

[www.mystim.com](http://www.mystim.com)

# Instructional Manual



 **mystim**  
THE WAY I LIKE IT

EAC  
UK  
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## Manufacturer /

Mystim GmbH  
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63755 Alzenau  
GERMANY

Stand/Version/Version /  
Versie/Versione/Version/  
Версия: 11 | 2022



**SLEAK FREAK**



**REAL DEAL NEIL**



**RIGHT ON RON**



**HOP HOP BOB**

## CONGRATULATIONS!

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So you've got yourself an E-Stim Vibe. Good decision! You've chosen a quality product – and a toy that will treat you to simultaneous vibration and electrostimulation – and without an EMS power unit!

You can choose from 5 e-stim programs and 8 vibration programs, each of which can be controlled independently. There is also a sixth electrostimulation program which has a special function: it is a training program for the muscles in the pelvic floor.

We'll explain exactly how that works below. To ensure you can keep enjoying your toy for a long time, please read the following information carefully.

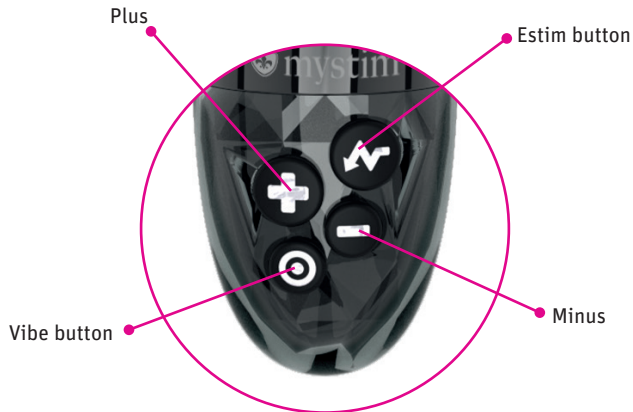
## KEY INFO AT A GLANCE

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- Vibration & electrostimulation in one device
- 8 vibration programs
- 5 e-stim programs in 10 intensities
- 1 pelvic floor training program
- Very quiet
- 100% medical-grade platinum silicone
- 1-year manufacturer guarantee
- 1 extra-powerful motor
- Lithium-ion battery

## CONTROLS

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### **Vibe button**

Switches vibration on (the buttons light up).  
Changes to the next vibration program.  
Switches vibration off (press and hold for 2 seconds).

### **Estim button**

Switches electrostimulation on (the buttons light up).  
Changes to the next e-stim program.  
If the LED in the e-stim button lights up green, you have activated pelvic floor training.

### **Minus button**

Reduces electrostimulation intensity level.  
Switches electrostimulation off (press and hold for 2 seconds).

**Plus button** Increases electrostimulation intensity level.

### **Keylock**

To activate or deactivate the keylock, you need to press and hold the vibe button and e-stim button together for 3 seconds. (The buttons will flash multiple times.)

**Caution:** Your new toy comes with keylock activated, so you need to deactivate this as a one-off process before first use.

## **PROGRAMS**

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Your Mystim Vibe has 8 vibration programs, 5 e-stim programs and one program especially for training your pelvic floor. You are in control of whether to enjoy a continuous buzz for stimulation, or choose intense intermittent pulsation. A brief overview of the programs is enclosed. However, in this instance as in many others in life, the best way to find out is to try!

### **Overview of vibration programs** (page 46/47)

#### **The e-stim programs**

Each of the five electrostimulation programs your E-Stim Vibe offers is intended to give you a new and thrilling sensory experience. Each press on the e-stim button switches forward to the next program. To avoid making the wrong setting, please wait a moment before increasing the intensity when you have switched program, as the wave-pattern programs (2 and 4) only reach their highest level of stimulation after around 3 seconds.

#### **E-stim program 1**

Constant tingling.

In this mode, the stimulation current function starts at switch-on.

- E-stim program 2 Waves of alternately soft and more intense tingling.
- E-stim program 3 Constant pulsation.
- E-stim program 4 Waves of alternately soft and more intense pulsation.
- E-stim program 5 Waves of alternately tingling and pulsating stimulation.

### **The training program**

While the e-stim programs described above stimulate nerve endings, the training program instead stimulates the muscle fibres in the pelvic floor, strengthening the muscles in the process. With this program, you should be able to feel your muscles contract.

For an optimal training effect, you should set the intensity as high as you can without experiencing the contractions as painful. If you do not feel your muscles contracting and relaxing again, try changing the position of your E-Stim Vibe. The training is only effective if you can feel the muscle movement.

To activate the training program, click through the 5 e-stim programs; the 6th e-stim program is pelvic floor training. The muscle stimulation program first runs through a phase of generating noticeable impulses which stimulate the pelvic floor to contract, followed by a recovery phase during

which the muscles should relax. Both activities are needed to achieve an ideal training effect.

During the several seconds of the long recovery phase, you may feel like the electrostimulation has been deactivated – please just wait a few seconds until the cycle restarts.

### **WHAT'S THE BENEFIT OF PELVIC FLOOR TRAINING?**

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The muscles of the pelvic floor have a wide range of important functions: they hold the organs in place where they should be, stabilise the stomach and back, prevent uncomfortable problems (such as bladder weakness or lowering of the uterus) and contribute to improved posture.

There are other advantages to having a well-trained pelvic floor too: better blood circulation to the tissue, and of course a strong pelvic floor enables the ability to “tighten” the vagina, making you more sensitive for intimate touch. It has also been shown to improve women’s ability to orgasm.

### **THE CONDUCTIVE SURFACES**

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Your electrostimulation vibrator is a bipolar toy, which means it has two conductive surfaces between which the stimulation current flows back and forth. These conductive surfaces run along the sides.

## **HOW TO CONTROL THE VIBRATION**

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There's not much to explain: use the Vibe button to click through until you reach your favourite program.

## **HOW TO CONTROL THE ELECTROSTIMULATION**

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To switch on electrostimulation, press the E-stim button. When the LED in the button lights up white, the e-stim function is active. It always starts up in the first program and the lowest intensity level.

Please remember to only switch on electrostimulation when you have already inserted the toy, as this is the only way to determine the optimum intensity. Please always switch off the electrosex function before you remove the vibrator.

You can use the plus and minus buttons to set the stimulation intensity, with 10 levels available. Each button press increases or reduces the intensity by one level each time.

To switch between programs, press the E-stim button.

Each button press moves the program forward by one. Your intensity setting stays the same when you switch programs.

The training program is the exception to this: if you switch to the training program (the LED in the pulse button will light up green), the intensity is

automatically reduced to the lowest level.

To switch off electrostimulation, press and hold the E-stim button or the minus button for two seconds. When the stimulation current has stopped, the LEDs in the buttons will no longer be lit.

## **HOW TO CONTROL THE PELVIC FLOOR TRAINING PROGRAM**

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The training program is the sixth electrostimulation program.

Activate muscle stimulation by pressing the E-stim button.

Pelvic floor training always starts in the lowest intensity level. You can use the plus and minus buttons to set the stimulation intensity, with 10 levels available. Each button press increases or reduces the intensity by one level.

If you exit the training program, you will be back in the lowest intensity level.

To exit the training program, use the E-stim button to switch forward one program (the LED in the pulse button will switch back to white), or end electrostimulation by pressing and holding the E-stim button or minus button for two seconds.

## CHARGING

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We have already partly charged your Mystim toy so you can use it straight away. To fully charge your vibrator, simply place the charging head of the supplied USB charging cable onto the corresponding contacts on your toy. The LEDs in the buttons will pulse during charging. As soon as your vibe is fully charged, they will be constantly lit up.

You cannot use your vibrator during the charging process.

## CLEANING AND CARE

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Your Mystim vibrator is made of medical-grade platinum silicone. This makes it extremely hygienic and easy to clean with a damp cloth and mild soap. You should also use a skin-friendly disinfectant at regular intervals (please note the relevant instructions for use).

Before reusing or recharging the vibrator, please allow it to dry completely.

Please ensure that you only use your vibe with water-based lubricants, such as our The Goldfather.

## THE ONE WITH ELECTROSTIMULATION

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E-stim, or electrical stimulation, has been increasingly popular over recent years, and it's no wonder: we have huge numbers of nerves in our intimate

area, much more than in other places. With a correctly set stimulation current device and the right toy, you can bring every single one of these nerves to ecstasy.

This stimulation is harmless if it is carried out with high-quality products and not carelessly.

### **It's crucial to always note the following:**

- Persons with electronic or metal implants (e.g. pacemakers) must not use stimulation current without first consulting their physician. The same is true for people with heart defects or cardiac arrhythmia.
- Stimulation must never be done in such a way that current flows through the brain or heart. Never stimulate the larynx or throat area; muscle contractions in this area can result in choking.
- Stimulation current devices must never be used near explosive or flammable materials.
- Stimulation current must not be used during pregnancy.
- Stimulation current must only be used on healthy skin.
- Only use genuine Mystim accessories.
- Never disassemble Mystim toys as doing so damages the internal structure and will void the warranty.

- This appliance should keep out of the reach of children (below age 18) at all times.
- This appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

### **EU DECLARATION OF CONFORMITY**

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We, Mystim GmbH, declare that this product complies with all relevant standards. The complete EU Declaration of Conformity is available at the following link:

<https://www.mystim.de/de/haendler/konformitaetserklaerungen>

### **STILL HAVE QUESTIONS?**

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Let us know. We'll be happy to help. [hallo@mystim.com](mailto:hallo@mystim.com)

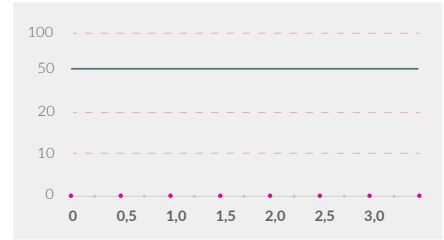
# PROGRAMS /

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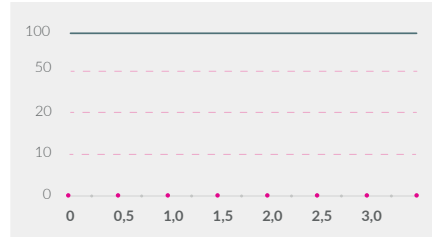
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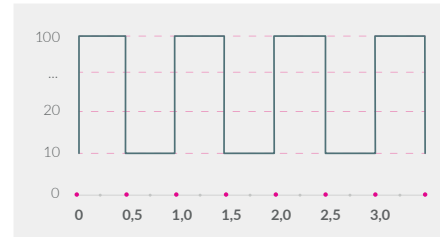
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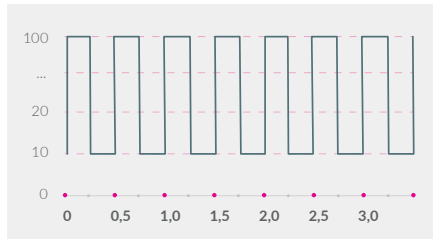
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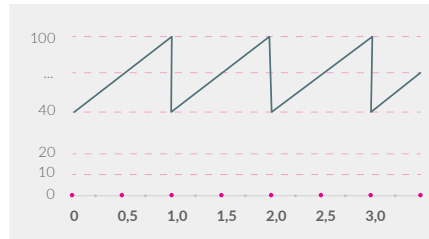
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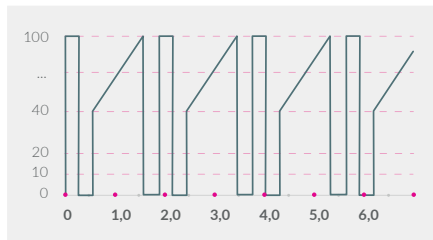
Mode 5



Mode 6



Mode 7



Mode 8

