

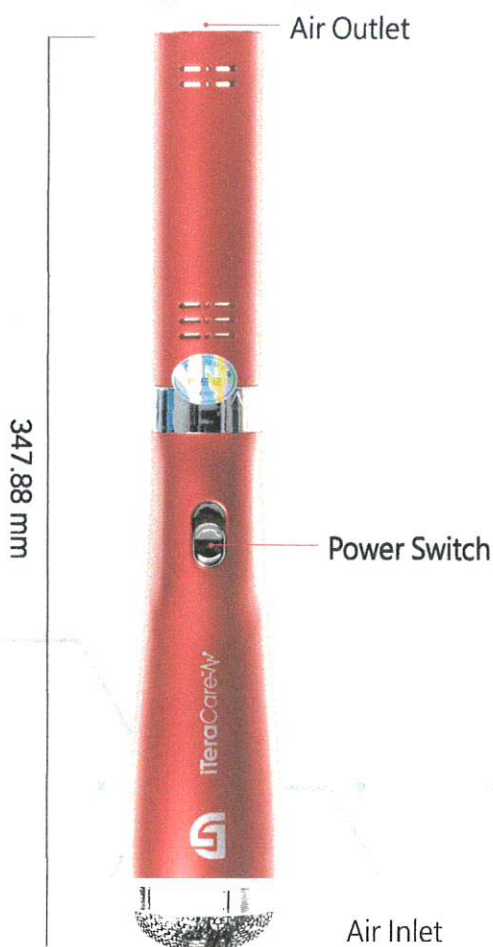
# iTera-Classic

## Dear User :

Thank you for purchasing iTera-Classic device.  
Please read the Manual carefully before using.

### Product Description :

- **Product appearance** (see diagram)
- **Product model** : DS-313
- **Voltage** : 120V
- **Frequency** : 50Hz
- **Power** : 800W
- **Speed** : 3 Modes



## Warranty description :

### One year warranty ( from date of purchase )

1. If the product is found defective as a result of manufacturing defects in material and workmanship during the warrant period, please contact our customer service.
2. Company will provide repair and maintenance service after warranty period where cost will be incurred to the owner.

### Warranty will be void under the following conditions :

1. Exceeded warranty period.
2. Physical damage due to not following user manual provided.
3. Other circumstances that void the warranty :
  - ▶ Device mishandling.
  - ▶ Defects or damage caused by unauthorized repair.
  - ▶ Defects or damage due to fall and impact.

### Environmental Protection device :

- This device has Environmental protection usage for 10 years
- The Environmentally Protection assures that the device is not harmful to humans and environmentally friendly.

## CAUTIONS :

1. Read all instructions carefully before using.
2. Handle with care. The device is fitted with a crystal tube, avoid knocking or dropping the device.
3. Do not block the air inlet and outlet to prevent overheating.
4. Remove all metal accessories before using. Remove contact lenses before using on the face.
5. To protect against electrical shock, do not immerse cord, plugs, device body in water or other liquids.
6. Unplug from mains when the device is not in use.
7. Do not use this device at outdoors. This device is intended for household use only. Do not use the device for other than its intended use.
8. Do not use it for too long period of time. This device is fitted with a resettable thermal link to protect the motor from overheating. Should the motor overheat, the thermal link will disconnect the power supply and will automatically re-connect the power supply after the motor cools down.
9. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
10. This device is not intended for use by persons (including children) with reduce physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the device by a person responsible for their safety. Children should be supervised to ensure that they do not play with the device.
11. Never leave the device unattended when it is switched on.
12. Do not switch on the device if it appears to be faulty in anyway.  
Please contact and send to nearby service center

are normal effects.



## •ITERACARE BASIC TECHNIQUE•

Whole body: With the distance of 3-4cm, use the device vertically.  
Speed: move with your suitable speed.

Method: Vertically or circular.

Time: small areas, around 15-20 minutes, full body, 30-40 minutes.

Use daily not more than 2 hours

\*those with weaker body, elderly and young children do not need as much time, use sweat as an indication.

1. Start with palms and move onto bottom of the foot for about 1-2 minutes each.
2. Use on the back for 2-3 minutes

Room Temperatures:

Cold: in a 25.c room

Warm: in room temperature

(1) starting from the center of the spine, move up and down

(2) from spine, move sideways left and right and move to buttocks

(3) arms: starting from the shoulders, move towards the hand and fingers

(4) lower limbs: starting from the buttocks, move towards sides and move downwards to legs and toes

(5) chest: starting from the neck, move down to the collar bone and chest, avoid the nipple

(6) upper limbs: starting from the ribs, move towards the center and move to lower limbs

(7) head area: starting from the top of the head, move in circular motion around the head

(8) face: move in circular motion around the face

## Additional techniques:

### 1. FLU:

Below 38.5c, use basic techniques (back + chest+ head+ face+ feet)

### 2. SORE THROAT:

Basic technique + focus on neck

### 3. COUGHING:

Basic technique + focus on neck + shoulder

### 4. TOOTHACHE:

Basic technique + limbs + stomach area

### 5. KNEE PAIN:

Basic technique + focus on knee + liver area + spleen area

### 6. FACE:

Basic technique + face area + liver area + spleen area

### 7. BLOOD PRESSURE:

Blood pressure 170~95 and above.

- high blood pressure: basic technique + liver area + spleen area + limbs + feet

- low blood pressure: basic technique, short amount of time is recommended, use on whole body, 10~15 minutes

### 8. MYOCARDIAL INFRACTION:

Basic technique + liver area + spleen area + limbs + feet + chest area

## 9. CEREBRAL INFARCTION HEMIPLEGIA:

Basic technique + liver area + spleen area + limbs + feet + head area

## 10. DIABETES:

Basic technique + limbs + feet + liver area + spleen area

## 11. PSORIASIS:

Basic technique + focus on area

## 12. GYNECOLOGICAL DISEASES, INCONSISTENT MENSTRUAL CYCLE:

Basic technique + back area + abdomen + liver area + spleen area + uterus area

## 13. RUNNY NOSE, PHLEGM:

Basic technique + focus on area + lung area

14. OBESE, MENOPAUSE, CRAMPS: Basic technique + back area + chest + liver area + spleen area + abdomen

15. HEARING PROBLEMS, INSOMNIA: Basic technique + back area + liver area + spleen area + head area

## 16. SHORT SIGHTEDNESS:

Basic technique + back area + liver area + eye area

## 17. RHEUMATISM:

Throat area technique + back area + liver area + spleen area

## 18. BEAUTY EFFECT:

From the chin, move upwards ,use the other hand to massage the chin for 5~10 minutes

## 19. BURNS:

Circular motions on burns area

## 20. LIPOMA:

Basic technique + liver area + spleen area + focus on needed area

### 1. COLD, GASSY:

Hand food mouth sickness, hands, fingers, neck, stomach, knees, feet etc: when using Terahertz treatment, it will discharge the unhealthy gasses.

Usually start with the hands and palms, feet, and then start with torso and body. When using on body, move vertically. When affected area is painful, focus on area.

2. There is a possibility of symptoms, usually during treatment.

3. Symptoms will appear from time to time.

4. Few hours after treatment, is it advised not to drink cold beverages, no cold food, sitting under air conditioning is unrecommended, no showers, to enhance the treatment's affect.

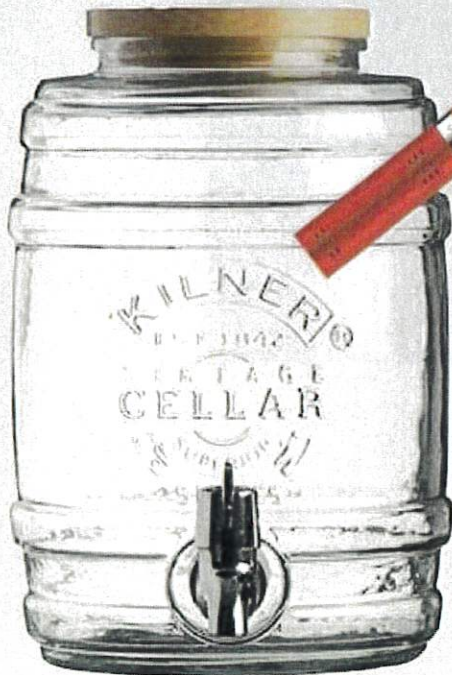
5. Treatment duration depends on the severity of sickness/condition. Those with weaker body is recommended to use treatment for a shorter time than normal. Before and after treatment, please drink a cup of WARM charge Terahertz water. 4 hours after treatment, you can shower. When the treatment is working, you will feel slight soreness, visible redness, blisters/crystals on treated area, these are ordinary symptoms.

DISCLAIMER: First time users might experience pain, itchiness, constipation, light fever, blisters/crystals, depending on your body. These





5 Liter Glass Barrel



**You may use  
this type of  
glass container  
and charge for  
2 minutes to be  
enjoyed by the  
entire family the  
whole day.**

I charge the water 2 minutes or 2.5 minutes on each side and like it when the bubbles show up;) Wanna get more in depth... have specific conditions? L@@k at the Treatment Point pdfs attached -- I will as someone told me to do, change the name to Therapy Points but hey if someone can do it, please do -- I appreciate and welcome any assistance 🙏