

# NURYSH

## LYFT Quick Start Guide



**Please read prior to using your new device, LYFT by Nurysh for the first time.**

**Congratulations on the purchase of LYFT by Nurysh! If you have never used a facial toning device before, I know that it might be a little intimidating to start using. Let me assure you that it is easier than you might think to use this device! Simply follow the quick start treatment plan outlined below, and you will be on your way to beautiful, radiant skin!**

## **IMPORTANT BATTERY CHARGING INFORMATION**

**Please charge your unit for 3 hours prior to first use. To check if your device is fully charged, press the top button one time while LYFT is plugged in. A series of arrows will be displayed at the top of the screen just below Beauty Inside. Your device is in charging mode when the arrows are moving towards the battery icon. A solid line of arrows indicates your device is fully charged. \*Please note\*: The battery icon is not an indicator of the unit being charged. To turn your device on, unplug it from the power cord and hold the power button down for 3-5 seconds.**

*A detailed instructional video outlining the operation of your device can be found at:*

**<https://youtu.be/TjLS8fhdHG0>**

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## ***LYFT Treatment Functions:***

### ***Treatment 1: Cleanser***

Turn the device on by holding down the power button for 3-5 seconds. Press the Cleanse button once (for a quick cleanse) or twice for Deep Cleanse (for deeper penetrating cleanse). Apply a small amount of cleanser to the face and massage the skin with the device for 5 to 10 minutes, moving the device gently around the face. Clean the probe with a damp cloth after use. (This device is not waterproof, so be careful not to use too much water.)

### ***Treatment 2: Nutrition***

Turn the device on by holding the power button down for 3-5 seconds. Press the Nutrition button once (for a quick treatment) or twice for Nutrition Plus (for a longer treatment). For this treatment, apply a water based cosmetic product such as a toner or light anti aging serum. Slowly move the device around the face, spending 10-15 seconds on each treatment area. Clean the probe with a damp cloth after use. (This device is not waterproof, so be careful not to use too much water.)

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### ***Treatment 3: Photo Rejuvenation Therapy***

Turn the device on by holding the power button down for 3-5 seconds. Press the Whiten button. The Anti-aging light illuminates for 5 minutes, and alternates to the yellow light for 5 minutes. Move the probe around the face gently, spending 10-15 seconds on each area of the skin. The red and yellow light will work to lighten dark marks and proliferate collagen and elastin.

Alternatively, turn the device on by holding the power button down for 3-5 seconds. Press the Anti-acne button. The blue light illuminates for 5 minutes, and alternates to the green light for 5 minutes. Move the probe around the face gently, spending 10-15 seconds on each area of the skin. This treatment is especially effective for acne prone skin. Clean the probe with a damp cloth after use. (This device is not waterproof, so be careful not to use too much water.)

### ***Treatment 4: Face Lifting and Massage***

Turn the device on by holding the power button down for 3-5 seconds. Press the Face lifting (massage) button. Move the probe around the face, spending 10-15 seconds per area. (TIP: To aid in probe movement, apply a dry oil such as macadamia, jojoba, or fractionated coconut oil to the treatment area OR spritz the skin with water or toner prior to performing the treatment.) This treatment will last 15 minutes and is designed to lift and slim the face. Clean the probe with a damp cloth after use. (This device is not waterproof, so be careful not to use too much water.)

\*\*Please refer to the user manual included with your purchase for further details regarding the operation of your LYFT by Nurysh device.

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