The Carlton Professional Body Faradic machine (CC2310) enables the therapist to perform a toning or relaxing treatment on the muscles of both the lower and upper body.

Named after Michael Faraday, the treatment uses alternating low frequency surged and interrupted currents which cause nerve and muscle stimulation. The aim of the treatment is to intensively exercise individual muscles or groups of muscles to firm and tone them.

This 'passive' form of exercise stimulates the nerves and causes muscle contractions, firming, toning and strengthening the muscles and helping to reshape the contours of the client's body.

Other benefits include improved blood circulation and lymph flow, as a result of the pumping action caused by the muscle contractions, as well as an increase in the metabolic rate, improving the condition of the muscles. The treatment is particularly beneficial for clients with weak muscle tone, who wish to tone up, or for those who already have good muscle tone to further enhance this via deep muscle work.

Like all products within the Carlton Professional range, the Body Faradic machine is compact and robust with a stylish look to suit any salon or spa. The machine offers the therapist the opportunity to select the pulse sequence, pulse width, frequency, contraction and relaxation setting and intensity for a truly bespoke treatment for each client.

It is supplied with 20 pads, facial electrode, 10 connecting leads, 14 elasticated body straps, 1 tape measure, 1 client alarm switch and sample pack of body record cards.

This versatile results driven machine may be used on most skin types, except hyper sensitive. Contraindications include epilepsy, diabetes, pregnancy, heart conditions, very high blood pressure and pace makers, any history of strokes, paralysis or Bells Palsy as well as direct use over recent scars, cuts or abrasions, broken bones and varicose veins. Any client failing a sensitivity or thermal test (hot, cold, sharp, soft) should not be treated.

A course of 10 treatments is recommended, with treatments carried out 2-3 times per week, followed by monthly maintenance treatments.

For further information call 01903 761100 or visit www.carltonprofessional.com
**Accessories:** 20 pads, facial electrode, 10 connecting leads, 14 elasticated body straps, 1 tape measure, 1 client alarm switch and sample pack of body record cards.

**Size:** 380 x 255 x 175mm

**Weight:** 5.1kg

**Steps**

**Picture 1 - Body Faradic – Preparation for the treatment**
Ensure that the unit is off and that all intensity dials are in the off position. All the leads should be firmly inserted into the faradic unit. Black and red pads should be inserted into corresponding mini plugs.

**Picture 2 - Body Faradic 2 – Preparation of pads**
To prepare the pads, dampen the rough side of pads with warm water to ensure good conductivity between the current and the client.
Picture 3 - Body Faradic 3 - Starting the treatment
Place the pads onto selected muscles. Secure into place with Velcro faradic straps ensuring good firm contact with the skin. Set treatment minute timer to allow the machine to be reset. Choose appropriate treatment time (up to a maximum of 40 minutes).

Picture 4 - Body Faradic 4 - Preparing the machine
Press the reset button and ensure that all intensities are set to zero before commencing the treatment.
Picture 5 - Body Faradic 5 - Selection of pulse sequence
Select the required pulse sequence. Bi-phasic for tightening and toning, mono-phasic for lifting.

Picture 6 - Body Faradic 6 - Selection of contraction and relaxation timing
Select contraction and relaxation times. For a weak muscle tone, the starting contraction would be 1.5 seconds, for good muscle tone, start at 3 seconds. Relaxation time should be equal to the contraction time or longer, so as not to over tire the muscles.
Picture 7 - Body Faradic 9 - Selection of frequency and pulse width
Select the required frequency and pulse width. Recommended setting for frequency is between 80 and 100Hz. Pulse width is 160 µs for normal use. For deep muscle work, on a more toned or athletic client, the frequency is set to 60Hz and the pulse width is 240µs.

Picture 8 - Body Faradic 14 - Upper body
The treatment can be used on both the lower and upper body if required. The upper arms and bust area benefit from the firming and toning effect of the faradic treatment.
Picture 9 - Body Faradic 10 - Turning up intensity
Turn up each individual intensity control slowly until the desired muscle contraction is obtained. Only turn the intensity up during the contraction phase to ensure that the client remains comfortable throughout the treatment.

Picture 10 - Body Faradic 12 - Adjust pulse width
After 5–10 minutes check the contraction intensity and increase as necessary. The pulse width may now be adjusted to ensure maximum comfort of the muscle contraction.

Once the treatment is completed. Turn down all the intensities on the control dials. Remove the straps and pads. Wipe area and apply appropriate cream or gel.