



**:SQOOM®**  
Operating instructions





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Thank you very much for your decision to purchase SQOOM. This high-quality concept from the medical- and dermatology expert SQOOM Global AB offers highly effective serums and specially developed programmes for anti-ageing, whitening and cleansing, as well as applications for skin problems and back- or muscle tension.

Quite possibly the most elegant way to achieve visibly beautiful skin. The revolutionary SQOOM concept with its patented synchron technology of ultrasound and iontophoresis.

Please read these instructions carefully for optimum results and maximum treatment success.



- 1 | Transducer with titanium alloy  
– suitable for allergy sufferers  
Apply the active ingredients serum generously here.
- 2 | Control lights  
The control lights flashing regularly and the beep tones of the device show that the device is in operation (only during skin contact).
- 3 | On/Off POWER button  
The device is switched on/off by pushing the button once.
- 4 | Programme selection button STEP  
Any time you push the STEP button you will initiate one of the programmes.
- 5 | Contact handles  
Always hold your SQOOM touching the contact handles on both sides.
- 6 | Charging station  
Put the device back into the charging station after each application to keep your SQOOM ready for operation at any time.
- 7 | Battery control light  
When the control light glows green, the device is fully charged. If it glows blue, the device is still charging.

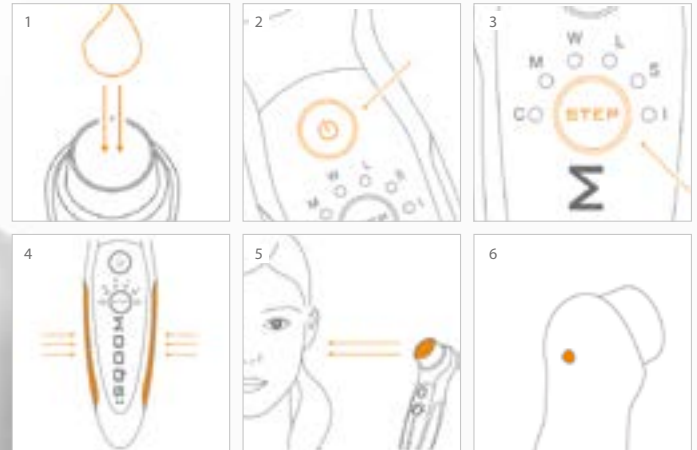
Only use original xCential serums and original SQOOM devices for the SQOOM application.  
We accept no liability for results when using cosmetics or devices produced by others.

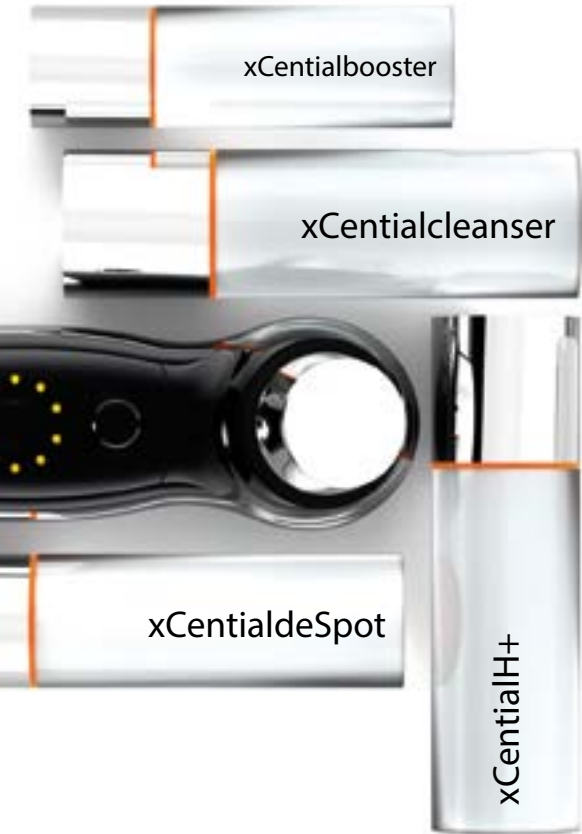


Clean your skin as usual before each application. Next, apply one of the active ingredients serums generously onto the transducer (1) or directly onto the skin area to be treated. Switch on the device (2).

Now choose the suitable application programme (3) and hold the SQOOM firmly on both sides so that you touch the contact handles (4). Then place the transducer on the skin area you want to treat and move it softly over the skin in slow circulating moves (5).

Please note: If you treat another person with your SQOOM, you should ensure that your free hand touches the other person (skin contact). This closes the circuit allowing your SQOOM to work flawlessly (blinking control light) (6).





#### xCential cleanser

Interactive physical cleansing process, supplying skin with moisture and preparing it for the SQOOM treatment. Panthenol and chamomile extract can have a skin-soothing and relaxing effect.

#### xCential H+

The innovative H+ serum is made entirely from skin friendly active ingredients of natural origin for visibly beautiful and smooth skin. The main ingredient of xCential H+ is hyaluron – a renowned moisturiser.

Small hyaluronic acid particles of low molecular weight are transported to the deeper skin layers where they refill hollow spaces left by the ageing process.

#### xCential deSpot

This whitening serum contains a combination of the active ingredients sulfuraphane and genistein. This can brighten skin areas and reduce age spots in a liposomal combination.

#### xCential booster

24 hour concentrated moisture boost. Fresh and velvety-smooth skin with immediate effect. Wrinkle depth seems reduced after one single application and xCential booster has an 8 hour anti-wrinkle effect.

## xCentialcleanser

- Clean your skin as usual (remove your make-up, creams and perfume).
- Apply the xCential cleanser serum generously onto the transducer or the skin area you want to treat.
- Switch on the device with the POWER button and select programme C with the STEP button or programme I (blue) for the sensitive eye area.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- Wash your face with a lot of water after the cleansing treatment.
- Result: Skin cleaned down to the pores.



### PROGRAMME 1 | C

Cleansing down to the pores



ON

C



### PROGRAMME 6 | I blue

Especially around your eyes



I



Treatment duration: 4 min  
Application: Once a week  
Use daily for quicker results.

## xCentialH+

- We recommend carrying out the cleansing programme before each treatment.
- Apply the xCential H+ serum generously onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme W with the STEP button or programme I (green) for the sensitive eye area.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- We recommend leaving the serum on your skin as a mask overnight when you treat your skin in the evening.  
If you carry out the treatment in the morning or during the day, we recommend washing off the serum after the treatment.
- Result: Visibly beautiful skin.



Tip: Use programme M and L in addition to the normal H+ (W) application.

### PROGRAMME 3 | W

Reduction of wrinkles and skin firming



ON

W



### PROGRAMME 6 | I green

Especially around your eyes



I



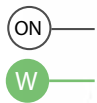
Treatment duration: 8 - 12 min  
Application: Once a week  
Use daily for quicker results.

## xCentialdeSpot

- We recommend carrying out the cleansing programme before each treatment.
- Apply the xCential deSpot serum generously onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme W with the STEP button or programme I (green) for the sensitive eye area.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- We recommend leaving the serum on your skin as a mask overnight when treating your skin in the evening.  
If you want to carry out the treatment in the morning or during the day, we recommend washing off the serum after the treatment.
- Result: Whitening of skin areas and age spots.



### PROGRAMME 3 | W Whitening application



### PROGRAMME 6 | I green Especially around your eyes



Treatment duration: 8 - 12 min  
Application: Once a week  
Use daily for quicker results.

## xCentialbooster

- Apply the xCential booster serum onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme S with the STEP button.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- Leave the remaining serum on your skin after the booster application and massage it into your skin with your fingers.
- Result: Gives your skin a youthful and bright look.



### PROGRAMME 5 | S Concentrated moisture for 24 hours



Treatment duration: 4 min  
Application: As needed – the immediate effect for special occasions or as an ideal supplement to the xCential H+ application.

Special SQOOM "Aqua Tonic" cleansing water is suitable perfect for dry and sensitive skin and all skin types.

Mild and at the same time powerful facial cleansing based on a patented technology for daily use

1. Main tonic surfactant is non-ionic and does not cause any skin allergies or damages
2. Important active ingredients for moisturizing with the main ingredient of Aloe vera
3. Our active ingredient Dexpentanol is responsible for its sedative and anti-irritant effects
4. Tonic based on antibacterial, antiviral active ingredients
5. pH 5.5
6. A promised gentle feeling of freshness after cleansing
7. The formulation is free of perfume, parabens, alcohol and active skin stimulants
8. Best preparation cleansing for SQOOM treatments

To use with the cleansing mode of the Q1 device for best results or even for your daily cleansing routine.





Please read the following tips to help you get maximum enjoyment from your device.

Only use original xCential serums and original SQOOM devices for the SQOOM application. We accept no liability for results when using cosmetics or devices produced by others.



#### Extended international warranty

Please register your device for the FREE extended complete warranty and become SQOOM VIP. Extending the legally prescribed warranty and liability, you can use the extended worldwide complete SQOOM warranty free of charge and receive many other benefits.

[www.warranty.sqoom.com](http://www.warranty.sqoom.com)

Customer service: [info@SQOOM.com](mailto:info@SQOOM.com)

- Store in a dry place and do not immerse in water.
- Clean the transducer with a moist cloth.
- Put the device in the charging station after switching it off and make sure that the blue LED light glows.
- The blue LED light turns to green when the charging is finished. If there are problems with charging, the LED will blink blue.
- If the battery of the device is discharged completely, please charge it for at least three hours before using the device again.
- When completely charged, the device has approximately four hours of usage time. One full charge can provide over two weeks of use at 12 minutes per day.
- Press the STEP button for about three seconds to display the remaining battery charge. If the LEDs of the 6 programmes glow, the device will be charged completely. If only two LEDs glow, there is approximately 30 minutes of charge left. When the signal tone sounds, the battery must be charged.
- If you do not use the device within two minutes after switching it on, it will switch off automatically.
- The programmed application time for each step is four minutes. When the four minutes have expired, a signal tone sounds. After this, the device switches to stand-by mode. If it is not switched on again within two minutes, it will switch off automatically.
- The rated input voltage is 100 V to 240 V AC. So the device can also be taken to your journeys and used worldwide.
- Remove the power plug of the charging station as soon as your device is fully charged.
- Keep all electric contacts clean, dust-free and dry.

## Technical data and environmental protection

### Device Designation

Device	SQOOM m2
Charging Station	
Mains Voltage	AC 100 - 240V, 50/60 Hz
Output/ Adapter	DC 4.2 V, 1A
Power	7 W
Weight	133 g
Hand Device	
Lithium/ ion battery	
Output/ Adapter	DC 3,7V / 2200mA
Weight	194 g (gross)
Ultrasound	
Frequency	1 MHz
Intensity levels	from 0.1 W/ cm <sup>2</sup> to 0.5 W/ cm <sup>2</sup>
Ion	
Frequency	1,150Hz ~ 1,785Hz



In the interest of recycling raw materials, the device should not be disposed of with the normal household waste at the end of its operating life. The disposal can be executed via SQOOM Global AB or at applicable collecting points which you can find out from your local council or municipal administration.

## Important hints

Only use original xCential serums and original SQOOM devices for the SQOOM application. We accept no liability for results when using cosmetics or devices produced by others.

Please do not treat one skin area longer than 20 minutes per day.

Do not treat an area with SQOOM which is affected by skin cancer or surgery sites.

Do not use SQOOM if you have a cardiac pacemaker.

In cases of hyperthyroidism, do not treat the throat or chest area with SQOOM.

Do not treat the area around joint implants with SQOOM. This might result in increasing pain.

Do not treat the abdomen or chest area with SQOOM during pregnancy

Avoid the contact of serum and transducer with your eyeballs, eye lids and mucous membranes.

Keep the device and serum/cream out of the reach of children.

Do not store the serum/cream at more than 25°C.

The serums/creams are exclusively made for external skin application.

If you treat another person with your SQOOM, you should ensure that your free hand touches the other person (skin contact). This will close the circuit and ensure the proper operation of your SQOOM.

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Stockholm/ Sweden



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