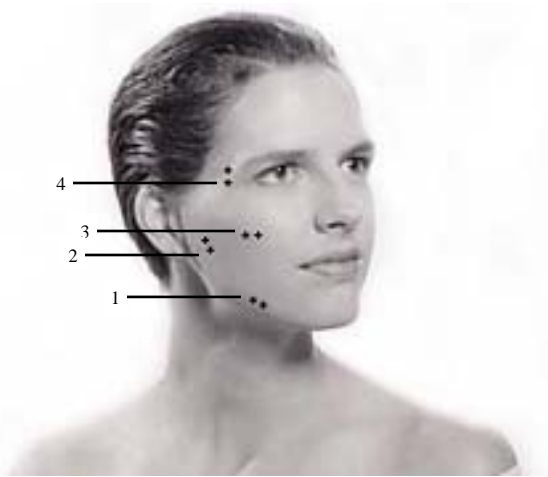


# Facial Points To Cover

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## Four Contact Points for a Quick Treatment

1. You should feel a movement of lower lip and a slight pull under the chin.
2. A gentle pucker of both upper and lower lips, the nose and a flutter around the eye.
3. You should feel a firm movement from the corner of the upper lip, side of nose and around the eyes.
4. A gentle movement of both upper and lower eyelids and a slight rising of the eyebrow. Eyes should never close. If they do, lower the current.

Other basic acupressure points can be covered as desired over entire face and neck areas.

## Revitalizing Exercise

The revitalizing exercise is accomplished by a light feathering action. The intensity should be kept at a low level so that the feeling on the face is comfortable and relaxing. This exercise helps to improve your blood circulation which enhances your complexion and gives your skin a healthy, natural radiance. It is particularly effective on problem skin and helps to reduce enlarged pores.

The LYC Classic Facial Toning System can also be used on the hands, arms, legs and buttocks to help with circulation and relieve minor pain.

## Revitalizing Exercise Routine

1. Start by gently sliding the Toning Unit back and forth from chin to your ear along your jaw line.
2. Slide gently around mouth to help reduce the fine lines.
3. Feather away fine lines over entire mouth, cheek and eye areas.
4. Iron away frown lines between your eyebrows.
5. Gently feather lines around throat and neck.

Remember that the use of the Toning Unit should be comfortable and enjoyable. Turning the intensity level higher does not always mean that you will see faster results. The important thing is to use it regularly and often, just like you would exercise any other part of your body.