

While using 60 Second Face Lift on your face, you may be aware of certain muscles being exercised. The main facial muscles are illustrated.

FARADIC TONING



TREATMENT REGIME

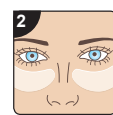
We recommend the collagen and retinol patches are only used once in 24 hours. If you have sensitive skin we would recommend leaving 48 hours between treatments.

WHAT YOU SHOULD EXPECT TO FEEL

The patches are profiled to fit under the eye, across the forehead, around the mouth and across the chin. The infusion programme gives a continuous high frequency sensation.

We recommend starting on a low intensity level on each treatment zone, building up until a steady tingling sensation is felt.

GALVANIC INFUSION (IONTOPHORESIS)



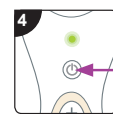
STEP 2

Place one patch onto the treatment zone. Place the other patch on the opposite side of the face.



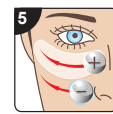
STEP 3

Apply conductive gel to the (-) ball contact, a generous amount is required to ensure good contact with the skin.



STEP 4

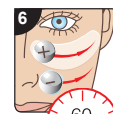
Select programme 3, Infusion, by pressing the programme/on/off button 3 times. The green light will flash three times to indicate programme 3 is selected.



STEP 5

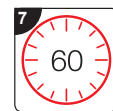
Position the ball contacts with the (-) ball contact touching the skin and the (+) ball remaining on the patch. Increase the intensity by pressing the (+) button until a steady tingling is felt. There are 10 intensity levels for the Infusion treatment.

Note: If at any time the tingling is uncomfortable, decrease intensity by pressing the (-) button.



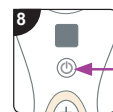
STEP 6

Slowly and gently move the unit back and forth along the patch for 60 seconds.



STEP 7

For an extended infusion treatment the patches may be left on the face for up to 60 minutes. After removing patches, gently massage any residue into your skin.



STEP 8

After use, switch the unit off. Press and hold the programme/on/off button for 2 seconds.

Note: If unit is left on, it will automatically switch off after 10 minutes.

CARE & MAINTENANCE

- 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. There are no user serviceable parts inside the unit. If you have any problems using the product, contact our Customer Care Department.
- If the unit is damaged do not use it.
- 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 e.g. electric motors/loudspeakers. Electrostatic discharge may cause the device to stop. You should remove this source and restart the product to restore full operation.

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.

CUSTOMER CARE

If you have any questions, please contact us at: online@riobeauty.com

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

To reorder additional accessories, please visit www.riobeauty.com or contact your local distributor.

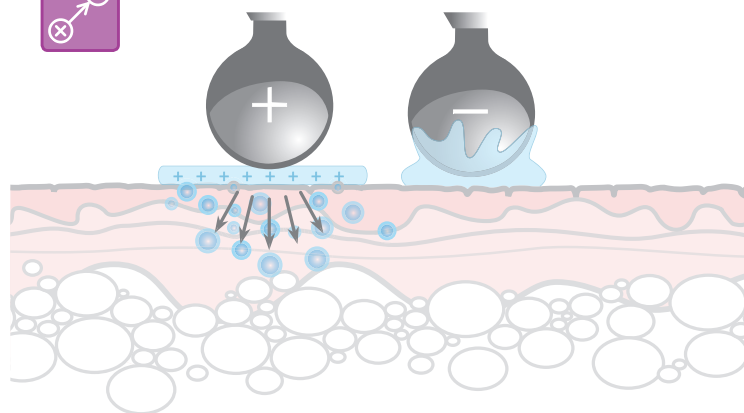


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GALVANIC INFUSION (IONTOPHORESIS)



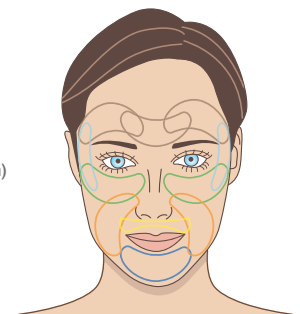
Lift Plus patches contain positively charged collagen and retinol as anti-wrinkle and anti-ageing agents. When placing the positive contact on the patch and the negative contact on the skin, these active ingredients are directly 'pulled' into the skin.

PATCHES INFORMATION

- The majority of the infusion happens in the first 5–15 minutes on each treatment area, but the patches may remain on the face for up to 1 hour.
- Retinol easily breaks down, therefore please store your patches in a cool dry place away from sunlight. You may even prefer to store them in the refrigerator to have a cooling gel patch for treatment.
- Retinol can make your skin more sensitive to the sun. After use, we recommend using a high factor sunscreen.
- Ensure patches are well adhered to the face before treatment so they don't peel off.
- Use a gentle motion when moving the ball contacts over the patch and the skin.
- The patches are designed for single use only.

TREATMENT ZONES

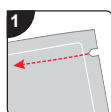
- FOREHEAD
- CROW'S FEET
- UNDER EYE
- NASO LABIAL
- CHIN
- UPPER LIP (fold patch)



GALVANIC INFUSION (IONTOPHORESIS)



IMPORTANT: For infusion you must be aware of the polarity of the ball contacts. The (+) ball contact should remain on the patch while the (-) ball contact remains on the skin.



STEP 1

Thoroughly clean and dry skin. Tear along the perforated edge of the collagen and retinol patch sachet, take a patch from the plastic casing and peel off the liners to reveal the gel patch.

60 SECOND FACE LIFT

user guide



the beauty specialists

WARNINGS

- Please read all instructions thoroughly and retain for future reference.**
- This appliance can be used by children aged 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and maintenance shall not be made by children without supervision.
- 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.
- Take particular care of the ball contacts location when moving near the eye. Ensure the ball contacts touching the skin are at least 1cm away from the eye at all times.
- Do NOT use on areas of skin with disorders

WARNINGS

such as rosacea, pustular acne, abraded skin, sensitive skin, or over scars, moles or varicose veins.

- If the gel or patches come into contact with the eyes, rinse thoroughly with water. If irritation persists, consult a doctor.
- Protect clothing and surroundings.
- For external use only.

THE SCIENCE

As we age, our facial muscles lose tone and wrinkles become more defined. 60 Second Face Lift combines two salon technologies to help tone, lift and rejuvenate the face.

FARADIC TONING uses EMS (Electrical Muscle Stimulation) technology. With the aid of conductive gel, EMS pulses do all the hard work for you as they gently tone and tighten sagging facial features.

GALVANIC INFUSION (Iontophoresis) uses gentle micro current technology to infuse the active ingredients from the collagen & retinol patches into the skin to help reduce the appearance of fine lines and wrinkles and help increase skin elasticity.

PROGRAMMES & TREATMENTS

Programme	Treatment	Technology	Intensity Levels	Gel/Patches
P1	FIRMING - Rhythmic 2 second muscle contractions to condition muscles with a short 3 second interval between each pulse.	Faradic	1-17	Conductive Gel
P2	TAP TONING - Rapid stimulating action. The pulsing massage action lasts 5 seconds followed by a 3 second pause.	Faradic	1-17	Conductive Gel
P3	INFUSION - Iontophoresis Infusion uses small micro currents to carry the active ingredients for skin repair and rejuvenation deep into the skin.	Galvanic	1-10	Conductive Gel & Patches

FARADIC TONING

TREATMENT REGIME

For best results we recommend following the faradic facial toning regime every day for the first few weeks, alternating between programmes 1 and 2 each day. Afterwards, use as required to maintain good tone.

WHAT YOU SHOULD EXPECT TO FEEL

To begin with the pulses give a mild tingling sensation and as the intensity is increased you will notice muscle contractions.

- Your teeth may feel slightly sensitive during treatment, this is perfectly normal.
- Effective face toning and firming is based on a light and gentle stimulating massage on your face 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.
- The forehead requires higher intensity levels. Press the (-) button several times before returning to the facial area.

FARADIC TONING



CHEEKS

Position contact resting under and following the diagonal slope of the cheekbone. You may need to adjust the position slightly to find the best contact points for your specific face shape, this is when you have a strong contraction with less tingling.



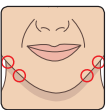
NASO LABIAL

Naso labial lines occur between the nose and corners of the mouth. Position one contact on the 'apple' of your cheek and the other diagonally below this following the natural line and parallel to your naso labial lines. Again, you may need to slightly adjust the position until you find the strongest contraction.



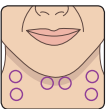
UPPER & LOWER LIP

Position contacts symmetrically just above lip edge. Repeat this just under the lower lip. If your lips appear to pull unevenly to one side this is natural.



CHIN

Follow naso labial line diagonally down and position contact either side on the edge of the jaw. You may need to move the position slightly.



NECK

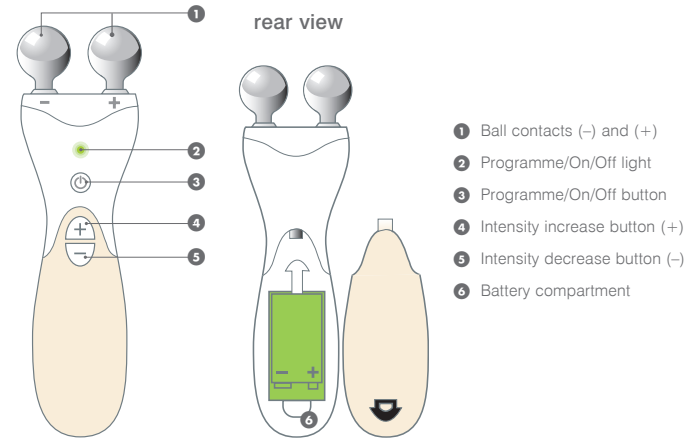
Position contacts in a line below the earlobe. For best position, keep contacts in line but slide the unit forward or backward slightly until you find the strongest contraction. Move to the centre of the neck just under the jawline.



BEHIND EAR

Position contacts just off your hairline as high up as you can without touching your ears. Great for a really strong contraction right through the neckline.

KNOW YOUR UNIT



BATTERY FITTING AND INFORMATION

To fit the battery, release the clip and open the battery cover. Connect a PP3 9V alkaline battery ensuring the + terminal is as shown. Ensure the battery release ribbon is underneath the battery and replace the battery cover.

• If the unit is left unused for a long period of time, remove the battery.

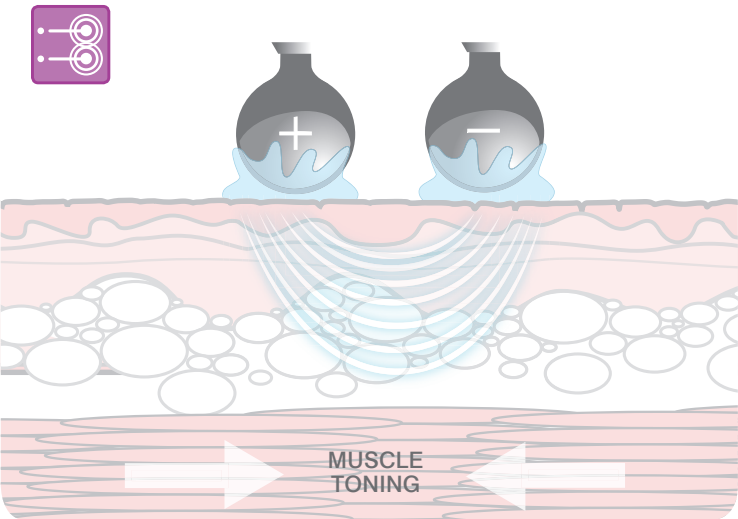
- Do NOT use rechargeable batteries.
- Please ensure that the batteries are disposed of in the correct manner in accordance with local authority requirements.

PATCH TEST

Important: 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.

Likewise, if you have a skin reaction when first using the collagen and retinol patches, do not continue treatment.

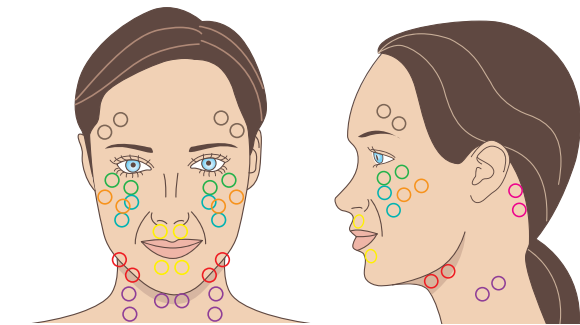
FARADIC TONING



Practised for over 40 years in beauty salons, faradic facial toning uses EMS (Electrical Muscle Stimulation) to gently contract and relax facial muscles to help tone, lift and tighten. This stimulation also increases local circulation, bringing more oxygen to the skin cells and accelerating the removal of toxins.

TREATMENT ZONES

Tip: Use a mirror during treatment to help with positioning.



- FOREHEAD AND BROW
- UNDER EYE
- CHEEKS
- NASO LABIAL
- LOWER LIP
- UPPER LIP
- CHIN
- NECK
- BEHIND EAR



FOREHEAD AND BROW

Position one contact just above the end of your eyebrow, centred between the eyebrow and hairline. Angle the unit so the other contact sits centrally between the brow and hairline.



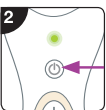
UNDER EYE

Use the line where your delicate under eye skin meets your eye socket bone as a guide, position one contact on this line and directly under the centre of your eye. The other contact should follow the contour outwards.



STEP 1

Apply conductive gel to each of the ball contacts, a generous amount is required to ensure good contact with the skin.



STEP 2

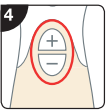
Turn the unit on by pressing the programme on/off button, the light will turn green. The unit will start in programme 1, the programme/on/off light will flash once.

Note: To select programme 2, press the programme/on/off button once more. The green light will flash twice to indicate programme 2 is selected.



STEP 3

Onto clean skin, position both ball contacts for the first treatment zone.



STEP 4

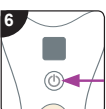
Increase the intensity by pressing the (+) button and move the position of the ball contacts if necessary until you feel definite muscle contractions. If this is uncomfortable, decrease the intensity by pressing the (-) button.

Note: You will need to adjust the intensity level when treating different areas of the face.



STEP 5

Hold the unit in position for 60 seconds to complete treatment of the area. After 60 seconds, reduce the power level before moving onto the next treatment area.



STEP 6

After use, switch the unit off. Press and hold the Programme/On/Off button for 2 seconds.

Note: If unit is left on, it will automatically switch off after 10 minutes.