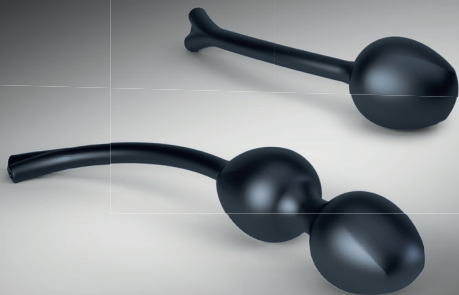


Instructions, care & safety notices

Unplain Jane & Jane Wonda



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Congratulations!

With the purchase of a Mystim Jane, you have opted for a quality product „made in Germany“. You should read the following useful instructions carefully prior to using the toy for the first time so that you will be able to enjoy it for a long time and achieve the best training results.

*We wish you lots of pleasure!
Your Mystim team*

Electrostimulation, the pelvic floor and eroticism

Electrostimulation is becoming more and more popular, because not only does it feel amazing, but it also is a very effective form of kegel exercising. No matter if you are fighting or trying to prevent incontinency, if you are a new mom or just want to do something good for you - Jane is always a perfect choice. Because it's true: Practice makes perfect... orgasms.

 You should always keep a few things in mind when handling e-stim:

- Persons with electronic or metal implants (e.g. pacemakers) may not use stimulating current without consulting their physician first. The same applies for persons with heart defects or arrhythmia.
- Never let stimulating current flow through your heart or brain. Never stimulate the larynx or throat region. Muscle spasms in this region may cause suffocation.
- Stimulating current devices may not be used around explosive or inflammable materials.
- Stimulating current may not be applied during pregnancy.

- Stimulating current may only be applied on healthy skin.
- Keep away from children.
- Only use original Mystim accessories.

Application

Please connect your power boxes' wires directly with the junction holes in the toy. In order to find the perfect level of intensity for you, insert the toy before turning the stimulating current on. Please use our water-based lubricant Bonnie & Glide or our conductive gel Goldfather by Mystim, which increases the conductivity.

Cleaning and maintenance

Our toys are made of high-quality medical grade platinum silicone, that is also used in medical engineering and is therefore very hygienic.

You can clean the toys very easily with water and a mild detergent.

In addition, you should also use a disinfectant at regular intervals. Make sure you use a very skin-friendly product and observe the instructions for the respective product. Please let the toy dry completely prior to the next use.

Kegel Exercising with Unplain Jane & Jane Wonda

With our Janes you can combine classic kegel exercising (with a rotating ball inside) with the in sports medicin well-established EMS training (electric muscle stimulation). In order to activate this feature you do need an electrostimulator with EMS programs like the Mystim Cluster Buster or Mystim Golden Girl.

Our Unplain Jane has only one rotating ball with 2 electrostimulation zones, which makes her a perfect training toy for beginners. If you are more advanced or up to a challenge, Jane Wonda with her 2 rotating balls and 4 stimulation areas is the toy to choose.

Tips & Tricks

Training with our Janes is even more efficient if you also actively contract and relax your pelvic floor muscle while using the electrostimulation.

This might be obvious, but: of course you can not only train, but also indulge with Jane. Simply use a stimulation program of our Cluster Buster or Tension Lover instead of one of the training programs.

**Do you have any questions? -
Then please contact us:**

www.mystim.com / hello@mystim.com