

# LYMA



## The LYMA Laser.

BACKGROUND INFORMATION.

Version 1.2

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## WHY IS THE LYMA LASER SO DIFFERENT?

- 100x LED** The LYMA Laser marks the first time a laser of this transformational power can be safely used outside a clinic, and able to treat more skin conditions than any other at home device. The LYMA Laser is able to safely reach the mitochondria in the deepest layers of the skin, fat and muscle tissue to increase cellular renewal and encourage cellular growth and repair. To contextualise, this technology is up to 100x more powerful than LED.
- MEDICAL GRADE** The beneficial effects of low-level laser therapy, the technology used by LYMA, on wound healing and scarring were first observed in the late 1960's and early 1970's but it was not until the 1980's and 1990's that the scientific basis for photobiomodulation was established. The big problem was that the lasers needed to induce these effects were not widely available. For this reason, researchers in the 2000's began experimenting with the only alternative they could acquire easily and cheaply; light emitting diodes (LED). Twenty years on, the evidence for laser-based photobiomodulation remains unparalleled.
- PAINLESS AGE REVERSAL** The LYMA Laser marks a new category in skin renewal. The traditional paradigm of skin rejuvenation works by a controlled chemical or thermal injury which initiates a wound healing cascade – known as the stress/damage response. This is often best reserved for controlled, clinical environments. However, with the LYMA Laser, it's now possible to empower the at-home beauty consumer with a device that is both safe and efficacious. Effectively treating an array of skin issues from wrinkles to elasticity, sun induced pigmentation, rosacea and scarring without damaging any cells in the process of renewal.

## DOES IT WORK? IS THERE ANY EVIDENCE TO PROVE IT?

- 60+ YEARS RESEARCH** There have been hundreds if not thousands of medical papers written since the 1960's on the effects of the LYMA Laser's technology - low-level laser photobiomodulation. The science is well established, however, up until now an effective device hasn't been available to achieve these results in the home environment. For conditions such as dyschromias, acne vulgaris, wound healing and body contouring almost all the plausible peer-reviewed evidence uses LYMA's technology as the light source. The problem is that laser light has not been readily accessible in the home. Until now.
- EVIDENCE BASED RESULTS** The LYMA Laser delivers medical-grade technology, supported by the peer-reviewed medical papers. Already the laser has been published in Aesthetic Surgery Journal 2021, with further papers in press for publication this year. Anecdotally, a recent clinical trial in Europe using the LYMA Laser demonstrated a reduction in **pigmentation by 64%, rosacea by 42%, acne by 56%** and **wrinkle depth by 53.8%** in just five weeks. But that is only part of the story. Over time, the LYMA Laser restores cell function and actually starts to reverse the skin ageing process.



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The LYMA Laser  
takes skin  
regeneration to a  
new level. Clinic  
grade performance  
for everyday home  
use that I can't live  
without.

Nichola Joss

VOTED THE WORLD'S  
LEADING FACIALIST 2019.

# Treating different skin conditions.

## GETTING READY FOR FIRST USE.

1. You will need to fully charge the battery.
2. Unscrew the end cap on the LYMA Laser and remove the battery.
3. Connect the supplied battery charger to a powered USB socket.
4. When the four LEDs in the battery charger are illuminated, the battery is fully charged.
5. Re-insert the fully charged battery back into the LYMA Laser (with + facing outwards) and screw down the end cap.
6. Your LYMA Laser is now ready for use.

## HOW TO USE TO REDUCE THE APPEARANCE OF THREAD VEINS?

The following protocol should be used daily for three months. Don't forget to take a picture of the area you are treating to compare results as you progress along your journey.

1. Spray six plumps of the LYMA Active Mist over the area you are treating
2. Dispense two pumps of the LYMA Priming Serum over the area you are treating
3. Keep the LYMA Laser static over the thread veins you are treating for 15 minutes. Ensure the lens makes contact with the skin at all times.

## HOW TO USE TO REDUCE THE APPEARANCE OF ROSACEA?

The following protocol should be used daily for three months. After which you should follow twice weekly to maintain results. Don't forget to take a picture of the area you are treating to compare results as you progress along your journey.

1. Spray six plumps of the LYMA Active Mist over the area you are treating
2. Dispense two pumps of the LYMA Priming Serum over the area you are treating
3. Apply a moisturiser of your choice over the area you are treating. This will help the LYMA Laser glide
4. Slowly glide the LYMA Laser over the area you are treating for 15 minutes

## HOW TO USE TO REDUCE THE APPEARANCE OF CELLULITE?

The following protocol should be used daily for three months. After which you should follow twice weekly to maintain results. Don't forget to take a picture of the area you are treating to compare results as you progress along your journey.

1. Spray six plumps of the LYMA Active Mist over the area you are treating
2. Dispense two pumps of the LYMA Priming Serum over the area you are treating
3. Apply a moisturiser of your choice over the area you are treating. This will help the LYMA Laser glide
4. Slowly glide the LYMA Laser over the area you are treating for 15 minutes

## HOW TO USE TO TREAT BRUISING?

The following protocol should be used daily for between three and five days until the bruise has disappeared. Don't forget to take a picture of the area you are treating to compare results as you progress along your journey.

1. Spray six plumps of the LYMA Active Mist over the area you are treating
2. Dispense two pumps of the LYMA Priming Serum over the area you are treating

## HOW TO USE TO REDUCE THE APPEARANCE OF PIGMENTATION?

The following protocol should be used daily for three months. After which you should follow twice weekly to maintain results. Don't forget to take a picture of the area you are treating to compare results as you progress along your journey.

1. Spray six plumps of the LYMA Active Mist over the area you are treating
2. Dispense two pumps of the LYMA Priming Serum over the area you are treating
3. Apply a moisturiser of your choice over the area you are treating. This will help the LYMA Laser glide
4. Slowly glide the LYMA Laser over the area you are treating for 15 minutes

## HOW SHOULD I USE THE LYMA LASER TO USE TO REDUCE THE APPEARANCE OF SCARS?

The following protocol should be used daily for three months. Don't forget to take a picture of the area you are treating to compare results as you progress along your journey.

1. Spray six plumps of the LYMA Active Mist over the area you are treating
2. Dispense two pumps of the LYMA Priming Serum over the area you are treating
3. Hold the LYMA Laser still over each section of the scar for three minutes. Ensure the lens makes contact with the skin at all times.

## HOW QUICKLY SHOULD I EXPECT TO NOTICE BENEFITS?

Generally, within three to four treatments you will begin to notice benefits of the LYMA System. You should use daily for 15 minutes on each area of the body for three months to maximise results, and then twice weekly to maintain.

## HOW SHOULD I USE THE LYMA LASER TO REDUCE THE APPEARANCE OF FINE LINES AND WRINKLES?

The following protocol should be used daily for three months. After which you should follow twice weekly to maintain results. Don't forget to take a picture of the area you are treating to compare results as you progress along your journey.

1. Spray six plumps of the LYMA Active Mist over the area you are treating
2. Dispense two pumps of the LYMA Priming Serum over the area you are treating
3. Apply a moisturiser of your choice over the area you are treating. This will help the LYMA Laser glide
4. Slowly glide the LYMA Laser over the area you are treating for 15 minutes.



BEFORE



AFTER

## ACNE

### TARGET.

Acne and scarring caused by acne.

### TREATMENT.

10 minutes daily for four weeks.

### RESULTS.

Acne no longer present and scars have faded.



BEFORE



AFTER

## SAGGING

### TARGET.

47-year-old, knee lift treatment.

### TREATMENT.

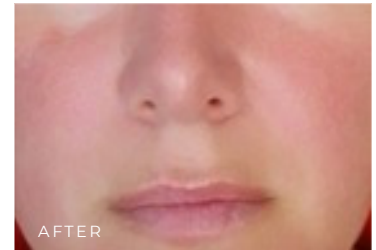
15 minutes daily for three months.

### RESULTS.

Vastly improved skin texture, skin elasticity and reduction to cellulite.



BEFORE



AFTER

## ROSACEA

### TARGET.

Treating rosacea.

### TREATMENT.

15 minutes daily for one month.

### RESULTS.

Reduced appearance of the symptoms of rosacea, rebalanced inflammatory response.



BEFORE



AFTER

## SCAR

### TARGET.

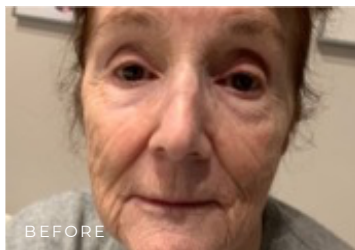
Treating an eight-year old caesarean scar.

### TREATMENT.

3 minutes over each section of the scar, daily for two months.

### RESULTS.

Regeneration of skin to improve the appearance of scar tissue.



BEFORE



AFTER

## WRINKLES

### TARGET.

75-year-old woman, anti-ageing face treatment.

### TREATMENT.

30 minutes daily for three months.

### RESULTS.

Reduced wrinkles, improved muscle tone and reduced pigmentation.



BEFORE



AFTER

## ELASTICITY

### TARGET.

48-year-old woman, décolleté wrinkles.

### TREATMENT.

15 minutes daily for three months.

### RESULTS.

Reduced wrinkles, increased skin elasticity and hydration.

# The LYMA System.



IS THE LYMA ACTIVE MIST AND LYMA PRIMING SERUM ESSENTIAL FOR RESULTS OR CAN IT BE USED/STILL USEFUL WITHOUT?

The LYMA Laser has been created as part of a three-part system, together with the LYMA Priming Serum and LYMA Active Mist. Whilst the LYMA Laser delivers effective skin renewal on its own, for optimal results you should combine with the LYMA Active Mist and LYMA Priming Serum.

The LYMA Active Mist has a different chemical structure to H<sub>2</sub>O. Oxygen is unable to penetrate the skin when presented in the form of spring water (H<sub>2</sub>O), which is why we have formulated the mist with highly bioavailable O<sub>4</sub>. Presented in this form, the oxygen is easily able to penetrate the skin. The LYMA Mist also contains Orchistem™ which helps skin cells to communicate more efficiently, to boost the benefits of the LYMA System.

The LYMA Priming Serum has been formulated to optimise the results of the LYMA Laser and the LYMA Active Mist. This hydrating and immune boosting serum

contains three actives. Wellmune® a patented form of beta glucans, Active Stabilised Oxygen, a highly bioavailable liquid form of oxygen and Orchistem™ stem cell technology to help the communication process between the different layers of the skin.

#### HOW DOES THE LYMA ACTIVE MIST WORK?

The LYMA Active Mist works on the upper layers of the epidermis, increasing turnover of the top layers of skin, smoothing and improving skin's texture. The mist's ratio of ions mirrors that of the amniotic fluid, which is the ideal ratio to penetrate skin, nourishing skin from the outside with the right ratio of minerals.

#### HOW CAN I ORDER MORE LYMA ACTIVE MIST AND LYMA PRIMING SERUM?

This is sold in a set, available exclusively from LYMA. You can order or subscribe at any time by logging onto your account.

#### CAN I SUBSTITUTE THE LYMA PRIMING SERUM FOR ANOTHER SERUM?

No, the LYMA Priming Serum has been formulated to optimise the results of the LYMA Laser and the LYMA Active Mist. This hydrating and immune boosting serum contains three actives. Wellmune® a patented form of beta glucans, Active Stabilised Oxygen, a highly bioavailable liquid form of oxygen and Orchistem™ stem cell technology to help the communication process between the different layers of the skin.

#### HOW DOES THE LYMA PRIMING SERUM WORK?

Wellmune (1-3, 1-6 beta glucans), ASO (Active Stabilised Oxygen), Orchistem™, a propriety orchid extract rich in plant stem cells, minerals and hyaluronic acid. Beta glucans are immune response modifiers, complex polysaccharides derived from a yeast cell wall. Our bodies have developed an immune response to yeast by recognising parts of that molecule as being foreign material and mounting an immune response to it. Not all immune responses are bad. This is a good immune response because what exposure to Wellmune is essentially doing, is providing a transient stimulus that induces your epidermis to repair itself. Orchistem™, stem cell technology also enhances skin repair by stimulating the Langerhans cells at the dermo epidermal junction. Active Stabilised Oxygen delivers a highly bioavailable form of oxygen to the skin. Regular O<sub>2</sub> is a gas which the skin is unable to absorb, and regular water holds 40mg of oxygen gas in room temperature which the skin is unable to absorb either. When oxygen is presented in a liquid form as in O<sub>4</sub>, the skin is able to fully absorb to enable the skin to benefit.

#### CAN I SUBSTITUTE THE LYMA ACTIVE MIST FOR SPRING WATER?

No, the LYMA Active Mist has a different chemical structure to H<sub>2</sub>O. Oxygen is unable to penetrate the skin when presented in the form of spring water (H<sub>2</sub>O), which is why we have formulated the mist with highly bioavailable O<sub>4</sub>. Presented in this form, the oxygen is easily able to penetrate the skin. The LYMA Mist also contains Orchistem™ which helps skin cells to communicate more efficiently, to boost the benefits of the LYMA System.

#### HOW DOES THE LYMA SYSTEM WORK TOGETHER?



The LYMA System has been created as a complete skin renewal protocol, able to target all layers of the skin, from the surface to the fat and muscle underneath. The LYMA Laser penetrates all the way down to the muscle and fat underneath the skin. The LYMA Priming Serum targets the epidermis and the upper layer of the dermis. The LYMA Active Mist works on the upper layers of the epidermis.

#### HOW TO USE THE LYMA ACTIVE MIST AND LYMA PRIMING SERUM.

Spritz six pumps of LYMA Active Mist onto each area you wish to treat. Allow to sink into the skin and follow with two pumps of the LYMA Priming Serum.

#### SHOULD I USE THE LYMA ACTIVE MIST AND LYMA PRIMING SERUM EVEN WHEN I'M NOT USING THE LYMA LASER?

Yes, you should use the LYMA Active Mist and LYMA Priming Serum each morning and evening, regardless of whether you are using the LYMA Laser that day. The powerful actives in the products will help to optimise the function of your skin. Each morning and evening, after cleansing your skin, you should spray six pumps of the LYMA Active Mist which floods your skin with the highest levels of bioavailable oxygen scientifically possible. You should follow this with two pumps of the LYMA Priming Serum which will hydrate your skin and boost cellular immunity. You can then follow with your skincare product regime.

#### HOW LONG WILL THE LYMA ACTIVE MIST AND LYMA PRIMING SERUM LAST?

Both the LYMA Priming Serum and the LYMA Active Mist are designed to last for one month based on daily usage for up to three treatment areas.

#### HAS THE DEVICE OR THE PRODUCTS BEEN TESTED ON ANIMALS ANYWHERE IN PRODUCTION?

The LYMA Laser, LYMA Active Mist and LYMA Priming Serum have been dermatologically tested on humans throughout the production process but have not been tested on animals.

#### ARE THE PRODUCTS VEGAN?

The LYMA Active Mist and LYMA Priming Serum are classed as vegan.

#### THE FULL INGREDIENT LIST OF THE LYMA PRIMING SERUM AND LYMA ACTIVE MIST.

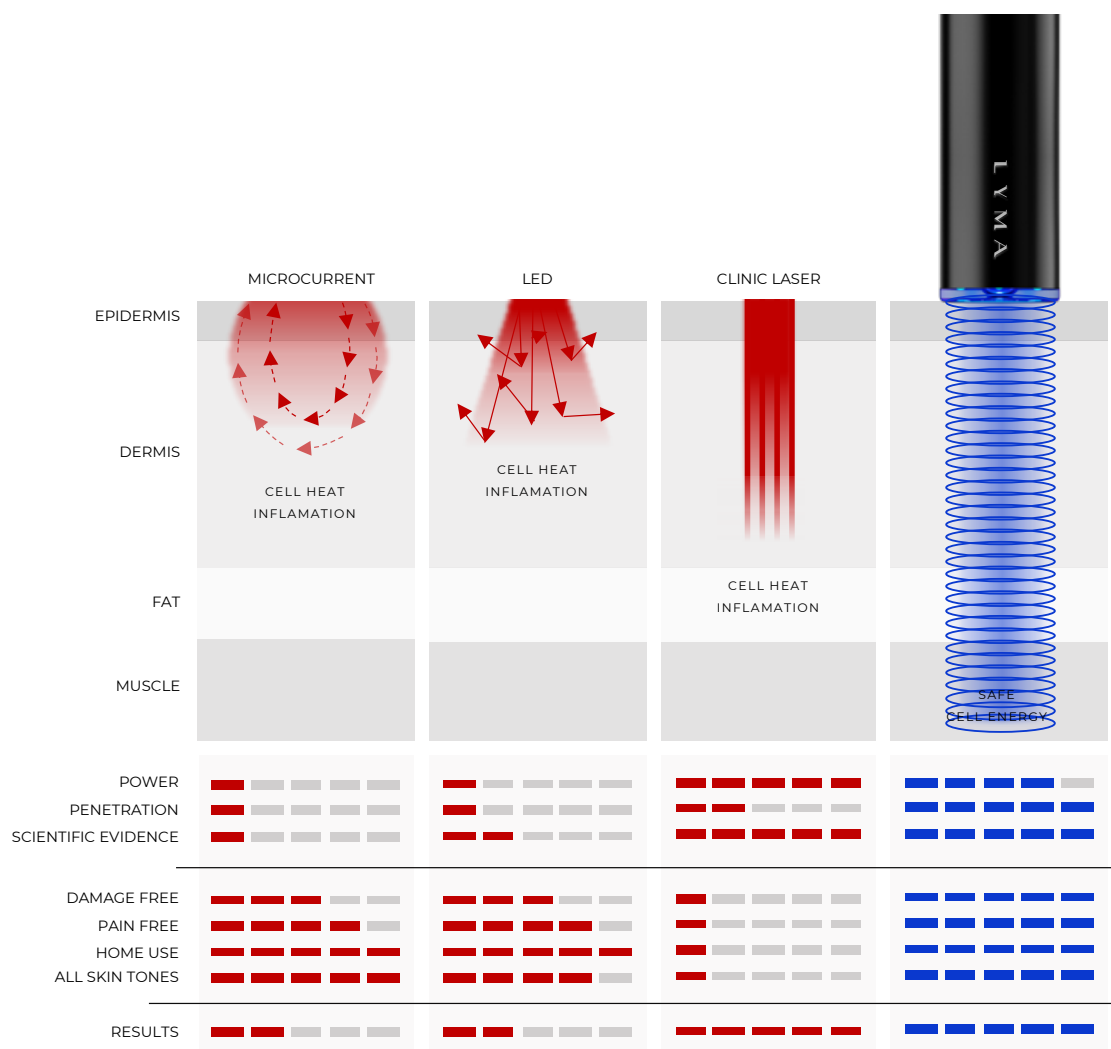
LYMA Priming Serum.

Ingredients: Aqua, Oxygen (ASO), Pentylene Glycol, Sodium Chloride, Glycerin, Carbomer, Calanthe Discolor Extract (Orchistem™), Panthenol, Hydrolized Hyaluronic Acid, Beta Glucan (Wellmune™) Soluble Collagen, Hydroxyacetophenone, Gluconolactone, Calcium Gluconate, Sodium Hydroxide, Disodium EDTA, Xanthan Gum, Sodium Benzoate.

LYMA Active Mist.

Ingredients: Aqua, Oxygen (ASO), Pentylene Glycol, Sodium Chloride, Glycerin, Calanthe Discolor Extract (Orchistem™), Hydroxyacetophenone, Gluconolactone, Calcium Gluconate, Xanthan Gum, Sodium Benzoate.

# How the LYMA Laser compares.



## LYMA LASER COMPARED TO AT HOME DIODE LASER.

Over the past decade there have been a number of products developed termed 'at home lasers', which are invariably diode lasers. These are low energy lasers (between five and 20 Mw), emitting light in the infrared end of the spectrum at around 1,500 nm. This technology is designed to focus on water, known as chromophore, which is the molecule which preferentially absorbs the light energy. The by-product of this heat is that it induces the body's own repair response in order to bring about the production of collagen and repair the epidermis. This is essentially all they do; they are stimulating damage to the skin in order to trigger the production of collagen. The LYMA Laser on the other hand is something else entirely, representing a breakthrough in effective skin renewal. The first 500Mw at home near infrared laser operating at 808nm, delivering a power density of 180Mw/cm<sup>2</sup> and an energy density of 9.55J/cm<sup>2</sup> to the fibroblasts at the base layer of the skin. Four blue 40Mw LEDs operate at a frequency of 470nm to eliminate surface bacteria. The LYMA laser

works on a principle called photobiomodulation; the term used to describe a cascade of events triggered by light that brings about tissue regeneration and repair. The absorption of light energy provided by the LYMA laser causes the energy producing system within every skin cell to become more efficient. This, in turn, changes the behaviour of the cells. Genes involved in tissue regeneration and repair are turned on, while genes involved in tissue aging are turned off. With persistent use, this brings about a profound change in skin quality. The LYMA Laser TARGETS MORE SKIN CONDITIONS THAN ANY OTHER AT-HOME DEVICE. Wrinkles, scarring, acne, rosacea, pigmentation, cellulite, thread veins, bruising.

#### LYMA LASER COMPARED TO RADIOFREQUENCY.

Radiofrequency works in a very similar way to microcurrent devices. Essentially, the transmission of a radio wave through the skin excites electrons in the molecules it encounters. This induces a small current which, on passage through the tissues, generates heat. Heat results in an inflammatory response which brings about collagen remodelling. However, radiofrequency is non-specific, it's crude, and simply another means of passing an electrical current through the tissues (the same as microcurrent) which is why the evidence in support of this technology is not great.

The LYMA Laser incorporates low level laser photobiomodulation which is completely different. The effects are not the by-product of heating tissue and waiting for the body's tissue repair response to repair the damage. The LYMA laser works on a principle called photobiomodulation; the term used to describe a cascade of events triggered by light that brings about tissue regeneration and repair. The absorption of light energy provided by the LYMA laser causes the energy producing system within every skin cell to become more efficient. This, in turn, changes the behaviour of the cells. Genes involved in tissue regeneration and repair are turned on, while genes involved in tissue aging are turned off. With persistent use, this brings about a profound change in skin quality. The LYMA Laser TARGETS MORE SKIN CONDITIONS THAN ANY OTHER AT-HOME DEVICE. Wrinkles, scarring, acne, rosacea, pigmentation, cellulite, thread veins, bruising.

Radiofrequency, micro current, LED et al are pushing a locked door in the skin. If you do it for long enough, eventually the lock might give way. The LYMA Laser on the other hand is a key that unlocks the door immediately.

#### LYMA LASER COMPARED TO HIGH ENERGY IN CLINIC LASERS E.G., ND: YAG.

The difference between the LYMA Laser and a high energy laser used in a clinic setting is that in-clinic lasers work by being highly selective in inducing localised thermal response. So, it works off a stress/repair process, they induce a localised tissue injury and then rely on the body's repair process initiated by the innate immune response to bring about a cascade of events which repair the localised injury and induce aesthetic benefits.

This technology isn't always suitable for people with darker skin tones and is a very different type of technology to the LYMA Laser, that doesn't induce any damage to the skin to induce a physiological response.

#### HOW DO THE RESULTS OF THE LYMA LASER COMPARE TO DERMAPLANING?

Dermaplaning is an exfoliating skin treatment that removes part of the upper layer of dead cells on the skin's surface. Fine hairs are also removed which gives the skin a smooth appearance. Dermaplaning works off the premise that damaging the skin stimulates renewal, rather like micro-needling. This treatment isn't risk free. If you suffer from acne or pigmentation, dermaplaning could potentially worsen. Also, those suffering from sensitive skin, or an inflammatory skin condition such as rosacea or eczema should avoid this treatment.

The LYMA laser is the only beauty device that takes a zero-damage approach to skin renewal, working off a principle called low level laser photobiomodulation; the term used to describe a cascade of events triggered by light that brings about tissue regeneration and repair. The absorption of light energy provided by the LYMA Laser causes the energy producing system within every skin cell to become more efficient. This, in turn, changes the behaviour of the cells. Genes involved in tissue regeneration and repair are turned on, while genes involved in tissue aging are turned off. With daily use, this brings about a profound change in skin quality.

The evidence for laser-based photobiomodulation remains unparalleled. For certain conditions such as dyschromia's, acne vulgaris, wound healing and body contouring almost all of the plausible peer-reviewed evidence uses laser as the light source. The problem is that laser light has not been readily accessible. Until now.

## HOW DOES MICROCURRENT TECHNOLOGY COMPARE TO LASER LIGHT?

To a certain extent, microcurrent electric is a crude way of doing the same thing LED light does which is energy exchange at a cellular level. They don't have the potential breadth of cellular effect that light imparts on cells. Microcurrent is an unsophisticated way of energy exchange and energy exchange dissipates in the form of heat. It works by micro changes and intracellular temperature levels that induce physiological effects.

If you impart electricity to a tissue, it will travel preferentially through the path of least resistant. It will find nerves and it will travel through muscle because muscle contracts. It will not travel through skin or fat very well because these tissues are relatively resistant to heat. Muscle contraction and long-term facial rejuvenation hasn't been proven scientifically and the effects don't last.

## IS LED EFFECTIVE SKIN REGENERATION?

LED can stimulate the epidermis (the top layer of skin) towards epidermal turnover which can have an effect on smoothness and help to even out skin tone. However, the skin isn't uniform in terms of its structure to the top layer to the bottom layer. Wrinkle reduction has to be targeted from the bottom layers, and there is no evidence to say what benefits LED is able to effect at the base layers of the skin.

## WHAT EVIDENCE IS THERE TO DEMONSTRATE THAT LASER LIGHT IS MORE EFFECTIVE THAN LED?

There are so much to the properties of light that are just being to be understood, not in terms of what it looks like, or its colour, it's not about energy density of which that light is absorbed by things around them. It does seem that laser light has peculiar properties like laser speckles that seem to induce these cellular and sub cellular effects in a very particular way that there isn't really the evidence that back up suggestion that LED light does the same.

## HOW DO LED DEVICES DIFFER FROM THE LYMA LASER?

LED's have boomed as they don't use a lot of energy so are safe to use in the home. However, the most powerful form of controlled light is laser. The difference is the coherent light from the LYMA Laser is more deeply penetrative and doesn't lose energy with penetration like non coherent light. This means it's able to have different physiological effects at a deeper penetration, so you're still able to induce physiological effects all the way through the dermis as the laser does not loose efficacy as it penetrates through the layers.

## HOW DOES NEAR INFRARED LED AND LASER LIGHT DIFFER?

There are a number of crucial differences between the type of light produced by LED and that produced by the LYMA Laser. Near infrared LED light does not penetrate skin in the way that LYMA's near infrared laser light does. One of the limitations of LED based skin rejuvenation is that the light can't reach the depth required to rejuvenate the deeper part of the skin in the way that the LYMA Laser can. LED is rather like a bulb that induces thermal damage to the surface of the skin. This is because the light source from LED is not coherent, and not targeted, which is why LED masks create such a dramatic plume of light., however the light isn't able to penetrate through the skin with sufficient power to have a physiological effect at anything deeper than surface level and can't address deep set wrinkles or scars as these conditions have to be targeted from the base layers of the skin.

In contrast, the LYMA Laser's technology is well-established with a firm scientific basis. LYMA Laser delivers a controlled, monochromatic, coherent and polarised light, which is able to penetrate through all layers of the skin, and the fat and muscle tissue beneath without losing physiological power AND without damaging any cell. Instead, the LYMA Laser's near infrared laser light causes the energy-creating part of the cell (the mitochondria) to produce more energy, whilst also protecting cells from harmful metabolic products called reactive oxygen species. The LYMA Laser's ultra-diffused lenses induce a phenomenon called 'laser speckle'. This promotes cellular proliferation and causes cells to express genes involved in tissue repair and regeneration while switching off genes involved in tissue ageing and degeneration. The LYMA Laser also induces an anti-inflammatory state which is also beneficial for skin ageing in the long term. While much of the evidence relates to skin rejuvenation, low level laser photobiomodulation has also been shown to improve muscle recovery after exercise and, with the potential for deep tissue penetration, it has been speculated that low level laser photobiomodulation might be used to heal cardiac muscle, brain and bone.

## HOW WOULD YOU CONTRAST THE LYMA LASER WITH AN IN-OFFICE BLUE-LIGHT PROCEDURE?

Although the LYMA Laser and in-office blue light treatments are both based on photodynamic principles, the protocols and results are fundamentally different. Blue light treatment is used in clinic, where the light is used at a specific wavelength to treat acne and acne related skin issues.

The LYMA Laser incorporates four high-power blue LED's (40Mw at 470nm) to eliminate surface bacteria, including Propionibacterium, the micro-organisms that cause acne. But the real performance of the LYMA Laser is in its 500Mw near infrared laser which delivers powerful, controlled, monochromatic, coherent and polarised laser light to stimulate skin renewal in the deeper skin layers. LYMA's near infrared laser technology operates at precisely 808nm and is dispersed 25,000 times through an ultra-diffused lens. This ensures no damage to cells and makes the LYMA Laser safe to use around the eye area with no need for goggles.

We use near infrared laser light to treat a myriad of skin issues, including wrinkles, scarring, elasticity, pigmentation, rosacea and cellulite. The deeper the penetration, the more effective the results. LYMA's ability to renew skin cells naturally, without any safety issues, pain or trips to a clinic is ground-breaking.

## HOW DOES THE LYMA LASER COMPARE TO AN AT HOME v CLINIC LED MASK?

This is an interesting question because everyone assumes all light devices do the same thing, which is entirely untrue. Whilst you can compare LED emitted from an in-store LED mask to an in-clinic LED machine, as it's the same light source; you cannot compare LED to the LYMA Laser. They are two completely different light sources that work in two entirely different ways and achieve entirely different results. The LED market has boomed, mainly because they're relatively cheap, cover a large surface area and on the whole unregulated. Laser light has always been the gold standard in photobiomodulation but has not been developed along the same commercial template due to the perceived challenges of developing a safe laser for home use within the required regulatory framework.

The LYMA Laser, is the first of a new breed of light devices that deliver a safe near infrared laser for home-use. The precise, targeted, non-destructive induction of tissue regeneration from the surface of the skin to the tissues underneath the skin hasn't previously been available to the at-home consumer. Moreover, as light of different wavelengths induces different tissue responses, combining a red/near infrared laser operating at 808nm with a blue LED operating at 470nm, thereby also targeting the relatively superficial sebaceous glands, offers a powerful combination of light-based therapies. This option has the potential to completely recalibrate our expectations of what can be achieved at home.

# FAQ's.

## CAN I USE THE LYMA LASER ON ALL SKIN TYPES AND SKIN TONES?

Yes, absolutely. Unlike traditional lasers, the LYMA Laser optimises skin renewal for all skin types and skin tones.

## CAN THE LYMA LASER BE USED ON CHILDREN, AND CAN CHILDREN USE IT?

The LYMA Laser can be used to treat skin conditions on people of all ages, although we recommend only adults should operate this device. Always keep out of reach from children.

## IS THE LYMA LASER SAFE TO USE AROUND THE EYES?

Yes, the LYMA Laser's unique ultra-diffused lens makes it safe to treat around the delicate eye area without posing any damage to the retina.

## IS IT DANGEROUS TO POINT THE LYMA LASER DIRECTLY INTO YOUR EYES?

The four blue LEDs are quite bright and can cause dazzling if looked at. This should be avoided. However, any dazzling experienced will soon pass and is not dangerous. The optical arrangement of the LYMA Laser protects your eyes from the laser's damaging effects and is safe, however direct viewing is not advised.

## DOES THE LYMA LASER HURT TO USE?

No not at all. The LYMA Laser is completely harmless and results in no pain at all.

## IS THE LYMA LASER COMPLICATED TO USE?

Life can be complicated enough without your beauty regime adding to this. The LYMA System has been designed with ease in mind. You don't need any technical experience to use. Simply place the LYMA Laser over your skin and glide over the area you wish to treat.

## HOW POWERFUL IS THE LYMA LASER?

The LYMA Laser features a near infrared 500Mw laser at 808NM and four bright blue LEDs with a total power of 40Mw at 625nm.

## CAN THE LYMA LASER BE OVERUSED?

The LYMA Laser is the breakthrough beauty product of the decade. The first cosmetic laser to take a zero-damage approach to skin renewal. As there is no damage to the skin, there is no risk of overuse. We recommend you use for a minimum of 15 minutes daily for each treatment area (e.g., face, neck, décolleté, knee). Although the LYMA Laser cannot be overused in terms of inflicting any damage to the skin, anything longer than one hour's daily use per treatment area will not earn any further benefit.

#### WILL THE LYMA LASER HELP MY SKINCARE PENETRATE DEEPER?

Yes, the LYMA Laser will help your skincare to penetrate deeper in two ways. As the laser does not damage skin, it's not in recovery mode and will therefore respond to other skincare protocols much better. Also, the increase in collagen and the anti-inflammatory effects of the laser, will help your skin to benefit from the active ingredients in your skincare.

#### WHY DO I NEED TO USE THE LYMA LASER EVERY DAY?

We recommend using the LYMA Laser daily for a minimum of 12 weeks and a couple of times a week thereafter to maintain results. The reason you need to use daily until you achieve your desired results, is that the LYMA Laser technology works by switching on cells that had died as part of the natural ageing process, which empowers the skin to behave as it did when you were younger. In order to fully transform the skin, you need to 'switch on' the maximum number of cells, which in turn exponentially increases collagen production. Skin is renewed from the base layer up to smooth wrinkles, increase elasticity, redistribute pigmentation, and heal scar tissue.

#### CAN THE LYMA LASER BURN ME?

The LYMA Laser is completely safe and not capable of burning skin.



# Contraindications.

## WHAT ARE ALL THE CONTRAINDICATIONS?

The LYMA Laser is the only cosmetic laser safe for use on all skin types and tones. However, as with all light devices, if you are taking medications which make you more sensitive to light, or if you have a medical condition which makes your skin sensitive to sun or light, we advise to discuss with your medical practitioner to before use.

As with all light devices, do not use the LYMA Laser over any areas associated with the following medical conditions:

- Tumours or Melanoma
- Over-active thyroid
- Fungal skin infections
- Implanted pacemaker

Do not use the LYMA Laser:

- Over the female breast area.
- On children or anyone under the age of 18 years of age
- On your abdominal area if you are a pregnant woman

If you suffer from lupus erythematosus, albinism photosensitive eczema, or other photosensitive disorders.

To treat anyone who is taking any medication that can cause photosensitivity. Use on photosensitive skin can result in an itchy sensation or sunburn-like redness. If these occur, seek medical care from a physician.

## WHICH OTHER TECHNOLOGIES/FACIAL TREATMENTS/SKIN CARE/ACTIVES/MEDICATIONS THAT ARE SAFE/NOT SAFE TO USE ALONGSIDE?

The LYMA Laser is safe to use alongside most aesthetic treatments. Due to its powerful anti-inflammatory benefits, the LYMA Laser can aid recovery from aesthetic treatment, reducing downtime and accelerate healing.

You can safely use the LYMA Laser alongside Botox, fillers, Profxilo, radiofrequency, micro-needling and microcurrent treatments. If you are taking medication that makes you more sensitive to light, you should discuss with your medical practitioner to confirm if low level laser therapy is suitable for you.

## ANY SIDE EFFECTS/BAD REACTIONS TO LOOK OUT FOR?

The LYMA Laser is the first 500Mw at home near infrared low level laser, operating at 808nm delivering unrivalled biological age reversal, with four blue 40Mw LEDs operating at 470nm to eliminate surface bacteria. This technology has been used safely in a hospitals since the 1960's and is backed by extensive peer-reviewed studies with no side effects reported. The LYMA Laser has its own suite of peer-reviewed studies published in Aesthetic Surgery Journal 2021 written by Dr. Graeme Glass PhD.

However, as with all medical devices, we suggest you take the following precautions.

- If using the device causes any discomfort, discontinue use immediately.
- Contact a doctor immediately if you suspect you have had a negative reaction from using the LYMA Laser.
- Do not store the LYMA Laser in the sun or on a hot surface. High temperature may be damaging.
- Do not disassemble the LYMA Laser as this may cause damage, malfunction, electrical shock, fire or injury. There are no user-serviceable parts inside.
- Do not operate in an environment where other devices, that intentionally radiate electromagnetic energy in an unshielded manner, are being used. Portable or mobile radio frequency communication equipment can affect medical electrical equipment.
- Always protect your skin from the sun with sunscreen or appropriate attire. The sun may cause wrinkles and reduce the benefits of the LYMA Laser.

## WARNINGS.

- Never operate this device if it is not working properly, if it has been dropped or damaged, or submerged in water.
- Never drop or insert any unauthorized object into any openings on the device. Only use the power adapter provided with the LYMA Laser.
- Do not scratch or damage the LYMA Laser.
- Use of controls, adjustments, or performance of procedures other than those specified herein, may result in injury.
- Keep all electrical appliances away from water (including baths and showers).
- Do not use flammable aerosol products or oxygen near the device.
- If the LYMA Laser device begins to overheat, turn off immediately.
- Stop using the device immediately if you believe the device is malfunctioning. Return the device to LYMA Life for examination and repair.

## IT SAYS YOU CAN USE IT ANYWHERE ON THE BODY BUT.... IS THAT LITERALLY ANYWHERE?

The LYMA Laser can be used anywhere on the body, excluding those defined in the contraindications.

## CAN I USE THE LYMA LASER ALONGSIDE A TOPICAL RETINOL?

Yes, you can use the LYMA Laser if you are using a topical retinol.

## IS THERE ANYWHERE I SHOULDN'T USE THE LYMA LASER?

The LYMA Laser can be used on all parts of the body. Do not use the LYMA Laser over any areas associated with the following medical conditions. Tumours, overactive thyroid, fungal skin infections, implanted pacemaker or melanoma.

## CAN I USE THE LYMA LASER AFTER BEING IN THE SUN?

Yes, the LYMA Laser can be used after being exposed to the sun.

## CAN I USE THE LYMA LASER OVER BOTOX™ OR FILLERS?

The LYMA Laser is perfectly safe to use on areas of the skin that have been treated with Botox™ or fillers.

#### CAN I USE THE LYMA LASER IF I'M PREGNANT?

You can safely use the LYMA Laser if you are pregnant, however should not be used over the abdominal area.

#### ARE THERE ANY SIDE EFFECTS?

There are no known side effects from using the LYMA System. Should you experience discomfort, redness or anything other than natural looking skin, please stop using the LYMA Laser and contact your medical practitioner.

#### IS LASER RADIATION DANGEROUS?

Laser radiation shouldn't be confused with radio waves, microwaves or the ionizing x-rays or radiation from radioactive substances such as radium. Laser radiation isn't harmful and behaves like ordinary light in its interaction with the body.

# Maintenance.

## WHERE SHOULD I STORE THE LYMA LASER?

You should store the LYMA Laser at room temperature. The device must be protected from humidity, excess heat and dropping.

## HOW OFTEN SHOULD I CHARGE THE LYMA LASER?

If used for 15 minutes daily, it is advised to charge the battery weekly to maintain optimal power. At constant use the battery should last for two hours.

## HOW MANY CHARGES WILL THE LYMA BATTERY LAST?

The LYMA battery will last up to 500 charging cycles.

## HOW DO I KNOW WHEN THE LYMA LASER BATTERY IS FULLY CHARGED?

You can check the charge indicator status bars on the charger. When the battery is fully charged, all lights on the battery charging unit will be visible in blue.

## CAN I USE ANOTHER BATTERY INSIDE THE LYMA LASER?

The LYMA Laser should only be used with the provided LYMA battery. Other batteries may cause damage.

## IS THE LYMA LASER WATERPROOF?

No, the LYMA Laser isn't waterproof. You should clean the device with a damp cloth.

## HOW LONG DOES THE LYMA LASER BATTERY TAKE TO CHARGE?

The battery will automatically charge itself to maximum capacity. Depending on how much power is in the battery at the time of charge, this can take up to four hours.

## HOW SHOULD I CLEAN THE LYMA LASER?

You should wipe the LYMA Laser after each use with a damp cloth.

## WHAT ADAPTORS DOES THE LYMA LASER COME WITH?

The LYMA Laser includes a micro-USB charging cable and battery charger. The charger can be powered by any standard USB charging port. The battery charge should last two hours, however in order to ensure you always have optimal power, we recommend charging two to three times per week based on daily use.