Dr.Rock

Energy Rejuvenator
能 量 復 健 儀

Scan QR Code
掃描電子說明書

Dr.Rock

Designed in Hong Kong SAR
www.zikkotech.com

User's manual
使 用 說 明 書

ENGLISH 1 ~ 9
繁體中文 10 ~ 18

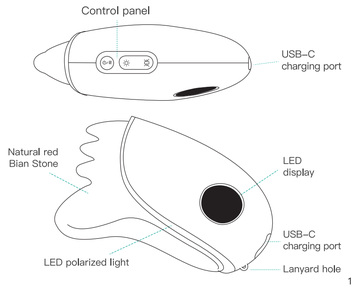
Wish you health and peace.
願 健 康 與 平 安 歸 給 您。

Dr.Rock Energy Rejuvenator

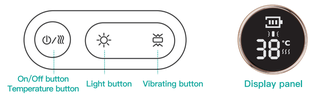
Product introduction

Energy Rejuvenator is a kind of multi energy and non-invasive lightweight hyperthermia device. After heating with BianStone and Graphene, it releases far infrared rays, negative ions, ultrasonic waves, And the unique near-infrared, red, yellow and blue LED polarized light and the earth's magnetic field frequency 7.83 Hz design, it continuously supplies energy to the body, rejuvenates cells, and improves mental state in an all-round way. Improve microcirculation obstruction, relieve head pain, improve facial wrinkles and beautify skin, help lymphatic drainage. Used in conjunction with cream, it can effectively improve cream rate of the product and has the magical effect of introducing it into the bottom of the skin. Various energies can be used separately for different purposes to achieve a more perfect effect, allowing you to restart the "self-healing" ability of cells.

Product schematic



Operation Instructions



① Power-on: Long press ⏻/🌡 for 2 seconds to power on or off. After boot-up, the device is default at: Temperature section 1 38℃.
② Temperature: Short press ⏻/🌡 after power-on:
Temperature cycle adjustment:

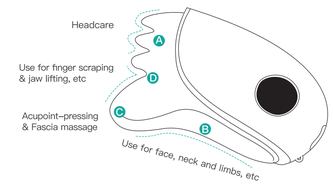
Precaution: It takes 5 to 15 minutes to heat up at the targeted temperature depending on the environmental factors after power-on. It is recommended to use other functions (vibration and light) after power-on and heating.
OF indicates the heating function is off.

③ Short press ☼ : 4 kinds of light modes in a switch loop:
near-infrared light (850nm) + red flashing light (630nm) →
near-infrared light (850nm) + yellow flashing light (580nm) →
near-infrared light (850nm) + blue flashing light (460nm) →
near-infrared light (850nm). (Note: Near-infrared light is invisible to the naked eye);
④ Short press 〰: Vibration cycle adjustment: the mode is changed in sequence: Section 1 〰 → Section 2 〰 → Section 3 〰 → Turn off the vibration, the vibration icon will be off when the vibration is turned off;
⑤ Please adjust as appropriate functions to suit your personal needs.

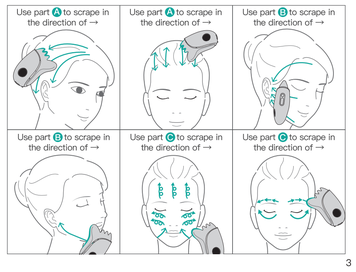
Charging Instructions

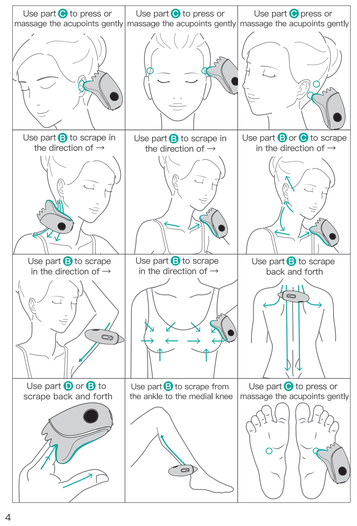
1. Before the first use, fully charge the device for about 2 hours;
2. When charging the product, a special USB cable is pr ovided to connect the TYPE-C socket of the device, the other part is connected with an arbitrary 5V adapter.
3. When the indicator light of the battery icon in the display panel keeps flashing, it indicates that it is charging;
4. When all indicator lights of the battery icon are on, It indicates that it is fully charged;
5. The product can be charged at any time and at any power level under particular environmental conditions;
6. When the battery icon shows that the battery is low, please charge it in time;
7. It is not recommended to fully use the battery until the battery level is low (The empty battery icon is on and flashing) to the product is shut down.
8. The product cannot be turned on when charging, please unplug the power supply before power-on.

Product Features



Basic Using Methods for Daily Care





Main Effects

- ✓ To relieve headache
- ✓ To improve facial wrinkles and beautify skin
- ✓ To improve body microcirculation
- ✓ To improve metabolism and immunity
- ✓ To cooperate with acupoints for better effects
- ✓ To enhance the absorption of skincare products into skin cells
- ✓ To make a wound heal faster
- ✓ To improve overall mental state
- ✓ To be emotionally stable
- ✓ To boost lymphatic drainage

Applications of Energy Formula (Bianstone, Light Function)

Energy Type	Function Reference is made to "The Health Science of Far Infrared" and related optical literature.	Usage	Duration
1. Bianstone releases far-infrared light (invisible light) after heating, negative ions, and ultrasonic waves are released when it vibrates.	Antioxidant, anti-inflammatory, improving microvascular circulation, pain relief, activating cells, and helping wound healing	1.Heating + Red light 2. Heating + Yellow light 3.No heating + Blue light 4. Heating only	20~40 mins
2. Near infrared (invisible light)	Similar to far infrared	When the device is on, it continues working with every lights automatically.	20~40 mins
3. Red light	Delay of aging, reducing pain and chronic inflammation (old wounds), improving skin wrinkles, removing freckles, enhancing hair growth, better sleep, improving mental state, and energizing.	Heating + Red light	20~40 mins
4. Yellow light	Boosting lymphatic drainage, increase of adrenal secretion, lightening spots, improving self-confi-dence, concentration, memory, joy of emotion.	1. Heating + Yellow light 2. No heating, Yellow light only	20~40 mins
5. Blue light	Relaxing nerves, reducing inflammation (new wounds), relief of palpitations , insomnia, bursting pain, oily skin control, reducing blackheads and acnes, and stabilizing emotions.	No heating, Blue light only	20~40 mins

Maintenance, Cleaning & Storage

1 . After use, please clean it with a damp towel, then dry it with a soft cloth;
2. Please store the product in moisture-proof, fire-proof, sun-proof, anti-pressure, anti-collision, anti-pollution, and dry and ventilated place;
3. Before and after use, please wipe the surface of the bianstones with rubbing alcohol;
4. After using the product, please turn off the power and place it in a safe place, and keep the product away to children;
5. When the product is unused for a long time, please place it in the storage bag. Do not expose the product under direct sunshine which is easy to make discolouration or deformation and damage. Meanwhile, please charge the battery once a month if the product has been unused for a long time, in order to avoid damage to the battery or dampness of the product;
6. Do not use this product for other purposes.t

Specifications

Model：ER100
Name：Dr.Rock Energy Rejuvenator
Main material：Natural red Bian Stone
Auxiliary heating：Graphene film
Temperature adjustment：Section 1 38℃, Section 2 45℃, Section 3 50℃ (Note: A deviation of ±5℃ will be occurred depending on environmental and usage conditions)
Vibration：3-speed adjustment
Light wavelength：Far infrared 6 ~ 14 μm, near infrared 850nm, red light 630nm, yellow light 580nm, blue light 460nm
Visible light flicker frequency：7.83 Hz
Ultrasonic frequency：About 650 KHz
Power input：USB-C 5V/2A
Lithium battery：3.7V/1550mAh, 5.5Wh
Battery life：About 2 hours (it may vary according to usage)
Charging atime：About 2.2 hours
Size：L 11* W 7.6* H 3.7 CM
Weight：174g
Color：White

Package & Accessories

- Energy rejuvenator x1
- User manual x1
- Product lanyard x1
- Product storage bag x1
- USB-C charging cable x1

Abnormal Fault & Trouble-clearing

Fault Description	Reasons for Abnormal Fault	Trouble-clearing
The product is not turned on.	Please check the battery level.	Please charge the battery. (Please charge at least 2 hours if it has been unused for a long period of time.)
Th product shutdown when using	The battery is insuffient.	Please charge the battery.
The product is failed to be charged or has no charging display.	1. Please check the connection with the power supply and plug it fully. 2. Please check the battery level of the power supply.	1. Please re-plug the power or change a new adapter. 2. Please check the connection with the power supply.
No vibration response	The vibration part is not connected with the power supply or is damaged.	Please contact after sales service centre for specific reasons.
No heat	Please wait for 5 ~ 15 mins. / Check the connection of heating films with power supply.	Please contact after sales service centre for specific reasons.

Note: For other abnormal issues, please contact customer service centre immediately.

Important Safety Instructions

1. Please read the instruction manual carefully before using the device;
2. This product is not a medical device, it is not recommended for medical use;
3. The product has a heating surface and is not suitable for people who are not sensitive to heat, infants or people with reduced physical, sensory or mental capabilities; 4. It is not suitable for children to use, and it requires parents or guardians to set it up in advance, or children have been given supervision or instructions;
5. When using, please pay attention to the temperature of the heated bianstones, choose a suitable temperature section, and choose the appropriate temperature which the skin can be generally accepted. Do not overheat in order to prevent burns;
6. When the product has odor residue after using with essential oil, please wipe with a clean damp cloth in order to keep the product clean. It is recommended to use 75% alcohol for disinfection before use in order to avoid infection;
7. The bianstone part of this product is made of natural xuan-huang bianstone, the appearance of fine texture is a normal phenomenon, which has no effect on the use of bianstone;
8. Please do not use the product during charging;
9. Please shut down before unuse;
10. This product cannot be dropped or hit from high altitude, it has to be handled with care, and it is fragile;

11. The device is not waterproof, do not use it with wet hands and feet or in a humid environment;
12. Do not use chemical solvents to clean the device, charging cable, etc.;
13. No disassembly. Otherwise, all consequences are at your own risk.
14. If you feel that the temperature is too high / the skin turns red, it is recommended to lower the temperature section or stop using;
15. If the product has been used for a long time, the product should be adjusted to the low (temperature) section.

After-sales Service

One year warranty

The warranty provides free of charge repair within 1 year from the date of purchase. It also provides parts replacement including accessories within 6 months from the date of purchase. If there are any quality problems due to product defects, our company shall be liable for the free repair, replacement of the product, and replacement of the essential parts.

Note: The following disclaimer is not covered by this warranty.

- ➢ Any damages due to accident, misuse, human error or transportation;
- ➢ Any repairs/modifications made by any person other than authorized personnel of the manufacturer;
- ➢ The product is misused which is not according the instructions manual;
- ➢ Any losses is higher than the cost of the product;
- ➢ Any quality problems due to abnormal storage or protection conditions at the customer's workplace;
- ➢ Unable to provide valid warranty card and registration;
- ➢ Any products purchased from unofficial or authorized consuming channels.

Environmental Protection and Recycling

The product has an internal installed rechargeable battery, which may contain sources of environmental pollution. Before disposing the product, please be sure to turn off the power and take out the battery, or send the product to an officially designated battery recycling centre. You can also send the discarded products back to our designated recycling department (please contact the after-sales service centre for recycling information), and the maintenance department will handle your case.

- ➢ Do not cause a short circuit of the battery in order to prevent a fire.
- ➢ Do not throw the battery into the fire in order to prevent explosion or release of toxicants.

Toxicant name and content in the product

Component Name	Toxicants or elements					
	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Hexavalent chromium (Cr(VI))	PBBs (PBB)	PBDEs (PBDE)
Plastic Case	O	O	O	O	O	O
Bianstones	O	O	O	O	O	O
Rubber parts	O	O	O	O	O	O
Circuit board components	O	O	O	O	O	O
Cables	O	O	O	O	O	O
Motor	O	O	O	O	O	O
White glue	O	O	O	O	O	O

This form is compiled in accordance with SJ/T 11364.
O indicates that the content of toxicants in all materials of the part is below the limited requirement specified in GB/T 26572.
X indicates that the content of toxicants in at least one of a certain materials of the part exceeds the limited requirement specified in the GB/T26572.

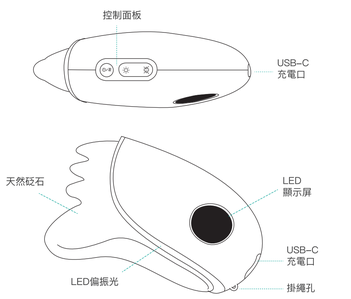
1. During the environmental protection period of usage, please use the product in accordance with the instruction manual.
2. The environmental protection period of usage does not cover consumable items, batteries, motor.

Dr.Rock 能量復健儀

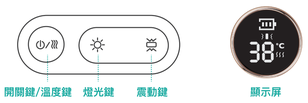
產品簡介

能量復健儀是一種能量複方且非侵入性的輕巧熱療設備，通過砭石和石墨烯發熱後，釋放出遠紅外線、負離子、超聲波，以及獨特的近紅外線、紅黃藍LED偏振光及地球磁場頻率7.83赫茲設計，將能量源源不斷地供給身體，使細胞恢復活力，全面調升精神狀態。改善微循環阻礙，緩解頭部疼痛、改善面部皺紋和美顏潤膚、有助淋巴排毒。配合護膚品使用，則有效提升護膚品的吸收率，有導入肌底的神奇功效。各種能量可以針對不同的用途分開單獨使用，達到更完美的效果，讓你重新啟動細胞的"自我修復"能力。

產品布件示意圖



使用說明



① 開機：長按 ⏻/🌡 2秒，開機或關機。
開機默認：溫度1檔38℃。
② 溫度：開機後短按 ⏻/🌡：溫度循環調節，
依次為：38℃ → 45℃ → 50℃ → OF

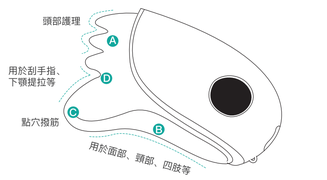
提示：開機後升溫至目標溫度，視其環境因素，需要5~15分鐘。建議先開機加熱後，再使用其他功能（震動和光）。
OF 代表加熱功能關閉。

③ 短按 ☼：4種燈光模式循環切換：
近紅外線光 (850nm) + 閃紅光 (630nm)
→近紅外線光 (850nm) + 閃黃光 (580nm)
→近紅外線光 (850nm) + 閃藍光 (460nm)
→近紅外線光 (850nm)。(註：近紅外線光是肉眼看不見的)；
④ 短按 〰：震動循環調節：依次為1檔 〰 →2檔 〰 →3檔 〰 → 關閉震動，關閉震動時震動圖標熄滅；
⑤ 請根據個人的使用需求，調至相應的功能適用。

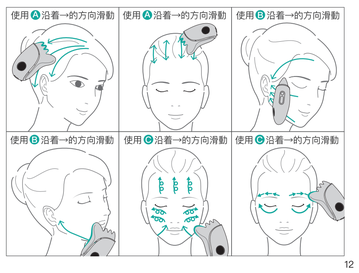
充電說明

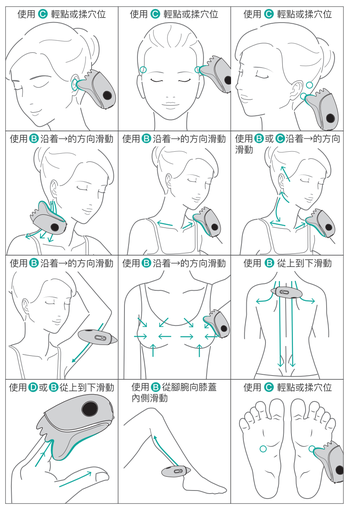
1. 初次使用之前，充電約2個小時，將電充滿；
2. 產品充電，將提供專用USB線連接設備TYPE-C插口，另一端用任意輸出5V適配器。
3. 產品LED顯示屏中電池圖標的指示燈有規律地閃爍，表示正在充電；
4. 產品LED顯示屏中電池圖標的指示燈全部保持常亮時，表示電已充滿；
5. 產品在指定的環境條件下可以任何時間、任何電量水平下進行充電；
6. 當產品電池圖標剩一節時，應及時充電；
7. 不建議將產品電量完全耗盡到電量不足（電池圖標空心閃爍）至關機；
8. 註：充電時產品無法開機使用，請拔掉充電電源線後再開啟機器。

產品特點



基本的護理使用方法





主要功效

- ✓ 緩解頭部疼痛
- ✓ 改善面部皺紋和美顏潤膚
- ✓ 促進身體微循環
- ✓ 有助淋巴排毒
- ✓ 改善新陳代謝和免疫力
- ✓ 加強皮膚細胞吸收護膚品
- ✓ 加速傷口癒合
- ✓ 全面調升精神狀態
- ✓ 穩定情緒
- ✓ 配合穴位使用，功效更佳

能量複方的應用（砭石、燈光使用功能）

能量的種類	功能 參考於《遠紅外線的健康科學》以及相關光學文獻。	用法	建議使用時間
1、砭石加熱釋放出更強的遠紅外線光（不可見光）、負離子，震薄時釋放出超聲波。	抗氧化、消炎、改善微血管循環、緩解疼痛、活化細胞、有助傷口癒合。	1、加熱+紅光 2、加熱+黃光 3、不加熱+藍光 4、加熱單獨使用。	20~40分鐘
2、近紅外線（不可見光）	與遠紅外線相似	當設備開啓時，一直自動持續與每種光同時組合進行。	20~40分鐘
3、紅光	延緩衰老、減少疼痛和慢性炎症（舊傷口）改善皮膚彈性和皺紋、去斑、增強毛髮生長，全面調升精神狀態，增加能量。	加熱＋紅光	20~40分鐘
4、黃光	有助淋巴排毒，增加胃上腺分泌、淡斑，提升自信、專注、記憶力、喜悅感的情緒。	1、加熱＋黃光 2、不加熱，單獨使用	20~40分鐘
5、藍光	放鬆神經、減少急性炎症（新傷口），舒緩心悸、失眠、頭痛、皮膚控油，減少黑頭及粉刺，穩定情緒。	不加熱，單獨使用	20~40分鐘

保養、清潔、存放

1 . 產品使用後，用濕毛巾或酒精濕巾清潔，然後用軟布擦乾；
2. 產品存放採取防潮、防火、防曬、防壓、防碰撞、防污染，且乾燥、通風；
3. 砭石部分在使用前後，表面請用醫用酒精擦拭消毒；
4. 產品使用完畢後，需關掉電源，並放置於安全場所，切勿讓兒童玩耍；
5. 產品存放或長時間不使用時，應放置於收納包內。切勿將產品置於日光下暴曬，以免造成產品褪色或變形及爆裂。同時，長時間未使用應每月給產品充一次電，避免電池受損或產品受潮；
6. 請勿將本產品用於其他用途。

參數規格

型　號：ER100
品　名：Dr.Rock 能量復健儀
主要材料：天然紅色砭石
輔助發熱：石墨烯膜
熱敷溫度：1擋38℃、2擋45℃、3擋50℃
（註：以上受環境及使用情況會有±5℃偏差）
震　動：3擋調節
光 波 長：遠紅外線6～14微米、近紅外線850納米、紅光630納米、黃光580納米、藍光460納米
可見光閃爍頻率：7.83赫茲
超聲波頻率：約65萬赫茲
電源輸入：USB-C 5V/2A
鋰電池：3.7V/1550mAh, 5.5Wh
續航時間：約2小時（依據使用狀態變化）
充電時間：約2.2小時
尺　寸：L 11* W 7.6* H 3.7 CM
重　量：174克
顏　色：米白色

包裝配件

- 能量復健儀 x1
- USB-C充電線 x1
- 產品掛繩 x1
- 使用說明書 x1
- 產品收納包 x1

安全注意事項：

1.使用本產品之前，請先詳閱使用說明書；
2.此產品非醫療器械，不建議作為醫用用途；
3.產品具有發熱表面，不得讓對熱不敏感的人、嬰幼兒或不能自理人員使用；
4.此器具不宜被兒童使用，除非家長或監護人已事先對其進行設置，或已對兒童就其使用方法給予充分指導；
5.使用時應注意加熱後砭石的溫度，選擇自己適合的溫度檔，以皮膚能接受的溫度為主。切勿過熱，防止燙傷；
6.本產品配合精油使用後有氣味殘留時，應用乾淨的濕布進行擦拭，以保持產品的清潔。給其他人使用前建議採用濃度為75%的酒精進行消毒，避免傳染；
7.本產品砭石部分使用天然玄黃砭石製作而成，出現細微紋理屬於正常現象，對砭石的使用功效沒有任何影響；
8.充電期間請不要使用產品；
9.停止使用前請先關機；
10.本產品不可高空跌落、撞擊，需輕拿輕放，小心易碎；
11.本機不具備防水性，嚴禁使用時手腳濕漉有水，嚴禁在潮濕的環境下使用；
12.嚴禁使用化學溶劑清潔本機機身，充電線等；
13.禁止以任何方式自行拆卸本機，否則損失由個人全部承擔；
14.若感覺溫度過高 / 熱敷部位發紅，建議調低檔位或暫停使用；
15.如果產品可能被長時間使用，則產品應調整到推薦連續使用的低(溫)檔上。

異常故障及排除

故障描述	異常原因	異常處理措施
產品無法開機	檢查電量是否充足	請充電（若長時間未使用請充電2小時以上）
產品使用中停機	電池電量不足	請充電
產品無法充電或無充電顯示	1.檢查充電口是否插到位， 2.檢查充電電源電量是否充足	1.請重新插拔或是更換匹配的適配器 2.檢查充電電源是否輸出正常
產品無震動反應	震動電機不通電或損壞	具體原因，請聯繫售後處理
產品無熱感	需等待5～15分鐘/發熱片不通電或是燒壞	具體原因，請聯繫售後處理

注:如果有其他異常狀態，請及時聯繫客服

售後服務

一年質保

自購買之日起整機保質一年，所附帶的配件保修6個月。因產品製造缺陷造成的質量問題，無法正常使用，將由我司負責免費維修、換貨、或更換必要的組件。

注意： 以下**免責聲明**不在此保修範圍之內。

- ➢ 由事故、濫用、處理不當或運輸造成的損壞；
- ➢ 未經允許擅自維修產品；
- ➢ 產品未根據說明書保養或使用；
- ➢ 損失高於產品成本；
- ➢ 由於客戶工作場所存放或保護條件異常造成交付出現質量問題；
- ➢ 無法提供有效的購買憑證；
- ➢ 非官方或授權渠道購買的產品；

環境保護及回收

產品內置充電電池，可能包含污染環境的物質。丟棄產品前，請一定要關閉電源並將電池取出，或將本產品送至官方指定的電池回收處。您也可以將廢棄的產品寄回我司指定的回收部門（請聯繫售後獲取回收信息），由維修部門對電池進行分解和回收。

- ➢ 請勿將電池短路，以防造成電池燃燒引起火災。
- ➢ 請勿將電池投入火中，以防發生爆炸或釋放有毒害物質。

本產品有害物質的名稱及含量

部件名稱	有毒有害物質或元素					
	鉛(Pb)	汞(Hg)	鎘(Cd)	六價鉻 (Cr(VI))	多溴聯苯 (PBB)	多溴二苯醚(PBDE)
塑料外殼	O	O	O	O	O	O
砭石	O	O	O	O	O	O
橡膠件	O	O	O	O	O	O
電路板組件	O	O	O	O	O	O
連接線	O	O	O	O	O	O
電機	O	O	O	O	O	O
白膠	O	O	O	O	O	O

本表格依據SJ/T 11364的規定編制
O 表示該有害物質在該部件所有均質材料中的含量均在GB/T 26572規定的限量要求以下。
X 表示該有害物質至少在該部件的某一均質材料中的含量超出GB/T26572標準規定的限量要求。

1、在環境保護期限中，請按照使用說明書使用本產品。
2、本環境保護使用期限不覆蓋易損件：電池，電機。

After Service Card
售 後 服 務 保 障 卡

Product Name 產 品 名 稱	
Product Model 產 品 型 號	
Product Serial No. 產 品 序 列 號	
Purchasing Date 購 買 日 期	
Customer Name 顧 客 姓 名	
Phone 聯 系 電 話	
E-Mail 郵 箱	
Add. 聯 系 地 址	
Distrbutor Name 經 銷 商 名 稱	
Phone 聯 系 電 話	
E-Mail 郵 箱	
Sign/Seal Here : 經 銷 商 簽 章 :	

合格證 已檢驗NO.01

For more Q&A, please subscribe.
更多使用問答，請訂閱

facebook or YouTube Dr.Rock絡醫生