

ADVANCED 15-MINUTE FACIAL-LIFT AT-HOME HOW-TO

If you like our 5-Minute Facial-Lift®, you will love the Advanced 15—a combo of holds and glides that promises max firming and contouring of the forehead, neck and cheek areas.

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® or NuFACE® 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

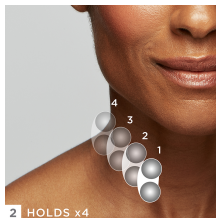
NuFACE® TRINITY OR MINI



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.

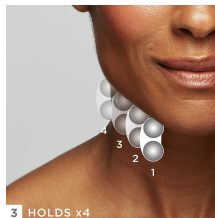


HOLD 1 Place the spheres vertically just above your collarbone, lift and hold.

HOLD 2 Take a step towards the back of your neck to the second position, lift and hold.

HOLD 3 Take a step towards the back of your neck to the third position, lift and hold.

HOLD 4 Take a step towards the back of your neck to the fourth position, lift and hold.

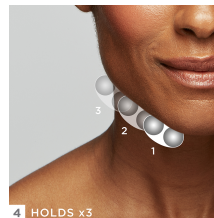


HOLD 1 Moving up towards the middle of the neck, place the spheres vertically slightly off center, lift and hold.

HOLD 2 Take a step towards the back of your neck to the second position, lift and hold.

HOLD 3 Take a step towards the back of your neck to the third position, lift and hold.

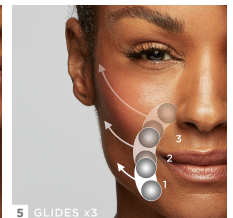
HOLD 4 Take a step towards the back of your neck to the fourth position, lift and hold.



HOLD 1 Place the spheres horizontally under your jawline avoid the midline, lift and hold.

HOLD 2 Take a step back to the second position, lift and hold.

HOLD 3 Take a step back to the third position, lift and hold.



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.



HOLD 1 Starting along the jawline, place the spheres horizontally just left of your mouth. Lift and hold.

HOLD 2 Take a step back towards your ear to the second position, lift and hold.

HOLD 3 Take a step back towards your ear to the third position, lift and hold.



HOLD 1 Place the spheres vertically just left of your nose, lift and hold.

HOLD 2 Take a step back towards your ear to the second position, lift and hold.

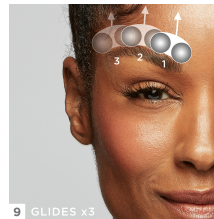
HOLD 3 Take a step back towards your ear to the third position, lift and hold.



HOLD 1 Place the spheres horizontally under your cheekbone just left of your nose, lift and hold.

HOLD 2 Following the contour of your cheekbone, take a step back towards your ear, lift and hold.

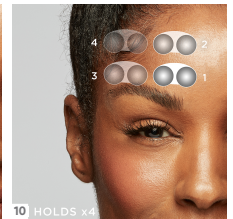
HOLD 3 Take another step back towards your ear to the last position along your cheekbone. Lift and hold.



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.



HOLD 1 Place the spheres horizontally above the thick of the brow. Lift slightly and hold.

HOLD 2 Move up towards your hairline above the thick of the brow, lift slightly and hold.

HOLD 3 Place the spheres above the arch of the brow. Lift slightly and hold.

HOLD 4 Move up towards your hairline above the arch of the brow, lift slightly and hold.

HOW-TO VIDEO QR CODE



STEPS TO FOLLOW:

- CLEANSE**
Remove, makeup and cleanse with an oil-free cleanser or use the **smooth side** of the **NuFACE Facial Towelette**.
- BOOST**
Apply 3-5 drops for full face coverage of appropriate **NuFACE Booster** onto fingertips and massage into clean dry skin until fully absorbed.
- ACTIVATE**
Apply a **mask-like layer** of appropriate **NuFACE Activator** using **NuFACE Applicator Brush** in sections as you treat.
- LIFT 15 minutes**
Perform **glides/holds** using the **NuFACE Trinity** with **Facial Trainer Attachment** or **Mini Device** on neck and face. 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.