

TheraFace TF03618-01

TheraFace Mask by Therabody: User Manual

Model: TF03618-01

INTRODUCTION TO YOUR THERAFACE MASK

The TheraFace Mask by Therabody is an advanced LED light therapy and vibrating facial massager designed to enhance your skincare routine. This device offers a comprehensive approach to skin health, targeting various concerns such as wrinkles, skin tightening, dark spots, and acne through clinically proven light wavelengths and soothing vibration therapy.

Experience supercharged face care in just 9 minutes daily with its powerful, medical-grade LEDs. The cordless, hands-free design ensures convenience, allowing you to integrate treatments seamlessly into your daily activities.



Image: The TheraFace Mask in its charging stand, highlighting its modern aesthetic.

GETTING STARTED: SETUP AND FIRST USE

1. **Charge the Device:** Ensure the TheraFace Mask is fully charged before its first use. Connect the provided USB-A to USB-C adapter to the mask and a power source.
2. **Adjust for Comfort:** Place the mask on your face. The adjustable straps are designed for a customizable, comfortable fit. Adjust them as needed to ensure the mask hovers just over your skin instead of sitting directly on it, allowing for optimal light distribution and comfort.
3. **Protective Eye Shields:** The mask includes removable protective eye shields. Always use these to prevent eye injury during light therapy sessions.

Full-face LED light therapy

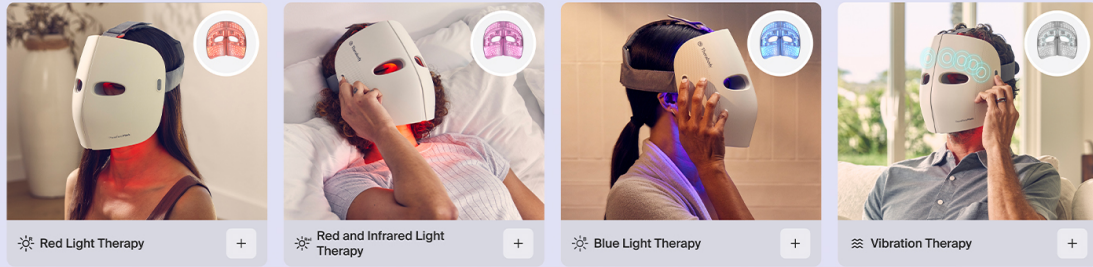


Image: The TheraFace Mask on its stand, illustrating the adjustable straps and internal eye shields for a secure and comfortable fit.

OPERATING INSTRUCTIONS

The TheraFace Mask offers both a recommended 9-minute complete treatment and shorter 3-minute treatments for specific concerns.

Recommended 9-Minute Complete Treatment:

Press and hold the LED button on the right side of the mask to start the recommended 9-minute LED treatment, which combines Red, Red + Infrared, and Blue Light therapy. This cycle automatically includes vibration therapy to boost skin's natural collagen production, diminish wrinkles, discoloration, and address acne.

3-Minute LED Treatments:

For shorter, targeted treatments, short press the LED button on the right side of the mask to select individual Red, Red + Infrared, or Blue light modes. Each mode runs for 3 minutes.

Vibration Therapy:

To use vibration therapy without light, or for a 15-minute vibration-only treatment, press and hold the vibration button on the left side of the mask. This feature gently massages pressure points on the face and scalp for relaxation and stress relief.



9-minute Complete Treatment:
combines Red, Red + Infrared
and Blue Light to help boost skin's
natural collagen production, while
diminishing wrinkles, discoloration,
and acne.



3-minute Quick Treatment:
choose from individual Red,
Red + Infrared or Blue Light to
address specific skin concerns.

Image: Visual guide to the 9-minute complete treatment and 3-minute quick treatment options available with the TheraFace Mask.

LIGHT THERAPY MODES AND BENEFITS

The TheraFace Mask utilizes three distinct LED light wavelengths to address various skin concerns:

- **Red Light Therapy (633 nm):** This mode is designed to improve the appearance of fine lines and wrinkles, and reduce dark spots. It supports collagen production for firmer skin.
- **Red + Infrared Light Therapy (633 nm, 830 nm):** Combining red and infrared light, this mode penetrates deeper into the skin to boost collagen, promoting face tightening and lifting. It also aids in reducing redness and improving overall skin radiance.
- **Blue Light Therapy (415 nm):** Ideal for acne-prone skin, blue light therapy targets and fights acne-causing bacteria, helping to clear breakouts and prevent future ones.

Three LED light wavelengths to improve skin health

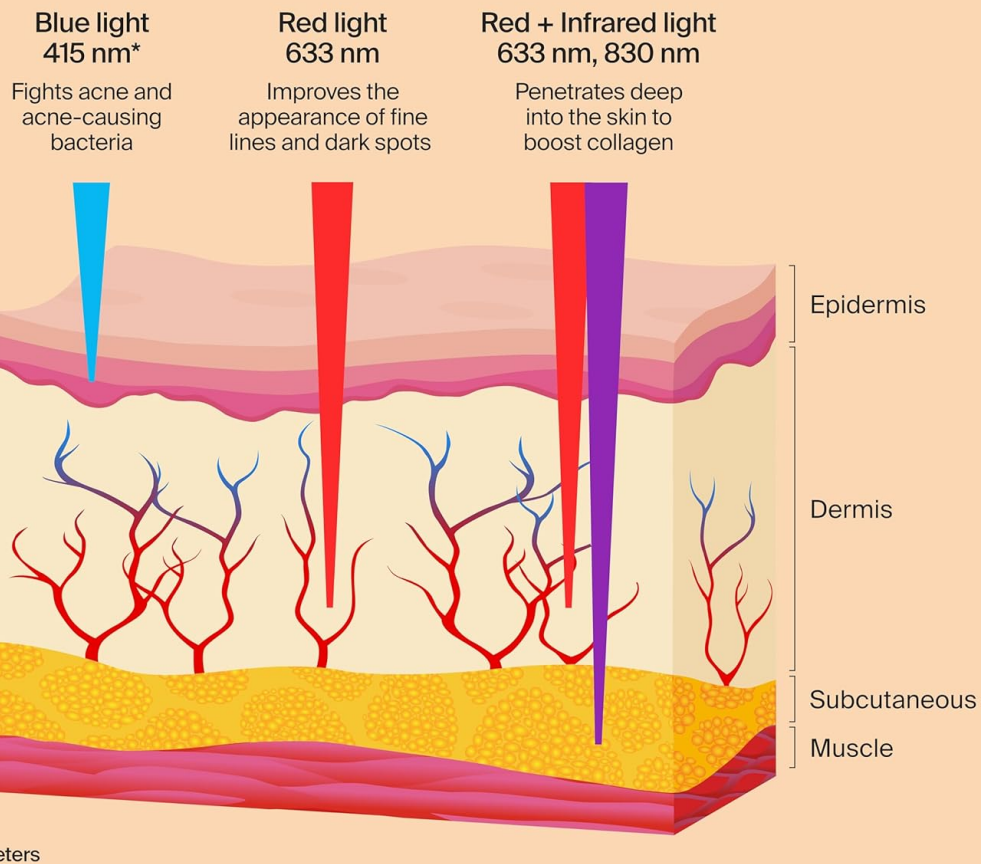


Image: A scientific diagram showing how different LED light wavelengths (Blue, Red, Red + Infrared) penetrate various layers of the skin (Epidermis, Dermis, Subcutaneous, Muscle) to deliver targeted benefits.

VIBRATION THERAPY

The TheraFace Mask incorporates a gentle vibration therapy feature that can be used independently or in conjunction with light therapy. This feature delivers a 15-minute vibration treatment to key pressure points on the face and scalp.

Benefits of Vibration Therapy:

- **Relaxation and Stress Relief:** The gentle pulsations help to ease facial tension and promote a sense of calm.
- **Improved Circulation:** Boosting blood flow to the skin can contribute to a more refreshed and revitalized appearance.

Gentle vibration therapy

Scalp and facial massage
relieve tension and
promote relaxation



Image: A woman wearing the TheraFace Mask, with visual indicators highlighting the gentle vibration therapy targeting the scalp and facial pressure points for relaxation.

MAINTENANCE AND CARE

Proper maintenance ensures the longevity and effectiveness of your TheraFace Mask:

- **Cleaning:** After each use, clean the mask according to manufacturer instructions. Typically, this involves wiping the interior and exterior surfaces with a soft, damp cloth. Avoid harsh chemicals or abrasive cleaners.
- **Storage:** Store the mask in its provided display stand or a clean, dry place away from direct sunlight and extreme temperatures.
- **Water Resistance:** The TheraFace Mask is not water resistant. Keep the device away from water to prevent electrical shock and damage.

TROUBLESHOOTING

If you encounter any issues with your TheraFace Mask, consider the following:

- **Device Not Turning On:** Ensure the device is fully charged. If the battery is low, connect it to the charger and allow sufficient time for charging.
- **Lights Not Activating:** Confirm the mask is properly positioned on your face and the power button has been pressed correctly.
- **Vibration Not Working:** Check that the vibration function is activated via its dedicated button.
- **Comfort Issues:** Re-adjust the head straps to ensure a comfortable fit that allows the mask to hover without excessive pressure.

For persistent issues, please refer to the full user manual or contact customer support.

SPECIFICATIONS

Feature	Detail
Product Dimensions	7.1 x 7.9 x 9.1 inches
Item Weight	1.1 Pounds (0.5 Kilograms)
Model Number	TF03618-01
Power Source	Battery Powered (1 Lithium Ion battery included)
Material Type	Mask: (PC+ABS) and (PC) + TPU; Vibration Motor: Steel and Aluminum; Protective Eye Shields: Medical-Grade Silicone
Special Features	Quiet, Rechargeable, Cordless, Hands-free Design
Target Use Body Part	Face
Specific Uses For Product	Wrinkles, Skin Tightening, Dark Spots, Acne

OFFICIAL PRODUCT VIDEO: MEET THERAFACE MASK

Your browser does not support the video tag.

Video: An official overview of the TheraFace Mask by Therabody, showcasing its features and benefits.

WARRANTY AND SUPPORT

For warranty information, product support, or to inquire about replacement parts, please visit the official TheraFace website or contact Therabody customer service. Keep your proof of purchase for any warranty claims.

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