

PERSONAL FACIAL TONING SYSTEM

USER GUIDE





INTRODUCTION

Until now CACI facial toning technology has only been available at the world's most prestigious professional beauty salons, treatment clinics and spas.

CACI treatments regularly capture media headlines and have attracted an impressive worldwide celebrity following.

The CACI Microlift allows you to experience the benefits of CACI facial toning technology in the comfort and convenience of your own home.

Featuring a patented muscle gripping action the CACI Microlift emits tiny electrical impulses which help to tone facial muscles, soften the appearance of fine lines and wrinkles and improve skin texture to give a more youthful looking complexion.

A brightly lit LCD display, push button treatment selection and audible treatment guidance make the CACI Microlift particularly user friendly and easy to operate.

For added convenience the system uses rechargeable batteries that can provide over three hours of system usage (approx 20 treatment sessions) when fully charged. The CACI Microlift has a choice of two treatment programs and three treatment intensity levels.

Toning Program (5 mins) helps to firm and tone the facial muscles.

Wrinkles Program (5 mins) helps to reduce the appearance of fine lines and wrinkles.

For best results use both programs as a complete 10 minute facial routine.

We recommend an initial course of 12 treatments over a 4 week period followed by regular maintenance treatments. You will begin to see and feel results from your very first treatment and the effects will become more pronounced as your course of treatments progresses.

To further enhance your treatment results we suggest you have professional CACI salon treatments in conjunction with your CACI Microlift facial routine.

For details of salons offering CACI treatments visit: www.caci-international.co.uk

Visit www.cacimicrolift.com to register your CACI Microlift and to keep updated on special offers and promotions.

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SAFETY INFORMATION

PLEASE READ CAREFULLY BEFORE USING THE CACI MICROLIFT PERSONAL FACIAL TONING SYSTEM.



FAILURE TO FOLLOW ALL SAFETY AND OPERATIONAL INSTRUCTIONS MAY RESULT IN ELECTRIC SHOCK OR SERIOUS PERSONAL INJURY.

Keep this User Guide in a safe place for future reference.

CACI MICROLIFT

- Do not immerse in water or any other liquid.
- Do not use in the shower or bath.
- Do not expose to excessive moisture, dust or dirt.
- Always check before use. Do not use if damaged.
- May become warm during use and when being charged.
- Always let the system cool down before storing.
- Do not leave unattended when switched on.
- For personal use only.
- Only intended for use on the human face.
- For external use only
- Keep out of eyes.
- Do not insert in ear, mouth, nose or any other orifice.
- Should only be used with Electro Buds.
- Not suitable for commercial use.

This symbol means the Personal Facial Toning System is a class II appliance and therefore an earth connection is not required

KEEP OUT OF REACH OF CHILDREN AND PETS

SAFETY INFORMATION

ELECTRO BUDS

- For external use only.
- Keep out of eyes.
- Do not insert in ear, mouth, nose or any other orifice.
- Discontinue use if irritation occurs.
- · Store at room temperature and out of direct sunlight.
- Dispose of safely after use.

PRECAUTIONS

- Do not use with wet hands.
- Not suitable for people under the age of 16.
- Do not use on open wounds, damaged, broken, inflammed or infected skin.
- Do not use if you have any of the following conditions: pregnancy, epilepsy, heart condition, cardiac pacemaker, facial implants, skin disease, skin lesions, recent facial or head surgery.
- Areas being treated with Botox or dermal fillers should be avoided.
- The use of anti-depressants/muscle relaxants may reduce treatment results.

NOTE: If you have any medical concerns then you should consult your Doctor or medical practitioner before using the system.

ELECTRICAL SAFETY

- Keep away from water or any other liquid.
- Always switch off after use.
- The charging station requires a 240V~50Hz power supply. Do not use any other power source.
- Avoid the mains charger lead coming in contact with hot surfaces, eg. a radiator.
- Always disconnect the mains charger lead from the mains electrical socket when
 the CACI Microlift is fully charged or when the charging station is not in use.
- Always disconnect the mains charger leads from the mains electrical socket when cleaning charging station.
- Never pull on the mains charger lead to unplug from the mains electrical socket.
- Ensure the mains charger lead is not trapped or pinched.
- Do not wrap or coil the mains charger lead.
- Do not use the mains charger lead if damaged.



IN THE BOX

The CACI Microlift Personal Facial Toning System is supplied with the following items:

- 1. CACI Microlift (Handset)
- 2. Charging Station
- 3. Mains Charger Lead
- 4. 2 x AAA Rechargeable batteries
- 5. 1 box of Electro Buds (Qty 100)
- 6. User Guide
- 7. Treatment Guide





The mains charger lead is designed for use with a $240V \sim 50Hz$ mains supply and has been fitted with an approved UK plug. The CACI Microlift may be used in Mainland Europe with a suitable plug adaptor.

NOTE: If any items are damaged or missing please contact your place of purchase.





BUTTON FUNCTIONS

(PROG) Program Button – Toggles between the two available programs (TONING and WRINKLES).

(MODE) Mode Button – Toggles between the three available intensity modes L (Low), M (Medium) and H (High).

On/Off. It is also used as a reset button when cancelling a treatment program.

Start/Pause Button – Starts and Pauses the selected treatment.

 $\mbox{Mute Switch}$ – Turns the audible 'BEEPS' On/Off. The mute icon will appear on the LCD screen when mute has been switched ON.



BATTERY INSTALLATION & CHARGING

The appliance requires 2 x AAA rechargeable batteries (supplied).

ONLY USE RECHARGABLE BATTERIES

To install the batteries:

- 1. Gently push down and slide off the battery cover.
- Insert the 2 rechargeable 2. AAA batteries. Ensure batteries are inserted correctly (polarity must match the illustration shown in fig.3).



Fig.4

Replace the battery cover. 3.

NOTE: When the handset is not going to be used for long periods of time the batteries should be removed to avoid possible damage from battery leakage and corrosion.

Charging the CACI Microlift:

- 1. Ensure the mains electrical socket is switched off. Plug the mains charger lead into the mains electrical socket.
- Connect the other end of the mains charger lead into the 2. charging station socket.
- Place the handset into the charging station (refer to fig.4). 3.
- 4 Switch on the mains electrical socket. (The LED on the handset will flash red indicating the handset is charging. The Battery icon will also flash at the same time).
- Charge the handset until the flashing red LED turns green. 5. The Battery icon will display 4 bars when fully charged.

NOTE: Ensure the handset is properly placed into the charging station. First time charge will take approximately 5 hours.



LCD SCREEN

When the handset is switched on the LCD screen will display as follows (see fig. 5).

mute - Only displays when Mute is switched ON.

- Indicates the battery charge level.

- During charging the icon will flash.
- When the battery is fully charged the icon will stop flashing and all 4 bars will be displayed.



- Wrinkles program option. WRINKLES



- Medium intensity mode.
- ſн - High intensity mode.
- Flashes when a treatment program is running.
- Countdown Timer. Indicates the number of minutes remaining on the 5
 - treatment program. (5 minutes being the maximum time for each program).

NOTE: The LCD backlight will illuminate for approximately 5 seconds each time a button is pressed.





ELECTRO BUDS

Electro Buds are unique serum filled cotton buds that have been specifically developed for use with CACI facial toning technology.

Each Electro Bud contains an instant skin firming serum with conductive properties that enhance the transmission of the electrical impulses delivered by the CACI Microlift system.



Electro Buds can be purchased from the supplier of your CACI Microlift system or online at www.cacimicrolift.com

NOTE: If the Electro Bud tips become dry, moisten with water. When the Electro Bud serum has been completely absorbed or the Electro Buds become worn, replace with new ones.



PREPARING FOR USE

- 1. When fully charged, remove the handset from the charging station and remove the cap.
- 2. Prepare the Electro Buds to be inserted into each of the 4 probes:
 - 2.1 Remove an Electro Bud from its protective packaging.
 - 2.2 Hold the Electro Bud with the coloured ring tip upwards (see fig.6 step 1).
 - 2.3 Bend the coloured ring tip until the tip snaps off (as shown in fig.6 step 2).
 - 2.4 The serum will release and flow to the opposite cotton bud tip.
 - 2.5 Hold the plastic stem and gently bend by approx 45° degrees. This prevents Electro Buds from falling out of the probes when inserted (see fig.6 step 3).
 - 2.6 Once the serum has completely filled the cotton bud tip, insert the Electro Bud into one of the probes (see fig.6 step 4).
 - 2.7 Repeat steps 2.1 to 2.6 for the other probes.



 When Electro Buds have been inserted to all 4 probes, press and hold the
 Power button on the handset until the LCD display comes on (see fig.5).

NOTE: Ensure Electro Bud tips are completely filled and moist before inserting to probes and commencing treatment.

9

0



OPERATION

NOTE: Press the O Power button to reset your selections at any time.

The following shows how to operate the handset:

1. Select Treatment Program

Press the PROG button to toggle between programs.

The following programs are displayed

- TONING
- WRINKLES

The selected program will flash. (as shown in fig.7)



microlift

<u>L</u>M H

⊙ 5

ROG MODE

Fig.8

2. Select Treatment Intensity

Press the **MODE** button to toggle between intensity levels.

The following intensity levels are displayed:

- L (Low)
- M (Medium)
- H (High)

The selected intensity level will flash. (as shown in fig.8)

🚹 DO NOT USE THE H (HIGH) INTENSITY AROUND THE EYES.

NOTE: Use a L (Low) or M (Medium) intensity for the first 4 treatments. If the intensity level is comfortable use the H (High) setting for the remaining treatments.



OPERATION

3. Start the Treatment Program

Press the Dutton to start the treatment program. (see fig. 9)

The Clock icon will begin to flash and the 5 minute Countdown Timer will commence.

NOTE: If Countdown Timer runs out before completing the treatment reselect the Treatment Program and perform the remaining steps.



Refer to Toning Program pages 14-17 and Wrinkles Program pages 20-22 for details of how to perform the treatment.

Fig.9

Audible 'BEEPS' will commence shortly after all 4 probes are in contact with the skin. This indicates the system is working and electrical impulses are being delivered. (Refer to Troubleshooting page 24 if 'BEEPS' are not heard).

To Pause The Treatment Program

To pause during treatment press the **O** button twice in rapid succession. Press again to re-start. (see fig. 9)

To Stop/Reset The Treatment Program

Press the 🕲 button. (see fig. 9)



ENSURE ELECTRO BUDS ARE INSERTED TO ALL 4 PROBES BEFORE STARTING TREATMENT. REFER TO PAGE 11

NOTE: The CACI Microlift will automatically switch off after 3 minutes when not in use.



TONING PROGRAM

The Toning program is a 5 minute treatment comprising of 18 steps that gently tighten and firm the facial muscles to help restore shape and tone.

The treatment steps illustrated on pages 18-19 will guide you through a series of manoeuvres to work the facial muscles around the Jawline, Cheek, Brow, Eye and Forehead. Each step will require you to manipulate the muscles using the 'PINCH' and 'RELEASE' techniques (see pages 15-16).

The PINCH technique is used to 'shorten' the muscle to restore muscle tone. The RELEASE technique is used to relax tension in contracted muscles.



TONING PROGRAM

PINCH TECHNIQUE P (for toning treatment steps 1-12)

- 1. With the handset open, place the upper probes on the start points and the lower probes on the start points (see example fig.11). Ensure all 4 probes are in contact with the skin.
- 2. The upper probes should always remain in a fixed stationary position.
- 3. Grip the muscle between the probes and gently squeeze the handset moving the lower probes towards the stationary upper probes until the lower probes reach the o finish points (see example fig.12).
- Hold in position for approximately 6 seconds or until the audible 'BEEPS' become more rapid.







NOTE: The o finish points are indicative only. Facial muscles should be squeezed firmly between the probes to a point where the hold is comfortable.



 $\ensuremath{\text{NOTE}}$: All steps in the Toning program are performed with the handset Slide Lock in the open position. Fig. 10



TONING PROGRAM

RELEASE TECHNIQUE (for toning treatment steps 13-18)

- 1. Grip the handset using both hands and close the probes together.
- Place the probes on the

 start points (see example fig.13). Ensure all 4 probes are in contact with the skin.
- Gradually open the probes using both hands until they reach the O finish points (see example fig.14). Do not extend the probes beyond the targeted treatment area.
- Hold in position for approximately 6 seconds or until the audible 'BEEPS' become more rapid.





TO AVOID DAMAGE DO NOT OPEN THE HANDSET TOO WIDE APART.

NOTE: The • start and • finish points are indicative only and should be adapted according to your face shape. Do not extend the probes beyond the targeted treatment area.



TONING PROGRAM

COMMENCING THE TREATMENT

NOTE: Before commencing treatment ensure all make-up is removed and the face is cleansed.

- 1. Insert Electro Buds (see page 11)
- 2. Select the treatment program and intensity level (see pages 12-13).
- 3. Press I to commence treatment.
- 4. Follow treatment steps 1-18 as shown on pages 18 -19.

Audible 'BEEPS' will commence shortly after all 4 probes are in contact with the skin. This indicates the system is working and electrical impulses are being delivered. (Refer to Troubleshooting page 24 if 'BEEPS' are not heard).

Using the 'PINCH' and 'RELEASE' techniques hold the probes in position for 6 seconds or until the audible 'BEEPS' become more rapid, which indicate you should move to the next step.

It is normal to experience the following during use.

- A tingling sensation
- · Flashing around the eyes
- A metallic taste

NOTE: If the Electro Bud tips become dry, moisten with water. When the Electro Bud serum has been completely absorbed or the Electro Buds become worn, replace with new ones.





TONING TREATMENT STEPS

18 Steps (6 seconds per step) Each step should be performed twice

PINCH TECHNIQUE STEPS 1-12









STEP 8

Repeat Steps



Repeat Steps





RELEASE TECHNIQUE STEPS 13-18



----Repeat Steps

A DO NOT USE THE H (HIGH) INTENSITY AROUND THE EYES.

PINCH Technique
 RELEASE Technique
 Stationary Probes
 Moving Probes Start Position
 Moving Probes Finish Position





WRINKLES PROGRAM

The Wrinkles program is a 5 minute treatment comprising of 10 steps that help to visibly soften and reduce fine lines and wrinkles.

The treatment steps illustrated on page 23 will guide you through a series of manoeuvres to soften wrinkles around the Forehead. Eves. Brow. Cheeks. Jawline, Lips, Chin and Neck. Each step will require you to target wrinkles using the 'ERASER' technique (see page 21).



WRINKLES PROGRAM

ERASER TECHNIQUE [(for wrinkles treatment steps 1-10)

- Close the handset and move the Slide Lock into the closed position. 1.
- Place the probes to the treatment area (see example fig.16). Ensure all 4 2. probes are in contact with the skin.
- Without using any pressure move the probes continuously back and forth 3. across the treatment area using a rapid up and down movement.
- Continue movement for approximately 30 seconds or until the audible 4. 'BEEPS' become more rapid.



Fig.16





NOTE: All steps in the Wrinkles program are performed with the handset Slide Lock in the closed position. Fig. 15

NOTE: All 4 probes must maintain contact with the skin when performing each treatment step.



WRINKLES PROGRAM

COMMENCING THE TREATMENT

NOTE: Before commencing treatment ensure all make-up is removed and the face is cleansed.

- 1. Insert Electro Buds (see page 11)
- 2. Select the treatment program and intensity level (see pages 12-13).
- 3. Press I to commence treatment.
- 4. Follow steps 1-10 as shown on page 23

Audible 'BEEPS' will commence shortly after all 4 probes are in contact with the skin. This indicates the system is working and electrical impulses are being delivered. (Refer to Troubleshooting page 24 if 'BEEPS' are not heard).

Using the 'ERASER' technique treat each area for approximately 30 seconds or until the audible 'BEEPS' become more rapid, which indicate you should move to the next step.

It is normal to experience the following during use.

- A tingling sensation
- · Flashing around the eyes
- A metallic taste

NOTE: If the Electro Bud tips become dry, moisten with water. When the Electro Bud serum has been completely absorbed or the Electro Buds become worn, replace with new ones.

WRINKLES TREATMENT STEPS

10 Steps (30 seconds per step)

DO NOT USE THE H (HIGH) INTENSITY AROUND THE EYES.



STEP 4

M

W

STEP 7

STEP 10

MIDDLE-BROW

JPPER LIP / CHIN

NECK







Е









TROUBLESHOOTING

No Power	Check batteries have been installed.	
	Check batteries have been inserted correctly.	
	Make sure the handset is charged.	
The handset does not charge	Make sure the handset is positioned correctly on the charging station.	
	Make sure the power lead is connected to the charging station and to the mains electrical socket.	
	Make sure mains power is switched ON.	
	Make sure batteries are installed correctly.	
	The rechargable batteries may be worn and need replacing.	
The handset is not holding its charge	The rechargable batteries may be worn and need replacing.	
No 'BEEPS' Sound	Ensure the mute switch is set to OFF.	
	Ensure treatment program is running and not in pause.	
	Ensure Electro Bud tips are moist.	
	Ensure all 4 probes are in contact with the skin.	
Probes do not close/open	Make sure the slide lock is in the correct position	
Electro Bud does not snap	Make sure you are trying to snap the Electro Bud in the correct place. If unable to snap, discard and use a new one.	

FREQUENTLY ASKED QUESTIONS

How does the treatment work?	The unique gripping action of the CACI Microlift triggers a stretch reflex response in the facial muscles that helps to restore muscle firmness. During the Toning program low frequency electrical impulses stimulate and re-energise the facial muscles to improve tone and elasticity. Higher frequencies are used during the Wrinkles program to target the skin tissue and to assist penetration of the Electro Buds' active ingredients helping to soften and reduce the appearance of fine lines and wrinkles.	
How soon will I start seeing results?	You will see and feel results after your very first treatment.	
How many treatments do I need?	For optimum results we recommend a course of at least 12 treatments.	
How often should I perform treatments?	We recommend that you have 3 treatments per week, leaving a day in between each treatment.	
Can I have treatments every day?	You should leave at least 1day between each treatment.	
How do I maintain results once I have completed a course of treatments?	To maintain results you should have at least 2 treatments per week, but if preferred you can still continue to have 3 treatments per week.	
What happens if I stop treatments?	The results will gradually diminish and your face may eventually return to how it was before treatments commenced.	
Can I apply make-up after treatments?	Yes, you can apply make-up after treatments.	
Can I use the CACI Microlift to treat other areas of the body?	No, the CACI Microlift has been specifically designed to treat the face.	





FREQUENTLY ASKED QUESTIONS

How often should I change the Electro Buds during treatment?	You should change all the Electro Buds at the start of each treatment program and if they become worn during treatment.	
Why does the treatment sensation sometimes feel different?	Treatment sensation may differ according to: the intensity setting, skin sensitivity, skin moisture levels and the wetness of the Electro Bud tips.	
Where can I buy Electro Buds?	Electro Buds can be purchased from the supplier of your CACI Microlift system or online at www.cacimicrolift.com.	
What program intensity level should I use?	Intensity levels should be set according to your personal comfort level. We recommend using a L (Low) or M (Medium) setting for the first 4 treatments and then if comfortable use the H (High) setting. Always reduce the setting to L (Low) or M (Medium) when treating around the eye area.	
In what circumstances is treatment not advised?	Treatment is not advised if you have open wounds, damaged, broken, inflammed or infected skin or any of the following conditions: pregnancy, epilepsy, heart condition / cardiac pacemaker, facial implants, skin disease, skin lesions, recent surgery. Areas being treated with Botox or dermal fillers should be avoided. Note: Anti-depressants and other muscle relaxants may reduce the effectiveness of the treatment.	
Do I need to consult my Doctor before using the system?	If you have any medical concerns then you should consult your Doctor or medical practitioner before using the system.	
How long will the battery last?	The handset can be used continuously for approximately three hours on a full charge.	
	If the handset is not used the battery can last for approximately three weeks on a full charge.	
	Note: Rechargable batteries lose their capacity over time and should be replaced when they no longer hold sufficient charge.	

TECHNICAL DATA

Model	MS33 CACI Microlift	
Mains Voltage	240V ~ 50Hz	
Battery Type	2 x AAA rechargeable batteries	
Backlight auto switch off	The backlight automatically switches off after 5 seconds if a button has not been pressed.	
Power auto switch off	The handset will automatically switch off after 3 minutes of inactivity.	
Handset Dimensions	(h) 162mm x (w) 40mm x (d) 35mm	
Frequency Range	0.3Hz to 500Hz	
Current	300µA to 900µA	

CLEANING AND CARE

- · Ensure that the handset is switched off.
- The handset should be cleaned with a soft damp cloth.
- Regularly clean the inside of the probes using a pipe cleaner.
- Never use harsh detergents, abrasives, solvents or cleaners.

CERTIFICATION

CE Conforms to relevant safety standards.



Waste electrical products should be discarded in accordance with local government regulations and should not be disposed of with household waste. Separate disposal facilities exist; for your nearest UK facility see *www.recycle-more.co.uk*.





WARRANTY

LIMITED 12 MONTHS WARRANTY

The CACI Microlift Personal Facial Toning System (comprising the Handset, Charging Station & Mains Charger Lead) is guaranteed against defects in material and workmanship for a period of 12 months from the date of original purchase from an authorised CACI Microlift reseller.

If the System becomes defective within the warranty period, return it in its original packaging to the place of purchase together with proof of purchase, your contact details and a description of the defect. If on inspection the System is determined to be defective, the System or the defective part/item will be repaired or replaced without charge.

CACI Microlift Ltd reserves the right to replace a defective System or part/item with the most comparable product currently available.

This warranty does not cover:

- Any damage caused by accident, misuse, abuse or alteration
- · Normal wear and tear including chips, scratches or discoloration
- · Servicing or repair by unauthorised persons
- · Use with unauthorised products or accessories
- · Connecting to incorrect current or voltage
- Damage caused by battery leakage

DISCLAIMER

Results will vary for each individual. CACI Microlift Ltd provide no guarantees as to the extent and longevity of treatment results using the CACI Microlift Personal Facial Toning System.

CACI Microlift Ltd shall not be responsible for any incidential or consequential damages or economic loss arising directly or indirectly from the use or inability to use this product.

This warranty does not affect your statutory rights.

DECLARATION OF CONFORMITY





NOTES



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CACI Microlift Limited. Herts, WD6 3FG United Kingdom

www.cacimicrolift.com

MS33/UG01-12