

## OPERATIONS GUIDE

All keys are touch control and produce an audible 'beep' when pressed.



**Power key**, press to begin standby status, indication lights will illuminate on the face plate.



**Lock key**, for child safety lock. Pressing this key all function keys are locked, not operational. The selected function will still work if the lock key is pressed after setting. Long press for 3 seconds to unlock.



**Time increase key**. After selecting the light mode (colour) required, press this key to select treatment time required, 30, 35, 40, 45, 50, 55, or 60 minutes.



**Time decrease key**, press this key to reduce the time setting from 60 mins down to 30 minutes in increments of 5 minutes.



Press this key to select Red light mode, the light will turn off automatically at the end of the time selected or press again to quit.



Press this key to select Green light mode, the light will turn off automatically at the end of the time selected or press again to quit.



Press this key to select Blue light mode, the light will turn off automatically at the end of the time selected or press again to quit.



Press this key to select other light modes (**Purple, Yellow and Cyan**). Press repeatedly to select desired colour.



Press this key to select cycle/combined mode when all the colours repeat systematically.



Press this key to select Calcium supplementation mode, this mode can be selected alongside any other colour mode or individually.

### Treatment Protocol suggestions

Course of Treatments: 6 – 24 treatments once or twice a week  
Photo repair  
Mature, devitalised, dehydrated, stressed, or damaged skins  
LED therapy is an ideal partner to other treatments.

1. Cleansing, remove any make up and debris and ensure the skin is free from any oils.
2. Carry out exfoliation, following procedure according to protocol and client's needs. Ensure any exfoliating products are thoroughly removed from the skin.
3. Continue with LED therapy.
  - For Mature devitalised or damaged skin, select the red light and set the timer for between 30/45 minutes.
  - For Red and irritated skin, select the green or yellow light and set the timer for between 30 and 45 minutes.
  - For sensitive mature skin, select purple light and set the timer for between 30 and 45 minutes.
  - For sluggish, devitalised skin, select yellow or cyan and set the timer for between 35 and 60 minutes.
  - For oily skin select the blue setting and set the timer for between 35 and 60 minutes.

4. Remove the light mask and apply a suitable mask.
5. Apply, hydrating product and sun protection SPF 50 +

**~ Tip ~** Always ensure the skin is fully cleansed and exfoliated prior to treatment.

### Note:

Ensure the clients eyes are closed and fully protected with the eye masks provided. For added hygiene and soothing effect place cotton pads dampened with soothing eye lotion or gel over the eyes, before placing the eye mask on the eyes.

### IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, especially when children are present, basic safety precautions should always be followed including:

#### READ ALL INSTRUCTIONS BEFORE USE

#### KEEP AWAY FROM WATER

#### DANGER - TO REDUCE RISK OF ELECTROCUTION, BURNS, FIRE OR INJURY TO PERSONS:

- Do not leave appliance plugged in for an extended period of time when not in use
- Use this appliance only for its intended use as described in these instructions
- Never operate the appliance if it has a damaged cord or plug
- Keep cord away from heated surfaces
- Never drop or insert any object into any opening of the appliance

#### Warranty

The SkinMate LED Facial Treatment Machine is covered by a 12 month warranty - from date of purchase. Warranty only applies if this product is used in accordance with the factory directions accompanying it.

# SkinMate



## SkinMate 7 Colour LED Light Mask

The Most Versatile Light Therapy System Ever!

SkinMate

CREATED BY



HOF BEAUTY

## SkinMate 7 Colour LED Light Mask



### Features:

- LED Facial Treatment has 100 bulbs capable of emitting light from blue to red wavelengths
- 180-degree light treatment area for even, effective coverage
- Touch screen controls which beep to show activation
- Cushioned nonslip pads
- Timer can be increased or decreased in increments of 5 minutes between 30 to 60 minutes, and automatically switches off at the end of the treatment time
- Features 6 individual light programs.

### Important Information

- One of the most popular in clinic LED treatments.
- Uses only clinically proven LED wavelengths: Blue 415nm, Red 625nm, Green 520nm, Yellow 590nm Purple (Red & Blue combined)
- Easy to use, painfree with a 30-60 minute treatment time
- Used by professionals and skincare experts.
- The multi-purpose Skin Mate LED Facial Treatment is an effective treatment for several skin concerns, excessively oily skin, redness, pigmentation, signs of ageing, scarring, large pores, and uneven tone.

### Safety:

- Unlike other types of light therapy, LEDs do not contain ultraviolet rays. Therefore, they're safe for regular use.
- Side effects are rare, but may include increased inflammation, redness, and rashes.
- Eyes should be protected during treatment; Protective goggles and a manual are provided with the light therapy machine.

### What is LED light therapy?

Light emitting diode (LED) light therapy is growing in popularity. Using varying LED wavelengths, this skincare technique may help treat excessively oily skin /reduce inflammation/promote anti-ageing effects.

### LED Therapy Facts

The concept of using colours to heal was first used by ancient Egyptians and Chinese. NASA originally developed it for plant growth experiments on shuttle missions and later found it to have promise for wound treatment. LED light therapy is now used by some aestheticians to help regenerate the skin from aging to blemishes. Your healthcare provider uses red or blue light frequencies based on the skincare concern. Red is primarily used for antiaging, while blue is used for oily skin and anti-inflammatory treatment.

### How LED therapy works

The tissues of the body easily absorb light, different tissues absorb different wavelengths of light, when absorbed, the specific wavelengths stimulate the body's own repair and regenerative mechanisms, so they can be used alone or in conjunction with other therapies.

### Wavelength

Is the term used to describe the 'length' of a wave typically quoted in nanometres (nm). Certain targets (the chromophore or object which will absorb the energy) in the skin are known to absorb energy of wavelengths. The wavelength determines the visible colour of the beam and the type of interaction with different materials, e.g. Skin, Blood, melanin, water. Not all wavelengths of light are visible, different wavelengths penetrate the body to different depths. Just like sunlight, LED lights have different biological effects depending on how deeply they penetrate the body.

### LED therapy has numerous benefits depending upon the wavelength selected, including:

- Increased skin radiance
- Activates the biological functions in the skin
- Stimulates cell activity and cell renewal
- Improves the elasticity of the skin
- An increase in enzyme activity stimulates protein synthesis
- More consistent skin coloration and complexion
- Increases skin moisture retention
- Increases circulation (due to the increased formation of new capillaries)
- Promotes collagen production for plumper, more youthful looking skin
- Increases oxygenation and restoration of skin's natural cellular activity, which keeps skin renewed and fresh
- Increases lymphatic system drainage which detoxifies the skin tissue for the healthy look and feel of young skin
- Reduces inflammation in blemish prone skin
- May reduce sebum by normalizing the skin thereby helping control blemishes breakouts
- Calcium supplementation, dehydrocholesterol; [ dehi"dro-koles" terol ] a sterol found in the skin which, when properly irradiated by ultraviolet rays, forms vitamin D.

### Contra-Indications: -

- Cancer
- Pregnancy
- Epilepsy (pulsing mode)
- Sun Burnt Skin
- Open or infected skin
- cardiopulmonary diseases such as cardiovascular disease (CVD) and Chronic Obstructive Pulmonary Disorder (COPD) unless directed to do so by your healthcare provider
- Currently using Accutane

### Precautions: -

- Photosensitizing medication - e.g., Steroids, Anti-depressants
- Herbal Preparations – e.g., St John's Wort, Gingko Biloba
- Essential Oils – especially Orange Oils
- While there are no phototherapy side effects, caution is advised for those with a pacemaker, stent or implanted silicone prosthesis, always consult your GP.

Light therapy can be integrated into any facial treatment providing the following points are considered.

### The main points to remember are: -

- Select the appropriate combination of wavelengths (colour) of light for the condition being treated.
- Ensure the skin exposure time is a minimum of 20 minutes
- Ensure the skin is clean and free from oil or cream

### Treatment application

The light therapy LED machine is very practical thanks to its foldable design. Clients can lie on their side, lie flat or sit down to irradiate different parts of their body.

- Calcium supplementation and other led's can work together or individually.
- The working time can be set separately in the safety range that has been preset in the program.

Under the Lamp – The optimum treatment distance is 5 – 10 cm (4 inches) for best results. If you find the lamp is too close to the body, raise it up in a secure and safe manner. When carrying out facial treatment the client should always wear goggles

### RED LIGHT

Recommended for matured skin for an Antiaging treatment, for devitalized or damaged skin for rejuvenation and repair.

Red light waves penetrate deep into your skin tissues and immediately increase blood circulation and lymphatic activity in the area.

This in turn stimulates collagen and elastin production, damaged cells are quickly energized and repaired, and the result is:

- a more youthful appearance.
- Reduced fine lines and wrinkles
- Tightened, and firm skin
- Thicker plumped skin
- Radiant and glowing skin

Red LED light therapy has a powerful stimulating effect on cellular metabolism, including improved cellular energy. A healthy body produces plenty of Adenosine Triphosphate (ATP), a key element in cellular regeneration, but as we age production of this crucial chemical compound diminishes.

- This light wave produces a rejuvenating effect
- Stimulates fibroblast cells to increase collagen and Elastin production
- increases elastin proteins
- Increases lymphocytes aiding the immune system and accelerating repair
- restores the supple skin of our younger years
- Stimulates blood and lymph circulation
- reduces the signs of aging and sun damage
- Anticellulite.
- Reduces oedema & improves micro circulation

### BLUE LIGHT

The blue wavelength is recommended for excessively oily skin and anti-inflammatory treatments proven to have highly powerful bacteria-fighting properties

- The selective band blue light penetrates sebaceous glands
- Creates an anaerobic condition so the bacteria cannot survive.
- Reduces comedones and blemishes
- Has strong antibacterial effects and therefore reduces and prevents infection and comedones.
- In Clinical trials More than 86% of study participants experienced a 74% oily skin conditions reduction.

### GREEN LIGHT

Toning- Green, use for vascular skin, hyperpigmentation treatment and balancing.

- Balancing oily / combination skin
- Increase circulation of peripheral blood vessels
- stimulate lymphatic drainage.
- Helps reduce pigment by fighting typosucin (pigmentation granules in the skin)
- Calming on the nervous system
- Green light is known to have a highly calming effect on the skin.



### YELLOW LIGHT

Yellow- Use for Inflamed /red or pigmented Skin. Replenish cellular energy.

- Improves cellular exchange of oxygen
- Aids the decomposition of pigment
- Stimulate lymphatic flow (detoxifying)
- Fight acne Rosacea.
- Helps to reduce swelling, inflammation,
- Reduces redness on the face including flushing from Acne rosacea condition
- Yellow light is often used for the treatment of sunburns and other types of burns.



### PURPLE LIGHT

use for mature sensitive skintor combination skin, helps to boost oxygenation of the epidermis

- Multi wave, red and blue
- Gentle Antiageing –
- Mild Stimulation of fibroblast cells to increase collagen and Elastin production
- Increases lymphocytes aiding the immune system and accelerating repair
- Helps to shrink pores and normalise sebum-production
- circulation stimulation
- anti-inflammatory



### CYAN LIGHT

Use for devitalised and sluggish complexions

- Brings vitality back to dull skin.
- It also helps to bring a healthy youthful skin glow.
- Calcium supplementation LED 320nm
- The ultraviolet rays at 320nm stimulate dehydrocholesterol; [ dehi"dro-koles" terol ] a sterol found in the skin which, forms vitamin D.
- There are 3 radiation duration options: 30, 45 or 60 minutes, ideally 30 to 45 minutes.
- It is advisable not to do this treatment more than 3 times a week.
- Calcium supplementation light darkens the appearance of the skin in the irradiated part (a phenomenon that will gradually stop after stopping irradiation)

