



User Manual

We sincerely thank you for selecting this instrument.

To ensure the proper and secure utilization of this product, we kindly request you to read the user manual thoroughly before your initial use.

Please store this user manual in a readily accessible location for your convenience.



Thz Tera-P90+

Model: P90+



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Product name: Thz Tera-P90+

Model: P90+

 **Safety Warning:**

- This appliance shall not be used by children.
- Cleaning and maintaining of the appliance, should not be performed by children.
- Appliances can be used by individuals with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, IF they have received supervision or instruction on the safe use of the appliance and understand the associated hazards.
- Children should not play with the appliance.
- Always disconnect the appliance from the power supply before assembling, disassembling, or cleaning.
- The appliance has a heated surface. Individuals insensitive to heat should exercise caution when using the appliance.

 **WARNING:**

- Do not use this appliance near bathtubs, showers, or water-filled areas.
- Use of this appliance may lead to discomfort or negative reactions in individuals with skin diseases, inflammation, sensitive skin, or allergies. Discontinue use if any discomfort occurs.
- Do not use this appliance on damaged or injured skin, including burns, cuts, wounds, or areas with skin diseases or infections.
- This appliance should not be used by, or on, individuals wearing implants incompatible with its use.
- This appliance is not intended for use by individuals under 14 years old.
- **WARNING:** Adverse effects may occur if the instructions are not followed.
- **WARNING:** Prolonged or repeated application to one site may potentially damage the skin.
- **WARNING:** Do not bypass or remove the appliance's built-in safety features.

 **Special Attention:**

- Do not use for more than 20 minutes each time. The number of therapy sessions for the same individual should not exceed twice a day, with an interval of at least 4 hours between uses.
- When using the device, place your left foot on the left energy plate and your right foot on the right energy plate simultaneously. Do not use your fingers or toes to touch the energy plates individually.
- While the device is on, avoid placing one foot across both energy plates to prevent electric shock.
- After the session has ended, rest in place for a few minutes before standing and walking.
- Note that during use, both legs should not touch each other.
- Turn off the appliance before attaching or removing the electrodes from the skin.
- Do not use the appliance with easily flammable cosmetic products unless recommended by the manufacturer.
- Do not use the appliance near the eyes
- Do not use the appliance on individuals with an implanted electronic device (e.g., a cardiac pacemaker).
- Do not operate the appliance close to the heart.

1. Product Introduction

1.1 Main Parameter Specifications

Product Name: Thz Tera-P90+

Product Model: P90+

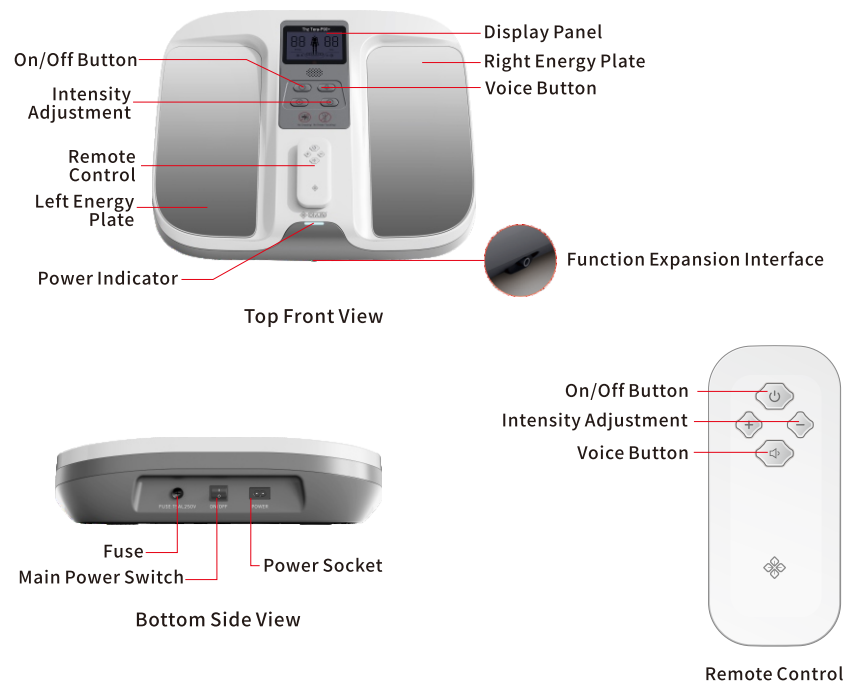
Power Supply Conditions: 200-240V~50Hz 100-130V~60Hz

Rated Power: 240W

Product Specifications: 448x 382 x 114(mm)

Product Weight: Approximately 3.70 Kg

1.2 Main Structure Introduction



1.3 Transport and Storage Conditions

1. Temperature Range: -40 to 55°C
2. Relative Humidity: ≤90%
3. Should be stored indoors in an environment free of corrosive gases and with good ventilation.

1.4 Prohibited Users

1. Pregnant women and infants are prohibited.
2. Individuals with pulmonary function disorders are prohibited.
3. Patients with impaired consciousness are prohibited.
4. Individuals with a body temperature exceeds 37°C are prohibited.
5. Users of life-sustaining devices such as artificial hearts and lung machines are prohibited.
6. Patients in the postoperative healing period or those with bleeding tendencies (e.g. uterine fibroids, during menstruation) are prohibited.
7. Those with low thermal sensitivity (e.g. disc protrusion causing reduced lower limb sensation) are prohibited.
8. Patients implanted with cardiac pacemakers and other metal organ and metal implants are prohibited.
9. Diabetics and individuals with foot ulcers are prohibited.
10. Individuals with severe heart conditions, severe hypertension, and severe pulmonary function disorders are prohibited.

1.5 Operating Principle

The Thz Tera-P90+ emits specialized biological resonance energy waves with a unique frequency and waveform. These energy waves are transmitted through a sensing energy input panel, ensuring even distribution into the human body from the sole. This process induces the rapid rotation of water molecules within the body, comprising both positive and negative ions, leading to the generation of intracellular mild hyperthermic effects (MHT). Consequently, it stimulates deep heat circulation within the human body. The Thz Tera-P90+ revolutionizes the conventional approach of introducing localized heat employed in standard thermal therapy equipment. It accomplishes uniform heat delivery through energy waves, effectively preventing discomfort associated with localized high temperatures.

2. Product Usage Instructions

Upon opening the packaging, please adhere to the instructions for proper usage.

2.1 Precautionary Checks

Before every operation, the operator or user should conduct the following checks:

1. Pre-Power Checks

- Inspect the device's appearance to ensure it is in good condition.
- Confirm that the electrical voltage matches the specified rated value for this device. Do not use it if they do not match.
- Avoid using the device in highly humid environments, such as bathrooms.

Once you have completed the above checks, you may proceed to the following steps.

2. Power-Up Check

- Insert the power cord into the power outlet and turn on the main power switch. The power indicator light should illuminate.
 - Press the "On/Off" button on the control panel to start the device.
 - The device should not display any abnormalities, while it is turned ON.
- Only after making the above checks should you proceed using it.

2.2 Product Usage and Operation Instructions

1. Plug in the power cord, turn on the main power switch, and the device will emit a beep. The power indicator & the power button will light up to indicate the device is ready.
2. Press the "Power" button once, and the LCD screen will illuminate. You'll hear an audio prompt, and the content displayed on the LCD screen remains static. The device starts with a default setting of 20 minutes and intensity level 0 during standby mode.
3. The indicator light is on when the device is on and in standby mode.
4. The default time setting is 20 minutes and cannot be adjusted.
5. Use the intensity buttons "+" and "-" to adjust the intensity level, with a total of 20 levels. During operation, you can choose the intensity level at your discretion.
6. Press the audio button to turn the audio on or off.
7. When the countdown timer reaches zero, the device will emit three beeps, then stop working and return to standby mode.
8. When the main unit of the device is powered on, it can be used simultaneously or independently with the handle.
9. Special Attention: ⚠
 - 1) Do not use for more than 20 minutes at a time, and the number of the rapy sessions for the same person should not exceed twice a day with an interval of at least 4 hours between uses.



Main Control Panel

- 2) When using the device, place your left foot on the left energy plate and your right foot on the right energy plate at the same time, and remember not to use your fingers or toes to touch the energy plates individually.
- 3) While the device is on, do not let one foot straddle both energy plates to prevent electrical shock.
- 4) After the session has ended, rest in place for a few minutes before standing and walking.

3. Product Care Guidelines and Precautions

3.1 Product Care Guidelines

1. When cleaning the device, always disconnect the power source and use a clean cloth. Do not use corrosive solvents, such as alcohol, to wipe the energy plates.
2. If the device becomes wet or exposed to water, promptly disconnect the power source and seek professional assistance before resuming usage.
3. When storing the device, ensure to protect it from dust and moisture.
4. When storing the device, always unplug the power plug.
5. In humid environments (humidity > 90%) or after prolonged storage, allow the device to preheat for 3 minutes before use.
6. To extend the device's lifespan, maintain a clean and hygienic environment for its use, preventing the entry of substances like dust and hair into the device's interior.

3.2 Safety Precautions

1. In case of emergencies during use, such as power outages or malfunctions, promptly turn off the "main power switch".
2. During use, avoid touching the energy plates with your elbows, knees, fingers, and toes individually. Keep both feet firmly on the energy plates. Note that during using, both legs should not touch one another.
3. Keep your hands and feet dry when using the device. Thick calluses on the feet can affect the effectiveness of the treatment.
4. If you experience any unusual sensations on the device or your body, stop using it immediately.
5. After completing each using session, disconnect the power source promptly. Do not use the device for warming purposes.
6. Do not allow children or individuals with impaired sensory or cognitive abilities to use the device. Elderly individuals should not exceed level 8 in intensity.
7. Do not use the device in highly humid areas like bathrooms or while bathing to prevent water damage.

8. Do not use the device simultaneously with other electrotherapy devices, as it may lead to burns and unstable device output.
9. When the device is operating, avoid touching the energy input panel with metal objects.
10. For maintenance or regular testing, minimize the operation of the device without a load.
11. Start using the device at a comfortable intensity level and avoid excessively high-intensity settings. For first-time users, it is advisable to start at a lower intensity.
12. If you notice smoke or unusual odors during use, unplug the power source and contact customer service for assistance.
13. Avoid usage when body temperature exceeds 37°C. Do not wear socks while using this product.
14. Avoid using the product at the highest intensity level for more than 20 minutes per usage.
15. While in use, do not let both your legs touch each other, and do not use your hand to touch any parts of your leg. Please do not touch the edge of the energy plate with your hands.
16. If you have recently received treatments from beauty salons or clinics that may cause severe redness and swelling to the skin and require a certain recovery period, consult a physician before using this product.

3.3 Environmental Protection

Regarding waste, residues, equipment, and components that have reached the end of their service life or need replacement, follow the local environmental protection requirements for proper disposal.

3.4 Common Product Failures and Maintenance

1. In the event of any abnormalities with the device, disconnect the power source. Contact or consult the after-sales department for inspection and repair.
2. Please follow the "Product Care Guidelines" in this user manual for routine maintenance. Users are not allowed to perform maintenance on parts that require tools for access. Special maintenance (such as water immersion or oil contamination) must be carried out by authorized professionals appointed by the company. The company will not be responsible for consequences resulting from unauthorized disassembly.

3.5 After-Sales Service

1. After making the purchase, please complete the warranty card and have it stamped by the seller. Store the "warranty card" and the "purchase receipt" securely.
2. Under normal operating conditions, if there are quality issues within one year from the date of purchase, zero-cost repair or replacement of components will be provided. For issues occurring after one year, there will be a charge for the cost of components.

3.6 Others

Due to product updates, if there are any changes to the content of this information, we regret that we may not provide separate notifications. If you require more detailed information, please contact the company or visit the company's website.

3.7 Usage Symbols

Please read the relevant information indicated by the following symbols carefully.



Keep Dry



Handle With Care



This way UP



Fragile



Prohibited to touch the energy plates with one hand or foot.

4. Packaging Information

4.1 Accessories List

Main Unit	Power Cord	Remote Control	User Manual (Warranty Card)	Compliance Certificate
1 unit	1 pc	1 unit	1 unit	1 pc

Please note the warranty terms and maintenance instructions on the warranty card.

1. Under normal operating conditions, there is a one-year warranty from the date of purchase and no repair fees are required during the warranty period.
2. While entitled to free warranty service during the warranty period, please present this warranty card to Customer Service.
3. The following matters are not eligible for free service:
 - A) Faults or damages caused by self-repair;
 - B) Faults or damages caused by self-negligence;
 - C) Faults or damages caused by natural disasters and other force majeure reasons.

For repair matters after the warranty period and other inquiries, please consult the local distributor or the company.

Warranty Card

User Information	User Name		Contact No.	
	Home Address			
Product Information	Product Name		Serial No.	
	Product Model		Purchase Date	
Service Record	Date	Faulty Symptoms	Service Details	Sign
Product Return Record	Date	Return/Exchange Procedure	Sign	

Purchase receipts and warranty cards are required for return or exchange during the after-sales process, please keep this card in a safe place.