



**How to Use**

# **CONDUCTIVE PADS**

*for Micropulsing with*

**THE SOTA SILVER PULSER**



**Conductive Pads** offer a gentle and comfortable experience for Micropulsing, making them an excellent choice for individuals with **sensitive skin**.

[WWW.SOTA.COM](http://WWW.SOTA.COM)

## What You'll Need:

- SOTA Silver Pulser
- 1 Pair of Premium Reusable Conductive Pads with 2 mm Pigtail Connectors
- 1 Wrist Strap
- 1 Micropulsing Cord
- 1 Arm Band and Clip



## Step-by-Step Instructions:

### 1. PREPARE YOUR SKIN:

- Wash and dry your wrist thoroughly to remove excess skin oils and ensure optimal adhesion and conductivity.

### 2. PLACE THE ARM BAND AND CLIP:

- Slide the Arm Band on to your arm and tighten to secure it in place.



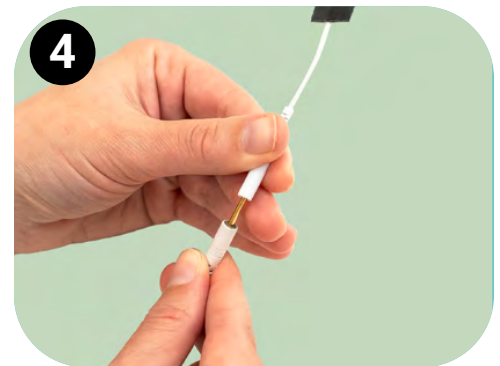
### 3. PREPARE THE CONDUCTIVE PADS:

- Select high-quality reusable Conductive Pads with 2mm Pigtail Connectors.
- Trim the pads to  $\frac{1}{4}$ " wide by  $1\frac{1}{2}$ " - 2" long using clean scissors for an accurate fit over pulse points.
- Apply a small dab of conductive gel or a few drops of water to the adhesive side of each pad (the side that contacts the skin) to enhance conductivity. Spread evenly, ensuring the pad is moist but not dripping.



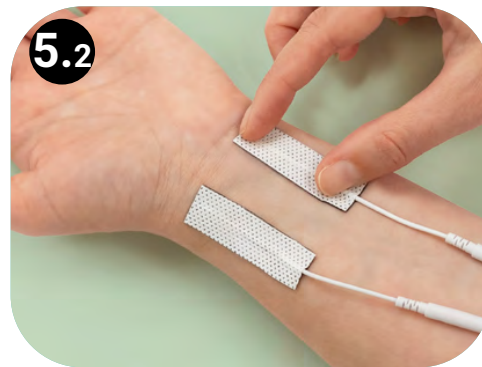
### 4. ATTACH CONDUCTIVE PADS TO THE MICROPULSING CORD:

- Push the pigtail connector of one Conductive Pad firmly onto one metal pin of the Micropulsing Cord. Repeat with the other pad and the second pin, ensuring a secure connection.



## 5. POSITION THE CONDUCTIVE PADS ON YOUR WRIST:

- Place one pad over the pulse point below the base of your thumb on your wrist.
- Place the second pad over the pulse point below the base of your little finger on your wrist.



## 6. SECURE THE WRIST STRAP:

- Use the Wrist Strap to securely hold the Conductive Pads in place over the pulse points, ensuring it is snug but not too tight.



## 7. CONNECT THE SILVER PULSER:

- Plug the Micropulsing Cord into the jack of the Silver Pulser.



## 8. TURN ON THE SILVER PULSER:

- Turn the unit ON and gently increase the intensity to where you feel it and it is comfortable.



## 9. SECURE THE UNIT:

- Attach the Silver Pulser to the clip of the Arm Band.



### **ADDITIONAL INFORMATION:**

*For more details on using the SOTA Silver Pulser, refer to the SOTA Wellness Program Guide*

» [SOTA WELLNESS PROGRAM GUIDE](#) «

• The SOTA units are consumer products designed to be used as part of a Wellness Lifestyle • The SOTA units are not medical devices nor are they intended to diagnose, treat or cure any medical or health condition • The use, safety or effectiveness of the SOTA units has not been approved by any government agency • Please consult a health practitioner for any medical or health condition • Results using the SOTA Products will vary for each person • Please note that all purchases of SOTA Products are deemed to be made in Penticton, BC, Canada •