

ELECTRO **HELIX**  **X**™

E-STIM SYSTEMS

WELCOME

Congratulations on purchasing an **E-Stim Systems ElectroHelix™**. Given sufficient care your ElectroHelix™ should give you many years of erotic electro-stimulation pleasure. Before starting always read these instructions and ensure you are completely familiar with all the accessories and the safety warnings prior to use.

Contents

Your new ElectroHelix™ is supplied inside a custom foam lined protective case designed to help protect your valuable electroplay unit from damage. Inside this pack you should find the following:

- An E-Stim Systems ElectroHelix™ power box.
- A 2mm/TENS connection cable.
- A set of 4 self-adhesive electro pads.
- A 9v PP3 battery.
- A Guarantee Registration Card.
- This Manual.

If you have purchased a **HELIX BLUE™** pack then the pack will also contain a pair of 2mm Conductive Rubber Loops.

Or if you have purchased a **HELIX RED™** pack then you will also have a small satin finished Electro Egg.

If anything is missing, then please contact your supplier.

(DO NOT CONNECT THE ELECTROHELIX OR ANY ELECTRICAL DEVICE TO ANY LOCATION ABOVE THE WAIST (ACROSS THE ARMS COUNTS AS ABOVE THE WAIST!), BUT ESPECIALLY DO NOT CONNECT ACROSS THE HEART, CHEST, NECK OR HEAD. DO NOT USE IF FITTED WITH A PACEMAKER OR ARE PREGNANT. REMEMBER YOU USE THIS DEVICE AT YOUR OWN RISK. YOU MUST READ AND UNDERSTAND THE USER MANUAL AND ALL OTHER INSTRUCTIONS BEFORE USE.

WHAT IS IT?

Electrostimulation or E-Stim (also called electrosex and electroplay) is the art of using electricity to stimulate the human body.

Why do we call it an art? Well finding ways to pleasure the human body is not an exact science. Think of e-stim like music - we all like various types of music from hip hop to rock-n-roll, but you need to explore and experiment to find out what you truly enjoy.

With the **ElectroHelix™** we have given you the instruments to enjoy that exploration in a safe and interesting way.

E-Stim is not just for men or techies, it is for everyone to enjoy.

You will find that it is easy to use and it offers levels of sensation and pleasure that are difficult to find anywhere else. Enjoy your electroplay experience!

The Power Box

The **E-Stim Systems ElectroHelix™** has been developed as an electro stimulation based pleasure box. Unlike some other units on the market this is NOT a rebadged TENS unit, but a made for play, purpose designed e-stim box.

Key Features

- A simple single channel output with smooth stepless controls.
- 5 built-in adjustable program modes.
- Unique Fire Button
- Selectable Intensity Control
- A constantly illuminated mode display.
- Battery driven - giving hours of fun from a single PP3 battery.
- User replaceable battery – no need to wait for a recharge.
- Safe current limited AC output.
- Lifetime Guarantee.
- Designed and manufactured in the UK.

ELECTROHELIX™ FEATURES

The ElectroHelix™ has a number of user controls. Each control allows the user to adjust a particular aspect of the output.

The channel Live Indicator shows when the ElectroHelix™ has an active output.

The power switch is located on the top of the unit and has two positions either OFF which is indicated by the 'o' on the label or ON which is indicated by the '•' on the label.

This is the control the output level for the output socket on the top of the unit. This is a stepless control which should allow you to find the exact level you want. Always start at zero and increase the level slowly.

The Feel Control allows you to change the feel of the output. It is active in all modes.

The Speed Control allows you to change the cycle speed. The Speed Control is not active in Flo and Fire modes.

The Mode LEDs indicate the current mode, as well as any error condition (Low Battery etc)

The Fire Button 'Fires' the output when in Fire Mode. Perfect for tormenting a submissive. It also allows you to select a more intense sensation from your ElectroHelix™ (Press and hold the Fire Button and wait for all the LEDs to light when turning the ElectroHelix™ on.

Press to cycle through the individual modes of the ElectroHelix™. The mode indicator shows the current mode, The mode becomes active when the button is released.

Output Socket

Connect electrodes with standard 3.5mm jack socket connections

Channel Live Indicator

Power Switch

Level Control

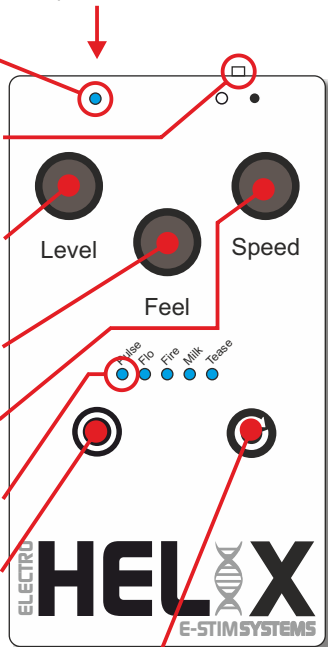
Feel Control

Speed Control

Mode Indicators

Fire Button

Mode Cycle Button



PROGRAM MODES

The ElectroHelix™ has 5 program modes.

By default when the ElectroHelix™ is first turned on, it will start in **Pulse** mode. To change the mode simply press the **Mode Cycle Button**. This will cycle through to the next mode with each press. A mode is active once the button is released. If any of the mode lights are flashing then your ElectroHelix™ is in need of attention. A single flashing LED indicates the battery needs to be changed.

**Mode Cycle
Button**



More Intense

If you want a more intense sensation, press and hold the **Fire Button** when you switch the ElectroHelix™ on and wait for all the Mode LEDs to light up. Release the Fire Button and now you should now find everything more intense.

Pulse Mode

The output pulses on-off-on with the speed of the pulsing controlled by the **Speed Control**. The **Feel Control** adjusts the feel of each pulse.

Flo Mode

The output is on all the time. The Feel Control adjusts the feel of the output, while the Level Control provides adjustment of the output level.

Fire Mode

The output is only active when the fire button is pressed. The Level and Feel are adjusted by the rotary controls. The Speed Control has no effect.

Fire Button



Milk Mode

A stream of pulses that get faster then slower, with the rate of increase/decrease controlled by the speed control.

Tease Mode

A wavering stream of pleasure that will tease and torment. The Speed and Feel Controls adjust the range and amount of change.

FITTING THE BATTERY

Make sure the power box is switched off, and unplug any electrodes.



Turn the box over and using a small amount of pressure from your thumb, press down on the ridged area and slide the cover towards the bottom of the unit.

Replace with a fresh 9V Alkaline PP3.

The battery connector is polarized so it should be impossible to connect the battery incorrectly, but ensure you are connecting it the right way around before you plug the battery in.

Place the battery into the battery compartment making sure that the battery connector is to the left-hand side (as you look at it) and the battery cable runs along the bottom of the battery compartment.



Replace the battery cover by sliding it back on until it clicks into place. The cover is designed to slide into place along a pair of rails, one on each side, and then click into place.

Your ElectroHelix™ is now ready to use.

Please note we do NOT recommend the use of zinc carbon batteries due to their general poor performance.



Do not attempt to use a mains adaptor with the ElectroHelix™.

In the event your ElectroHelix™ is not being used for a period of time, remove the battery to avoid any potential damage from battery leakage.

GETTING STARTED

Before using the ElectroHelix™ you should test the unit to make sure everything is working.

- Make sure the **Level Control** is set to minimum, by turning fully anti-clockwise and the **Power Switch** is set to the off 'o' position.
- Fit a battery into the ElectroHelix™. (See Fitting instructions on previous page).
- Slide the **Power Switch** to the On '●' position. The mode display will then light up as your ElectroHelix™ goes through a self-test.
- If you wish to change the overall intensity then press and hold the Fire button as you turn your ElectroHelix™ on.
- Next the Mode display will show the battery level. The more lights that light up the better the battery level. If less than two lights illuminate, then consider changing the battery. If the battery is too low then a single LED will flash - Replace the battery.
- If more than one of the Mode LEDs start to flash, then there is an internal issue with your ElectroHelix™, and you should stop using it and contact E-Stim Systems for further information. - Email info@e-stim.co.uk.
- Press the **Mode Cycle Button** to choose your preferred mode. The Modes are Pulse-Flo-Fire-Milk-Tease and then back to Pulse again. The chosen mode is only active when the button is released.

Always ensure you turn the output control down before changing mode.

Two points of Contact

Electroplay always needs at least **two** points of contact in order for it to work. Electrodes are generally either monopole (meaning single point of contact) or they are bipolar (meaning there are two points of contact).

Connection Cables

A connection cable has two plugs on one end, and a jack plug on the other. Each of the two coloured pin plugs insert into one socket on a pad, or into one end of one loop, or into each of the sockets on an insertable electrode. Some insertable electrodes such as our Electro Egg have a fixed cable.

The jack plug plugs into the output socket on the top of the ElectroHelix™. Do not connect or disconnect any electrode while the powerbox is turned on, or you may receive an inadvertent shock.

To remove a connection plug gently twist the body of the plug as you pull whilst holding the socket stationary. Never pull on a cable.

Surface Electrodes

All the ElectroHelix™ Packs are supplied with 4 re-usable self-adhesive monopole electro pads. These are used in pairs and stick to the surface of the skin. When you have finished using them they should be returned to the plastic carrier sheet for protection.

Pad Placement

Self-adhesive monopole electro pads work well on inner thighs, buttocks, pelvic mound and even the penis or scrotum – the choice is yours.

Peel the pad from the plastic carrier sheet and stick it to the surface of the skin where you want to use it. There is no need to use any conductive gel as the pads are designed to be used without it.

To remove the pads, first ensure the Level Control is turned down and the ElectroHelix™ is switched off. Take hold of one of the corners of the pad and slowly peel the pads off the skin and replace it on the plastic carrier sheet.

The closer the pads are together, the more intense the sensation, but make sure the pads do not touch each other.



Sensations

You may feel more sensation in one location than the other. This is the nature of e-stim and is normal - Just try moving the electrode and or use different amounts of conductive gel and experiment with positions to find what works best for you. Even swapping the colours plugs over many give you a different sensation or feel.

Cleaning

Do NOT use solvents to clean the ElectroHelix™. A gentle wipe with a soft damp cloth should be sufficient. It is not possible to sterilise the ElectroHelix™.

Self-adhesive monopole electro pads cannot be cleaned but are reusable. To prolong their lifespan always return them to their protective carrier sheet after use.

If you have problems

If the output feels lower than normal, check the battery level at start up and if it is below half then replace the battery with a **new battery**.

If you cannot feel any output despite **the Channel Live** indicator being illuminated, and the **Output Level** turned up and you have replaced the battery with a known good battery, then it is most likely the connecting wires so try changing them over.

Generally most problems can be solved by either replacing the battery or the cable.

DO'S AND DON'TS

DO NOT CONNECT ABOVE THE WAIST (ACROSS THE ARMS COUNTS AS ABOVE THE WAIST!), BUT ESPECIALLY DO NOT CONNECT ACROSS THE HEART, CHEST, NECK OR HEAD. DO NOT USE IF FITTED WITH A PACEMAKER OR ARE PREGNANT. REMEMBER YOU USE THIS DEVICE AT YOUR OWN RISK.

If you or your play partner experiences any pain or discomfort then stop using immediately. Any E-Stim device is potentially capable of causing burning when used on sensitive and or small contact areas at high output levels.

DO NOT SHORT CIRCUIT the output. Doing so may damage the unit.

HELIX RED

HELIX RED PACK

In addition to the contents of the ElectroHelix™ pack the HELIX RED™ pack includes a Small Electro Egg.



Small Electro Egg

This is a bipolar insertable electrode suitable for both vaginal or anal use and is fitted with a 1.5M cable with a re-enforced 'tail' and a 3.5mm jack plug at the other end.

To use the Electro Egg cover it with a thin layer of conductive gel and then gently insert it fully into either the vagina or anus.

Making sure that the ElectroHelix™ is turned off and that the Level Control is turned down. Plug the 3.5mm jack plug into the output socket. Now turn the ElectroHelix™ on and once it has completed the start-up sequence, select a mode and then slowly start to turn the Level control clockwise until you feel a tingling sensation.

To remove the Electro Egg first turn the Level Control all the way down turn the ElectroHelix™ off and remove the jack plug from the output socket. Now relax and using the re-enforced 'tail' gently pull the Electro Egg out.

NOTE : You cannot use a condom over the electrode.

Cleaning

The Electro Egg is not designed to be disassembled for cleaning. Simply use a sex toy cleaner, medical grade cleaning wipes or a damp cloth using hot water and a mild detergent.

Do not use caustic cleaning substances that may damage the Electro Egg or immerse it for cleaning.

HELIX BLUE PACK

In addition to the contents of the standard ElectroHelix™ pack the HELIX BLUE™ pack includes a pair of 2mm Conductive Rubber Loops.

Conductive Rubber Loops

These are a pair of monopole contact electrodes and so need to be used either as a pair or in combination with another contact.



To use them as a pair you will need both Loops and the **2mm/TENS cable** provided. Plug one of the coloured pins of the cable into one end of one Loop, and the other coloured pin into one end of the other Loop. A good tip is to put a small amount of conductive gel on each pin before inserting them as this helps when inserting them and also when you come to unplug them. **Do NOT** plug both pins into the same Loop.

Turn Off And Connect

Make sure the ElectroHelix™ is turned off and the Level Control is turned down. Then plug the 3.5mm jack plug from the cable into the output socket on the top of the ElectroHelix™.

Now turn the ElectroHelix™ on and once it has completed the start-up sequence choose a mode and *Slowly* start to turn the corresponding Level Control up to increase the output until you feel a sensation.

To Adjust or Remove

To Remove the Loops, turn the Level Control fully down and then turn off the ElectroHelix™. Now unplug the cable from the output socket. Press the spring catch on the centre of the toggle on the Loop and gently pull the toggle away from the penis to loosen the Loop. Once off the penis remove the coloured pins from the Loops by holding the end of the Loop and gently pulling the body of the pin out of the Loop whilst gently twisting it. Do not pull on the cable.

Warning



DO NOT attempt to open the ElectroHelix™. High voltages are present during use and may still exist when the unit is switched off. There are no user serviceable parts inside and opening the ElectroHelix™ will invalidate the any guarantee.

Storage

In the event that the ElectroHelix™ unit is not going to be used for a period of time always remove the battery to avoid any possibility of damage being caused by battery leakage.

(DO NOT CONNECT THE POWER BOX OR ANY ELECTRICAL DEVICE TO ANY LOCATION ABOVE THE WAIST (ACROSS THE ARMS COUNTS AS ABOVE THE WAIST!), BUT ESPECIALLY DO NOT CONNECT ACROSS THE HEART, CHEST, NECK OR HEAD. DO NOT USE IF FITTED WITH A PACEMAKER OR ARE PREGNANT. REMEMBER YOU USE THIS DEVICE AT YOUR OWN RISK. YOU MUST READ AND UNDERSTAND THE USER MANUAL AND ALL OTHER INSTRUCTIONS BEFORE ATTEMPTING OPERATION.

ELECTROHELIX™ SPECIFICATIONS

Channels/ Outputs	Single Channel, single output mono 3.5mm socket.
Display	High brightness Light Emitting Diodes indicating Status, Battery Level, Channel and Mode Activity.
Operating Modes	5 - Pulse, Flo, Fire, Milk and Teese
Controls	Power Switch, Level, Feel, Speed, 'Fire' and Mode Select Buttons.
Waveform	Asymmetrical pulsed AC
Output Type	BF
Micro Pulse Frequency	Variable 55Hz to 380Hz
Burst Pulse Frequency	0.5 - 33 Hz
Power Supply	Standard 9 Volt Alkaline (PP3)
Battery Life	Variable dependent on load
Dimensions (approx.)	112mm x 65mm x 41mm
Weight (with battery)	160g

CERTIFICATE OF CONFORMITY

US Regulatory Wireless Notice

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The FCC requires the user to be notified that any changes or modifications made to the device that are not expressly approved by E-Stim Systems Ltd may void the users authority to operate the equipment.



European Union Notice

Products bearing the CE marking comply with the R&TTE Directive (1995/5/EC), EMC Directive (89/336/EEC), and the Low voltage Directive (73/23/EEC) issued by the Commission of the European Community.

Compliance with these directives implies conformity to the following European norms (in parentheses are the equivalent international standards and regulations.)

EN 55022 (CISPR 22) – Electromagnetic Interference , EN 55024 (IEC61000-4-2,3,4,5,6,8,11) – Electromagnetic Immunity, and EN 60950 (IEC 60950) – Product Safety.

This device may be used in all European Union Countries.

Sold as an adult novelty device only. Not to be used by children.



EU and Norway only: Products bearing the WEEE symbol should not be disposed of in normal household waste, but returned to us or your nearest WEEE registered recycler for safe disposal.

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ElectroHelix™ is a trademark of E-Stim Systems Ltd.

HELIX BLUE™ and HELIX RED™ are trademarks of E-Stim Systems Ltd.

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PROBLEMS?

If the output feels lower than normal, then replace the battery.

If any of the mode lights are flashing then your ElectroHelix™ is in need of attention. A single flashing LED indicates the battery needs to be changed. If more than one mode LED is flashing, then do not use your unit and contact E-Stim Systems Ltd.



If there is no output, and you have replaced the battery with a known good battery, then suspect the connecting wires.

If things still don't appear to be working then email us at info@e-stim.co.uk stating the model, the serial number and the problem you have encountered.

There are no user serviceable parts inside and breaking of any seals will invalidate your guarantee. The ElectroHelix™ is guaranteed (parts and labour) against failure caused by manufacturing defects or failure during normal use for the lifetime of the unit. This Guarantee is only valid for the original purchaser of the unit.

Do not return the unit for repair without contacting us for a returns number before you dispatch.

For more details regarding our lifetime guarantee, product registration and our full range of e-stim products, then visit our website at

<http://www.e-stim.co.uk> (UK/EU customers)

or our worldwide site at <http://www.e-stimsystems.com>.

Our lifetime guarantee does not affect your statutory rights.



Made in the UK



