

QUICK START GUIDE

YOUR SHARK CRYOGLOW JOURNEY

Choose the LED routine that best suits your skin goals and use it once daily.
Use the Under-Eye Routine anytime to help quickly depuff under eyes.



Powered by InstaChill cold technology. This cooling sensation helps reduce under-eye puffiness. Cold level can be adjusted or turned off using the remote.

LED Routines

with InstaChill cold technology

Use either Better Ageing or Blemish Repair, once a day. Then after at least 8 weeks, use Skin Sustain to help maintain results.

FIRST 8 WEEKS



AFTER 8
OR MORE WEEKS

Better Ageing (6 mins.)

Helps to plump skin while improving wrinkles, and fine lines.

OR

Blemish Repair (8 mins.)

Helps reduce the appearance of textured, uneven skin and blemishes.

Skin Sustain (4 mins.)

Helps to boost brightness and maintain complexion.

Our LEDs are designed for optimal results—the same routine **once per day for 8 weeks** is recommended.

Under-Eye Routine

with InstaChill cold technology

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

Under-Eye Revive (5–15 mins.)

Helps firm, tighten and soothe under-eyes in seconds.

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



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HOW TO USE YOUR SHARK CRYOGLOW MASK

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

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

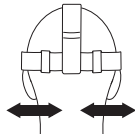
Everyone's face is unique, so use these adjustments to make the mask more comfortable.

Top and back straps

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



Self-adjusting top strap



Slide back strap

Chill pads (inside the mask) with InstaChill cold technology



Correct positioning



Optional clip-on chill pads
(available 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.