



# ClearWave<sup>®</sup>

## Soothing Skin System

**CWST2RB**

Job#: XXXXXXX	Title: CWST2RB Manual
Date: 10/15/09	Version: CWST2RB-MAN-Rev11

**Please read the entire  
instruction manual before operating the  
ClearWave® Soothing Skin System.**

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## The Science of ClearWave®

Scientific studies have confirmed the effectiveness of 414-430 nanometer (nm) blue light, and 630-660nm red light in eliminating acne forming bacteria and promoting healing and the production of collagen in the dermal layer of the skin.

A study published in the Journal of Cosmetic Dermatology in 2006 outlined red light LED's ability to energize the cells, producing increased levels of collagen and elastin. This increased cellular activity provides for firmer, smoother and more naturally toned skin, reducing the appearance of fine lines and wrinkles without producing adverse side-effects.

A 2006 Mount Sinai scientific study stated that "combinations of blue and red light therapy have excellent potential in the treatment of mild to moderate acne. Additionally, the treatment appears to be both pain and side-effect free."

These studies expanded the findings of the Imperial College of Science, Technology and Medicine's published study in 2000 in the British Journal of Medicine outlining an 80% success rate with light therapy treatment of acne. The study showed that blue light in the range of 415nm was effective at eliminating the p-acne bacteria that is the most common cause of acne outbreaks. Red light, in the 660nm range, was found to promote healing of lesions, activating macrophages at the dermal layer and promoting cellular regeneration.

Jaideep Bhat, Jan Birch, Colin Whitehurst, Sean W Lanigan, "A single-blinded randomised controlled study to determine the efficacy of Omnilux Revive facial treatment in skin rejuvenation", Lasers in Medical Science. Vol. 20 No. 1. July 2005

Shinichiro Takezaki, Tokuya Omi, Shigeru Sato, and Seiji Kawana "ULTRASTRUCTURAL OBSERVATIONS OF HUMAN SKIN FOLLOWING IRRADIATION WITH VISIBLE RED LIGHT-EMITTING DIODES (LEDs): A Preliminary In Vivo Report", Laser Therapy. 14.4: 153-160

Robert A. Weiss, "LED Low-Level Light Therapy", Facial Rejuvenation. Springer Berlin Heidelberg. 2007.

Mario A Trelles, "Phototherapy in anti-aging and its photobiologic basics: a new approach to skin rejuvenation", Journal of Cosmetic Dermatology. VL: 5, NO: 1, PG: 87-91. 2006

Christine C. Dierickx, R. Rox Anderson, "Visible light treatment of photoaging", Dermatologic Therapy. VL: 18, NO: 3, PG: 191-208. 2005

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## **About Your ClearWave® System**

The ClearWave® Soothing Skin System provides Natural Spectrum® light for a daily skin care regimen. The System includes two interchangeable heads that provide 600 cycles of use in each.

The Blemishes Head uses LEDs to emit blue light at 414 nanometer (nm) to help eliminate bacteria, reduce the appearance of pimples and facial blemishes and prevent future blemishes from forming.

The Fine Lines and Wrinkles Head uses LEDs to emit red light at 660nm to help soothe blemishes, reduce the appearance of fine lines and wrinkles and improve skin texture.

## Warnings

Always use eye protection while operating the ClearWave® Soothing Skin System to avoid potential eye damage.

Do not use the ClearWave® Soothing Skin System if you are taking photosensitizing medications or using photosensitizing topical creams. These may cause an adverse reaction.

If you experience prolonged redness or sensitivity of the area you are caring for, discontinue use and consult your healthcare professional as soon as possible.

Do not use the ClearWave® Soothing Skin System if you are pregnant. The safety of the ClearWave® Soothing Skin System has not been tested and the risk is unknown.

Never use the ClearWave® Soothing Skin System where it can fall or be pulled into water.

Never use the ClearWave® Soothing Skin System when bathing or standing in water.

Never use the ClearWave® Soothing Skin System if you think the unit has been immersed in water, may have become wet or if you have spilled any liquids on it.

Never remove the cover to the wall power supply. Doing so may expose you to dangerous voltages or other risks.

Do not try and force the barrel of the AC Adapter into the inlet on the device. If the barrel does not connect easily with the inlet, it may be the wrong AC Adapter.

Do not attempt to use the ClearWave® Soothing Skin System with any wall power supply other than the one provided.

Do not use the ClearWave® Soothing Skin System if it is damaged in any way.

Do not use the wall power supply if it, or its cord or plug, is damaged in any way.

Always clean the ClearWave® Soothing Skin System before each use. See the Care, Cleaning and Storage section for details on how to properly clean your ClearWave® Soothing Skin System unit.

Always keep the ClearWave® Soothing Skin System away from heated surfaces. High temperatures may damage the plastic cases or the internal parts.

Do not use with power voltage other than 120V AC.

## Cautions

The ClearWave® Soothing Skin System contains no user serviceable parts. Do not attempt to disassemble the ClearWave® Soothing Skin System. To do so would void the warranty.

Contact 1-800-454-4408 for replacement components.

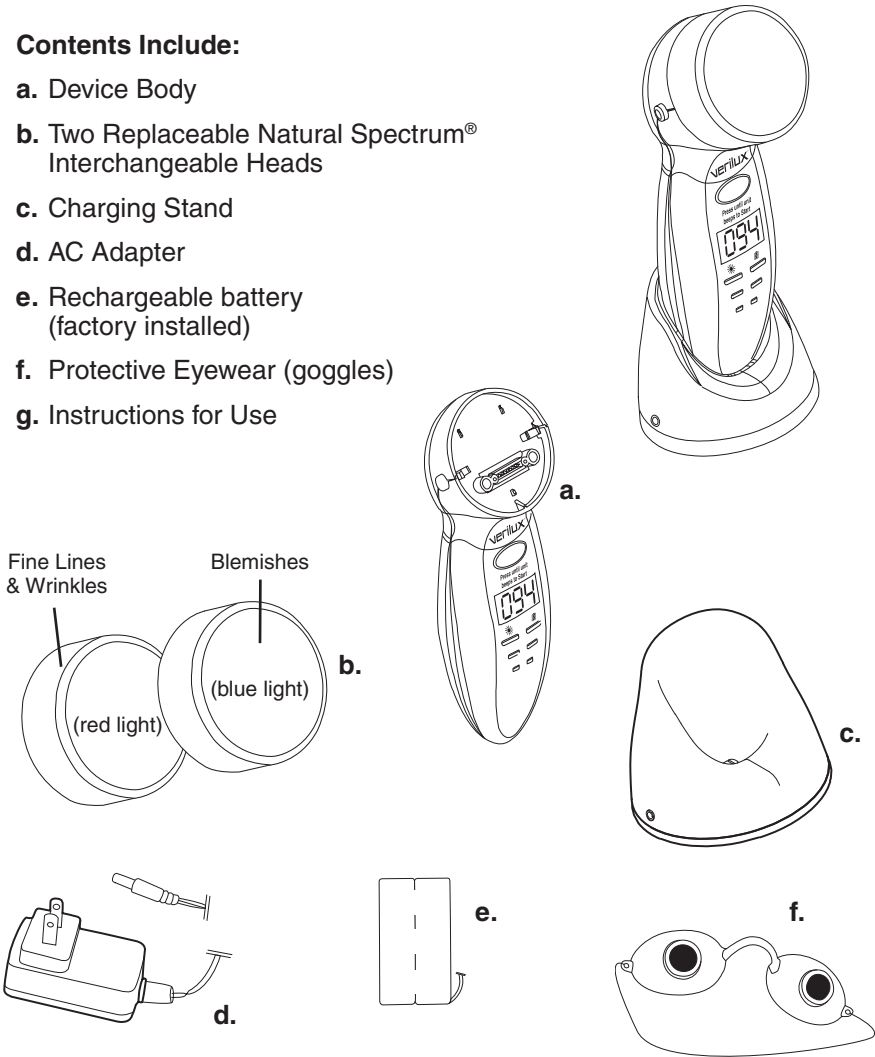
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## Product Overview

The ClearWave® Soothing Skin System is an over-the-counter device designed to naturally reduce the appearance of fine lines, wrinkles and blemishes.

### Contents Include:

- a. Device Body
- b. Two Replaceable Natural Spectrum® Interchangeable Heads
- c. Charging Stand
- d. AC Adapter
- e. Rechargeable battery (factory installed)
- f. Protective Eyewear (goggles)
- g. Instructions for Use



## Accessories

- Charging Stand
- Power Supply
- Goggles
- Instructions for Use

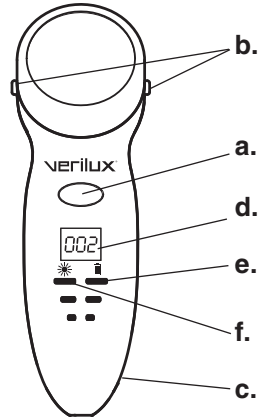
# Controls and Status Information Indicators

## Controls

- a. Power Button
- b. Head Latch Buttons
- c. Adapter Input Port

## Status Indicators

- d. Information Display
- e. Battery Life Indicator Lights
- f. Interchangeable Head Life Indicator Lights





Information Display Indicators

Display	Mode	Explanation	Reference
Number	Operating	Time remaining on current care cycle	Page 10
Number	Idle	Number of care cycles remaining on head	Page 13
0	Idle	Interchangeable Head is exhausted	Page 15
---		Interchangeable Head is not correctly attached	Page 13 or 15
LO		Battery is low	Page 11 or 15
HP		Device is above the optimal operating temperature	Page 12 or 15
CP		Device is below the optimal operating temperature	Page 12 or 15



Interchangeable Head Life Indicator and Battery Life Indicator

	Interchangeable Head Life Indicator Light 	Battery Life Indicator Light 
3 lights	More than 75% of head life remaining	More than 75% of the battery is charged
2 lights	25% to 75% of head life is remaining	25% to 75% of the battery is charged
1 light	Less than 25% of head life is remaining	One more care cycle
Flashing light	Head needs to be replaced	Battery needs to be charged

Percentages are approximate

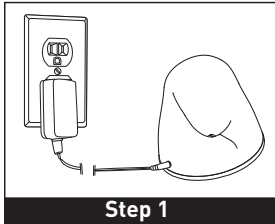
## How to Check the Status of Your Device

- Pressing the Power Button on the device body when the device is not operating will immediately place the device in Status Mode.
- The device will remain in Status Mode for half a second, then will automatically turn off.
- The Information Display will show the number of cycles remaining on the Interchangeable Head before replacement is required.
- The Interchangeable Head Life Indicator and the Battery Life Indicator Lights will display the respective status of the Interchangeable Head and battery charge level. (See status indications table above.)
- Placing the device in the Charging Stand will also activate Status Mode.

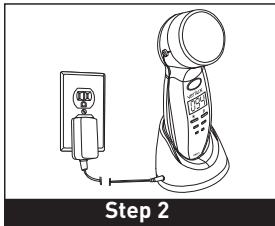
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## Getting Started

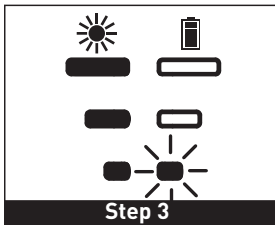
Before you use the ClearWave® Soothing Skin System, you will need to fully charge the device. It takes approximately 12 hours to fully charge the battery for the first time. Subsequent charges will vary upon usage.



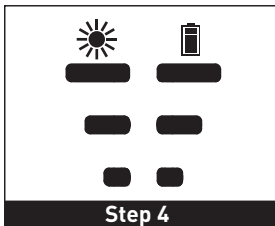
**Step 1:** Connect the AC Adapter to the Charging Stand and the plug into a 120V grounded electrical outlet.



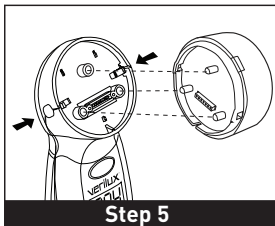
**Step 2:** Place the ClearWave® Soothing Skin System on the Charging Stand, as shown. Be sure that the device is fully seated in the stand.



**Step 3:** The Battery Life Indicator Lights will provide information to you on the status while charging.



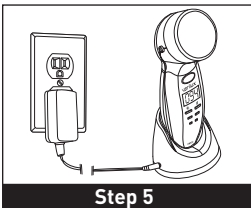
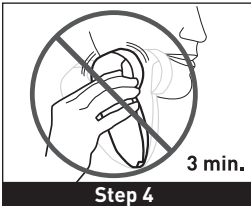
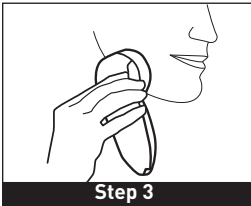
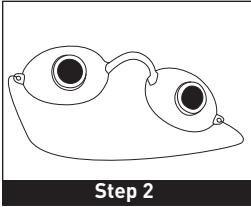
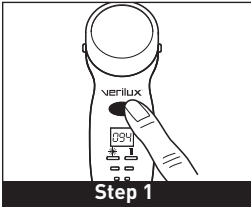
**Step 4:** When all three Battery Life Indicator Lights are illuminated, the battery is fully charged and the device is ready for use. Once fully charged, the indicator lights will illuminate for three minutes and then turn off.



**Step 5:** Select and install the appropriate interchangeable head designed for the desired outcome you would like to achieve (see page 13).



## Operating Instructions



### Proper Use Operations

#### Note:

- For best results, remove all make-up and wash your face with a neutral pH cleanser.
- During use, hold the device in a single location until the cycle is complete.

**Step 1:** To ACTIVATE, press the Power Button until the device beeps once, indicating that the care cycle is ready to begin.

**Step 2:** Apply protective eyewear (goggles). Place over cotton balls for added comfort.

**Step 3:** To START, place the device against the desired area of your skin to receive care. The LED lights will turn on and the cycle will begin once the device is in full contact with your skin.

**Step 4:** Hold device firmly in place until the device beeps twice signaling that the care cycle is complete. Do not move the position of the device on your skin. Device will beep if removed from skin — see page 10. If battery runs low and shuts off unit, plug AC Adapter directly into device and continue care cycle.

**Step 5:** Replace the ClearWave® Soothing Skin System to the Charging Stand to fully charge for the next treatment.

**Note:** To **manually turn OFF** the ClearWave Soothing Skin System prior to the end of a cycle, press and hold the Power Button for approximately 3 seconds until the device beeps twice.

**Note:** Device can be used when connected directly to the AC Adapter. See page 11.

## Daily Care for Your Skin

The daily care regimen is the same for both interchangeable heads. When using the ClearWave Soothing Skin System, care for each desired area of the skin for the 3 minute cycle. You may care for a particular area up to a maximum of 15 minutes (5 cycles) in a 24 hour period. For optimal results, allow 24 hours before your next care cycle.

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## Care Cycle Interruption

### **If the device is removed from the skin during a cycle:**

- The Interchangeable Head will turn off.
- The Information Display will show the remaining time in the cycle.
- The Interchangeable Head Life Indicator and Battery Life Indicator Lights will display the current status level.
- The system will beep continuously for 30 seconds as a reminder that the care cycle has been interrupted.

To resume, return the device to the same area of your skin and complete the cycle.

If the time away from your skin exceeds 30 seconds, the system will turn OFF.

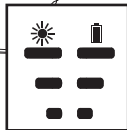
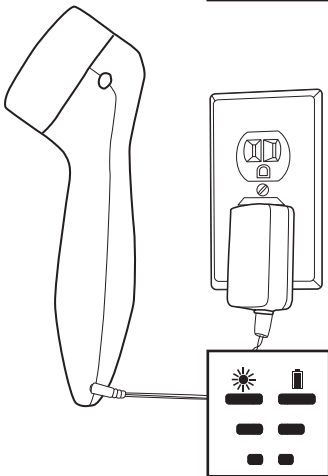
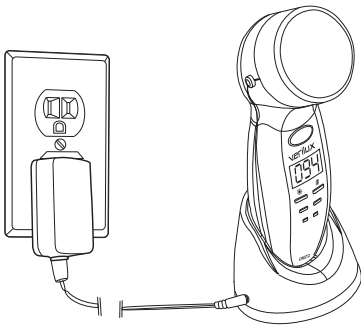
### **If the device beeps continuously while it is on your skin:**

- Be sure to have enough skin area touching the surface of the Interchangeable Head. To increase contact with the Interchangeable Head, you may have to touch the edge of the head with the fingers of your free hand.

## Charging Mode

### Note:

- To receive the optimal dosage during a care cycle, fully charge the ClearWave® Soothing Skin System before use. A fully discharged device can require from 5 to 12 hours of charging time to fully recharge battery.
- When the bottom Battery Life Indicator Light is flashing and the Information Display is displaying "LO", the battery has lost its charge. The unit will beep three times, then turn off.
- Device can be used in charging mode if connected directly to the AC adapter.



### To Charge Using Charging Stand:

**Step 1:** Connect the AC adapter to the Charging Stand and plug into a 120V grounded electrical outlet.

**Step 2:** Place the device on the Charging Stand, as shown.

**Step 3:** The Battery Life Indicator Lights will provide information to you on the status while charging.

**Step 4:** When all three Battery Life Indicator Lights are illuminated (as shown), the battery is fully charged and the device is ready for use.

### To Charge and use WITHOUT Charging Stand:

**Step 1:** Connect the AC adapter to the device and plug into a 120V grounded electrical outlet.

**Step 2:** The Battery Life Indicator Lights will provide information to you on the status while charging.

**Step 3:** Device may be used while in charging mode, if desired.

**Step 4:** When all three Battery Life Indicator Lights are illuminated (as shown), the battery is fully charged.

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## Cold Protection Mode

When the “Information Display” is displaying “CP”, the device has been exposed to temperatures below -15° Celsius (5°F) and will not operate properly. Set the device aside and allow it to reach room temperature before using.



## Heat Protection Mode

**Note:** Consecutive uses and high ambient temperatures can cause the Interchangeable Head surface to become warm to the touch. The device monitors the Head surface temperature during each care cycle to ensure that the Head maintains an optimum temperature. If the device exceeds the optimum temperature limit, it will enter Heat Protection Mode and the device will limit operation until sufficient surface cooling has been achieved.



When the Information Display is displaying “HP”, the device has reached its optimum temperature limit and will not continue to operate until a cool down period has been completed.

### If your device enters Heat Protection Mode:

The Information Display will display “HP” and the device will beep 10 times and immediately terminate the cycle.

**Step 1:** Set the device back on the Charging Stand and allow cooling.

**Step 2:** Once “HP” is no longer visible in the Information Display, the device is ready for use.

**Step 3:** Resume normal operation as outlined on page 9 of this manual.

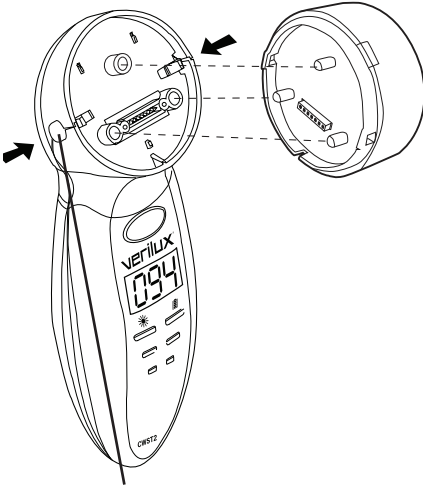
# Replacing the Interchangeable Heads

## Blemish Head

- 414nm of blue light soothes inflamed pores to help restore your skin to a healthy glow.

## Fine Lines and Wrinkles Head

- 660nm of red light helps to eliminate pimples and blemishes and fine lines and wrinkles deep in the skin.



Push and release latch buttons

### To Remove the Interchangeable Head:

- Step 1:** Press and hold both Head Latch Buttons shown on each side of the Head.
- Step 2:** Separate the Interchangeable Head from the Device Body.

### To Install an Interchangeable Head:

- Step 1:** Align the three round plastic posts on the back of the Interchangeable Head with the three post sockets on the Device Body. This will also align the square latch holes on the interchangeable head with the Head Latch buttons on the Device Body.
- Step 2:** Press and hold both Head Latch Buttons on each side of the Head.
- Step 3:** Press the Head into place against the Device Body and release the Head Latch Buttons.
- Step 4:** Press Power Button for approximately one second to activate Status Mode (see page 7). The Information Display should now display the amount of cycles remaining on the new Interchangeable Head.

**Note:** If the Information Display shows three dashed lines “---”, the Interchangeable Head is incorrectly installed. Repeat the head removal and installation process as outlined above.



**Note:** The device monitors each care cycle to ensure that the Interchangeable Head is delivering a complete and effective dose. Once the LEDs have passed their guaranteed 100% output life where a complete dose cannot be guaranteed, the Interchangeable Head will expire and the device will cease to function until the Interchangeable Head is replaced.

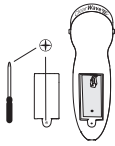
The amount of care cycles remaining on an Interchangeable Head is displayed both on the device's Information Display and on the Interchangeable Head Life Indicator. When the bottom Interchangeable Head Life Indicator Light is flashing and the Information Display is displaying “0”, the head needs to be replaced.



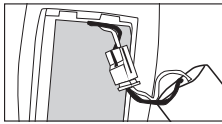
Replacement heads can be ordered directly from Verilux® by calling 1-800-454-4408 or by ordering online at [www.Verilux.com](http://www.Verilux.com).

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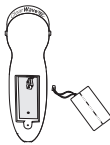
## How to Replace the Battery



**Step 1:** With the charger unplugged, loosen the screw to the battery compartment using a Philips head screwdriver.



**Step 2:** Unplug the battery cable attached to the battery.



**Step 3:** Remove the battery and dispose in accordance with local environmental regulations.



**Step 4:** Insert new battery and plug in cable.



**Step 5:** Replace the compartment cover and tighten the screw.

The ClearWave® Soothing Skin System battery is made specifically for the ClearWave® by Verilux®. It is comprised of NiMH (Nickel metal-hydride) cells. Do not attempt to replace with other brands.









## Care, Cleaning and Storage

Using a soft cloth, apply a small amount of rubbing alcohol and clean the surface of the device. Pay particular attention to the clear lens of the Interchangeable Head. Do not submerge the device in water. Use of other cleaning agents, including soap and water, may damage the device electronics.

Store the device in a cool dry place between care cycles. Keep away from children, heat, direct sunlight and liquids.

## Troubleshooting

If problems occur with the device, which are not outlined in this Instruction Manual, contact Verilux® Customer Service at 1-800-786-6850. Any damage caused by an attempt to disassemble the ClearWave® Soothing Skin System will void the warranty.

	<b>The Issue</b>	<b>The Problem</b>	<b>The Solution</b>
The treatment cycle will not start	The audio signals: 5 fast beeps The Information Display signals: 	Treatment head may not be attached, or the head is defective.	Properly and fully attach head. See page 13 for instructions. Call 1-800-454-4408 if you need further help
	The audio signals: 3 beeps Interchangeable Head Indicator Light displays:  The Information Display signals: 	Head has no remaining care cycles.	Call 1-800-454-4408 to order a replacement head.
	The audio signals: 3 fast beeps Interchangeable Head Indicator Light displays:  The Information Display signals: 	The battery is low.	Recharge the battery. See page 11 for instructions.
	The audio signals: 10 beeps The Information Display signals: 	The device needs to cool down.	Set the device aside and let it cool down.
	The audio signals: 5 fast beeps The Treatment Head Indicator Light displays: 	The device is too cold to operate	Set the device aside until it reaches room temperature.
	There are only 6 or 7 uses for each charged session	There is no problem. There are an average of 6 uses per charge.	To continue using device, plug AC adapter directly into device.
	Battery will not hold a charge	The battery needs to be replaced.	Call 1-800-454-4408 to order a replacement battery.
	Device will not turn on	The battery is dead.	Charge battery.
Device shuts off in cycle	The audio signals: 10 beeps The Information Display signals: 	The device needs to cool down.	Set the device aside and let it cool down.

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