

ADVICE ON THE USE OF MECHANICAL AND AUTOMATIC WATCHES

The energy of a mechanical and automatic watch comes from the mainspring called the barrel.

Mechanical watches: your mechanical watch has a maximum power reserve of 40 hours. At rest, wind it up by turning the crown forward 50 turns. In operation, wind each morning by turning the crown forward 30 turns.



Automatic watches: your automatic watch has a maximum power reserve of 40 hours. The mechanical design movement is completed by an automatic winding system, which uses the energy of the wrist movements, thanks to the rotor positioned at the back of the movement. At rest, wind it up by turning the crown forward 50 turns. Full tensioning of the mainspring requires 700 rotor revolutions, which is difficult to achieve during normal physical activity. We therefore recommend that you reassemble 15 laps every morning.