



MANUAL



YOUR GUIDE TO
Better Health

PEMF + TERAHERTZ WELLNESS SYSTEM

BETTER FREQUENCY. BETTER LIFE.



ADVANCED TECHNOLOGY

7 powerful
modalities working
in harmony.



TARGETED WELLNESS

Support circulation,
energy, recovery,
sleep & more.



EASY TO USE

Simple, non-invasive
sessions designed
for daily life.



PERSONALIZED RESULTS

Accessories allow for
focused spot
treatments.

❖ *Supporting You Every Step.* ❖

UNDERSTANDING PEMF

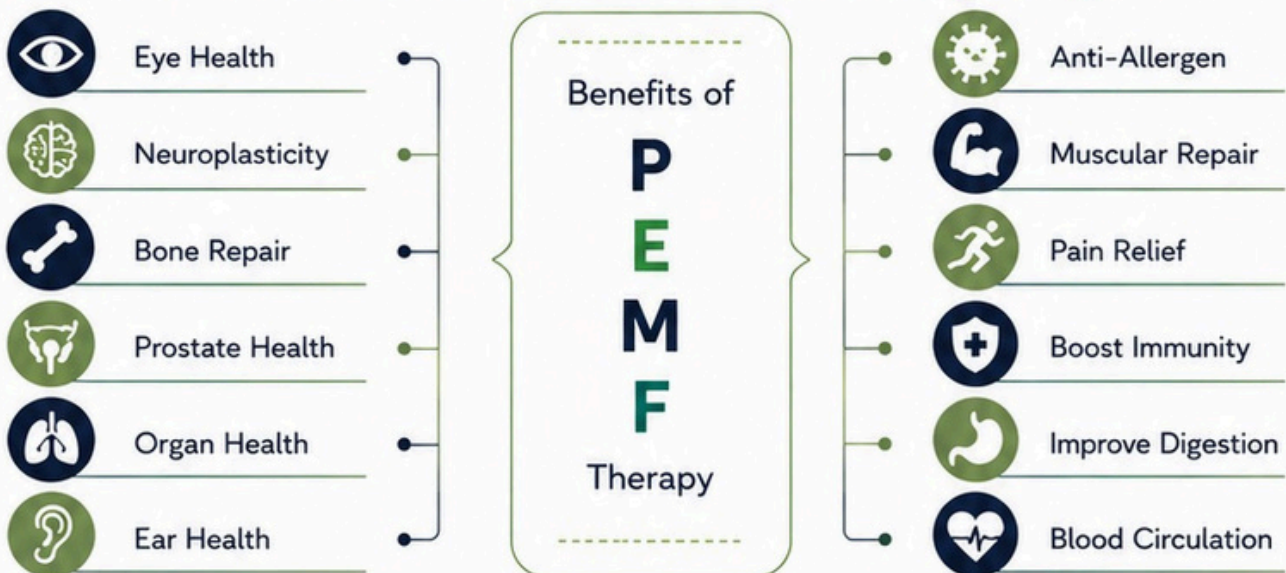
PEMF – PULSED ELECTROMAGNETIC FIELD

PEMF therapy uses electromagnetic pulses which gently stimulate the smooth muscle wall within the arteries and capillaries of the circulatory system. When these muscles are stimulated to contract and relax at a more youthful pace, blood reaches the cells with ease. A continual rich supply of oxygen, and micronutrients are delivered more quickly and waste removal becomes easy.

Additionally, the white blood cells of the body (the immune system) function efficiently when the pulsewave action of the circulatory system is enhanced with PEMF therapy. This action brings about the natural healing process. Cells receive what they need to heal and to restore, the immune system is working efficiently, and the body is capable of releasing metabolic waste a more rapid pace.

Regular PEMF sessions can help regulate your circadian rhythm and improve sleep quality, accelerate the healing process, help speed the recovery from an injury or a strenuous workout and reduce stress and anxiety by promoting relaxation and improving brain function.

Better Blood Flow = Better Everything!



In Simple Terms:

PEMF encourages better blood flow throughout the entire body, even to the smallest capillaries. This improved blood flow also creates the proper pulsewave rhythm which allows the white blood cells to perform more efficiently. This means the immune function is enhanced, inflammation is reduced, pain is relieved, mood is improved, regeneration is activated, and the entire body moves into a calm phase of restoration.

UNDERSTANDING TERAHERTZ

THz – TERAHERTZ

Terahertz (THz) refers to a frequency that lies between microwave and infrared wavelengths on the electromagnetic spectrum. Often called the “Wave of Life,” this unique band of energy is gaining recognition for its ability to **support cellular wellness**, **enhance circulation**, and bring **harmony to the body’s energy fields**.



Research shows these waves vibrate at a frequency very similar to the molecules in our bodies. Unlike ionizing radiation (such as X-rays), terahertz waves are **non-ionizing**, meaning they can penetrate materials—including skin and tissue—without damaging DNA. They help activate water molecules and energize cells.



Terahertz waves may also help “dredge,” or clear energetic blockages, within the body’s electrical network. This can open energy pathways (similar to the principles of acupuncture) and encourage **better cellular communication**, resulting in **increased overall cellular voltage**.



The Wave of Life

Terahertz waves work in harmony with your body to help support natural functions at the cellular level.

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Remember: when cellular voltage is low, the body is more vulnerable.

Wellness begins at the cellular level.



HIGHER CELLULAR VOLTAGE *Encourages Healing*



Increase Cell Voltage



Support Nerves



Boost Metabolism



Help Reduce Toxins



Enhance Circulation



Support Digestion



Anti-Inflammatory



Open Channels



In Simple Terms:

Terahertz helps balance the body’s electrical and energetic pathways, much like acupuncture. By **raising overall cellular voltage**, it creates the ideal environment for your body to function, repair, and thrive.

AN UNIQUE SYNERGISTIC COMBINATION

The Synergy of Combining These Two Frequencies



When PEMF technology and THz frequencies are used together, they create a powerful complementary effect. PEMF **enhances microvessel blood flow** and **improves oxygen delivery** throughout the body's circulatory system, while THz frequencies penetrate deeply to **activate cellular restoration** and **reduce tissue inflammation**.



Together, these energetic waveforms work in harmony to **balance and support circulation**, **encourage cellular activity**, and promote the body's natural ability to maintain balance—creating the ideal environment for **repair and restoration**.



Combined Impact: This powerful synergy **optimizes blood flow** and **nutrient delivery** throughout the body, while THz targets **cellular energy stimulation** for a more focused and effective response.



Better Together



When PEMF and THz work together, your body experiences a multi-layered benefit that supports whole-body wellness and cellular restoration.

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IN THE SIMPLEST TERMS:

PEMF RECHARGES THE CELLS

TERAHERTZ REGENERATES THE CELLS



Will the Results Last?

What we have to remember is that our lifestyle choices have led to our body's current state of health. How our body is functioning and our overall state of well-being at this present moment is a culmination of what we have put into our bodies, and the physical and emotional environment we have been living in.



Our body's level of health is directly related to our choices and habits.

Just one session with an OlyLife device will have a short-term effect, however, there is a great potential for long-term effects if the device(s) are used consistently.



Our lifestyle choices have a direct impact on our long-term results. **With consistent use, the benefits have the potential to last** and support your body over time.

WHAT TO EXPECT

Your Sessions, Your Journey



DURING A SESSION

- You may feel light tingling in your feet or legs.
- Warmth in the ankles or legs is common.
- You may sense sensations in other areas of the body.
- You may not feel anything—and that's okay.
- You might notice your body becoming more flexible in the neck, back, or limbs.
- You may experience a gradual reduction in pain.
- You might notice relief in joint or back discomfort.
- You may feel a sense of calm and relaxation.
- All of these experiences are normal.



AFTER A SESSION

- You might feel a little tired at first.
- You may feel slightly lightheaded; this is your body rehydrating.
- You might sleep more soundly that night.
- You may feel a bit more uplifted or in a better mood.



AFTER 1 OR MORE SESSIONS

- You may notice deeper and more restful sleep.
- You may have more energy throughout the day.
- You might experience reduced aches or stiffness.
- You may notice a more positive outlook and mood.
- You might see improvements in vision or hearing.
- You may notice changes in your appetite.
- You may develop a stronger desire for healthier foods.



You may also notice old issues resurfacing, such as:

- sensitivity or discomfort at old injury sites
- feelings of fatigue, chills, or flu-like symptoms
- short-term changes in bowel or urination habits

- the need for more nutritional support



TO BE NOTED:

Everyone's experience is unique. Listen to your body, and trust the process. Small shifts can lead to lasting change.





DEVICE SET-UP

QUICK & SIMPLE STEPS TO GET STARTED



1 UNBOXING

Inside Your Terahertz P90+ Box:

- Main Foot Platform PEMF & Terahertz
- Power Cord
- Frost Age Beauty Wand RF/EMS
- Revitaluxe Massager EMS/Massage/Red Light
- Remote Controller
- Safety Fuse (Protection) – Extra fuse included
- Bead Magnet Can be used for PEMF detection
- Gels for Beauty Wand and Revitaluxe Massager



2 POWER UP!



- 1 Plug the power cord into the socket on the back of the device.
- 2 Plug the power cord into a wall socket, extension cord, or power strip.
- 3 Turn on the Main Power Switch on the back-side of the device, and listen for the correct number of beeps. (*see details below*)
- 4 Press the On/Off Button on the display panel.



WHAT DO THE BEEPS MEAN?

When turning on the Main Power Switch you will hear a series of Beeps. This lets you know if the device is receiving the right voltage to deliver both PEMF and THz.



IN COUNTRIES WITH 110–120V (e.g., USA)

- You will hear: one LONG beep ... a pause ... one SHORT beep (2 Beeps total)
- If you hear 3 Beeps total, refer to the Troubleshooting Page for instructions BEFORE USING.



NEED HELP?

If something doesn't sound right or you need assistance, please contact our customer support team.

We're here to help!



IMPORTANT REMINDER

Always follow the instructions and safety guidelines provided in this manual to ensure safe and effective use of your device.

GET TO KNOW YOUR DEVICE

P90+ DISPLAY PANEL

ENERGY LEVEL
1 to 20

TIMER
Default is
20 minutes

ON/OFF

SOUND ON/OFF

DECREASE LEVEL

INCREASE LEVEL



The Remote Controller takes 2 AAA batteries and has the same control buttons as on the main device. You can use it or the remote to run the P90+. It's available for convenience.

BATTERIES are not included, but remote is included.



TO BE NOTED

Because the P90+ is not a medical device, but rather a wellness device, the user manual does not offer a set protocol for sessions. There are many variables in how individuals decide to use the device. It may differ with each person's goals as well as in how I am personally using the device.

In this guide, I am sharing what has worked for me to achieve the results I've experienced using this device. I believe this can be a beneficial tool for wellness support, but I encourage you to customize your use based on your own needs and comfort level. The longer the body is in a natural state, the greater the potential for long-term benefits.



YOUR START HERE YOUR FIRST SESSION

Your First Session

JUST 4 SIMPLE STEPS



- 1 Hydrate** with 12–16 oz water before your session.
- 2 Place** DRY, BARE feet on the metal plates.
One foot per plate.
- 3 Press the Right Arrow** on the display panel to start the session.
Press once for Intensity Level 1 – Begin there.
- 4 Allow 2 minutes** to pause and then gently touch the ankles to test for heat.



- If you remain comfortable, continue at that level for the remainder of the session.
- If there is any amount of irritation or discomfort, lower the intensity or end the session prior to the 20 minutes.

If you take your feet off at any time during the session, the intensity level will go back to 0.

Press the Intensity Level again by pressing the right arrow button.



THE P90+ AND RELAXING

Enjoy the 20 minutes and allow your body to go into the parasympathetic nervous system where you can rest and relax.

Do not use your phone as it could break the current.
Allow this time for you.



TO BE NOTED:

- We are looking for a sub-zero type of warmth, neutral/good NOT hot in the ankles.
- Just comfortable, soothing warmth.
- Persistence or increase in intensity as needed.
- Always be comfortable and relaxed.
- End the session early if needed.
- Hydrate again after the session.





P90+ ACCESSORIES

for Spot Treatment

TARGETED CARE. PERSONAL RESULTS.



Use the Revitaluxe Massager and Frost Age Beauty Wand to customize your sessions on the P90+ for specific areas and optimal results.

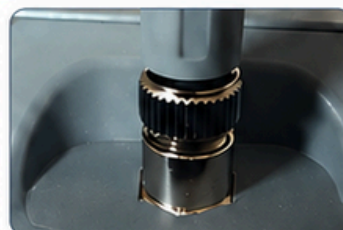
ATTACH YOUR ACCESSORIES THE RIGHT WAY

The accessory cables have 3 small metal prongs that insert one way into the front port on your P90+.

- ✓ Line up the prongs to fit into the holes in the port, and the cable should slide very easily into place. **DO NOT FORCE.**
- ✓ Once the cable end is seated properly, the metal collar can be screwed on so that the cable is **tightly secured.**



The Revitaluxe Massager and the Frost Age Beauty Wand both attach to the P90+ device on the front-side where there is a single port. Use one accessory at a time.



Yes!

You can use one of the accessories while **also** having a session on the P90+.

For instance, you can be using the P90+ with your feet on the metal plates while also using the Massager for spot treatments on your shoulders, neck, knees, hips, elbows, etc. **Do not** use the accessories near the ankles or feet during this time.

Alternately, you can use one of the accessories while not using the P90+. The accessory will require that the Main Power Switch is in the ON position.



TO BE NOTED: THE POWER OF GEL

We always use conductive gel every time — and so should you. Gel helps the technology penetrate deeper into the muscles and tissues for more effective, comfortable results.



DEEPER PENETRATION

Gel helps the energy reach deeper layers.



BETTER RESULTS

More effective treatments and happier clients.



ALWAYS USE GEL

For best performance and comfort—every time.

IMPORTANT REMINDERS



MUST BE POWERED ON

The P90+ must be ON for the accessories to work.



NOT HANDS-FREE

Accessories must be held in place during your treatment.



MAIN POWER SWITCH

Always keep the Main Power Switch in the ON position for the accessory to function properly.



REVITALUXE MASSAGER

aka The Claw

TARGETED RELIEF. TOTAL RECOVERY.



The Revitaluxe Massager is a multi-function attachment that blends advanced technology with ergonomic design to deliver targeted relief and support your body's natural recovery.



EMS

Uses electrical impulses to stimulate muscle contractions.



MASSAGE

Helps relax muscles, improve circulation, and encourages lymphatic flow.



RED LIGHT

Supports cellular repair, helps reduce inflammation, and promotes tissue recovery.



HEAT

Enhances local blood flow and helps relax muscles and blood vessels.



HOW TO USE

- 1 Select the Area:** Shoulders, lower back, knees, feet, or other muscle areas.
- 2 Prep the Skin:** Apply a thin, even layer of conductive gel to the treatment area. Use the gel included with your P90+ or any ultrasound conductive gel.
 - Gel is required for proper performance.
- 3 Attach and Power On:** Connect the massager securely and turn the P90+ Main Power Switch ON.
- 4 Set Your Intensity:** Start on a low level. For EMS, the sensation should be gentle and rhythmic — never sharp or uncomfortable.
- 5 Use the Massager:** Hold the device to the area or move it slowly in small circles. Do not press hard.
- 6 Session Time:** 5–15 minutes per area is typical.
- 7 Frequency:** Daily use is common, or every other day based on comfort and goals.
- 8 Red Light Tip:** Keep steady contact with the area for consistent exposure and best results.



IMPORTANT TO KNOW

- ✓ Must be used while the P90+ is powered ON.
- ✓ All functions (EMS, Massage, Red Light, Heat) are active only when the device is on.
- ✓ Helps support recovery, relieve muscle tension, reduce inflammation, and can also be used to stimulate hair growth.



CONTROL PANEL GUIDE



Red Light

Temperature

On/Off Button
(Keep device powered ON)

EMS

Massage



WHAT TO EXPECT AFTER A SESSION



More Energy

Many people feel more energized as circulation and oxygen flow improve.



Muscle Relief

Helps muscles feel looser and less tight.



Better Sleep

Relaxation and relief may support deeper, more restful sleep.



Less Discomfort

May reduce soreness and tension in treated areas.



CONSISTENT USE. REAL RESULTS.

Your clients. Their goals. Your support makes it possible.



FROST AGE BEAUTY WAND

Renew. Revitalize. Radiate.



The Frost Age Beauty Wand combines radio frequency (RF) and electrical muscle stimulation (EMS) to help support visible results for tighter, smoother, more radiant-looking skin.



EMS (Electrical Muscle Stimulation)

Helps stimulate facial muscles to support tone and firmness.



RF (Radio Frequency)

Helps support skin elasticity and the appearance of smoother, youthful skin.



TARGETED CARE

Designed to support tighter skin, increased collagen, contouring the face and body, and smoother skin.



HOW TO USE

- 1 PREP YOUR SKIN:** Cleanse your face and apply a thin layer of conductive gel or water-based lotion. Use the gel included with your P90+ or any ultrasound conductive gel. (Gel is required for proper performance.)
- 2 RF FIRST – WAKE UP & PREP YOUR SKIN:** Attach the wand securely and turn on the P90+. Select RF mode (Red Light). Start on a low level and slowly glide the wand over your skin to feel warmth. Do not stay in one spot too long.
- 3 SET RF INTENSITY:** Adjust to a comfortable warmth level. RF helps stimulate circulation and prepare the skin for EMS.
- 4 SWITCH TO EMS:** Select EMS mode. Start at the lowest EMS level. It should feel like a gentle muscle pulse, not sharp or uncomfortable.
- 5 SET EMS INTENSITY:** Increase gradually to a comfortable level and continue for the remainder of the session.
- 6 TREATMENT TIME:** 10 minutes of RF + 10 minutes of EMS is typical.
- 7 AFTER CARE:** Remove any remaining gel and moisturize your skin.



PLEASE NOTE

If you are someone who is getting injections (dermal fillers, Botox®, etc.), please ask your doctor about the recommended wait time before using RF and EMS.



IMPORTANT TO REMEMBER

- ✓ Must be used while the P90+ is powered ON.
- ✓ EMS, RF, and other functions only work when the device is active.
- ✓ Consistent use can help support tighter, smoother-looking skin and improved collagen.



TREATMENT AREAS



- ✓ Forehead
- ✓ Cheeks
- ✓ Around the mouth
- ✓ Jawline
- ✓ Neck
- ✓ Décolleté
- ✓ Body areas
(for contouring & tightening)



DEVICE BUTTON GUIDE



INTENSITY BUTTON
Adjust EMS or RF intensity levels.

MODE BUTTON
Switch between EMS, RF and Red Light.

ON/OFF BUTTON
Press and hold to power on/off.



**CONSISTENCY
DRIVES RESULTS**
Small steps. Big change.



**2-4x
PER WEEK**



**20 MINUTES
PER SESSION**



**REAL
RESULTS**

INTENSITY LEVELS

Intensity Levels



WHAT LEVELS & WHY



Oly Motto: **Go LOW – Go SLOW**

We are working with cellular voltage, and our goal is to gently invite the body to receive beneficial frequencies.

If the level is too high, the body may respond with stress or resistance.



Respect your body and how it feels. Shorter sessions on lower levels are always more effective than pushing too hard. All levels deliver both PEMF and Terahertz.



LEVELS OF INTENSITY: **ALL LEVELS EMIT BOTH PEMF AND TERAHERTZ**

LEVELS 1–3 = “Calm & Reset”

▶ Lower Terahertz, more PEMF

LEVELS 4–6 = “Balance”

▶ Equal Terahertz and PEMF

LEVELS 7+ = “Stimulate”

▶ Higher Terahertz and PEMF



BEST PRACTICES

- Start low and slow (intensity and time).
- Pay attention to how your body responds.
- Let the warmth in your ankles guide you when it's time to increase **Intensity Levels**.



TO BE NOTED:

Warmth in your ankles is the best indicator of what level to use. Adjust the intensity up or down based on how much warmth you feel.

I suggest starting with 1 session per day for the first week. This helps your body ease into the process and supports your nervous and cardiovascular systems as they adjust. You may increase to 2 sessions per day, with at least 4 hours between sessions.





USE YOUR DEVICE SAFELY AND EFFECTIVELY

DO:



Do read the user manual that came with your device.



Do drink water before your session.
See Section 7 on Water and Nutrition.

Why? Your body is like a battery and water is the conductor of electrical communication between the cells. Hydrate before and after sessions.



Do sit in a chair and place dry feet on the metal plates.



Do start out with low levels of intensity for your first sessions.
Go Low – Go Slow.

Why? Easing the body into these new frequencies can reduce detox symptoms.



Do stop the session if any discomfort is felt.
Session length is timed at 20 minutes, but you can stop early if needed.



Do allow the body to “readjust” after a session by sitting in place for a few minutes.

Why? PEMF and THz moves blood flow into areas of the body where there may have been restricted flow due to inflammation. This can cause a bit of dizziness upon standing – hydrate with water.



Do prop up the back edge of the device during back-to-back sessions.

Why? The air vents run along the bottom of the device. Elevating the back edge helps prevent overheating, especially on carpet.



Do remove electronic wearables before use. Jewelry is okay.



Do check with your healthcare provider if you have any questions.



WE BELIEVE LESS IS MORE.

Our bodies are constantly exposed to many types of frequencies. When we introduce new frequencies, we recommend doing so gently so our cells can assess and adapt. Using lower intensity and shorter session times can help reduce the risk of over-stimulation and detox reactions.



Go Low – Go Slow

The goal is not to reach the highest levels as quickly as possible.
The goal is to feel 100% comfortable in every session.

USE YOUR DEVICE SAFELY & EFFECTIVELY

DON'T USE THE DEVICE IF YOU:



Have a pacemaker or any implanted device that requires batteries.



Have severe heart conditions or severe pulmonary disorders.



Have skin irritations, thermal sensitivities, or foot ulcers.



Are under the age of 14.



Cannot keep your bare knees from touching while using the device.



Cannot keep your hands and fingers off the plates or your feet still during a session.



Have already used the P90+ within the past 4 hours.
Limit sessions to 20 minutes at a time.



Are experiencing active bleeding, including:

- Menstruation
- Within 48 hours of surgery or with open wounds
- After extensive dental work, such as implants or gum surgery

Why? Microcirculation increases, which may worsen bleeding.



Are pregnant or nursing.
Use before or after nursing (Hydrate!).



Are taking blood thinners, such as Xarelto.
Why? Blood thinners can increase the risk of internal bleeding when using microcirculation devices.

ADDITIONAL SAFETY TIPS



Do not use the attachment wands on or near your thyroid.



Do not use the attachment wands on the eyelids or too close to the eyes.



Do not use the attachment wands near your feet during a P90+ session.



Do not let children, animals, or other people touch the plates while in use.



Do not stand on the device.



Do not use the device immediately after consuming alcohol or smoking.



Go Low - Go Slow

The goal is not to reach the highest levels as quickly as possible.

The goal is to feel **100% comfortable** in every session.



Remember:

Small steps lead to big results. Consistent, cautious use helps your body adapt and maximize the long-term benefits.



FAQS

We've Got Answers!

Here are some of the most common questions about your Oly device.



CAN I USE AN EXTENSION CORD OR POWER STRIP?

Yes.



HOW DO I CLEAN MY METAL FOOT PLATES?

Use ionic silver, a 50/50 mix of vinegar and water, diluted essential oil spray, 50% alcohol/water solution, non-alcohol wipes, or low-alcohol wipes.



HOW OFTEN CAN I USE THE P90+ DEVICE?

You can use it up to two times per day with at least 4 hours between sessions.



CAN MY CHILD OR PET USE THE DEVICE?

Yes. They can sit on your lap while you place your feet on the platform.



WHAT ARE THE EXTRA T5A 250V FUSES FOR?

If the device exceeds the electrical limit, the fuse disconnects to protect it. You can replace the fuse if needed.



WHAT IS THE SMALL METAL BEAD IN THE PLASTIC CONTAINER?

It is a tiny magnet that may gently rattle in the container to show PEMF is being emitted. It is for demonstration purposes only.



HOW CAN I PURCHASE ANOTHER DEVICE?

Go to your Dashboard, click on Business Management (left column), then select "Cumulative Upgrade" to make an additional purchase.



WHAT HAPPENS IF I RUN OUT OF THE GELS INCLUDED WITH MY P90+?

You can purchase any microcurrent conductivity gel for face and body.

Good to Know!



- ✓ Can I leave my device plugged in?
We recommend unplugging it after use.
- ✓ Should I remove attachments after use?
Yes, this helps prevent wear and tear on the cord and connectors.
- ✓ Can I travel with my Oly device?
Absolutely! It is safe to take on planes in your carry-on bag.
- ✓ How many intensity levels does the P90+ have?
It has 20 intensity levels.
- ✓ What if I can't use the P90+ due to a medical condition?
The Vitality Wand is a great alternative. It does not transmit electricity through the device contact.

INSIDE INFORMATION

Water



WATER: IT DOES A BODY GOOD!



HYDRATION STARTS AT THE CELLULAR LEVEL.

Every cell relies on water to function. Even mild dehydration can cause cells to slow down, and energy levels to drop.



WATER KEEPS YOU MOVING.

Proper hydration helps circulation flow freely and reduces “sticky” blood. This supports your heart and vessels in delivering oxygen and nutrients to every cell while also helping the body flush out waste.



WATER QUALITY MATTERS.

Water with a pH between 7.0 and 8.0 is more supportive of cellular hydration. Did you know that aquifer water and natural rainwater typically fall within this range (around 7.0 on the pH scale)? Our goal is to keep blood pH in the ideal range of 7.35–7.45.



When the body becomes too acidic or too alkaline, it is placed under stress and may be more prone to imbalance and illness.



NOT ALL WATER IS CREATED EQUAL.

Tap water around the world is often treated to meet EPA standards—usually around 7.0 pH. However, chemicals added to tap water can affect its natural composition and may contribute to imbalance over time.



BE MINDFUL OF WHAT'S IN YOUR BOTTLE.

There is increasing concern about nano-plastics found in many bottled waters. Choose rigid (not flimsy) bottles and look for labels that indicate the source—such as natural spring or aquifer water. When possible, choose the most natural option available.



FILTER IT WELL.

Filtration systems vary widely, but the goal is the same: at least 7.0 after filtration is ideal. Levels closer to 8.0 often mean beneficial minerals have been added back in—providing even more support.

You can also use simple pH test drops to check your water at home.



TO BE NOTED

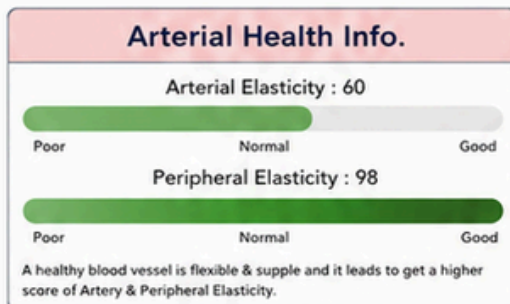
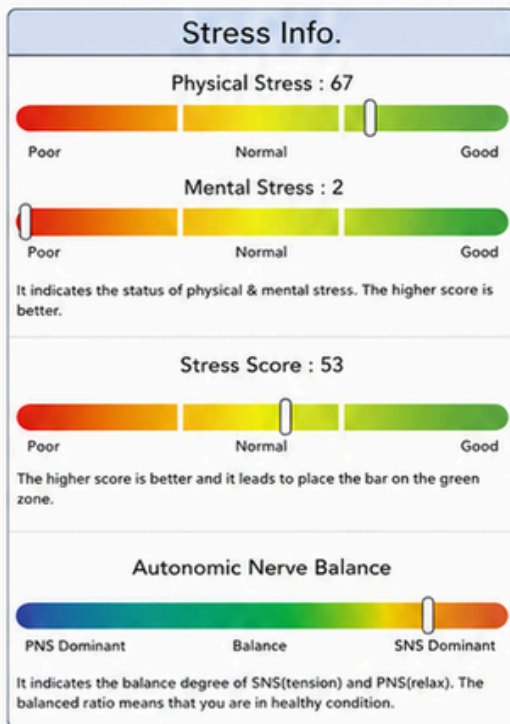
Good hydration supports energy, focus, recovery, and long-term wellness. Make quality water a daily habit—your body will thank you!



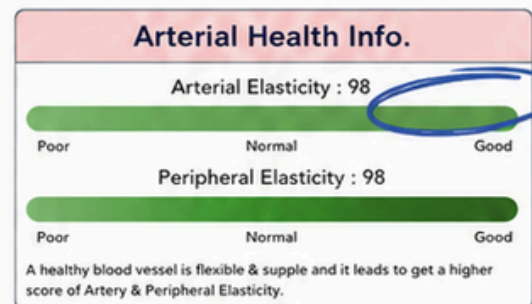
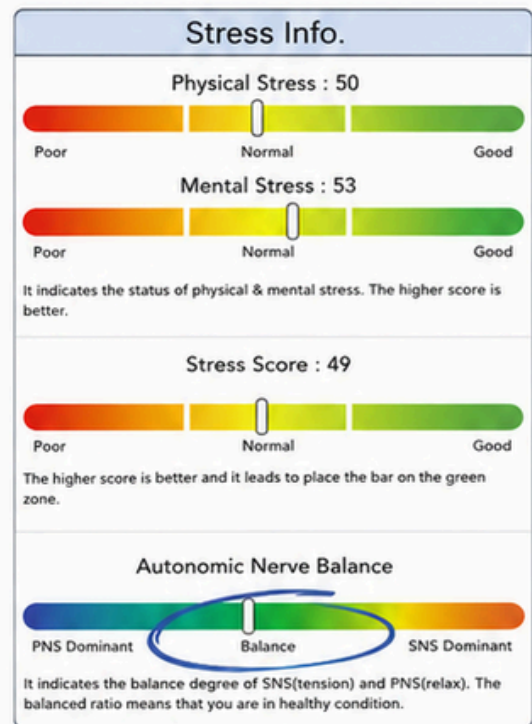
REDUCE STRESS

Stress Reduction

BEFORE & AFTER A P90+ SESSION



BEFORE



AFTER

What the Scans Reveal

These before & after scans show how balancing the frequencies benefits the body!

- Physical stress becomes balanced
- Mental stress becomes balanced
- Autonomic nervous system regains balance
- Arterial elasticity improves into an above normal range
- This type of balancing every day will most certainly help the body gain an advantage!

TO BE NOTED

These scans were completed with the SmartPulse Finger-Pulsewave Analyzer. The before and after results are always very revealing and demonstrate how beneficial PEMF & THz frequencies can be for the nervous and cardiovascular systems.



DETOXIFICATION

From Within



Good News!

PEMF & THz CAN SUPPORT YOUR BODY'S NATURAL DETOX PROCESS!

PEMF and Terahertz technologies help create the internal conditions your body needs to detoxify. Many people use them to help reduce stress, support inflammation balance, and promote healthy blood sugar levels. **Using the P90+ daily primes your body to function at its best.**



PEMF = STRESS SUPPORT

PEMF supports improved circulation, helping deliver more oxygen and nutrients throughout the body. This can help reduce the impact of everyday stressors and **support a greater sense of calm and balance.**



TERAHERTZ = CELL ENERGIZER

Terahertz (THz) frequencies may help increase cellular activity, boosting metabolism and the body's natural energy for **repair and renewal.**



COMBINED = POWERFUL SYNERGY

When PEMF and THz work together, they create a powerful synergy. This combination may help reduce inflammation, enhance cellular function, and **support your body's organs and systems to work more efficiently.**



RESULT = A HEALTHIER YOU

These combined effects may help your body eliminate waste, restore balance, and promote overall wellness—so **you can feel your best every day!**



HELP YOUR BODY DO WHAT IT DOES BEST

Your body is always working to process and remove waste. You can support this natural process with these simple, effective habits:



Stay Hydrated
Water helps flush toxins through urination and sweat.



Move Your Body
Regular movement supports circulation and encourages detoxification.



Eat Nutrient-Rich Foods
Whole foods provide the vitamins and minerals your body needs to detoxify and heal.



Replenish & Restore
Support your body with electrolytes and quality sleep for optimal recovery.



Small daily steps + powerful technology =
A stronger, healthier, more balanced you!





CAUTIONS FOR SAFE USE

USING YOUR DEVICE RESPONSIBLY



WARNING

Electrical current can cause shocks or burns.

Keep one foot on the plate at all times and avoid touching the plates with any other part of your body during a session.

Keep feet flat and still throughout the session.

Keep children and pets away while the device is in use.

CAUTION GUIDELINES



Use Caution

if you have unbalanced blood pressure or blood sugar.

Why? *The device may help reduce these issues, but it can lower blood pressure or blood sugar below a healthy range. This could lead to dizziness or other side effects. Please consult your doctor.*



Use Caution

if you have neuropathy in your feet or any skin condition that causes numbness.

Why? *The device may cause a warming sensation internally. It is important to be aware of this to avoid potential burns.*



Use Caution

if you have metal implants, joint replacements, or surgical plastics.

Why? *Some metal implants (especially older ones) can heat up quickly with combined PEMF and THz frequencies. Some surgical plastics are not designed to handle high temperatures. Always use lower intensity levels and stop if you feel discomfort.*



Use Caution

if you have been electrocuted in the past or are sensitive to electrical devices.

Why? *The body may be more sensitive to electrical current, which can increase resistance in the body. We prefer the body to flow with the current for a more comfortable experience.*



THINGS TO MENTION:

- ✓ This device is intended for general wellness and bioenergetic support, not as a replacement for medical treatment.
- ✓ Conditions such as diabetes, joint issues, implants, and high or low blood pressure affect everyone differently. These are guidelines to help you use the device safely.
- ✓ We recommend monitoring your blood pressure and blood sugar levels when relevant.
- ✓ When in doubt, please consult a healthcare professional.

TROUBLE-SHOOTING

HELP FOR WHEN THINGS DON'T WORK AS EXPECTED



MY P90+ BEEPS 3 TIMES WHEN I TURN IT ON (In countries with 110–120V)

This means the power from the outlet is too high for both PEMF and THz to run. The device will still power on, but only the PEMF frequency will be active.

WHAT YOU CAN DO:

- ✓ Try another outlet to see if you only get two beeps.
- ✓ Purchase a portable generator.
- ✓ Use a voltage regulator (see Resource Page).
- ✓ Record a short video of the issue and contact Customer Service for a replacement device.



REVITALUXE MASSAGER OR BEAUTY WAND NOT WORKING PROPERLY?

- Check the metal prongs in the cable end. There should be three prongs with no damage.
- Record a short video of the issue and contact Customer Service for a replacement device.



MY POWER CORD IS DAMAGED. CAN I BUY ONE FROM THE COMPANY?

- The company does not sell replacement power cords. See the Resource Page for options.



WHAT IF I CAN'T USE THE P90+ DUE TO A MEDICAL CONDITION?

- The Vitality Wand is a great alternative. It does not transmit electricity through the device contact, though general caution still applies.



PRODUCT SUPPORT & WARRANTY INFORMATION

- ✓ 12 Month Warranty – replacement, not a refund.
- ✓ For product malfunctions, technical support, or operating instructions, contact After-Sales Service:

WhatsApp: +65 8139 5843 Email: aftersaleCS@olylifeint.com



NO POWER WHEN THE MAIN SWITCH IS ON?

- ✓ Unplug the power cord from the back of the device and reinsert it securely.
- ✓ If the cord is damaged, see the Resource Page to purchase a replacement.
- ✓ Check or replace the fuse. (The fuse is located next to the Main Power Switch.)
- ✓ Still not working? Contact Customer Support.

Quick Answers

- ✓ Can I use an extension cord or power strip?
Yes.
- ✓ How do I clean the metal foot plates?
Use ionic silver, 50/50 vinegar & water, diluted essential oil spray, 50% alcohol/water solution, or low-alcohol wipes.
- ✓ How often can I use the P90+?
Up to two times per day with at least 4 hours between sessions.
- ✓ Can my child or pet use the device?
Yes. They can sit on your lap while you have your feet on the platform.
- ✓ What are the extra T5A 250V fuses for?
They protect the device if the electrical current exceeds the limit. You can replace the fuse if needed.



Tip:

Save the original box for shipping, transport, or display for the best protection.



ORDER TRACKING

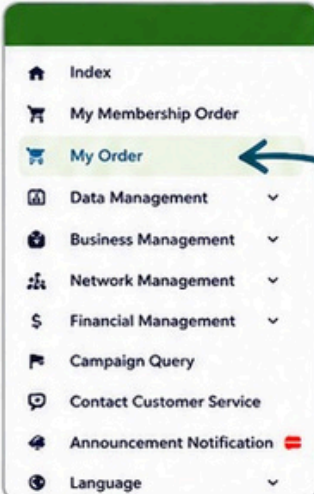
HOW TO FIND YOUR SHIPPING INFORMATION

Your tracking details are available in your Personal Dashboard.



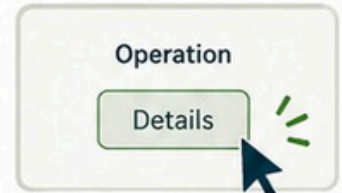
1 GO TO "MY ORDER"

After logging in, click
"My Order" in the
left-hand menu.



2 VIEW YOUR ORDER DETAILS

Your order information
will appear.
On the right side
of the page,
click "Details".



YOUR TRACKING INFORMATION

After a label is created, your tracking details will
appear in the box at the bottom right of the page.
If the box is empty, your device has not
shipped yet.

Delivery Information			
Delivery Method	Logistics Company	Tracking Number	Delivery Time
By Mail	UPS	1Z4E5AWD4621412345678	2025-09-22 16:50:20



For any questions about shipping or tracking, please email:
logistics@olylifeint.com



TAKE ACTION

Locate your tracking information.

You may need to sign in to your carrier's website
(UPS or USPS) to prepare for delivery.

- ✓ Larger packages ship via UPS.
- ✓ Smaller packages ship via USPS.
- ✓ You will not receive a shipping notification email from OlyLife.





SIGN-UP / SALE PROCESS

*Simple Steps.
Big Impact.*

WANT TO PLACE AN ORDER FOR SOMEONE?

HERE'S WHAT TO DO:



Placing an order for someone is quick and easy! Many helpful videos on Vimeo and YouTube walk you through every step.

PLEASE reach out to your Sponsor or someone on your team to make sure each step is completed correctly.



REGISTRATION CANNOT BE CHANGED after the Singapore Midnight cutoff time.

Below are the details needed for registration and purchase.
Once you have everything, contact your Sponsor.

1

GATHER NEW MEMBER'S DETAILS



- | | |
|---|---|
| ✓ Full Legal Name (as it appears on their ID) | ✓ Phone Number (include country code) |
| ✓ Complete Address (as it appears on their ID) | ✓ Complete Shipping Address (plus any special instructions) |
| ✓ Government ID Number (Driver's License, Passport, etc.) – Identity Verification | ✓ Preferred Product (P90+ and/or other device) |
| ✓ Email Address | ✓ Payment Method (Credit/Debit Card) |

2

CONTACT YOUR SPONSOR OR UPLINE FOR ASSISTANCE



Your Sponsor or Upline will help you place the new member correctly.

>>> WHAT YOU'LL NEED:

- | | |
|--|--|
| ✓ New Member's Details (from list above) | ✓ Your Member ID number and password for login |
|--|--|

Seek assistance until you are confident doing the sign-up process on your own.

TO BE NOTED



When you make a purchase, you are automatically placed into the company's binary compensation program – however – you are not required to participate in selling or sharing. Your purchase will hold a position that you may, or may not, choose to use for commission immediately, or anytime in the future. There are no binding conditions that require you participate in the sales program.





SHARE THE EXPERIENCE

Session on Others



SESSION RECOMMENDATIONS



1

Get consent.

Review and have them sign the waiver.



2

Hydrate.

Encourage them to drink 12–16 oz of water before the session.



3

Prepare.

Ask them to remove shoes and socks.
Place one foot on each metal plate.



4

Add attachments (optional).

Connect the Claw/Massager if they'd like to focus on a specific area.



5

Start the session.

Use the Right Arrow on the display panel to begin. Start with Intensity Level 1.



6

Check for warmth.

After about 2 minutes, gently feel their ankles to see if they are warm.



IF WARMTH IS MINIMAL OR ABSENT:

- Increase to Intensity Level 2.
- Let them rest for two more minutes.
- If needed, move to Level 3 for the first session.



IF THEIR ANKLES FEEL WARM:

- If they are comfortable, continue at that level for a few more minutes.
- If irritation or discomfort appears, lower the intensity or stop before the 20-minute timer ends.



AFTER THE SESSION, CHECK IN:

- ✓ More energy throughout the day
- ✓ Feeling more relaxed
- ✓ Deeper, more restful sleep
- ✓ Any reduction in discomfort or tension

THINGS TO REMEMBER



Comfortable Warmth

We're aiming for a sauna-like warmth, NOT a heating pad.



Adjust as Needed

Increase or decrease intensity based on their comfort.
Go Low – Go Slow.



Keep Them Relaxed

A calm body gets better results.
Help them relax and enjoy the session.



Hydrate Again

Water supports the body's natural cleansing process after the session.



Start Low, Build Up

For new users, start at lower levels. You can always increase next time.



SHAKEN MASSAGER

Targeted Relief. Natural Results.



The Shaken Massager is designed to support waist, abdomen and love handle areas with gentle technology.

3 MODES TO CHOOSE FROM



BODY SHAPING

Supports contouring and a more toned appearance.



MASSAGE

Soothing waves help relax tight muscles.



HEAT THERAPY

Gentle warmth helps support circulation and comfort.

HOW IT WORKS



ULTRASOUND

Rapid sound waves create gentle pressure shifts to loosen and mobilize stored fat without damaging the skin. Combined with vibration and heat, it helps smooth the appearance of the treated area.



PEMF (PULSED ELECTROMAGNETIC FIELD)

Supports healthy circulation and cellular function while helping the body naturally eliminate waste.



VIBRATION MASSAGE

Gentle vibration helps stimulate lymphatic flow and supports overall circulation.



HEAT

Soothing warmth helps dilate blood vessels, bringing more oxygen and nutrients to the area while supporting the body's natural detox process.



RF (RADIO FREQUENCY)

Delivers controlled warmth deep into the skin to support collagen and elastin production for firmer, smoother-looking skin.



RED LIGHT

Supports cellular energy and skin renewal to help improve tone and texture.

EASY TO USE



POWER ON / OFF

Press and hold the  button for 2 seconds.



CHANGE MODES

Short press the  button to cycle through the 3 modes.



ADJUST INTENSITY

Short press the  button to change intensity levels.



LANGUAGE CHANGE

Press and hold the  button for 5 seconds, then short press  to select your language. Short press  to save.

- ✓ The included Oly Watch connects via Bluetooth.
- ✓ Use with or without the watch.
- ✓ USB charging port is located on the side.
- ✓ For best results, use once or twice daily.



TO BE NOTED: THE POWER OF GEL

We always use conductive gel every time — and so should you. Gel helps the technology penetrate deeper into the muscles and tissues for more effective, comfortable results.



DEEPER PENETRATION

Gel helps the energy reach deeper layers.



BETTER RESULTS

More effective treatments and happier clients.



ALWAYS USE GEL

For best performance and comfort — every time.

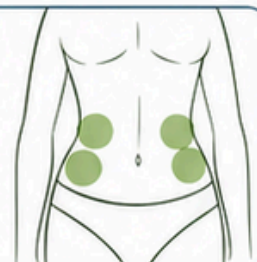
IMPORTANT SAFETY REMINDERS

- ✓ Do not use 40 minutes before or after eating.
- ✓ Allow 30 minutes of rest between sessions.
- ✓ Do not use while consuming alcohol.
- ✓ Do not use while smoking.

DESIGNED FOR WAIST & ABDOMEN AREAS

Focus on the areas that matter most:

- ✓ Waist
- ✓ Lower abdomen
- ✓ Love handles
- ✓ Back (lower)



Customer Service

WE'RE HERE TO HELP



Please check with your Back Office before contacting us to verify your information.



SHIPPING & TRACKING

For questions about your order, shipping or tracking updates.



logisticCS@olylifeint.com



+65 8139 5926



PRODUCT SUPPORT

For help with product issues, troubleshooting or technical guidance.



aftersaleCS@olylifeint.com



+65 8139 5843



GENERAL INQUIRIES

For all other questions not related to shipping or product support.



inquiryCS@olylifeint.com



+65 8139 5746



ACCOUNT & SYSTEM SUPPORT

For account access, system usage or data updates.



systemCS@olylifeint.com



You can also find helpful answers from your upline sponsor and our social media pages. Many questions are answered there and you may not need to wait for a reply.



GOOD TO KNOW:



Our team is based in Singapore. Please allow for a 12+ hour time difference when reaching out.



To help us **assist you faster**, please include the following information in your initial message:

Your Name

Member ID

Email or Phone Number

Order Number (if applicable)

Let's Connect!

WE'RE HERE TO HELP YOU EVERY STEP OF THE WAY!

Whether you have questions, need guidance, or are ready to take action, reach out to us—we're just a call or text away!



PLEASE GET BACK TO YOUR SPONSOR
TO SCHEDULE A CALL WITH

Joey and Kortnei Michals



YOUR **SUCCESS** IS OUR PRIORITY



Tiering for the first time is an exciting step, and we know it can feel like a lot of information. That's why connecting with us is so important!

We are here to coach you, answer your questions, and set you up
for success right from the start.



LET'S GET YOU STARTED AND **EARNING \$500 FAST!**

A quick phone call with us can save you time, clear up confusion, and help you start seeing results—FAST.

FIRST 3 STEPS

1



GET CONNECTED

Reach out to your sponsor so we can get you plugged in and answer any questions you have.

2



MAKE A LIST

Make a list of everyone you know—friends, family, neighbors, coworkers, and more.

3



SCHEDULE YOUR OTG CALL

Book your OTG (On The Go) call with us so we can guide you step-by-step and help you get started the right way.



We are soooo excited for your journey and can't wait to meet you and hear your testimony!

