

TONING PROGRAM

VIDEO GUIDE AVAILABLE ONLINE: WWW.CACIMICROLIFT.COM

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PINCH TECHNIQUE P (for toning treatment steps 1-12)

1. With the handset open, place the upper probes on the ● start points and the lower probes on the ● start points (see example fig.1). Ensure all 4 probes are in contact with the skin.
2. The upper probes ● should always remain in a fixed stationary position.
3. Grip the muscle between the probes and gently squeeze the handset moving the lower probes ● towards the stationary upper probes ● until the lower probes reach the ○ finish points (see example fig.2).
4. Hold in position for approximately 6 seconds or until the audible 'BEEPS' become more rapid.

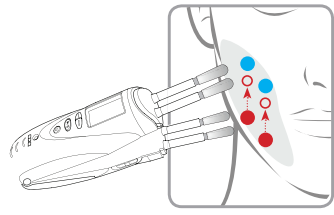


Fig.1

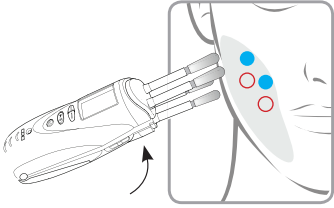


Fig.2

RELEASE TECHNIQUE R (for toning treatment steps 13-18)

1. Grip the handset using both hands and close the probes together.
2. Place the probes on the ● start points (see example fig.3).
3. Gradually open the probes using both hands until they reach the ○ finish points (see example fig.4). Do not extend the probes beyond the targeted treatment area.
4. Hold in position for approximately 6 seconds or until the audible 'BEEPS' become more rapid.

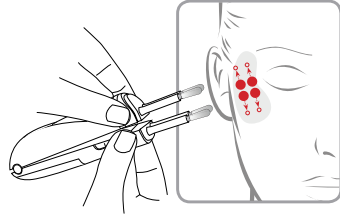


Fig.3

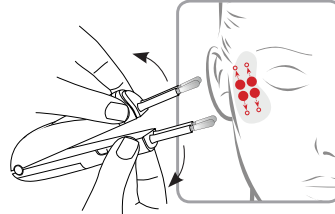
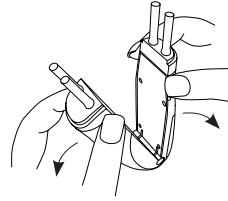


Fig.4



⚠ TO AVOID DAMAGE DO NOT OPEN THE HANDSET TOO WIDE APART.

NOTE: The ● start and ○ finish points are indicative only and should be adapted according to your face shape. Do not extend the probes beyond the targeted treatment area.

NOTE: The ○ finish points are indicative only. Facial muscles should be squeezed firmly between the probes to a point where the hold is comfortable.



PERSONAL FACIAL TONING SYSTEM

TREATMENT GUIDE

TONING TREATMENT STEPS

18 Steps (6 seconds per step)
Each steps should be performed twice.

PLEASE READ USER GUIDE CAREFULLY BEFORE USING THE CACI MICROLIFT PERSONAL FACIAL TONING SYSTEM

PINCH TECHNIQUE STEPS 1-12

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JAWLINE

STEP 1 P STEP 2 P STEP 3 P STEP 4 P

-Repeat Steps-

CHEEKS

STEP 5 P STEP 6 P STEP 7 P STEP 8 P

-Repeat Steps-

BROWS

STEP 9 P STEP 10 P STEP 11 P STEP 12 P

-Repeat Steps-

LEGEND:

- P PINCH Technique
- R RELEASE Technique
- Stationary Probes
- Moving Probes Start Position
- Moving Probes Finish Position

RELEASE TECHNIQUE STEPS 13-18

MIDDLE-BROW

STEP 13 R

-Repeat Steps-

EYES

STEP 14 R STEP 15 R

-Repeat Steps-

FOREHEAD

STEP 16 R STEP 17 R STEP 18 R

-Repeat Steps-

⚠ DO NOT USE THE H (HIGH) INTENSITY AROUND THE EYES.

NOTE: IF THE ELECTRO BUD TIPS BECOME DRY, MOISTEN WITH WATER. WHEN THE ELECTRO BUD SERUM HAS BEEN COMPLETELY ABSORBED OR THE ELECTRO BUDS BECOME WORN, REPLACE WITH NEW ONES.

WRINKLES PROGRAM

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ERASER TECHNIQUE **E** (for wrinkles treatment steps 1-10)

1. Close the handset and move the Slide Lock into the closed position.
2. Place the probes to the treatment area (see example fig.5). Ensure all 4 probes are in contact with the skin.
3. Without using any pressure move the probes continuously back and forth across the treatment area using a rapid up and down movement.
4. Continue movement for approximately 30 seconds or until the audible 'BEEPS' become more rapid.

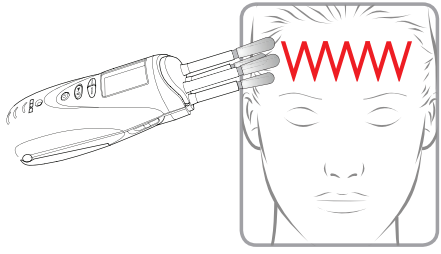


Fig.5

NOTE: All 4 probes must maintain contact with the skin when performing each treatment step.

BUTTON FUNCTIONS

(PROG) Program Button – Toggles between the two available programs (TONING and WRINKLES).

(MODE) Mode Button – Toggles between the three available intensity modes L (Low), M (Medium) and H (High).

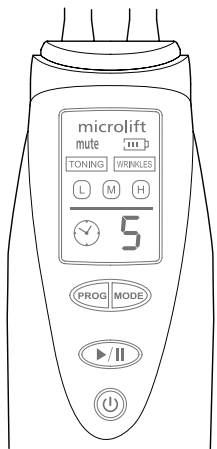
⏻ Power Button – Press and hold the power button to turn the handset On/Off. It is also used as a reset button when cancelling a treatment program.

▶|| Start/Pause Button – Starts and Pauses the selected treatment.

Mute Switch – Turns the audible 'BEEPS' On/Off. The mute icon will appear on the LCD screen when mute has been switched ON.

Slide Lock – **🔒** Opens the probes (use during the Toning program).

🔒 Locks the probes in a closed position (use during the Wrinkles program).

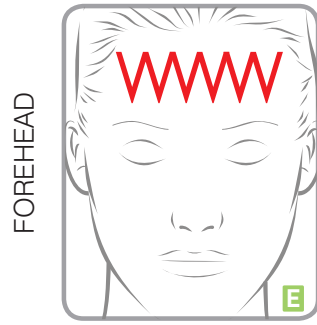


WRINKLES TREATMENT STEPS

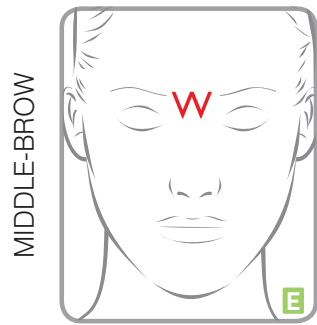
10 Steps (30 seconds per step)

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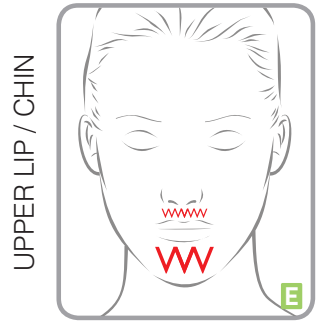
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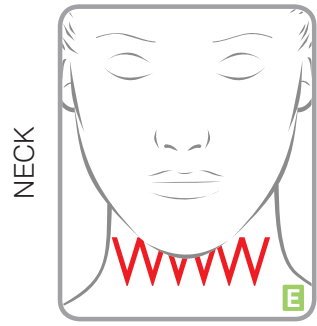
STEP 1



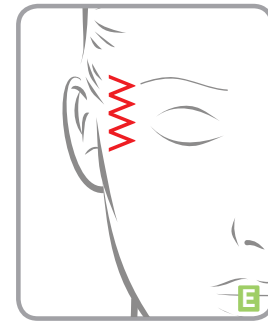
STEP 4



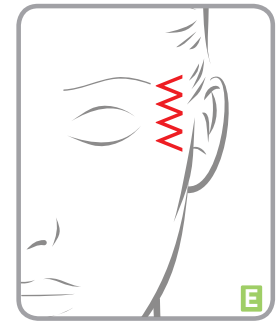
STEP 7



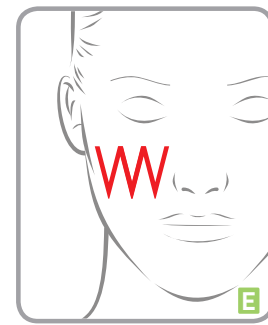
STEP 10



STEP 2



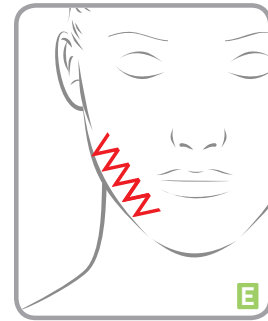
STEP 3



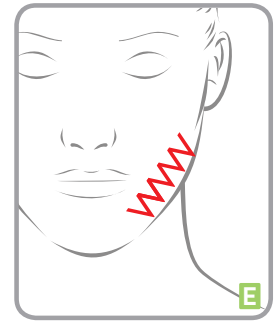
STEP 5



STEP 6



STEP 8



STEP 9

E ERASER Technique



DO NOT USE THE H (HIGH) INTENSITY AROUND THE EYES.

NOTE: IF THE ELECTRO BUD TIPS BECOME DRY, MOISTEN WITH WATER. WHEN THE ELECTRO BUD SERUM HAS BEEN COMPLETELY ABSORBED OR THE ELECTRO BUDS BECOME WORN, REPLACE WITH NEW ONES.

HANDSET OPERATION

NOTE: Press the **⏻** Power button to reset your selections at any time.

1. Select Treatment Program

Press the **PROG** button to toggle between programs.

The following programs are displayed:

- TONING
- WRINKLES

The selected program will flash. (as shown in fig.6)

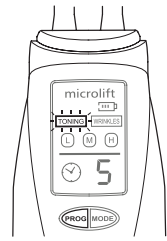


Fig.6

2. Select Treatment Intensity

Press the **MODE** button to toggle between intensity levels.

The following intensity levels are displayed:

- L (Low)
- M (Medium)
- H (High)

The selected intensity level will flash. (as shown in fig.7)

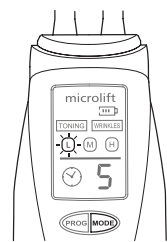


Fig.7

3. Start the Treatment Program

Press the **▶||** button to start the treatment program. (see fig. 8)

The Clock icon will begin to flash and the 5 minute Countdown Timer will commence.

NOTE: If Countdown Timer runs out before completing the treatment reselect the Treatment Program and perform the remaining steps.

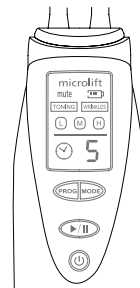


Fig.8

Audible 'BEEPS' will commence shortly after all 4 probes are in contact with the skin. This indicates the system is working and electrical impulses are being delivered.

To Pause The Treatment Program

To pause during treatment press the **▶||** button twice in rapid succession. Press again to re-start. (see fig. 8)

To Stop/Reset The Treatment Program

Press the **⏻** button. (see fig. 8)



Ensure Electro Buds are inserted to all 4 probes and that the Electro Bud tips are completely filled with serum before commencing treatment.

NOTE: The CACI Microlift will automatically switch off after 3 minutes when not in use.

CACI
microlift

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MS33/TG02-13

NOTE: Use a L (Low) or M (Medium) intensity for the first 4 treatments. If the intensity level is comfortable use the H (High) setting for the remaining treatments.