

PATCH TEST

Important: Always do a patch test on an inconspicuous area of your skin for possible skin reaction. Wait 24 hours. If irritation occurs do not continue treatment.

INFORMATION

- Your teeth may feel slightly sensitive during treatment, this is perfectly normal.
- Effective neck toning and firming is based on a light and gentle stimulating massage on your neck muscles. Should you experience any discomfort, you should add more conductive gel, reduce the intensity by pressing the – button, or remove the unit from the area being treated.
- Do NOT use near to shortwave or microwave equipment.
- Always use your 60 Second Neck Toner with conductive gel. To purchase more conductive gel please call the Careline on: +44 (0) 1242 702345.
- The unit may be cleaned by wiping with a damp cloth. Do NOT use solvents or detergents.
- Do NOT immerse the unit in water.
- There are no user serviceable parts inside the unit.
- Do NOT disassemble or repair. If you have any problems using the product, contact our Customer Care Department.
- If the unit is damaged do not use it. In the event of a fault, Rio or its service agent or a similarly qualified person must replace it in order to avoid a hazard.
- If you experience unexpected behaviour of this product then it is possible some external electromagnetic interference is responsible. You should remove this source and restart the product to restore full operation.

DISPOSAL



Please ensure that at the end of the life of this product the unit is disposed of in the correct manner in accordance with local authority requirements, or, returned to: The Dezac Group Ltd., Cheltenham, PO Box 54, GL14 2WW, UK. They must NOT be disposed of with household waste.

CUSTOMER CARE

If you have any questions, or if you experience any difficulties please call our Careline on: **01242 702345** or email us at: online@riobeauty.com

To register your two year guarantee online visit: www.riobeauty.com/warranty_online.htm

INGREDIENTS

CONDUCTIVE GEL: AQUA, PEG-40 CASTOR OIL, CARBOMER, PHENOXYTHANOL, TRIETHANOLAMINE, IMIDAZOLIDINYL UREA, METHYLPARABEN, BUTYLPARABEN, ETHYLPARABEN, PROPYLPARABEN, ISOBUTYLPARABEN, CI 42090

Conforms to the latest European Cosmetic Safety Regulations for consumer use.

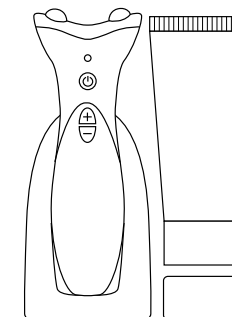


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PO Box 17, Cheltenham Spa, England GL53 7ET

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60 SECONDTM NECK TONER

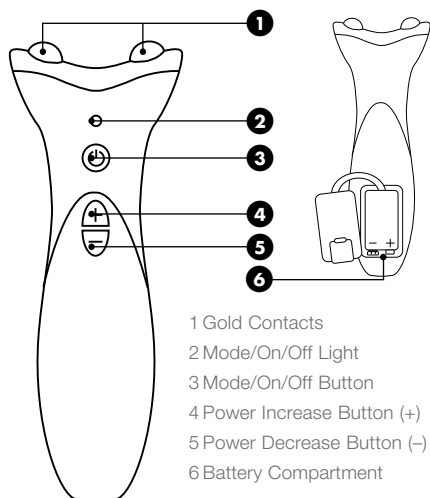


PRECAUTIONS

- Please read all instructions thoroughly and retain for future reference.
- Do NOT use if you are pregnant or if you have any of the following: pacemaker, heart disorder, epilepsy, diabetes, multiple sclerosis, or if you are recovering from an operation.
- Do NOT use on areas of skin disorders such as roseacea, pustular acne, abraded skin, sensitive skin, or over scars, moles or varicose veins.
- If the gel comes into contact with the eyes, rinse thoroughly with water. If irritation persists, consult a doctor.
- Keep out of reach of children and pets.
- We recommend using the 60 Second Neck Toner for a maximum of 60 seconds on any one treatment area and 3 minutes in total per session.

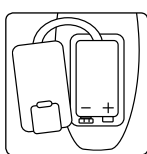
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KNOW YOUR UNIT



- 1 Gold Contacts
- 2 Mode/On/Off Light
- 3 Mode/On/Off Button
- 4 Power Increase Button (+)
- 5 Power Decrease Button (-)
- 6 Battery Compartment

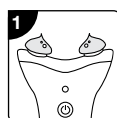
BATTERY INFORMATION



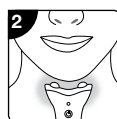
To fit the battery, release the clip to open the battery cover. Connect a PP3 9V alkaline battery ensuring the + terminal is as shown. Ensure the pull tab is underneath the battery and replace cover ensuring it is shut firmly in place.

- If the unit is left unused for a long period of time, remove the battery.
- Do NOT use rechargeable batteries.
- Please ensure that the batteries are disposed of in the correct manner in accordance with local authority requirements.

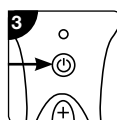
INSTRUCTIONS



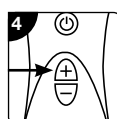
STEP 1
Apply a generous amount of conductive gel to each of the gold contacts, and to the treatment area. Always apply plenty of conductive gel to ensure good contact with the skin.



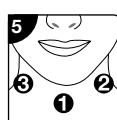
STEP 2
With both gold contacts in contact with your skin, position unit for treatment area 1.



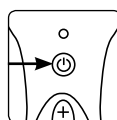
STEP 3
Turn the unit on by pressing the Mode/On/Off button, the light will turn green. The unit will start in programme 1, the Mode/On/Off light will flash once.



STEP 4
Increase the power by pressing the + button until you feel definite muscles contractions. If this is uncomfortable, decrease the power by pressing the – button. **NOTE: Power can only be increased during the contraction time.**

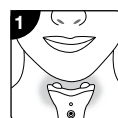


STEP 5
Repeat steps 1 to 4 for treatment areas 2 and 3.



TO TURN THE UNIT OFF
To switch the unit off press and hold the On/Off button for 2 seconds. If the unit is left on, it will automatically switch off after 10 minutes.

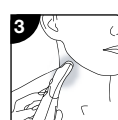
TREATMENT AREAS



TREATMENT AREA 1
With both gold contacts touching the skin, place the unit underneath your chin. Be careful to avoid your Adams apple. Adjust the positioning to achieve a strong muscle contraction. Hold the unit in position for 60 seconds.



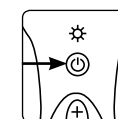
TREATMENT AREA 2
With both gold contacts touching the skin, place the unit underneath your chin, and to the left, near to where you feel your pulse point. Again, adjust the positioning for the strongest muscle contraction. Hold the unit in position for 60 seconds.



TREATMENT AREA 3
With both gold contacts touching the skin, place the unit underneath your chin, and to the right, near to where you feel your pulse point. Again, adjust the positioning for the strongest muscle contraction. Hold the unit in position for 60 seconds.

PROGRAMMES

The 60 Second Neck Toner has 3 exercise programmes. Best results are achieved by varying the programme used. We recommend using Programme 1 on one day, followed by Programme 2 on the second day, followed by Programme 3 on the third day, and so on.



The unit will always start in the Programme 1. To select a different programme, briefly press the Mode/On/Off button again. The light will flash twice to indicate it is in Programme 2, or will flash 3 times to indicate it is in Programme 3.

Programme 1 - Firming

Rhythmic muscle contractions to condition muscles with a short interval between each pulse. The muscle contraction lasts for 2 seconds (indicated by the light staying on) followed by a 3 second pause (indicated by the light turning off).

Programme 2 - Extended Firming

This offers an extended muscle contraction with pre-programmed varying intensity to maximise the work-out. The extended contraction lasts for 9 seconds (indicated by the light staying on) followed by a 4 second pause (indicated by the light turning off).

Programme 3 - Tap Toning

Rapid stimulation to simulate deep massaging action. The pulsing massage action lasts for 5 seconds (indicated by the light staying on) followed by a 3 second pause (indicated by the light turning off).

To begin with the pulses give a mild tingling sensation and as the intensity is increased you will start to notice muscle contractions. **NOTE: Power can only be increased during the contraction time.** The muscle contractions are smooth and each contraction will start with a slow rise, hold itself in a contracted position for a few seconds and then gently relax.