



AQUAVAPE



UK Made E Liquids



Simple & Satisfying Guide to Vaping

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Aquavape Guide to Vaping

We have put this booklet together as a guide to help you find the ideal vaping system for your specific needs. Vaping still a relatively new way of enjoying nicotine and there are so many things to consider. Like everything new, there is a lot of information, most of which can become confusing and not relevant.

We are going to assume that you are reading this booklet because you are either new to vaping, probably a smoker or ex smoker and need some guidance on how to get into vaping, or you are already vaping and want to improve on what you currently enjoy. As with anything new, you need to approach things steadily and not rush into things without first doing research. With vaping that research can lead you into some very complex and mind blowing places. It can seem overwhelming for such simple activity.

To help put it into context think about learning to drive.

You start out learning to drive in a very simple low powered hatchback with very few accessories. It's easy to park, easy to use, low insurance, low running costs. It does a simple basic, yet effective job. Many people decide that's all they need and stay at that level. Others however want more and gradually move up to more powerful and exciting models.

This guide will give you information, in a simple form, to enable you to understand what you need to enjoy good vaping with the least amount of complex knowledge.

You could call it the ladybird book of vaping.



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About Aquavape

Welcome to Aquavape and if you are new to vaping welcome to a new way of getting your nicotine.

We have put this booklet together as a guide to help you find the ideal vaping system for your specific needs. Vaping is still a relatively new way of enjoying nicotine and there are so many things to consider. Like everything new, there is a lot of information, most of which can become confusing.

So what is Vaping?

Vaping is simply a new way of enjoying the sensation you get from using nicotine. Instead of burning tobacco leaves and inhaling the resulting smoke, you heat up a liquid infused with a pharmaceutical nicotine (this is extracted from tobacco, so you are still using something you are familiar with) and flavours to add taste, which in turn produces vapour, hence the phrase vaping.

Unlike smoking vaping has many levels that you can enjoy from the very basic levels, through to what we call extreme vaping ie producing ever increasing amounts of vapor.



You will hear terms like “cloud chasing” and “sub ohm” vaping. That is a lot of vapor. These levels are achieved by using ever more powerful devices and different liquids. That is why you need to understand what’s available to you and what you can get from it. Most important how you can get most pleasure out of vaping safely.

It should be pointed out that there are many vapers who do enjoy vaping without the nicotine. They use a liquid with the same recipe but minus the nicotine and enjoy the sheer pleasure of just vaping itself. The flavours alone are an important part of what makes this such an exciting concept but more of that later.

A final point on vaping is the health issue. Science continues to test vaping and debate whether vaping is safer than smoking. It will continue forever. The latest research continues to support those that believe vaping is a significantly safer way for you to enjoy nicotine. The argument will rage on.

That’s pretty much it. There is so much mystery and jargon surrounding the vaping culture, and we have tried to keep it simple and relevant. You will find more information as you read on with our jargon buster at the end.



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The Devices

There's loads! Visit any vaping web site and you will see such an array of styles and technical wizardry that it can become very daunting. It really isn't that complicated, just some people make it sound that way, so here's some simple guidance.

Despite the vast range of devices out there the simple fact is they all operate on the same system. It is a 2 part system. You have liquid holder which incorporates an heating element. This is called either an atomiser or clearermiser. This holds the liquid as described previously. This is connected to a battery which supplies the power to fire up that element in the atomiser / clearermiser to heat the liquid and release the vapor. Simple.

Devices are constantly being refined and new ones introduced. No matter how complex they appear they will operate on this simple idea. In this guide we will take you through the various developments and help you decide which best suits your own vaping needs.



The early devices are designed to closely resemble a traditional cigarette and as such this resulted in the term e cig becoming popular. And these are the simplest to use and least complicated.

You simply have an atomiser which is already loaded with a quantity of e liquids that is designed to last the user between 1 and 2 days before being replaced. These cannot be refilled. This is affixed to a simple stick battery. You simply draw on the atomiser like you would a traditional cigarette. This activates the connection between the battery and the atomiser coil which heats up and creates the vapour.

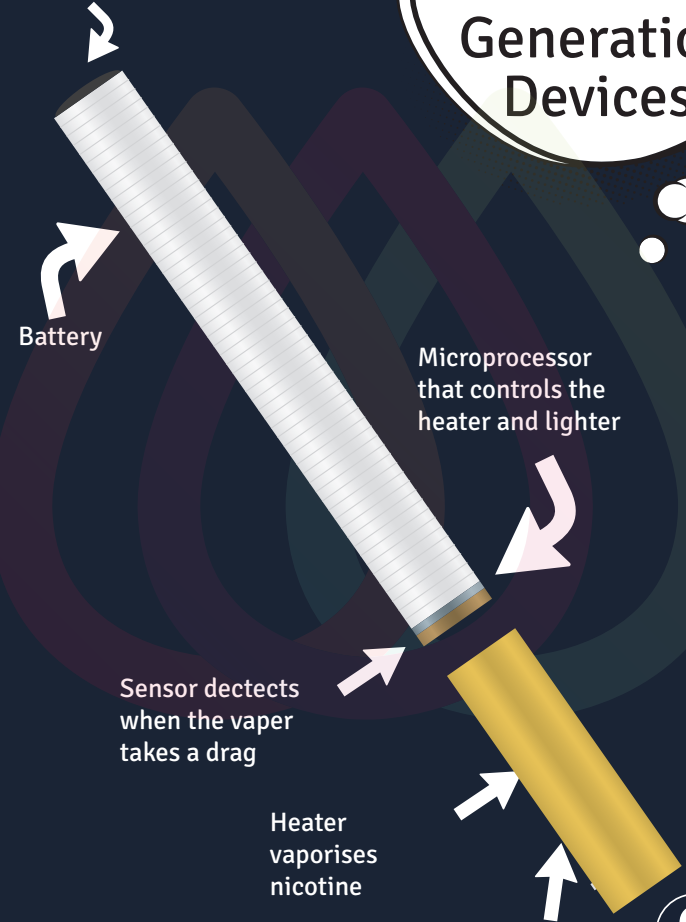
That's it you are vaping.

Some of these devices are 1 use with the battery and atomiser fixed but most are 2 piece and allow you to recharge the battery.

Simple, convenient but limited satisfaction. These remain popular because they are convenient and an easy start point but they only provide a limited amount of satisfaction, so people move on and upwards quickly.

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Lights up when the vaper draws



First
Generation
Devices

Sensor detects
when the vaper
takes a drag

Heater
vaporises
nicotine

Cartridge holds nicotine dissolved in propylene glycol

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Next Generation Devices

These second and third generation devices offer a far better vaping experience. They also allow the vaper to enjoy a wide range of liquid flavours which makes the vaping experience far more varied and exciting.

There are 2 parts to these devices and the mechanics are pretty simple. A liquid holder (clearer/miser) with a built in heating mechanism (coil) into which you add your liquid (up to 2 ml) of your choice. (Liquids are available in 10ml bottles). This then fixes to a separate battery. You activate the device by drawing on the end as you would a stick device.

The coil in the clearer/miser heats the liquid which produces vapour which you inhale in the same way as the earlier "cig alike" options. The main difference is they allow you to create more vapor. First because they deliver more power and second because of the liquid you use. More power and different liquids means, more vapor, stronger throat hit, higher nicotine delivery, more flavour ie you produce better quality of the vapour.



The battery

These are often referred to as and Ego or MOD, basically IT'S A BATTERY! And to be honest much of this technology is often too complicated and unnecessary, just think of it as your power supply.

The one piece of technical detail worth looking for is the battery size, which is usually denoted by a number followed by mAh, an electrical term.

mAh simply put: The higher the mAh number, the more power the battery will hold which means it can do 2 things:

1. Last longer
2. Deliver higher power levels to the clearer/miser, which means more vapour can be produced.



Typical mAh levels 650 mAh, 900 mAh, 1100 mAh, these are the levels you will usually find in most stores, anything larger takes you into a more extreme vaping culture which needs more information and guidance, which we will touch on under the mod battery section.



Ego

The ego battery, is a style not a brand, so there are quite a few manufacturers out there selling these types of batteries.

The Ego is the least complicated of the next generation and in honesty will deliver all the power you require to get a good vape. They're a lot wider than the cig-a-like and range in length and power, lasting when fully charged about 4/6 hours, dependent on usage and size.

They are a great start up device to get into vaping, most have fixed wattage, meaning you just connect and go, but there are also variable wattage options. These allow the user to simply twist a control mechanism which increased the power delivered to the coil or wick, which means you increase the amount of vapour you produce.



The higher the battery setting the more throat/nicotine hit you get, the lower the setting the more flavour hit you get. This option does give you the chance to experiment and take more control of your vaping experience. The Ego ranges are economical, versatile and not as conspicuous as a lot of the other popular battery MODs.

They do as it says on the tin! Just press the button 5 times to activate your battery and off you go.

Deliver the power to fire up your clearomiser, heat your e liquid to produce a vapour.

No more complicated than that!

The Mod Modified Operating Device

These are slightly more complex and tend to be a lot larger in size but they are still a battery! The fundamental difference is that they will hold and deliver more power. The level of power usually starts at around 1600mah (15 watts) and goes anywhere up to 21333mah (200 watts). That's a huge amount of power which in honesty is an extreme way beyond any normal persons need. If you are going beyond 20 watts then you are in the realms of the high power brigade. Its going off piste if you like.

The development of these new powerful and more complex systems takes the everyday vaper way beyond any real improvements in the vaping experience. So do consider what you want from your battery and more importantly if it does what you want



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it to do. If you are looking to move to a more experienced level of vaping the extra expenditure of an upgrade will be worth it, but if not stick to what you know. And if you do go higher, start to interact with more experienced vapors there are plenty of blog sites where you can go. Don't just dive in.

The bigger devices are designed to produce lots of vapour and lots of vapour means you need a lot more liquid. Once you are into this arena the economics change as it will cost you more. More expensive Kit = higher maintenance costs and more spent on liquids, they can really drink the stuff.

MOD batteries have developed so you have more power at your disposal. They also now give you more scope to vary and control your vaping experience. Simple, set power delivery systems do not give you a consistent level and quality of vape. More sophisticated batteries now allow you vary both watts and volts that you deliver to your clearermiser. From 2015 there are now devices which, with the right kit configuration, you can have Temperature Control. That allows you to is set an ideal temperature suited to your vaping style. Once set the device will automatically adjust to maintain the set temperature. Your vaping experience does not vary.

Thats the Battery



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A Clearomiser or Tank

The Clearmiser that fixes to the battery is the next consideration and you need to remember 1 thing. You cannot fit any old clearermiser to any battery. You will need to select the type of clearomiser carefully so that it is compatible with the battery. To be sure you get it right at the beginning you are better off buying a complete kit of battery and clearermiser combined.

You will soon get to know what goes with what. It goes without saying that the more power you put through a clearomiser the more robust its components need to be so compatibility is important as a safety issue.

Anything we produce will always be compatible and you can always call us if you need any help in this area.

The clearomiser (or TANK as it is sometimes described) is a chamber that holds your liquid usually around 1.5 - 2 ml. The clearomiser has a heating element like you would find in a kettle which is called a coil or atomiser. When this is connected to the battery it will heat your liquid to produce the vapour.

Clearomisers come in a range of sizes but there are 3 types,

The disposable top fill, typically known as a CE4. This is the simplest and least expensive of all the tanks/ Clearomisers. It has with a wick system that soaks up the liquid. Typically used for a few refills before it is disposed of. No maintenance just use and throw.

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THE PREFILLED this is more or less the same as the CE4 except it is sealed unit already loaded with liquid that once used you dispose of. It cannot be refilled.

The bottom fill tanks with a coil system.

Like the batteries these are more advanced clearomisers that allow more power to be dispersed to produce more vapour. This is the basic system that is built and developed to go all the way to the higher levels of vaping up to and including sub ohm (covered off later). The more expensive versions are built from industrial stainless steel, pyrex glass reservoirs and have ever more sophisticated coil mechanisms and airflow control.



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Coils

There are many coils available on the market, all with different ohms ratings ours range from 1.5 - 2.4 ohms. The most popular coils on the market are the single and dual coils. "So which ones better I here you ask"? Well it depends on your preference really, and we recommend you try them both.

What is a coil?

It is a heating element with a looped resistance which heats an alloy wire. Essentially this is the bit that heats your liquid and converts it to vapour.

So what the difference between Single & Dual Coil

A single coil has one alloy wire which is heated and a dual, you guessed it has two. The power or ohms is split between the two coils which in turn heats your e-liquid to a point of vaporization.

The main difference is that it provides a smoother vape as the heat is transferred a lot quicker. It also provides more vape plume which some people like but it has a knock on effect that it does use more battery power so keep your charger handy or upgrade to at least a 900 battery!



The next generation is here Generation 4

All the previous devices still hold huge relevance to the market. However as these have become ever more sophisticated and complicated. That is great if you want to play around and experiment by chasing clouds building your own kits.

But they start to become too far removed from vapers who want the level of vaping but do not to follow the technical knowhow. They want something that can deliver the same vaping experience without having to know all technical language and complexities.

Things have therefore developed to the all in one device. A range that delivers all that power and high vapor levels but that are easy to use, more convenient and looks the dogs what it is.

It's a combined battery and clearmiser in this neat configuration. Instead of having to find and fix a separate tank device to a battery. The battery and reservoir are 1 complete unit. It fills from the top and is completed by inserting a more powerful replaceable coil. Its finished off with a interchangeable tip. Easier to use, Neat and compatible. You know the tank and coil belong together which guarantees performance and safety.



Sub Ohming

The Aqua vape all in one unit offers you something called sub ohm option. This has been around in the vaping world for a long time but has been something enjoyed by the EXPERTS and not readily available to non technical vapers.

It was their little secret. And to be fair early devices were not that safe. But times change and just like the turbo charger was once the preserve of the supercars it has now been refined to be used in everyday vehicles. So it is with the vaping devices. Here is what it is all about without the physics lesson

As we said earlier the method of vaping is simple. This is just an upgrade on everything we spoke about earlier. Heat a liquid create a vapour and take it in. Sub-ohming uses the principles of ohms law to take it another level. And it is a hugely different level.

You will create Cloud Bursts of mega proportions if you move to sub ohming.



What is the principle in layman terms.

It is all to do with the coil in the tanks and something called resistance. Sub ohming is what it says. Most standard coils run on 1.5-2.4 ohms.

The coil in sub ohm device is below 1ohm (ie it is sub ohm) usually between .2ohms to .5ohms
The lower ohms the lower the resistance.

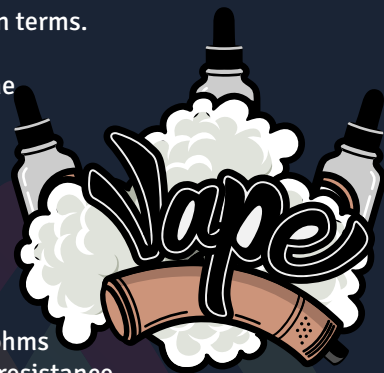
The lower the resistance hotter they become and quicker they heat up. And you know what comes next. Big Cloud bursts, huge flavour output and, if you are using nicotine liquid, a load of nicotine. Too much if you are not careful.

So now we get to the crux. Is sub ohming for everyone. NO. It is for seriously experienced vapers. It is a bit like driving. You may be a brilliant driver in a high powered road vehicle but put behind the wheel of a formula 1 car and you would not have a clue. You need to know what you are doing, trust the kit you are using, read the instructions properly and practise. And choose an appropriate Liquid.

VERY LOW NICOTINE 3 OR 6MG

HIGH VG LOW PG its much thicker 50/50 or better still 80VG 20PG

If you sub ohm expect to use significantly more liquid than normal vaping.



The Liquid

Ok, you have finally decided on your kit so which liquid do you use?





Your choice will have an overall impact on your vaping experience, so don't put any old RUBBISH into that shiny new piece of kit you've just invested in.

- Choose a reputable brand
- Check the safety symbols that show it has been pharmaceutically tested
- Buy from a reputable store or web site that gives you a contact address
- Look for "UK made" products (genuinely manufactured in the UK not just bottled in the UK)

Our liquids are sourced from a UK manufacturer who works closely with the relevant regulatory bodies to ensure purity and safety of our products. This means you can enjoy using our E liquids confident that they have passed the most stringent of tests.

- 100% UK/EU INGREDIENTS
- 100% DIACETYL FREE
- 100% UK TAILOR MADE FLAVOURS

We have a wide range of flavours in 10ml bottles with colour coded nicotine strengths as follows:

	High Nicotine (18mg)
	Medium Nicotine (12mg)
	Low Nicotine (6mg)
	Zero Nicotine (0mg)
	Sub Ohm (3mg, 6mg)

The key components of any liquid will be

- Distilled water that's the Aqua thing
- Flavourings (your mints, menthols and sweet things) These are your basic food flavourings. Not all food flavourings can be heated safely. All liquid flavour combinations are rigorously tested to ensure every flavour is compatible with and safe for vaping
- Vegetable Glycerene VG
- Propylene Glycol PG
- Diluted liquid Nicotine (some are zero nicotine) Most nicotine is derived from tobacco but recent developments have now seen a synthetic non tobacco nicotine in development.

The VG/PG mix is base liquid for vaping. It gives the liquid a stable viscosity and act as propellant to allow you heat the liquid and get an even cloud of vapour.

The PG (Propylene glycol) and VG (Vegetable Glycerin) are the two primary base ingredients of e-liquid.

- Propylene glycol is a clear, colorless and hygroscopic liquid which has usually been used as a flavoring carrier in food products, The main applications of Propylene Glycol are cosmetics products, food production, and e-juice. Hygroscopic means “ can easily absorb flavours
- Vegetable Glycerine is a natural organic liquid made from vegetable oil, it's sweet and thick, more viscous than PG. The main applications of Vegetable Glycerin are cosmetics products, food production, and e-juice.

The PG Propylene Glycol is thinner and the VG Vegetable Glycerine is thicker. Most standard liquid mixes have 60-70%PG 40-30% VG mix That is ideal for using with most standard devices.

Higher powered devices however (in particular sub ohm devices), need thicker liquid to deliver a perfect vape. So you will find liquids with 50/50 VG PG mix right up to 80% VG 20% PG to enable the liquid to take the increased heat applied.

All devices will come with instructions and advice for how to get the best vape experience (they have to by law from 20th May 2017). We will include advice on what mixture of liquid will suit your chosen device and the vaping style you want to adopt.



Liquids and the EU Tobacco Products Directive

E Liquids are now controlled much the same as tobacco products to ensure you, the consumer, gets a safe product. All liquids are now tested and registered the UK MRHA as safe. These regulations come fully into force on the 20th May 2017. We will be putting our certificates of compliance on line on our web site so you can see clearly what we are tested for.

Packaging will carry health warnings and also list all the ingredients. You can see what you are getting.

No bottle will be bigger than 10 ml and must have a leak free nozzle

As a result of this legislation the consumer (you) are protected from being sold unsafe unregulated liquids. And no leaving the eu will change this situation.

Our top tips on how to get the best vaping experience

Priming your tank before usage, this stops liquid burn or a dry hit of hot air. All you need to do is draw on your device a couple of times with no power, this pulls liquid onto the coil/wick and then when you put power into the system you will get a full vapour sensation.

Choose a quality kit. Quality does count when vaping, look for the safety test marks on the box and buy a reputable brand from a known source.

Maintain your kit. Replace your clearomiser regularly if you are using a top fill disposable wick system and replace the coils if you are using bottom fill coil system. If you are getting a bitter taste from your liquid your coil needs replacing.

Choose a good quality Liquid. Make sure it has been tested and buy a reputable brand from a reputable retailer.

Some people love to mix flavours. If you want to enjoy different flavours without contamination would advise you to have separate clearomisers.



Storing your device. In your pocket or purse may seem an obvious place but we do advise that you have some kind of pouch or box to keep your kit safe and hygienic, you don't want a fluffy tip or a broken pen!

Make sure your battery is switched off when not in use. Licalites batteries have an auto switch off after the device has been dormant for 10 seconds, not all do.

Work at it, PRACTICE. If you are moving to vaping from cigarettes it will feel strange at first, you need to stick at it for at least 10 days. Once you get it right, like many others, you will never go back.

Talk to existing vapers. Vapers love to share their experiences and help others enjoy what they have.

Upgrading for even more pleasure. Most vapers gradually start to upgrade their kit to achieve an even greater experience. That's when the real enjoyment sets in.

Consider other people. Don't assume your flavour cloud is pleasant for everyone around you. Vapour has an aroma and will hang around. So make sure your environment and those around you are accepting of the vaping concept.



Vape Warning

At Aquavape we want you to enjoy vaping safely. To assist with that we have selected suppliers that provide only the best quality UK made liquids and devices that deliver the perfect and safest Vape you can get.

We know that some of you will want to increase your vaping capability and will buy into more powerful devices that deliver more vapour. We plan to introduce some of these devices very shortly but we do so with some advice, call it a warning if you like.

As you increase your vaping capability you will also increase the amount of nicotine you take into your system if you are using a nicotine liquid.

So here is the warning/advice

- Too much nicotine can be dangerous.
- As you increase your device power you should decrease your liquid nicotine level significantly. Some devices should be used with either very low nicotine or nicotine free E liquid.
- It is ok to “Binge Vape” but it is not ok to binge on nicotine. Keep it safe, keep it low.
- If you are in any doubt contact the provider of your device or drop us a message to sales@aqli.co.uk or visit us on facebook or twitter.

Questions??

If you have any questions about any vape related subjects, please do get in touch and we will be happy to help you.

Email: sales@aqli.co.uk
Web Forum: www.aqli.co.uk
Phone: 0844 800 0758



The Jargon Buster

Some of the jargon and technical terms for your reference.

Atomizer – The atomizer is contained in a metal housing that is screwed into the battery and contains the heating coil, this is what heats the e liquid to the point of vaporization.

Battery – This is a key component of an electronic cigarette, it provides power for the heating element that turns the e liquid into vapor.

BCC – Bottom coil clearomiser. The atomizer coil sits at the bottom of the clearomiser tank. **Cartridge** – A covered metal mouthpiece usually containing a cotton absorbent material that holds the e liquid.

Cig-A-Like – Any device that has the similar appearance of a traditional cigarette.

Clearomiser or Tank – A transparent version of a cartridge with visibility of the liquid.

Clouds – Often used to describe the exhaled vapor from an E Cigarette.

Coil – The wire that is used to vaporize the e liquid by creating an electrical circuit.

DCT – Dual Coil Tank. A clearomiser that has two coils that provides the resistance.

Electronic Cigarette (e-cig) – An emerging alternative to traditional cigarettes.

E Liquid/Juice – The solution that is vaporized within the e-cigarette cartridge, comprised of Vegetable Glycerin and Propylene Glycol.

LED – The light at the end of an ecig that shows when in use and to alert the user when the battery needs recharging.

mAh Abbreviation for Milliampere – hour, which is used to describe the capacity or energy charge that a battery will hold before it needs to be recharged.

Manual – An e cig battery style that has a button that activates the heating element.

Mod- Short for modification and used to refer to any vaping device that is not a cigalike.

Manual Shut-off – A safety feature found on most manual devices that allows the user to turn off their battery with 5 clicks of the button in rapid succession.

Mg strength – (Milligram strength per millilitre-(ml) -This relates to the percentage of nicotine contained within the e-liquid. For example, 8mg is 8mg of nicotine per ml = 0.8% nicotine.

Mouthpiece – The end of the e-cigarette the user draws on, and places to their mouth.

Nicotine – The substance found within traditional and electronic cigarettes that creates a pleasant sensation. An alkaloid found in tobacco and other plants of the nightshade family, available in various strengths.



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