For best results, use it 3 times a week for the first month. After the first month, use as needed, normally once a week. Do not put any lotion before use.

1. Make sure the Perfectio Plus device is fully charged before use (green light indicator) - make sure the areas you want to treat are dry.

2. After you turn the Perfectio Plus on, place the treatment head on your skin, the LED light will automatically activate, the treatment head will start heating up slowly.

3. Apply light pressure while slowly moving the Perfectio Plus in small circular motions.

4. Treat each area for 3-5 minutes - face, forehead and around the eyes. Do not use the device over the eye lids.

5. It is recommended to apply a small amount of moisturizing cream on the treated skin areas after each session and to massage it gently in circular motions.

6. Clean Perfectio Plus after every use with a dry cloth or a paper towel - do not let any moisture to penetrate inside the unit, do not get it wet.

7. Stop using if you feel the treatment head is too hot.