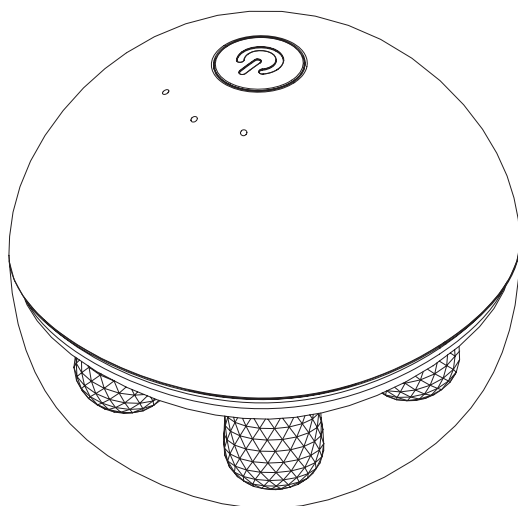




# nova FIT™ face massager



## User Manual

Please read the manual before use and keep the instruction brochure in a safe place for future reference.

How to elevate your skin fitness routine.

Watch the tutorials at  
[manicare.com.au/mynovafit](https://manicare.com.au/mynovafit)

# **Thank you for buying MANICARE® NOVA FIT™ Face Massager**

Elevate your skin fitness routine with MANICARE® NOVA FIT™ Face Massager. Massage is known to improve circulation and reduce tensions. Using salon grade Electronic Muscle Stimulation technology (EMS), Manicare® NOVA FIT™ transforms your in-home age defying skin care routine.

EMS technology stimulates facial muscles through gentle contractions creating a mini work out for the face; to improve tone, firmness and support skin rejuvenation for a healthy glow.

MANICARE® NOVA FIT™ enhances the performance of skincare actives from your favourite moisturiser-rich lotions, serums, or even sheet masks.

Start by treating yourself to a 5-min facial workout to help energise your morning, or unwind at the end of day.

# Introduction

## Technical Parameters

Rated EMS voltage: 55V – 95V

Rated EMS frequency: 15S

Charger output voltage: 5V

Charger output current: <500mA

Water resistant: IPX4

## Each pack includes:

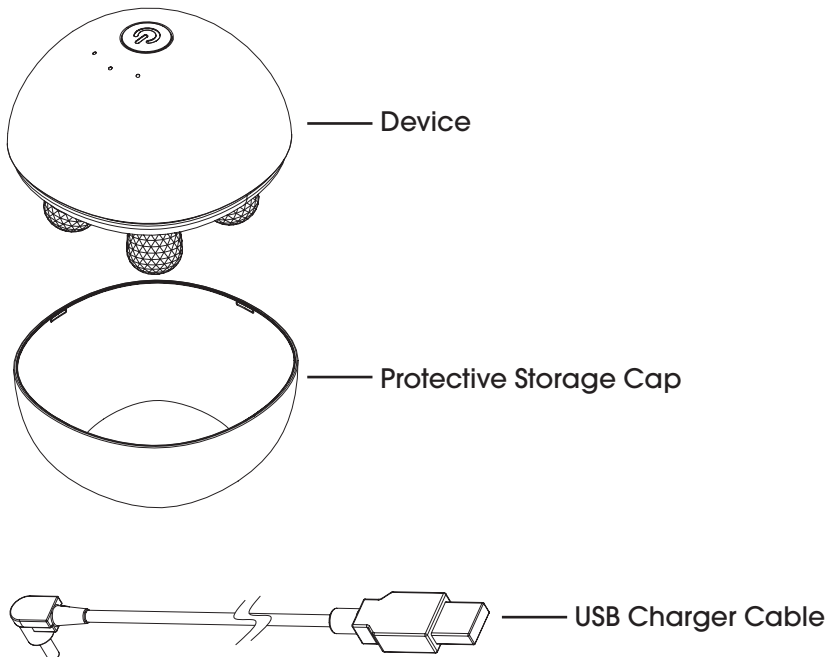
one primary unit, one USB charging cable, one protective cap.

**Battery:** Built-in rechargeable battery (polymer lithium).

**Power supply:** USB power supply

**6 Modes:** Relaxation mode (Low, Medium, High Intensity)

EMS Fitness mode (Low, Medium, High Intensity)

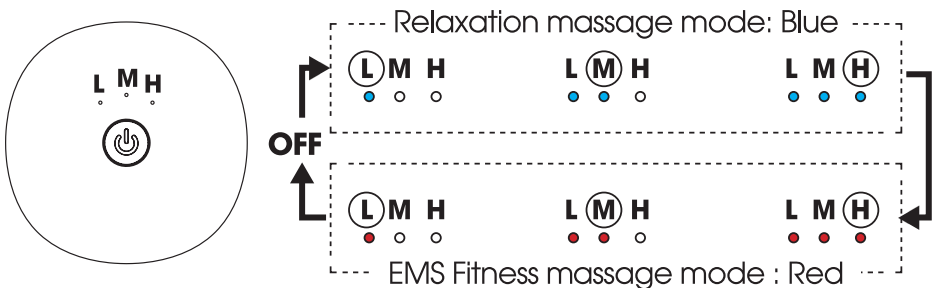


# How to use

1. Charge for 2 hours prior the 1st use. This will allow the device to operate up to 30 minutes.
2. Apply your favourite moisture-rich lotion, serum or sheet mask onto face.
3. Press and **hold** power button for 2 seconds to turn on.
4. **Relaxation** mode will begin on **Low** with 1 indicator (●○○) highlighted in **blue**. Press the power button again to change to **Medium** (●●○) or **High** (●●●) intensity.
5. To switch to **EMS Fitness** mode, press the power button, the indicator will change to red in Low (●○○) intensity. Press the power button again to change to desired intensity.
6. **Power off** by holding the power button until indicator light switches off.

**Recommended Use:** 5 minutes daily.

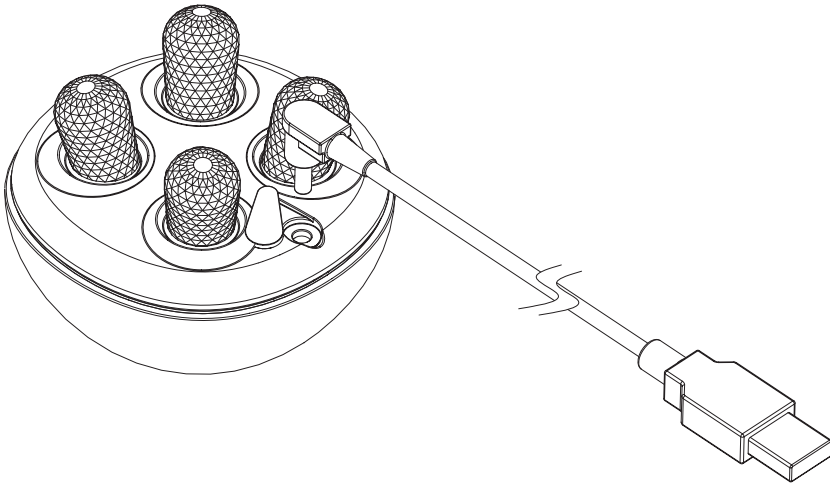
Adopt a 5:2 fitness regimen. 5x Massage Days and 2x Rest Days.



# How to charge

When charging for the first time, or after an extended period of non-use, charge for 2 hours prior. This will allow the unit to operate for approximately 30 minutes.

1. Insert cable into charging port on the base of the device (see diagram below). Connect the USB to appropriate power supply.
2. During the charging process, the indicator light will continue to flash intermittently in red. The indicator will remain on when the machine is fully charged.
3. Once fully charged, disconnect the USB cable from charging port.



Before charging, please check the USB isn't tangled to avoid failure.

The machine will not work during the charging process.

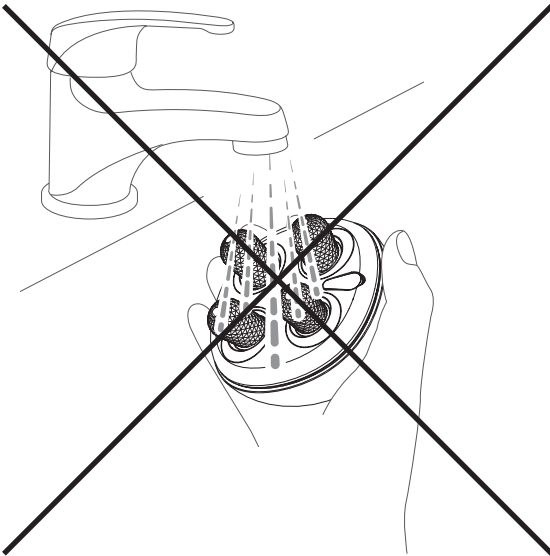
If the product is functioning abnormally, turn off immediately and discontinue use. Please contact our customer service.

Avoid extended periods of charging or non-use to protect battery life.

# How to clean

1. Turn off unit before cleaning.
2. Wipe gently with a damp cloth. For product that is difficult to remove, moisten the cloth with a mild detergent.
3. Wipe with a clean, dry cloth and leave in a well ventilated area to dry completely.
4. Store device with the protective cap.

**Caution: DO NOT** clean under running water.  
The device is not waterproof.



## Pre-test before use

Before using directly on to face for the first time, pre-test to ensure compatibility of your skin.

1. Apply moisturiser, serum to back of hand.

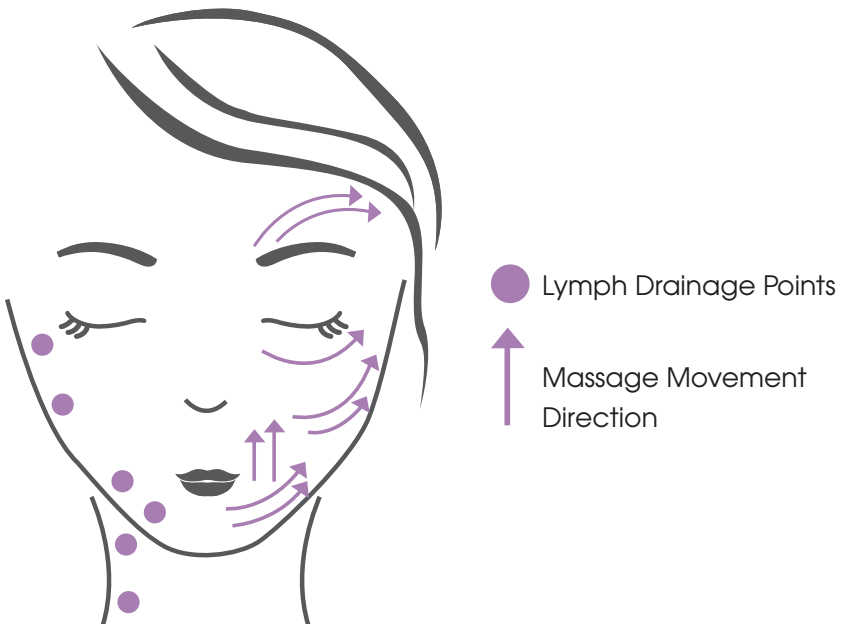


2. Switch to EMS Fitness mode (see page 4) and move in circular motions over the area you applied moisturiser.
3. If no irritation (redness, itching, etc) occurs, continue use.

**NOTE:** If irritation occurs, stop using immediately.

## Basic usage

- This product is recommended to be used on the face and décolletage.
- Cleanse and tone your face before massage.
- Apply moisture rich lotion, serum or sheet mask prior to use in order to get the full effect of the EMS Fitness roller setting.
- Keep your hair away from your face and relax during massage.
- Use for approximately 5 minutes for 5 days following with a 2 day break.
- In general, there are 2 directions for massage: Upward movement is ideal for Lifting; outward movement from centre of the face supports fluid drainage.





# How to get the best out of the MANICARE® NOVA FIT™

## Massage routine recommendation:

Use on either massage mode – Relaxation (blue) or EMS Fitness (red) mode. Move slowly and gently along face in the directions outlined below. Recommended duration: 5 minutes.



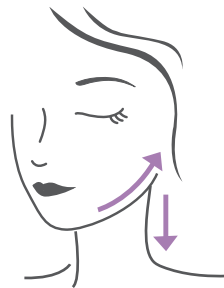
- 1 FIRMS AND TONE:**  
Start at the chin and slowly glide along the jawline upwards and outwards towards the ear.  
Repeat 3x times.



- 2 FIRMS AND TONE:**  
A: Repeat the movement from the side of the mouth to the middle ear. B: Then side of the nose to the temple. (Note: not too close to the eye)  
Repeat 3x times.



- 3 FIRMS AND TONE:**  
Move slowly from the brow line across the forehead up toward the hairline.  
Repeat 3x times.



- 4 SUPPORTS FLUID DRAINAGE:**  
For the neck area start from the chin and glide outwards toward the ear and down towards the nape of the neck.  
Repeat 3x times.

# How to get the best out of the MANICARE® NOVA FIT™

## Massage routine recommendation cont...:

It is recommended that you stop and hold the roller on EMS Fitness mode in the following locations on the face.



## Tension relief:

For relaxation, concentrate circular movements on temples and forehead.

## CAUTION:

Do not use over adams apple and avoid eye area.

**NOTE:** Position of the muscles are relative to the individual. When using EMS Fitness mode, focus on the areas that you feel stimulations in the muscle.

# How to get the best out of the MANICARE® NOVA FIT™

## Décolletage Care:

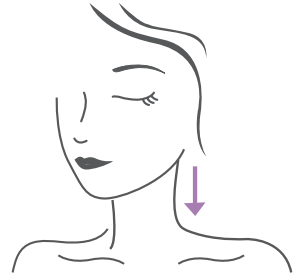
Use on either massage mode – Relaxation (blue) or EMS Fitness (red) mode. Move slowly along your body gently in the directions outlined below.



**To the outside along  
the clavicle**



**From the base of the  
neck to the outside**



**From top to bottom  
along the nape of  
the neck**



**It is recommended when the roller is on EMS mode  
that you stop and hold gently on large muscles  
such as the nape of the neck.**

# How to choose the right product to use with the MANICARE® NOVA FIT™

## **Relaxation mode (blue):**

It can be used with oil-based or water-based skincare product. It could be a moisturiser, serum, sheet mask, gel or cream. Massage will assist in circulation and absorption of the product into your skin, but it is not a mini workout for your facial muscles.

## **EMS Fitness mode (red):**

When switched onto Fitness EMS roller mode and in contact with moisture, the MANICARE® NOVA FIT™ releases pulses into the skin. In order to feel the full effect of the pulses, it is recommended that you use a moisturiser or serum with a high water content.

Check for Aqua / Water on the product ingredients list. It should be listed as the first. This is located on either the back of the product, or the packaging/carton.

If moisturiser of choice tends to absorb quickly into skin, apply generously to keep face well hydrated in order to receive better results. Oil-based moisturisers will not conduct pulses into the skin.

## **Other products:**

**Mist toners** – apply generously to face over the duration of entire massage.

**Face masks** – use the MANICARE® NOVA FIT™ over face masks with a high moisture content; such as, hydrating or collagen sheet masks are perfect. Clay masks that dry hard into the skin will not have the same effect.

# Safety Precautions

- **Do not use on children.**
- **Do not use if you have** heart condition, cardiac pacemaker or other active facial implants.
- **If you are susceptible to one or more of the condition below, please seek advice from a medical professional prior to use:**
  - Skin allergies
  - Sunburn
  - Opened wounds
  - Skin lesions
  - Itchy skin or skin is prone to irritation or discomfort
  - Severe acne
  - Recently had your face treated or subjected to chemical stripping, facial waxing, microdermabrasion or cosmetic surgery



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**[www.manicare.com.au](http://www.manicare.com.au)**