



faceliftgym

Training not Lifting!

It's the way we make you feel.

Instructions for Use

Dear customers.

Thank you for your trust in facelift Gym.

With the purchase of this product you have just taken the first step to eliminating the dark circles and bags under your eyes

For a successful fitness training you simply use Facelift Gym
The way described in the short booklete

Before you use Facelift Gym the first time, please read carefully this instructions manual.

Your facelift Gym team



PRoMotion Health And Fitness UG
Im Pflingsterfeld 10, D-40789 Monheim
Kontakt: service@facelift-gym.com

Important tips

Attention: please take note before use!

1. Use this device only for the purpose for which it develops for as written in the instruction manual. Improper use could be dangerous
2. Do not use this product, unless you are certain you know how it works.
3. Do not use this product on the head (cranial cover) on the mouth, near the heart or any open injuries or sores.
4. Switch off the device, if you want to change the position on your face.
5. First switch on the device and then place it on your skin!
6. Keep away from children to prevent any dangers.
7. Keep the plastic units away from water.
8. NO not use the device close to short waves or microwave devices (e.g.: Mobile phones), because this can influence the effect.
9. After cleaning the pads dry them.
10. Do not put old pads together with new pads in the same package

Make sure your hands are free of fat and are clean when handling your device

For your security

The Facelift Gym is only for the use with healthy adults. You should not under any circumstances use Facelift Gym if you have:

- Implanted electric devices (e.g.: Heart pacemaker)
- Heart rhythm disturbances
- Acute illness
- Epilepsy
- Are with cancer
- In the area of skin injuries and cuts

- After operations, with the reinforced muscle contraction it can disturb the healing process
- With high fever
- Psychoses
- Within swollen areas

Facelift Gym description

The Face Gym is a compact and wireless fitness training device, is equipped with low-frequency impulse technology. It has been developed to rejuvenate the the skin and muscles under and around the eyes to reduce or eliminate the bags caused by lack of muscles stimulation. The Facelift Gym generates a sort of wave, called low frequency pulse, deep in the skin to help to rejuvenate the muscle and strengthen the skin.

Facelift gym is a long use machine and should be used 2-3 times a week 10 minuets each time

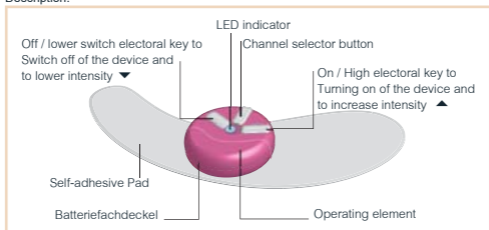
The training with Facelift Gym has the following effects:

1. Helps reduce the bags under your eyes and dark rings under the eyes.
2. Prevents and reduces wrinkles in the face.
3. Improves the blood circulation in the face
4. Smooths and strengthens the skin.
5. Improves elasticity and brings back the shine in your face because of increased blood flow

Product specifications

Name	Facelift Gym
Model Number	YK-801
Stream tension	DC3V (lithium battery CR2032)
Modes	3 Programme (Klopfen, Kneten, Pressen)
Intensity	5 steps / level
Size	30 * 18 mm
Weight	Whole 14 g

Description.



Contents




Getting started

Before the use of the device, your face must be absolutely clean and be fat-free!

1. Open the Battery lid (lid opens to the left), place the battery in and close the lid again (the lid pushes shut).



2. Place the operating unity to the self-adhesive Pads
3. Remove the Protective covering of the Pads
4. Place the device on the intended area in the face
5. On / High ▲ press the button to switch on (It shines the red the LED and starts the programme "Knocking" with Intensity level 1)
6. On / High ▲ press once more, now the programme "Kneading" starts with intensity level ▲ (with every one press of the button ▲ the intensity raises on the next level raises push 5 X to the last level, the intensity)
7. Off / Under ▼ press to lower the intensity and to switch off, finally. (If the LED indicator does not shine any more the machine is off, if it does does shines permanently, press the button more often and the device is switched off)
8. If the device is on a certain programme (e.g.: Kneading) you do not need to switch off to go to another program.

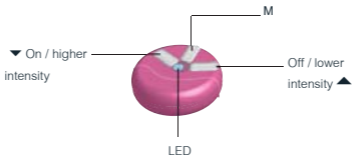
 Remove the battery from the device, if you have not used your facelift gym for longer time and the battery was still in your device place another battery in.

Chosing your training program

The Face Gym has 3 adjustable training steps: Knocking, red / kneading, blue / Pressing, pink

You chise your programm by pushing the missdle button M, with each push you change the program

- If the "Knocking" is selected, the red LED shines. You will feel a light knocking and you will feel light stroking of the devise against your skin.
- If the "Kneading" modus is selected, the blue LED shines. You will feel a strong pushing to the outsides of the machine.
- If the "Pressing" modus is selected, the pink Red light shines intermittenly with blue LED and you will feel a strong and continuous vibration.



A program change will not change the intensity.

! The device switches off itself after 10 minutes automatically. If You would like to use the device further you switch it please again in!

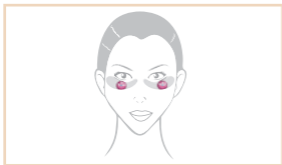
The position of the Pads

The most useful possibilities of facelift Gym of the Face Gym you can see in the illustrations.

Position A:

The self-adhesive Pads on the bags under your eyes or lower ocular rings. Choose your personal intensity level

Training programme on both sides, one should feel the intensity, however, it may not become uncomfortable.



Position B:

The self-adhesive Pads of the corner of mouth up to the temple raise.

Choose your personal intensity for the training programme on both sides, one should feel the intensity, it is allowed but do not become uncomfortable.



! After using the Pads/training, please replace the protective covering again on the back of the self-adhesive Pads!

Basic data

This device has 3 preprogrammed training for the bags under your eyes: Programme A (knocking), programme B (kneading), programme C (pressing). With the programme A there shines the red, with the programme B it shines blue and with the programme C the blue and red announcement LED together.

The different programmes will produce different results.

The following data was determined under test situations.

1. Power consumption

Programme A: 3.5 - 4.7 mA

Programme B: 3.5 - 4.7 mA

Programme C: 3.5 - 4.8 mA

2. Electrical output

Programme A: 1 - 2 μ A

Programme B: 18 - 40 μ A

Programme C: 1 - 21 μ A

3. Source tension

Programme A: 18 - 22 V

Programme B: 20 - 22 V

Programme C: 20 - 35 V

4. Outgoing frequency

Programme A: 0.3 - 33 Hz

Programme B: 90 Hz

Programme C: 28 Hz

5. Source frequency for the LED display

The device has 5 intensity levels. In the same intensity level they have 3 programmes the same source frequency for the display LED.

Level 1: 0.488 Hz

Level 2: 0.606 Hz

Level 3: 0.800 Hz

Level 4: 1.176 Hz

Level 5: 2.220 Hz

Cleaning tips

1. Clean the device with a soft and damp cloth ensure the cloth is clean
2. Clean the self-adhesive Pads with small amounts of water and wipe the remaining water afterwards away with your (grease-free) fingers. Afterwards the Pads dry the pads by the lightly shaking them dry or let them sit out.



Storage

1. When drying, please use the protective covering again on them Back of the self-adhesive Pads once the pad is dry.
2. Store the device as well as the Pads in the bag provided.



1. The life span of the Pads depends on how often it is used and how carefully they are maintained.
2. Once the self-adhesive Pads lose their adhesion they will also lose their conductivity.

Trouble shooting

Q. The pads do not stay attached to my face?

A. The pads are designed to be used with the training assistance of 2 fingers and not alone, this is normal.

Q. My machine doesn't turn on?

A. Try replacing the battery and ensuring that you have placed the battery in correctly.

Q. The lights are working but I don't feel any pulse?

A. Try using a new pad.

Q. It is too strong?

A. Try not using such a high frequency.

Q. I've tried all that nothing works. Please e-mail us at service@facelift-gym.com for a replacement machine or further assistance.

How to operate facelift gym

- ① Open the battery door at the bottom of your facelift gym and place the battery in with the smooth side on the bottom, close the battery door completely, now place the operating unit on the pad.



- ② Remove the plastic foil from the pad and activate the unit by pushing the on button ▲ . ③ (it will light up first red) and you are on the first program and the first intensity level, push it again and you go to the next level. There are 5 levels.



How to use facelift gym

- 4 Place both pads under the eyes with the unit attached. Use 2 fingers to help hold the pads in place.

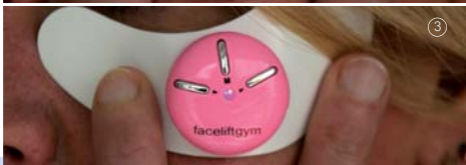


How to use facelift gym

How to change programs

By pressing the middle button you change the program there are 3 different programs

- 1 Kneeding = ● LED-Licht
- 2 Pressing = ● LED-Licht
- 3 Both Kneeding
an Pressing = ● LED-Licht



How it works

If the red light is on ① you are in mode kneeding, if you want to stay in that mode but want to increase the intensity of facelift gym ② then press the right button ▲ to go to the next level.



The fast the light blinks the higher the mode of your facelift gym. To lower the intensity level press the left button, this is also the turn off button ▼ .





I never wanted an operation but I wanted to get rid of the bags under my eyes without cremes either. The decision to purchase facelift gym was easy.

Now that I am actively doing something about the bags under my eyes the dark circles are disappearing and the bags are reducing. Facelift gym is now part of my weekly routine.





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