

FACE REFORMER INSTRUCTIONS

How to Change Out Resistance Springs:

1. Place your thumb and forefinger on the side flaps to release the Top Chamber. Lift and open.
2. Place a Power Coil inside the Bottom Chamber.
3. Place your thumb and forefinger on the Side Flaps and place the Top Chamber over the Bottom Chamber while pushing down until the Top Chamber clicks into place.

Coil Progression:

Beginner Coil (rose gold)

Intermediate Coil (grey)

Advanced Coil (black)

Advanced Plus Coil (white)

Start with the beginner power coil to ensure your facial muscles adapt to the exercises. Initially, practice the exercises in front of a mirror to ensure correct technique.

Best results are achieved by using each coil for two weeks before progressing to the next coil.

Exercises:

Neck Exercise: With the device in place as pictured, flex your neck by pushing down on the chin plate. Slowly release your neck and chin back to the starting position. Perform four sets of 10 reps each day.

Jaw Exercise: With the device in place as pictured and keeping your head still, open and close your mouth to a full range of motion. Perform four sets of 10 reps each day.

Caution: Consult your physician before starting this exercise program. If you experience any pain or discomfort while using the Face Reformer, stop using immediately.