

Facial-Flex®

U L T R A

Exercise Instructions

*The new standard
in facial care.*



Please consult with your healthcare professional before starting this or any exercise program. Read this entire instruction guide before using Facial-Flex® Ultra.

Manufactured in the USA by Facial Concepts, Inc.

The Facial Exercise And Toning System... *that works!*

Facial-Flex Ultra is used by placing it into the corners of your mouth, then compressing and releasing, repetitively, against the force of an elastic band. Performing these repetitive movements with Facial-Flex Ultra exercises the muscles of your face, chin and neck, against dynamic, constant, external resistance.

Facial-Flex Ultra has been clinically proven to be effective in significantly increasing facial muscle strength, uplifting, contouring and firming the face in individuals exhibiting the effects of facial aging due to weakened facial muscles.

Originally designed and used for treatment of patients with severe facial burns, Facial-Flex Ultra was modified to permit its use as a dynamic device for the strengthening and toning of your face, chin and neck.

The results of this clinical testing has been published by the Society of Investigative Dermatology and in *Journal of Geriatric Dermatology*. We have continued clinical testing to verify the efficacy of product improvements and the effectiveness of new methods of use. For best results, your new Facial-Flex Ultra should only be used as described in these instructions.



The Facial-Flex Ultra system emphasizes the importance of your entire face, chin and neck, and the interdependence of the muscles, skin and interconnecting tissue. Of course, proper nutrition and whole body exercise are also important factors in the way you look. By treating both the muscles on the inside and the skin on the outside, you can achieve superior results and a younger looking appearance. You will hear friends say, "what have you done . . . you look different . . . what's your secret?" It's Facial-Flex Ultra, the new standard in facial care.

Improvements

FLEX-BANDS™ REPLACEMENT

We have modified our Facial-Flex exercise device to make changing the elastic simple and easy.

IMPROVED EXERCISE REGIMEN

These instructions show an even more effective way to use the Facial-Flex device; daily use morning and night. This new alternative was clinically tested to prove an 80% greater increase in muscle strength compared to our previously recommended regimen.

FACIAL-FLEX ADVANCED RENEWAL COMPLEX™

While any quality facial moisturizer can be used in concert with the Facial-Flex device, we've gone an extra step by developing Facial-Flex Advanced Renewal Complex.

This specially formulated, anti-oxidant rich complex enhances the effects of using the Facial-Flex device.

How To Exercise With Facial-Flex Ultra

1 Place Facial-Flex Ultra horizontally between your lips, resting the plastic end pieces in the corners of your mouth.

Lean slightly forward and lift your chin until it is level. This will extend the muscles of your neck and under your chin.

Never put Facial-Flex Ultra completely inside your mouth. The only contact you should feel is the plastic ends around the corners of your lips. Only the larger round section of the plastic end pieces should be inside your mouth. The smaller sections should rest in the corners of your lips and extend outside your mouth. The curvature of the metal



bars should be outside and parallel to your teeth. Your teeth should remain separated about one inch while exercising. Your jaw should be relaxed.

We suggest the use of a moisturizer on your face, chin and neck before you begin. This will condition your skin for the exercise and enhance the effects of the Facial-Flex Ultra device. (Facial-Flex Advanced Renewal Complex was specially formulated for this purpose.) Also, before using, make sure that the Flex-Band is placed properly on the mounts and the device is lubricated, by rinsing with warm water.

2 Press the corners of your mouth against the resistance of Facial-Flex Ultra while forming an oval with your lips.

To maintain proper form, lean your body slightly forward and lift your chin until it is level. Be sure your upper lip is pulled down and smoothly wrapped over your top teeth while exercising. It helps to maintain proper form if you exercise while looking in a mirror. Proper form is important for best results.

Be sure to fully compress Facial-Flex Ultra and momentarily continue this pressure even after you have reached the compressed limit of the device.



After fully compressing the device, gradually release the compression, allowing Facial-Flex Ultra to fully extend by pulling back the corners of your mouth. You will feel the muscle groups involved.

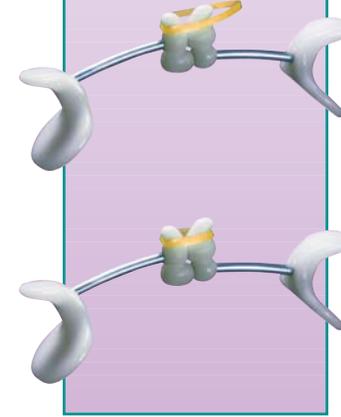
3 Choose an exercise regimen that challenges your ability.

Beginners should repeat this cycle about once every two to three seconds, initially performing 30 to 40 repetitions during a one to two minute exercise period. Rest for about one minute, then repeat the set of exercises. Don't worry if at first you cannot do 30 to 40 repetitions without resting. Just exercise until you get tired, stop for a minute, then exercise again.

Don't overdo it! As your facial muscles become stronger, you should be able to reduce the cycle time to about one second and increase the number of repetitions to 50 to 60 per minute. Your goal is to reach a total of two minutes of exercise, twice a day, 120 repetitions each time. This may take 8 to 12 weeks. When you reach this point, you should begin using elastics with greater resistance.

Flex-Bands

Replacement



For optimum results, the Flex-Band on your Facial-Flex Ultra should be changed weekly.

- Remove the existing band by pulling it off the mounts located on top of the center abutments.
- Install the Flex-Band by stretching it over the mounts located on the top of the center abutments. Make sure that the band is positioned properly on both mounts, and that no binding occurs when you compress Facial-Flex Ultra between your fingers.

Your Facial-Flex Ultra system includes a supply of 6 oz. and 8 oz. replacement Flex-Bands. These elastic bands and a reorder booklet are located in the molded lid of your carrying case. First-time users should find the 6 oz. resistance Flex-Bands adequate. As you become comfortable with the exercise and use of the device, you will need a higher resistance to continue your progress. Changing to a higher resistance Flex-Band challenges your muscles, increasing their strength

and tone at a faster rate. Flex-Bands are available in an even higher strength of 14 ounces of resistance. Flex-Bands can be purchased from your distributor or directly from Facial Concepts, Inc.

Be sure to change your Flex-Bands at least once each week to maintain a more consistent level of resistance. This is important to achieve best results. The bands fatigue and the resistance decreases with use.

Individual results may vary.

Reassembling Your Facial-Flex Device

If your Facial-Flex device should come apart, please follow these easy reassembly instructions.

Figure 1

Terms: 1 - Base, 2 - Bar, 3 - Bead, 4 - Ball & Groove

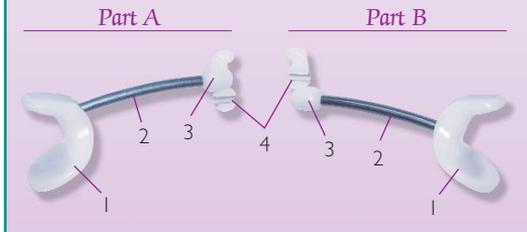


Figure 1

1. Identify Parts A & B and familiarize yourself with the reference terms.

Figure 2

2. Hold Part A by the base in your left hand so that the bar is pointing to the right and the groove in the ball & groove is facing you.
3. Hold Part B by the base in your right hand so that the bar is pointing to the left and the groove in the ball & groove is facing you.
4. Hold both pieces horizontally and touch them together as you would touch your index fingers together.

Figure 2



Figure 3.

5. Turn your right hand 90° (a quarter turn) away from you so that the groove in the ball & groove is facing the ceiling.
6. Move Part B (piece in right hand) to the left so that the bar of Part A is resting in the groove of the ball & groove of Part B.

Figure 3



7. Extend the index finger of your left hand and brace under the ball & groove of Part B. Then apply pressure with the thumb of your left hand on the bar of Part A until the bar snaps into the groove of the ball & groove of Part B.
8. Rotate your right hand 90° (a quarter turn) towards you so that the bar of Part B is resting in the groove of the ball & groove of Part A.
9. Extend the index finger of your left hand and brace behind the ball & groove of Part A. Then apply pressure with the thumb of your left hand on the bar of Part B until the bar snaps into the groove of the ball & groove of Part A.

Your Facial Flex should now be reassembled.

If you have any questions, Please call us at (800) 469-3539 or (610) 539-5869 or visit our website at www.facialflex.com

Important Tips

Facial-Flex Ultra is a personal exercise device.
For proper hygiene, do not share with others.

Apply a small amount of cooking oil to metal bars
(as needed) for smoother compression of device.

Exercise slowly, keeping your teeth separated about
one inch and your lips away from the metal bars.
Your mouth should be an oval.

Avoid "puckering" your upper lip when
compressing the device into the shape of an "O".
It is very important that the upper lip wraps
smoothly over the top teeth while exercising.

Lean forward and lift your chin until it is level
to increase resistance on the chin and neck muscles.

Stop exercising when your facial muscles feel tired or sore.

Use care if you have chapped lips or cold sores.

Never use while driving or in a moving vehicle.

Keep out of the reach of small children.

Replace the Facial-Band every week to maintain
a consistent level of resistance.

Warning

*Please consult a physician before using
Facial-Flex Ultra if you:*

- have recently had facial, chin or neck surgery, injuries or deficiencies.
- have had recent dental or orthodontic work.
- feel any unusual or severe pain while exercising with Facial-Flex Ultra.
- are under a physician's care for any facial condition or disability.
- suffer from Temporomandibular Joint/ Muscle Dysfunction (TMJ).
- have any abnormal face condition or have a known sensitivity to latex.

Limited Warranty

Facial Concepts, Inc. warrants to the original consumer for a period of one (1) year from the date of purchase that the purchased device is free of defects in materials and workmanship under normal use. This warranty excludes wear or alteration to the device as well as the elastic resistant bands. This warranty shall be void if the device has been damaged by accident, negligence, improper use, or other factors not due to defects in the materials or workmanship. No implied warranties, including the warranties of merchantability and fitness shall apply to this product for any period beyond the one (1) year term of this written warranty. Under no circumstances shall Facial Concepts, Inc. be liable for any incidental damages sustained in connection with this product, and any recovery may not be greater than the purchase price paid for this product. Warranty is limited to replacement or repair of the device. Should warranty replacement or repair be required, please send a copy of the sales receipt, a description of the defect, and the Facial-Flex® Ultra device to: F.C.I. Warranties, P.O. Box 99, Blue Bell, PA 19422

For more information regarding achieved clinical results, remit \$5.00 to the address below with a note indicating your request. We will send you reprints of the published study results.

Distributed by:

