

Pretika®
SonicLift®
Facial Toning

Lift, Firm and Tone Skin

Instructions
for Use

Model ST280



Pretika®

Merging Science
with Skin Care®

Pretika® SonicLift®

Congratulations and Thank You for being a Pretika Customer!

Before you start, please take a moment to get to know your SonicLift® and how it works. SonicLift® delivers low level, gentle electrical micro-current that continually alternates between the positive and negatives spheres – with settings that control the current output from 0 to 400 microamps. For the device to operate properly, use the Electrolyte Conductive Gel that comes with your device.

For important information about safety and how to use the device, read the full Instructions for Use booklet. Contact the experts at Pretika for any assistance in helping you get started.

Customer Service Contact:

1-949-481-8818

Email: customerservice@pretika.com
or visit our website at www.pretika.com

Hours of Operation:

Monday – Friday, 8:00 AM to 4:00 PM
Pacific Standard Time



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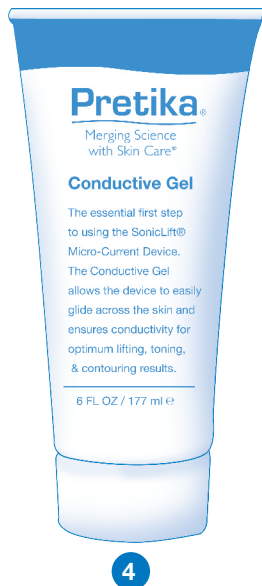
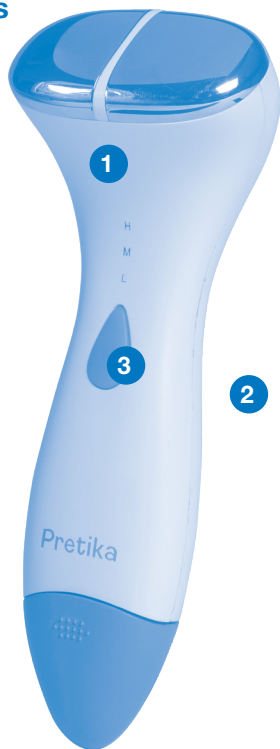
Package Contents and Components

Package Contents

- 1 Treatment Spheres
- 2 Hand Piece

Components

- 3 Power Button
- 4 6 oz / 177mL Conductive Gel



What is Device Used For?

Micro Current Device is a non-invasive facial toning device intended for at-home cosmetic use. This device delivers low level electrical micro-current impulses to strategic locations on the face to improve your facial tone. Electrical current is emitted from dual probes that are designed for optimal contact with faces of all shapes and sizes. Micro Current Device continually alternates between the positive and negative probes and allows you to adjust the current output from 0 to 400 microamps for a personalized comfort level.

For your Micro Current Device to operate properly, a conductive solution is needed. Therefore, it is important to first apply the Conductive Gel to the skin areas to be treated. Then, following the natural contours of your face, simply glide the Micro Current Device over your skin for an instant visible lift.

Regular use of your Micro Current Device will provide you with increasing facial strength and tone.

Contradictions

Never use this device over any suspicious or cancerous lesion. Using this device over cancerous or other type of lesion can result in delaying the best medical treatment.

Typical characteristics of cancerous lesions include:

- Asymmetry: one half of the abnormal skin area is different than the other half
- Borders: irregular borders
- Color: varies from one area to another with shades of tan, brown or black (sometimes white, red or blue)
- Diameter: usually (but not always larger than 6 mm in size (diameter of a pencil eraser)
- Bleeding: any skin growth that bleeds or will not heal

Do not use if you have a history of light triggered seizures.

It is recommended that you test a small less sensitive patch of skin. (i.e., such as the forearm)

Micro Current Device should not be used in the following areas:

- Around the mouth (Orbicularis Oris)
- Eye areas (Orbicularis Oculi Muscle)
- Mid-line facial and throat area (vertical center)

Micro Current Device should not be used by:

- Children
- Pregnant women
- People subject to seizures
- People with cancer/tumors
- People with cardiac pacemaker
- People with implanted defibrillators/stimulators
- People with electronic implanted devices

Indications For Use

Micro Current Device is intended for facial stimulation and is indicated for over-the-counter cosmetic use only.

Warnings

Warning: Discontinue use if you encounter any discomfort or skin redness that lasts for more than two hours. Consult with your skincare professional or healthcare provider.

Warning: Do not use if you are pregnant or breastfeeding.

Warning: Do not use if you have experienced a migraine in the last two years.

Warning: Do not use over thyroid gland (neck area). It may result in stimulation of growth.

Warning: To reduce the risk of electric shock that may cause injury or death:

1. Do not leave unit in “on” position when not in use.
2. Do not place or store the device where it can fall or be pulled into a tub or sink. Do not place in or drop into water or any other liquid. Do not submerge the unit in water or any other liquid.
3. Keep away all electrical appliances (including the Micro Current Device) from water –including bath and shower).
4. Keep device away from heated surfaces.
5. Never drop or insert any object into any openings on the device.
6. Never operate this device if it has been damaged. If it is not working properly, if it has been dropped or damaged, or submerged in water, discontinue use.
7. Do not disassemble the device as this may cause damage, malfunction or personal injury. There are no user-serviceable parts inside the device.
8. Basic safety precautions should always be followed when using any electrical product, especially when children are present.
9. Do not use this device on children and do not allow anyone to use this device except you.
10. **Warning:** To prevent fire or serious burns:
 - Turn off immediately if device begins to overheat.
 - Keep away from flammable aerosol products being used or where oxygen is being administered.
11. Men should shave before use as hair can interfere with the conductivity of the probes. Facial areas under a beard or mustache cannot be treated.

Precautions

Stop immediately if you experience any adverse effect or have a concern regarding use. Contact your skin care professional, Doctor or healthcare provider.

Use this device only for its intended use as described in this Instructions for Use Manual.

Your Micro Current Device is designed for cosmetic use only and for individuals in good health. If this is not the case for you, please consult your doctor before use. A slight tingling sensation may occur while using the device. Lowering the intensity may reduce or eliminate this sensation. There also may be a perception of flashing lights during your treatment resulting from the stimulation of your optic nerve. If you notice this condition constantly and when not using your device, please consult your doctor. Please review the enclosed Information For Use and Quick Start Guide before using your Micro Current Device. This product is designed for cosmetic purposes only, and is designed specifically for the face.

- Safety of Micro Current Device for use during pregnancy has not been established.
- Caution should be used by patients with suspected or diagnosed heart problems.
- Caution should be used by patients with suspected or diagnosed epilepsy.
- Caution should also be used in the presence of the following:
 - When there is a tendency to hemorrhage following acute trauma or fracture;
 - Over areas of the skin which lack normal sensation.
- Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium. The irritation can usually be reduced by using an alternate conductive medium.
- Men should shave before Micro Current Device use as hair can interfere with the conductivity of the probes. Facial areas under a beard or mustache cannot be treated.
- The Micro Current Device should be kept out of the reach of children. Micro Current Device should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

Adjustments or performance of procedures other than those specified herein may result in injury.

MODEL ST280 needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS;

Portable and mobile RF communications equipment can affect MODEL ST280.

Risks

There have not been any reported adverse reaction with the Micro Current Device specifically. However, skin irritation and burns beneath the electrodes have been reported with the use of other powered muscle stimulators. If you experience skin irritation or burning, please discontinue use.

Very Important

This device is solely intended for cosmetic use on the face. Any harmful consequence resulting from misuse or application to other body areas, connection to improper voltage sources, dirty conductive solution or probes, or any other improper applications is neither the responsibility of Pretika Corporation nor its affiliates.

HAZARD	LIKELIHOOD OF HAZARDOUS EVENT	EFFECT TO USER
Possible electrical problems	Not likely to happen	Shock
Overheating	Not likely to happen, battery-operated	Discomfort, interrupted treatment
Operation outside prescribed environmental conditions	Not likely to happen	Damage to device
User fails to follow maintenance instructions	Not likely to happen	Lack of product effectiveness
Battery explodes	Not likely to happen	Can cause serious burns
Short circuit wiring	Not likely to happen	Can cause overheating of handle, which may result in user discomfort
User attempts to use product past recommended maximum exposure per site per day	May occur from time to time	Ineffective treatment
Person with thyroid disease may attempt to use around neck area	Not likely to happen	Possible stimulation of disease growth
Person may attempt to use over recent steroid injection site	Not likely to happen	Unanticipated reactions

Only the known risks of the device are listed. There may be other risks I using the device because the studies that were done likely did not uncover all the risks of using the device. Users of the device can control the risks of the device only if they read and understand all parts of the user manual and follow all the instructions, contradictions, warnings and precautions in it exactly.

Benefits

BENEFITS	LIKELIHOOD OF BENEFIT	EFFECTS TO USER
Improve your facial tone		
Users of this device can obtain benefit from using it only if they read and understand all information in the user manual and follow exactly all the instructions in the user manual.		

Conductive Gel Ingredients

Water, 1, 2 Propanediol, Acrylic Acid Polymer, Caprylyl Glycol, Methylisothiazolinone, Cellulose Polymer.

Getting Started

Device Setup

Getting started with Micro Current Device is easy.

To Install or Replace Batteries

1. Make sure power is in the Off position.
2. Remove Outer battery-compartment cover by holding the device and pulling outward the lift tab.
3. Lift and pull open Inner battery-compartment cover.
4. Carefully pull out batteries (if replacing) and insert 3 new “AA” batteries. Use the markings in the battery compartment as a guide to position the (+) positive or (-) negative end of each battery.
5. Replace back batter compartment cover by firmly pressing into place - keeping silicone seal in place, and then replace the outer battery cover by aligning the lower tab into slot and pressing firmly to close.

Do not mix old and new batteries. Do not mix alkaline, standard (carbon zinc) or rechargeable (nickel-cadmium) batteries. To dispose of alkaline batteries, place in the trash (normal municipal waste). Recycling of batteries at your local recycling center is good for the environment.

Important Information

It is our experience that if a product uses batteries, many of the problems thought to be product defects are simply caused by weak batteries. To save any unnecessary inconvenience and expense, we encourage you to always replace with new batteries.

How to Use Your Micro Current Device

Get Familiar with the Device

The device is built with user friendly features for a safe and easy experience.

Controls

This device has light “on” and light “off” control positions to identify treatment cycle and performance behavior.

To Activate the Device: press ON/Off Button– lights to color

Each treatment should last 5 to 20 minutes. We recommend using the Micro Current Device at least five (5) times a week, for the first 90 days. After that, 2-3 times a week to maintain results. The Micro Current Device should not be used more than 20 minutes in a 24-hour period. The Micro Current Device is safe to use daily, if desired. Skin Health Tip: Exfoliate the areas to be treated 1-2 times a week for enhanced results.

Before Treatment

Start by washing your face with an oil-free cleanser. Men should shave before use as hair can interfere with the conductivity.

Basic Treatment (5 minutes)

When using Micro Current Device make sure you are positioned in front of a mirror in a well-lit room.

Step 1: For your Micro Current Device to operate properly, a conductive solution is needed. Therefore, it is important to first apply the Conductive Gel to the skin areas to be treated. Ensure the entire area being treated is saturated with the Conductive Gel. On your clean, dry face apply Pretika Conductive Gel by tapping into your skin with your fingertips. We recommend applying the Gel to each treatment area or half the face at a time, so that the Gel does not dry out. If Gel begins to dry during your Micro Current Device treatment, you can apply more gel.

Step 2: Turn On Micro Current Device using the Mode Control Buttons on the inside handle of your device, choose your desired intensity level. The green LED will be illuminated, indicating that the device is on. You may adjust the intensity level (micro-current level output) to your comfort by pressing the intensity selector button. (See photo inset on following page.)

	BUTTON	LIGHT INDICATORS
①	On/Off Button	ON: Solid red light will appear
	Control Mode Button	RED LIGHT: Gentle Mode GREEN LIGHT: Medium Mode BLUE LIGHT: High Mode

Step 3: Glide along the natural contours of your face, in an upward motion. Each glide should last five (5) seconds, and should be repeated three (3) times. Always keep sphere on the skin at the same time as the device will automatically switch polarity during treatment. Follow the natural contours of your face, simply glide the Micro Current Device over your skin for an instant visible lift. Repeat until the entire facial area has been treated, avoiding eye area and around the mouth.



Step 4: Remove the Conductive Gel with a warm, damp washcloth.

Step 5: Be sure to turn off your device, and gently wipe off any Conductive Gel residue on the sphere with a dry or slightly damp cloth. Never submerge your device in water, or use an excess of liquid when cleaning your device.

Step 6: Apply your favorite anti-aging treatment or preferred moisturizer.

Treating Target Areas

3 Easy Steps

Step 1

PREP

Apply any Conductivity Gel to your targeted treatment area(s).

Step 2

LIFT

Slide the device over the natural contours of your face.

Step 3

FINISH

With a warm, damp washcloth, gently remove the Conductivity Gel then apply your serums and moisturizer.

What to Expect During Treatment

During Treatment

Users will feel a warm, calming sensation along with a slight tingling on the skin. Many users experience an increase in hydration and skin plumping immediately.

After 1 Weeks of Treatment

Most users will start to see an improvement in skin texture while the majority of users will see an increase in the healthy feel of their skin and an increase in skin smoothness.

After 2 Weeks of Treatment

A vast majority of users will see a reduction in the overall signs of aging, particularly an increase in skin firmness.

After 4 Weeks of Treatment

Many users will see overall better skin condition compared to before treatment. This includes an improvement in the healthy appearance of the skin and a reduction in fine lines and wrinkles.

Device Maintenance

The following maintenance instructions are important to ensure that your device continues to work as it was designed. Failure to follow these instructions may cause your device to stop delivering the required dose or to stop working altogether.

Cleaning

Simply follow these easy instructions:

Step 1: Lightly dampen a washcloth with water

Step 2: Gently wipe the spheres of your device to remove any product

Step 3: Gently wipe down the case of your device

If it's been awhile since you last cleaned your device and you've noticed some product hanging around, use rubbing alcohol instead of water to wipe down your device. If there's buildup on the spheres, the micro-current itself may have a tougher time making its way to your facial muscles, getting held up on the surface by an accumulation of product. Gently wiping the spheres clean after each treatment helps ensure that every anti-aging treatment is the best one.

Since the Micro Current Device is an electrical device, it's essential that you make sure that product– like gel or makeup– doesn't find its way into the seams, or on any of the electrical connections. A water dampened washcloth can be used to clean the exterior of the device, but water should not be used to clean the contacts or any internal components. If product finds its way onto the gold-plated contact underneath the attachment, slightly dampen a cotton swab (not a cotton ball) with rubbing alcohol, wipe it clean, dry it off, and then let air dry at least an hour before use. A simple wipe-down keeps your device looking good, so it can keep you looking good!

Travel Tips

- The device's lightweight, compact design makes it an easy travel companion.
- If traveling outside the U.S., use country specific charging adaptors.

Trouble Shooting

In the event that the device fails to perform as intended, the following notes will help to identify potential problems with the device and its setup.

If	Do This
Device turns off	Check and replace batteries.
Device will not turn on	Check and replace batteries.
Device shuts off in mid-treatment or only after a few treatments	Check and recharge batteries.

If you still have questions please visit www.pretika.com or call Pretika at (949) 481-8818 for more tips and troubleshooting.

Disposal of Electrical and Electronic Equipment Waste (E-waste)

Disposal information for e-waste depends on the city you are in, as all regulations are local. To learn about recycling or disposal programs in your area search “E-waste recycling or disposal” online.

You can also contact your city directly or look into your local electronics store policy.

Service

The Micro Current Device has no parts you can fix. Do not try to repair it. If the Micro Current Device requires service, please contact the selling retailer or Pretika Corporation. All returned units to the manufacturer for repair, including Warranty repair and Out-Of-Warranty repair, must include the following:

- During Warranty Period with Proof of Purchase (store receipt)
- RMA Number: Should your product become defective during the warranty period, call Pretika Corporation's customer service team at (949) 481-8818 to request an RMA number.

Package the item securely and return it prepaid/insured – along with proof of purchase to:

Pretika Corporation
Warranty Repair Department
12215 Holly Street
Riverside, CA 92509

To insure prompt repair, provide complete, legible name, address and phone number information, RMA number and a note indicating the nature of the product defect and a copy of the original invoice issued for purchase of the unit. We will Repair or Replace (at our sole discretion) product at no charge. Ship unit to the manufacturer in the original container with all accessories and information as required above.

Outside Warranty Period

Should your product become defective outside the warranty period– or you do not have store receipt, package the item securely and return it prepaid/insured along with a check or money order payable to Pretika Corporation in the amount of \$40.00 to cover handling and postage charges and we will send a replacement unit.

Any damage caused by non-original packaging may render the warranty null and void. Any services to these units shall be performed only by a Service Technician certified by Pretika Corporation.

Know Your Device Labels & Symbols



Type B equipment suitable for intentional external applied part to the patient, excluding “Direct Cardiac Application”

Specifications

Power Requirements

Power Input: 1.5Vx3 AA alkaline batteries

Voltage: 3Vdc

Operating Specifications

Ambient Temperature: 15 degrees C to 35 degrees C;

RH: 15% to 17%, non-condensing

Maximum Output Voltage

Transport/Store Environmental Specifications

Ambient Temperature: 0 degrees C to 60 degrees C;

RH: 10% to 90%

Technical description

1. **Warning** that the use of accessories, transducers and cables other than those specified with the exception of transducers and cables sold by the manufacturer of the MODEL ST280 as replacement parts for internal components, may result in increased EMISSIONS or decreased IMMUNITY of the MODEL ST280.
2. **Warning** that the MODEL ST280 should not be used adjacent to or stacked with other equipment.

GUIDANCE AND MANUFACTURER'S DECLARATION – ELECTROMAGNETIC EMISSIONS

The MODEL ST280 is intended for use in the electromagnetic environment specified below.
The customer or the user of the MODEL ST280 should assure that it is used in such an environment.

Emissions	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	The MODEL ST280 uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The MODEL ST280 is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

GUIDANCE AND MANUFACTURER'S DECLARATION – ELECTROMAGNETIC IMMUNITY

The MODEL ST263 is intended for use in the electromagnetic environment specified below. The customer or the user of the MODEL ST263 should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines and patient coupled lines	±2 kV for power supply lines and patient coupled lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1 kV line(s) and neutral	±1 kV line(s) and neutral	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5 % U_T (>95 % dip in U_T) for 0,5 cycle 40 % U_T (60 % dip in U_T) for 5 cycles 70 % U_T (30 % dip in U_T) for 25 cycles <5 % U_T (>95 % dip in U_T) for 5s	<5 % U_T (>95 % dip in U_T) for 0,5 cycle 40 % U_T (60 % dip in U_T) for 5 cycles 70 % U_T (30 % dip in U_T) for 25 cycles <5 % U_T (>95 % dip in U_T) for 5s	Mains power quality should be that of a typical commercial or hospital environment. If a dips or an interruption of mains power occurs, the current of the MODEL ST261 may be dropped off from normal level, it may be necessary to use uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

NOTE U_T is the a.c. mains voltage prior to application of the test level

RECOMMENDED SEPARATION DISTANCES BETWEEN PORTABLE AND MOBILE RF COMMUNICATIONS EQUIPMENT AND THE MODEL ST263

The MODEL ST263 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the MODEL ST263 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the MODEL ST263 as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz $d = 12\sqrt{P}$	80 MHz to 800 MHz $d = 12\sqrt{P}$	800 MHz to 2.5 GHz $d = 2.3\sqrt{P}$
0.01	0.12	0.12	0.23
0.10	.380	.380	.73
11	.2	1.22	.3
10	3.83	.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.



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SonicLift[®]
Facial Toning

Lift, Firm and Tone Skin

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