

# Humming Mask<sup>G3</sup>®

## Face Massage Mask

HM17-Home



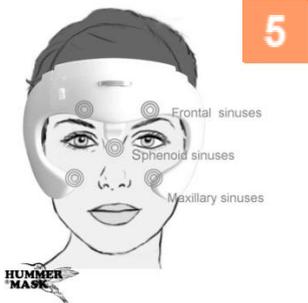
**ENGLISH**

**USER MANUAL**



# English

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## Introduction

With this facial massage mask, the Humming mask©, you can significantly improve your Bio-nitric oxide level using the natural nitric oxide (NO) available from the sinuses, comfortably in your own personal environment. The Unit allows you to set the number of sessions you like to use. (see chapter 'Massage and your health'). A sufficient level of NO in your system is crucial for proper oxygen delivery to our cells, reducing various aging problems.

## Important

1. Read these instructions carefully before using this device. Save it for future reference if needed.
2. This device operates with dual voltage (110V/220V).
3. If any electrical part incl. power cord is damaged, it must be replaced by an authorized service or similarly qualified persons to avoid a hazard.
4. Do not operate this device in a damp environment (e.g. in the bathroom or near a shower or swimming pool).
5. Make sure children do not play with the appliance.
6. If you are not satisfied with the results of this product you can return it within the period of 30 days with proof of purchase and serial number.
7. The Humming mask comes a warranty of 1 years against manufacturing defects.
8. Not included the mask unit which is available for purchase as a replacement part.

Nitric oxide (NO) is present in nature everywhere, and is also produced in the human body. When we get older the production of NO decreases as a result of the natural aging process. NO is responsible in the body for several chemical processes, one of the most important is the transport of oxygen into our cells. The NO molecule plays a vital role in our body and brains.

“Humming” is an old ancient technique in Tibet that was meant to balance body & mind. The humming mask is based on this wisdom and supports our wellbeing and appearance in general. Furthermore using the mask is not only pleasant, it also relaxes (stress release).

### Nitric oxide and Your Health

Just like the production of vitamin D in our body through exposure to sunlight, the Humming mask encourages the production of NO. The first results are noticeable after a few sessions (see section Massage sessions: How often and how long? ).

It is therefore important:

- That you follow the instructions 'how often and how long'
- That you carefully read the instructions;
- Do not exceed the maximum number of Sessions
- Breathing through the nose during operation is essential. You will find special “Nasalvent” nose tubes in 5 different sizes to avoid mouth breathing. Always breath through the nose, for optimal benefit.

### Massage sessions: how often and how long?

Do not exceed the maximum number of sessions unless there is a reason for (such as a prolonged forehead cavity inflammation). It is recommended to use the mask with four to six hour intervals. On average 2 sessions per day will help to maintain a sound nitric oxide level in general. Using the mask before going to sleep has will also increase your sleep quality.

- After a few weeks of using the mask regularly (1-2 sessions daily) you will already notice the difference.
- Using the mask at night will results in a better sleeping experience. Results may differ from person to person.
- Using the mask in the morning will boost your energy level Results may differ from person to person.
- **Applications and benefits:** Based on scientific studies of the function of Nitric oxide (NO) in our system, applications and or benefits can be: Lowering blood pressure in a natural way. Decreases a high cholesterol level. Many other health benefits due to due to optimal oxygen exchange in the cells. Relief symptoms of Arthritis, and infection in the joints. Helps to fight dementia and major depressions and most addiction. Promotes healthy bowel movements. Decreases enlarged prostate, reduces menopause symptoms enhancing libido by diminishing erectile dysfunction without common side effects it helps the anti-aging process in general. For all above benefits scientific publications are on file.

## Tabel Session indicator

Below a summary of the length of the Sessions in seconds and minutes showing the resonance and pause times (time to recharge the sinuses with new Bio-Nitric oxide).

**Note:** Using the mask for the first time you will experience the “pause” recharge time as long during. Over time that feeling will change as Stress will be relieved.

### INDICATION PROGRAM TIMES & SETTINGS

HUMMING PROGRAMS									
START	CYCLE1	RECHARGE	CYCLE 3	RECHARGE	CYCLE 3	RECHARGE	CYCLE 4	RECHARGE	CYCLE 5
0	2 MINUTES	3 MINUTES	3 MINUTES	3 MINUTES	3 MINUTES	3 MINUTES	3 MINUTES	3 MINUTES	3 MINUTES
0	2 MINUTES	5 MINUTES	7 MINUTES	10 MINUTES	12 MINUTES	15 MINUTES	17 MINUTES	20 MINUTES	22 MINUTES
SLEEP PROGRAM									
0	5 MINUTES	1 MINUTES	5 MINUTES	1 MINUTES	3 MINUTES	1 MINUTES	2 MINUTES		
0	2 MINUTES	6 MINUTES	11 MINUTES	12 MINUTES	15 MINUTES	16 MINUTES	2 MINUTES	THE END	

One full Session has a duration of 22 minutes. Two programs will be 44 minutes. And three programs will be 66 minutes. A total sleep program will take maximal 18 minutes.

Note: After completion of the session(s) the mask will stop automatically and a 5 times beep will sound. There will be no beeps sounds after ending the Sleep Program.

1. Place the base (**Fig.4**) of the device on a flat surface.
2. Plug the power supply into the wall outlet and connect to the back of base (**Fig.3**) in the contact socket (1). You will hear a single beep indicating the plug is connected properly.
3. Connect the cord of a mask in to the back of the base (**Fig.3**) connect it to socket (2 or 3).
4. (**Fig.6**) shows how the headband/strap has to be installed and can be adjusted to size of your head. For extra overhead support attach the third strap to the two shackles. Do not overtighten straps as this may lead to pressure points on the face.
5. In (**Fig.8**) the hygiene pads are shown. These are attached on the inside of the mask. (**Fig.2**) The hygiene face pads are self-adhesive and can be cleaned with soap and water. The white color foam pads are disposable pads.
6. To start using the mask **first** press the power button on top of the base (double arrow  /power button) to power up the unit. (**Fig.4**) The number 1 will blink and you can now select a Program. 1,2,3, or “S” for Sleep Program. Now you can put the mask on your face. You may select up to three consecutive Sessions or sleep program, by pushing the double arrow/power button, the number or letter “S” will appear in the display.
7. To start the Session now push the ON button to start the Session. Pls. note that 1 session will last 22 minutes, 2 sessions 44 minutes and so on. After completion of the session(s) the base will beep 5 times and automatically switches off. When using the Sleep function there will no beep at the end. After use replace the mask on the base as shown in (**Fig.1**)
8. Control buttons High /low (**Fig.4**) : you may adjust the vibration intensity of the mask. The up arrow  = intensity HIGH. Down arrow  = LOW intensity. High intensity is resulting in a faster effect than the low intensity. The use of high or low is personal preference. The ON button to start the Session(s), and OFF button to stop at any time during a session.
9. The mask on the face in (**Fig.5**) shows how the mask is placed on the face. The frontal sinuses are located just above the eyebrows (left and right). The mask will sit just above the eyebrows, make sure the lowest part of left and right wing of the mask are placed on and in direct contact with your cheekbones for the maxillary sinuses, the nose lip is in contact just above to the nose bone. (Sphenoid sinuses)
10. The mask must be positioned to the face adjusting the headband. Tolerance for the degree of tightness is individual and different. Some likes it tighter than another's. Place the mask what is most comfortable for you.
11. The nose tips (**Fig.7**) come in three sizes since the depths of the cavities above the nose in individuals vary. The nose tips can be slide over the silicone lip in the middle of the mask. Use the nose tip which is most comfortable for you.

### Note:

We recommend using in a quiet environment where you will not be disturbed easily. Lying down in bed or semi-reclining in a deck chair are places par excellence.

## Replacement

### Lifespan of the mask:

The motors in the mask are subject to run-out over a time period of 12 to 15 months, depending on the frequency used. You can re-order a new masks to replace the used ones.

### Hygienic Face Pads:

The face pads can be replace if desired. There are two kinds of face pads for hygiene and comfort. The blue silicone face pads can be removed by pulling them off slowly. You can wash with normal soap and water. After drying, they remain self-adhesive. The white soft foam pads can be replaced and can be disposed after use.

### Headband:

The headband can be hand washed separately. Do not mix with other cloth or machine wash.

## Cleaning

1. Always remove the plug from the main power before you start cleaning the device.
2. Clean the outside of the appliance with a damp cloth.
3. Do not let any water run into the appliance. Improper cleaning voids the warranty.
4. Never use scouring pads or any cleaning liquids. petrol, acetone etc, to clean the device.

The electric parts of the apparatus contains substances that may be harmful to the environment. If you replace the motor unit and discard, do not throw them in the garbage, but hand them over at an official collection point, at a collection point for the government to recycling. Or you can send the part back to us and we will take care of proper recycling. That way, we all help to preserve the environment.

## Warranty and Service

If you need information or if you have a problem, please visit the website [www.thehummingmask.com](http://www.thehummingmask.com) or contact a distribution center in your area (you can find the contact information at the back of this manual).

### Warranty Limitations:

Improper care of the device by not using the original power unit, overheating, improper cleaning, will void the warranty and repairs will be at an additional charge.

When you have a problem with this device and you are unable to solve this problem using the information below, please contact your nearest service center. (You can find the phone number or address in our website).

## Problem:

## Solution:

The device does not turn on:

- Make sure the plug is properly inserted in the socket. (back of base) (Fig.3)
- Make sure you pushed the power button at the top of the base. Number of sessions can be chosen. (Fig.4)
- Make sure you pushed the control button: “ON” to start the session.

The device switches off after one session:

- Check the number of Sessions (Fig. 5)
- Reboot the device by pulling out the power plug at the back of the base, Reset the unit by pushing down the control “ON” button and release, than restore the power by inserting the plug after 15 seconds, into the back of the unit.

The lights of the control buttons are on but the mask does not work:

- Make sure that the wire of the mask is connected properly to the base.
- The motors in the mask are worn and the entire mask should be replaced.

Mask makes various different resonance:

- This is normal. There are two motors operating in the mask and the resonance may vary in sound as the motors are searching for balance. This noise simulate natural Humming as natural humming varies.

Everything functions well but some or all lights are off:

- The lights have a life cycle. The electronic parts still function correctly. If one of the lights died, please contact your service centre for repair.



## Personal notes

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