



ISQOOM®
Operating instructions
产品使用手册





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Thank you very much for your decision to purchase SQOOM. This high-quality concept from the medical- and dermatology expert SQOOM Global AB offers highly effective serums and specially developed programmes for anti-ageing, whitening and cleansing, as well as applications for skin problems and back- or muscle tension.

Quite possibly the most elegant way to achieve visibly beautiful skin. The revolutionary SQOOM concept with its patented synchron technology of ultrasound and iontophoresis.

Please read these instructions carefully for optimum results and maximum treatment success.

感谢您购买来自德国医疗和皮肤科专家SQOOM Global AB公司提供的革命性美容仪——SQOOM，它拥有超声波和离子同步切换技术专利，专门处理各种肌肤问题及背部与肌肉疲劳调理，其搭配针对抗衰老、美白及清洁所开发的xCential Orange凝胶系列产品与xCential blue凝胶系列产品，双重强化美容护肤功效，以优雅的方式使肌肤呈现美丽。让您轻松拥有健康水嫩肤质。

为达到产品使用最佳效果，请使用前仔细阅读该说明书。



1 | Transducer with titanium alloy – suitable for allergy sufferers

Apply the active ingredients serum generously here.

钛合金传感器——适用于敏感肌肤：把活性凝胶涂抹在钛合金上面

2 | Control lights

The control lights of the device show that the device is in operation (only during skin contact) by flashing regularly.

作用显示灯：当产品有效使用（与肌肤接触）中，显示灯呈闪烁状态

3 | On/Off POWER button

The device is switched on/off by pushing the button once.

开关按键：按动开启/关闭设备

4 | Programme selection button STEP

Any time you push the STEP button you will initiate one of the programmes.

疗程模式选择键（STEP）：按压选择您需要的疗程模式

5 | Contact handles

Always hold your SQOOM touching the contact handles on both sides.

机身两侧：使用时，紧握机身两侧

6 | Charging station

Put the device back into the charging station after each application to keep your SQOOM ready for operation at any time.

充电座：仪器使用完毕后，请置回充电座充电以备下次使用

7 | Battery control light

When the control light glows green, the device is fully charged. If it glows blue, the device is still charging.

充电显示灯：充电完成显示灯呈绿色；蓝色则表示正在充电中

Only use original xCential serums and original SQOOM devices for the SQOOM application.
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仅用于SQOOM设备及SQOOM xCential凝胶产品系列。
由于使用其他产品或设备造成的后果，SQOOM Global AB公司不承担任何责任。



Clean your skin as usual before each application. Next, apply one of the active ingredients serums generously onto the transducer (1) or directly onto the skin area to be treated. Switch on the device (2).

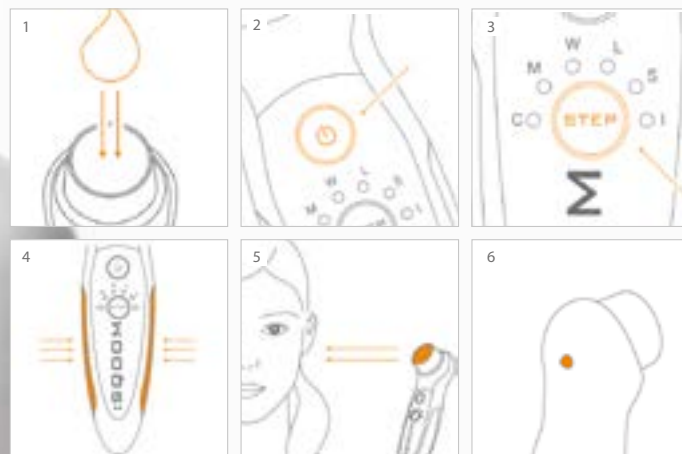
每次开始疗程前，请先清洗您的肌肤。接下来，将活性凝胶均匀涂抹在传感器或直接涂抹在需要调理的肌肤上（图1），按动开关键启动仪器（图2）

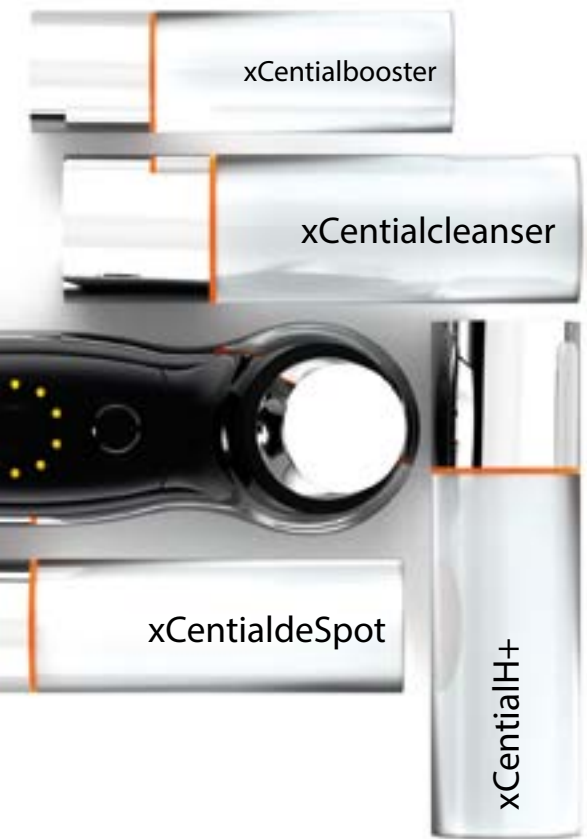
Now choose the suitable application programme (3) and hold the SQOOM firmly on both sides so that you touch the contact handles (4). Then place the transducer on the skin area you want to treat and move it softly over the skin in slow circulating moves (5).

选择具体应用的模式（图3）并紧握仪器机身两侧（图4），将传感器以画圈动作在需要治疗的肌肤上轻缓按摩（图5）

Please note: If you treat another person with your SQOOM, you should ensure that your free hand touches the other person (skin contact). This closes the circuit allowing your SQOOM to work flawlessly (blinking control light) (6).

请注意：为使SQOOM达到最佳效果，在对他人进行治疗时，请确保另一只手接触施用对象（肌肤接触），使回路处于关闭状态（显示灯闪烁，图6）





xCential cleanser

Interactive physical cleansing process, supplying skin with moisture and preparing it for the SQOOM treatment. Panthenol and chamomile extract can have a skin-soothing and relaxing effect.

专为SQOOM疗程设计的清洁凝胶，天然植物清洁，护理肌肤，为皮肤补充水分，并含有泛醇、洋甘菊提取物有保湿和舒缓肌肤。

xCential deSpot

This whitening serum contains a combination of the active ingredients sulfuraphane and genistein. This can brighten skin areas and reduce age spots in a liposomal combination.

由萝卜硫素及金雀异黄酮活性成分组合而成的独特的美白凝胶，有助于肌肤明亮并且减少色斑产生。

xCential booster

24 hour concentrated moisture boost. Fresh and velvety-smooth skin with immediate effect. Wrinkle depth seems reduced after one single application and xCential booster has an 8 hour anti-wrinkle effect.

24小时全天候强化保湿配方，有效滋润肌肤，使肌肤光泽透亮、散发年轻好气色。使用一次xCential booster可以持续8小时淡化皱纹

xCential H+

The innovative H+ serum is made entirely from skin friendly natural active ingredients of natural origin for visibly beautiful and radiant skin. The main ingredient of xCential H+ is hyaluron – a renowned moisturiser. 89% of the users say “SQOOM xCential H+ gives my skin a young and beautiful appearance”*. Aloevera Leaf Juice gives the skin intensive moisture.

由天然活性亲肤配方制成的全新H+凝胶，含有低分子玻尿酸、活性成分及芦荟，帮助肌肤锁水保湿，有效抗衰老，使肌肤光彩照人。89%的使用者说：“SQOOM xCential H+给了我年轻美丽健康”

*Long term application test for 5 weeks with 75 subjects

*75人持续长达5周的测试证明

xCentialcleanser

- Clean your skin as usual (remove your make-up, creams and perfume).
按日常程序彻底清洗肌肤（卸掉所有彩妆、乳液和香水）
- Apply the xCential cleanser serum generously onto the transducer or the skin area you want to treat.
将xCentialcleanser凝胶均匀涂抹在传感器或需要调理的肌肤上
- Switch on the device with the POWER button and select programme C with the STEP button or programme I (blue) for the sensitive eye area.
按动开关键启动仪器，使用STEP按键选择模式C，或模式I（针对眼部肌肤敏感部位，显示灯呈蓝色）
- Hold the SQOOM on both sides so that you touch the contact handles. 紧握机身两侧
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
将传感器以画圈动作在需要调理的肌肤上轻柔按摩
- Wash your face with a lot of water after the cleansing treatment.
cleanser疗程结束后，请以大量清水冲洗脸部。



- Result: Skin cleaned down to the pores.
疗效：彻底洗净毛孔污垢

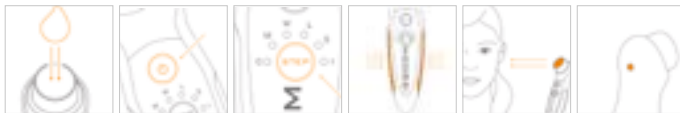
PROGRAMME 1 | C

Cleansing down to the pores
模式1/C 彻底清洁毛孔



PROGRAMME 6 | I blue

Especially around your eyes
模式6/I 显示灯呈蓝色 特别针对眼部敏感部位



Treatment duration: 4 min

Application: Once a week - Use daily for quicker results.
疗程时间4分钟；使用次数：一周一次或每天使用效果更佳

xCentialH+

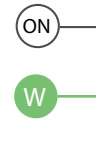
- We recommend carrying out the cleansing programme before treatment. 建议先使用cleanser清洁疗程后，再进行此疗程
- Apply the xCentialH+ serum generously onto the transducer or directly onto the skin area you want to treat.
将xCentialH+凝胶均匀涂抹在传感器或需要调理的肌肤上
- Switch on the device with the POWER button and select programme W with the STEP button or programme I (green) for the sensitive eye area.
按动开关键启动后，使用STEP按键选择模式W，或选择模式I（针对眼部肌肤敏感部位，显示灯呈绿色）
- Hold the SQOOM on both sides so that you touch the contact handles. 紧握仪器的机身两侧
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
将传感器以画圈动作在需要调理的肌肤上轻柔按摩
- We recommend leaving the serum on your skin as a mask overnight when you treat your skin in the evening.
If you carry out the treatment in the morning or during the day, we recommend washing off the serum after the treatment.
如在晚间进行此疗程，完成后可不必冲洗，让凝胶更有效的渗透肌肤。如在早晨或白天进行此疗程，建议疗程结束后以清水洗净剩余凝胶



- Result: Visibly beautiful skin
疗效：使肌肤呈现年轻美丽健康

PROGRAMME 3 | W

Reduction of wrinkles and skin firming
模式3/W 减少细纹、紧致肌肤



PROGRAMME 6 | I green

Especially around your eyes
模式6/I显示灯呈绿色 特别针对眼部肌肤敏感部位



Treatment duration: 8 - 12 min

Application: Once a week - Use daily for quicker results.
疗程时间：8-12分钟；使用次数：一周一次或每天使用效果更佳

xCentialdeSpot

- We recommend carrying out the cleansing programme before treatment. 建议先使用cleanser清洁疗程后, 再进行此疗程
- Apply the xCential deSpot serum generously onto the transducer or directly onto the skin area you want to treat. 将xCential despot凝胶均匀涂抹在传感器或需要调理的肌肤上
- Switch on the device with the POWER button and select programme W with the STEP button or programme I (green) for the sensitive eye area. 按动开关键启动仪器后, 使用STEP按键选择模式W或模式I (针对眼部肌肤敏感部位, 显示灯呈绿色)
- Hold the SQQOOM on both sides so that you touch the contact handles. 紧握仪器机身两侧
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves. 将传感器以画圈动作在需要调理的肌肤上轻柔按摩
- We recommend leaving the serum on your skin as a mask overnight when treating your skin in the evening. If you want to carry out the treatment in the morning or during the day, we recommend washing off the serum after the treatment. 如在晚间进行此疗程, 完成后可不必冲洗, 让凝胶更有效的渗透肌肤。如在早晨或白天进行此疗程, 建议疗程结束后以清水洗净剩余凝胶



- Result: Whitening of skin areas and age spots. 疗效: 美白肌肤、淡化色斑

xCentialbooster

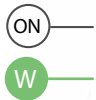
- Apply the xCential booster serum onto the transducer or directly onto the skin area you want to treat. 将xCential booster凝胶均匀涂抹在传感器或需要调理的肌肤上
- Switch on the device with the POWER button and select programme S with the STEP button. 按动开关键启动仪器后, 使用STEP键选择模式S
- Hold the SQQOOM on both sides so that you touch the contact handles. 紧握仪器机身两侧
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves. 将传感器以画圈动作在需要调理的肌肤上轻柔按摩
- Leave the remaining serum on your skin after the booster application and massage it into your skin with your fingers. 疗程结束后, 存留在肌肤上的凝胶可以用手按摩帮助肌肤吸收



- Result: Gives your skin a youthful and bright look. 疗效: 使肌肤呈现年轻好气色、明亮光泽

PROGRAMME 3 | W

Whitening application
模式3/W 美白疗程



PROGRAMME 6 | I green

Especially around your eyes
模式6/I 显示灯呈绿色 特别针对眼部肌肤敏感部位



Treatment duration: 8 - 12 min

Application: Once a week - Use daily for quicker results.
疗程时间: 8-12分钟 使用次数: 一周一次或每天使用效果更佳

PROGRAMME 5 | S

Concentrated moisture for 24 hours
模式5/S 24小时全天候保湿



Treatment duration: 4 min - Application as needed - the immediate effect for special occasions or as an ideal supplement to the xCential H+ application.

疗程时间: 4分钟; 使用次数: 按需求使用, 尤其适合肌肤急需保湿的情况下使用, 更可配合xCentialH+疗程后的护理使用



Care instructions and charging 维护保养说明及充电方式

Please read the following tips to help you get maximum enjoyment from your device.

为达到最佳使用效果，请阅读以下说明

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Extended international warranty

Please register your device for the FREE extended complete warranty and become SQOOM VIP. Extending the legally prescribed warranty and liability, you can use the extended worldwide complete SQOOM warranty free of charge and receive many other benefits.

www.warranty.sqoom.com

Customer service: info@SQOOM.com

- Store in a dry place and do not immerse in water.
保存在干燥环境中，避免置于水中
- Clean the transducer with a moist cloth.
请以湿布清洁传感器
- Put the device in the charging station after switching it off and make sure that the blue LED light glows.
请关闭仪器后再置入充电座并确保LED显示灯呈蓝色闪烁状态
- The blue LED light turns to green when the charging is finished. If there are problems with charging, the LED will blink blue.
充电完毕后，LED显示灯呈绿色。若呈现蓝色闪烁状态，代表充电出现状况
- If the battery of the device is discharged completely, please charge it for at least three hours before using the device again.
若仪器电池电量已完全耗尽，请于下次使用前，至少充满3个小时
- When completely charged, the device has approximately four hours of usage time. One full charge can provide over two weeks of use at 12 minutes per day.
电量充满情况下，仪器可使用约4小时。每次充满电量可供使用每日12分钟，持续两周以上
- Press the STEP button for about three seconds to display the remaining battery charge. If the LEDs of the 6 programmes glow, the device will be charged completely. If only two LEDs glow, there is approximately 30 minutes of charge left. When the signal

tone sounds, the battery must be charged.

持续按住STEP键3秒可显示电量状态。电量充满时，6个模式显示灯都将闪烁；若只有两个显示灯闪烁，仪器约可使用30分钟。若仪器发出警示声，代表仪器需要充电

- If you do not use the device within two minutes after switching it on, it will switch off automatically.
若仪器在开启后2分钟内如未使用，将自动关闭
- The programmed application time for each step is four minutes. When the four minutes have expired, a signal tone sounds. After this, the device switches to stand-by mode. If it is not switched on again within two minutes, it will switch off automatically.
每步骤疗程时间预设为4分钟，4分钟后仪器将发出警示声，此时仪器将切换至待机状态，若未在2分钟内再次开启仪器，将自动关闭
- The rated input voltage is 100 V to 240 V AC. So the device can also be taken to your journeys and used worldwide.
本仪器适用电压范围为100伏特—240伏特，方便旅行或出国使用
- Remove the power plug of the charging station as soon as your device is fully charged.
电池充满时，请拔出充电座插头
- Keep all electric contacts clean, dust-free and dry.
请保持所有电器接头干净、干燥并避免灰尘进入接头中

Technical data and environmental protection

产品技术资料及产品回收信息

Device Designation

Device	SQOOM m2
Charging Station	
Mains Voltage	AC 100 - 240V, 50/60 Hz
Output/ Adapter	DC 4.2 V, 1A
Power	7 W
Weight	133 g
Hand Device	
Lithium/ ion battery	
Output/ Adapter	DC 3,7V / 2200mA
Weight	194 g (gross)
Ultrasound	
Frequency	1 MHz
Intensity levels	from 0.1 W/ cm ² to 0.5 W/ cm ²
Ion	
Frequency	1,150Hz ~ 1,785Hz

装置指定

设备	SQOOM M2
充电座	
电源电压	AC 100-240V, 50/60Hz
输出电源/转接头	DC 4.2 V, 1A
耗电功率	7W
重量	133克
仪器装置	
锂电池/离子电池	
输出适用电压范围	DC3, 7V/2200mA
重量:	194克 (毛重)
超声波导入	
振动频率	1MHz
音波强度范围	0. 1W/cm ² -0. 5 W/cm ²
离子导入	1, 150Hz ~ 1, 785Hz

In the interest of recycling raw materials, the device should not be disposed of with the normal household waste at the end of its operating life. The disposal can be executed via SQOOM Global AB or at applicable collecting points which you can find out from your local council or municipal administration.

为了保护环境，当设备不能再使用后，请不要与正常生活垃圾同时处理，可以通过当地议会或市政管理部门投放到 SQOOM Global AB指定收集点或可以处理此类原料的回收点



Important hints

产品

Avoid the contact of serum and transducer with your eyeballs, eye lids and mucous membranes.
使用时请避免凝胶和传感器接触眼球、眼睑等眼睛部位

Keep the device and serum/cream out of the reach of children.
请避免儿童触及本产品及凝胶系列产品

Do not store the serum/cream at more than 25°C.
保存温度请勿超过25°C

The serums/creams are exclusively made for external skin application.
凝胶系列产品仅供皮肤外用

If you treat another person with your SQOOM, you should ensure that your free hand touches the other person (skin contact). This will close the circuit and ensure the proper operation of your SQOOM.
对他人进行治疗时，为使SQOOM正常运作，请确保另一只手接触施用对象（肌肤接触），使回路处于关闭状态

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Stockholm/ Sweden

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Please do not treat one skin area longer than 20 minutes per day.
请勿在一天内对同一肌肤范围使用超过20分钟的治疗

Do not treat an area with SQOOM which is affected by skin cancer or surgery sites.
请勿在皮肤癌患处或手术伤口处使用本产品

Do not use SQOOM if you have a cardiac pacemaker.
如您安置了心律起搏器，请勿使用本产品

In cases of hyperthyroidism, do not treat the throat or chest area with SQOOM.
如您有甲状腺机能亢进问题，请勿在胸部或喉咙处使用本产品

Do not treat the area around joint implants with SQOOM. This might result in increasing pain.
请勿在人工关节植入上使用本产品，避免引发疼痛加重等不适感

Do not treat the abdomen or chest area with SQOOM during pregnancy.
请勿在孕妇的胸部或腹部使用本



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