

one treatment area and 3 minutes in total per session.

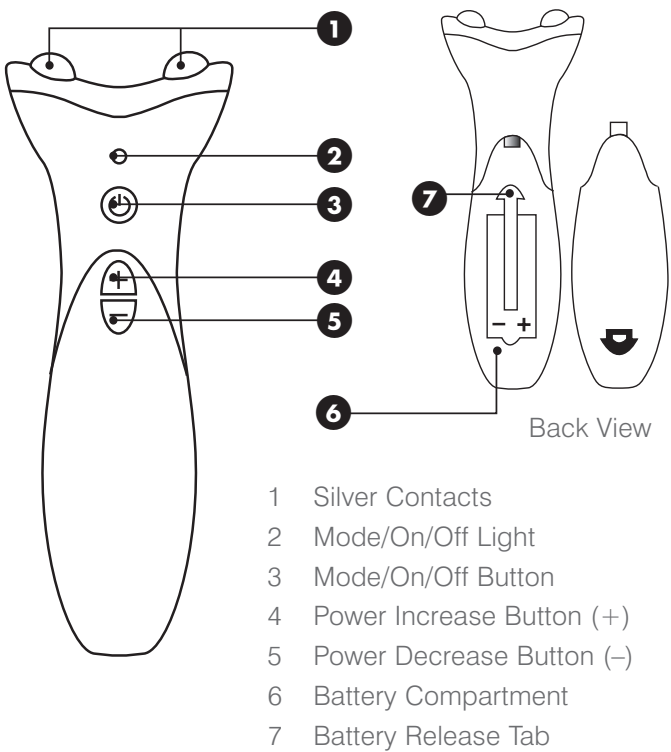
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.

INTRODUCTION

Easily target tone your chin and neck in just a few minutes a day. The gentle EMS (electrical muscle stimulation) pulses do all the hard work for you, toning the supporting muscles, increasing circulation and improving your neck profile.

Feel the effects after just one use and see the results in just a few days.

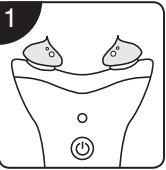
KNOW YOUR UNIT



INSTRUCTIONS

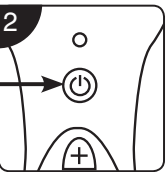
IMPORTANT - PATCH TEST

Before you start you must ALWAYS do a patch test with the conductive gel on an inconspicuous area of your skin for possible skin reaction. Wait 24 hours. If irritation occurs do not continue treatment.



STEP 1

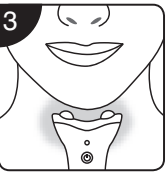
It is **IMPORTANT** to apply a generous amount of conductive gel to the silver contacts. Without the gel you are unlikely to experience muscle contractions and the treatment may feel prickly.



STEP 2

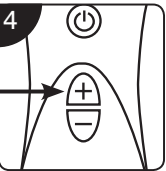
Turn the unit on by pressing the Mode/On/Off button. The green Mode light will begin to flash on and off, this will continue throughout the treatment.

NOTE: EMS toning is a treatment that is felt, the unit will not make a noise or vibrate. When turned on the Neck Toner will always start on Program 1.



STEP 3

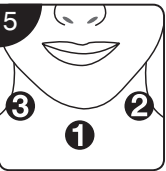
With your finger positioned over the + button, position the unit ready for treatment area 1, ensuring that both silver contacts are in good contact with the skin.



STEP 4

Press and release the + button until you feel a definite muscle contraction. There are 16 intensity levels.

NOTE: The unit will always start at the lowest intensity and most people will not feel anything at this point. Each press of the + button will increase the intensity by one step, you may need to make a few presses before you begin to feel anything.



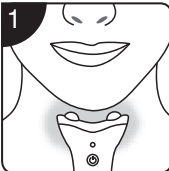
STEP 5

Repeat steps 2 to 4 for treatment areas 2 and 3.

IMPORTANT: Re-apply conductive gel regularly during use to avoid any discomfort.

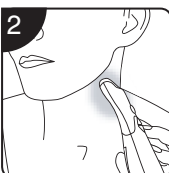
TREATMENT AREAS

As with all toning treatments, regular use is required. Use daily for the first few weeks for maximum benefit. After this time, two or three times a week should be enough to maintain the results.



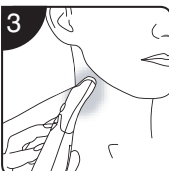
TREATMENT AREA 1

With both silver contacts touching the skin, place the unit underneath your chin. Be careful to avoid your adams apple. Hold the unit in position for 60 seconds.



TREATMENT AREA 2

With both silver contacts touching the skin, place the unit underneath your chin, and to the left, near to where you feel your pulse point. Hold the unit in position for 60 seconds.



TREATMENT AREA 3

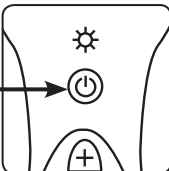
With both silver contacts touching the skin, place the unit underneath your chin, and to the right, near to where you feel your pulse point. Hold the unit in position for 60 seconds.

To begin with the pulses give a mild tingling sensation and as the intensity is increased you will start to notice muscle contractions. The muscle contractions are smooth and each contraction will start with a slow rise, hold itself in a contracted position for a few seconds and then gently relax.

When the silver contacts are correctly placed, these tingling sensations will be reduced and a good muscle contraction will be felt. You may need to adjust the positioning of the silver contacts, until you find the strongest contractions.

PROGRAMMES

The 60 Second Neck Toner has 16 power intensity levels and 3 exercise programmes. Best results are achieved by varying the programme used. We recommend using Programme 1 on day 1, followed by Programme 2 on the day 2, followed by Programme 3 on day 3, then back to Programme 1 on day 4 and so on.



The unit will always start in the Programme 1. To select a different programme, briefly press the Mode/On/Off button again. The light will flash twice to indicate it is in Programme 2, or will flash 3 times to indicate it is in Programme 3. The power level will reset to low each time you change the programme.

PROGRAMME 1 - FIRMING

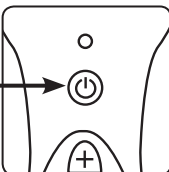
Rhythmic muscle contractions to condition muscles with a short interval between each pulse. The muscle contraction lasts for 2 seconds followed by a 3 second pause.

PROGRAMME 2 - EXTENDED FIRMING

This offers an extended muscle contraction with pre-programmed varying intensity to maximise the work-out. The extended contraction lasts for 9 seconds followed by a 4 second pause.

PROGRAMME 3 - TAP TONING

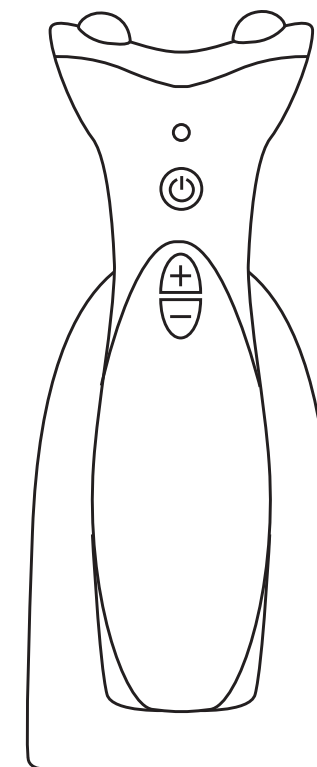
Rapid stimulation to simulate deep massaging action. The pulsing massage action lasts for 5 seconds followed by a 3 second pause.



TO TURN THE UNIT OFF

Press and hold the On/Off button for 1.5 seconds. If the unit is left on, it will automatically switch off after 10 minutes.

60 SECONDTM NECK TONER



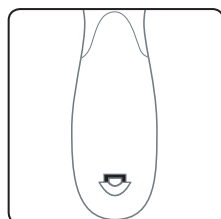
PRECAUTIONS

- **Please read all instructions thoroughly and retain for future reference.**
- Do NOT use if you are pregnant or if you have any of the following: pacemaker, heart disorder, receiving treatment for low blood pressure, epilepsy, multiple sclerosis, or if you are recovering from an operation.
- Do NOT use on areas of skin disorders such as roseacea, pustular acne, abraded skin, sensitive skin, or over scars, moles or varicose veins.
- If the gel comes into contact with the eyes, rinse thoroughly with water. If irritation persists, consult a doctor.
- Keep out of reach of children and pets.
- We recommend using the 60 Second Neck Toner for a maximum of 60 seconds on any

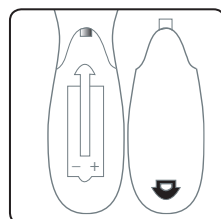
INFORMATION

- Your teeth may feel slightly sensitive during treatment, this is perfectly normal.
- Effective neck toning and firming is based on a light and gentle stimulating massage on your neck muscles. Should you experience any discomfort, you should add more conductive gel, reduce the intensity by pressing the – button, or remove the unit from the area being treated.
- Always use your 60 Second Neck Toner with conductive gel. To purchase more conductive gel please call the Care line on: +44 (0) 1242 702345.
- The unit may be cleaned by wiping with a damp cloth. Do NOT use solvents or detergents.
- Do NOT immerse the unit in water.
- Do NOT disassemble or repair. If you have any problems using the product, contact our Customer Care Department.
- There are no user serviceable parts inside the unit.
- If the unit is damaged do not use it. In the event of a fault, Rio or its service agent or a similarly qualified person must replace it in order to avoid a hazard.
- Do NOT use near to shortwave or microwave equipment.
- If you experience unexpected behaviour of this product then it is possible some external electromagnetic interference is responsible. Electrostatic discharge may cause the device to stop. You should remove this source and restart the product to restore full operation.
- Your 60 Second Neck Toner conforms to the latest European Cosmetic Safety Regulations for consumer use.

BATTERY INFORMATION



To fit the battery, release the clip and open the battery cover. Connect a PP3 9V alkaline battery ensuring the correct polarity is as shown. Ensure the plastic battery release tab is underneath the battery and replace cover ensuring it is shut firmly in place.



- If the unit is left unused for a long period of time, remove the battery.
- Do NOT use rechargeable batteries.
- Please ensure that the batteries are disposed of in the correct manner in accordance with local authority requirements.

DISPOSAL



The Waste of Electrical and Electronic Equipment (WEEE) Directive (2012/19/EU) has been put in place to recycle products using best available recovery and recycling techniques to minimise the impact on the environment, saving energy and resources and avoiding hazardous materials from going to landfill.

The product is classed as Electrical or Electronic equipment so please ensure that at the end of the life of this product it is disposed of in the correct manner in accordance with local authority requirements. It must NOT be disposed of with household waste.



Please refer to these instructions.



CUSTOMER CARE

If you have any questions, or if you experience any difficulties please call our Care line on: **01242 702345** or email us at: **online@riobeauty.com**

To register your two year guarantee online visit: **www.riobeauty.com/warranty_online.htm**

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