

## Treatment - Simple, Fast and Safe

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 Sapphire device is fully charged before use (green light indicator) make sure the areas you want to treat are dry.
- 2. After you turn the Sapphire 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 Sapphire in small circular motions.
- 4. Treat each area for 3-5 minutes face, forehead and around the eyes.
- 5. Do not use the device over the eye lids.
- 6. 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.
- 7. Clean Sapphire 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.
- 8. Stop using if you feel the treatment head is too hot.