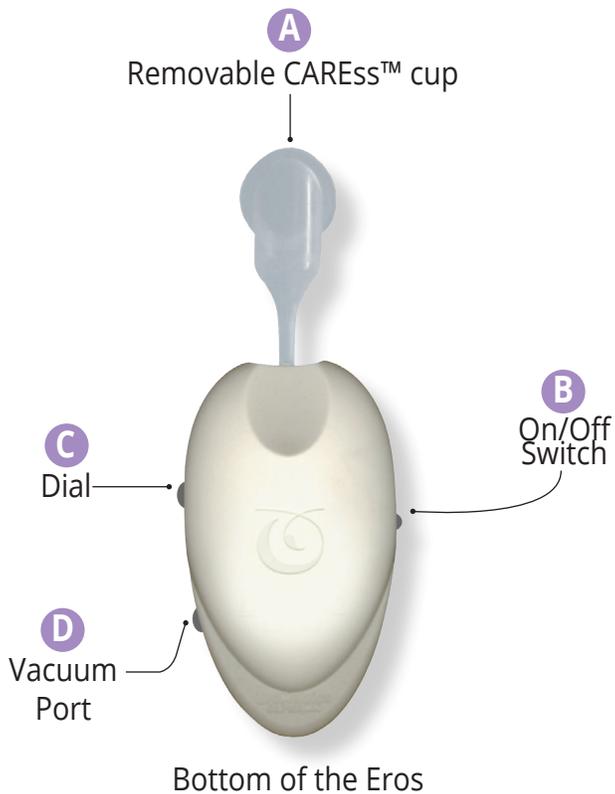


Eros Therapy™

Instructions for Use

1. The Eros Therapy™



NOTE: On the reverse side, there is a tab to open the battery compartment.

Extension tubing is also included to make the Eros easier to use.

2. Getting Started

1. Review the image to the left to learn about the Eros.
2. Remove the battery compartment cover, insert the batteries; then, replace the battery compartment cover.
3. Insert the CAREss™ cup firmly into the hole at the top of the Eros (*Image 1*).
4. Ensure the Dial (C) is on the lowest setting by rolling the Dial to the top of the Eros (toward the CAREss™ cup).



Scan for video instructions



3. Practice Using the Eros

Practice using the Eros on the palm of your hand:

1. Place the plastic CAREss™ cup on your palm over the fleshy area under the thumb. Press gently to create a seal.
2. Turn on the Eros by using the On/Off Switch (B).
3. Practice increasing and decreasing the intensity by using the Dial (C) on the side of the Eros.
4. Practice creating a pulsating sensation by rolling the Dial (C) to the lowest setting. Place your index finger over the Vacuum Port (D) for 1-2 seconds and release. Repeat by using a tapping motion to create a pulsating sensation.
5. Turn off the Eros by using the On/Off Switch (B).
6. Next, practice setting up and attaching the CAREss™ cup to the extension tubing. First, insert the extension tubing with the adapter into the top of the Eros. Then, insert the CAREss™ cup into the end of the extension tubing.
7. Place the plastic CAREss™ cup on your palm over the fleshy area under the thumb. Press gently to create a seal.
8. Turn on the Eros by using the On/Off Switch (B) and practice increasing and decreasing the intensity by using the Dial (C) on the side of the Eros.
9. Turn off the Eros by using the On/Off Switch (B).

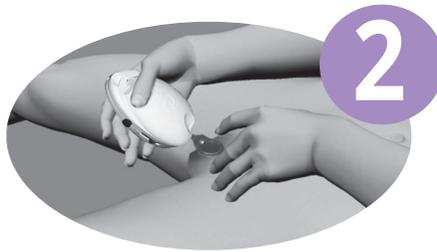
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instructions



4. Using the Eros The First Time

We recommend that you start slowly and follow these steps until you feel confident.

1. Ensure the Dial (C) is on the lowest setting by rolling the dial toward the top of the Eros.
2. Find a comfortable place to lie down.
3. Gently open the outer folds of the genitalia to expose the clitoris, and place the CAREss™ cup over the top of the clitoris (*Image 2*).
4. Apply gentle pressure so the cup surrounds the clitoris and creates a seal.
5. Turn on the Eros by using the On/Off Switch (B).
6. Use the Eros at its lowest setting for 60 seconds; then, rest for 60 seconds. This will help your body adjust to the Eros.



5. Continued Use of the Eros

1. Once you and your body feel ready, you can increase the level of intensity by rolling the Dial (C) toward the bottom of the Eros. This will cause the clitoris to become engorged (filled with blood).
2. Adjust the Dial (C), as needed, to maintain engorgement for up to 4 minutes.
3. You can also create a pulsating sensation by rolling the Dial (C) to the lowest setting. Then, place your finger over the Vacuum Port (D) for 1-2 seconds. Repeat by using a tapping motion to create a pulsating sensation.
4. Use the Eros no longer than 4 minutes continuously or 15-30 minutes intermittently.
5. For best results, use the Eros four (4) times per week as a conditioning routine.
6. NOTE: It may take several weeks for your body to change, although some women notice changes more quickly. For best results use the Eros for at least three (3) months in a row.



6. Safety Information

There are no known side effects when the Eros is used properly.

However, please note the following:

- You may be injured if you place the Eros over a wound.
- A rash, rub mark, or skin irritation may occur from overuse or misplacement of the CAREss™ cup.
- Misuse of the Eros may worsen some already-existing or pre-existing medical conditions resulting in clitoral swelling and/or serious permanent clitoral injury.
- There is a potential risk for bruising, hematoma, pain, or permanent injury when using the Eros. However, these events did not occur in clinical studies.
- If you feel pain or discomfort, turn the vacuum setting to its lowest setting by rolling the Dial (C) toward the top of the Eros. Stop using the Eros if pain continues to occur.
- Do not use alcohol or drugs while using the Eros.
- Do not fall asleep with the Eros on and/or against your body.
- The Eros is not a birth control device.
- The Eros should not be used with oil-based lubricants, or used in or near water.

7. Care of the Eros

- Remove the CAREss™ cup from the Eros. Wash the CAREss™ cup with warm soapy water after each use.
- **IMPORTANT:** The CAREss™ cup must be fully dry before it is re-inserted into the Eros.
- Replace the CAREss™ cup after 10 uses.
- Replacement CAREss™ cups and extension tubing can be ordered online.
- **DO NOT** get the Eros wet or submerge it in water.
- The Eros may be wiped with a damp disinfecting cloth.

