的次序，沿著面部線條推壓；按照圖③、④的次序，向上緩慢移動。

- 也可因應個人喜好用於額頭。



使用眼霜時



輕觸皮膚，緩慢移動。

- 請勿過於用力，以免對眼睛及皮膚造成負擔。

注意

- 用過的化妝棉請勿再次使用。（否則可能會導致皮膚問題）

使用**AUTO**（冷暖交替）模式時

1 準備護膚品



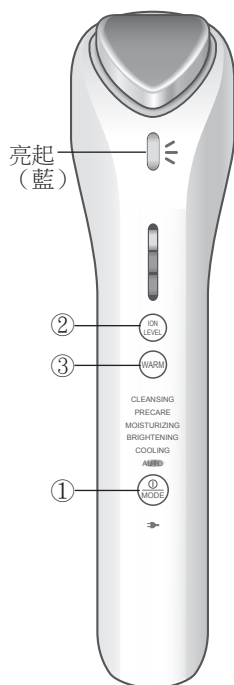
請確認使用的護膚品種類。
（見第 52 頁）

將護膚品塗在臉上。



- 使用化妝水時，必須使用化妝棉。
（見第 60 頁）

2 選擇模式、離子強弱和溫度



3 緊握機身

① 按 開啟電源，並選擇模式

AUTO（冷暖交替）模式

• 程序1



• 程序2



緊握機身，確保充分接觸機身背面的離子感應板。





- 感應頭在這種狀態下與皮膚接觸，會因感應到皮膚而產生震動。
（見第 49 頁）

② 按 選擇離子強弱

③ 按 選擇溫度（離子感應頭的溫度）

（見第 56 頁）

提示

- 按下   約5秒後，顯示窗口的離子強弱/溫度顯示指示燈會自動熄滅。

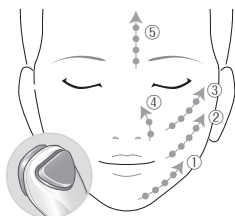
程序1 (使用建議的護膚品時)

→ 滑動 ·····→ 不要滑動

4 貼合皮膚移動

溫 2分鐘

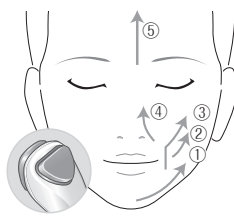
使用美容液時



按照圖① - ⑤的次序，一邊反覆輕柔點壓，一邊緩慢移動。

- 移動美顏器，使美容液均勻塗開。

使用面霜時



按照圖①、②的次序，沿著面部線條推壓；按照圖③、④、⑤的次序，向上緩慢移動。

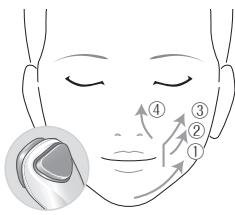
- 過程中難以移動時，請一邊輕柔點按，一邊緩慢移動。

程序2 (使用建議的護膚品時)

4 貼合皮膚移動

溫 2分鐘

使用按摩霜時



緩慢移動感應頭，沿著面部線條，按照圖①、②的次序向上推壓，按照圖③、④的次序向上提拉。

使用面膜時



按照圖① - ⑤的次序，在皮膚上以點壓方式輕力緩慢移動。

- 移動美顏器，使美容液均勻塗開。

- 面部左右兩邊採用相同的方法。

冷 1分鐘

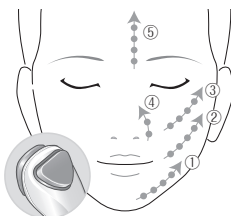
使用眼霜時



輕觸皮膚，緩慢移動。

- 請勿過於用力，以免對眼睛及皮膚造成負擔。

自動切換



按照圖 ① - ⑤ 的次序，一邊重複「輕柔按壓皮膚 2 - 3 秒 → 鬆開並改變位置」這一動作，一邊緩慢移動感應頭。

冷 1.5分鐘

自動切換



按照圖 ① - ⑤ 的次序，一邊重複「輕柔按壓皮膚 2 - 3 秒 → 鬆開並改變位置」這一動作，一邊緩慢移動感應頭。

溫 1.5 分鐘

與最初 溫 2分鐘的移動方式相同

需要中途關閉電源時

長按 。

提示

- 模式結束後，電源會自動關閉。

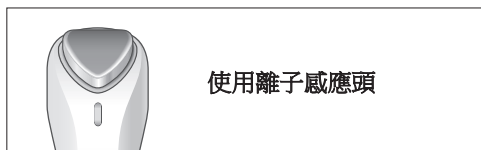
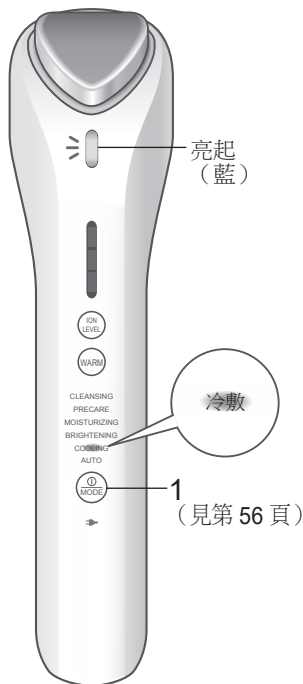
使用COOLING（冷敷）模式時

- 在COOLING（冷敷）模式下，無需使用護膚品、化妝棉或化妝棉固定環。

1 按  開啟電源，
並選擇模式。

2 貼合皮膚移動

 2分鐘



按照圖 ① - ⑤ 的次序，一邊重複「輕柔按壓皮膚 2 - 3 秒 → 鬆開並改變位置」這一動作，一邊緩慢移動感應頭。

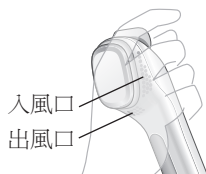
- 左右方法相同。

需要中途關閉電源時

長按 。

注意

- 請勿遮擋入風口及出風口。
- 請勿連續使用。



提示

- 感應頭沒有震動。
- 發出風扇聲音。
- 模式結束後，電源會自動關閉。
（風扇亦會停止運作）
- 感應頭的溫度會視乎四周的環境溫度而有所分別。

使用後

1 擦除感應頭上的污垢

- 請用清水清洗化妝棉固定環及保護蓋。

離子感應頭

紙巾等

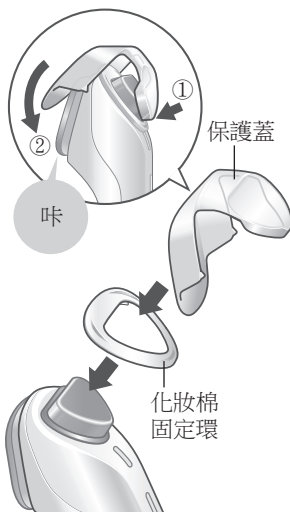


高滲透感應頭



- 清潔橡膠部分時，請勿使用尖銳的物體（例如棉花棒等）。（否則可能會導致損壞）

2 安裝化妝棉固定環及保護蓋



3 存放



感覺特別骯髒時

使用以皂水浸濕的抹布擦去污垢，擦拭前請先擰乾抹布。

注意

- 請勿用水沖洗機身。
- 請勿使用酒精、洗甲水或清潔劑（洗手液類）等物品。（否則可能會導致產品故障，或導致部件龜裂或褪色等）

常見問題

問題	回答
一日之內可使用多少次？	▶ 請將每天使用本產品的總時間控制在 15分鐘 或以下。
可否在浴缸中使用本產品？	▶ 不可在浴缸中使用。 ▶ 請勿在濕氣較重或容易水濺的地方使用或存放本產品。
可否用 CLEANSING （清潔）模式來卸妝？	▶ 不可用於卸妝。 ▶ 請在卸妝或洗面之後使用。
可否在使用過程中變更離子強弱和溫度？	▶ 使用過程中亦可變更。（見第 56 頁）
可否自行更換電池？	▶ 請向授權維修中心查詢。自行更換電池可能會導致故障。
若長時間未有使用，電池會否老化？	▶ 若超過 6個月 未有使用，電池可能會老化，因此請確保最少每 6個月 完全充電一次。
可否在每次使用之後為電池充電？	▶ 本產品採用鋰離子電池，所以即使每次使用之後充電，也不會影響電池使用壽命。
化妝棉容易脫落？	▶ 請卡入化妝棉固定環，直至發出咔聲。（見第 60 頁） • 視乎化妝棉的形狀和大小，可能無法安裝。請使用其他化妝棉。
為何皮膚會有刺痛感？	▶ 請補充足夠的護膚品，或者將離子強弱設定為「弱」。 • 如果護膚品的用量較少，皮膚就可能會感到刺激。

排憂解難

故障	可能導致故障的原因	措施
按下電源/模式選擇開關後，依然無法開啟電源。	<ul style="list-style-type: none"> ▶ 本產品並未充電。 ▶ 電源供應器已連接。 	<ul style="list-style-type: none"> ▶ 請為本產品充電。（見第 58 頁） ▶ 使用前請先拔出電源供應器。
充電指示燈（紅）沒有亮起或熄滅。	<ul style="list-style-type: none"> ▶ 此指示燈會在充電完成後熄滅。（見第 58 頁） ▶ 轉接器未正確插入家用電源插座。 ▶ 電源線插頭未完全插入電源線插孔。 	<ul style="list-style-type: none"> ▶ 請將轉接器正確插入家用電源插座中。 ▶ 請將電源線插頭完全插入電源線插孔。
顯示窗口（紅）每秒閃爍兩次。	<ul style="list-style-type: none"> ▶ 系統啟動機身內的自我保護功能，產品異常停止。 	<ul style="list-style-type: none"> ▶ 暫時關閉電源，等待一段時間，然後重新開啟。 ▶ 若問題持續，請聯絡授權維修中心。
本產品充電期間，充電指示燈（紅）每秒閃爍兩次。	<ul style="list-style-type: none"> ▶ 本產品在約低於 15 °C 或高於 35 °C 的環境溫度下充電。 	<ul style="list-style-type: none"> ▶ 請在 15 °C 至 35 °C 的環境溫度下為本產品充電。 ▶ 若問題持續，請聯絡授權維修中心。
使用期間電源關閉。	<ul style="list-style-type: none"> ▶ 各種模式結束後，電源會自動關閉。 ▶ 電池電力已經耗盡。 ▶ 如果您在約20秒內，未接觸離子感應板，或者離子感應頭未貼合皮膚，本產品會自動關閉電源。（處於AUTO（冷暖交替）模式的「冷卻中」或COOLING（冷敷）模式時除外） 	<ul style="list-style-type: none"> ▶ 請為本產品充電。（見第 75 頁） ▶ 開啟電源，重新選擇模式，然後貼合皮膚使用本產品。
即使在剛充電後，產品也只能使用幾分鐘。	<ul style="list-style-type: none"> ▶ 電池壽命已盡。（約3年）（見第 77 頁） 	<ul style="list-style-type: none"> ▶ 請聯絡購買本產品的銷售店鋪。（消費者自行更換電池可能會導致故障。）

故障	可能導致故障的原因	措施
離子感應頭沒有發熱。	▶ 本產品在約低於15 °C的環境溫度下使用。	▶ 請在約15 °C 或以上的環境溫度下使用本產品。
	▶ 本產品並未充電。	▶ 請為本產品充電。 （見第 58 頁）
	▶ 溫度設定為「關」。	▶ 請將溫度設定為「低」、「中」或「高」。 （見第 56 頁）
離子感應頭沒有變冷。	▶ 請在約35 °C或以下的環境溫度下使用本產品。	▶ 我們建議在15 °C至35 °C的環境溫度下使用本產品。
	▶ 本產品並未充電。	▶ 請為本產品充電。 （見第 58 頁）
	▶ 入風口或出風口遭到遮擋。	▶ 請勿遮擋入風口或出風口。
	▶ 此前連續使用COOLING（冷敷）模式。	▶ 請勿連續使用COOLING（冷敷）模式。
離子感應頭會在電源關閉後短暫發熱。	使用完COOLING（冷敷）模式後，離子感應頭會在電源關閉後短暫發熱。這並非故障。	
離子感應頭沒有震動。	處於AUTO（冷暖交替）模式的「冷卻中」或	
	▶ COOLING（冷敷）模式時，離子感應頭不會震動。	
	▶ 您的手並未接觸離子感應板。	▶ 皮膚檢測功能沒有運作。請握住機身，以便讓本產品貼合皮膚時，您的手會充分接觸離子感應板。 （見第 49 頁）
	▶ 化妝棉上的乳液份量不足。 （在使用化妝水或乳液的情況下）	▶ 請確保乳液完全浸濕化妝棉。

故障	可能導致故障的原因	措施
高滲透感應頭沒有震動。	<ul style="list-style-type: none"> ▶ 確保已選擇 PRECARE（高滲透）模式。 ▶ 本產品貼合皮膚的力度不足。 	<ul style="list-style-type: none"> ▶ 選擇 PRECARE（高滲透）模式。 ▶ 讓本產品緊貼皮膚。（見第 63 頁）
風扇發出噪音。	<ul style="list-style-type: none"> ▶ 處於AUTO（冷暖交替）模式的「冷卻中」及COOLING（冷敷）模式時，風扇會旋轉。 	
本產品在使用過程中發出咔噠聲。	<ul style="list-style-type: none"> ▶ 離子/高滲透感應頭震動時會發出咔噠聲。這並非故障。 	

電池壽命

電池壽命大約為 3 年。消費者不可自行更換本產品內所含的電池。請委託 Panasonic 直屬服務站更換。

棄置本產品前請拆下內置充電電池

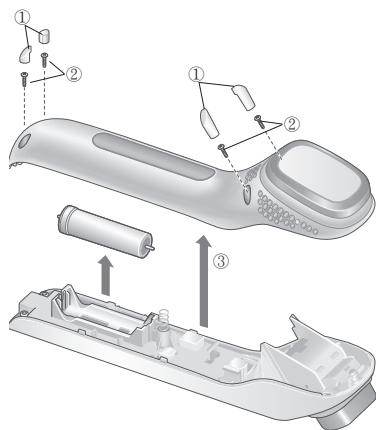
本產品內藏有充電電池。在消費者決定棄置本產品前，請必須將電池從產品中取出。

電池須以安全的方式棄置。

如有官方指定的電池處理地點，請務必在指定地點統一處理舊電池。

僅在棄置產品時才可使用圖中所示的方式，請勿使用此方式進行維修。若自行拆卸本產品，可能會造成產品故障。

- 請從電源供應器拆下產品。
- 按電源 / 模式選擇開關開啟電源，然後保持電源開啟，直至電池電力完全耗盡為止。
- 請執行步驟 ①～③，拉起電池，然後卸下電池。
- 請小心不要讓拆下的電池正極端子和負極端子短路，並以膠帶將端子絕緣。



環保及材料回收

本產品含有鋰離子電池。

如所在的國家或地區有指定認可棄置電池的地方，請確保將電池棄置於這些地方。

規格

產品名稱	高滲透離子美顏器
產品型號	EH-XT30
轉接器 額定輸入	100 – 240 V~ 50 – 60 Hz 180 mA
轉接器 額定輸出	4.8 V = 1.25 A
充電時間	約1小時

本產品僅供家居用途。

Panasonic Corporation
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