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Galvanic Spa® II—Quick Start Treatment Guide

Use the chart below to select the proper conductor and products to start your treatment now!

Treatment	Product	Fountain (Polarity)	Time Selection*	Usage Frequency
 Face	Galvanic Spa® Facial Gels Step 1: Pre-Treat:  Step 2: Treatment: 	Pre-Treat: ⬆ Treatment: ⬆⬆	Pre-Treat: 2 min Treatment: 3 min	2–3 times per week
 Spot Treatment	Tru Face® Line Corrector 	⬆⬆	Eye area: 1–2 min Deeper lines: 3–5 min	Daily, morning and night
 Body	Galvanic Spa® II Body Shaping Gel 	⬆	3–5 min per area	2–3 times per week, (morning and night each time)
 Scalp	Nutriol® Hair Fitness Treatment 	⬆	2 min	3 times per week





*New spa users should first test on their arm, and those with sensitive skin should start with the lowest recommended treatment times. Use only as instructed.

NOTE: This guide is not intended to provide you with all the information necessary to operate your instrument or perform a treatment. Please read through your user's manual in its entirety prior to using your Galvanic Spa instrument or accompanying products. For a complete walk through of a Galvanic Spa treatment, consult the "Galvanic Spa II ageLOC™ Instructional DVD" available online at nuskinusa.com. Check with your physician before using the Galvanic Spa II instrument if you have extra sensitive skin, skin conditions, are pregnant, have a pacemaker, are epileptic, wear metal braces, or have a metal implant. DO NOT use over any rash, broken capillaries or an inflamed or open wound. DO NOT use longer than the recommended times or frequencies listed above. This cosmetic device may not be for all users or skin types. If you experience any reaction, discontinue use immediately.

Step by step instructions

1. Make sure the plastic film is removed from both the front and back of the Galvanic Spa® II instrument, or the treatment will not work. It is also helpful to have a damp cloth, NaPCA Moisture Mist or spray bottle with water, scissors, and a mirror on hand.

2. Apply Product—

	Galvanic Spa® Facial Gels	Snip off the tip of the Pre-Treat Gel and squeeze the entire contents of the vial onto your hand. Smooth over face and neck. Do not rub in. Repeat process for Treatment Gel.**
	Tru Face® Line Corrector	Smooth generous amount of product over one target area at a time (e.g. eye area, forehead, nose, or around mouth). Do not rub in.
	Galvanic Spa® II Body Shaping Gel	Smooth generous amount of product over one target area at a time (e.g. arms, legs, thighs, or buttocks). Do not rub in.
	Nutriol® Hair Fitness Treatment	After activating the product†, apply evenly by squeezing the applicator, allowing a few drops at a time to flow onto the scalp until the whole vial is emptied.

†Consult the instructions that came with the Nutriol product to learn how to do this.

3. **Program Instrument**—Select the appropriate fountain (polarity) setting—press the selection button once for one fountain or twice for two fountains. Wait for the number “1” to appear and then immediately select the desired time: 1, 2, 3, or 5 minutes.
4. **Perform Treatment**—Hold the instrument with a moistened hand, with your fingers making full contact with the chrome panel. Touch the unit to your skin (or scalp) and you will hear 1, 2, or 3 beeps signaling that the instrument has self-adjusted the current level to your skin type. Begin lightly massaging only where product has been applied. Remember to keep the instrument in constant contact with your skin (or scalp). **For external use only.** Avoid direct contact with the eye area, lips, and mouth. If you lose contact with the chrome panel at any time, simply adjust your hold and resume your treatment. The instrument beeps at 20 second intervals during treatment to indicate that it is working.

**The Galvanic Spa Facial Gels are a two-step treatment process. After following the above steps for the Pre-Treat Gel, remove excess gel and repeat steps 2–4 for the Treatment Gel.

5. **Completing a Treatment**—When you hear two beeps and see a check mark in the display panel, your treatment is complete. Turn off the instrument by pressing the selection button until the display is blank. For the Facial Gels or Body Shaping Gel, remove any remaining product from your skin. For Tru Face Line Corrector or Nutriol, rub in remaining product as these are both leave-on products. Clean the instrument and conductor with a damp cloth. Store the Galvanic Spa in a dry place without a conductor head on the instrument.

For more detailed treatment instructions, please consult your user's manual that came with the Galvanic Spa II instrument. Use only as instructed.

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