

'Red carpet' ready skin in minutes!

Tua[®] spa

Deep Cleansing
& Anti-Ageing System

HANDBOOK



Including illustrated protocols for five
professional grade beauty treatments

Designed by professionals • Used by celebrity facialists

CAUTION

Before using Tua Spa, read the instructions in this Handbook carefully. The Handbook contains important information on safety, operation, maintenance and contraindications and precautions. Keep the Handbook safe for further reference.

This device must only be used for the purposes for which it was designed, namely as a beauty treatment tool for professional use and as an at-home beauty tool for consumer use for ultrasonic cleansing, exfoliation, massage, and micro-current and sonic+micro stimulation of the face and neck (as indicated and described in this Handbook only). All other uses shall be deemed improper.

The manufacturer disclaims all liability for any damage or injury caused by improper, wrong and unreasonable use.

The Author

This handbook's content has been written and compiled by Tina Richards, skincare and anti-ageing expert.



Tina Richards is one of Britain's leading skin and health experts. With 20 years' experience in the beauty industry, she originally trained as a beauty therapist at Champneys and went on to qualify in many holistic therapies including aromatherapy and reflexology. Tina has combined this with her knowledge of medical science and a degree in nutrition to specialise in skincare and natural 'no needles' anti-ageing. Her exclusive clientele ranges from A-List Hollywood actors to medical professionals.

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West Sussex, BN11 2AY.
www.tinarichards.com

TUA health and beauty products are dedicated to revitalising and enhancing the appearance of your face and body to achieve a more toned, lifted and youthful look. Implementing TUA into your lifestyle is easy and practical: the devices are ideal for at-home treatments for a few minutes each day and are battery powered (rechargeable) allowing flexibility of use. Tua devices are also used by beauty professionals in salons and spas and professional make-up artists on the go. Their carefully developed ergonomic lines make them very easy to use and their innovative designs are elegant and pleasant to touch. In the TUA community you will find all the technical and scientific experience gained from a market leader in the manufacture of electrical medical equipment used by professionals in hospitals and university centres. With the expertise and confidence that comes from a well respected research team, and the guarantee of the strictest international quality controls, we are pleased to welcome you to TUA.

INDEX

Tua Spa: Two Technologies	Page 6
Tua Spa: Actions & Effects	Page 8
Precautions & Contraindications	Page 11
Contents of packaging.....	Page 12
Product description.....	Page 13
Tua Spa: How to use	Page 15
How to use the modulator.....	Page 15
How to select the performance modes	Page 16
Treatment Protocols	Page 22
Deep Cleansing & Exfoliation protocol.....	Page 22
Micro-massage Induction protocol.....	Page 25
Micro-current Stimulation & Skin Booster protocol..	Page 28
Guidance notes for treatments.....	Page 33
Recommended products to use with Tua Spa	Page 35
Normal sensations and observations.....	Page 36
Recharging the battery.....	Page 38
Replacing the battery.....	Page 39
Cleaning the device	Page 39
Disposal.....	Page 40
Classification.....	Page 40
Technical details.....	Page 41
Conformity with regulations.....	Page 42

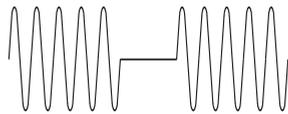


TUA SPA: TWO TECHNOLOGIES

Tua Spa is the new advanced deep cleansing and anti-ageing system for the face and neck which combines two technologies used by spa professionals.

Ultrasonic waves

Ultrasonic waves are sound waves that vibrate above 20,000 vibrations per second. Tua Spa emits sonic frequencies up to 26,000 vibrations per second!



ultrasonic emission wave form

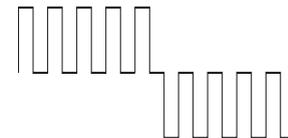
These tiny but incredibly fast vibrations (elastic waves) generate alternating low pressure and high pressure waves in water which lead to a phenomenon called 'cavitation'. Cavitation is frequently used in clinical aesthetic practice as a method of deep cleansing.

With Tua Spa, cavitation causes a gentle but effective deep cleansing action of the skin's pores, removing impurities via microscopic jets, suction and an anti-bacterial action. At the same time the ultrasonic waves perform an exfoliating action via gentle vibrational peeling.

Ultrasound is also an efficient form of massage due to the compression and expansion effect of the ultrasonic waves on the skin which enhances microcirculation and facilitates the absorption of cosmetic products such as serums and moisturisers.

Micro-currents

Special low voltage electronic micro-currents pass through the Tua Spa modulator to the skin. These micro-currents alternate positive and negative impulses up to a maximum of 500 micro-Ampere which can be regulated in 3 intensity levels.



microcurrent wave form

Tua Spa uses micro-current technology to boost the local circulation of the skin and stimulate the skin's own renewal processes thereby improving the tone and firmness of the skin as well as encouraging regeneration of the tissues. Tua Spa micro-current technology is the portable equivalent of professional spa and salon treatments.

TUA SPA: ACTIONS & EFFECTS

Tua Spa has three performance modes: **SONIC**, **MICRO** and **SONIC+MICRO**. These modes incorporate the two technologies (ultrasonic waves and micro-currents) to deliver five professional grade treatments:

SONIC: Deep Cleansing treatment by hydro pore washing

Tua Spa uses high intensity ultrasonic waves to remove dirt and impurities from the skin's surface and microscopic pressure jets that gently hydro wash the skin's pores. The process also generates a localised mild heating effect which has antibacterial benefits and can help with conditions such as acne.

For a more detailed description of the cavitation effect from Tua Spa see the box opposite titled "The Phenomenon of Ultrasonic Cavitation".

Exfoliation treatment by ultrasonic peeling

At the same time as deep cleansing the skin's pores, Tua Spa uses the same high intensity ultrasonic waves to remove dead skin cells, excess sebum, residual make-up and other debris from the skin's surface via a gentle vibrational peeling of the upper (corneal) layer of the skin.

This, in turn, improves hydration levels because newly cleansed and resurfaced skin is more receptive to water and moisturising products. The result is deep clean and refined skin that feels hydrated, softer and smoother.

The Deep Cleansing and Exfoliation actions work simultaneously and collaboratively to the mutual benefit of the other. Immediately after use, your skin will look smooth and refined. It will also look brighter and pore size, oily or dry patches and other imperfections will appear

reduced. Now it is prepped for further treatment and/or application of your skincare products and make-up.

Micro-massage Induction treatment

The Tua Spa Micro-massage Induction treatment massages the skin using ultrasonic waves to induce your favourite facial serums, gels, oils or moisturisers into the deeper layers.

The massage action facilitates the absorption of these products, improving the hydration levels in your skin, and at the same time boosting local circulation so your skin looks plumped up and radiant.

The Phenomenon of Ultrasonic Cavitation

Tua Spa uses high intensity ultrasonic waves (known as elastic waves) that pass through water as a series of compressions and expansions of the water molecules.

These compressions and expansions cause alternating high and low pressure waves through the water which generate a phenomenon called 'cavitation': Microscopic vapour bubbles ('vacuum micro-bubbles') form within the water where pressure is low, then oscillate very fast and collapse under the pressure of the surrounding liquid forming a mist.

The micro-bubble formation produces a gentle suction effect that helps to remove dirt and impurities from the skin's surface and pores. When the bubbles collapse this creates microscopic pressure jets which gently hydro wash the skin's pores.

Because the process of bubble formation and collapse happens very quickly, it creates localised energy in the form of heat which has antibacterial benefits and can help with conditions such as acne.

MICRO: Micro-current Stimulation treatment

Tua Spa produces gentle, safe hydro-electronic micro-currents, the portable equivalent of professional spa and salon treatments, to stimulate cellular metabolism and blood circulation to the skin.

When fresh blood reaches the deeper layers of the skin, it carries oxygen and nutrients to the skin's cells. At the same time, the gentle energy from the micro-current waves helps to activate the skin's own renewal processes – such as the production of collagen and elastin – and boosts the rate of skin regeneration (cell turnover).

Tua Spa micro-currents also have a moderate toning effect on the subcutaneous facial muscles as they pass through the tissues from the inside to the surface of the skin. This action supports the deeper firming and toning effects of Tua Viso and Tua tre'ndface which use electro muscular stimulation (E.M.S.) on muscles and tissue.

All of these effects help to reduce the appearance of lines and wrinkles and gently tone the face, leaving the complexion looking refreshed and glowing.

SONIC+MICRO: Skin Booster treatment

This is a 3-minute intensive facial that exclusively combines both the Micro-massage Induction and the Micro-current Stimulation treatments described above.

The Skin Booster treatment boosts local blood circulation to the skin, stimulates cellular metabolism and moderately tones subcutaneous facial muscles while simultaneously inducing water (and your favourite facial moisturising creams; see "Recommended products" page 35) into the skin with ultrasonic micro-massage.

This advanced skin boosting facial results in plumped up, radiant and youthful-looking skin and a firmed and more lifted appearance ready for any 'red carpet' event.

PRECAUTIONS

For the Deep Cleansing, Exfoliation, Micro-current Stimulation and Skin Booster treatments, always keep the skin of the facial zone you are treating thoroughly moistened with tap water.

Do not immerse the device in water or wash under a running tap. Keep out of the reach of children.

CONTRAINDICATIONS

- Pathological facial conditions
- Pacemakers or heart complaints
- Metal pins and plates
- Neurological disorders including epilepsy or multiple sclerosis
- Weak psycho-physical condition
- Broken or bruised skin
- Open sores or mucous membrane complaints
- Skin conditions in an active state accompanied by inflammation, weeping or soreness
- Large protruding atypical moles
- Extreme sunburn
- For external use only

Consult your doctor before using Tua Spa if you have recently had a facial cosmetic procedure or chemical/acid peel.

When in doubt, consult your doctor.

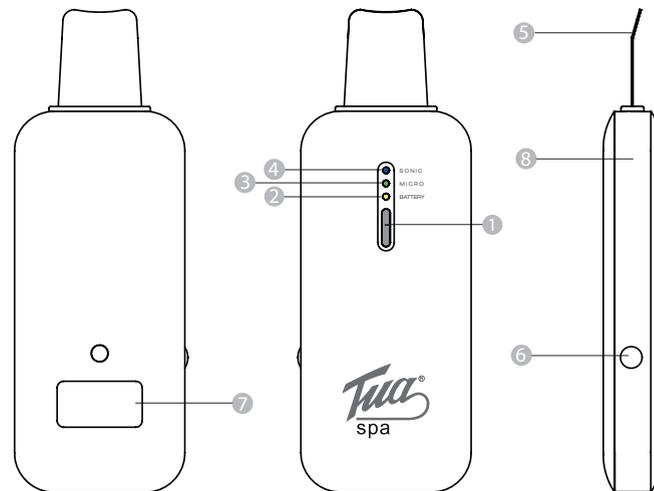
Tua[®] spa



CONTENTS OF PACKAGING

- Tua Spa device, modulator
- Cover for modulator
- Mains Adaptor/Battery Charger
- Instruction Handbook
- Quick Start Guide
- Travel Bag

PRODUCT DESCRIPTION



- 1 On/Off, Mode and Program/Intensity button
- 2 Yellow LED (BATTERY)
- 3 Green LED (MICRO)
- 4 Blue LED (SONIC)
- 5 Modulator
- 6 Input for mains adaptor/battery charger and waterproof rubber plug (removable for charging)
- 7 Technical data plate
- 8 Stainless steel band (reference electrode)

Tua Spa features

Tua Spa is a facialist tool designed to deliver effective, professional grade beauty treatments that are easy to perform in the comfort of your own home.

The advanced control panel consists of one button and a 3 LED display which shows the modes.

The blue LED signals the emission of the ultrasonic waves, the green LED the micro-currents and the yellow one highlights the battery charge.

The stainless steel band which surrounds the device not only forms part of the ergonomic design of Tua Spa but also acts as an electrode for the micro-current which is in contact with the hand.

The modulator is made of high grade stainless steel and has polished and refurbished rims that ensure comfortable and secure contact with the skin. It can be used in two positions. See opposite.

Tua Spa is supplied with an internal rechargeable lithium-ion polymer battery and battery charger. When the battery needs to be recharged, the yellow LED will flash (see page 38). The battery is charged using the Mains Adaptor/Battery Charger via the input hole on the side of Tua Spa. A removable, waterproof rubber plug seals the input hole to prevent water getting inside the device. Other than while charging Tua Spa, this plug should always be inserted.

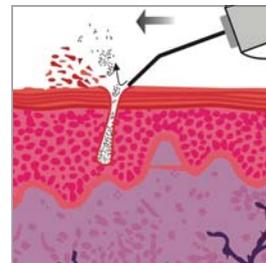
HOW TO USE THE MODULATOR

Position 1 – ‘dual head’

Place the modulator on your skin with the two tips facing downwards and touching your skin.

This position is used for the Deep Cleansing and Exfoliation treatments. It performs a deep cleansing and gentle vibrational resurfacing (peeling) action.

There should be sufficient light pressure applied to gently push the skin in front of the modulator as you move the modulator forward.

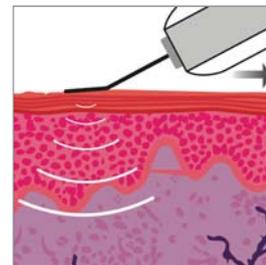


Position 2 – ‘smooth face’

Place the flat side of the modulator (ie the opposite side from Position 1) on your skin and rest it there gently.

This position is used for the Micro-massage Induction, Micro-current Stimulation and Skin Booster treatments. The smooth surface massages, lifts, energises and excites the skin.

Again, there should be sufficient light pressure applied to push the skin gently in front of the modulator as you move the modulator forward and lift the skin as you move the modulator upward on the face or neck.

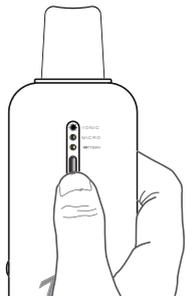


For both positions, sweep the modulator over the face as outlined in the Treatment Protocols, pages 22 to 32.

HOW TO SELECT THE PERFORMANCE MODES

SONIC

The **SONIC** mode consists of 4 ultrasonic programs: **Slow Continuous**, **Fast Continuous**, **Slow Intermittent** and **Fast Intermittent**.



Press the button down for at least 3 seconds until you hear a beep confirming that Tua Spa is switched on.

SONIC mode is automatically selected first on switching on the device. The Blue LED will light up at low luminosity.

Wait 5 seconds until you hear 2 quick beeps and the device will automatically start with the **Slow Continuous** program.

To select the other **SONIC** programs:

After the 2 quick beeps –

Press the button once for the **Fast Continuous** program. The Blue LED will light up at high luminosity.

Press the button twice for the **Slow Intermittent** program. The Blue LED will flash at low luminosity.

Press the button three times for the **Fast Intermittent** program. The Blue LED will flash at high luminosity.

SONIC Program Summary Table

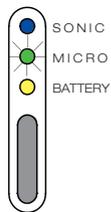
SONIC program	Button setting	LED	Treatment /Skin type
Slow Continuous	Automatic when device is first switched on	Blue LED on at low luminosity	Micro-massage Induction for normal to sensitive skin.
Fast Continuous	Press once after the 2 quick beeps	Blue LED on at high luminosity	Deep Cleansing & Exfoliation for normal to sensitive skin.
Slow Intermittent	Press twice after the 2 quick beeps	Blue LED flashing at low luminosity	Micro-massage Induction for sensitive skin.
Fast Intermittent	Press three times after the 2 quick beeps	Blue LED flashing	Deep Cleansing & Exfoliation for sensitive areas on normal skin, such as the corners of nose, around eyes (do not go inside the orbital bone) or forehead. Deep Cleansing & Exfoliation for sensitive skin.

The **SONIC** programs have a maximum duration of 12 minutes. The end of each program is signalled by a long beep after which Tua Spa switches off automatically.

We recommend 2 to 3 minutes for each program length, after which you can switch off Tua Spa by pressing the button down for about 3 seconds.

MICRO

The **MICRO** mode has 3 Intensity Levels: 1, 2 and 3.



Press the button down for at least 3 seconds until you hear a beep confirming that the device is switched on and is in **SONIC** mode (automatic).

Press the button again promptly for **MICRO** mode. The Green LED will light up and flash slowly.

Wait 5 seconds until you hear 2 quick beeps and the device will automatically start at **Intensity Level 1**.

To select the other intensity levels:

After the 2 quick beeps (in **MICRO** mode) –

Press the button once for **Intensity Level 2**. The Green LED will flash at medium speed.

Press the button twice for **Intensity Level 3**. The Green LED will flash quickly.

You can increase the Intensity Level at any time during the Micro-current Stimulation treatment by pressing the button up to Level 2 or Level 3, or press it again to go back to Level 1.

MICRO Mode Summary Table

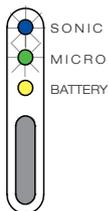
Intensity level	Button setting	LED	Treatment/ Skin type
1	Automatic when set to MICRO mode	Green LED flashing slowly	Micro-current Stimulation for sensitive skin and beginner's treatment.
2	Press once after the 2 quick beeps	Green LED flashing at medium speed	Micro-current Stimulation for normal to sensitive skin and intermediate treatment.
3	Press twice after the 2 quick beeps	Green LED flashing quickly	Micro-current Stimulation for normal skin and advanced treatment.

The **MICRO** mode levels have a maximum duration of 12 minutes. The end of the treatment is signalled by a long beep after which Tua Spa switches off automatically.

We recommend 3 to 12 minutes for each Micro-current Stimulation treatment, after which you can switch off Tua Spa by pressing the button down for about 3 seconds.

SONIC+MICRO

The **SONIC+MICRO** mode is an exclusive combination of the **SONIC** and **MICRO** modes. It has one pre-set program integrating **SONIC Slow Continuous** and **MICRO Intensity Level 2**. These are the optimum levels for *simultaneous* Micro-massage Induction and Micro-current Stimulation.



Press the button down for at least 3 seconds until you hear a beep confirming that the device is switched on and in **SONIC** mode (automatic).

Press the button twice promptly to reach **SONIC+MICRO** mode. The Blue and Green LEDs will light up together.

Wait 5 seconds until you hear 2 quick beeps and the device will automatically start the program.

SONIC+MICRO Summary Table

SONIC Program	MICRO Intensity Level	LED	Treatment
Slow Continuous	Level 2	Blue and Green on	SONIC+MICRO Skin Booster for normal to sensitive skin.

The **SONIC+MICRO** mode has a maximum duration of 12 minutes. The end is signalled by a long beep after which Tua Spa switches off automatically.

We recommend a program length of 3 minutes, after which you can switch off Tua Spa by pressing the button down for about 3 seconds.

Mode/Treatment Selection according to Skin Type

If you have sensitive skin, it is important to adjust the performance modes so that you are working at a comfortable pace and intensity.

Please see the table below for guidance on which program or level to choose depending on your skin type.

Mode/Treatment	Normal to sensitive skin	Normal skin on sensitive areas	Sensitive skin
SONIC: Deep Cleansing & Exfoliation	Fast Continuous	Fast Intermittent	Fast Intermittent
SONIC: Micro-massage Induction	Slow Continuous	Slow Continuous or Slow Intermittent	Slow Continuous or Slow Intermittent
MICRO: Micro-current Stimulation	Level 3	Level 2	Level 2 or 1
SONIC+MICRO: Skin Booster	Pre-set level	Pre-set level	Pre-set level Start with 1 min treatment if you have sensitive skin

TREATMENT PROTOCOLS

SIMPLE ROUTINE:

For all treatments, you can simply glide the modulator slowly all over your face and neck with upward and outward slow sweeping movements, gently lifting the skin as you go.

To optimise the full effects of each treatment and enhance the results achieved, progress to the advanced protocols as detailed below.

SONIC: Deep Cleansing & Exfoliation

Deep cleanses the skin by hydro pore washing and gentle peeling leaving your skin looking deeply cleansed, refined and smooth. This treatment will perfectly prep your skin for further Tua Spa treatment and/or your skincare and make-up regimen.

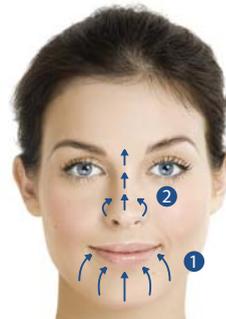
IMPORTANT: Before you begin, please read “NORMAL SENSATIONS & OBSERVATIONS when using Tua Spa” on page 36.

- Choose **SONIC Fast Continuous** or **Fast Intermittent** depending on skin sensitivity (see page 21)
- Use Modulator Position 1 (see photo)
- Follow the routine zone by zone (1 to 8) for maximum benefit
- Use a water-based* cleansing lotion or facial wash on wet skin or just tap water alone
- Re-moisten each zone with tap water before you treat it, over the cleanser
- It is important that you see mist – this is due to the ‘cavitation’ phenomenon (see page 9) – if you do not, re-moisten with water
- Recommended treatment length: 2-3 minutes
- This treatment is gentle enough for daily use for normal skin. 2-3 times per week is recommended for sensitive skin
- Do not treat directly over the eye lids



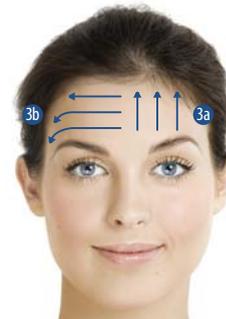
* The word “aqua” will be listed high up in the ingredients list on the packaging

Follow the direction of the arrows from Zones 1 to 8 as instructed below.



Zone 1 – Chin and lower lip

Zone 2 – Nose and between brows



Zone 3 – Forehead and brow area:
two optional movements,
3a and/or 3b



Zone 4 – Jaw line and lower cheek/jowl

Zone 5 – Upper cheek

Zone 6 - Eye area

Do not go inside orbital bone.

Repeat the other side.



Zone 7 – Upper lip



Zone 8 – Neck and décolleté

Following treatment

When you have completed your Deep Cleansing and Exfoliation treatment, rinse your face with luke warm tap water or wipe away cleanser with a muslin cloth, flannel or cotton wool pads and continue with either another Tua Spa treatment and/or your skincare regimen.

Tina Richards' Tips

Make shorter movements with the modulator, applying a little more pressure around the nose and chin then lifting out in a scooping action to help loosen debris that may be blocking pores.

If you want to concentrate on exfoliating more sensitive areas of your face, such as around your nose and eyes, you may wish to switch to the Fast Intermittent mode.

Once or twice a month, if you have a normal skin type, use Tua Spa with a cleanser or facial wash containing alpha or beta hydroxy acids, for example 5% glycolic acid and/or 2% salicylic acid. This will intensify the peeling action of the Exfoliation treatment. If you are undergoing any medical facial treatments consult with your doctor first.

Remember to always wear high factor broad spectrum (UVA + UVB) sunscreen every day; this is especially important after peeling treatments.

The SONIC Deep Cleansing and Exfoliation treatments can be applied to body areas too including the décolleté, back-of-hands, upper arms and back.

SONIC: Micro-massage Induction

Micro-massages facial products into your skin so that their active ingredients will be better absorbed, enhancing hydration, firmness, skin colour, skin plumpness and radiance.

The Micro-massage Induction treatment is great as an evening routine to massage in your favourite night time products and stimulate your skin while also winding you down before sleep - which is when your skin's repair mechanisms are most active. However, it can be done at any time of the day and is gentle enough for daily use.

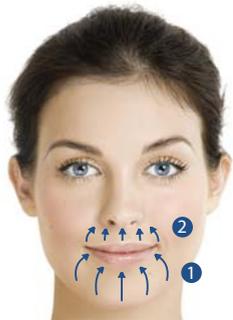
On some days you may wish to precede the Micro-massage Induction treatment with the Deep Cleansing and Exfoliation treatments to optimise the penetration of the active ingredients in your skincare products.

IMPORTANT: Before you begin, please read "NORMAL SENSATIONS & OBSERVATIONS when using Tua Spa" on page 36.

- Choose **SONIC Slow Continuous** or **Slow Intermittent** depending on skin sensitivity (see page 21)
- Use Modulator Position 2 (see photo)
- Follow the routine zone by zone (1 to 7) for maximum benefit
- Use your favourite serums, facial gels, oils, moisturising creams, eye serums/creams; preferably applied to damp skin
- Recommended treatment length: 2 - 3 minutes
- This treatment is gentle enough for daily use for normal skin. 2-3 times per week is recommended for sensitive skin
- Use the Intermittent modes for areas you may find sensitive such as the eye area
- Do not treat directly over the eye lids

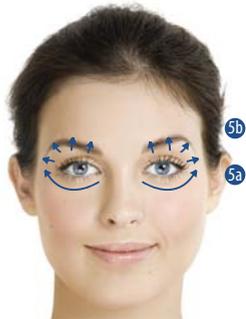


Follow the direction of the arrows from Zones 1 to 7 as instructed below.



Zone 1 – Chin, lower lip and furrows from mouth to chin

Zone 2 – Upper lip and furrows from nose to mouth (nasolabial folds)



Zone 5 – Eye area: under eye area (5a), crow's feet and upper eye area (brow bone) (5b)
Do not go inside orbital bone.



Zone 3 – Jaw line and lower cheek/jowl

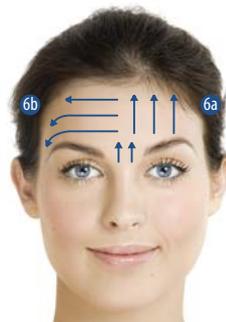
Zone 4 – Upper cheek

Repeat the other side.

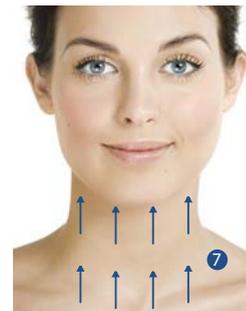
For the under eye area (5a), make small gentle pressing movements inward along the lower orbital bone from the inner to outer corner of the eye with the modulator heads pointing upward toward the eye.

For the upper eye area (5b), only treat the brow bone making small upward pushing movements towards the eyebrow lifting the upper eye area. Move along the brow bone from inner to outer corner with the modulator heads pointing upward toward the eyebrow.

Do not treat directly over the eye lids.



Zone 6 - Forehead and brow area:
two optional movements, 6a and/or 6b



Zone 7 – Neck and décolleté

Following treatment

When you have completed your Micro-massage Induction treatment you may wish to apply make-up if during the day or before going out in the evening. If it is time for bed your skin is now prepped for sleep.

Tina Richards' Tips

Make sure you massage in an even coverage of skincare product all over the face to the hairline. If you wish, you can concentrate on areas where you are concerned about ageing – furrows from nose to mouth (nasolabial folds) (2), upper lip (2), eye area (5) and cheek wrinkles (3 & 4).

The Micro-massage Induction treatment is versatile and can be used with most skincare so feel free to experiment. For example, try massaging in your facial sunscreen in the morning or your facial moisture mask treatment at night. To de-puff and tone eyes in the morning, micro-massage your eye area with a cooling eye gel or eye firming serum.

Extend the treatment time whenever you wish to spend longer than 2-3 minutes.

The following protocol is for both **MICRO** and **SONIC+MICRO** modes.

MICRO: Micro-current Stimulation

Boosts the rate of skin regeneration (cell turnover) which results in firmer, tauter skin and the reduced appearance of lines and wrinkles. The micro-current technology of Tua Spa also moderately tones the underlying subcutaneous facial muscles to help give the face a firm and defined appearance.

You may wish to use MICRO as a stand-alone treatment or add it on to other Tua Spa treatment protocols - for example, after Deep Cleansing and Exfoliation and/ or before Micro-massage Induction.

SONIC+MICRO: Skin Booster

Exclusively combines both the Micro-massage Induction and the Micro-current Stimulation treatment for plumped up, youthful-looking skin that glows with health and vitality and a firm, toned and more lifted appearance ready for any 'red carpet' event.

The Skin Booster 3-minute skin reviving facial can be conducted any time your skin needs a boost and a lift, especially when you are pushed for time. However you can treat yourself to this quick über-facial whenever you wish for firming, plumping and radiance promoting benefits.

IMPORTANT: Before you begin, please read "NORMAL SENSATIONS & OBSERVATIONS when using Tua Spa" on page 36.

- Use Modulator Position 2 (see photo)
- Follow the routine zone by zone (1 to 7) for maximum benefit
- Use only tap water, moistening each facial zone before and throughout its treatment
- **The micro-current is conducted by water so it is important to keep the area you are treating thoroughly moistened**
- Alternatively you can use a water-based (ionised/conductive) gel. The gel must be kept moistened with water throughout treatment of each facial zone
- Use the modulator to lift sagging facial areas during the treatment eg jowls, cheeks and upper eye area
- Do not treat directly over the eye lids



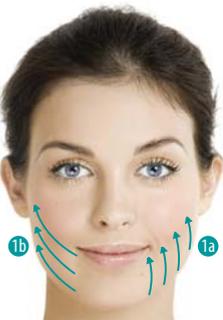
MICRO: Micro-current Stimulation only

- Micro-current levels 1-3 depending on skin sensitivity (see page 21)
- Use lower intensity levels for areas you may find sensitive such as the eye area
- Recommended treatment length: 3-12 minutes at the appropriate level
- Micro-current is gentle enough for daily use for normal skin. 2-3 times per week is recommended for sensitive skin

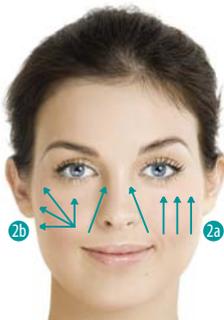
SONIC+MICRO: Skin Booster only

- SONIC+MICRO is one preset program
- Recommended treatment length: 3 minutes

Follow the direction of the arrows from Zones 1 to 7 as instructed below.



Zone 1 – Jaw line and lower cheek/jowl area including furrows from mouth to chin: two optional movements, 1a and/or 1b



Zone 2 – Upper cheek and area to side of nose working on furrows from nose to mouth (nasolabial folds): two optional movements, 2a and/or 2b

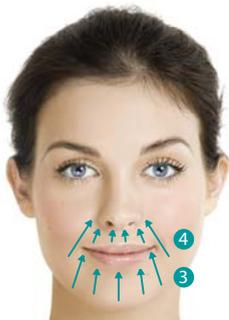


Zone 6 – Eye area: under eye area (6a), crow's feet and upper eye area (brow bone) (6b)
Do not go inside orbital bone.

For the under eye area (6a), make small gentle pressing movements inward along the lower orbital bone from the inner to outer corner of the eye with the two modulator heads pointing upward toward the eye.

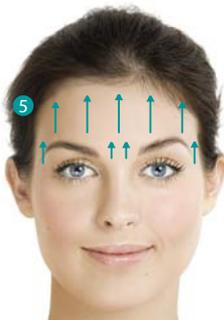
For the upper eye area (6b), only treat the brow bone making small upward pushing movements towards the eyebrow lifting the upper eye area. Move along the brow bone from inner to outer corner with the modulator heads pointing upward toward the eyebrow.

Do not treat directly over the eye lids.



Zone 3 – Chin, lower lip and furrows from mouth to chin

Zone 4 – Upper lip and furrows from nose to mouth (nasolabial folds)



Zone 5 – Forehead/brow and glabellar crease ('No. 11s')



Zone 7 – Neck and décolleté

Following treatment

When you have completed your Micro-current Stimulation or Skin Booster treatment you may wish to continue with your skincare regimen and/or apply make-up.

Tina Richards' Tips

As an alternative to using just tap water or a conductive gel: Apply your favourite moisturising cream to your entire face and neck, and eye cream to your eye area, and then thoroughly moisten each facial zone with tap water over your moisturiser/eye cream before you treat that zone, and keep it moistened. I find this creates lovely modulator glide for both the Micro-current Stimulation and Skin Booster treatments and induces some of your moisturiser's active ingredients into your skin.

If the modulator does not glide effectively you may need to use a richer moisturising cream (re above tip) and/or moisten your skin more thoroughly with tap water over your moisturiser.

Make sure you include the neck and treat all the face to the hairline.

For the Micro-current Stimulation treatment, concentrate on areas of your face where you are concerned about ageing – furrows from nose to mouth (nasolabial folds) (2), upper lip (4), eye area (6) and cheek wrinkles (1 & 2).

For the Skin Booster treatment, focus on areas that need an intensive boost – brighten and refresh under your eyes, get glowing cheeks, firm up puffy facial contours and reduce the appearance of lines and wrinkles.

Turn the modulator round to Position 1 for the Skin Booster Treatment and give your skin a gentle cleansing, exfoliation and micro-current treatment in one! Follow user instructions for the Deep Cleansing and Exfoliation treatment (see pages 22 to 24).

Remember to give your back-of-hands regular treatments too!

GUIDANCE NOTES FOR TREATMENTS

Treatment Times and Frequency-of-Use

All the Tua Spa treatments can be slotted into your day as you wish.

Regarding frequency-of-use and length of treatment time remember to **listen to your skin**.

The treatment times and frequency-of-use indicators outlined below are a guideline only.

Feel free to spend longer on any treatment. For example, once a month you may like to spend 6 minutes giving yourself an intensive Deep Cleansing & Exfoliation treatment.

Tua Spa is gentle enough for daily use however, if you have sensitive skin, we recommend you start by doing the Deep Cleansing & Exfoliation treatments 2 - 3 times per week.

Treatment Times and Frequency-of-Use

Mode/Treatment	Treatment Time (guideline only)	Frequency-of-Use (guideline only)
SONIC: Deep Cleansing & Exfoliation	2 - 3 minutes	Daily – morning or evening. Or 2 – 3 times a week (recommended for sensitive skin)
SONIC: Micro-massage Induction	2 - 3 minutes	Daily – morning or evening with day/night time skincare products
MICRO: Micro-current Stimulation	3 - 12 minutes	Daily – morning or evening
SONIC+MICRO: Skin Booster	3 minutes	Special occasion/when skin needs a quick boost

Order of Treatments

Select one preferred treatment or a combination of treatments according to your needs. You can do the treatments separately at different times or combine treatments as you wish.

For example, you may wish to do daily Micro-current Stimulation treatments in the morning and Micro-massage Induction treatments before bed (using your night time skincare). Or why not Deep Cleanse & Exfoliate 3 times a week (morning or evening) and save Skin Booster treatments for prepping for special events?

If you wish to do all treatments together in one session, then the order you should follow is:

Deep Cleansing and Exfoliation, Micro-current Stimulation, Skin Booster treatment, finishing with Micro-massage Induction.

A quick time-saving routine is: Deep Cleansing and Exfoliation followed by the Skin Booster treatment.

When you want to give your skin a 'full works' facial you can work through all the modes in one extended facial treatment and your skin will feel like it has just left the spa.

Summary of Recommended Products to use with Tua Spa

Mode/Treatment	Recommended Products
SONIC: Deep Cleansing & Exfoliation	Water-based* cleansing lotion or cleansing wash or just water alone. To treat each facial zone, ensure it is thoroughly moistened with tap water and keep the zone moistened throughout its treatment. * Look for the word "aqua" high up on the packaging ingredients list
SONIC: Micro-massage Induction	Your favourite serum, facial gel, oil or moisturiser applied preferably to damp skin.
MICRO: Micro-current Stimulation	Tap water alone Or use a water-based (ionised/conductive) gel. Tina Richard's Tip: To increase modulator glide, apply your favourite facial moisturising cream to your entire face and neck and eye cream to your eye area – then to treat each facial zone, thoroughly moisten it with tap water (over the top of your moisturiser/eye cream) and keep the zone moistened throughout its treatment.
SONIC+MICRO: Skin Booster	As above for MICRO

To moisten or re-moisten a facial zone with water, use either a cotton wool pad/ball, clean facial muslin cloth, flannel, facial sponge or just your fingers.

NORMAL SENSATIONS & OBSERVATIONS when using Tua Spa

Tua Spa is a professional grade, gentle yet potent, device. There are therefore some sensations that different individuals may experience which are normal for the treatment. If in any doubt however please consult your doctor.

Sensitive skin

With Tua Spa, we have taken steps to accommodate those who have sensitive skin or areas of skin sensitivity on their face and neck. Please refer to our guidelines on how to adjust the performance modes to suit your requirements on page 21. If you have sensitive skin, our advice is to begin each treatment slowly and with care, taking no longer than 1 minute to complete it in the first instance, until you are confident that you have selected a comfortable setting.

Whistling in the ear

In the SONIC modes some people are aware of a high pitched 'whistling' in the ear when the modulator is positioned on the cheek in front of the ear. This is a normal occurrence caused by the sonic vibrations and is harmless. To alleviate, change down to an intermittent and/or lower intensity SONIC program. Alternatively, move the tip of the modulator away from your ear to a point where the sensation goes away and concentrate treatment on your main areas of concern.

Sensitive teeth

If you have sensitive teeth, you may sometimes feel a vibration in your teeth when using the SONIC modes near to your mouth. This is a normal occurrence caused by the gentle sonic vibrations and is harmless. If you wish to alleviate, try choosing a more sensitive program or selecting a lower intensity level. Alternatively, move the tip of the modulator away from your mouth to a point where the sensation goes away.

Low pitch noise

You will hear a low pitch noise while using Tua Spa in MICRO mode. This is completely normal and indicates that the micro-current waves are being correctly emitted.

Metallic taste in the mouth

It is normal for some people to be aware of some metallic taste in the mouth when the modulator is positioned on the cheek or near to the mouth in either MICRO or SONIC+MICRO mode. This is caused by a slightly acid saliva and the metallic taste can occur at any time, not just with micro-current. It is a harmless occurrence.

However if you wish to alleviate, try selecting a lower intensity level of micro-current. Alternatively, move the tip of the modulator away from your mouth to a point where the taste goes away.

'Pinking' effect

You may experience a temporary 'pinking' of the skin during or after performing a treatment with Tua Spa because the skin is stimulated and blood supply is boosted. This normally disappears after a short period of time. If this 'pinking' effect is accompanied by any irritation, you should choose a more sensitive program or select a lower intensity level. If in any doubt consult your doctor.

Pets

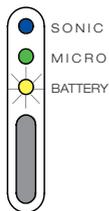
It is possible that if you have a pet in close proximity to you while performing the SONIC and SONIC+MICRO treatments, they may be disturbed by the high frequency ultrasound waves. If this happens, it is advisable to take them out of the room.

IMPORTANT: caring for your Tua Spa

Remember to always clean the steel modulator after use *when* the device is switched off (see page 39 for correct cleaning directions). Never place under a running tap or immerse in water. Tua Spa should be thoroughly dry before storing away after each treatment. Do not leave the modulator wet. Keep the modulator covered with the modulator cap when not in use.

RECHARGING THE BATTERY

If the battery runs down to limited power during use, the yellow LED will start to flash signalling that the device needs to be recharged. If you continue using Tua Spa, the device will switch off automatically as soon as the battery is empty.



Remove the rubber plug from the input hole on the side of the device and connect the battery charger (see page 13). The yellow LED will stay on (without flashing) and go off when the charging is completed.

A complete recharge will take 4 hours.

When fully charged Tua Spa will give approximately 160 minutes of treatment time.

During the charging process the device's functions are disabled for security reasons.

Do not charge Tua Spa where it will be exposed to direct sunlight or a heat source, or where there is a lot of moisture.

Use only the included charger.

The device and the charger will become slightly hot during the charging process, however this is not a malfunction.

Keep the charger away from water and handle with dry hands.

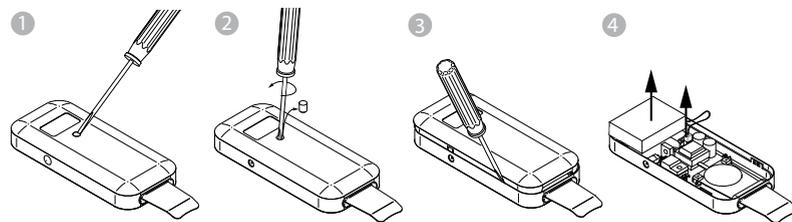


REPLACING THE BATTERY

Tua Spa contains a Lithium-ion polymer battery. It is rechargeable and allows more than 500 cycles of charge/discharge, if used appropriately.

The battery is not intended to be replaced by consumers, however it may be replaced at an authorised service centre.

The procedure described below is intended only for removal of the rechargeable battery for the purpose of proper disposal.



CLEANING THE DEVICE

IMPORTANT INFORMATION ABOUT CLEANING YOUR DEVICE

Clean after each use with a soft clean cloth, towel or cotton pad dampened with mild soapy water or neutral sanitiser - carefully wipe over the steel modulator. If necessary, spray the cloth with a neutral detergent before wiping. Do not use alcohol, thinners, solvents or other chemical products.

DO NOT RINSE UNDER WATER. THIS WILL DAMAGE THE DEVICE.

If someone else uses your device, we suggest you also clean the steel modulator carefully, on the tip only, with a sterilising wipe before use.

DISPOSAL

Tua Spa is an electronic device and as such contains electronic components that could be harmful to the environment and human health if disposed of in a way that does not conform to applicable legal provisions.

Discard Tua Spa, its component parts and accessories in compliance with local regulations on waste disposal. In particular, always discard old batteries into special containers.

Directive Nr. 2002/96/EC requires product owners to dispose of such a product by delivering it to a local Waste Electrical and Electronic Equipment (WEEE) Collection centre or giving it back to the dealer on making a new purchase and, in any case, forbids discarding the product as domestic waste.

The directive establishes fines for the unlawful discarding of such wastes.



The symbol shown right (crossed waste basket on wheels) and on the Tua Spa data plate indicates that the waste of electrical and electronic equipment must be collected separately.

CLASSIFICATION

- Tua Spa is a BF type internally powered appliance; Class II when connected to the battery charger BF type applied part
- Degree of protection against the penetration of liquids: IPX0
- Not suitable for use with anaesthetic mixtures inflammable with air, oxygen or nitrous oxide

TECHNICAL DETAILS

Parameter	Ultrasound
Ultrasound carrier frequency	23-26 KHz
Intermittent mode modulation	0.8 Hz
Low Level Freq-Duty Cycle	50 Hz - 30%
High Level Freq-Duty Cycle	60 Hz - 60%
	Micro-current
Current intensity	500 microA (1KOhm load)
Micro-current carrier frequency	8 Hz
Low Level Duty Cycle	17%
Medium Level Duty Cycle	34%
High Level Duty Cycle	50%
Whole device parameters	
Supply	7.4V internally battery powered Lithium-ion polymer type
Weight	180 g
Dimensions	146 x 51 x 21 mm
Operating conditions	Temperature: 15 - 35 °C Humidity: 20 - 65% RH
Storage	Temperature: 10 - 50 °C Humidity: 10 - 85 % RH
Battery charger	VUPIESSE mod. D35B120200 (Vupiesse Italia reorder code: VATSPA05) Input: AC 240V ~ 50Hz Output: DC 12V - 200mA

CONFORMITY WITH REGULATIONS

Tua Spa bears the CE mark.

Tua Spa has been designed and manufactured in conformity with the requirements of the company quality system certified according to UNI EN ISO 9001:2008 and UNI EN ISO 13485:2004 standards.

For product audit, the EN60335-2-32:2003 electrical safety standard has been applied.

Conformity with electromagnetic compatibility has been determined by applying standards

EN50366:2003

EN55014-1

EN55014-2

EN61000-3-2

EN61000-3-3.



- 1 Symbol indicating conformity of the appliance with European Directives
- 2 12V battery charger (direct current)
- 3 Appliance with BF type fitted part
- 4 Do not dispose of the device in the common urban waste

Made in Italy.
Manufactured by Vupiesse Italia,
47900 Rimini, Italy.

Distributed in UK and ROI by
Tina Richards Ltd,
West Sussex, BN11 2AY.

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