

# IMPORTANT!

PLEASE READ BEFORE BEGINNING TREATMENT



## ENSURE YOUR BEST RESULTS!

Get the NuFACE App\* at [myNuFACE.com/app](https://myNuFACE.com/app)

**Congratulations on your NuFACE purchase! Follow these simple steps for maximum results.**

- Read enclosed User Manual.
- Charge device for 12 hours (NuFACE Trinity<sup>®</sup>) or 16 hours (NuFACE mini).
- Create your own routine with the NuFACE App at [myNuFACE.com/app](https://myNuFACE.com/app) or watch the "How to" video at [myNuFACE.com/how-to](https://myNuFACE.com/how-to).
- Take a "before" picture to measure results.
- Refer to User Manual for Frequently Asked Questions.

## STEP 1: PREP



1. Remove makeup and cleanse skin with an **oil-free** cleanser. Note: Oil-based products block penetration of microcurrent.
2. Apply NuFACE Gel Primer in a mask-like layer to one area at a time, beginning with the left cheek. Skin should appear wet, and you should feel **no sensation** from the device. Apply to the entire left cheek area.
3. Push the ON/OFF button on your device and wait for the BEEP to begin Step 2: LIFT.

Note: The mini device will not operate while plugged in.



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## STEP 2: LIFT

1. Beginning on the left jawline, place spheres as shown on Position 1.
2. When BEEP sounds, glide from Position 1 to lower ear.
3. When BEEP sounds, move to Position 2 and glide to mid-ear. When BEEP sounds, move to Position 3, and glide to upper ear.
4. Repeat each glide three times.
5. Move to left forehead, and apply NuFACE Gel Primer from the eyebrow to the hairline.
6. Place spheres as shown on Position 1, when BEEP sounds, glide to hairline. When BEEP sounds, move to Position 2 and glide to hairline. When BEEP sounds, move to Position 3 and glide to hairline.
7. Repeat each glide three times.

## STEP 3: FINISH

1. Compare the treated side of the face to the untreated side, and look for improvement in the BROW, CHEEKBONE and JAWLINE areas. Note: Some users see instant improvement while others will see results within 60 days.
2. Repeat PREP and LIFT steps on right side of face.
3. After treatment is complete, massage remaining NuFACE Gel Primer into the skin.

## RECOMMENDED USE

For best results, perform the Basic Treatment (above) at least 5 days per week for 60 days. To maintain results, 2-3 days per week.