

# Galvanic Spa™ System II

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# Galvanic Spa™ System II

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### Technical questions

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- ▶ Is it safe to use Galvanic Spa™ System II if I have received Botox, collagen, silicon injections, or other similar treatments?
- ▶ Can a person who has cancer and is undergoing chemotherapy use the Galvanic Spa™ System II?
- ▶ Is it safe to put a little galvanic gel on a daily basis over the area where I have acne, just 1 minute as mini-local treatment?
- ▶ Can I use the Galvanic Spa™ System II if I have inlays in my teeth, amalgam, screws or bolts on my teeth or if I have had dermal filling treatments?
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## Galvanic Treatment

- ▶ How does the Galvanic Spa™ System II instrument work?

Galvanic Spa™ System II treatments use the basic principles that like charges repel each other and opposites attract, similar to magnetic poles. Products are formulated to contain key ingredients which carry a positive or negative charge. The instrument is also set to have the same charge as the product. The repelling of like charges "pushes" the product into the skin facilitating the delivery of key ingredients.

- ▶ How is the Galvanic Spa™ System II different from competitors?

The Galvanic Spa™ System II has several differentiating features, including:

- a) Patented self-adjusting currents**
- b) Patented interchangeable heads**
- c) Flexible timing**
- d) User selectable polarity**
- e) An affordable alternate to spa treatments**
- f) Convenience - use at home**
- g) Enhanced delivery of key ingredients**

- ▶ Can I use the Galvanic Spa™ System II with other Nu Skin® products?

The Galvanic Spa™ System II can be used with products that are formulated to carry a charge: Galvanic Spa™ Pre-Treatment and Treatment Facial Gels, Tru Face™ Line Corrector, Galvanic Spa™ Body Shaping Gel, and Nutriol® Hair Fitness Treatment. These products have been specifically formulated for use with the Galvanic Spa™ System II. Additionally, Nu Skin® has a patent pending discovery based on carefully controlled research revealing that galvanic treatments of five minutes or longer may enhance the delivery of certain active ingredients by 70% or more for up to 24 hours after the treatment including active ingredients contained in subsequently applied advanced anti-ageing products.



# Galvanic Spa™ System II

## Frequently Asked Questions

### ► Do all Nu Skin® products have a charge?

Not all products developed by Nu Skin® have a charge. Only those products recommended for the Galvanic Spa™ System II have specially formulated charged ingredients. These products include the Galvanic Spa™ Pre-Treatment and Treatment Facial Gels, Tru Face™ Line Corrector, Galvanic Spa™ Body Shaping Gel and Nutriol® Hair Fitness Treatment.

## Treatments

### ► What are the differences between all four Galvanic Spa™ treatments?

Galvanic Spa™ Facial Gels work with the facial conductor and instrument to draw out dulling debris and allow pores to breathe. They also deliver beneficial nutrients that soothe and calm the skin, provide cellular energy and facilitate recovery from stress. Look visibly younger and feel vibrant and revitalised.

Tru Face™ Line Corrector works with the Galvanic Spa™ Focus Area Conductor helping to more effectively absorb and enhance the delivery of pro-collagen peptides that send age reversing signals to collagen producing cells.

Body Shaping Gel works together with the Galvanic Spa™ Body Conductor by targeting pockets of fat and toxins; minimising and smoothing the appearance of cellulite for a firmer, more toned body.

Nutriol® Hair Fitness Treatment works with the Galvanic Spa™ Scalp Conductor to facilitate the transport of key ingredients into the scalp, promoting healthy and abundant hair.

### ► What is the difference between the Galvanic Spa™ Pre-Treatment Facial Gel and the Treatment Facial Gel?

The Pre-Treatment and Treatment Gels are specially formulated with several skin beneficial ingredients to help concentrate cellular energy, support stress recovery and rejuvenate your skin. Pre-Treatment Gel contains marigold, sea kelp and vanilla extract to soothe and condition the skin, along with TEA cocoyl glutamate which purifies the skin. These key ingredients help to remove impurities so your pores can breathe. The Treatment Gel contains arginine, an amino acid that helps skin recover from stress and magnesium to promote cellular energy. These key ingredients help to revive and invigorate your skin. Both products work synergistically with the Galvanic Spa™ instrument and face attachment.

### ► How does the Galvanic Spa™ System II work with the Galvanic Spa™ facial treatments?

The Galvanic Spa™ facial treatment works in two steps: Galvanic Spa™ Pre-Treatment Facial Gel and Galvanic Spa™ Treatment Facial Gel. During the first step, both the Pre-Treatment Gel and the galvanic instrument are negatively charged. Since like charges repel each other, the negative charge of the galvanic instrument repels or pushes the Pre-Treatment Gel into the skin. The Pre-Treatment Gel contains ingredients that soothe, calm, and purify the skin. The purifying ingredients bind with impurities in the skin causing them to have a negative charge.

During the second step, both the Treatment Gel and the galvanic instrument are positively charged. These positive charges repel each other, helping deliver the Treatment Gel into the skin. The Treatment Gel contains ingredients that help the skin recover from stress and promote cellular energy. The positively charged galvanic instrument also attracts the remaining negatively charged impurities from the pre-treat cycle, drawing them out of the skin to give your skin a fresher, more vibrant look.

### ► How often should I do Galvanic Spa™ facial treatments?

The Galvanic Spa™ Pre-Treatment and Treatment Facial Gels are recommended to be used up to three times a week. It is important to use the entire contents of each vial for each Galvanic Spa™ treatment session.



# Galvanic Spa™ System II

## Frequently Asked Questions

### ► What does Dermatic Effects™ do?

Dermatic Effects™ contains ingredients that help stimulate the breakdown of fat and keeps your body from producing fat. We recommend using this product after doing a Galvanic Spa™ Body Shaping Gel treatment and on a daily basis to maintain and enhance the benefits of your treatment.

## Usage

### ► What is the usage order for someone using the Galvanic Spa™ System II, Nu Skin 180° System and treatment products?

#### ▪ Step 1: Cleanse

**180° Face Wash or Nutricentials™ cleanser**

#### ▪ Step 2: Tone

**180° Skin Mist, Tru Face™ Priming Solution or toner of your choice (if using Tru Face™ Priming Solution and 180° System, use before 180° Skin Mist)**

#### ▪ Step 3: Treat

- 1. Galvanic with Facial Gels**
- 2. Galvanic with Tru Face™ Line Corrector**
- 3. 180° Cell Renewal Fluid**
- 4. Other treatment products**
- 5. Tru Face™ Essence Ultra (final treatment product)**

#### ▪ Step 4: Moisturise

**180° UV Block Hydrator AM or 180° Nigt Complex PM, or moisturiser of your choice**

### ► While using the Galvanic Spa™ System II, can I also use other Nu Skin® products?

Yes, the Galvanic Spa™ System is designed for use in addition to your usual skin care regimen. Simply use any Nu Skin® cleanser and toner before the Galvanic Spa™ treatment and then proceed with your usual Nu Skin® skin care regimen.

### ► Do you see better results with the Galvanic Spa™ if you spend more time with each application?

We have not studied the efficacy of using the Galvanic Spa™ longer than suggested. Using the Galvanic Spa™ as suggested in the instructions will provide desired benefits.

### ► I don't feel anything when I use the Galvanic Spa™ System II, am I doing something wrong?

During the galvanic treatment, most people will not feel anything. The specially formulated gels help conduct the galvanic current and ensure that it goes in to the skin without any discomfort. The galvanic instrument will beep every 20 seconds and you will see 3 arrows on the LCD screen indicating that it is working. Although you may not feel it, the instrument is working to deliver beneficial ingredients along with galvanic current to revive, rejuvenate and enhance the beauty of your skin.

### ► Is two treatments a week maximum or can they be done more often?

Our current recommendation is to use the Galvanic Spa™ Treatment Gels up to three times a week.



# Galvanic Spa™ System II

## Frequently Asked Questions

### ► Why do I need to place a hand on the body of the person who gets the galvanic treatment?

Galvanic currents are a direct electrical current. They need a closed circuit in order to function properly, which is why an individual must touch the volunteer when doing a half face treatment on him/her. If the circuit is not closed (the volunteer is not being touched during the treatment), the current will not be able to flow through the individual. This is similar to a string of lights on a Christmas tree, where if one light goes out the entire string does not work.

### ► When using the Galvanic Spa™ System II what is the best technique?

As a company, we have never studied different patterns of movement to ascertain what works best. Our distributors have found that moving the Galvanic Spa™ System II over your face in an upward, outward slow-gentle movement along the muscle contour of your face is the best technique. You want to apply some pressure, but never enough to tug at the skin. When you are working around the eye area, start under the eye and then follow the muscle contour as you move up around the eye and hold just under the eyebrow for a few seconds. Gently massage above the eye and then back down under it. Repeat this movement several times, and then spend time on your face and neck. Avoid getting too close to the eye itself. We recommend simply following the bone structure around the eye.

There are different ways to use the instrument. Some like to massage in a circular motion moving from the nose area out to the ears, while others like to move the instrument upward and outward. Experiment with the instrument to find what's comfortable for you. Just make sure to gently massage all your skin that is covered by gel.

### ► How firmly should I press with the Galvanic Spa™ System II instrument?

You should apply enough pressure to maintain constant contact with the skin but never tug at the skin to ensure feeling comfortable during the treatment.

### ► Can I use half a vial of Galvanic Spa™ Pre-Treatment or Treatment Facial Gel for half face demonstrations and save the rest for another day?

The Galvanic Spa™ Pre-Treatment and Treatment Facial Gels were specifically packaged to provide an efficacious amount for one galvanic session. We do not recommend saving any unused portions of Facial Gels for use at a later time. Storing open vials of gels allows the possibility for serious problems regarding product safety and efficiency. Additionally, the active ingredient in the gels can become neutralised or oxidised in an open vial rendering the gels less effective for their intended galvanic treatments.

If the Pre-Treatment or Treatment Gel is absorbed and the galvanic instrument begins to tug on the skin, you should use the other half of the gel before spraying the skin with NaPCA Moisture Mist. If you have used all of the Pre-Treatment or Treatment Gel, then mist the skin with NaPCA Moisture Mist.

### ► Do I need to remove the remaining Galvanic Spa™ Pre-Treatment and Treatment Facial Gels after the treatment?

Yes, remove or rinse any remaining gel with a towel or water and follow with the Nu Skin® toner of your choice.

### ► Can I use part of one bottle of Nutriol® Hair Fitness Treatment today and then save the remainder for a later treatment?

Each bottle is a single dosage application and should be used quickly after releasing the powder phase into the solution. Dispose of any remaining product. We recommend using one bottle of Nutriol® Hair Fitness Treatment every other day for the first eight weeks and then two bottles per week for the next four weeks.

### ► Can the Galvanic Spa™ System II be used without the gels?

The Galvanic Spa™ System II is a device that was designed to help with the delivery of actives to the skin. It should be used in conjunction with specifically formulated products. We have not done any testing on the use of the device without charged skin care formulations, so we cannot comment on the safety.

### ► Does the Galvanic Spa™ System II help with breakouts?

The Galvanic Spa™ Pre-Treatment and Treatment Facial Gels should not cause any additional problems for individuals with breakouts. To treat breakout and prevent future blemishes, we recommend the Nu Skin® Clear Action System.

# Galvanic Spa™ System II

## Frequently Asked Questions

### Results

#### ► What are the benefits of the Galvanic Spa™ System II?

The Galvanic Spa™ System II provides key features and benefits for a spa treatment in the comfort of your own home. These benefits and features are listed below:

- A Nu Skin® Galvanic Spa™ System II allows you to get professional spa treatments in the comfort of your own home -no appointment necessary.
- A Galvanic Spa™ treatment can enhance the delivery of certain key ingredients for up to 24 hours.
- The Galvanic Spa™ System II works with formulated products to facilitate the transport of key ingredients for optimal performance.
- The Galvanic Spa™ System II features a proprietary patented instrument with four interchangeable conductors:
  - Face Conductor - this flat conductor head provides better contact with the skin, while adding the flexibility of being removable for other conductor use and treatments.
  - Focus Area Conductor - this conductor head utilises a flat, smooth, oval shaped treatment node that centralises surface contact area. This node provides better contact with the skin in angular and hard to reach areas of the face. It also helps deliver a more concentrated treatment.
  - Body Conductor - three rounded nodes maximise the surface area contact for wider coverage and better massaging action.
  - Scalp Conductor - this comb-like conductor is easy to pull through your hair, maintaining crucial contact between the conductor and your scalp.
- Replaceable batteries - eliminate cords, adapters, and dependence on electrical outlets.
- User-selectable polarity - increases the number of products for use with the Galvanic Spa™ System II.
- Flexible program timing - accommodates a wide range of applications: face, spot, body, and scalp treatments.
- User-friendly handheld contact points - hand is in a natural, comfortable position.
- Automatically adjusts to your skin - delivers the correct amount of current for the most effective treatment.

#### ► How soon can I expect to see a difference in my skin using the Galvanic Spa™ System II?

Most individuals can see and feel a difference immediately after using the Galvanic Spa™ System II with the Facial Gels. Based on our clinical studies, participants were able to see results with Galvanic Spa™ System II used with Tru Face™ Line Corrector and Body Shaping Gel within two and four weeks respectively. Many people notice that their hair looks more shiny and healthy within one week of using Nutriol® Hair Fitness and the Galvanic Spa™ System II. Results with each of the Galvanic Spa™ products become more visible as you continue to use the Galvanic Spa™ System II as directed.

#### ► Will the Galvanic Spa™ System II instrument and products help increase firmness in the skin?

Galvanic Spa™ System II is a skin rejuvenation tool. It works by invigorating the epidermis and dermis with customised galvanic current (which does not exceed 375 microamps) and “gentle massaging action”. In the Galvanic Spa™ Pre-Treatment and Treatment Facial Gels, marigold, sea kelp and vanilla extract soothe and condition the skin during cleansing cycle and arginine, rose, sandalwood, and jasmine rejuvenate and restore stressed skin during the treatment cycle. We recommend following your Galvanic Spa™ treatment with Tru Face™ Essence Ultra. This scientifically advanced serum is designed to promote increased elastin production for a firmer more contoured appearance.



# Galvanic Spa™ System II

## Frequently Asked Questions

### Instrument Logistics

#### ▶ What metal is used in the Nu Skin® Galvanic Spa™?

The conductors are made of chrome and copper. The materials for the conductor are ABS with electroplated chrome. (ABS stands for Acrylonitrile Butadiene Styrene).

#### ▶ How do I change the conductor attachments?

To release a conductor: With your free hand on the conductor being released, hold the instrument with the chrome activation panel facing you and press on the gray release button firmly with your thumb until the conductor is released from the instrument.

To attach a conductor: Hold the instrument with the display side up and hold the conductor with the positioning indicator (small etch) facing you. Press firmly to snap the conductor into place. If your conductor fails to attach, make certain the conductor is positioned correctly. Forcing the conductor could damage both the instrument and the conductor. The instrument will not work unless the conductor is attached correctly.

#### ▶ What's the difference between the one, two or three beeps as the instrument automatically adjusts to your skin?

When the galvanic instrument is touched to your skin it sends a controlled level of current out, and times how long it takes for the current to return to the instrument. People with highly conductive skin (usually high skin moisture and electrolyte content) will get a level three setting (3 beeps). Their skin can tolerate high levels of galvanic. People with less conductive skin will get a level two, or level one setting depending on how conductive their skin is. The Galvanic Spa™ System II measures skin conductivity, which is affected by moisture content and electrolyte balance.

#### ▶ Why does the instrument beep every 20 seconds?

The Galvanic Spa™ System II instrument is designed to be silent when in use. The beeps every 20 seconds have been added to let the user know the treatment is in progress.

#### ▶ What is the warranty on the Galvanic Spa™ System II instrument?

Nu Skin® warrants to the original owner of the Galvanic Spa™ System II that it is free from defects in materials and workmanship for a period of two years from the original date of consumer purchase. This warranty does not cover damage to the product as a result of misuse or accident. If the product becomes defective within the two-year warranty period, please call your local Nu Skin® office to arrange for a replacement.

### Technical questions

#### ▶ Trouble shooting tips if you think your Galvanic Spa™ System II is not working properly:

1. Are fresh batteries sitting in the Galvanic Spa™ System II unit properly?
2. Is all plastic film removed from the chrome on the Galvanic Spa™ System II? The galvanic instruments are shipped with a protective plastic coating that must be peeled from the chrome section and LCD screen. Make sure it is removed for the unit to work properly.
3. Has the gray selection button below the LCD panel been pressed? After pressing the soft touch gray button, a single fountain should appear on the LCD panel (Pre-Treatment Facial Gel setting). After a one second pause, the number one will appear below the fountain. As soon as the number one appears quickly press the button again to toggle over to the desired time setting of one, two, three or five minutes. After the time has been selected the Galvanic Spa™ System II unit is ready to analyse the skin for treatment with the Pre-Treatment Facial Gel. When the Pre-Treatment is finished two beeps will be heard and a check mark will be visible on the LCD panel. When ready, press the soft touch gray button again and two fountains will appear (Treatment Facial Gel, and Tru Face™ Line Corrector setting.) After the time has been selected, as instructed above, the Galvanic Spa™ System II unit is ready to analyse the skin for treatment with the Treatment Facial Gel or Tru Face™ Line Corrector.

# Galvanic Spa™ System II

## Frequently Asked Questions

4. Is the Galvanic Spa™ System II unit being held correctly? Galvanic is a current, so it is necessary to hold the chrome section with slightly damp hands while pressing the instrument to the skin. This completes the circuit and allows the current to flow.
5. Is the Galvanic Spa™ System II unit being held with slightly damp hands? Some individuals try to use the Galvanic Spa™ System II with very dry hands, and have difficulty getting it to analyse their skin. Dry hands do not properly conduct the galvanic current, which can prevent the instrument from analysing. Simply moistening the hand that holds the chrome base of the galvanic instrument will allow the current to flow properly.
6. Is the Galvanic Spa™ System II unit being held in place for a moment to allow it to analyse the skin? After pressing the button once, and seeing the single fountain and pressing it again as many times as needed to select the desired time on the LCD panel, hold the chrome base with a slightly damp hand and press the instrument to the skin. Allow it to analyse. You will know that it has analysed the skin when one, two, or three beeps are heard.
7. Do you think it is not working because you do not feel anything? During the galvanic treatment, most people will not feel anything. The specially formulated gels help conduct the galvanic current and ensure that it goes into the skin without any discomfort. Although you may not feel it, the instrument is working to deliver beneficial ingredients along with galvanic current to revive, rejuvenate and enhance the beauty of your skin.

### ► What are the levels of the charges used corresponding to one, two, or three beeps?

The conductivity of our skin can change from hour to hour so it is not abnormal to have a different number of beeps from 1-3 at the start of a Galvanic Spa™ treatment. The beeps correspond to electrical amounts of 0.125 mA (millampere), 0.250 mA, and 0.350 mA. This is a very low amount of current, but shown to be very effective and safe for all users no matter the state of their skin's conductivity at the moment of the Galvanic Spa™ treatment.

### ► How does the Galvanic Spa™ System II pull dirt and debris from the skin?

Galvanic Spa™ System II is a cosmetic instrument and it works on the epidermis of the skin. During a Galvanic Spa™ System II treatment the polarity of the direct current (positive or negative) pushes or repels charged molecules out of or into the epidermis as the instrument is gently moved across the skin. With the Treatment Gels, dead skin cells and sebum have a negative charge, so application of positive current expels "dirt and oil" from the skin. This treatment allows a thorough, deep pore cleansing.

## Safety Questions

### ► Why is there a warning saying, "Check with your physician before using the Galvanic Spa™ System II if you are pregnant, have a pacemaker, are epileptic, wear metal braces on your teeth, or have a metal implant"?

While the Galvanic Spa™ System II is very safe and gentle, clinical studies have not been performed to prove safety of use for the individuals mentioned. Nu Skin® also provides this warning to be in compliance with regulations for electronic devices.

The effect on individuals with pacemakers, metal braces, or metal implants will vary based on the condition that the individual has. The warning that accompanies the Galvanic Spa™ System II is similar to other electrical devices like an electric toothbrush or walkman. For most people, it will not pose any risk, but there is the potential for some individuals. The currents could interfere with the functioning of devices such as pacemakers or cause irritation to those wearing metal braces on their teeth or have implants in their mouths.

If an individual has concerns, we would recommend that they speak with his/her health care provider. The levels of the currents are 0.125 mA, 0.250 mA, and 0.350 mA (milliamperes). These are considered very small currents.

# Galvanic Spa™ System II

## Frequently Asked Questions

- ▶ Is it safe to use Galvanic Spa™ System II if I have received Botox injections, collagen injections, silicon injections, or other similar treatments?

Nu Skin® has not studied the effects of the Galvanic Spa™ with Botox injections, collagen injections, silicon injections, etc. These are all medical procedures and therefore fall outside of the cosmetic realm in which we conduct our business.

We have contacted facilities that perform these types of treatments and galvanic treatments. Their policy was not to provide galvanic treatments on individuals who had previously received injections for up to two weeks, to ensure there was no perceived contraindication between the two.

- ▶ Can a person who has cancer and is undergoing chemotherapy use the Galvanic Spa™ System II?

Anytime someone is undergoing chemotherapy they should follow their doctor's advice regarding which products to use. Chemotherapy varies from person to person as does their reaction to the drugs. Only a doctor can determine what their skin needs are based on the chemotherapy they receive and how their skin reacts.

- ▶ Is it safe to put a little galvanic gel on a daily basis over the area where I have acne, just 1 minute as mini-local treatment?

Spot treatments with the Galvanic Spa™ System II are safe on a daily basis in conjunction with the recommended use of the Treatment Gels. For example, we recommend that individuals using the Tru Face™ Line Corrector with the Galvanic Spa™ Focus Area Conductor do so twice a day (morning and evening) and they can still use the Treatment Gels as directed. We have not made any recommendation for using a small quantity of the Treatment Gels daily or to treat acne with this system. The Treatment Gels were packaged in a metered dose for the entire face. Using them as directed ensures the proper amount of actives. Additionally, we do not recommend the Galvanic Spa™ System II be used over broken capillaries or open wounds. If the individual's acne is severe, it would fall under this category.

- ▶ Can I use the Galvanic Spa™ System II if I have inlays in my teeth, amalgam, screws or bolts on my teeth or if I have had dermal filling treatments?

Any metal in the mouth such as fillings or retainers can conduct the galvanic current which may cause an uncomfortable sensation in the teeth or taste in the mouth. This is not harmful, but may be uncomfortable.

- ▶ Can I perform galvanic treatments on my stomach?

Yes, the Galvanic Spa™ System II and Galvanic Spa™ II Body Shaping Gel can be used on the stomach or abdominal areas.

- ▶ Can I perform galvanic treatments if I suffer from skin diseases such as rosacea?

Individuals with skin conditions, as with all individuals with any medical condition, should consult their physician or dermatologist before using the Galvanic Spa™ System II.

- ▶ Can sun exposure cause a negative effect when using the Galvanic Spa™ System II daily?

We have not tested the product for daily use, so we do not have any indication. The ingredients in the Galvanic Spa™ Pre-Treatment and Treatment Facial Gels and other Galvanic Spa™ System II products have not been shown to increase sensitivity to sun exposure.

- ▶ I like to go to the solarium, are there any problems when using the Galvanic Spa™ System II?

Using the Galvanic Spa™ System II should not be a problem as long as you follow the regular usage instructions.