

5-MINUTE FACIAL-LIFT® AT-HOME HOW-TO

Take five and give yourself a little TLC—tone, lift, and contour. In no time at all, you'll reveal youthful, captivating skin.

SUPPLIES NEEDED:

- + NuFACE Prep-N-Glow® Facial Towelette or Oil-free Cleanser
- + NuFACE® Ionized Super Booster
- + NuFACE® Clean Sweep Applicator Brush
- + NuFACE® Microcurrent Activator
- + NuFACE Trinity, Mini OR Mini+ Device

MICROCURRENT CONTRAINDICATIONS:

- + Epilepsy or subject to seizures
- + Recent surgery or other surgical procedure
- + Pacemaker or electrical implanted device
- + Active cancer
- + Pregnancy
- + Under the age of 18

STEPS TO FOLLOW:

- 1 CLEANSE**
Remove, makeup and cleanse with an oil-free cleanser or use the **smooth side** of the **NuFACE Facial Towelette**.
- 2 BOOST**
Apply 3-5 drops for full face coverage of appropriate **NuFACE Booster** onto fingertips and massage into clean dry skin until fully absorbed.
- 3 ACTIVATE**
Apply a **mask-like layer** of appropriate **NuFACE Activator** using **NuFACE Applicator Brush** in sections as you treat.
- 4 LIFT 5 minutes**
Perform **glides** using the **NuFACE Trinity** with **Facial Trainer Attachment** or **Mini Device** on neck and face. If using the **Mini+ Device** connect via **NuFACE App** for a full guided tutorial.

Once Treatment is complete, massage remaining **NuFACE Activator** into skin.

Finish by applying facial moisturizer, eye cream and SPF on the face, neck, décolleté and ears.

NuFACE® TRINITY, MINI OR MINI+ Device

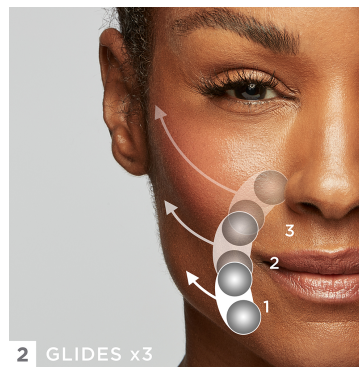
GLIDES - Glide spheres in the direction of the arrows until the beep sounds. Complete steps 1-2-3 sequence 3 times for each area.



GLIDE 1 Place the spheres vertically above your collarbone avoid the mid-line and glide slowly toward the back of your neck.

GLIDE 2 Place the spheres vertically at the middle of your neck avoid the mid-line and glide slowly toward the back of your neck.

GLIDE 3 Place the spheres vertically under your jawline avoid the mid-line and glide slowly toward the back of your neck.



GLIDE 1 Starting above the jawline, place the spheres vertically just left of your mouth and glide slowly back towards your ear.

GLIDE 2 Place the spheres vertically just left of your nose, hugging your cheekbone, glide slowly back towards your ear.

GLIDE 3 Place the spheres vertically at the top of your cheek, glide slowly back towards your ear.



GLIDE 1 Place the spheres horizontally on the forehead. Begin the first glide at the thick of the brow gliding slowly towards your hairline.

GLIDE 2 Place the spheres at the arch of the brow and glide slowly towards your hairline.

GLIDE 3 Place the spheres at the tail of the brow and glide slowly towards your hairline.

HOW-TO VIDEO QR CODE

