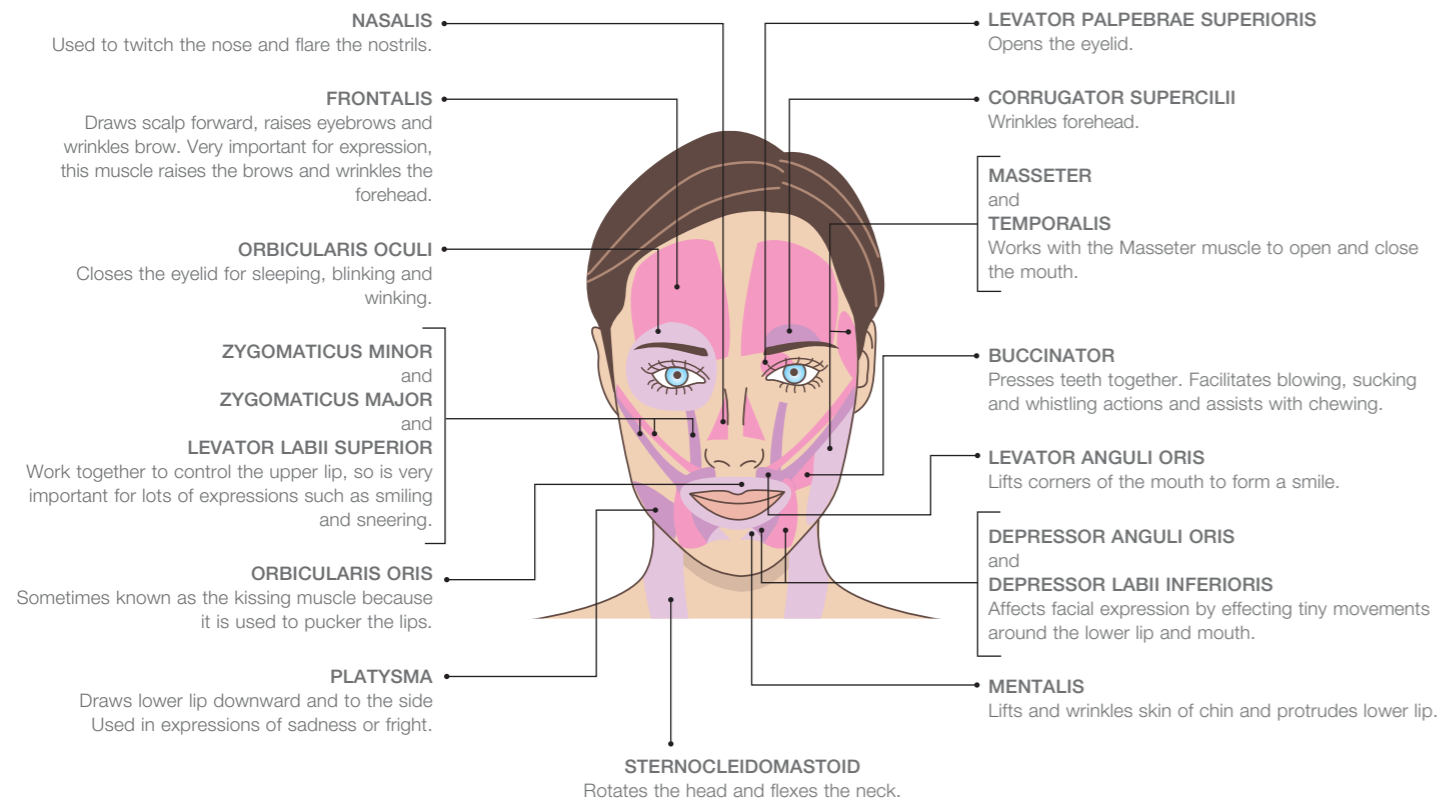


MUSCLE GROUPS

Gentle facial toning and stimulation tightens sagging facial features and rejuvenates skin tone by exercising the muscle structure. We suggest looking in a mirror during treatment to help with positioning.



HINTS & TIPS

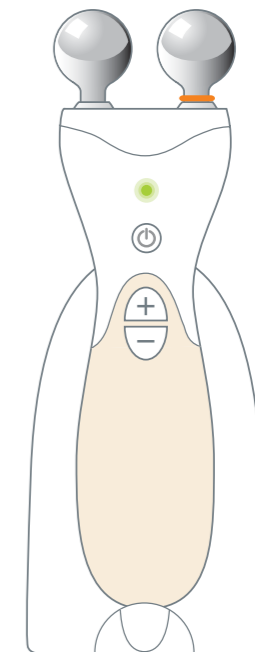
- Start at a low level to begin with until you get used to the sensation.
- The forehead requires higher intensity levels. Press the (-) button several times before returning to the facial area.
- Ensure patches are well adhered to the face before treatment to ensure they don't peel off.
- Use a gentle motion when moving the ball contacts over the patch and the skin.

INFORMATION

- The patches are designed for single use only.
- Your teeth may feel slightly sensitive during treatment, this is perfectly normal.
- Effective face toning and firming is based on a light and gentle stimulating massage on your face muscles. Should you experience any discomfort, you should add more conductive gel, reduce the intensity by pressing the - button, or remove the unit from the area being treated.
- To purchase more conductive gel or collagen & retinol patches, use the accessory form or call our careline on: +44 (0) 1242 702345.
- The unit may be cleaned by wiping with a damp cloth. Do NOT use solvents or detergents.
- Do NOT immerse the unit in water.
- Do NOT disassemble or repair. There are no user serviceable parts inside the unit. If you have any problems using the product, contact our Customer Care Department.
- If the unit is damaged do not use it.
- Do NOT use near to shortwave or microwave equipment.
- If you experience unexpected behaviour of this product then it is possible some external electromagnetic interference is responsible e.g. electric motors/loudspeakers. You should remove this source and restart the product to restore full operation.

LIFT™

60 SECOND FACE LIFT



DISPOSAL



The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/) has been put in place to recycle products using best available recovery and recycling techniques to minimise the impact on the environment, saving energy and resources and avoiding hazardous materials from going to landfill.

The product is classed as Electrical or Electronic equipment so please ensure that at the end of the life of this product it is disposed of in the correct manner in accordance with local authority requirements. It must NOT be disposed of with household waste.

CUSTOMER CARE

If you have any questions, or if you experience any difficulties please call our Careline on: **01242 702345** or email us at: online@riobeauty.com

To register your two year guarantee online visit: www.riobeauty.com/warranty_online.htm

PRECAUTIONS

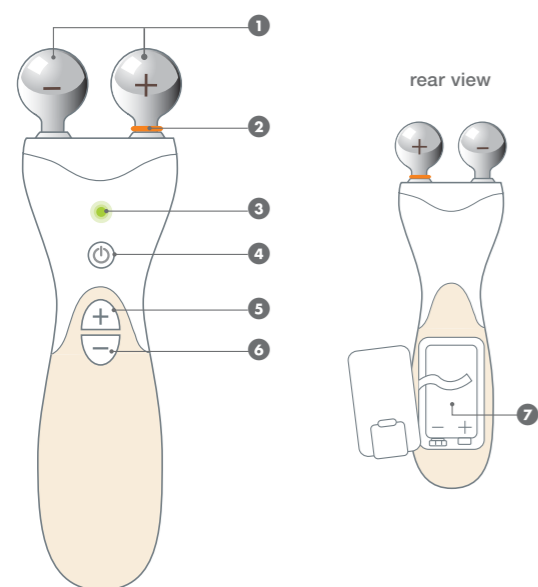
- **Please read all instructions thoroughly and retain for future reference.**
- Do NOT use if you are pregnant or if you have any of the following: pacemaker, heart disorder, epilepsy, diabetes, multiple sclerosis, or if you are recovering from an operation.
- Take particular care of the ball contacts location when moving near the eye. Ensure the ball contacts touching the skin are at least 1cm away from the eye at all times.
- Do NOT use on areas of skin with disorders such as rosacea, pustular acne, abraded skin, sensitive skin, or over scars, moles or varicose veins.
- If the gel comes into contact with the eyes, rinse thoroughly with water. If irritation persists, consult a doctor.
- Keep out of reach of children and pets.

PATCH TEST

Important: Always do a patch test with the conductive gel on an inconspicuous area of your skin for possible skin reaction. Wait 24 hours. If irritation occurs do not continue treatment.

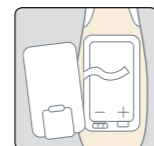
Likewise, if you have a skin reaction when first using the collagen and retinol patches, discontinue treatment.

KNOW YOUR LIFT UNIT



- 1 Ball contacts (-) and (+)
- 2 Orange 'O' ring (+) Ball contact indicator
- 3 Programme/On/Off light
- 4 Programme/On/Off button
- 5 Power increase button (+)
- 6 Power decrease button (-)
- 7 Battery compartment

BATTERY INFORMATION



To fit the battery, release the clip and open the battery cover. Connect a PP3 9V alkaline battery ensuring the + terminal is as shown. Ensure the battery release ribbon is underneath the battery and replace cover ensuring it is shut firmly in place.

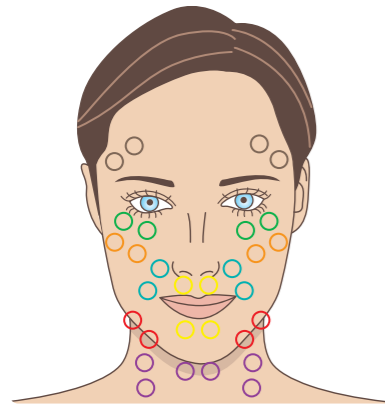
- If the unit is left unused for a long period of time, remove the battery.
- Do NOT use rechargeable batteries.
- Please ensure that the batteries are disposed of in the correct manner in accordance with local authority requirements.

FARADIC FACIAL TONING

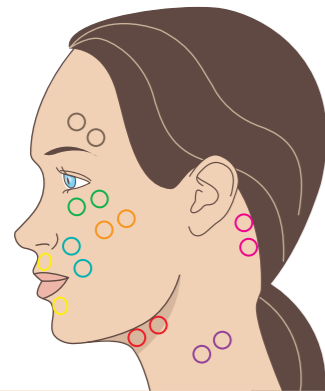
Gentle facial toning and stimulation tightens sagging facial features and rejuvenates skin tone by exercising the muscle structure.
Important: Use a mirror during treatment to help with positioning.

TREATMENT ZONES

- FOREHEAD AND BROW
- UNDER EYE
- CHEEKS
- NASO LABIAL
- LOWER LIP
- UPPER LIP
- CHIN
- NECK
- BEHIND EAR



FRONT



SIDE

PROGRAMMES

For best results we recommend following the faradic facial toning regime every day for the first few weeks, alternating between programmes 1 and 2 each day. After this 2 or 3 times per week is enough to maintain the results.

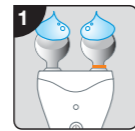
PROGRAMME 1 - FIRMING

Rhythmic muscle contractions to condition muscles with a short interval between each pulse. Muscle contractions last 2 seconds followed by a 3 second pause. There are 17 power levels in total. We recommend starting on a low power level on each treatment area and build up until muscle contractions are felt.

PROGRAMME 2 - TAP TONING

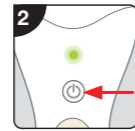
Rapid stimulating action. The pulsing massage action lasts 5 seconds followed by a 3 second pause.

To begin with the pulses give a mild tingling sensation and as the intensity is increased you will notice muscle contractions. The muscle contractions are smooth and each contraction will start with a slow rise, hold itself in a contracted position for a few seconds and then gently relax. There are 17 power levels in total. We recommend starting on a low power level on each treatment area and build up until muscle contractions are felt.



STEP 1

Apply a generous amount of conductive gel to each of the ball contacts. Always apply plenty of conductive gel to ensure good contact with the skin.



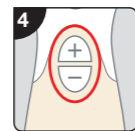
STEP 2

Turn the unit on by pressing the programme/on/off button, the light will turn green. The unit will start in programme 1, the programme/on/off light will flash once.
Note: To select programme 2, press the programme/on/off button once more. The green light will flash twice to indicate programme 2 is selected.



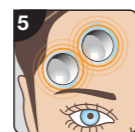
STEP 3

Onto clean skin, position both ball contacts for treating the first area.



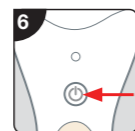
STEP 4

Increase power by pressing the (+) button and move the position of the ball contacts if necessary until you feel definite muscles contractions. If this is uncomfortable, decrease power by pressing the (-) button.
Note: You will need to adjust the intensity level when treating different areas of the face.



STEP 5

Hold the LIFT unit in position for 60 seconds to complete treatment of the area.
 After 60 seconds, reduce the power level before moving onto the next treatment area.



STEP 6

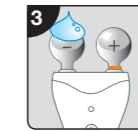
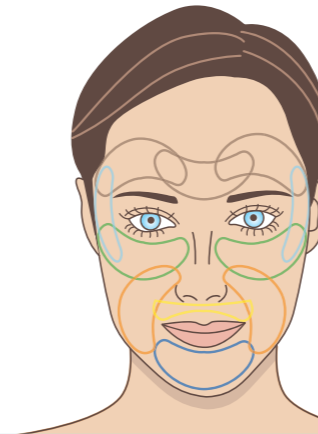
After use, switch the unit off. Press and hold the Programme/On/Off button for 2 seconds.
Note: If unit is left on, it will automatically switch off after 10 minutes.

IONTOPHORESIS INFUSION

Electrical current through the transdermal infusion of active ingredients deep into the skin, help further reduce the appearance of fine lines and wrinkles and helps increase skin elasticity. The patches are profiled to fit under the eye, across the forehead, around the mouth and across the chin.

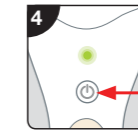
TREATMENT ZONES

- FOREHEAD
- CROW'S FEET
- UNDER EYE
- NASO LABIAL
- CHIN



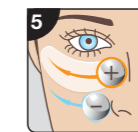
STEP 3

Apply a generous amount of conductive gel to the (-) ball contact **without** the orange 'O' ring. Always apply plenty of conductive gel to ensure good contact with the skin.



STEP 4

Select programme 3, Infusion, by pressing the programme/on/off button 3 times. The green light will flash three times to indicate programme 3 is selected.



STEP 5

With the (-) ball contact touching the skin and the (+) ball remaining on the patch, slowly and gently move back and forth along the patch for 60 seconds.



Alter the power levels using the (+) and (-) buttons.

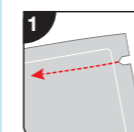
PROGRAMMES

PROGRAMME 3 - INFUSION

A continuous high frequency programme, ideal for infusing the collagen and retinol into the skin. There are 10 power levels in total. We recommend starting on a low power level on each treatment area and building up until the pulses are felt.



IMPORTANT: For infusion you must remember which ball contact is which polarity. The (+) ball contact, indicated by the orange 'O' ring, should remain on the patch while the (-) ball contact remains on the skin.



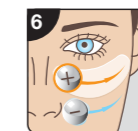
STEP 1

Thoroughly clean and dry the skin. Do not apply moisturisers. Tear along the perforated edge of the Collagen and Retinol patch sachet. Take a patch from the plastic casing and peel off the liners to reveal the gel patch.



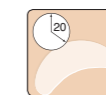
STEP 2

Place one patch onto the area to be treated. Place the other patch on the opposite side of the face.

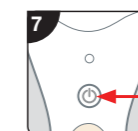


STEP 6

Repeat the process across the other patch.
 Continue treatment by alternating between patches for 10 minutes.



Remove any excess conductive gel but leave the patches on the face for a further 20 minutes to allow infusion to continue. After removing patches, you can massage any residue into your skin.



STEP 7

After use, switch the unit off. Press and hold the programme/on/off button for 2 seconds.
Note: If unit is left on, it will automatically switch off after 10 minutes.