



NuFace MicroCurrent AntiAging Treatment System Detailed Usage Instructions

Personal Preparation: Start by cleaning your face with a non-oil based cleanser. Men should shave before using the NuFace device as hair can interfere with the conductivity of the probes. Facial areas under a beard or mustache cannot be treated. When using the NuFace device make sure you are positioned in front of a mirror in a well-lit room.

Lower Neck

- 1) Apply the conductivity gel before the NuFace application.
- 2) Position the probes vertically with the bottom probe on your lower neck (starting off center and by your collar bone) with the top probe slightly above the bottom probe.
- 3) Slowly glide your NuFace device from your lower neck to the back of your neck.

Middle Neck

- 1) Position the bottom probe on the middle on your neck (starting off center), with the top probe slightly above the bottom probe.
- 2) Slowly glide your NuFace device from the middle of your neck to the back of your neck.

Upper Neck + Under Jaw Line

- 1) Position the bottom probe on your upper neck (starting off center) with the top probe slightly above the bottom probe and staying just under the jaw line.
- 2) Slowly glide your NuFace device from your upper neck to the back of your neck.

Repeat each step a total of three (3) times. Glide the NuFace device very slowly.

Jaw Line

- 1) Apply the conductivity gel before the NuFace application.

2) Position the bottom probe on your jaw line with the top probe slightly above the bottom probe (starting on your nasolabial folds).

3) Slowly glide your NuFace device from the jowl area to the lobe of your ear.

Lower Cheeks (Depressor Anguli Oris Muscle)

1) Position the bottom probe slightly under your cheek bone, by the corner of your mouth and staying outside your circular mouth muscle, with the top probe slightly above the bottom probe (starting on your nasolabial folds).

2) Slowly glide your NuFace device from the beginning of your cheek bone, by your nose, to the mid point of your ear.

Upper Cheeks + Temples

1) Position the bottom probe under your cheek bone, by your nose, with the top probe slightly above the bottom probe and staying outside the orbital rim of your eye (circular eye muscle).

2) Slowly glide your NuFace device from the beginning of your cheek bone, by your nose, to your temple/upper ear.

Repeat each step a total of three (3) times. Glide the NuFace device very slowly

Thick of brow

1) Apply the conductivity gel before the NuFace application.

2) Position the probes horizontally, with the probes off centered above the thick of your brow.

3) Slowly glide your NuFace device upward and toward your hairline.

Arch of brow

1) Position the probes horizontally, with the probes slightly above the arch of your brow.

2) Slowly glide your NuFace device upward and toward your hairline.

Thin of brow

- 1) Position the probes horizontally, with the probes slightly above the thin of your brow/temple.
- 2) Slowly glide your NuFace device upward and toward your hairline.

Repeat each step a total of three (3) times. Glide the NuFace device very slowly. Repeat steps on the opposite side of your face.

Do NOT Use The NuFace MicroCurrent AntiAging Treatment System On:

- 1) Mid line of neck (bone of neck)
- 2) Mouth Area (circular muscle inside nasolabial fold)
- 3) Eye area (circular muscle inside orbital rim)

Position the NuFace device probes outside the mouth and eye areas as these are circular muscles that must be avoided.

Body (for additional instructions please view the instructional video)

Always start the NuFace application on the LEFT side of your body.

1) Thighs: Position the NuFace probes slightly above your knee on your inner thigh, slowly glide your NuFace upward to upper thigh, take steps outward toward your outer thigh. Repeat each step 4 times. Repeat instructions for your opposite thigh.

2) Buttocks: Position the NuFace probes on the bottom of your inner buttocks, slowly glide your NuFace upward toward the top of your buttocks, take steps outward toward your outer buttocks. Repeat each step 4 times. Repeat instructions for opposite side of your buttocks.

3) Hands: Position the NuFace probes at the knuckle of pointer finger, slowly gliding your NuFace toward your wrist. Take a step over to middle knuckle, slowly gliding toward your wrist and again at your pinky finger slowly gliding toward your wrist. Repeat each step 3 times. Repeat instructions for your opposite hand.

4) Stomach: Position the NuFace probes slightly off-center on your lower stomach, slowly glide your NuFace upwards toward your upper stomach. Take steps to your left, lifting entire left side of your stomach. Repeat each step 4 times. Repeat instructions for opposite side of your stomach.

5) Arms: Position the NuFace probes slightly above your elbow, slowly glide your NuFace toward your upper arm (staying out of the pit of your arm). Taking steps from inner arm to your outer arm. Repeat each step 4 times. Repeat instructions for your opposite arm.

Warning - The NuFace MicroCurrent AntiAging Treatment System device should not be used by:

1) Children

2) Pregnant Women

3) People subject to seizures

4) People with cancer/tumors

5) People with cardiac pacemaker

6) People with implanted defibrillators/stimulators

7) People with electronic implanted devices

8) Use only an alkaline 9 - volt battery.

9) Do not submerge the device in water and do not use in a damp location or while bathing or swimming.

10) The user assumes all responsibility for the application of this treatment and the use of the NuFace device.