



**mystim**  
THE WAY I LIKE IT

## Bedienungsanleitung

Instructional Manual / Mode d'emploi / Instrucciones /  
Gebruiksaanwijzing / istruzione d'uso / инструкция по уходу



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



## Congratulations!

So you have managed to bag yourself an E-Stim Vibe. A good decision. You have decided on a high-quality product - and on a toy with which you can spoil yourself with vibration and electro stimulation at the same time - and all that without even having to have an electro-stimulator device! No cables, no separate device – Tickling Truman & Co vibrate, tingle and pulsate all on their own.

You can choose from 5 e-stim programmes and 8 vibration programmes, each of which can be regulated independently of one another. As a very special feature, there is a sixth e-stim programme function: A Training Programme for kegel exercising. How this works is explained below.

To make sure you will have lots of fun with your toy for a good long time to come, please read carefully the following instructions for use.

## The most important bits - At a glance



Vibration & E-Stim



extremely quiet



waterproof



100% medical grade  
platinum silicone



2 extra-strong motors



8 vibration programmes  
5 intensity levels



5 e-stim programmes  
10 intensity levels



1 kegel exercise programme



Lithium-ion-battery



2-year manufacturer's  
warranty

## The most important bits - Controls



### Impuls button

- Switches on the electro-timulation (light strip lights up white)
- Changes the electro-stimulation programme
- Switches off the electro-stimulation (press for 2 seconds until the light strip goes out)

### E-minus button

- Reduces the electro-stimulation step by step.
- Switches off the electro-stimulation (press for 2 seconds until the light strip goes out)

### E-plus button

- Increases the electro-stimulation step by step

### Vibe button

- Switches on the vibration (light strip lights up white)
- Changes the vibration programme
- Switches off the vibration (press for 2 seconds until the light strip goes out)

### V-minus button

- Reduces the vibration intensity step by step
- Switches off the vibration (press for 2 seconds until the light strip goes out)

### V-plus button

- Increases the vibration intensity step by step

## Handling

Our dapper little chaps can be operated simply by means of the control buttons on the handle: on one side they control the programmes and the electro-stimulation intensity and on the other of the vibration.

You can choose whether you want to use the electro-stimulation and vibration both at once or only one at a time.

So that you can always find the right button, also in the dark, the respective light strip gets a little brighter when a button is pressed and held for two seconds.

### This is how you control the vibration

To switch on the vibration, press the Vibe button. The vibration always starts in the first programme and at the lowest intensity level.

- Using the Plus and Minus buttons (V) you can regulate the intensity of the vibration to one of five levels. Each time you press the button, the intensity is increased or reduced by one level.
- With the Vibe button, you can change between the programmes. Each time you press the button, the next programme is selected.
- When you change between programmes, the intensity level remains the same.

To switch off the vibration, press the Vibe button or the corresponding minus button (V-minus) for two seconds.

### This is how you control the electro-stimulation

To switch on the electro-stimulation, press the Impulse button. When the light strip is on, the E-Stim function is active. It always starts in the first programme and at the lowest intensity level.

Please remember not to switch on the electro-stimulation until you have inserted your toy, because only then will you achieve the optimal intensity. Also, please always switch off the electro-sex function, before removing the vibrator.

- Using the Plus and Minus buttons (E) you can regulate the intensity of the stimulation to one of 10 levels. Each time you press the button, the intensity is increased or reduced by one level.
- To change between programmes, press the Impulse button. Each time you press the button, the next programme is selected.
- When you change between programmes, the intensity level remains the same.

**The Training Programme is an exception:** If you select the Training Programme, the intensity is automatically reduced to the lowest level.

To switch off the vibration, press the Impulse button or the corresponding minus button (E-minus) for two seconds. When the electro-stimulation is off, the light strip goes out.

## **This is how you control the Training Programme**

The Training Programme is the sixth electro-stimulation programme. Activate the muscle stimulation by pressing the Impulse button. Press the Impulse button 5 times to select the training programme.

- Once the training programme is activated, the light strip changes to green.
- The kegel exercise training programme starts at the lowest level of intensity.
- Using the Plus and Minus buttons (E) you can regulate the intensity of the stimulation to one of 10 levels. Each time you press the button, the intensity is increased or reduced by one level.
- If you exit the training programme, the device switches back again to the lowest level of intensity.

To exit the training programme, select the next programme with the Impulse button (the light strip then shows white), or terminate the electro-stimulation function by pressing the Impulse button or corresponding Minus button (E-minus) and holding it pressed for two seconds.

## The vibration programmes

Your Vitamine V has two vibration motors, one in the tip and one in the shaft. In the eight vibration programmes, those two work together to drive you to ecstasy. Each push of the Vibe-Button switches to the next programme.

### Vibration 1

Tip and shaft vibrate together.

This mode is automatically set when the Vitamine V turns on.

### Vibration 2

Only the tip vibrates.

### Vibration 3

Only the shaft vibrates.

### Vibration 4

Tip and shaft vibrate in turns (slow).

### Vibration 5

Tip and shaft vibrate in turns (fast).

### Vibration 6

Tip and shaft vibrate in turns (very fast).

### Vibration 7

In short intervals, the vibration in the tip speeds up and stops while the vibration in the shaft slows down and starts.

### Vibration 8

The shaft vibrates in long intervals while the tip vibrates alternately in fast and very fast bursts.

## The E-Stim Programmes

Each of the five electro-stimulation programmes with which your E-Stim Vibe is equipped is aimed at giving you the sensation of a tingling, new experience.

Each time you press the Impulse button, the next programme is selected. To avoid inadvertently choosing the wrong setting, wait for a moment after changing the programme before increasing the intensity: the wave-like programmes (2 and 4) only reach their highest level of stimulation after about 3 seconds.

### **E-Stim 1**

A constant prickly feeling. In this mode, the e-stimulation function starts as soon as it is switched on.

### **E-Stim 2**

The tingling feeling alternates in waves between gentle and more intensive.

### **E-Stim 3**

A constant pulsating.

### **E-Stim 4**

The pulsating feeling alternates in waves between gentle and more intensive.

### **E-Stim 5**

The stimulation alternates in waves between tingling and pulsating.

## The Training Programme

In contrast to the E-Stim programmes described above, which stimulate the nerve ends, the training programme excites the muscle fibres in the base of the pelvis and in this way strengthens the muscles. In this programme, you should feel your muscles contracting.

To attain the best training effect, you should set the intensity as high as possible, but without perceiving the contractions as painful. If you do

not feel your muscles tensing and relaxing, try changing the position of your E-Stim Vibes.

The training only achieves its purpose if you can feel your muscles moving.

The training programme is activated by clicking through the 5 E-Stim programmes. The sixth E-stim programme is the kegel exercising programme.

The muscle stimulation programme runs through an initial phase, in which noticeable impulses are transmitted and which are intended to cause the muscles of the pelvic base to contract. This is followed by a resting phase, in which the muscles are intended to relax. Both phases are necessary to achieve an optimal training effect. During the resting phase, which lasts for a few seconds, it may feel as though the electro-stimulation has become deactivated.

Simply wait a few seconds until the cycle begins again.

## What are the benefits of kegel exercising?

The muscles of the pelvic base fulfil a whole series of important functions: They keep the organs where they should be, stabilise the stomach and the back, prevent unpleasant things (such as weak bladder or the sinking of the womb) and contribute to a better posture.

**And then, there are the other advantages of a well-trained pelvic floor:** improved blood circulation in the muscle fibres and, of course, the ability to „tighten“ the vagina by contracting the well-trained muscles of the pelvic base makes you more sensitive to intimate contact and, as it has been proven, enhances a woman's ability to experience an orgasm.

## The conductive surfaces

Your electro-stimulator/vibrator is a two-pole device, i.e. the toy has two conductive surfaces between which the electro-stimulation flows back and forth. These surfaces run along the sides of the device.



## Charging

Your vibrator is already partially charged. To fully charge it, simply place the charging head of the USB cable provided on the silver crest of the handle. When the pilot light on the charger head changes from red to green, the device is fully charged and the toy is ready for the next rounds.

For safety reasons, the functions of your man in black are disabled during the charging process.

## Cleaning & Care

Your Mystim Vibrator is completely waterproof and made of 100% medical-grade platinum silicone. That makes him really hygienic and easy to clean with water and a mild soap. In regular intervals, you should also use a skin friendly disinfectant (please read the respective manufacturer's instructions). Before you use or charge your vibrator again, please make sure that he is completely dry.

Please make sure that you only use water based lubricant with your Vitamine V – like our Bonnie & Glide, or The Goldfather.

## The thing with the stimulation current

E-Stim, i.e. electrical stimulation, has been gaining ever more popularity in recent years, and no wonder. In the intimate areas there are lots of nerves – far more than in other parts. With a properly regulated device for electrical stimulation and the appropriate toys, you can stimulate every single one of these nerves to a state of ecstasy.

This stimulation is perfectly safe if it is carried out with due care and attention and high-quality products.

 **There are a couple of things that you absolutely must be careful of:**

- Persons with electronic or metal implants (e.g. heart pacemakers) must not use stimulation current without previously consulting a medical doctor. The same applies to persons with heart trouble or cardiac arrhythmia.

- Stimulation must never be carried out in a way in which current is conducted through the brain or the heart.
- Never stimulate the larynxes or the area of the throat. Muscle cramps in this area can lead to suffocation.
- Electrical stimulators must not be used in the vicinity of explosive or inflammable materials.
- Stimulating current must not be used during pregnancy.
- Stimulating current may only be used on healthy skin.
- Keep out of reach of children.
- Only use original Mystim accessories.
- Never dismantle by unscrewing the parts of Mystim toys, because this destroys the internal construction and invalidates the warranty claim.
- 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**

We, Mystim GmbH, declare that this product is in compliance with all relevant directives. The full text of the EU declaration of conformity is available at the following internet address: <https://www.mystim.de/en/b2b/konformitaetserklaerungen>

## **Any questions?**

Just contact us. We'll take care of it.  
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