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**:SQOOM<sup>®</sup> antiAge**  
Anti-Aging. Next Level.

**:SQOOM**

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Instruction Manual

## :SQOOM

Anti-aging technology at the highest scientific level.

Thank you for purchasing SQOOM. This high-quality concept from the medical and dermatology expert Schick Medical offers a number of active gels and an innovative physical device for highly effective anti-aging results. Cleansing, Massage, Lifting and Whitening are all scientifically proven and dermatologically tested.

SQOOM is an innovative microcomputer-controlled anti-aging treatment using highly developed active gels to regenerate the skin from deep within. The worldwide patented „Synchron-Technology“ features a unique combination of iontophoresis with ultrasound and active cosmetics. Your skin will soon be much more radiant and youthful- similar to an intensive treatment in the beauty salon. The completely easy and soft treatment tightens wrinkles, regenerates connective tissue and develops new cells.

Please read this instruction manual carefully for the best possible treatment success.



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Highly acclaimed SQOOM concept:



## Summary overview

Apply a generous amount of active gel.

Transducer with titanium alloy

Control light

The indicator light on the back of the SQOOM flashes regularly to indicate that it is in operation (only when in contact with skin).

Press the button once to activate and/or deactivate the SQOOM.

On/Off Power-Button

Pressing the selection button enables you to activate one of the programmes.

Programme button STEP

Programme selection

Each LED light indicates one of the freely selectable application programmes.

Contact handles right and left

Always hold your SQOOM, touching the contact handles on both sides.

Charging station

Put the SQOOM back into the charging station after every treatment. This way you always can be sure to always have your SQOOM ready for action.

Battery control light

Charge the SQOOM until the control light glows green.

4 Please read this summary overview to get acquainted with your SQOOM. It provides a first impression of the device's operation.

Please use the SQOOM with the treatment gels developed by us. We accept no liability for results when using cosmetics or medicines produced by others.

Programme S: Ultrasound for sensitive skin

Programm I: For internal use e.g. for repairs



## :SQOOM

Give your skin what it needs.

6 The outstanding success of SQOOM is based on the perfect interaction of methodology and agents. While the SQOOM device is responsible for the transport, the SQOOM gels ensure the provision of the right and active agents. Just like a well-balanced team they jointly provide the skin with everything it needs in order to look more fresh, young and radiant. And it doesn't take you long. Give SQOOM 20 minutes of your valuable time once in a week, and the first visible results will appear within a short period.

### The SQOOM cleanser

When the skin is cleansed deep down into the pores and all of the keratin, sebum and other products resulting from the breakdown of the skin have been removed, the valuable active substances in the SQOOM xcential hyaGel can penetrate into the lower layers of the skin. The SQOOM cleanser disinfects the skin and has a gently cooling effect. Aloe vera gel moisturises the skin while panthenol and chamomile extract have a soothing effect. They influence the bacteria flora and ensure beneficial conditions for the skin-friendly micro organisms.

### The SQOOM xcential hyaGel

An innovative anti-aging gel made of skin friendly and natural agents. The main ingredient is fragmented hyaluronic acid- fragmented because common hyalurone particles are quite large and bulky and unleash their tightening effect only for a short time and only in the upper skin layers. Special bacteria divide the hyaluronic acid particles included in the SQOOM xcential hyaGel into significantly smaller bits before adding them to the xcential hyaGel. This enables substantially improved penetration of the critical skin layers by higher quantities of the particles, where they fill hollow spaces induces by the skin aging.

### The SQOOM DeSpot

For a highly deep treatment of age spots. SQOOM DeSpot is highly effective. It takes effect exactly where it has to: on the age spots and not around it. This is accomplished by the DeSpot specialgel through an absolute novel combination of sulforaphane and genistein, a similar compound to estrogen. The SUPER Moisturizer contains low molecular bio hyaluronate and aloe leaf juice to intensely moisturise the skin.

### The SQOOM Technology Gels



### xcentialSkinCare

Innovative antiAge cream for daily care. Especially as the final stage in the SQOOM treatment.



Clean your skin as usual before each treatment programme. Next, apply the active gels generously directly on the transducer or the skin area to be treated, depending on the selected programme.

Now, choose the appropriate treatment programme and hold the SQOOM firmly on both sides, touching the contact handles. Next, lay the transducer on the skin area to be treated and move it softly over the skin in slow circles.

Please note: If you are treating other persons with your SQOOM, be sure to touch the other person with your free hand (skin contact), to close the circle and ensure a proper operation of your SQOOM.



## CLEANSING

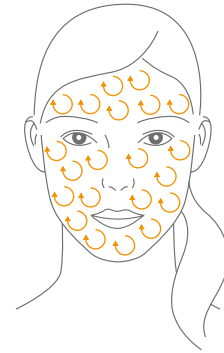
### Deep cleaning of the skin

Programme: C  
Gel: cleanser  
Treatment time: 4 min.



Combined with the cleanser, this level ensures a clean and pure skin. The ionozyme function increases the positive result. Keratin, sebum and other skin degradation products are simply dissolved and washed away with a damp cloth or water after the treatment.

First apply the cleanser generously on the transducer or the skin area. Hold the SQOOM firmly on both sides, touching the contact handles. Next, lay the transducer on the skin area to be treated and move it softly over the skin in slow circles.



1. Clean the skin as usual (Remove make-up, creams and fragrance) and start the SQOOM by pressing the **POWER** button.
2. Press the **STEP** button, until the control light **C** (CLEANSING) lights up.

When the diaphane of your SQOOM corresponds to the adjoining graphic, the device is ready for operation and you can start the treatment. The default operation time is 4 minutes. You can repeat the treatment after the acoustic signal by pressing the STEP button repeatedly. After completing the SQOOM cleansing treatment, please wash your face with a damp cloth or water. Next, you can start with the xcential hyaGel application.

## MASSAGE

### Skin tightening

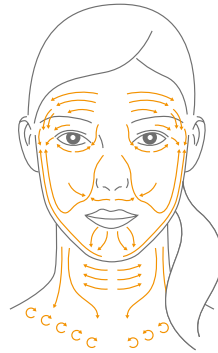
Programme: M  
Gel: xcential hyaGel  
Treatment time: 8 min.



Just like a conventional massage, the SQOOM massage brings back relaxation and elasticity to the skin. Negative and positive ions and sound waves activate the cell spaces and effectively stimulate the metabolism. Your skin beauty improves notably.

First apply the xcential hyaGel generously on the transducer or the skin area. Hold the SQOOM firmly on both sides, touching the contact handles. Next, lay the transducer on the skin area to be treated and move it softly over the skin in slow circles.

In case of very sensitive skin, we recommend you to use the S programme (SOFT ULTRASOUND) instead of the M programme (MASSAGE).



We recommend performing the CLEANSING programme prior to each treatment.

1. Start the SQOOM by pressing the POWER button.
2. Press the STEP button, until the control light M (MASSAGE) lights up.

When the diaphane of your SQOOM corresponds to the adjoining graphic, the device is ready for operation and you can start the treatment.

The default operation time is 4 minutes. You can repeat the treatment after the acoustic signal by pressing the STEP button repeatedly.

Wash off the remaining gel after the SQOOM treatment. Use the SQOOM xcential SkinCare as an optimal completion and for the daily care.

## LIFTING

### Wrinkle reduction, skin tightening

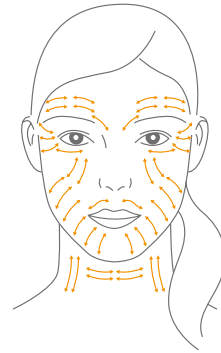
Programme: L  
Gel: xcential hyaGel  
Treatment time: 8 min.



The regular and careful application of this programme quickly leads to a notable tightening and rejuvenation of the skin. Wrinkles – and in particular deep wrinkles – are reduced significantly. The skin becomes soft and elastic again. The ionozyme function activates the production of body elastin and collagen.

First apply the xcential hyaGel generously on the transducer or the skin area. Hold the SQOOM firmly on both sides, touching the contact handles. Next, lay the transducer on the skin area to be treated and move it softly over the skin in slow circles.

In case of very sensitive skin, we recommend you to use the S programme (SOFT ULTRASOUND) instead of the L programme (Lifting).



We recommend performing the CLEANSING programme prior to each treatment.

1. Start the SQOOM by pressing the POWER button.
2. Press the STEP button, until the control light L (LIFTING) lights up.

When the diaphane of your SQOOM corresponds to the adjoining graphic, the device is ready for operation and you can start the treatment.

The default operation time is 4 minutes. You can repeat the treatment after the acoustic signal by pressing the STEP button repeatedly.

Wash off the remaining gel after the SQOOM treatment. Use the SQOOM xcential SkinCare as an optimal completion and for the daily care.

## WHITENING

### Treatment of age spots

Programme: W

Gel: DeSpot

Treatment time: 8 min.

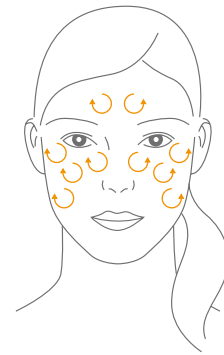
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For a targeted treatment of age spots. Select this programme with the SQOOM. The introduction of the effective gel enables you to experience a notable reduction of skin discolorations.

First apply the DeSpot generously on the transducer or the skin area. Hold the SQOOM firmly on both sides, touching the contact handles. Next, lay the transducer on the skin area to be treated and move it softly over the skin in slow circles.

In case of very sensitive skin, we recommend you to use the S programme (SOFT ULTRASOUND) instead of the W programme (Whitening).



1. Start the SQOOM by pressing the POWER button.

2. Press the STEP button, until the control light W (WHITENING) lights up.

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When the diaphane of your SQOOM corresponds to the adjoining graphic, the device is ready for operation and you can start the treatment.

The default operation time is 4 minutes. You can repeat the treatment after the acoustic signal by pressing the STEP button repeatedly.

Wash off the remaining gel after the SQOOM treatment. Use the SQOOM xcential SkinCare as an optimal completion and for the daily care.

## :SQOOM

### The 6-months programme

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For the utmost treatment success, we recommend following the SQOOM 6-months plan. This plan allows your stressed skin enough time to regenerate and refill the moisture depot.

SQOOM-Programme		Effect	Treatment interval
Weeks 1-6	<p>Weeks 1-3</p> <p>1-Cleansing 4 min. 2-Massage 8 min.</p> <p>Weeks 4-6</p> <p>1-Cleansing 4 min. 2-Massage 8 min. 4-Lifting 4 min.</p> <p>Please use the programme Soft Ultrasound during the first weeks for the sensitive skin.</p>	The blood circulation of your skin is improved immediately after the first treatment, it looks brighter and more rosy. Some pimples may occur during the first 3 weeks due to the purification. The skin is deeply cleaned.	Once a week. You can even reach quicker successes by 2-3 times applications a week.
Weeks 7-12	<p>Weeks 7-12</p> <p>1-Cleansing 4 min. 2-Massage 4 min. 4-Lifting 8 min.</p>		
Weeks 13-24	<p>Weeks 13-24</p> <p>1-Cleansing 4 min. 2-Massage 8 min. 4-Lifting 8 min.</p>		

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## :SQOOM

20 Ultrasonic Wave is invisible for human eyes. SQOOM emits a deep micro-vibration so rapid, that cannot be seen or felt at the surface of your skin. So don't think your SQOOM isn't working!

To see the water vibration, please follow these steps:

1. Turn the power on.
2. Select any programme you like.
3. Put some water on the transducer.
4. Hold the SQOOM firmly on both sides, touching the contact handles.
5. Touch the transducer with one finger of your free hand.
6. As result you see little bubbles dancing on the transducer.



## :SQOOM

### SQOOM acts deep inside your skin

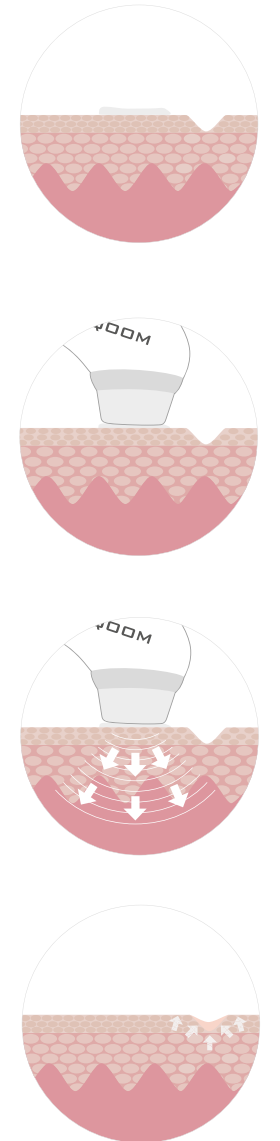
SQOOM transports valuable agents deeper into the skin, using a transducer that generates one million soft vibrations per second. Innovative biomolecule preparations from thermal, mechanical and physicochemical components combined with the microprocessor-controlled SQOOM enable a highly complex effect.

SQOOM massages both the epidermis (cuticle) and the dermis (corium). Even the muscular tissue beneath the skin is activated in a careful and problem-area-oriented way.

This way, more nutrients and oxygen are supplied to the skin again, while at the same time increasing the blood circulation in the vessels, diminishing fat cells and modelling the body. The lymphatic system is also stimulated and the development of the collagen synthesis is supported demonstrably. The cell regeneration and cleavage is activated. Triggering the biomolecules enables the skin to regenerate, gaining more elasticity and refreshing the skin.

SQOOM improves the self-production of collagen and elastin significantly. However, an additional catalyst is needed to enable the valuable agents of the SQOOM gel to freely penetrate the connective tissue of the middle and lower skin layers – the worldwide patented IONOZYM system. It offers a unique combination of iontophoresis and ultrasound (sonophoresis). In other words: the ultrasound is the door bell while the ionisation subsequently opens countless little doors – a million times per second.

The skin is strengthened. Wrinkles are reduced and thanks to this unique method the skin texture becomes firm and soft very quickly.



## :SQOOM

Please observe the following instructions for a long service life of your device.

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- Store in a dry place and do not wash with water.
  - Clean the transducer with a damp cloth.
  - Put the device on the charging dock after switching-off and make sure the red LED light glows.
  - The red LED light turns green when the charging process has been completed. In case of charging errors, the LED will flash in red.
  - If the battery is completely empty, charge it for at least 3 hours, before using the device again.
  - The device is functional for approximately 4 hours when charged completely.
  - A signal tone indicates the battery needs to be recharged.
- The device will switch-off automatically when not being used for 2 minutes.
  - The preset application time for each step is 4 minutes. A signal tone sounds after 4 minutes and the device switches to the standby mode. The device will switch-off completely if not being reactivated within 2 minutes.
  - The nominal input voltage is 100-240 V AC, meaning that you use the device while travelling everywhere around the world.
  - Remove the power plug from the charging station as soon as the device has been charged completely.
  - Always keep electrical contacts clean, free of dust and dry.

*For recycling reasons, the device should not be disposed of with normal household waste at the end of its service life. You can dispose the device by returning to Schick Medical GmbH or corresponding collection points notified by your local municipal administration.*

<b>Device name</b>	
Device	SQOOM (T-0204A)
<b>Charging station</b>	
Line voltage	AC 100-240 V, 50/60 Hz
Weight	133 g
<b>Hand set</b>	
Lithium/Ion battery	
Line voltage	AC 100 V to 240 V
Output/adapter	4.2 V = 1 A
Output	7 W
Weight	194 g (gross)
<b>Ultrasound</b>	
Frequency	1 MHz
Intensity levels	from 0.1 W/cm <sup>2</sup> till 0.5 W/cm <sup>2</sup>
Ionisation	1 Hz/150 µsec pulse range

Schick Medical GmbH, D 78628 Rottweil, Germany  
CE, ISO 9001 2000, UL-C, US, UFD, HS Mark  
The guarantee period is 2 years.

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*Important note!*  
*Use the SQOOM system only with the treatment gels developed by us.*

*Do not treat one area for longer than 20 minutes a day.*

*Do not apply SQOOM to skin areas affected by skin cancer or surgery sites.*

*Do not apply SQOOM when you are wearing a cardiac pacemaker.*

*In case of a thyroid hyperfunction, do not apply SQOOM on the front neck and chest area.*

*Do not apply SQOOM near joint implants, as this may increase the pain.*

*Do not apply SQOOM in the abdomen or chest area during pregnancy.*

*Avoid contact of the gel/cream and the transducer with eyeballs and mucosa.*

*Keep the device and the gel/cream away from children.*

*Do not store the gel/cream at temperatures exceeding 25°C.*

*The gel/cream is intended for skin applications only.*

*When treating other persons with your SQOOM, be sure to touch the other person with your free hand in order to close the circle and ensure the proper operation of your SQOOM.*