

Get ready to smooth + tone!

BEFORE USE

Charge your NuBODY™ for 16 hours, and read enclosed User Manual.

DURATION

Each treatment cycle lasts 5 minutes. NuBODY emits a beep every 5 seconds to indicate when to move to the next position if desired.

FREQUENCY

For the first 60 days, use 5 times per week. After 60 days, use 2-3 times per week for maintenance.

Like with exercise, results are visible and long-lasting with continued use.

QUICK START

1. PREP

Cleanse the treatment area with an oil-free cleanser.

Apply a mask-like layer of NuFACE Hydrating Leave-On Gel Primer to the treatment area in sections.

Do not rub in; skin should appear wet.

2. SMOOTH

Push the ON/OFF button on your device and wait for the BEEP and VIBRATION to begin.

Begin treatment by gliding the device in an upward motion with medium pressure as shown here.



3. FINISH

Treat for 5 minutes until the device automatically powers OFF.

After treatment is complete, massage in any excess Gel Primer for additional skincare benefits.

Repeat steps for each preferred treatment area.

You may treat each area once per day.

NUBODY
by NUFACE™

For more tips, information, and before + after photos, visit MyNuFACE.com.