
METHODE
BRIGITTE
KETTNER



RF Device User Manual

What is Radio Frequency?

Radio Frequency or RF is a high-frequency electro-magnetic wave which inputs electromagnetic energy into the dermal layers of the skin, stimulating the dermis, heating the collagen to 45~60 °C, activating collagen shrinkage and re-generating thickness and density to the skin. Studies have found that maintaining a temperature over 115°F (46°C) for over 3 minutes causes your body to release heat-shock proteins. These proteins stimulate your body to create new collagen fibers. RF has shown to tighten and lift loose skin, smoothing wrinkles and making skin more hydrated. In the medical field this modality is called Thermage.

Simply put...its thermal energy! Since RF energy produces an electrical current instead of a light source, tissue damage can be minimized, and epidermal melanin is not damaged either. With this knowledge, RF energies can be used for clients of all skin types – that is, it is color blind, allowing for ultimate collagen contraction and production of new collagen. In addition to stimulating new collagen, the radiofrequency treatment also causes some contraction of the skin, thus tightening it. Although you will notice the treatment's tightening effects immediately, the more significant improvement will occur gradually over a period of several weeks or months as the new collagen forms.

Whether the results are minimal or modest, a major benefit of RF is that treatment induces collagen. Even if not enough collagen is produced to tighten the skin, having healthy collagen is beneficial. At the very least, it may slow the signs of aging. In other words, RF treatments may be preventative.

Safety Caution

1. This device is for skin care only, please do not use for other purpose.
2. Please follow the operation instructions. For sensitive skin please shorten usage during first treatment.
3. Please don't use the device while it's charging. It will beep after fully charged and the indication light will stop flashing. At this point unplug adaptor.
4. DO NOT HOLD IN ONE SPOT FOR MORE THAN 3 SECONDS. RF can burn the skin from the inside out!
5. Do not use on eyelid.
6. Don't immerse the unit into water or any other liquids. Wipe clean with anti-bacterial wipe.
7. If it feels uncomfortable stop using it.

Precautions Before Use RF

1. Do not use directly over areas injected with hyaluronic acid or collagen in the last 6 months.
2. Please keep away from the areas injected with silicone.
3. Contraindications: pregnancy, pacemaker, broken skin.
4. Remove earrings.
5. Do not use over base makeup. Cleanse skin first.

Precautions After Use RF

1. It's possible for skin become dry a few days after treatment. Keep skin moisturized and protected from the sun. A hydrating mask works well!
2. Please don't wash treated areas with hot water for 24 hours after treatment. Warm water is okay.

Features

Innovative multi-points RF treatment probes, which output RF energy to effectively rejuvenate skin.
Integrating high energy infrared, improves efficacy.
It can be used for 3 to 4 hours continuously after fully charged.
It's portable and cordless making it easy to carry and use anywhere.
Inductive design, the treatment probes only work when touching the skin making it energy-saving.
Low/Medium/High level options.
Charging and fully charged indicator lights.

The device will not work properly without a conductive product. Also, you must have your hand touching the client to close the current! Red lights will show when this is done properly. When using on yourself the unit automatically grounds itself. There is nothing you need to do.

Product Components

Indicating Light
RF output probes
Treatment head
Control panel
High-grade galvanized sidebar
Main device
Charge station

Medium level
Low level
High level
RF selection button
Infrared button
ON/OFF

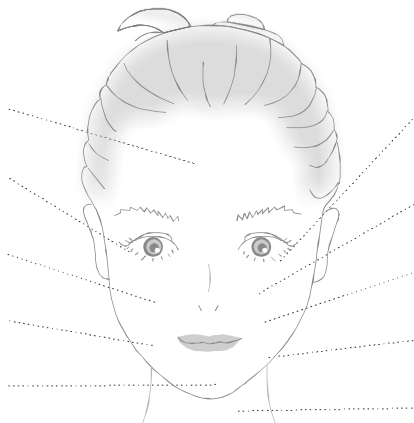
Charging indicator (Charging: red light flashing; Full charged: red light on solid)
The device will auto power off if there is not any operation after 10 minutes.



When using the unit, you'll see 4 red lights. The other six spots that look like they should light up are the infrared. You cannot see infrared. They will not light up!!

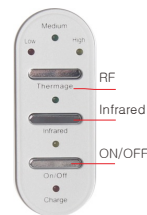
1. Electromagnetic energy activates collagen shrinking and rejuvenates skin.
2. Has shown to tighten and lift loose skin to contour face.
3. The thermal effect could improve the micro-circulation, accelerating the metabolism, keeping skin smooth, elastic and hydrated.
4. RF may improve the penetration of skin care products.
5. The wavelength of infrared is 880 nm, it's invisible to the eye. It penetrates deep into the skin, and generates thermal energy, which activates cells, promoting blood circulation and metabolism.

- Smooths Wrinkles
- Opens/lifts Eye Area
- Tones and sculpts full face
- May help double chin
- Drains dark circles under eyes
- Deeper penetration of product



Quick User Guide

1. Cleanse face.
2. Apply conductive product
3. Turn on the device by pressing the on/off button.
4. Press button "Infrared" to start infrared function.
5. Press button "RF" to start RF function. Continue to press button for Low, medium and high.
6. Turn device off after use.



Press the button RF button once for low level, red indicator will light up.
 Press the button RF button twice for medium, green indicator will light up.
 Press the button RF button third time for high, yellow indicator will light up.

It's normal to feel a slight prickly sensation during treatment, some may even experience redness, but this will disappear in a few minutes. Typically, by the end of the facial treatment. If you notice a client's skin getting unusually red, please stop the treatment. You may do two passes around the face but please no more (read story at the end of this manual) You can use a cooling machine, cold globes or just cold compress if needed to calm the skin. Consult a doctor if necessary.

Basic Treatment

Cleanse and exfoliate face. Apply conductive product. **Always keep RF unit moving.** Do slow upward movements starting under the chin and moving out and up the face. You may also do small round or looping movements if you prefer. You are sculpting so really look at your clients face and sculpt it! **Your hand must be touching your client to close the current.** You will notice that you will not see the red light if the current isn't closed. Here's a quick video showing the movements: <https://youtu.be/bPUGxuUTEC8>

You may use LED after the RF or a hydrating mask. You may offer this as a stand-alone 30-minute treatment or as a 5-to-10-minute add-on to any other treatment. I recommend once a week for 6 to 8 weeks.

Charging the unit



Charging:

1. Connect the charging adaptor to the charge station or device as above ways.
2. Plug in the charger adaptor into the home AC socket.
3. When charging, the red light is flashing. When charging completes, the beep sound can be heard and the red light stops flashing.
4. Please pull out the adaptor.

Product Specification: 500 KHz

2 year warranty

Item number	MBKRF22
Power supply	AC100-240V
Output DC:	5V 1A
Power consumption	5W
Dimensions	157x40x42mm
Weight	150g

Cleaning & Maintenance

Please clean up the device head and body with an anti-bacterial or alcohol wipe. Do not soak device in water.

Put cotton pads with water or alcohol to clean the treatment head

Do not use sharp objects, or metal parts to clean treatment head, in order to avoid the damage.

Please put the device in a cool and dry environment.

Please do not let the device left uncharged for longer than one month. If mt using regularly please charge it once a month.

1. Please follow the instructions in this manual. Contact the Methode Brigitte Kettner Representative if you have any issues with the unit. laura.porter@telefieldna.com

2. During the one-year warranty period, any of the following conditions will not resolve in replacement.

Incorrect use causes malfunction and damage.

Damage due dropping the unit.

Fire, earthquake, flood, lightning and other weather variations.

Note: The RF radiation used during this treatment is similar to the type of radiation emitted from other common household devices like cell phones or WiFi. Although the long-term effects of low energy radiation is not entirely known, although there hasn't been evidence at this time that suggests that RF radiation poses a health risk to people.

Note: Please check with your State Board to see if RF is legal in your State. Methode Brigitte Kettner nor any representative for them is responsible to find out this information for you nor are they responsible if your State Board fines you. If it is not legal

RF Story (Shelley Hancock): Years ago, I was testing a handheld RF unit. It worked differently than this unit. It used a pulse instead of movement. In the directions it stated one pulse and move to the next area. I wanted to see what would happen if I did two or three pulses. Remember that RF is heating the tissue below the surface, so you don't really feel much heat while doing the treatment.

Well, I pulsed between my eyebrows three times. Nothing. I barely felt a thing. I thought to myself this is no big deal. The next morning when I looked in the mirror, I had small blisters in that area!!

Moral of the story is... it's working even though we're not feeling a lot of heat. Please only twice around the face. Always being in motion!!

Ps: If it's a new client and you don't know her skin well I would only do once around the face!