



body
essentials™

deep cleansing

facial brush and massager



FM-360/FM-360NC
Instruction Manual

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Thank you,
for choosing Body Essentials!

Body Essentials is a leader in bringing innovative massage appliances to life. We are dedicated to making your life healthier and more relaxing with creative solutions that combine superior quality with the very latest technology.

The Deep Cleansing Facial Brush & Massager provides 52 times more deep level vibration than our closest competitor, so you not only get visibly cleaner skin, you also nourish the deeper dermis layer (where wrinkles form) to help your skin look healthier and younger.

INSTRUCTIONS

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

READ ALL INSTRUCTIONS BEFORE USING.

Do not operate this appliance in or close to your hair. The spinning attachment may get tangled in your hair.

- **This appliance is not waterproof.** It is water resistant, which means it may get wet and can be washed, but it should not be submerged in water.
- If you are under a doctor's care for any skin condition or if you think you may have a skin condition, please consult your physician before using this appliance.
- We recommend that you do not share this appliance if you and/or any other user suffer from any skin conditions.
- **Do not** use this appliance with jagged exfoliating particles such as shells. Body Essentials soft brushes may be used with soft, rounded exfoliating particles.
- Using this appliance to remove makeup may stain the bristles, but will not affect performance. If discoloration occurs, clean the soft brush with soap and water.
- Our facial cleansing and massage should be pleasant and comfortable. Should pain or discomfort result, discontinue use and consult a physician.
- Use mild soap and a damp cloth to clean the unit.

- Do not use the appliance on any body area that is swollen, inflamed or where skin eruptions or sores are present.
- After using this appliance, put it in a safe place out of the reach of children.
- **Do not** use rechargeable batteries in this appliance.
- Please dispose of batteries responsibly.
- **Do not** use while bathing or showering.
- **Do not** use outdoors.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Body Essentials, specifically any attachments not provided with the unit.
- **Do not** operate where aerosol (spray) products are being used or where oxygen is being administered.

SAVE THESE INSTRUCTIONS

Features

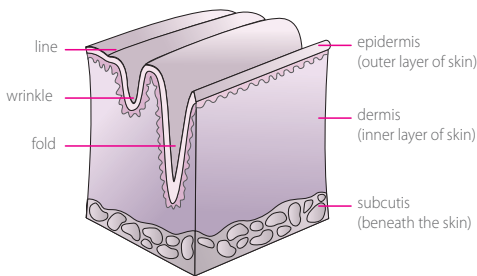


1. Power/Speed Button
2. Rotating Attachment Base
3. Attachment Release Tabs
4. Soft Brush Attachment
5. Smooth Surface Attachment
6. Massage Nodes Attachment
7. Battery Compartment Release Buttons
8. Battery Compartment Cover

Your Body Essentials Deep Cleansing Facial Brush & Massager

The Body Essentials Deep Cleansing Facial Brush & Massager uses advanced cleaning technology to help you achieve healthier, younger looking skin, easier than ever. Our patent pending deep cleaning action provides superior skin cleaning results with the unique ability to provide vibration therapy to deeper skin layers that cause fine lines and wrinkles.

Your skin is made up of three main layers:



Epidermis:

The epidermis – the outer layer of skin – is a protective barrier about as thick as a piece of paper. The very top portion is composed of cells called keratinocytes that produce a tough protein that forms a flexible outer shell. The keratinocytes die as younger living cells from the lower

portion of the epidermis rise to the surface and the older surface cells are rubbed off or fall off. This cycle completely renews the skin about once a month.

Dermis:

The dermis skin layer lies directly beneath the epidermis. It is a thicker layer that contains collagen, blood and lymph vessels, nerves, hair follicles, and glands that produce sweat and oil. Blood vessels in the dermis expand or contract to maintain a constant body temperature. White blood cells patrol the dermis to fight infectious microbes that manage to break through the epidermis. Cells called fibroblasts secrete collagen, which gives the skin its strength and firmness. Elastin fibers made of protein in the dermis give skin its elasticity. As we age, these supportive fibers of collagen and elastin break down causing fine lines and wrinkles.

Subcutis:

The subcutis tissue, which consists of connective tissue and fat, lies between the dermis and underlying muscles or bones. It also contains blood vessels and infection-fighting white blood cells, but not to the same extent as in the dermis. Fat in the subcutis layer stores nutrients, insulates and cushions muscles and bones.

Skin cleaning and toning is more effective when both the epidermis and dermis layers of skin are treated. Competitive sonic and vibration facial cleaners only clean the surface (epidermis) skin layer leaving the critical dermis layer virtually untouched. Your Body Essentials Deep Cleansing Facial Brush & Massager provides 52 times more deep level

vibration than our closest competitor, so massage action can nourish the dermis layer and lead to healthier, more youthful looking skin.

Before Use

Installation of Batteries:

1. Open the Battery Compartment at the end of the handle of the appliance by pinching the two Battery Compartment Release Buttons at the same time that you pull the Battery Compartment away from the appliance.



2. Insert three (3) AA alkaline batteries into the Battery Compartment. Ensure the correct polarity and then reattach the Battery Compartment. Your appliance is now ready for use.

Operation

To Use for Cleansing:

1. If not already attached to your appliance, install the Soft Brush Attachment onto the Rotating Attachment Base. The attachments snap into place as shown below.

Note: To remove the attachments, squeeze both Attachment Release Tabs and remove the attachment.



2. If you wear makeup, remove eye makeup by hand.
3. Wet your skin and the Soft Brush Attachment with warm water. Liberally apply cleanser to your skin or to the Soft Brush Attachment.
4. Push the Power/Speed Button to start cleaning. Your appliance has three (3) speeds which you easily select by pressing the Power/Speed Button until you reach your preferred speed. Choose the speed that best suits your cleaning needs.
5. Gently move the rotating brush over your skin using a small circular motion, beginning on your forehead, then moving to your nose/chin area, then your cheeks

Note 1: Over time, you will be able to judge how much time is needed to clean each facial area.

Note 2: Pressing too hard will impede the motion of the brush and reduce its effectiveness.

To Use for Moisturizing:

Clean skin can better absorb moisturizers that become more important as we age. Massaging moisturizing crèmes into your skin is effectively accomplished with the Body Essentials Deep Cleansing Facial Brush & Massager. To use the Smooth Surface Attachment, please follow these steps:

1. Install the Smooth Surface Attachment onto the Rotating Attachment Base.



2. Apply your moisturizing crème to the area of your face being treated and massage the crème into your skin with the Deep Cleansing Facial Brush & Massager.
3. Push the Power/Speed button to start cleaning. Choose the speed that best suits your moisturizing needs.

4. Gently move the rotating smooth surface over your skin using a small circular motion, beginning on your forehead, then moving to your nose/chin area, then your cheeks.

To Use for Massaging:

Regular facial massages help keep your facial collagen and elastin fibers in place. Massage relaxes muscles and temporarily improves local blood circulation thus creating a more youthful glow and allows moisturizing creams to better penetrate your skin. To use the Massage Nodes attachment, please follow these steps:

1. Install the Massage Nodes Attachment onto the Rotating Attachment Base.



2. You can use the Massage Nodes Attachment dry, or with a cleanser, cream or oil.
 - Start by placing a warm cloth over your skin for a minute or two. This gives your skin an extra dose of oxygen because the heat causes a rush of blood to your tissue (skip this step if you are prone to rosacea).

- If using a cleanser, cream or oil, apply it to regions of your face and then use the Massage Nodes Attachment to massage it in. Focus on areas that can look fatigued, like your jaw line, the sides of your nose and around your mouth and forehead, where deeper lines start to accumulate.

Care and Maintenance

- Clean your Facial Brush & Massager with a damp cloth soaked with mild soap. Do not use stronger chemical cleaners as they may damage the rubber material.

CAUTION: The Facial Brush & Massager is water resistant - not waterproof – do not submerge in water or use in the shower or bath.

- The Soft Brush, Smooth Surface and Massage Nodes attachments may be submerged in water to clean or cleaned in a dishwasher.

Replacement Brush Heads:

- We recommend that the Soft Brush Attachment be replaced every 90 – 120 days of use as the bristles become fatigued and less effective over time.

Specifications:

- Power: 3 x 1.5 volt AA batteries. Batteries not included.

Cleanser and Spare Parts *Available from Body Essentials*

Gentle Cleansing Gel

0.5 oz. - Pump Bottle

Item #: FC-100

Price \$9.99 - FREE SHIPPING

A medical grade cleansing gel that is ideally suited for use with the Body Essentials Deep Cleansing Facial Brush & Massager. It starts as a gel and lathers with scrubbing and water.

Ingredients: Aloe Vera Gel, Decyl Polyglucose, Glycerin, Cocamidopropyl Betaine, Polyquaternium-10, Coltsfoot Extract, Hops Extract, Rosemary Leaves Extract, Sage Leaves Extract, Allantoin, Sodium PCA, Sodium Hyaluronate, Fragrant Oil, Carrot Extract, Phenoxyethanol, Potassium Sorbate, Sodium Benzoate.



Replacement Soft Brush Attachment

Item #: SBA-100

Price \$4.99 - FREE SHIPPING

Replacement soft brush attachment for FM-360.



Replacement Smooth Surface Attachment

Item #: SSA-100

Price \$4.99 - FREE SHIPPING

Replacement smooth surface attachment for FM-360.



Replacement Massage Node Attachment

Item #MMA-100

Price \$4.99 - FREE SHIPPING

Replacement massage node attachment for FM-360.



**Order at www.bodyessentialsforyou.com
or from 1-866-625-3218**

1 Year Limited Warranty

Body Essentials Company warrants that this product is free from defects in materials or workmanship for a period of one (1) year from the date of original purchase.

If the product fails to operate in accordance with our specifications, simply return the product to the retail location where you purchased it or call our toll free number below within one (1) year of the date of purchase. Proof of date of purchase is required. Body Essentials Company will, at its option, repair or replace the product at no charge to you.

This warranty does not cover damage resulting from accident, misuse or abuse, lack of reasonable care, the affixing of any attachment not provided with the product, or loss of parts, or subjecting the product to anything but the specified batteries.

This warranty is in lieu of any other warranty, express or implied. All implied warranties, including any implied warranty of merchantability or fitness for any particular purpose, are limited in duration to one (1) year from the date of original purchase. In no event will Body Essentials Company be responsible for incidental, consequential, or special damages resulting from the use of this product.

Some states do not allow limitation on how long an implied warranty lasts and/or the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights which vary from state to state.

To speak with a Body Essentials representative, please call: 1-866-625-3218 or email us at info@bodyessentialsforyou.com

Thank you for choosing Body Essentials™!