

# QUICK START GUIDE

The Shark™ CryoGlow™ LED mask emits energy in the red and infrared light spectrum for the treatment of fine lines and wrinkles and in the red, blue, and infrared light spectrum for the treatment of mild-to-moderate inflammatory acne.

## CUSTOM SKINCARE ROUTINES YOU CONTROL

Achieve your skin goals with Dermatologist-developed doses of targeted LEDs, infrared light, and **InstaChill Technology**.

**For best results, use the same routine once per day for 8 weeks.**

### LED Routines

#### with InstaChill Cold Technology

Use either Better Aging or Skin Clearing, once a day. Then after at least 8 weeks, use Skin Sustain to maintain results.

FIRST 8 WEEKS

#### Better Aging (6 mins.)

Helps to plump skin while improving wrinkles, fine line and sagging.

OR

#### Skin Clearing (8 mins.)

Treats mild to moderate acne by reducing acne-causing bacteria and soothing skin redness and puffiness.

AFTER 8+ WEEKS

#### Skin Sustain (4 mins.)

Helps to boost brightening and maintains complexion with daily use.

**For best results, use the same routine once per day for 8 weeks.**

### Under-Eye Routine

#### with InstaChill Cold Technology

Use InstaChill without LEDs. Select length of time and use as often as you like to soothe under eyes.

#### Under-Eye Revive (5–15 mins.)

Helps soothe under eyes, promoting a refreshed and rejuvenated appearance.

**InstaChill** will automatically start with every LED routine. You can adjust the level of coldness or turn it off with the remote.



Scan for how to videos and more, or visit us at [sharkbeauty.com](https://sharkbeauty.com)

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**Please read the Warnings, Instructions, and Contraindications—and charge the mask fully—before first use.**

## HOW TO USE YOUR SHARK™ CRYOGLOW™ MASK

1. Start with a clean, dry face. Put on mask and adjust straps for comfort.
2. Turn on the mask by pressing and holding the remote's center dial.
3. Select a routine and press "Start." Adjust InstaChill with the remote's chill button.
4. After the session, remove the mask. It will power down automatically.
5. Clean the mask with a cloth slightly dampened with water.

## GET THE PERFECT FIT

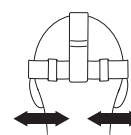
Everyone's face is unique, so use these adjustments to make the mask more comfortable.

### Top and back straps

Adjust the fit to your eye level so it's most comfortable.



ADJUST TOP STRAP



SLIDE BACK STRAP

### Chill pads

Located inside the mask.



CORRECT POSITIONING



OPTIONAL CLIP-ON CHILL PADS  
(included in the box)

Position the mask on your face, then stretch the back strap over your head so it sits on the crown. The top strap can be adjusted so the mask sits at your desired eye level.

The mask's built-in chill pads should be positioned under the eyes. If the built-in chill pads do not touch your face, place the optional clip-on chill pads on the mask to achieve your best fit.

\*Charging can take up to 3 hours.