

Watch Tutorial Video

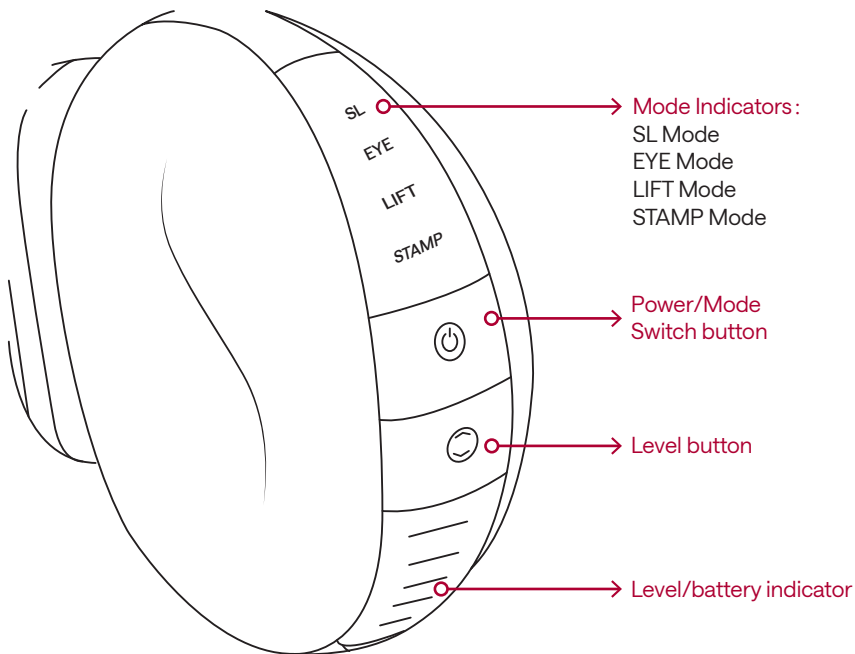
Scan the QR Code to watch our tutorial on how to use the device for better treatment results.

M30U How To Use

**Official Website Email: support.us@jmoon.com
US AMAZON Email: amazonsupport@jmoon.com**

**Tel: +1 855-681-8599
Mon - Fri: 10AM-7PM EST
www.jmoonglobal.com**

About the Device

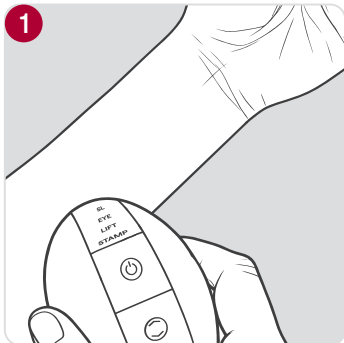


•Mode description

MODE	Technologies Involved	Treatment Areas
STAMP	Red Light & Infrared	Full face
LIFT	Only EMS	Cheeks to upper neck
EYE	Only EMS	Eye area (avoid eyelids and the eye itself)
SL	Only EMS	Nasolabial folds (smile lines)

Before Use

1



Skin Sensitivity Test (Before First Use)

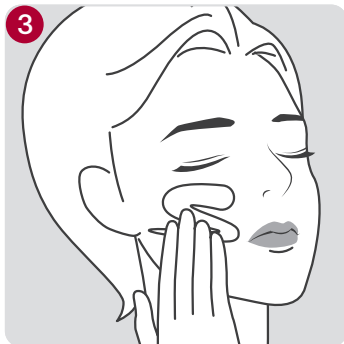
- Apply a small amount of gel and glide with the Level 1 of LIFT Mode for 3 minutes (see steps 5~6).
- Wait for 24 hours. If any negative skin reaction occurs, stop using the device immediately.

2



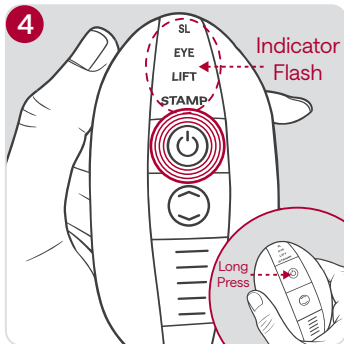
Clean Your Face

Remove any makeup, and take off any metal jewellery or contact lenses



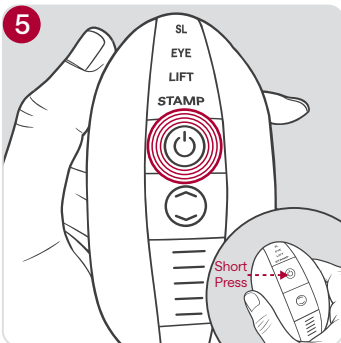
Apply The Gel

- The JMOON Conductive Gel **MUST** be applied before use to achieve your desired results. It is not optional.
- **Apply a THICK layer of gel to the treatment area only.**
- Reapply gel for each treatment area.
- If the device does NOT glide smoothly, reapply more gel.
- * **Use a generous amount of gel for a thick layer in order to get optimal results.**



Power On (Power/Mode Switch Button)

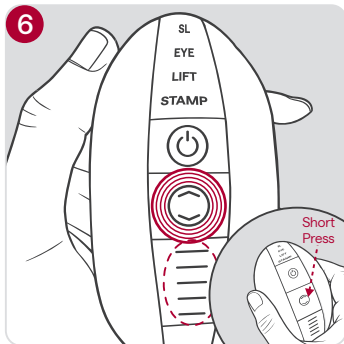
- Press and hold the Power/ Mode Switch Button for 2 seconds to power on. The mode indicator will flash.
- **Short press the Power/ Mode Switch Button again, the RED LED and NIR light turn on, you can start treatments from STAMP Mode.**
- * If you don't press Power/Mode Switch Button, the device will shut down automatically after 3 minutes.



Select Mode (Power/ Mode Switch Button)

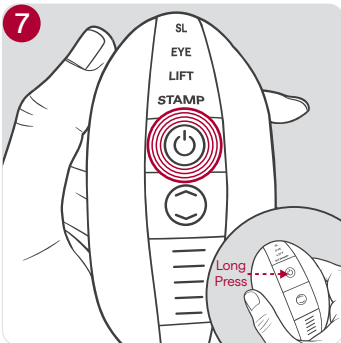
Short press the Power/ Mode Switch button to switch modes.

Mode switch cycle: STAMP → LIFT → EYE → SL → STAMP



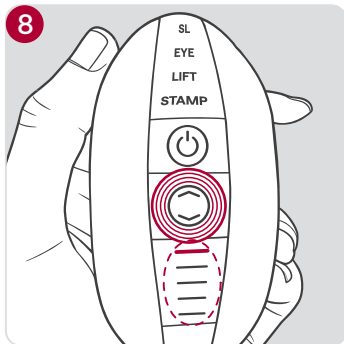
Select Level (Level button)

- Each mode has 5 intensity levels. Short press Level Button to change level.
- Higher level = higher energy output.
- For 1st time use, we recommend starting from Level 1. You can adjust your level based on your comfort.



Power Off (Power/Mode Switch Button)

Press the Power/Mode Switch Button for 2 seconds to power off.



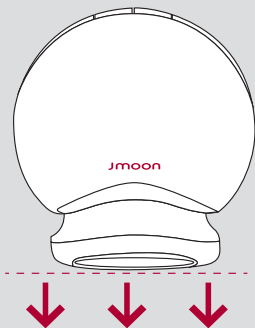
Battery Level Check

Short press the Level Button to check battery level when the product is OFF.

- 5 levels: fully charged
- 1 level: low power, recharge promptly.

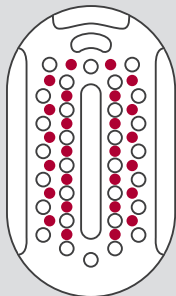
STAMP Mode

1

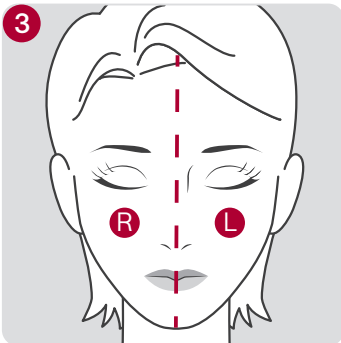


Place the head against the skin and hold for 6 seconds for one spot, then move to the next spot. You will hear 2 beeps and 1 short vibration every 6 seconds. This indicates time to move on.

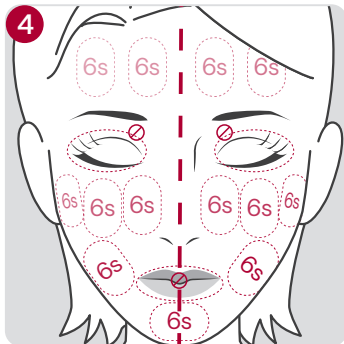
2



Both Red Light and NIR light are illuminated on the electrode. A warm feeling on the skin indicates the device is working as intended. You should not feel tingling.



- 6-minute face treatment session
- Left and right areas: 3 minutes each
- After 6 minutes, 4 beeps and a long vibration indicate the end of treatment session.



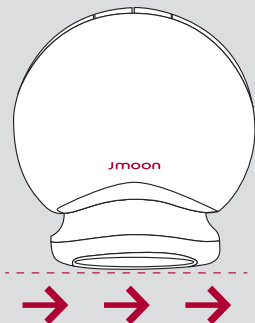
Usage Method

Don't stamp on eyes and mouth.

Hold for 6 seconds for one spot, then move to the next spot.

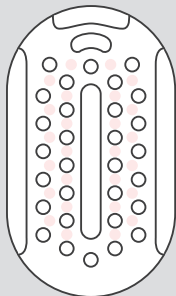
LIFT Mode

1

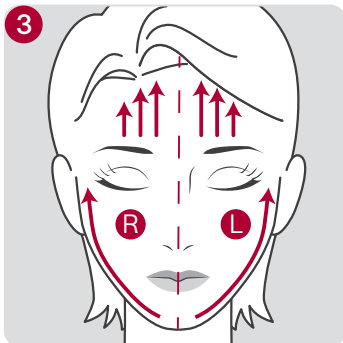


Press and slide the head against the skin in a gliding motion. You may glide the device in any direction.

2

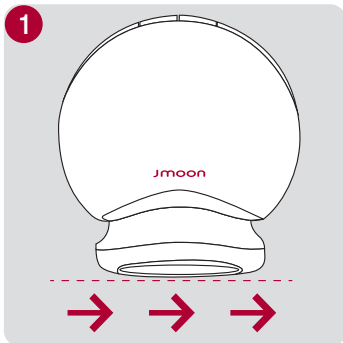


No LEDs are illuminated on the electrode.
A tingling feeling on the skin indicates the device is working as intended.
You should not feel warm.

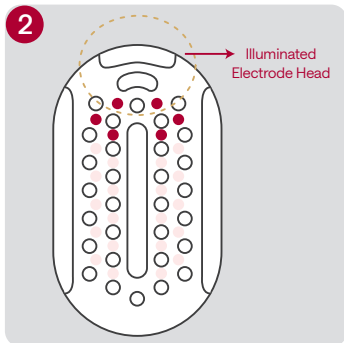


- 6-minute face treatment session.
- Left and right areas: 3 minutes each.
- After 3 minutes, 2 beeps and 1 short vibration indicate to switch from left area to right area. **Short press the Power/Mode Switch Button again to continue treatment.**
- After 6 minutes, 4 beeps and 1 long vibration indicate the end of treatment session.

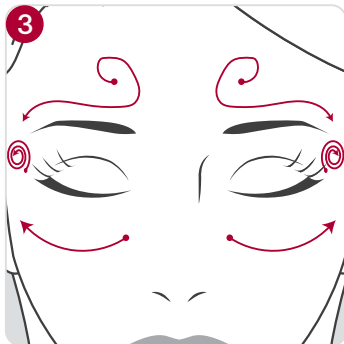
EYE Mode



Press and slide the head against the skin in a gliding motion. You may glide the device in any direction.



Only the illuminated electrode head works for the eye area, while others remain inactive. A tingling feeling on the skin indicates the device is working as intended. You should not feel warm.

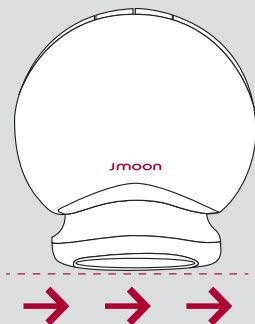


Usage Method

- 4-minute eye area treatment session (Do NOT use on the eyes, just around the eyes).
- Left and right eye areas: 2 minutes each.
- After 2 minutes, 2 beeps and 1 short vibration indicate to switch from left eye area to right eye area. **Short press the Power/Mode Switch Button again to continue treatment.**
- After 4 minutes, 4 beeps and 1 long vibration indicate the end of treatment session.

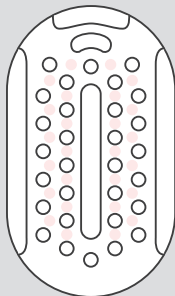
SL Mode (Smile Lines Mode)

1



Press and slide the head against the skin in a gliding motion. You may glide the device in any direction.

2



No LEDs are illuminated on the electrode. A tingling feeling on the skin indicates the device is working as intended. You should not feel warm.



Usage Method

- 4-minute face treatment session
- Left and right areas: 2 minutes each.
- After 2 minutes, 2 beeps and 1 short vibration indicate to switch from left area to right area. **Short press the Power/Mode Switch Button again to continue treatment.**
- After 4 minutes, 4 beeps and 1 long vibration indicate the end of treatment session.

Treatment Schedule

Recommended mode combinations

1st day	2nd day	3rd day	4th day	5th day	6th day	7th day
STAMP	LIFT +SL/EYE	STAMP	LIFT +SL/EYE	STAMP	LIFT +SL/EYE	Rest

We recommend using the device 5 to 6 times per week. You may tailor the frequency to your skin's needs. For maximum benefits, use the device in the morning before makeup or at night after cleansing and choose the mode that suits your needs. A typical routine is to use it every other day for 6 to 10 minutes per session. For effective results, combine the LIFT mode with either the EYE mode or SL mode 3 to 4 times a week for firming and lifting, with each lasting 10 minutes, and use the STAMP mode separately 1 to 4 times a week for a full facial treatment, with each lasting 6 minutes. **To avoid over-treatment and protect your skin barrier, limit each session to a maximum of 15 minutes** (excluding the time for applying gel or other preparations).