

innoGIO

GIO**perfect** *Mask*



Quick Guide

1. First-time setup

1. Unpack and charge the GIOperfect LED therapy face mask using the provided USB cable.
2. Connect the USB cable to the controller, then to the power supply, and insert it into a grounded outlet.
3. The indicator light will blink while charging. Fully charge the device before first use.



2. Sensitization test

Before your initial treatment, perform a sensitization test to ensure skin compatibility:

1. Place the LED face mask on your inner arm.
2. Press ON/OFF until the lights illuminate. Allow the device to run its full 10-minute cycle.
3. If your skin feels hot or uncomfortable, turn off the device and remove it immediately.
4. Wait 6 hours. If redness or itching occurs, discontinue use — the mask may not be suitable for your skin.



3. Potential adverse effects

1. Temporary redness may occur immediately after treatment and typically resolves within 1-2 hours.
2. After a 12-treatment course, most users report visible improvement in skin tone and texture.

4. How to use your LED face mask

Step 1: Establish skin tolerance

- Start your LED therapy journey at gear 1-2 intensity levels to let your skin adapt gradually.
- Increase intensity based on comfort and skin condition.

Step 2: Adjust lighting duration

- Tailor the treatment duration to your skin's response — avoid extending sessions unnecessarily.
- Blue light sessions should not exceed 10 minutes.

Step 3: Recommended frequency

- For best results, use your LED face mask 3-5 times per week for at least 4 consecutive weeks.
- Once your skin condition improves, continue with maintenance sessions as needed to sustain results.

Step 4: Performing a treatment

1. Cleanse and exfoliate your face to remove any residue.



2. Place the mask on your face, secure the straps, and press ON/OFF to activate the device.



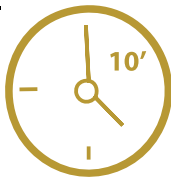
3. The mask starts with red light.
4. To switch between light modes - press ON/OFF again.



5. To extend treatment time – press the clock button.
6. To activate NIR (Near Infrared) mode – press the NIR button, then adjust intensity using the gear button.



7. The mask automatically turns off after 10 minutes (you may stop earlier by pressing ON/OFF).



8. After treatment, remove the mask, apply your regular skincare products, and remember to use sunscreen.



9. Clean the device with a water-based wipe or damp cloth.



Do not clean while charging!

Practical use:

- Single mode: 15-20 minutes per session (blue light ≤ 10 minutes).
- Combined modes: keep total under 25 minutes.

Example: red 12 min. + yellow 12 min. = 24 min.

Golden Rule:

Consistency over intensity — one well-timed session per day gives the best, safest results.

5. Q&A

Question: Can I use the LED mask more than once a day?

Answer: No — for safety and best results, follow these rules:

- **Frequency:** Once per day only.
- **Total duration:** Do not exceed 25 minutes per session, regardless of light combinations.
- **Why:** Overuse can overstimulate the skin, causing redness, dryness, or irritation.
- **Recovery:** LED benefits (collagen renewal, cell repair) occur after each session — your skin needs this rest period.