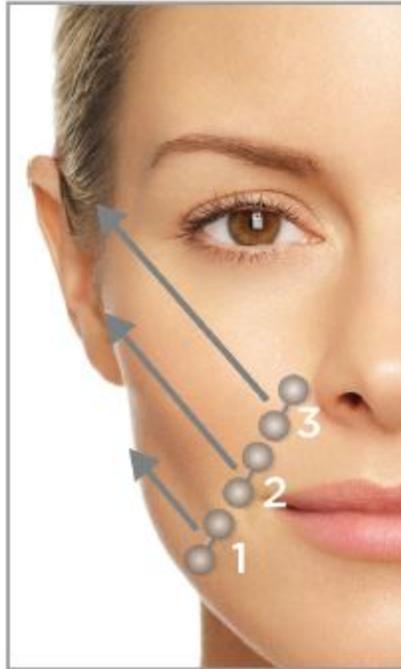


TREATMENT AREAS

The Facial Trainer is designed to stimulate larger surface areas of the face, such as the jawline, cheekbones and forehead. The instructions below are designed to provide the most effective results when followed correctly.

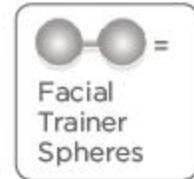
BASIC TREATMENT GLIDES (5 minutes)

Lift one side of the face at a time. Glide each position. Move to the next position when device beeps (5 seconds). Complete each step 3 times before moving to the next step.



FACE

- 1. JOWL + JAW:** Place one sphere on the jawline with the other sphere slightly outside the corner of the mouth. Slowly glide to the lower ear until the beep sounds (5 seconds). Move to Position 2.
- 2. LOWER CHEEKS:** Place one sphere under the corner of the mouth with the other sphere above the corner of the mouth. Slowly glide to the hairline at the mid-ear until the beep sounds (5 seconds). Move to Position 3.
- 3. UPPER CHEEKS:** Place one sphere outside the corner of the mouth with the other sphere above the first sphere (both spheres should be on the nasolabial fold). Slowly glide to the hairline at the upper ear until the beep sounds (5 seconds). **DO NOT PLACE THE SPHERES IN THE EYE AREA; GLIDE ALONG THE ORBITAL BONE.** Return to Position 1 and repeat.



FOREHEAD

- 1. THICK OF BROW:** Place both spheres horizontally above the thick of the eyebrow. Slowly glide upward to the hairline until the beep sounds (5 seconds). Move to Position 2.
- 2. ARCH OF BROW:** Place both spheres horizontally, slightly above the arch of the eyebrow. Slowly glide upward to the hairline until the beep sounds (5 seconds). Move to Position 3.
- 3. THIN OF BROW:** Place both spheres horizontally, slightly above the thin of the brow. Slowly glide upward to the hairline until the beep sounds (5 seconds). Return to Position 1 and repeat.

Smile and compare the treatment effects on the right side of your face versus the left side. Then repeat steps above on the opposite side of the face.