



LYC CLASSIC FACIAL TONING SYSTEM

Directions for Best Results

1. Install the 9-volt battery, found in your kit, into the Toning Unit.
2. Test the unit by lightly coating the brass probes with the Facial Gel. Place a finger on each probe and then turn the thumb wheel until it clicks on. The green light on the back of the unit will blink. Gently increase the intensity until you feel a slight tingling sensation. You will know that the unit is functioning and you can turn off the unit.
3. Cleanse face thoroughly. For dry to normal skin, use Gentle Cleansing Lotion; for oily or combination skin, use Citrus Facial Cleanser.
4. Position yourself comfortably. By sitting in front of a mirror or using a mirror, you can see more clearly the effect of the LYC Facial Toner on your muscles.
5. Apply the Facial Gel to the area in which you will be working and remoisten as necessary. Also apply Gel on the brass probes. Your skin must be moist to obtain best results.
6. Place the LYC Facial Toner on the area to be treated. Turn on the unit and gradually increase the intensity. At first you will feel a slight tingling sensation and then a gently movement of the muscle. Once the muscle is contracting and relaxing, it will be pleasant. Always keep the intensity at a comfortable level. The adjustable switch allows total control.
7. Hold the Facial Toner in each position for at least 30 seconds, turn the intensity down and then move to the next position. You may use longer in areas that require special attention (up to three minutes).
8. Repeat the procedure on the other side of the face. It is best to concentrate on the problem areas and keep you daily facial toning session to approximately 15 to 30 minutes. IF you feel an area requires particular attention, allow a few hours to elapse and then treat it again.
9. Once you have completed your treatment, turn the unit off. The brass probes should be kept clean by wiping with a tissue or a clean cloth after each session. Be careful not to get any liquid or moisture into the casing.
10. The system is safe and can be used daily if you wish. For best results, use the LYC Facial Toner at least 5 times a week for the first 3-5 months. When you are happy with your new youthful look, 2 to 3 times a week should be sufficient to maintain the improvement. Use all of the LYC Classic products to maintain a healthy and youthful complexion.

Facial Points To Cover



Four Contact Points for a Quick Treatment

1. You should feel a movement of lower lip and around the chin.
2. A gentle pucker of both upper and lower lips.
3. A slight sensation over entire side of face, from chin to nose to eyes.
4. A gentle movement of both upper and lower eyelids. 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 arthritis pain.

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 from 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.