

# SENSICA Quick Guide



**Sensilift**

It is important to read the full user guide before using the Sensilift device.  
Find it, together with the most up-to-date version of this quick guide, at

[WWW.SENSICA.COM](http://WWW.SENSICA.COM)



# Getting Started

with Sensilift

If you're reading this it means you've decided to take your beauty into your own hands. Now you say when, you say where, you say how much!

And please, don't apologize for wanting to improve on what you see in the mirror - Sensica's technology simply enhances what nature has given you. Because Sensica and nature are better together.

## **It's really nice to meet you**

First and foremost, thank you for the vote of confidence. We don't take it for granted that you have chosen Sensica to treat your face. It's a big thing. We get that. And we want to reassure you that you are in good hands. At Sensica, we've leveraged years of experience and vast knowledge in the area of professional medical

aesthetics. As a matter of fact, these at-home devices are designed and created using the same technology found in clinics, and are engineered by the very same professionals. Our devices are also clinically tested and FDA cleared, so we know they are not only highly effective, but they are also safe.

## **Sensica and Nature - Better Together**

We're all for nature and natural. They're not 'wrinkles', they're laugh lines; it's not 'sagging' skin, it's mature skin... Yeh, whatever! The fact is, even if you love what nature has given you, it doesn't mean that 35, 40, 50 years later she doesn't need a little help – she's been going at it for a while now...

What we do, is help your body's natural processes. Our anti-wrinkle device stimulates natural collagen formation, leaving your skin looking smoother and younger.

# Let's get started

1. 48 hours before starting your first full treatment, perform a preliminary test on each area you intend to treat.
2. Plug the device into an electrical outlet. You should see the "status indicator" blinking yellow.
3. Make sure your skin is clean and dry, free from creams and make up.
4. Apply a thin, even layer of Base Gel, on the area intended for treatment
5. Set the energy level by pressing the RF button (see below) repeatedly, until you reach the desired level: 1, 2 or 3.
6. Press the Speed button (see below) to set the desired level: 1 or 2.

RF Button - )))      Speed Button - ☺

**Note:** If you select level 1 for Speed, RF will automatically be activated at level 1 as well, and vice versa. If you select level 2 for Speed, you can choose RF level 2 or 3.

Hey! I'm Sensica's beauty consultant, and I'm here to help you with some extra tips...

**Don't be impatient. Always do a preliminary test before beginning a full treatment. Start at RF level 3, and reduce the energy level to suit your comfort.**

**The dual action feature of the RF electrodes (fingers) is all about getting into the deep layers of the skin- it's what makes this device highly effective.**

# Your device is now ready for use

1. Place the RF electrodes (fingers) in full contact with your skin.
2. You should see a steady green light as soon as there is full contact with the skin.
3. The treatment will create a warm sensation on your skin.
4. Move the device over each treatment area (as shown in part 04) in circular motions, for 5 minutes.
5. Wipe off any Base Gel residue from the treated area. To enhance results, apply Sensica "Age Defying" cream (also available at [www.sensica.com](http://www.sensica.com)).

That's it! Enjoy smooth, younger-looking skin!

**You can use a mirror during treatment to keep an eye on the light.**

**Don't be tempted to treat your whole face in one go - stick to areas the size of a business card.**

**The safety mechanism in the device will regulate the RF energy level to suit your skin temperature, so don't worry if you feel the heat come and go throughout the treatment.**

# Optimizing results

1. Results of Sensilift treatments may differ between individuals, depending on environmental and biological factors, heredity and age.
2. The device delivers RF energy only when the green light is steady. If this doesn't happen after a few seconds, try these steps:
  - make sure you have selected an RF level.
  - make sure the RF electrodes (fingers) are in full contact with the skin.
  - make sure you have applied enough Base Gel to facilitate good contact.
3. If you don't feel heat being delivered to the treatment area during treatment:
  - make sure the status indicator has a steady green light.
  - increase the RF level.
  - decrease the treatment area and reduce the radius of your circular motion.
4. For proper use and a better understanding of your Sensilift device, read the "Status indicators" (part 07 below).

**Remodelling and changes in collagen production may take time. Be patient - you will see results within 8 treatments. To sustain optimal long-term results, you can repeat the Sensilift treatment protocol as needed.**

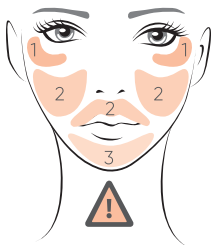
**Oh ...one more thing - don't worry if your skin looks a little flushed or pinkish during & after treatment - it means it's working.**

**Feel free to ask me any question about your skin or this treatment at: [sensicabeautyconsultant@sensica.com](mailto:sensicabeautyconsultant@sensica.com)**

## 04

Treatment areas:

- Crow's feet (1)
- Cheeks & around the mouth (2)
- Chin & jawline (3)

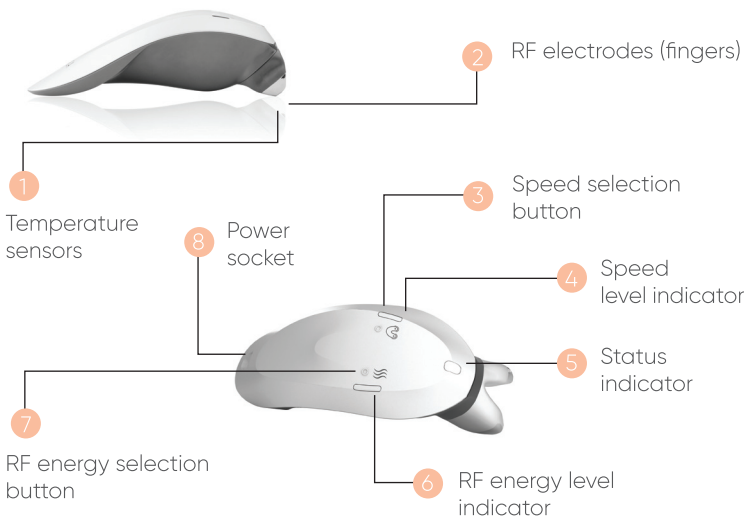


Make sure you give each treatment area a full 5 minutes of treatment, maintaining a steady green light throughout.

**⚠ Warning:**  
Avoid treatment in the lower third of the neck, thyroid, eye cavities, nostrils and lips.

When treating the jawline, keep the device moving from one side of the jaw to the other.

## 05



# Status indicators

Blinking yellow light

Sensilift is in **standby mode**. In case of no light, make sure the power cord is plugged in properly.

No indicator light – before treatment

When energy (1-3) or speed (1-2) level are selected and ON – you can start your treatment.

Steady green light

Sensilift is in **treatment mode**, RF is activated, skin contact is detected and the treatment is underway.

Blinking alternating green and yellow

Sensilift is in **error mode**. The device has detected a malfunction and prevents the activation of the RF and speed functions.



RF energy level selection touch button

1-3 Energy levels lights

Green light on, indication of RF energy level. Press the RF energy level selection button repeatedly until you reach the desired level: 1, 2, 3 or off.



Electrodes speed level selection touch button

1-2 Speed level lights

Green light on, indication of speed function level. Press the speed level selection button repeatedly until you reach the desired level: 1, 2, or off.