

## **USING YOUR NU SKIN® RENUSPA iO™**

Use Nu Skin RenuSpa iO with Nu Skin® Conductive Gel on clean skin for the best results. Use the device 3 to 5 times a week per area. Do not use the device daily. Each session will last up to 5 minutes.

**STEP 1. APPLY NU SKIN CONDUCTIVE GEL** Smooth a generous layer of gel on the area you want to treat. If you plan on more than one session, only apply gel to the area to be immediately treated (see page 12). Apply more gel as needed.

**STEP 2. STARTING A SESSION** Press the power button to turn on the device. All five indicator lights will illuminate the first time you power on. The number of illuminated indicator lights indicates the session time. Each time you press the Power button, you select a new time. Press the Power button again until you have selected your preferred time from 1–5 minutes. Your device will remember your setting for the next session. Place the device on the area of your skin where you've applied the gel. The device will emit a tone, and your session will start automatically. Begin a new session for each treatment area.

**STEP 3. DURING THE SESSION** Lightly glide the device over the treatment area. Take care to avoid sensitive areas. Each minute will be counted down by the sound of a tone and an indicator light turning off.

- A lack of gel or a loss of contact with your skin will interrupt the current causing RenuSpa iO to pause and emit a tone. Resume by placing the metallic nodes on your skin and/or applying more product as needed to ensure a smooth glide.
- The device will make an alert tone if you are moving it too quickly.
- Hold the Power button until the lights turn off to turn it off.

**STEP 4. SESSION COMPLETION** At the end of your session, the device will emit a tone and automatically turn off. You will hear the same sound when you manually power off your device. Wipe any remaining gel from your skin.

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