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Designed in Japan. Made in China.  
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# MYTREX AQUA LIFT

## Instruction Manual

### MYTREX Customer Service

Business hours 9:00~17:30  
 (excluding Saturdays, Sundays, holidays, year-end and beginning of year)

[ Japanese ] Phone: 092-260-7366 Web: <https://mytrex.jp/support/>  
 [ USA & Global ] Email: [Support.usa@mytrex.jp](mailto:Support.usa@mytrex.jp) Web: <https://usa.mytrex.jp>

A Warranty Certificate Attached

Thank you for purchasing our products. Please read this instruction manual carefully before using to ensure safe and proper usage. This user manual comes with a warranty certificate. Please keep it properly after reading.

## Safety precautions

Please use the device according to the established procedures and do not use it in an improper way. If any abnormal situations occur, please stop using the device immediately, and contact our customer service for assistance. Please do not continue to use the device if it malfunctions, as this could have adverse effects on your health and be dangerous.

### Danger

- Prohibited**
- The following medical electronic equipment users should not use the device:
    - Incorrect operation of the medical electronic devices will cause a serious impact on the body.
    - Implanted medical electronic devices such as pacemakers for the heart.
    - Life-sustaining medical electronic equipment such as artificial heart-lung machines.
    - Wearable medical electronic devices such as electrocardiographs.

## Warranty & after-sales service

The user manual comes with a warranty certificate. In the event of a malfunction during use, we promise to provide free repair and replacement. If there is a malfunction within the warranty period, please present the product, the warranty certificate, and proof of purchase date (receipt, delivery note, etc.) to the store or our customer service for inquiry. Requests to maintain in the normal operation of the product as requested by the customer after the warranty date will be charged.

- The warranty certificate does not apply to or cover malfunctions caused by or based on the following reasons:
  - Malfunction or damage caused by failure to follow the instructions in the user manual or insufficient care and storage.
  - Malfunction caused by improper matching, mishandling, falling, modification, or repair.
  - Malfunction or damage caused by natural disasters such as fire, snow, pollution, salt and alkali pollution, gas pollution, abnormal voltage, or other external factors.
  - Malfunction caused by wear and tear of consumable parts such as batteries.
  - Replacement, deterioration, or wear and tear of accessories leading to discoloration of the main unit.
  - Malfunction or damage caused by use outside of a general household setting.
  - Malfunction or damage caused by purchasing the product from an unauthorized retailer or dealer.
- Shipping costs during the warranty period are generally the responsibility of the customer.
- Free repairs are only applicable domestically when returning the product, please pack it in the same condition as when it was received, including all parts and packaging.
- No additional warranty certificates will be issued. Please keep the original warranty certificate carefully.
- We reserve the right to interpret and revise the terms of the warranty.

\*The warranty certificate is based on specific conditions and deadlines and promises free repair and replacement. It does not limit the customer's legal rights.

<b>Warranty Certificate</b>	<b>Model number: MT-AL22B</b>
<b>Warranty period: 1 year from the purchase date</b>	
Customer's name, address, and phone number	
Name, address, and phone number of the retailer	
Purchase date (year/month/day)	

### Warning

- Prohibited**
- The following individuals should not use the device. Even if you do not meet the following conditions, please consult with a doctor if you experience discomfort or are undergoing treatment.
    - Individuals with skin diseases such as atrophic dermatitis, eczema, etc.
    - Individuals with sensitive constitution, especially those with sensitive skin.
    - Pregnant, lactating, or menstruating women.
    - Individuals with autoimmune diseases.
    - Individuals with endometriosis and uterine fibroids.
    - Individuals who have skin problems and disorders due to silicon-containing products.
    - Individuals with acute illnesses, infectious diseases, malignant tumors, or tuberculosis.
    - Individuals with visceral diseases.
    - Individuals with bone and joint diseases such as fractures and osteophytes.
    - Individuals with neurological disorders and impaired skin sensation.
    - Individuals who cannot operate independently, need to rest, or have limb disabilities.
    - Individuals who have difficulty expressing themselves, are paralyzed, or have sensory impairments.
    - Individuals with bleeding disorders, hemophilia, or other blood abnormalities.
    - Individuals with hypertension.

## Safety precautions

### Warning

- Prohibited**
- The following individuals should not use the device. Even if you are not in the following situations, please consult with a doctor if you experience discomfort or are undergoing treatment.
    - Individuals with heart disease or blood clots.
    - Individuals with poor health.
    - Individuals with metal objects implanted in their body, such as nails.
    - Individuals with diseases in the area to be massaged, or those with existing medical records.
    - Individuals who are intoxicated or extremely fatigued.
    - Individuals taking hypotensive drugs.
    - Individuals taking medication (such as anticoagulants) that make blood less likely to clot.
    - Individuals advised by a doctor not to receive massage.
    - Individuals undergoing treatment by a doctor.
    - Individuals with a fever (38 degrees Celsius or higher).
    - Children and infants should not use this product. Do not allow them to use it. Pets should not use it either.

- Do not contact with metal and other products during use, as this may cause damage to the device.

## Specifications

Brand	MYTREX
Product name	AQUA LIFT
Rated power supply	DC5V 1A
Special AC adapter	Input: AC100-240V 50/60Hz 0.35A, output: DC5V 1A
Power consumption	Approximately 500mW
Battery	Lithium battery 3.7V 300mAh
Timer	15-minute auto shut off
Size/Weight	Approximately 420x380x34mm / Approximately 1.1kg
Pulse count	5Hz~65Hz
Material	Silicone, Polycarbonate
Maximum load capacity	100 kg
Battery life*	Longest: Approximately 15 hours (Level 1) Shortest: Approximately 4 and a half hours (Level 20)
Recommended water temperature	38℃~45℃

\*The actual time may vary depending on the usage environment and conditions.

## Regarding storage

- After use, store the device once it is completely dry and has been charged. The specialized AC adapter is not waterproof, and charging the device while it is damp may cause it to malfunction. When cleaning the charging terminals on the device and the specialized AC adapter, use a cotton swab to wipe away moisture and dust.
- When storing the device for an extended period, place it flat in a dry storage net bag with the marked surface facing downward.
- Turn off the device's power and unplug the specialized AC adapter from the wall socket when not in use.
- Do not store the device near open flames, in hot and humid places such as bathrooms or inside cars, or in areas with high humidity. Store it in a clean, well-ventilated, and cool location.
- Keep the device out of reach of children.
- If the device is not used for an extended period, turn off the power and store it after charging. After approximately one month of storage, recharge the device before use, as the battery may not charge if it has not been used for a long time.

### Warning

- Prohibited**
- Do not use on the following areas outside the designated area, as it may cause accidents and problems with the skin and body.
    - Areas that have undergone plastic surgery.
    - Areas with skin conditions such as dermatitis or excessive sun exposure.
    - Areas with pimples, wounds, eczema, swelling, or pus-filled diseases.
    - Areas with swollen moles or warts.
    - Upper body (above the heart), face, head, heart, and surrounding areas.
    - Genital areas, mucous membranes, etc.
    - Abdomen during menstruation.
    - Areas that have undergone hair removal treatment on the same day.
    - Areas with implanted metal, silicone, etc.
    - Areas with tattoos.
  - Do not allow the device or charging terminal to come into contact with garbage or pins, as this may cause fires caused by electric shock.
  - Do not use a hair dryer or other drying device or accessory with the device, as this may cause parts to deform or malfunction.

## Safety precautions

### Warning

- Prohibited**
- Do not use other EMS devices or electronic devices simultaneously with this product, as it may cause injury, accidents, and malfunctions.
  - Do not expose the device to hot water (above 60 degrees Celsius), as it may cause deformation and melting of the device.
  - Do not leave the device plugged in, as it may cause accidents and injuries.
  - Do not bend or damage the device by piercing it, as it may damage its waterproofing properties, cause overheating, fires, and malfunctions.
- Usage Restrictions**
- Do not allow children or physically disabled individuals to use the device alone. Minors should be supervised with the consent of a guardian. Also, do not store the device in a place where children can reach it, as it may cause injury and accidents.

## Regarding maintenance

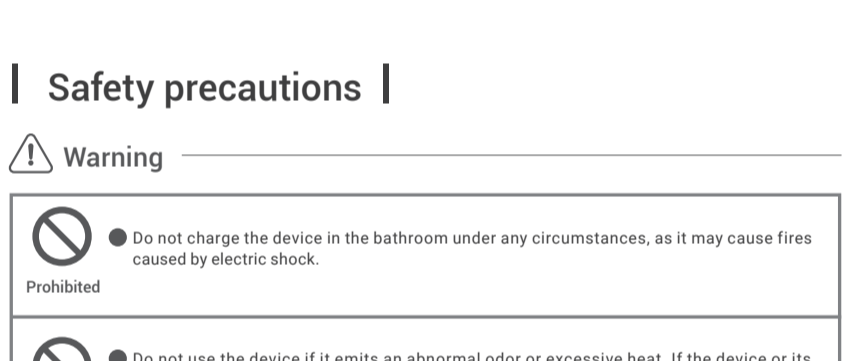
To keep the device clean after use, it is important to perform maintenance each time.

- First, ensure that the power is turned off, and then rinse the device with water.**
  - If dirt is difficult to remove, use a neutral detergent that has been diluted with water and apply it with a cloth. Do not use alkaline detergents, alcohol, solvents, gasoline, nail polish remover, or other similar substances.
- After cleaning, place the device in a dry, well-ventilated, and cool location using a drying net.**
  - Place the marked surface of the device (indicated on the device) facing downward into the bag.
  - Do not charge or store the device in a damp state as this may cause an unpleasant odor, discoloration, and malfunction.
  - Do not bend the device as this may cause it to malfunction.
  - The powered part of the device contains carbon powder. If a small amount of carbon powder dissolves in water and turns black, use a cloth that can withstand dirt to remove it.

## Regarding usage areas

By adjusting the angle of sitting and the position of the device, to make it possible to make contact with the entire lower half of the body.

- If used on multiple areas, the total usage time should be limited to approximately 15 minutes.
- Do not use the device on the upper half of the body (above the chest).



### Warning

- Prohibited**
- Do not use the device for purposes other than the designated use. Do not use it beyond what is described in the instructions, as it may cause malfunctions and damage to the device.
  - Do not use unreasonable combinations of parts. Do not use the dedicated AC adapter inappropriately, such as processing, tying, or using excessive force, as it may cause damage.
  - Do not hang heavy objects or use the device improperly, as it may cause damage. Do not use damaged electrical plugs, and do not use the device with a damaged adapter or loose socket, as it may cause fires caused by electric shock.
  - Do not drop the device. Do not place it in an unstable location, and do not drop the device or its accessories, as it may cause injury and damage to the device.

## Safety precautions

### Warning

- Prohibited**
- Do not charge the device in the bathroom under any circumstances, as it may cause fires caused by electric shock.
- Prohibited**
- Do not use the device if it emits an abnormal odor or excessive heat. If the device or its accessories emit an abnormal odor or excessive heat, stop using it immediately as it may cause damage and fires.
- Beware of fire hazards**
- Do not use or place the device near an open flame, in high-temperature or dusty environments. Additionally, do not throw the device into a fire. Heat it, charge it in high temperatures, place it in a microwave, or place it near heated products. The device contains a rechargeable battery, and doing these may cause overheating, fires, explosions, or improper operation.

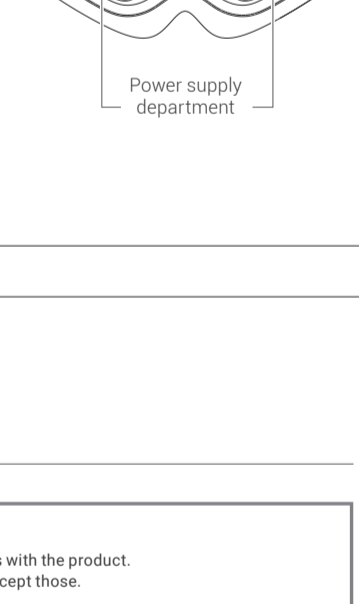
- To select the stimulation level, press the strength buttons (+/-) to increase or decrease the level.
  - When you press the button, the device will vibrate once to indicate the level change.
    - The stimulation level can be adjusted from level 1 to level 20. The preinstall stimulation level is 1.
    - If press the stronger button (+) when using the maximum level (level 20), or press the weaker button (-) when using the minimum level (level 1), the device will beep and vibrate three times to notify you have reached the maximum or minimum level.
    - When adjusting to level 2 or above, be sure to operate the device in the water. If the device is taken out of the water, it will return to level 1 after about 3 seconds for safety.

- If the device suddenly stops during use, press and hold the power button for about 2 seconds. The device will beep once and vibrate to indicate that the power has been turned off.
  - The device will automatically turn off after 15 minutes of use.

## Usage instructions

This product is used in the bathtub. Place it on the lower half of your body when taking a bath.

- Before plugging the device in the bathtub, make sure to close the charging port cover.
- Place the powered part of the device under your hips and feet, and ensure that both sides of the powered part are in even contact with your skin.
- Press and hold the power button for about 2 seconds. The device will beep and vibrate three times, indicating that it has turned on and is ready for use at stimulation level 1.
  - Remember to start with the lowest stimulation level and gradually increase it as your body adapts to the stimulation.



### Warning

- Prohibited**
- Do not disassemble, repair, or modify the device under any circumstances, as it may cause fires, electric shock, and injury. If you need repairs, please contact our customer service.
- Unplug the adapter**
- In case of any abnormality, turn off the device immediately. If the device is charging, unplug the dedicated AC adapter from the socket quickly. Do not use the device if it emits smoke, abnormal sounds, or odors.
- Always keep it**
- Do not allow water to enter the charging port of the device and charging connector. Make sure to dry the device and charging connector before charging, as it may cause fires caused by electric shock.
  - If you experience pain, discomfort, or abnormal skin dryness during use, stop using the device immediately and consult a doctor.

## Safety precautions

### Warning

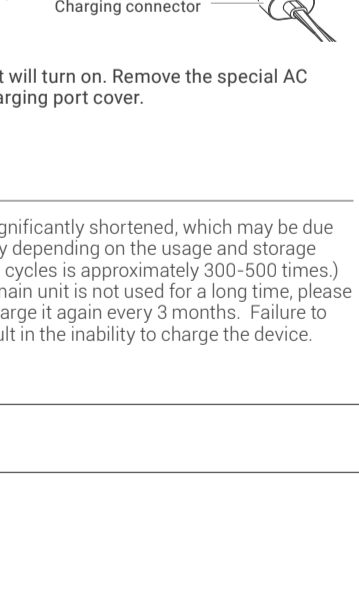
- Always keep it**
- Please use the dedicated AC adapter that comes with the product. Do not use any other accessories or products except those.
  - Use 100-240V AC power. If using overseas, please confirm the shape and voltage of the plug. Please plug the dedicated AC adapter into the wall socket directly without using multiple outlets or extension cords, as it may cause fires, electric shock, and malfunctions.
  - When finish using the device or clean it, be sure to turn off the power. If you may cause fires caused by electric shock.
  - When unplugging the AC adapter from the socket, do not pull the power cord. Hold the adapter from the side. Also, do not touch the plug with wet hands to prevent electric shock and fire.

## Please read carefully before using for the first time

- After reading the "safety precautions," use the product correctly and safely.
- Be sure not to bend the main unit. Please check for any damage or scratches on the main unit before use.
- Use the product once a day for about 15 minutes each time. You can use it daily. Please be careful to control the water temperature and bath time within a range that your body can handle.
- For first-time use, elderly individuals should start with the weakest stimulation level (level 1).
- Magnetic products, metal accessories (necklaces, earrings, etc.) should be removed before use.
- Do not place your hands on the power section during use, as you may experience a strong electrical current.
- After use, a small amount of carbon powder may dissolve in the water and cause it to become discolored. This is not abnormal. If there is any dirt, please rinse with water.

## Before use (Charging method)

- Open the charging port cover of the main unit and connect the charging connector of the special AC adapter provided to the main unit.
  - Avoid pulling the cover.
- Insert the special AC adapter into a wall outlet.
  - Charging starts when the red LED light blinks.
- When charging is complete, the blue LED light will turn on. Remove the special AC adapter from the wall outlet and close the charging port cover.



**Regarding the charging battery**

- Even after charging, the battery's usage time may be significantly shortened, which may be due to a problem with the battery life. (The battery life can vary depending on the usage and storage conditions.) The number of possible charge and discharge cycles is approximately 300-500 times.
- Do not attempt to replace the battery yourself. If the main unit is not used for a long time, please charge it fully before storing it. Operate the device and charge it again every 3 months. Failure to charge the device for an extended period of time may result in the inability to charge the device.

### Warning

- Prohibited**
- Do not store the device in water or keep it immersed in bathtub, as it may cause discoloration, deterioration, and malfunctions of the device.
  - Do not use the device outside of the bathroom, and be sure to use it in the water as intended. This product is designed for use in a bathtub.
  - Do not place your hands near the electrical components of the device during use, as you may feel a strong electric shock.
  - Before use, please ensure that the device is not damaged. Do not use it if it is damaged, as it may cause injury and malfunctions.
  - Do not use this product for more than two people, and do not use it if you weigh more than 100 kilograms, as it may cause injury and malfunctions.
  - Do not use solvents such as alcohol, diluents, gasoline, or nail polish removers to clean the device and its accessories.

## Safety precautions

### Warning

- Cautious**
- If you do not feel the stimulation from EMS, do not adjust the intensity level casually. Gradually adjust the intensity level and limit usage to once a day, for a maximum of 15 minutes per use. Overexertion and repeated use may cause muscle fatigue, skin irritation, and redness.
  - Please pay attention to the water temperature and bathing time, and only use within a range that your body can tolerate. Excessive heat and prolonged exposure may cause discomfort and overheating.
  - Do not use it together with bath additives or in hot springs. If fully immersed, rinse off with water. Do not use in high-temperature and high-humidity areas such as saunas, as this may cause odor, discoloration, and equipment malfunction.
  - Remove all magnetic and metal-based products and accessories such as necklaces and earrings before use, as these may cause injury or accidents.

## Before use (Charging method)

When charging for the first time or when the battery level is low, please turn off the power of the main unit before charging.

<b>Requirements</b>	Be sure to wipe the water from the charging terminal of the main unit with a cotton swab and let it dry completely before charging. This is because any remaining water droplets could cause malfunctions.
<b>Charging time and operating time:</b>	<ul style="list-style-type: none"> <li>When the battery level is low</li> </ul>
<b>Charging time</b>	Approximately 2 hours
<b>Operating time</b>	Up to 15 hours maximum

There will be a beep sound and the device will vibrate twice every 30 seconds.

\*The operating time is roughly calculated based on using stimulation level 1. For example, using level 10 will last approximately 6.5 hours, and using level 20 will last approximately 4.5 hours. The charging time and operating time may significantly vary depending on the battery level and charging environment.  
 \*The recommended charging temperature is between 15-35 degrees Celsius. Charging outside the recommended temperature range may result in longer charging times or may prevent charging altogether.  
 \*Note that the battery's usage time may be shortened after an extended period of non-use before the first charge. However, after several charging cycles and repeated use, it will return to normal.

## Set contents and part names

- \*1 Notes on the power section  
 \*\* Regarding the LED lights
- ◆Set contents  
 In case of any missing parts in the set, please contact our customer service.
- |             |                               |
|-------------|-------------------------------|
| Main body   | MYTREX AQUALIFT main unit x 1 |
|             | Special adapter x 1           |
| Accessories | Instruction manual x 1        |
|             | Mesh drying bag x 1           |
- The design and specifications of the main unit and accessories may be subject to change without notice in order to improve the quality.
  - This product is not a medical device.
- The main unit of this product contains a built-in lithium battery. Please dispose of the product according to the regulations in your area.**
- For precautions regarding products with built-in lithium batteries, please refer to the link on the right.  
<https://mytrex.jp/support/safety/battery/>

### Warning

- Cautious**
- For first-time users, especially elderly individuals, it is essential to start with the lowest stimulation level (level 1) and use for a short period of time. This is because it may cause accidents and injuries. Adjust the level gradually as the body adapts.
  - After use, it is important to wash it with water, place it in a dry mesh bag, and dry it in a well-ventilated and cool place. This is because leaving the device in a damp state can cause decay.

## Set contents and part names

- ◆Set contents  
 In case of any missing parts in the set, please contact our customer service.
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