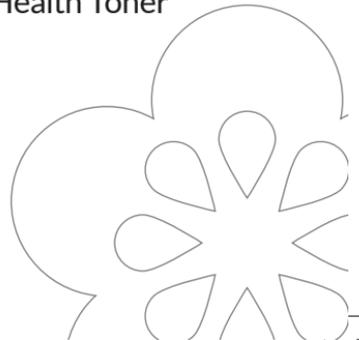


# VIVIFY™

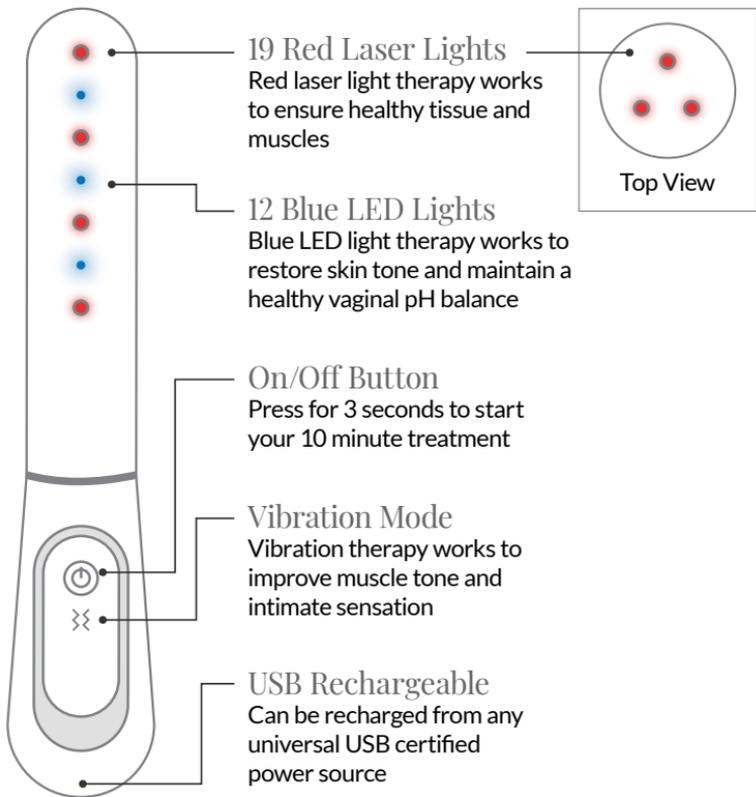
## User guide

Please read this before using your  
Vivify™ Rejuvenating Pelvic Health Toner



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# Welcome

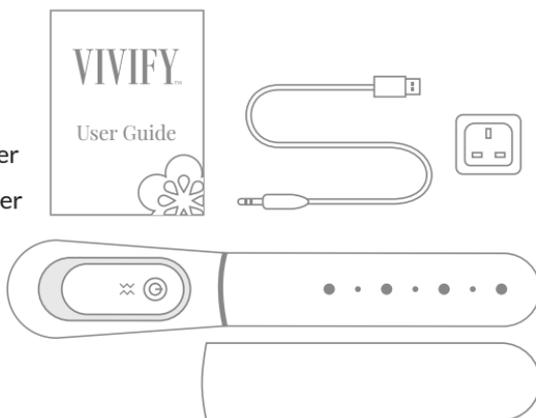
Thank you for choosing the Vivify™ Rejuvenating Pelvic Health Toner. Your Vivify™ Toner is the ultimate hi-tech vaginal rejuvenation device. It is a natural, hormone-free, safe and effective method of rejuvenating your intimate area. Fully certified for home use, the Vivify™ Rejuvenating Pelvic Health Toner utilises the latest technology and scientific findings in one home-use machine to give you amazing results.

Your Vivify™ Toner can help to:

- Tone and tighten
- Improve sexual sensation
- Rejuvenate vaginal tissue and improve natural moisture
- Rejuvenate weak pelvic floor muscles
- Improve symptoms of urinary incontinence
- Could prevent odour

## What you will get:

- 1 x Vivify™ Rejuvenating Pelvic Health Toner
- 1 x Protective cover
- 1 x USB charger
- 1 x USB plug adapter
- 1 x User guide



# Getting Started

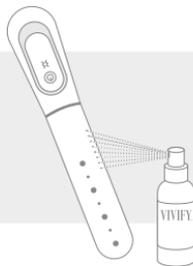
## Charging your Vivify™ Toner:

1. Connect the USB charger to your Vivify™ Toner and USB plug adaptor.
2. Charge your Vivify™ Toner for at least 3 hours before first use.  
DO NOT use your Vivify™ Toner whilst it is connected to mains and charging.

## Getting started with your Vivify™ Toner:

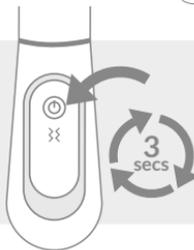
1

Using our body-friendly anti-bacterial Vivify™ Cleansing Spray, thoroughly clean your Vivify™ Toner before use, taking care not to get the handle wet.



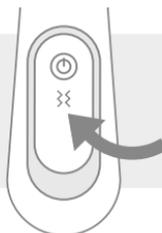
2

Turn on your Vivify™ Toner by holding the power button for 3 seconds. Your Vivify™ Toner's blue LED and red laser lights will automatically turn on.



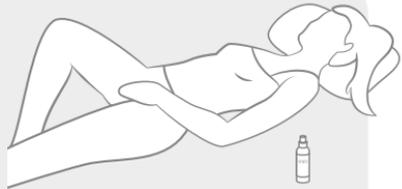
3

To use the vibration therapy function, press the 'vibration' button located below the power button.



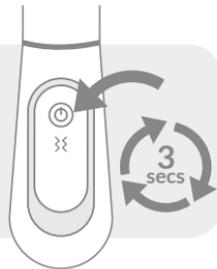
4

Find a comfortable position and gently insert the toner into your vagina. You can use a water-based gel, such as the Vivify™ Gel to ease insertion and amplify your results.



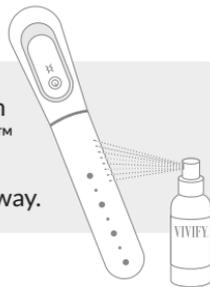
5

Your Vivify™ Toner will automatically turn off after ten minutes of treatment. To manually turn off your Vivify™ Toner, hold the power button for 3 seconds.



6

Carefully remove the device, clean with our body-friendly, anti-bacterial Vivify™ Cleansing Spray and thoroughly dry. Replace the protective cap and store away.



7

Repeat the treatment 2-3 times per week. Your cells regenerate every 7-10 days, so make sure to use your Vivify™ Toner frequently for lasting results.

# How Does the Vivify™ Rejuvenating Pelvic Health Toner Work?

Your Vivify™ Toner harnesses blue light LED therapy with red laser light therapy and vibration to rejuvenate your vaginal health.



## **Blue LED Light Therapy**

12 blue lights will help restore skin tone and help you maintain healthy vaginal pH balance.

Blue light LED therapy is antimicrobial meaning your Vivify™ Toner can help to prevent harmful bacteria from accumulating, which can reduce embarrassing odour.



## **Red Laser Light Therapy**

19 red lights help to boost collagen and elastin; essential for healthy tissue and muscles.

The red laser therapy lights are optimised for cell healing, reducing inflammation and improving circulation in the vaginal tissue –vital for increasing natural moisture and heightening intimate sensations.



## **Vibration Therapy**

Used by astronauts and top athletes to maintain muscle and bone mass, your Vivify™ Toner also utilises vibration therapy to help improve pelvic floor muscle tone and sensation.

# What Do You Want to Vivify™?

## **Red Laser Light and Blue LED Light Therapy:**

Your Vivify™ Toner utilises red laser light therapy and blue LED light therapy to vivify your vaginal health. Use light therapy to:

-  **Improve intimate moisture**  
Red laser light and blue LED light therapy helps increase the natural lubrication of your vaginal tissue by improving circulation. Regular use of Vivify™ may prevent vaginal atrophy and vaginal dryness.  
TIP: Use the water-based Vivify™ Gel to ease insertion.
-  **Relieve pelvic pain**  
The red laser therapy lights are optimised for cell healing and reducing inflammation – providing vital pain relief.
-  **Maintain intimate health**  
Blue light LED therapy is antimicrobial. Using your Vivify™ Toner's light function can help you to maintain a healthy vaginal pH balance and prevent harmful bacteria from accumulating. This reduces odour and clinical trials are exploring to see if it also prevents Bacterial Vaginosis (BV) from occurring.

## **Red Laser Light and Blue LED Light Therapy with Vibration Therapy**

Your Vivify™ Toner can use both light and vibration functions together in order to revitalise your pelvic health. Use both light and vibration therapy to:

-  **Restore muscle strength**  
Use red laser light, blue LED light and vibration therapy together to help tone your pelvic floor muscles. The red laser light therapy will help to stimulate collagen production, a vital protein for the pelvic floor muscles. It also improves circulation, vital for a strong pelvic floor. Blue LED light therapy will help to restore skin tone alongside

vibration therapy which can also cause the pelvic floor muscles to involuntarily contract – resulting in an effortless strength training session. 82% of women see an improvement in their pelvic floor muscle strength as a result! TIP: You can also practice Kegel exercises during use for even better results!

 **Improve intimate sensations**

Your Vivify™ Toner’s red laser therapy function can help to improve circulation in the vaginal tissue, increasing your intimate sensation. Vibration therapy can help to improve tone and muscle sensitivity – 81% of women who use multimodal vaginal toning experience an improvement in their sexual function.

 **Reduce bladder leaks**

As the Vivify™ Toner helps to increase your pelvic floor muscle strength, you may also discover that any little leaks may have subsided. 90% of women see a reduction in bladder leakage.

	 Red & Blue Light Therapy	 Red & Blue Light Therapy with Vibration Therapy
Improve intimate moisture	✓	
Relieve pelvic pain	✓	
Maintain intimate health	✓	
Restore muscle strength		✓
Improve intimate sensations		✓
Reduce bladder leaks		✓

## Safety Advice & Guidance

1. Refrain from using your Vivify™ Rejuvenating Pelvic Health Toner if pain in the treatment area does not subside. Always consult your GP before use.
2. Do not immerse your unit in water or any other substance.
3. Do not attempt to modify or disassemble your unit.
4. Do not use silicone-based lubricants with the device.
5. If you experience numbness, skin irritation, dizziness, or feel pain, stop using this device immediately and consult your GP.
6. Do not look directly into the light emitted from your Vivify™ Rejuvenating Pelvic Health Toner.
7. Exercise caution if using near genital piercings.
8. Please use this product only for its intended use as described in this user guide.
9. Keep out of reach of children.
10. Keep your Vivify™ Rejuvenating Pelvic Health Toner away from heat.
11. This unit is not protected from the ingress of water droplets.
12. Vivify™ Rejuvenating Pelvic Health Toner is designed for individual use only.
13. If any part of the device is cracked, broken, shattered or damaged, or if there are signs of moisture or condensation on the inside of the device, discontinue use immediately.

### **Do not use the Vivify™ Toner:-**

1. If you have a history of heart disease, asthma, epilepsy, or are undergoing pelvic cancer treatment.
2. If you are pregnant or believe you may be pregnant.
3. In the presence of an active sexually transmitted infection.







## Enhance your results

Cleanse your Vivify™ Toner with our body-friendly Vivify™ Anti-Bacterial Cleansing Spray.

Amplify your results and ease insertion with our Vivify™ Water Based Gel.

Buy now from  
[www.stressnomore.co.uk](http://www.stressnomore.co.uk)

IFU13170\_0719

# VIVIFY™

Savantini House, Foster Street  
Kingston Upon Hull, HU8 8BT  
01482 888 785  
[info@savantini.com](mailto:info@savantini.com)