



REVIVER INSTRUCTIONS

*Wellness handbook for Building intentional daily routine
that includes healthy habits*



Daily Routine – Morning & Night

Milk Cleanser

Start your day fresh and end it clean. Use morning and night to keep your skin clear and hydrated.

Multivitamin Cream

After cleansing, apply to nourish and protect your skin throughout the day and overnight.

First Month – Special Treatments for Maximum Results

Mask Treatment – Once a Week

1. Mix the mask before first use.
2. Apply to face, neck, and décolleté.
3. Use the device with the appropriate light for 2 minutes per area, moving top to bottom.
4. Clean the mask with wet pads only.
5. Finish with Boost Pack Caviar Cream or Silk Cream for deep hydration.

In the morning, wash your face and apply your daily cream to maintain freshness.

Non-Surgical Eye Lift – Once a Week

Apply the lifting serum around the eyes.

Use the device with red light and RF for 5 minutes on each side.

Recommended for consistent weekly use over 10 months.



After the First Month – Weekly Area Focus

Each week, target a different area using the device for best results:

- ✓ Week 1: Face & neck
- ✓ Week 2: Arms & chest
- ✓ Week 3: Stretch marks & cellulite
- ✓ Week 4: Legs

Pain Relief – For Sore Muscles or Joints

1. Use red light + heat for 5 minutes to relieve discomfort.
2. Follow with blue light to calm inflammation.
3. Treat the entire area, not just one spot. Daily use is okay if needed.

Scar Treatment – 3 Times a Week

Use blue light with the Renewal Mask on the targeted area.

Acne Treatment – 3 Times a Week

1. Apply blue light to affected areas.
2. Once skin improves, reduce to once every two weeks for maintenance.

Spider Veins Treatment – 3 Times a Week

Use blue light with cold function on affected areas for the first month.



How to Tell the Difference

Varicose Veins – Large, swollen, twisted veins (often on legs).

Spider Veins – Small, visible red or blue veins near the skin's surface (common on face and legs).

Pro Tips for Best Results

- ✓ Be consistent – light therapy only works with regular use.
- ✓ Set reminders to help build the habit.
- ✓ Treat your skincare like self-care — enjoy every session.

Why Light & RF Therapy Work Wonders

✦ **Red Light Therapy** – Boosts collagen, reduces wrinkles, improves circulation, and leaves skin looking fuller and younger.

✦ **Blue Light Therapy** – Soothes inflammation, targets acne-causing bacteria, and reduces redness.

✦ **RF (Radio Frequency)** – Heats the deeper skin layers to tighten, lift, and smooth out texture.

Together, they help your skin become smoother, firmer, and more radiant over time.

If you have any questions or want personalized guidance, I'm here for you! ❤️