

# Microcurrent Manual

Nue Fusion 200  
Nue Fusion 600



skinforlife

new york london

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## {Equipment Overview}

Skin For Life world leading technology offers cutting edge MicroCurrent providing you the tools and programs to consistently achieve visible results on any skin, face, and body. Unique precision engineering provides the combination of micro & macro currents through skin for life's exclusive alternating polarity system. Our incremental adjustable voltage selector allows delivery of precise electrical current. These signals of MicroCurrent trigger a myofibril reaction that contract the muscle while enhancing production of natural collagen and elastin. Because blood flow is increased oxygen levels are elevated in the epidermis and dermis leaving the skin firmer and instantly brighter. The Nue Fusion 200 and 600 uses low level electrical current with advanced waveforms that work in synergy with the body's own biological current. Nue Fusion MicroCurrent utilizes gradual power outputs to effectively amplify the skins rejuvenating abilities strengthening the muscles and bringing more definition to the face. 10 unique programs allow for customization for the client to reach their optimum goal. Give yourself a point of difference and superior results by synergistically combining Nue Fusion MicroCurrent with Skin For Life's micro oxygen infusion system.

<b>treats</b>	fine lines + wrinkles expression aging lifts jowls, eyelids, double chins improves muscle tone in face + neck firms + tones the muscles in the face + body
<b>benefits</b>	non-invasive skin firming increases ATP levels - fuels our cells 'energy of life' increases collagen thickness in connective tissue 10%* increases blood circulation 35%* increases collagen elastin productivity 45%* nourishes + hydrates the appearance of the skin interval workout programs for face + body' ongoing training + technical + marketing support
<b>tools</b>	gloves, electrode pads, 2 double ball wands, + 2 bar wands
<b>power</b>	115 volts, 50/60 Hz
<b>programs</b>	10 programs, features variable output with an autoselect option
<b>warranty</b>	24 months
<b>dimensions</b>	16 x14x 7"/41x36x18cm matching white trolley with storage draw and cabinet available
<b>weight</b>	12lbs/5.4kg

\*Emil Y Chi, PhD, director of Washington's Department of Pathology

# Equipment Overview {Tools Included with Machine}

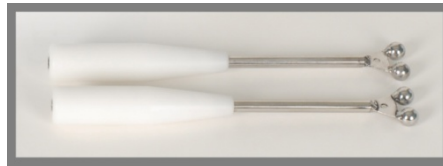
## Tool Options for Facial Applications:

(Hand probe, bars, and pads)

MicroCurrent delivers a low intensity current and is sub-sensory in most cases. To achieve a true MicroCurrent result we recommend using accessories such as hand held probes, bar wands and/or gloves to physically sculpt and lift the facial muscles. Using the hand tools will yield a faster more dramatic result. Pads are recommended for maintenance once results have been achieved.



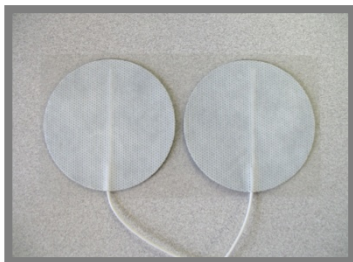
2 bar wands



2 double ball wands



Square electrode pads



Round electrode pads



Red/black leads for the body pads, white cord: body



Red/black leads for the face pads, gray cord: face

### Nue Fusion 200:

- 5 sets of white wires
- 2-banana plugs
- 1 set of hand tools
  - 2 double ball wands
  - 2 single bar wands
- Pads
  - 30R pads
  - 48R pads
- 8 oz. bottle conductivity gel

### Nue Fusion 600:

- 10 sets of white wires for the body
- 2-banana plugs
- 1 set of hand tools
  - 2 double ball wands
  - 2 single bar wands
- Pads
  - 30R pads
  - 48R pads
  - 75R pads
- 8 oz. bottle conductivity gel

## **{History of MicroCurrent}**

MicroCurrent has a wide range of proven applications within the medical field from muscle rehabilitation, treating macular degeneration and wound healing.

The use of MicroCurrent (using low-level electrical current), measured in micro-amps and milli-amps originated in the medical field in the United States in the 1960's for working with post stroke and Bell's Palsy patients.

Skin For Life is focused on the aesthetic uses and benefits resulting from MicroCurrent treatments.

## **{Technology}**

Skin for Life offers the aesthetician a powerful modality that allows us to offer the client a non-surgical alternative. With today's technology the aesthetician can effectively improve the overall health and appearance of the client's skin while fighting the battle of aging non-invasively.

The Nue Fusion offers the latest technology utilizing low levels of current with advanced wave forms that work in synergy with the body's own biological current to address the visible signs of aging and to help restore the face to its youthfulness and vitality. This low level electrical current using MicroCurrent is often referred to as 'the non-surgical' face lift.

The muscles of the body require both electrical and chemical activity in order to perform the daily activities of the body. As the body ages the reactions triggered by our electrical impulses slows down and the skin begins to lose its elasticity and suppleness. Since we know the body responds to electrical current it seems that this non-invasive yet effective technology is used for its many benefits within the skin care industry.

## **{What is MicroCurrent?}**

MicroCurrent is the process of re-education of the myo-filaments by stimulating with very small amounts of electricity.

MicroCurrent is an exact amount of electricity that mirrors the body's own natural current and works in harmony with the body's electrical system. These MicroCurrent impulses trigger a chemical reaction at a cellular level to increase the effectiveness of how our bodies use ATP (adenosine triphosphate), a protein that is referred to as "The Energy of Life." MicroCurrent is a secondary stimulus using electrical signals from the brain to the message center of the muscle. Reproducing the body's own biological current we can re-establish muscle memory naturally.

## **{How does it work?}**

MicroCurrent works on expression aging by causing the muscles to flex and relax which is an effective method of 're-educating', strengthening, firming and toning slack, sagging muscles. MicroCurrent improves blood flow and increases the supply of vital nutrients to the muscle tissue and individual muscle fibers improving the tone and quality of the skin. By improving blood circulation the overall health, function and appearance of the skin is greatly enhanced.

## **{Physiology}**

When the muscle does not need to contract it is in a resting stage, however when calcium ions are released from the sarcoplasmic reticulum and binds with the troponin, which allows for a sliding filament of tropomyosin to descend into a deeper groove it allows for myosin and actin to bind and with the process of ATP energy to complete the contraction of Z-line to Z-line from the I-bands to make a contraction complete.

If ATP (Adenosine Tri-phosphate) has used its phosphate and now is ADP (Adenosine Di-phosphate), if it does not accumulate a phosphate for ATP energy, calcium ions will no longer bind with Troponin and therefore actin slides back to its original resting position.

## {Microcurrent Studies}

Studies done by the University of Washington using MicroCurrent resulted in a 14% increase in production of natural collagen, 48% increase in natural elastin and a 38% increase in blood circulation.\*

\*Emil Y Chi, PhD, director of Washington's Department of Pathology

## {Definition of Terms}

**Amperes** – unit for measuring the size of an electrical current

**Milliamperes (ma)** – unit of measure used with MicroCurrent, thousandths of an ampere

**Microamperes ( $\mu$ a)** – unit of measure used with MicroCurrent, millionths of an ampere

**Frequency** - number of repetitions per unit time of a complete waveform, as of an electric current.

**Hertz (Hz)** – unit of frequency, equal to one cycle per second.

**Faradic current** – using an intermittent asymmetrical alternating electric current

**Alternating current** – an electrical current that continually reverses polarity.

**Lengthening** – working the muscle from the belly outward has a lengthening effect on muscles that have been contracted over years of facial expression

**Shortening** – working a muscle from the origin and insertion point inward will have a shortening effect – necessary for muscles that have become elongated or lengthened over the years by age and gravity.

## **Nue Skin 200 & 600:**

### **{Features}**

- Non-invasive
- Progressive not aggressive treatment
- Anti-aging benefits without down time
- Results are cumulative
- Performed in a series for optimal results

### **{Benefits}**

- Diminishes appearance of fine lines and wrinkles
- Diminishes expression aging
- Increases ATP – fuels our cells ‘energy of life’
- Strengthens muscle
- Increases blood circulation
- Increases wound healing on a cellular level
- Increases fibroblast activity

### **Face:**

- Reduces jowls and double chin
- Helps lift droopy eyelids
- Increases lymphatic drainage
- Cellular stimulation

### **Body:**

- Can perform multiple treatments at 1 time
- Body contouring
- Aids in reduction of fat cells (electrolopolosis)
- Body toning and lifting
- Revitalizes healthy blood circulation
- Aids in reduction of toxins via stimulation of lymphatic system
- Stimulates natural collagen production
- Improves tone and quality of skin appearance
- Pain reduction

## **{Client Consultation}**

Very thorough profile and history (see enclosed)

## **{Contraindications}**

Pace maker

Pregnancy

Epilepsy

Melanoma

Vericose veins

Phlebitus

## **{Precautions}**

Diabetes

Acne rosacea

Light sensitive migraines

Metal pins or plates

Stroke

Bells Palsey

## **{Consent Form}**

One form is enclosed

Read and review with client; have them sign

## **LED Light Therapy Add-on:**

### **{Features}**

- Hands free unit
- Stand alone unit
- Client can lie down or sit up while receiving treatment
- Safe for all skin types and ethnicities
- Non-ablative
- Non-thermal (no tissue damage is done)
- Non-invasive
- Painless
- No down time

### **{Benefits of Red and Infrared LED Light Therapy}**

- Stimulates collagen formation
- Increases ATP (fuel for our cells)
- Stimulates cell turnover
- Minimizes mild scarring
- Reduces hyper-pigmentation
- Minimizes pore size
- Reduces wound healing time
- Reduces inflammation
- Smoother and improved surface
- Reduces pigmentation caused from acne lesions
- Increases circulation and moisture retention

### **{Contraindications}**

- Pregnancy
- Epilepsy
- Thyroid Condition
- Do not apply on open wound

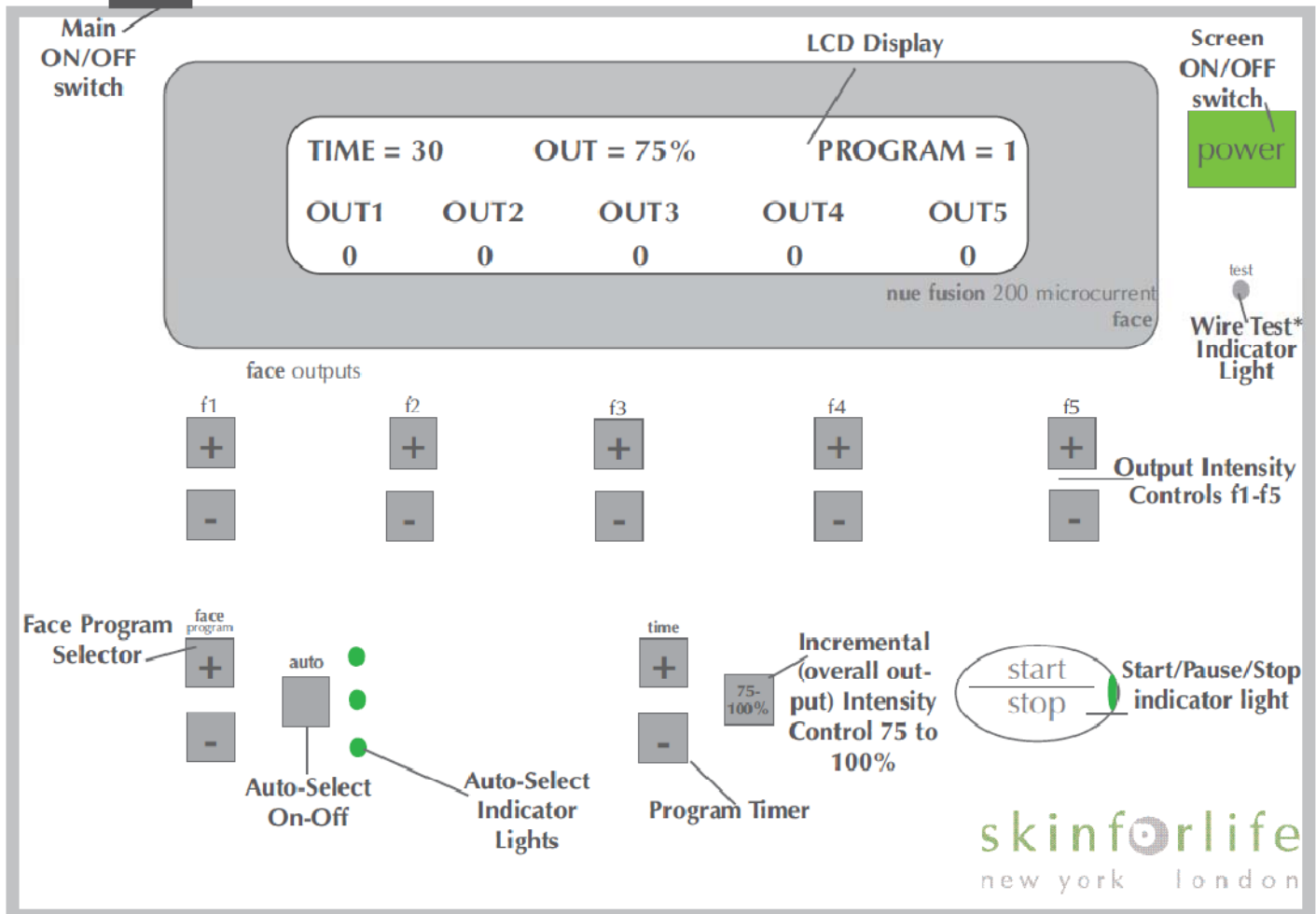
### **{Precautions}**

- Topical or Systemic Steroids (NSAID's)
- Do not use with heavy creams or ointments
- Light Sensitive Headaches

# Nue Fusion 200 Face



# Nue Fusion 200 {Functions}



\*TEST MODE: used to confirm current is flowing between wires

Plug lead into 'test' output and touch the ends together. The 'test' button will light up if current is flowing properly

Push Start/Stop Button; if the Start/Stop button is FLASHING GREEN then the current is flowing.

## LCD Display Reading

**TIME = 30** (time defaults to 30 minutes) Time can be increased up to 45 minutes and increased during the treatment if needed

**PROG = 1** (programs 1-10)

**F1-F5** (face outputs) Defaults to '0' this is the individual lead/output intensity range 1-80

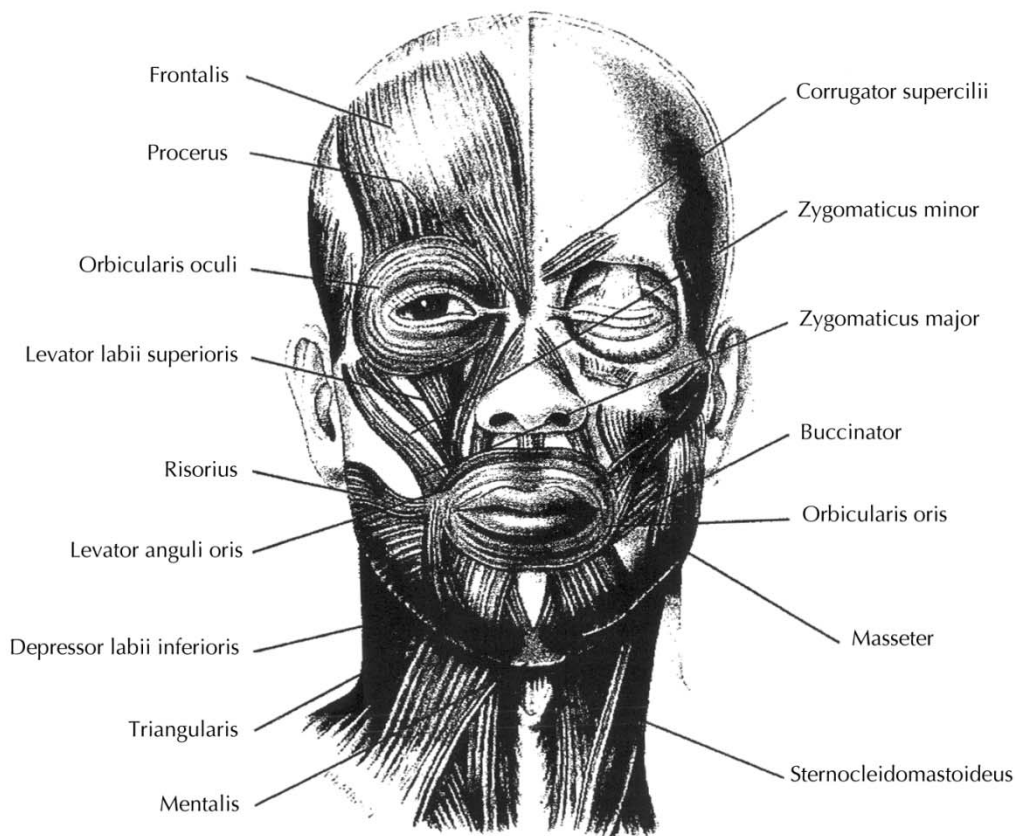
**OUTPUT = 75%** (this is the overall output intensity of the machine 75-100%) Can be increased with the incremental intensity control of 5% increments

**AUTO SELECT** is a feature that randomly cycles through each program. This program is recommended for maintenance treatments.

## TROUBLESHOOTING:

If the overall output intensity is increased and the client becomes uncomfortable press the Start/Stop button this will pause the machine and press the incremental intensity control to get the overall output percentage back to where the client was comfortable.

# Muscle Sequence {Facial Front Profile}



**Buccinator:** Compresses cheeks and expels air between lips

**Corrugator Supercilii:** Draws eyebrows down and wrinkles forehead vertically

**Depressor Labii Inferioris:** Surrounds lower lip and draws it to one side **Frontalis:** Muscle of the scalp

**Levator Anguli Oris:** Raises the angle of the mouth and draws it inward

**Levator Labii Superioris:** Surrounds upper lip, elevates lip and dilates nostrils

**Masseter:** Coordinates opening and closing of the mouth

**Mentalis:** Elevates lower lip and raises and wrinkles skin of chin

**Orbicularis Oculi:** Circular muscle that surrounds each eye

**Orbicularis Oris:** Circular muscle that encircles the mouth

**Procerus:** Lowers eyebrows and causes wrinkles across the bridge of the nose

**Risorius:** Draws corner of mouth out and back

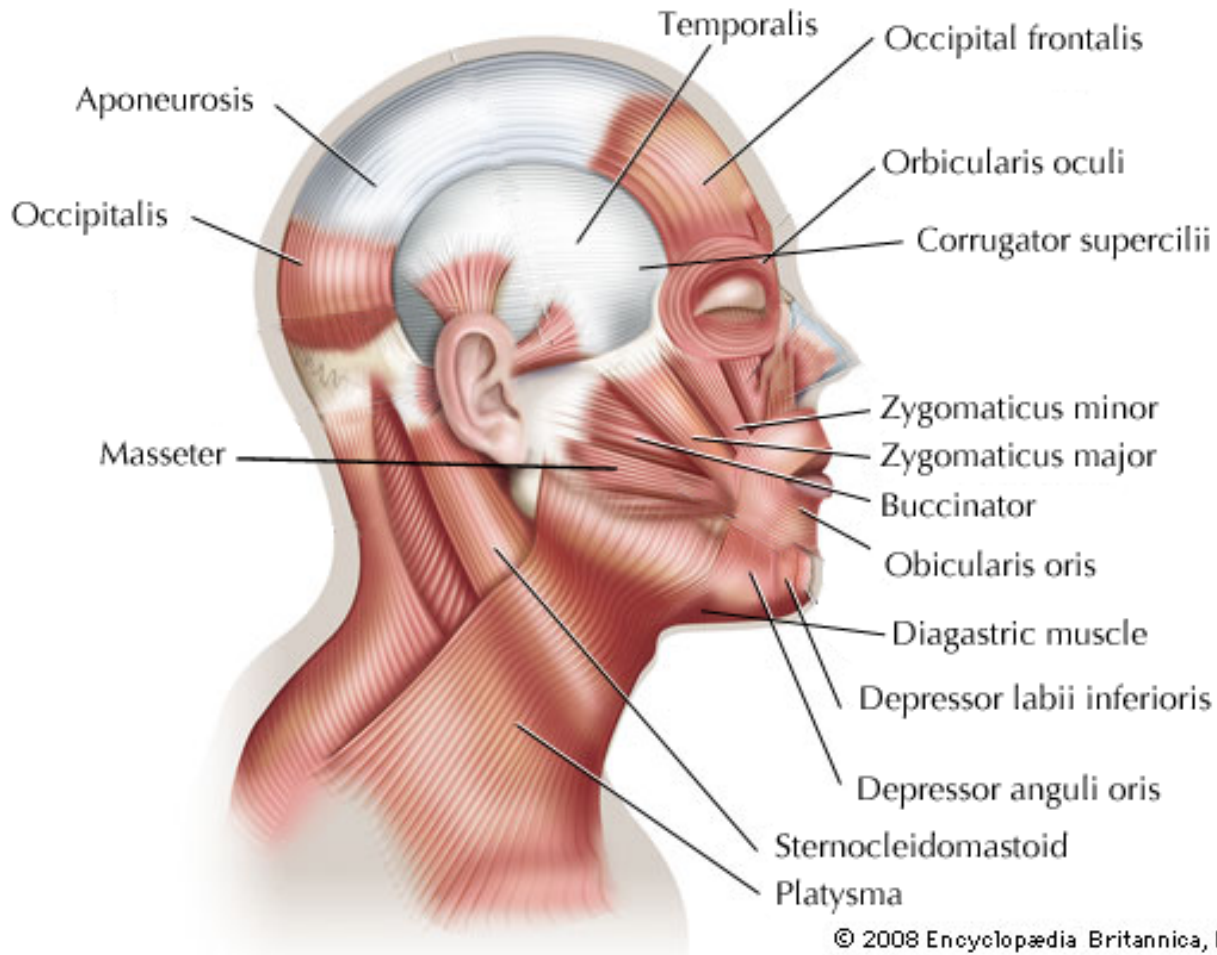
**Sternocleidomastoideus:** Lowers and rotates the head

**Triangularis:** Pulls down corner of mouth

**Zygomaticus Major:** Muscles in the cheek that attach the mouth to upper cheek

**Zygomaticus Minor:** Muscles in the cheek that attach upper cheek to upper lip area

# Muscle Sequence {Facial Profile}



**Aponeurosis:** Tendon that connects the occipitalis and the frontalis

**Buccinator:** Compresses cheeks and expels air between lips

**Corrugator Supercilii:** Draws eyebrows down and wrinkles forehead vertically

**Depressor Anguli Oris:** Muscle that raises the angle of the mouth and draws it inward

**Depressor Labii Inferioris:** Surrounds lower lip and draws it to one side

**Diaphragmatic Muscle:** Located under the chin; runs the length of the middle of the neck

**Masseter:** Coordinates opening and closing of the mouth

**Occipital Frontalis:** Anterior portion of the epicranium; muscle of the scalp

**Occipitalis:** Muscles at the base of the skull

**Orbicularis Oculi:** Circular muscle that surrounds each eye

**Orbicularis Oris:** Circular muscle that encircles the mouth

**Platysma:** Extends from the upper chest and wraps the lower cheeks and chin; responsible for a firm chin and neck

**Sternocleidomastoid/Sternocleidomastoideus:** Muscle that runs down the side of the front of the neck and lowers and rotates the head

**Temporalis:** Muscles on the side of the head

**Zygomaticus Major:** Muscles in the cheek that attach the mouth to the upper cheek

**Zygomaticus Minor:** Muscles in the cheek that attach upper cheek to upper lip area

# Nue Fusion 200 {Protocol}

## CLEANSE & TONE

Cleanse the face and neck with Gentle Gel Cleanser. Remove cleanser with wet sponge and follow with Instant Soothing Toner.

## CORRECTORS

Vita C Peptide Serum + firming LSS™ delivery

Moisture Booster + hyaluronic acid with LSS™ delivery

## PREP

Apply conductivity gel over the area being treated – be sure to keep the immediate area moist, may use facial mask brush with water to maintain moisture concentration.

## BEGIN MICROCURRENT TREATMENT

## SETTINGS

See inserted chart

## NOURISH

Vita C Peptide Serum + firming LSS™ delivery

Vital Recovery Concentrate + healing botanicals

## REJUVENATE

Apply treatment mask

Leave on for 5-10 minutes

Remove mask with wet cotton pads

## PRESERVE

Vita C Peptide Serum + firming LSS™ delivery

Vital Recovery Concentrate + healing botanicals

## PROTECT

Apply Anhydrous Barrier SPF 20 (chemical free sun protection)

# {Suggested Settings}

## Face

This is a guide; these settings are simply suggestions which may be adjusted up or down according to the client's comfort level. Always document your work and setting for each client. We recommend the hand tools be used initially for more dramatic results. Depending on the tool used the intensity or output may need adjusting based on the surface area treating. Start with lower intensity output and adjust upward as the client gets comfortable with the current.

## Program Settings

The lower numbered programs are designed to work on tightening the muscles and tissues.

The higher numbered programs are designed to work on toning the skin and overall health and appearance of the skin.

## Machine Programs

Programs	Area Treated	Total Machine Intensity (% age)	Individual Intensity
3-4	Neck/Jowls	80% (+/- 5%)	35 (+/- 5)
5-7	Jawline/Cheek	85% (+/- 5%)	35 (+/-5)
7-8	Eye Area/Forehead	75%-80% (+/- 5%)	30 (+/-5)
10	Toning/Tightening	75%	25 (+/-5)

Programs 3-4 are best used for the fleshy or thicker areas of the face.

Programs 5-7 are best used for the middle portion of the face, lip and cheek area.

Program 7-8 are best used on the thinner areas of the face, eyes and forehead.

**AUTO SELECT** is a feature that randomly cycles through each program. This program is recommended for maintenance treatments. When using 'auto select' be sure to start in program 10 then press 'auto select'.

## Treatment Tips:

The RED lead is the positive pole and should be placed above the black. Work the BLACK towards the RED.

For best results each stroke or movement should be repeated at least 3x and increased with each visit as well as the output intensity.

Work vertically and horizontally lifting and holding the muscles as you work.

# Vertical Movement {Techniques}

Important: hand pieces should not touch, as you will lose the flow of current. Also red stays stationary and black moves towards the red. \*Remember to turn down current around the eye, cheek and lip area.



## Working the neck

- i. Place the positive (red) probe just under the ear lobe where the jaw line and ear meet (one end of the sternocleidomastoid muscle).
- ii. Place the negative probe at the clavicle and slide the negative probe slowly towards the jaw line.
- iii. Work up the neck until you get to the center of neck making sure to avoid working over the trachea area.
- iv. When you reach the jaw line hold the movement for 3-5 seconds.
- v. Repeat each movement at least 3x on each side of the face.



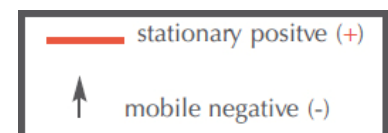
## Working the jaw line

- i. Place the positive probe just above the jaw line and place the negative probe just under the jaw line sliding the negative probe towards the positive probe.
- ii. When you reach the positive probe, hold the movement for 3-5 seconds (do not let probes touch).
- iii. Work from the middle of the chin towards the end of the jaw bone where it meets the ear.
- iv. Repeat movement at least 3x on each side of the face.



## Working the masseter area (hollow of cheek area)

- i. Place the positive probe just below the cheek bone and place the negative probe at the jaw line sliding the negative towards the positive probe.
- ii. When you reach the positive probe, hold movement for 3-5 seconds (do not let probes touch).
- iii. Work vertically from side of mouth to ear area.
- iv. Repeat movement at least 3x on each side of the face.



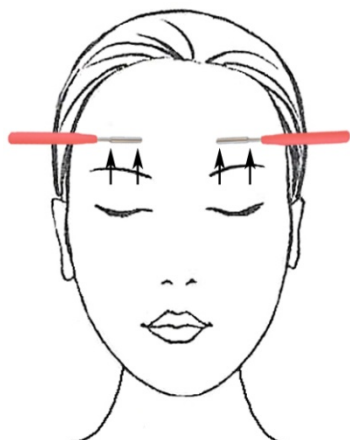
# Vertical Movement {Techniques}

Important: hand pieces should not touch, as you will lose the flow of current. Also red stays stationary and black moves towards the red. \*Remember to turn down current around the eye, cheek and lip area.



## Working the zygomaticus major muscle (cheek bone area)

- i. Working the cheek area to the hairline/ear area may be more sensitive and the intensity of the current may need adjusting.
- ii. Sculpting out the hollow of the cheek, place the positive probe at the top of cheek bone and place the negative probe in the hollow of the cheek and with a slight pinching and holding movement work from nose towards the hairline in front of the ear.
- iii. Repeat movement at least 3x on each side of the face.



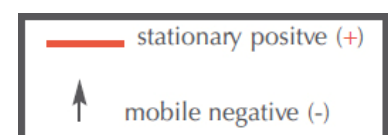
## Working the orbital eye area

- i. Place the positive probe above the eyebrow and the negative probe just below the eyebrow, pinch and hold 3-5 seconds moving across the brow.
- ii. Repeat movement at least 3x on each side of the face.



## Working the frontalis muscle (forehead)

- i. Place the positive probe at the top of forehead/hairline with the negative probe being just at the eyebrow and slide towards the hairline, moving across the forehead.
- ii. Hold each movement 3-5 seconds.
- iii. Repeat at least 3x on each side of the face.



# Horizontal Movement {Techniques}

Important: hand pieces should not touch, as you will lose the flow of current. Also red stays stationary and black moves towards the red. \*Remember to turn down current around the eye, cheek and lip area.



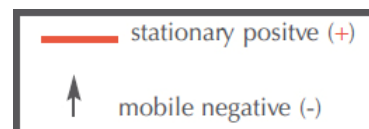
## Working on the neck

- i. Place the positive probe on the outside of neck, (the sternocleidomuscle) and place the negative probe at the clavicle slide the negative probe towards the outside and hold for 3-5 seconds at the end of movement.
- ii. Repeat each movement at least 3x on each side of the face working your way up the neck to the jaw line.



## Working at the jaw line

- i. Place the positive probe at the hair line at the base of the ear lobe. Starting at the chin, slide the negative probe towards the end of the jaw bone.
- ii. Hold movement for 3-5 seconds.
- iii. Repeat movement at least 3x on each side of the face.
- iv. Work up the side of face to just under the cheek bone.



# Horizontal Movement {Techniques}

Important: hand pieces should not touch, as you will lose the flow of current. Also red stays stationary and black moves towards the red. \*Remember to turn down current around the eye, cheek and lip area.



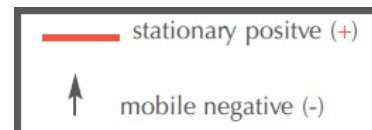
## Working the cheek area

- i. You might need to adjust the intensity in this area as it can be thinner and more sensitive.
- ii. Place the positive probe at the hairline at the middle of ear.
- iii. Place the negative probe starting at the side of mouth and slide towards the ear.
- iv. Work your way up the cheek with the negative probe starting along the side of nose.
- v. When you reach the hair line hold each movement for 3-5 seconds.
- vi. Repeat movement at least 3x on each side of the face.



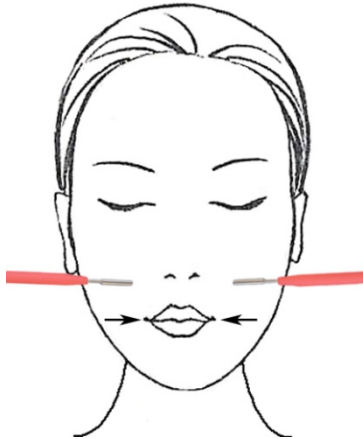
## Working the frontalis (forehead)

- i. Place the positive probe at the hair line near the temple.
- ii. Place the negative probe in the middle of the forehead (procerus) between the eyes and slide the negative probe towards the positive.
- iii. Work up the forehead. When you reach the hair line, hold this movement for 3-5 seconds.
- iv. Repeat at least 3x on each side of the face.



# Additional Movement {Techniques}

Important: hand pieces should not touch, as you will lose the flow of current. Also red stays stationary and black moves towards the red. \*Remember to turn down current around the eye, cheek and lip area.



## Turning up the corners of the mouth

- i. Place the positive probe under the cheekbone just above the corner of the mouth.
- ii. Place the negative probe at the corner of the mouth using a lifting and holding movement (do not let probes touch) hold 3-5 seconds.
- iii. Repeat movement at least 3x on each side of the face, move probes slightly.



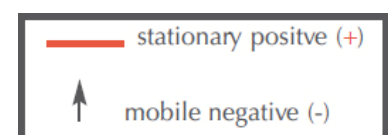
## Eye area/crow's feet

- i. Place positive probe at the temple at the end of the eyebrow.
- ii. Place the negative probe at the corner of the eye with a slight lift and hold for 3-5 seconds.
- iii. Repeat movement at least 3x on each side of the face.



## Lymphatic drainage

- i. Place positive probe at the center of the neck.
- ii. Place the negative probe just below the collar bone with a slight lift and hold for 3-5 seconds.
- iii. Repeat movement at least 3x on each side of the face.



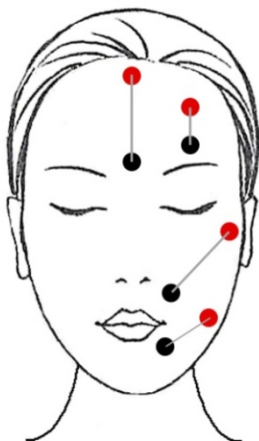
# Maintenance {Techniques}

Once optimal results are achieved using the tools, the pads may be used as a maintenance program. Cleanse the face and apply pads to clean dry skin. This is a two step process: 5 outputs for each side.



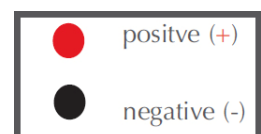
## Step 1:

- i. Apply pads to the right side of the face (see diagram)
- ii. Adjust the current to client comfort.
- iii. Treatment time: 15-20 minutes for each side of the face



## Step 2:

- i. Apply pads to the left side of the face (see diagram)
- ii. Adjust the current to client comfort.
- iii. Treatment time: 15-20 minutes for each side of the face



# Optional {Handpieces}

## **Red: Repair**



### **Allows for the following:**

- Capillary Support
- Protein Stimulation
- Anti-Inflammatory Response
- Influences Pigment Cells Metabolism

### **Use:**

90 seconds; passes of 4-5

## **Blue: Recover**



### **Allows for the following:**

- Minimizes (Inflamed and Non-Inflamed) Acne Conditions
- Emits a single oxygen molecule to retard the growth of Propions-bacterium
- Propions-bacterium: 90% of the contributing factors to Acne.

### **Use:**

90 seconds; passes of 4-5

## **Green: Restore**



### **Allows for the following:**

- Solar Lentigines
- Melasma
- Chloasma
- Post Inflammatory Hyper-pigmentation

### **Use:**

90 seconds; passes of 4-5

## **Yellow: Rejuvenate**



### **Allows for the following:**

- Anti-Inflammatory
- Blood Circulation
- Lymph Circulation

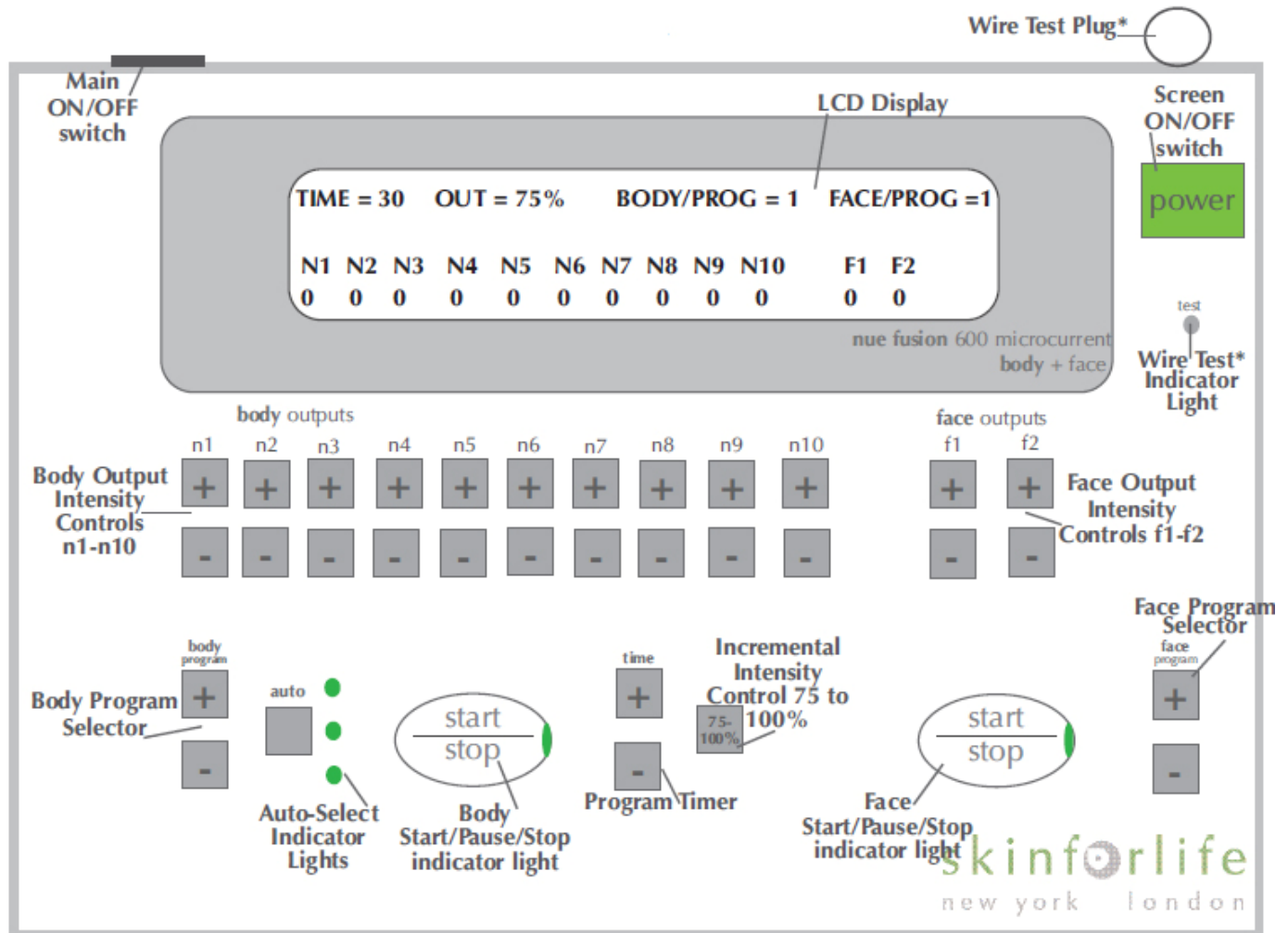
### **Use:**

90 seconds; passes of 4-5

**Nue Skin 600 Face & Body**



# Nue Fusion 600 {Functions}



\*TEST MODE: used to confirm current is flowing between wires

Plug lead into 'test' output and touch the ends together. The 'test' button will light up if current is flowing properly.

Push Start/Stop Button; if the Start/Stop button is FLASHING GREEN then the current is flowing.

## LCD Display Reading

**TIME = 30** (time defaults to 30 minutes) Time can be increased up to 45 minutes and increased during the treatment if needed

**BODY/PROG = 1** (programs 1-10)

**FACE/PROG = 1** (programs 1-10)

**N1-N10** (body outputs) Defaults to '0' this is the individual lead/output intensity range 1-80

**F1-F2** (face outputs) Defaults to '0' this is the individual lead/output intensity range 1-80

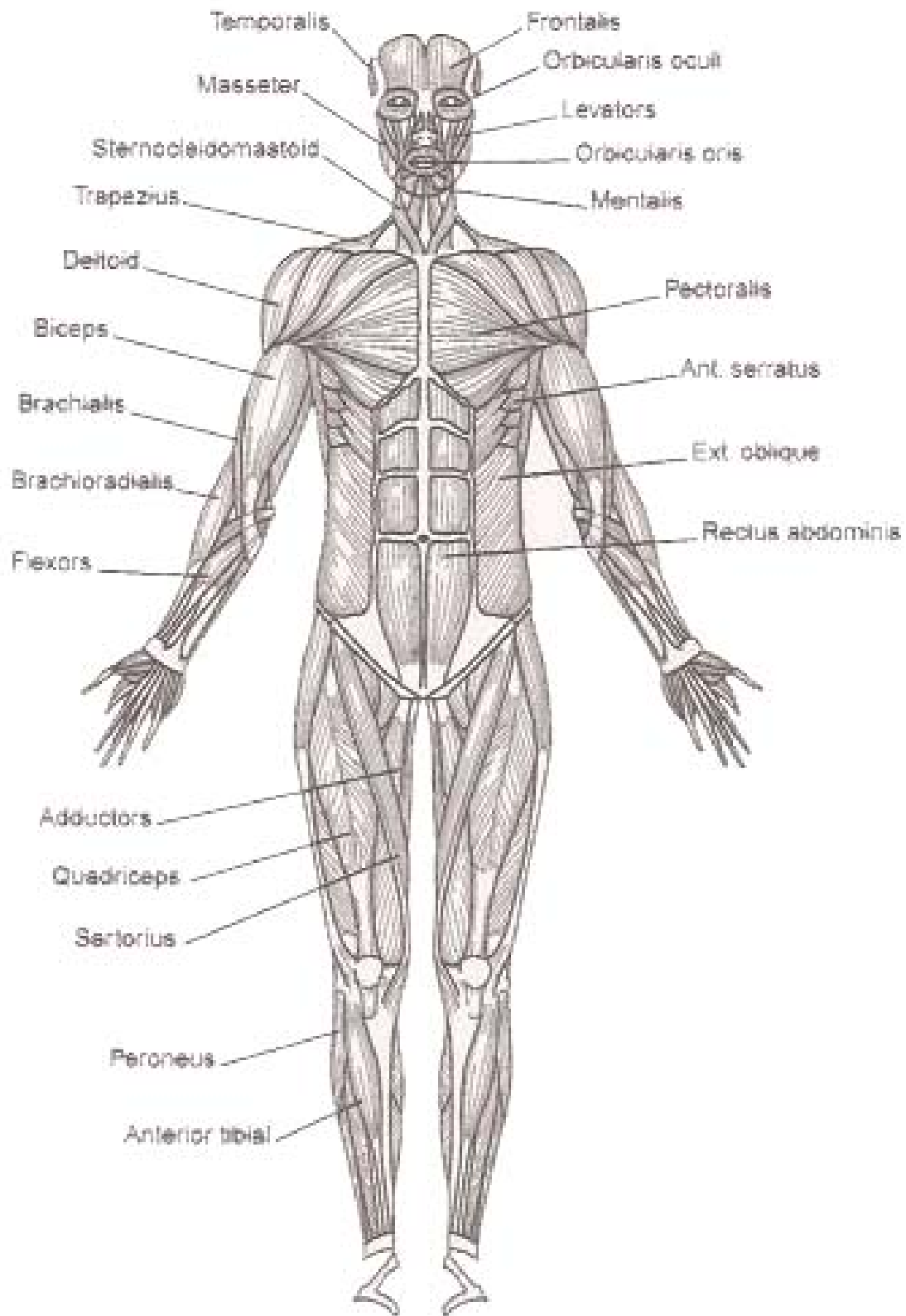
**OUTPUT = 75%** (this is the overall output intensity of the machine 75-100%) Can be increased with the incremental intensity control of 5% increments

**AUTO SELECT** is a feature that randomly cycles through each program. This program is recommended for maintenance treatments. When using 'auto select' be sure to start in program 10 then press 'auto select'.

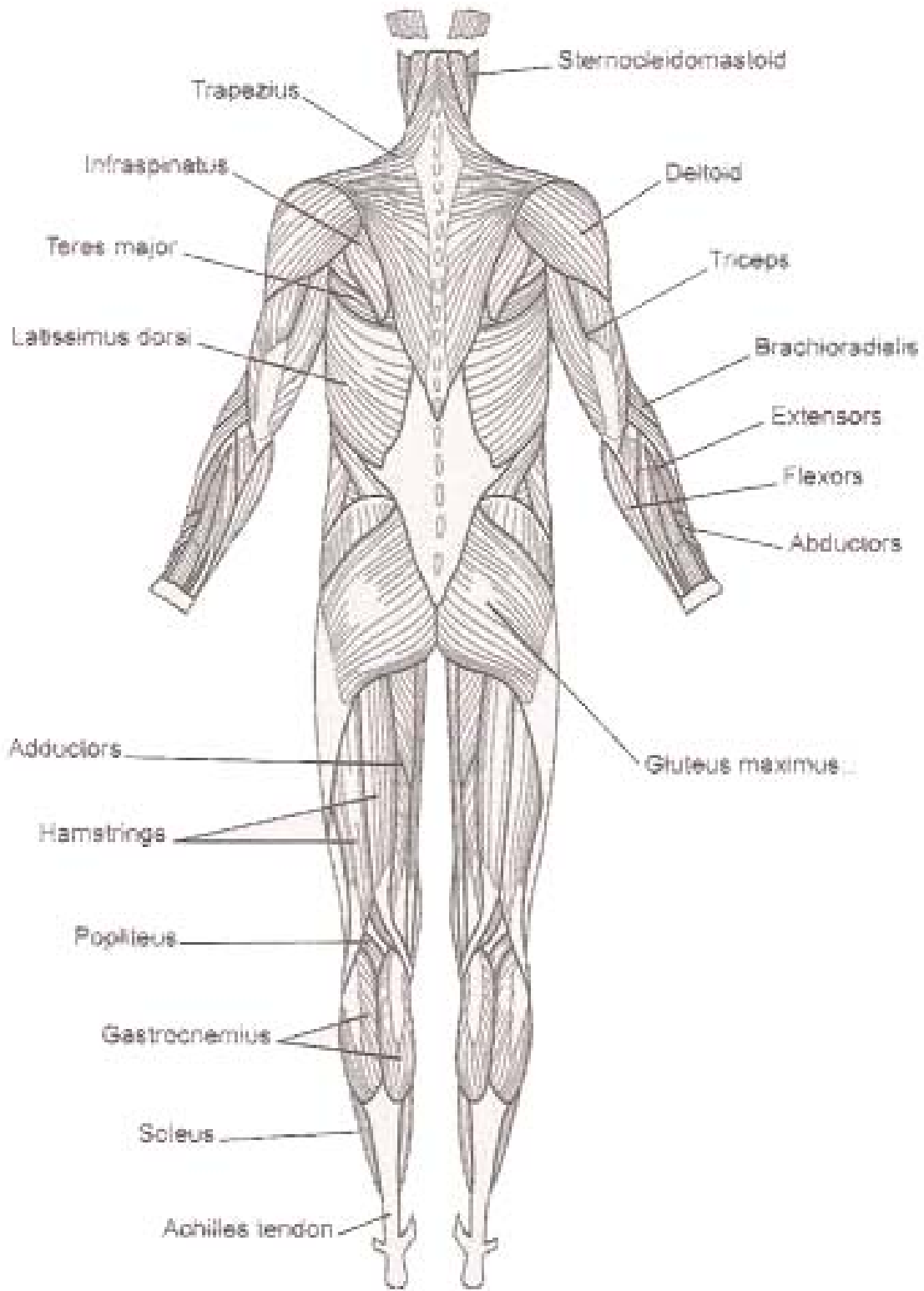
## TROUBLESHOOTING:

If the overall output intensity is increased and the client becomes uncomfortable press the Start/Stop button this will pause the machine and press the incremental intensity control to get the overall output percentage back to where the client was comfortable.

# Anterior View {Muscle Systems}



# Posterior View {Muscle Systems}



# Nue Fusion 600 {Protocol}

## **CLEANSE & TONE**

Cleanse the area about to be treated with Salicylic Gel Cleanser. Remove cleanser with sponges and follow with Salicylic Toner.

## **PREP**

Pad application must be on clean dry skin.

## **BEGIN MICROCURRENT TREATMENT**

## **SETTINGS**

See inserted chart

## **REJUVENATE (face only)**

Apply hydrating mask

Leave on for 5-10 minutes

Remove mask

## **NOURISH**

Apply Vital Recovery Concentrate to face and follow with Antibac treatment

Apply to body anti-cellulite complex

## **PROTECT (face only)**

Apply Anhydrous Barrier SPF 20 (chemical free sun protection)

# Body Muscle Lift {Pad Placement}

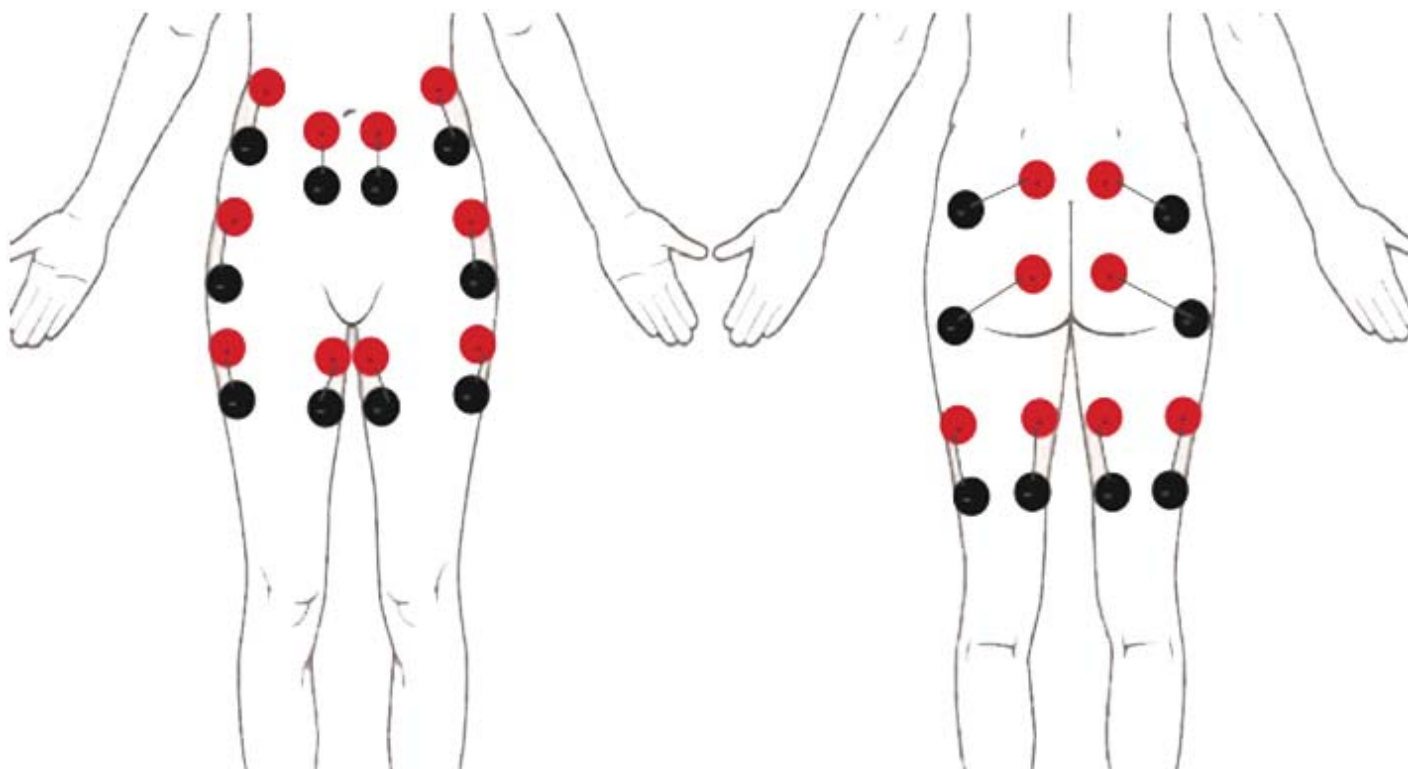
Abdomen/Thighs/Buttocks Muscle Lift

**Recommended treatments:** 2x a week for 4-6 weeks or until desired results are achieved with maintenance of 2x a month.

	Body Type	Program	Overall Intensity	Individual Intensity
<b>Phase 1:</b> fat reduction 5 minutes	All	10*	75%	20+
<b>Phase 2:</b> muscle lift 20-30 minutes	Large/heavy	1-2	75% (+5)	50+
	Med/average	2-3	80% (+/-5)	40+
	Small/thin	3-4	80% (+/-5)	35+
<b>Phase 3:</b> toning 10-15 minutes	Large/heavy	4-6	75% (+/-5)	40+
	Medium/average	6-8	80% (+/-5)	35+
	Small/thin	7-9	80% (+/-5)	30+

\*Program 10 can feel quite intense and therefore the individual intensity may need adjusting for client comfort. Start lower and go up. Always follow program 10 with a lower program in order to help flush the lymphatic system.

Remember to document your work, as these settings will vary among individuals. We recommend you change the output/intensity with each successive treatment.



# Body Reshaping with Fat Reduction {Pad Placement}

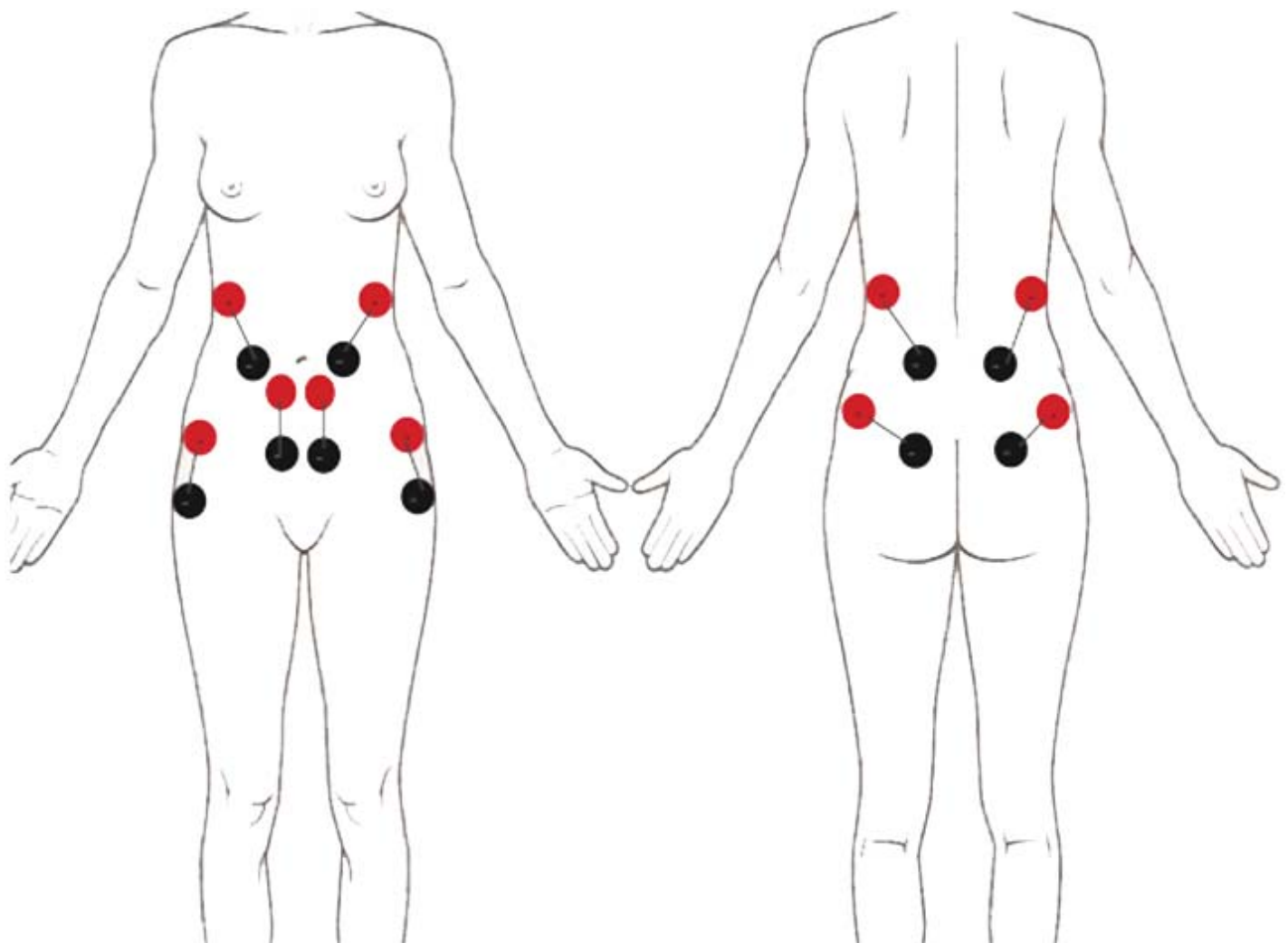
Waist and abdomen fat reduction & shaping

**Recommended treatments:** 2x a week for 4-6 weeks or until desired results are achieved with maintenance of 2x a month.

	Body Type	Program	Overall Intensity	Individual Intensity
<b>Phase 1:</b> fat reduction 5 minutes	All	10*	75%	25-30
<b>Phase 2:</b> reshape/tone 20-30 minutes	Large/fleshy	2-3	75% (+5)	50+
	Med/average	4-6	80% (+/-5)	45+
	Thin/toning	7-8	80% (+/-5)	40+

\*Program 10 can feel quite intense and therefore the individual intensity may need adjusting for client comfort. Start lower and go up. Always follow program 10 with a lower program in order to help flush the lymphatic system.

Remember to document your work, as these settings will vary among individuals. We recommend you change the output/intensity with each successive treatment.



# Body Fat Reduction {Pad Placement}

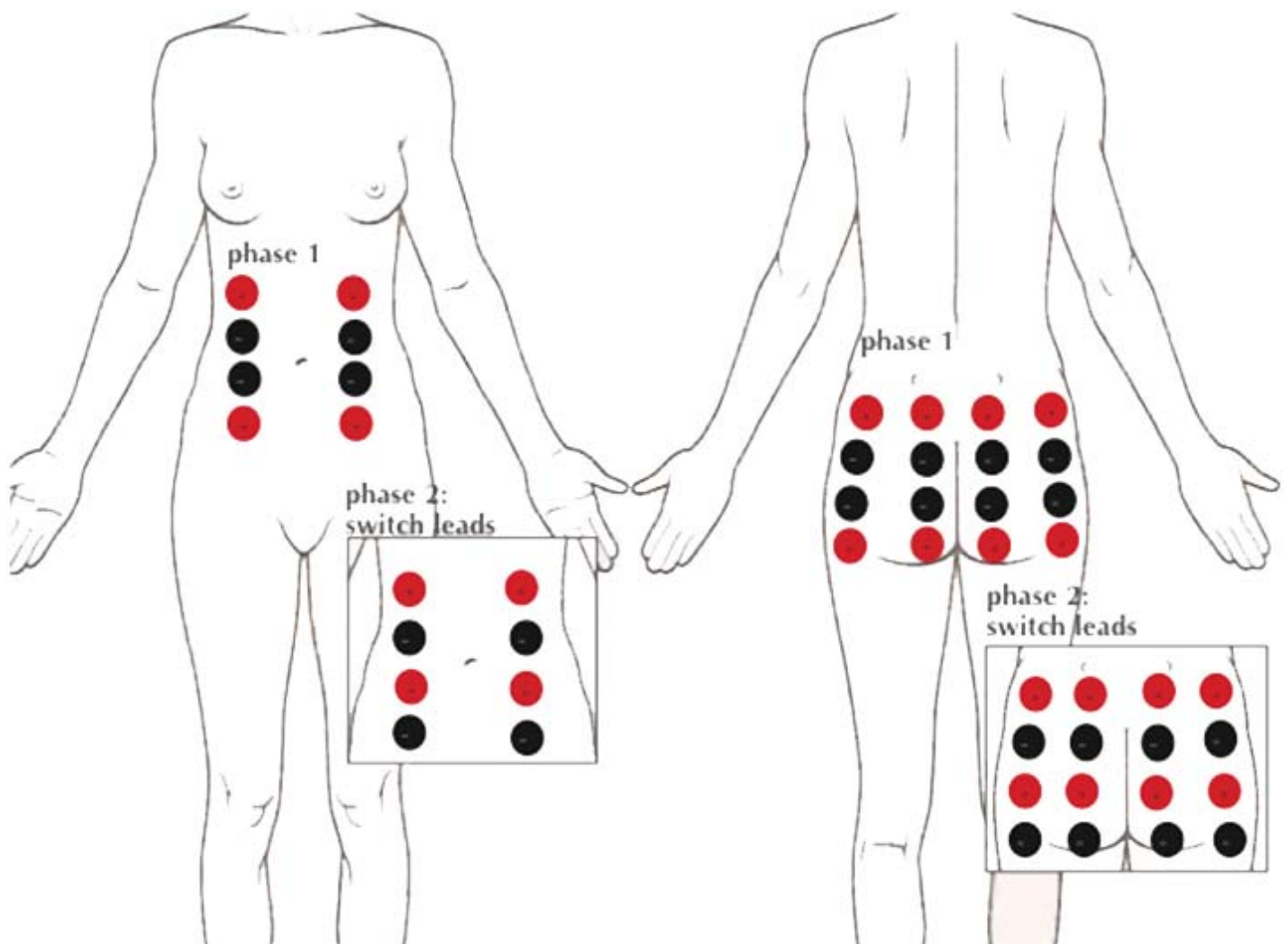
Abdomen, Stomach, and Buttocks

**Recommended treatments:** 2x a week for 4-6 weeks or until desired results are achieved with maintenance of 2x a month.

	Body Type	Program	Overall Intensity	Individual Intensity
<b>Phase 1:</b> fat reduction 15-20 minutes	All	10*	75-80%	25-30
<b>Phase 2:</b> toning 10 minutes	Large/fleshy	5-6	80% (+/-5)	45+
	Med/average	7-8	80% (+/-5)	40+
	Thin/toning	8-9	80% (+/-5)	35+

\*Program 10 can feel quite intense and therefore the individual intensity may need adjusting for client comfort. Start lower and go up. Always follow program 10 with a lower program in order to help flush the lymphatic system.

Remember to document your work, as these settings will vary among individuals. We recommend you change the output/intensity with each successive treatment.



# Body Fat Reduction and Toning {Pad Placement}

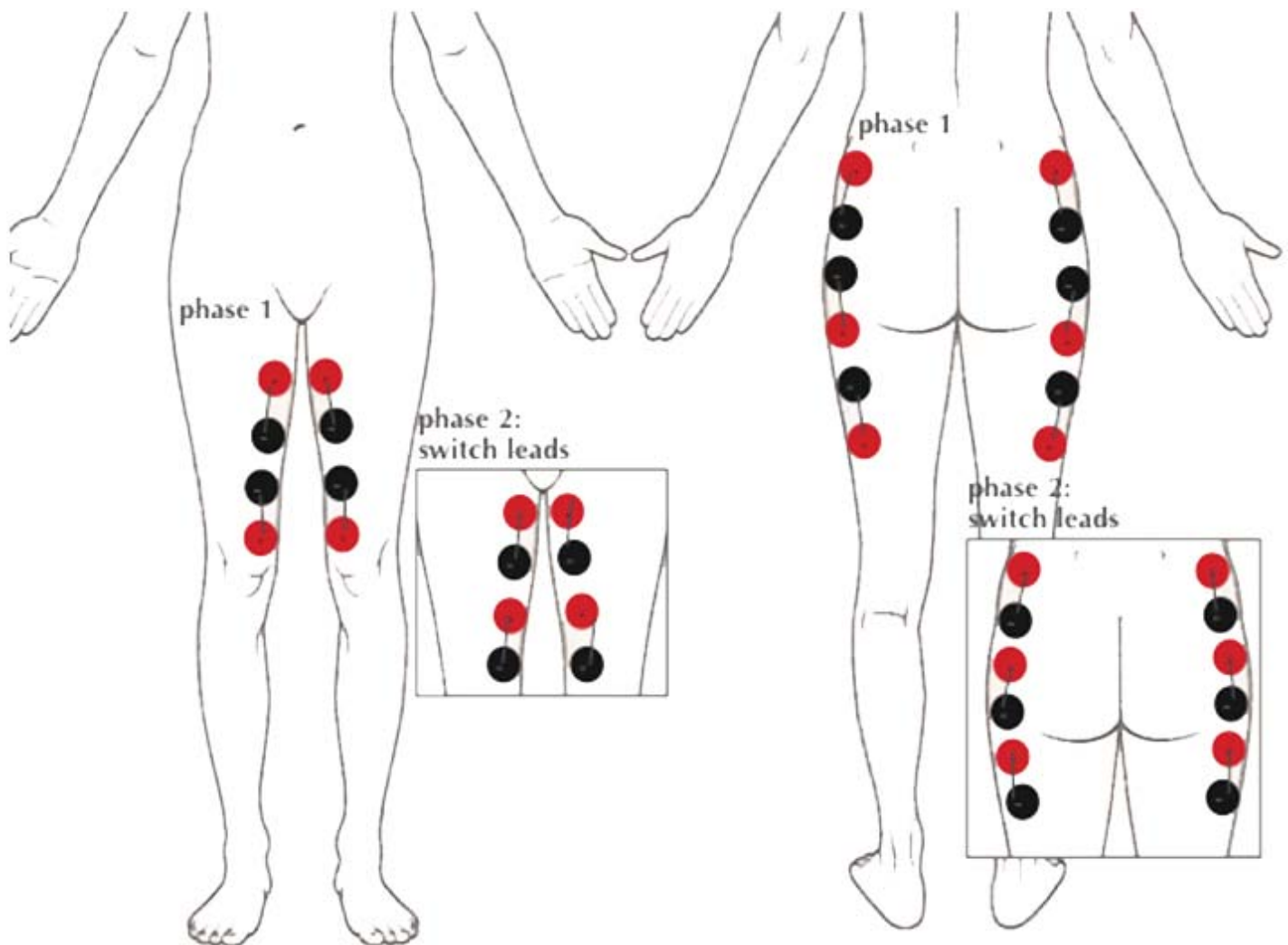
## Hip & Thigh

**Recommended treatments:** 2x a week for 4-6 weeks or until desired results are achieved with maintenance of 2x a month.

	Body Type	Program	Overall Intensity	Individual Intensity
<b>Phase 1:</b> fat reduction 15-20 minutes	All	10*	75-80%	20+
<b>Phase 2:</b> toning 10 minutes	Large/fleshy	4-5	75-85%	45+
	Med/average	6-7	75-85%	40+
	Thin/toning	7-8	75-85%	35+

\*Program 10 can feel quite intense and therefore the individual intensity may need adjusting for client comfort. Start lower and go up. Always follow program 10 with a lower program in order to help flush the lymphatic system.

Remember to document your work, as these settings will vary among individuals. We recommend you change the output/intensity with each successive treatment.



# {Client Consultation Form}

Please Print:

Date \_\_\_\_\_

First name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Work \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Occupation: \_\_\_\_\_

Referred By: \_\_\_\_\_ Walk-in \_\_\_ Mailer \_\_\_ Gift Certificate \_\_\_ Phone book \_\_\_

1. What is the reason for your visit today? \_\_\_\_\_

2. Are you under a physician's care for any current skin condition or other problem? Yes \_\_\_ No \_\_\_

3. Are you Pregnant? Yes \_\_\_ No \_\_\_ Do you wear contacts? Yes \_\_\_ No \_\_\_

4. Do you smoke? Yes \_\_\_ No \_\_\_ Do you experience stress or anxiety? Yes \_\_\_ No \_\_\_

5. Have you had skin cancer? Yes \_\_\_ No \_\_\_ Do have acne? Yes \_\_\_ No \_\_\_

6. Do you experience frequent blemishes? Yes \_\_\_ No \_\_\_ How Frequently? \_\_\_\_\_

7. Do you have any allergies? Yes \_\_\_ No \_\_\_ Please List: \_\_\_\_\_

8. Do you have any metal in your body? \_\_\_\_\_ Fillings in your teeth? \_\_\_\_\_

9. Please list any medications, Oral or Topical: \_\_\_\_\_

10. Are you or have you ever used (Please Check) Azelex \_\_\_ Differin \_\_\_ Renova \_\_\_ RetinA \_\_\_ Tarazac \_\_\_ Glycolic or AHAcids \_\_\_ Accutane \_\_\_ if so, when and for how long? \_\_\_\_\_

11. Do you have or are you affected by any of the following? Asthma \_\_\_ Cardiac Problems \_\_\_ Eczema \_\_\_ Epilepsy \_\_\_ Fever Blisters \_\_\_ Chronic Headaches \_\_\_ Hepatitis \_\_\_ Herpes \_\_\_ High blood pressure \_\_\_ Hysterectomy \_\_\_ Immune disorder \_\_\_ Lupus \_\_\_ Fibromyalgia \_\_\_ Pacemaker \_\_\_ Sinus \_\_\_ Urinary \_\_\_ Skin Diseases \_\_\_ Diabetes \_\_\_ Metal Implants \_\_\_ Mitral Valve Prolapse \_\_\_

12. What products are you currently using? Soap \_\_\_ Scrubs \_\_\_ Toner \_\_\_ Creams \_\_\_ Sunscreen \_\_\_

I understand the information here is to aid the therapist and is not a substitute for medical care and I understand the questions and have answered them all correctly and honestly.

Signed by Client \_\_\_\_\_ Date \_\_\_\_\_

# MicroCurrent {Informed Consent Form}

The Nue Fusion 200/600 delivers low level frequencies known as MicroCurrent (less than one millionth of an amp) that work in harmony with the body's electrical system. MicroCurrent provides the muscles with very small amounts of electricity causing them to flex and relax. This is a gentle non-invasive treatment that 're-educates' the muscle.

For optimum results a series of 10-12 treatments is recommended within 60 days and/or 2 treatments per week are suggested until desired result are achieved. Maintenance may depend on the individual's goals but 1-2x a month is recommended. Because we are affecting the lymphatic system we recommend an increase in drinking water following the treatment, especially when working the body.

There are certain contraindications that would preclude some clients from receiving MicroCurrent treatments.

Please circle any conditions that pertain to you.

- Epilepsy
- Pregnancy (circle if you trying to get pregnant)
- Pacemaker
- Metal plates or pins
- Melanoma
- Diabetes
- Vericose veins
- Phlebitus

Precautions to consider

- Hypersensitive skin
- Acne Rosacea
- Loss of skin sensation
- Stroke
- Bells Palsey

I acknowledge that no guarantee has been given to me of how much firming and toning will take place, as each individual's skin conditions are unique. I understand that no specific results are guaranteed.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ THE ABOVE INFORMATION AND THEREBY CONSENT AND AGREE TO RECEIVE THE MICROCURRENT TREATMENT. ALL MY QUESTIONS HAVE BEEN ACKNOWLEDGED AND ANSWERED TO MY SATISFACTION. I HEREBY ACKNOWLEDGE THAT I HAVE PROVIDED ACCURATE AND HONEST INFORMATION.

Patient's Signature \_\_\_\_\_

Date \_\_\_\_\_

Witness' Signature \_\_\_\_\_

# LED Light Therapy {Informed Consent Form}

The nature and purpose of Nue Wave LED light therapy treatments have been explained to me and any questions I have regarding LED light therapy treatments have been answered.

I understand there are certain contraindications that preclude someone from receiving LED light therapy treatments and these include epilepsy, pregnancy, thyroid conditions, medications causing light sensitivity and open wounds.

I also understand there are other precautions that should be considered before receiving LED light therapy treatments and may require a Doctor's release and or I assume any risk involved. These include a person receiving cortisone or steroid injections and a person prone to light sensitive migraines.

Although LED light therapy is a non-invasive treatment and the precautions and contraindications have been explained to me, I understand that certain risks or complications can occur from both known and unknown causes, and I freely assume these risks.

I acknowledge that no guarantee has been given to me as to the condition of the complexion, skin pore size, fine lines and wrinkles as results will vary per patient/client. I am aware that follow up treatments may be necessary to achieve optimal results with gradual results occurring over time.

I release \_\_\_\_\_, staff and specific technician from liability associated with this procedure. I certify that I am of least 18 years old or I have parental consent co-signed below.

**Client Signature** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Co-Signature** \_\_\_\_\_

**Technician** \_\_\_\_\_



**866.312.skin(7546)**  
**[www.skinforlife.com](http://www.skinforlife.com)**