



# SMOOTH OUT + FIRM UP

Body Toning

USER GUIDE





## BE CONFIDENT IN YOUR COSMETICS

L(A)B is the creation of Oxford University Scientists and Sisters Lauren, Charlotte and Sophie with the aim to improve the effectiveness of your everyday skincare and healthcare regimes through cutting edge scientific devices that fit easily into your life.

L(A)B is committed to delivering products of the highest innovation and quality from concept to packaging. We are a unique brand, the first British, Family run Electronic Skincare + Healthcare company. L(A)B are the Beauty Tool Experts.

## Smooth the skin and firm & tone the body

The first L(A)B beauty tool specifically designed to target the signs of aging all over the body. Delivering visible results on all areas including smoothing and firming the backs of arms, thighs, hips, stomach and tops of knees. Combining professional treatments and results in the comfort of your own home. Five technologies in one device to address all the signs of aging on the body and improve the skins appearance, firmness and leave it with a youthful glow.



# Treatments

## 1. Micro-current

Micro-current technology, is widely used by leading skin clinics to lift and firm the skin and visibly reduce the appearance of wrinkling and dimpling for smoother more toned skin.

## 2. Galvanic Current

Galvanic current increases the penetration and effectiveness of moisturisers, enhances the benefits of their active ingredients and increases skin moisturisation after just one use.

### 3. Thermal Therapy

Gentle warmth up to 47 °C stimulates and increases micro-circulation to help rejuvenate the skin.

### 4. Red Light LED

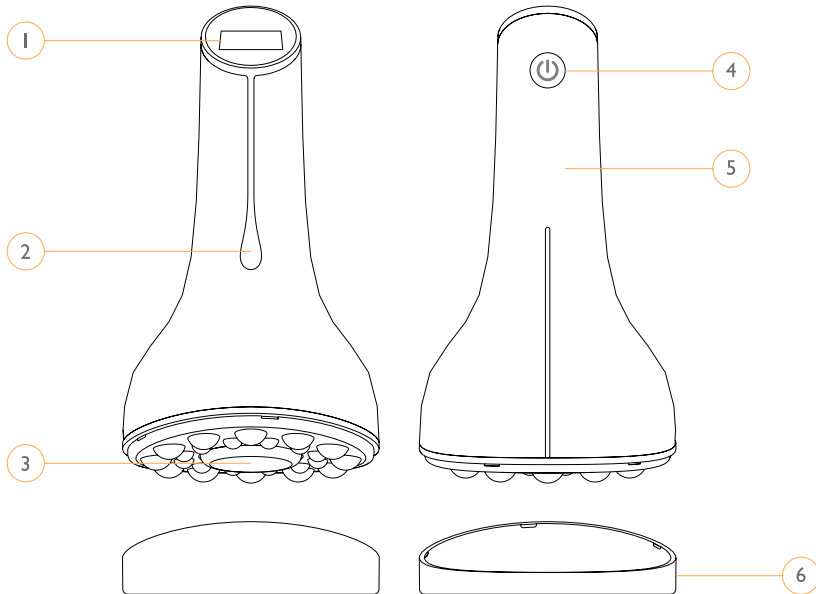
Works at specific wavelengths between 630nm -660nm and is clinically proven to increase the elasticity of the skin, decrease lines and wrinkles and improve the overall firmness and appearance of the skin.

### 5. Massage

Deep tissue massage with 24 soft silicon massage balls stimulates the skin and muscles to firm and tone and make the skin look smoother and more supple. It also improves lymphatic drainage, and improves radiancy.

# Apparatus

- 1 LED screen
- 2 Conduction Strip
- 3 Treatment Head
- 4 Power ON/OFF
- 5 Handle
- 6 Protective Cover



# Treatment

## **MODE 1: MASSAGE:**

Red LED light + galvanic current + deep tissue massage

## **MODE 2: ACTIVATE:**

Massage therapy + red LED light + thermal therapy 47°C +/- 5°C

## **MODE 3: LIFT:**

Micro-current + Red LED light therapy + Galvanic current

## **MODE 4: FIRM:**

High level Micro-current + Red LED light + Thermal therapy 47°C +/- 5°C





## Regime

1. On dry skin apply Smooth Out + Firm Up Body Gel using the applicator head to an area you want to be treated.
2. Remove the protective cover and plastic cover from centre of treatment head, press and hold the on/off button until device turns on.
3. Turn on the device by pressing and holding the on/off button for a few seconds, the device will then move through the four modes one after the other spending 1 minute in each mode. The device will then start again in mode 1 and cycle through each mode continuously.
4. Use steady circular massaging motions until the skincare product is absorbed. Keep hand in contact with conduction strip at all times.
5. Carry out one complete cycle (4 minutes) on each area that you want to treat. You can skip between modes by pressing the on/off button.

**Use:** 3-5 times per week for the first 30 days then 2-3 times a week thereafter. You can continue using for longer or move on to another area.

**Areas:** Can be used anywhere on the body: stomach, hips, bum, legs, back of thighs, arms, backs of arms, elbows, knees, thighs, calves etc.

What area can I treat in one, 4 minute treatment?

Shoulder to Wrist

Stomach to Hips

One bottom cheek, thigh and knee





**Technique 1 -  
Circular massage motions:**

This is great for targetting cellulite and areas such as the backs of thighs, bottom, stomach and bingo wings

**Technique 2 - Steady  
lifting linear motions:**

This is great on sagging and loose skin for example above the knees, chest and arms. Start at the point furthest away and move towards your core, for example on the knee start at the knee and move toward the hip, or on the arms start at the elbow toward the shoulder.



# Frequently Asked Questions

## 1. Why are the LED lights pulsing or flickering?

The LED lights do have a natural pulse, this is normal. If the lights are turning on and off, turn off the device and turn back on. Make sure device is fully charged.

## 2. Can I use anywhere on the body?

Yes, use anywhere on the body to target the signs of ageing: thighs, calves, arms, stomach, hips, bum etc.

## 3. Why is the device getting warm?

This is normal. The device has a heating element up to 47°C +/- 5°C. If the device feels too warm, especially after several minutes of use turn off and wait to cool before using again.

## 4. Can I use with any skincare products?

Use with any water-based skincare products. We recommend using with L(A)B skincare that has been specifically formulated to enhance and work with the Smooth Out + Firm Up Body device to deliver the clinically proven results. Water based means that one of the ingredients is Aqua.

# How to Charge

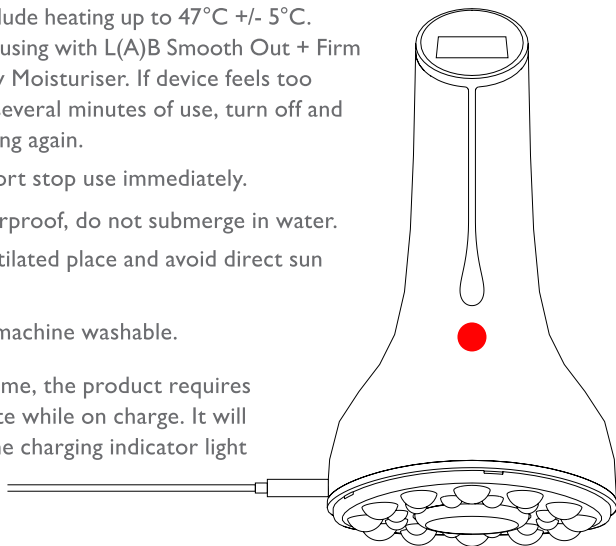
1. The Power indicator light flashes red when the battery runs out.
2. Insert the charging cable in to the charging point on the device, and connect the other end to a USB charging point.
3. The power indicator light flashes red while charging is in process.
4. When fully charged the indicator light is constantly red.
5. A full charge takes 3.5 hours and will last 6 hours.

## How to Clean

1. Ensure device is turned off by pressing and holding the on/off button.
2. Wipe clean the treatment head with the cloth included or a damp cloth or towel, do not use detergent.
3. Wipe with a dry cloth or towel and replace the protective cover.

## Cautions

1. Please read manual before using.
2. Some of the modes include heating up to  $47^{\circ}\text{C} \pm 5^{\circ}\text{C}$ . Always ensure you are using with L(A)B Smooth Out + Firm Up Body Gel or a Body Moisturiser. If device feels too warm especially after several minutes of use, turn off and wait to cool before using again.
3. If you feel any discomfort stop use immediately.
4. The device is not waterproof, do not submerge in water.
5. Store in a dry well ventilated place and avoid direct sun light.
6. The cleansing cloth is machine washable.
7. If not used for a long time, the product requires 15 minutes to reactivate while on charge. It will take 15minutes until the charging indicator light flashes red.



## Warranty

L(A)B Smooth Out + Firm Up is under warranty for 1 year following purchase under normal usage when purchased from an authorised retailer. Please retain your receipt to validate your warranty. Please register your device at: [info@lab-lifeandbeauty.com](mailto:info@lab-lifeandbeauty.com) or <http://lab-lifeandbeauty.com/contact-lab/register-your-device>. This warranty does not cover products damaged by the following:

- Accident, misuse, improper care or commercial use
- Servicing by unauthorised persons or alteration
- Use with incorrect current or voltage
- Any other conditions beyond our control
- Use with incorrect skincare products

## Medical Precautions

- If you experience any adverse reaction contact your doctor immediately and stop use.
- Do not use on skin that is burnt, inflamed or on open wounds or eczema
- This device is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge
- Do not use on Eyelids or Mucous membrane (inside of mouth)
- If you are pregnant, have metal implants that are affected by electrical currents such as a pace-maker, or if you have had plastic surgery in the last month consult your doctor prior to use
- Do not use if you suffer from photo-sensitive skin conditions or medical conditions such as photo-sensitive epilepsy
- Do not look directly into the LED lights when lit or shine into someone else's eyes

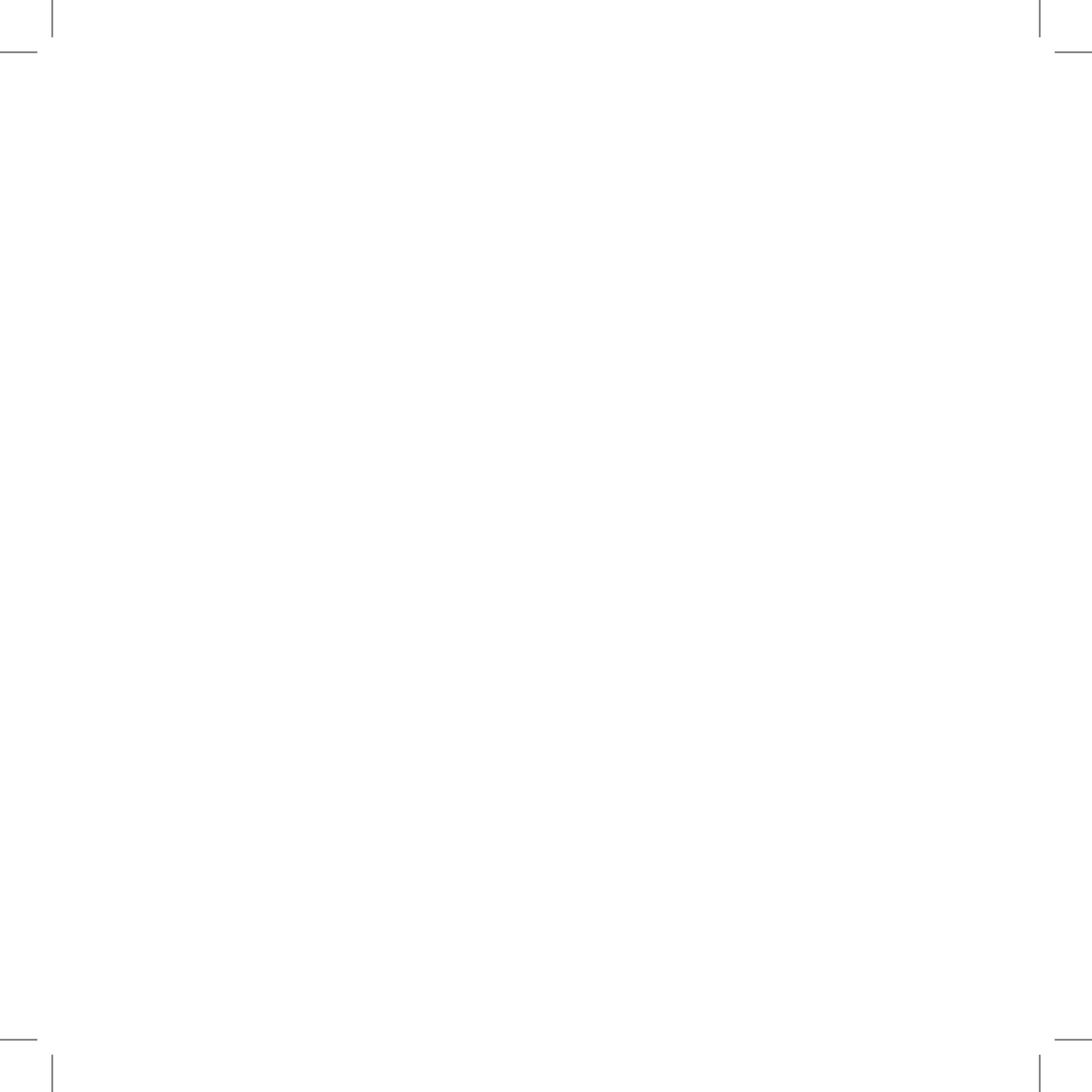
## Please Note

- Read all instructions prior to use, and use as directed
- Keep out of reach of children
- If you experience any issues contact L(A)B for advice, do not dismantle or repair the device yourself
- Use only the correct L(A)B parts and accessories with this device including charger and attachments
- Do not scratch or damage the attachment heads
- Do not use whilst on charge or plugged in to the mains
- Keep adaptor away from water, if dropped into water turn off power immediately and before touching the units
- Keep device away from flammable aerosol products or where Oxygen is being administered
- If Charger and/or adaptor overheat contact L(A)B
- Failure to use and/ or maintain the device in accordance with these instructions will invalidate the warranty



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