

My ilo Ring Instructions

Instructions

1. Clean the Ring before use.
2. Press and hold the on/off button for 3 consecutive seconds to turn the Ring on. Once the light has flashed, immediately press the on/off button again to change vibration patterns, 8 vibrating patterns will cycle. Massage and stimulate.
3. Press the on/off button for 3 consecutive seconds to turn off.
4. Wash the Ring after use.

Charging time – 40 mins

Usage time – 1 hour

Caution: Do not charge when the power is switched on. Wash before and after use. If you feel uncomfortable while using this product, please stop using immediately and seek medical treatment if necessary.

Check out our Youtube channel for a short video of how this product works – [Restorative Sexual Health Clinic - YouTube](#)