

A close-up, high-angle portrait of a woman's face and neck. She has dark hair pulled back, brown eyes, and numerous freckles scattered across her skin. Her hand is gently resting against her neck. The background is a plain, light-colored wall.

FAQs

Frequently Asked Questions

LR ZEITGARD Zeitgard Pro Cosmetic Device

Congratulations on your new Zeitgard Pro! Even if your Zeitgard Pro is easier to use than ever before, a technical multi-tool such as this can also raise a number of questions. We hope that this document will help you should anything be unclear.

Content

General.....	4
What are the first steps?.....	4
How do I switch on the device?	4
How can I see if the device is switched on?	4
What does the colour of the light around the on-button mean?	4
The button glows blue?	4
The button glows green?	4
The button glows orange?	4
The button glows red?	5
Does the device automatically switch off when not in use?	5
How do I switch off the device?	5
Are there different intensity levels I can choose when using the device? Or is there a timer?	5
How can I change the attachments?	6
How long does the battery last? How often can I use the Zeitgard Pro on one battery charge?	6
For how long do I need to charge my Zeitgard Pro before it is fully charged again?	6
Is my Zeitgard Pro waterproof? Can I use it under the shower?	6
What should I do if my Zeitgard Pro develops a fault? How can I claim compensation?	6
How long is the warranty?	7
I have just bought the ZEITGARD Cleansing Device or the ZEITGARD Anti-Age Device – can I return or exchange them?	7
Can I also buy the Tools individually?	7
Which part of the device has been patented? And what does that mean for me and my recommendations?	7
Where can I dispose of a Zeitgard Pro at the end of its lifecycle?	7
Cleansing your face with the Face Cleansing Tool.....	8
When should I use the Face Cleansing Tool?	8
How do I use the Face Cleansing Tool?	9
Why should I use a facial toner after the cleansing process?	10
Can I also use other cleansing creams with the Face Cleansing Tool?	10
Why is there just one brush head?	10
In what way does the new Zeitgard Pro differ from the previous ZEITGARD Cleansing Device?	10
What exactly distinguishes the Zeitgard Pro from competitors’ products, and what do you mean by oscillation?	11
Should I expect initial aggravations when I first use the Face Cleansing Tool?	11

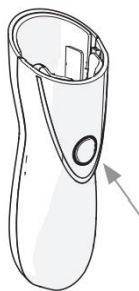
How do I clean my Face Cleansing Tool?.....	11
Is the Face Cleansing Tool also suitable for men?.....	12
Face exfoliation with the Face Peeling Tool.....	12
When should I use the Face Peeling Tool?	12
Can I use the Face Peeling Tool more than twice a week?	12
How do I use the Face Peeling Tool?.....	13
What is the difference between professional devices used by cosmetologists and the Face Peeling Tool? ...	13
What happens when I use the Face Peeling Tool the other way round?.....	14
Can I also use the Face Peeling Tool if I have acne or severely stressed skin?	14
My Face Peeling Tool is making unpleasant noises. Is it broken?	14
Facial skincare with the Face Smoothing Tool	14
When should I use the Face Smoothing Tool?	14
How do I use the Face Smoothing Tool?	14
What is the active ingredient transport system?	15
The market often recommends using such a product 3 times a week or even just once a week over the course of a few months. But LR recommends daily applications in the morning and evening – why? Is a prolonged and frequent use harmful?	15
Can I also use the Face Smoothing Tool around the eyes?	16
Which skincare products can I use with the Face Smoothing Tool?	16
How does the current Face Smoothing Tool differ from the technology used in the previous ZEITGARD Anti-Age Device?	16
Which care products can be used with the old ZEITGARD Anti-Age Device?	17
I have attached the Face Smoothing Tool to the device and switched it on, but nothing seems to happen. Is the device faulty?	17
Body care with the Body Skincare Tool	17
When should I use the Body Skincare Tool?	17
How should I use the Body Skincare Tool?	18
Which products should I use with the Body Skincare Tool?	18
Can I also treat scar tissue with the Body Skincare Tool?	18
Can I also use the Body Skincare Tool around the shoulders and the back of the neck? Does it help ease tension and joint pain?.....	19

General

What are the first steps?

Discover your new Zeitgard Pro – start by unpacking all its components. Your Zeitgard Pro comes pre-charged so that you can test its functions straight away. However, we recommend you fully charge your Zeitgard Pro before you start using it. This takes approx. 24 hours. Connect the USB cable to the power adapter and plug it into a socket. Then place the device in the charging station.

How do I switch on the device?



Gently press the button on the front of the device for roughly one second to switch it on. You do not need to press the button hard.

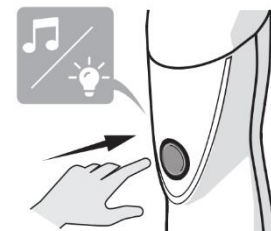
In order to prevent the device from being accidentally switched on – e.g., if it is lightly pressed during transport in a bag or suitcase – your Zeitgard Pro has been programmed in such a way that a brief touch is not sufficient to switch it on.

Before use, place an attachment (Tool) onto the handpiece. Without an attachment, the display will only briefly light up blue, and the device will switch itself off again immediately.

How can I see if the device is switched on?

When you switch on the device, it emits a sound, and the LED lights up. An illuminated display / button indicates that the device is switched on.

Once switched on, the display around the button on your Zeitgard Pro will glow green permanently if the battery is fully charged. Don't worry if you can't hear the device making a sound when you have attached the Smoothing or Peeling Tool. The Face Smoothing Tool and the Face Peeling Tool work with ultrasound – we humans can't perceive ultrasound unless it encounters resistance. Dogs and cats, on the other hand, are more sensitive – so, tell your pets to leave the bathroom.



What does the colour of the light around the on-button mean?

The button glows blue?

The display flashes blue if you try to switch on the Zeitgard Pro without an attachment. The device then immediately turns itself off again. Place the attachment you wish to use on the handpiece.

The button glows green?

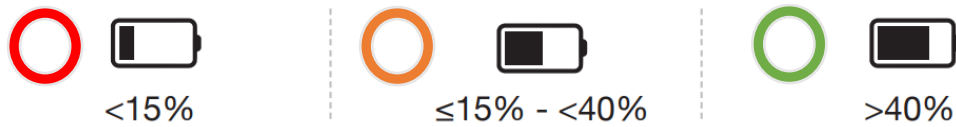
Your Zeitgard Pro is switched on and fully charged. Enjoy!

The button glows orange?

Your Zeitgard Pro is switched on, but the battery is less than 40 % charged. Whenever the charge reaches this level, the button colour changes to orange. You can still use your Zeitgard Pro without experiencing any performance issues. However, you should charge it soon.

The button glows red?

Your Zeitgard Pro is on, but the battery is less than 15 % charged. Please charge your Zeitgard Pro.



Does the device automatically switch off when not in use?

Yes, after 3 minutes, your Zeitgard Pro will switch off automatically. This conserves battery power, because using the Zeitgard Pro generally takes no more than 3 minutes, and your device assumes you simply forgot to turn it off. But you can turn your Zeitgard Pro back on again after a few seconds. No problem!

When using the Body Skincare Tool, you should only apply cream to a localised area and then immediately massage it into your skin with the device – if you wait too long, the body cream will have already absorbed and can no longer act as a lubricant for the massage.

Should your device automatically turn off unexpectedly after intense use and refuse to switch back on, don't worry! Your Zeitgard Pro is not broken! It has merely engaged its internal "protection mode". Please wait 1-2 minutes before restarting your Zeitgard Pro.

How do I switch off the device?

To switch off the device, gently press the button on the front for roughly one second – just like you do to switch it on. Should you put the device down without switching it off, it will automatically switch itself off after 3 minutes.

Are there different intensity levels I can choose when using the device? Or is there a timer?

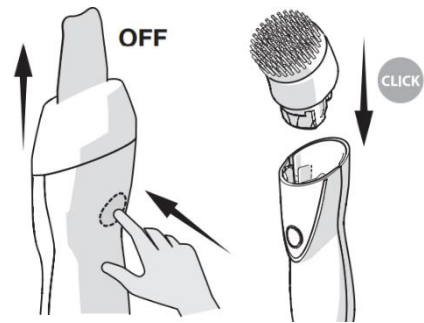
No, you won't need either. Using the device is really simple: there is a different intensity level for each application. By adjusting the duration of the application and the pressure you exert, you can adapt each tool to your personal needs. The device automatically recognises which attachment you are using and adjusts the settings accordingly. The Face Peeling Tool, for instance, uses an ultrasonic frequency of 25 kHz, ideal for face cleansing. Whereas the Body Skincare Tool and The Face Smoothing Tool use a frequency of 1 MHz to generate the necessary deep action.

Everybody's skin structure is fundamentally the same. However, individual skin layers vary in form depending on age, sex and lifestyle. In addition, the perception varies from person to person. Which is why the effects are hard to define. It's up to you to individually "control" them. We recommend: Listen to your skin – see how it reacts and use your Zeitgard Pro the way that feels most pleasant to you! However, to offer you some guidance, we suggest approximate usage times – purely as a benchmark!

How can I change the attachments?

The Tools are easy to change. Press the button on the rear of the device and pull off the attachment.

To fix a new attachment to the handpiece, slide the attachment along the guiding grooves into the opening until it snaps into place. You will hear a soft “click”. You may need to gently press down the attachment to make it snap into place. Do not apply too much pressure. To remove the attachment again, press the button on the rear of the handpiece and simultaneously pull the attachment off your device.



How long does the battery last? How often can I use the Zeitgard Pro on one battery charge?

The battery life depends on the choice of attachment as well as on the ambient conditions such as room temperature. However, a fully charged battery should always last between 45 minutes and 2 hours without having to recharge.

For how long do I need to charge my Zeitgard Pro before it is fully charged again?

If the battery of your Zeitgard Pro is completely flat, you should give it 24 hours to fully recharge. Of course, you can use your Zeitgard Pro even when it is charging. Simply take it out of the charging station and use it for your face care routine.

Tip: Simply place your Zeitgard Pro back onto its charging station after every use. This way, it is always fully charged, and you'll know where to find it.

Is my Zeitgard Pro waterproof? Can I use it under the shower?

Yes, in accordance with the IPX5 rating, you can use the Zeitgard Pro in the shower with both the Face Cleansing Tool and the Face Smoothing tool. “IPX5” stands for “protection against water projected by a nozzle from any direction” and offers the user the necessary reassurance that the device is safe to use in the shower. However, we do not recommend using the Body Skin Tool under the shower. This has not been developed to withstand water jets.

The charging station can withstand dripping water but should, of course, not be placed under running water – and certainly not with the power adaptor plugged in!

What should I do if my Zeitgard Pro develops a fault? How can I claim compensation?

Should your Zeitgard Pro or one of the Tools not work, please make sure that the device is not merely deeply discharged and place it on the charging station for 24 hours. Should one of the Tools not work, carefully wipe the electrical contacts on the head with a dry cloth and blow away any dust that may have gathered in the device.

Should you have received a faulty Zeitgard Pro, LR will, of course, exchange it! LR offers a two-year goodwill warranty for any faults your device may develop. Within this period, we will exchange your device without question if the complaints are justified.

As a Partner, please send the faulty device back to customer services. State the reason for your claim as well as your Partner number, and LR will send you your new Zeitgard Pro or Tool free of charge.

We will exchange your ZEITGARD 1 or ZEITGARD 2 for a new ZEITGARD 1 or ZEITGARD 2 device until 31 August 2023.

How long is the warranty?

LR offers a two-year goodwill-warranty. In case of a justified claim, LR will exchange your Zeitgard Pro or Tool and send you a brand-new device.

For a justified claim, please only return the defective parts – that saves postage and disposal costs.

I have just bought the ZEITGARD Cleansing Device or the ZEITGARD Anti-Age Device – can I return or exchange them?

First of all, congratulations on choosing ZEITGARD! The ZEITGARD Cleansing Device is ideal for cleansing the face, for it is 10 times more effective than manual cleaning. With your ZEITGARD 1, you can use the new LR ZEITGARD Cleansing Cream as well as the new Face Cleansing Tool – so why swap?

Should you nevertheless want the new Zeitgard Pro device, you can make use of a limited trade-in option, which will be available until 31 December 2022: return your current device along with the respective special order form – this allows you to order the new Zeitgard Pro Cleansing Kit plus Face Smoothing Tool at a special introductory price. This offer is also available to you if you have bought the ZEITGARD Anti-Age Device.

Can I also buy the Tools individually?

Of course. If you didn't get the Zeitgard Pro Complete Set, which gives you a certain discount, you can also order the other Tools individually. Complete your Zeitgard Pro step by step with further Tools and applications and create your very own at-home beauty parlour.

Which part of the device has been patented? And what does that mean for me and my recommendations?

The unique interchangeable head technology for cosmetic home use is patent pending under patent number 10 2022 200 747.6.* The single handpiece with interchangeable attachments is thus only available through LR, and you can promote this fact and the advantages this design holds.

Where can I dispose of a Zeitgard Pro at the end of its lifecycle?

Disposing of electronic devices and batteries responsibly is important to LR. Which is why you should take note of the following:

1. Electric and electronic devices should never be disposed of in your household waste. They should be disposed of separately. We would therefore like to ask you to please take your old electronic devices to a local collection point for electronic waste. Old devices from private

users can be handed in free of charge to collection points run by public waste disposal authorities or to the take-back points set up by manufacturers or distributors within the meaning of the German electrical and electronics equipment law ElektroG.

LR Health & Beauty Systems is a member of the take-back system “take-e-back” (<https://www.take-e-back.de/>). On this website, you can find collection points in your local area. These collection points also allow you to dispose of your old devices free of charge.

2. In order to ensure the Zeitgard Pro remains waterproof at all times, it has been designed in a way that makes removing the battery difficult for consumers. Therefore, the device should be disposed of with the battery still inside.
3. Electric and electronic devices often feature a picture of a crossed-out dustbin.



This symbol means that the device should not be disposed of in your household waste at the end of its lifecycle.

LR is also registered with the “Stiftung Elektro-Altgeräte” (EAR), registration number DE 47983902 (WEEE number). This foundation is the joint body of the manufacturers within the meaning of the ElektroG.

Information on the achieved collection and recycling quotas ([§ 18 ElektroG](https://www.take-e-way.de/leistungen/berichts-und-informationspflichten/)):
<https://www.take-e-way.de/leistungen/berichts-und-informationspflichten/>

Cleansing your face with the Face Cleansing Tool

When should I use the Face Cleansing Tool?

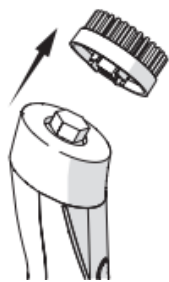
The Face Cleansing Tool can be used for your daily morning face cleansing routine, but also in the evening to rid your face of make-up and dirt. Cleansing your face thoroughly is a prerequisite for an effective face care. Because only clean, clear skin can really absorb the precious ingredients of the care products you subsequently apply.

You should always remove your make-up before going to bed. If you do not remove make-up thoroughly, it can clog up sweat pores, causing pimples, blackheads and blemishes. Even if you don't use make-up, you should still rid your face of sweat, sebum and dirt in the morning and evening.

How do I use the Face Cleansing Tool?

Ideally, you should start the day with the Face Cleansing Tool and the LR ZEITGARD Cleansing Cream.

Start by dampening your face and applying your LR ZEITGARD Cleansing Cream. The LR ZEITGARD Cleansing Cream has been designed to work perfectly with the Face Cleansing Tool – the oscillating movements of the device create a soft foam that gently and effectively removes dirt and surplus sebum. The LR ZEITGARD Cleansing Cream goes easy on the natural protective layer of the skin and, in combination with the Face Cleansing Tool, is 10 times more effective than manual cleansing.



Fit the Cleansing Tool adapter and then the Face Cleansing Tool onto your device.

The antibacterial, rounded brush filaments of the Face Cleansing Tool move back and forth at lightning speed, similar to an electric toothbrush, and give your skin a deep cleanse that is nonetheless gentle.

Switch your Zeitgard Pro on and use the Face Cleansing Tool to gently treat the desired sections of your face. It's up to you for how long and with how much pressure you move the brush over your face. Should the sensation be unpleasant, reduce the pressure or move on to the next section of your face.

The oscillating, vibrating movement of the Face Cleansing Tool stimulates the blood flow, making your skin radiate and appear healthy.

Complete your cleansing routine with the LR ZEITGARD Facial Toner. Your skin is awake now and ready for your daily care routine.

In the evening, you should cleanse each section of your face for 20-30 seconds, depending on the make-up you have used. Once again complete your cleansing routine with the LR ZEITGARD Facial Toner, which will allow any night creams you use to take full effect on your thoroughly clean skin.



We recommend that you swap the Face Cleansing Tool for the Face Peeling Tool for an intense detox twice a week.



Why should I use a facial toner after the cleansing process?

A toner removes any residue of the cleansing product you have used on your face. In addition, a toner refreshes and revitalises the skin and prepares it for the care products you subsequently apply. If your facial skin is dry, it will struggle to absorb any care products you apply. The catalyst is missing.

The LR ZEITGARD Facial Toner promotes the skin's natural protective function and re-balances the skin's own microbiome – this ensures a silky-smooth skin and a rosy complexion.

The LR ZEITGARD Facial Toner is free from alcohol and thus suitable for all skin types.

Can I also use other cleansing creams with the Face Cleansing Tool?

Yes, you can. However, the viscosity, i.e. the consistency of the LR ZEITGARD Cleansing Cream, has been developed in such a way that it minimises unwanted running or splashing. The ZEITGARD Cleansing Cream does not attack the brush filaments, which are coated with micro-silver, and the advertised cleansing promises, which have been proven in studies**, can only be guaranteed if the Face Cleansing Tool is used in conjunction with the LR ZEITGARD Cleansing Cream.

If you are still keen to use e.g. the ALOE VIA Aloe Vera Cleansing Milk or the ALOE VIA Aloe Vera Cleansing Foam, you are welcome to do so if you have young and moisture-loving skin.

Why is there just one brush head?

Skin types such as combination skin, dry skin or sensitive skin are conditions and not down to genetics – so your skin condition can change from day to day due to hormone fluctuations, e.g., your menstrual cycle, your food intake or other external factors such as UV radiation or oxidative stress or even over the course of a long-term Zeitgard Pro application. The Face Cleansing Tool is neither too hard nor too soft, making it ideal for everyone and for every skin condition.

The development of the new Zeitgard Pro was inspired by the latest scientific insights. This allows you to achieve the same effective cleansing results with an overall much gentler application. The sensitive cleansing brush is therefore ideal for the new Zeitgard Pro. Your skin is sure to rejoice.

If you use the Face Cleansing Tool for longer or slightly increase the pressure, it will give you a more intense cleanse.

In what way does the new Zeitgard Pro differ from the previous ZEITGARD Cleansing Device?

It's easier to use because it only has one speed, you no longer have to choose between different brushes, and it can be expanded to include other applications. You now have 4 application options on just one device. That saves a lot of space and money. In addition, the shape is more ergonomic, and the battery lasts longer.

The cleansing effect of the new Zeitgard Pro is just as good as that of the previous model. However, the Zeitgard Pro technology has been developed further and is now more closely geared towards the bespoke cleansing cream and brush. This has allowed us to cover the

needs of all skin types with just one type of brush and one speed setting. All you need to do is make sure that the pressure you apply on your skin with the Face Cleansing Tool is comfortable for you and your skin. The new Zeitgard Pro is thus significantly easier to use and more gentle on your skin.

What exactly distinguishes the Zeitgard Pro from competitors' products, and what do you mean by oscillation?

From a physical point of view, oscillation is a kind of vibration. The most important thing, however, is that an oscillating brush does not turn in circles. It does not rotate to "wipe away" dirt. Instead, the brush oscillates (from the Latin oscillare "to swing") in smaller but very fast back-and-forth movements (almost 6,400 times a minute) and thus cleans more gently and thoroughly.

The sound frequency – speed of the back-and-forth movements – cleans the skin without irritating it. Devices with other technologies (e.g. rotation), only ever brush the skin in one direction. The process is similar to cleaning a work surface or a dirty pan: if you rub a sponge back and forth at speed, your work is quickly done. But if you only ever rub in one direction, you often damage the surface structure and only manage to clean by abrading the top layer.

In addition, the unique Microsilver BG™** -technology makes each bristle of every brush head a highly hygienic tool, and the rounded brush filaments glide gently but effectively over the skin.

Should you already own another device, compare the two with the help of a wet wipe or a nylon stocking. Switch your first device on and place it on the nylon stocking. Rotating devices stress the skin – you will see how the nylon stocking twists. Now do the same experiment with your second device. The Face Cleansing Tool with oscillation technology allows the nylon stocking to stay in place – the same happens to the surface of your skin.

Should I expect initial aggravations when I first use the Face Cleansing Tool?

We are not aware of initial aggravations having ever occurred, not even in the studies that have been conducted. However, should you have particularly stressed skin, e.g. psoriasis, open wounds or severe acne, please consult your dermatologist before using the device.

How do I clean my Face Cleansing Tool?

Remove the device from the charging station before you start cleaning it. Simply wipe the device with a damp cloth. The charging station can be cleaned in the same way. Please make sure the charging station is not plugged into a socket when you clean it.

To clean the Face Cleansing Tool, simply detach it from the adapter. It should be rinsed with warm water after every use. If your Face Cleansing Tool appears particularly dirty, e.g. with make-up, you can also use the LR ZEITGARD Cleansing Cream like a wash lotion. Once you're done, just pat dry with a clean towel – thanks to the antibacterial Microsilver in the filaments, that's all you need to do.

Due to the unique Microsilver BG™** technology embedded in the filaments, you only need a new Face Cleansing Tool every 3 months. In that way, it is similar to your toothbrush – in order to achieve a quality result and gentle cleansing day after day, we recommend you regularly exchange the brush head. Should you use the brush twice a day, we recommend you exchange it every 2 months.

Please do not place the damp Face Cleansing Tool into a drawer or cupboard – leave it to dry where the air has a chance to circulate, ideally on the charging station.

Never use aggressive detergents or chemicals to clean the device.

Is the Face Cleansing Tool also suitable for men?

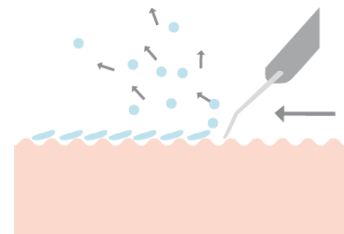
Yes, absolutely! Due to its nature – e.g. larger pores, greater sebum production etc. – male skin can greatly benefit from an intense cleansing routine. The Face Cleansing Tool is ideal for this.

Face exfoliation with the Face Peeling Tool

When should I use the Face Peeling Tool?

Exfoliating is one of the best ways to get an absolutely clear skin. The Face Peeling Tool works with ultrasound vibrations, which act upon skin contact, effectively removing dirt, whiteheads, dead skin cells of the cornified layer of the epidermis and excess sebum on the surface.

Water molecules on the skin surface amplify the 25 kHz ultrasonic action of the Tool – similar to a high-pressure cleaner, only with a different technology: the ultrasound oscillates the water molecules, which vaporise (“evaporate”) – the energy that is thus released acts as mini explosions, shaking loose “more stubborn” dirt that has settled into the lower skin pores, as well as dead skin cells. This is an intense detox and cleanses the skin like no other method will.



For a beauty parlour-level detox regime, you should use the Face Peeling Tool instead of the Face Cleansing Tool twice a week.

An “initial aggravation” of your complexion following the first few applications is possible – this shows that your skin is responding to the treatment and that deposits in the deeper layers of the skin are being released. Generally, these reactions will abate after a few treatments.

Can I use the Face Peeling Tool more than twice a week?

Exfoliation works best if you do it regularly and integrate it into the natural regenerative processes of the skin. Your skin constantly regenerates. By forming new basal cells in the lowest layer of the epidermis, the cells above are continuously pushed upwards, where they

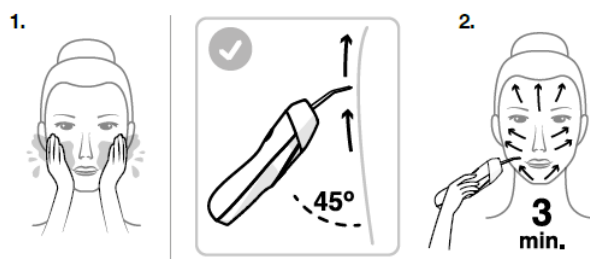
slowly dry out, cornify and form the top layer of the skin. Every day, the skin sheds up to 14 grams of dead cornified cells. You can remove these by regularly using the Face Peeling Tool – every 2-3 days. This prevents the build-up of dirt in the sweat pores.

How do I use the Face Peeling Tool?

A regular application is key – treat yourself to a detox exfoliation on set days of the week.

Prepare your skin by manually cleaning it with the LR ZEITGARD Cleansing Cream – this is not essential, but the harungana extract in the LR ZEITGARD Cleansing Cream is known to support the regeneration of the skin and improve its appearance.

Generously dampen your face with water or the LR ZEITGARD Facial Toner. The water molecules will improve the detox effect. Useful: if you use the LR ZEITGARD Facial Toner, you'll be able to see which sections of your face you have already treated.



Move the Face Peeling Tool at a 45° angle from the nose towards the edges of your face. Work through all sections of your face in turn. Wherever you encounter more “blackheads”, increase the pressure slightly and slide the device over that section a few times.

Complete your exfoliation treatment by applying more LR ZEITGARD Facial Toner. This will soothe your skin, revitalise it and re-establish the skin's natural protective acid mantle.

What is the difference between professional devices used by cosmetologists and the Face Peeling Tool?

Ultrasound treatments have become an integral part of modern cosmetic procedures.

Ultrasound has the power to send highly concentrated active ingredients into the skin, and the body's own collagen production is stimulated. With the help of ultrasound, active substances from serums and creams can be channelled to deeper layers of the skin. This allows the skin cells to absorb and store more moisture. In addition, ultrasound acts as an “internal massage” – all of which makes the skin appear young and fresh.

The higher the Hz number, the smaller the waves. Ultrasound used for skin treatments in beauty parlours is usually at around 1,000 kHz (= 1 MHz / megahertz). In order to reach the upper layers of the facial skin, up to 3 MHz or more is sometimes used.

The Face Peeling Tool uses 25 kHz to remove the upper skin layers – professional cosmetologists' devices work at a rate of between 20 and 30 oscillations per minute.

What happens when I use the Face Peeling Tool the other way round?

If you turn the Face Peeling Tool, you will reduce the effect and it will no longer exfoliate. Some ultrasonic devices on the home use market utilise this reduced frequency for the application of active ingredients. That does work. However, we recommend using the Face Smoothing Tool for this, because its frequency of 1 MHz channels the active ingredients into deeper layers of the skin.

Can I also use the Face Peeling Tool if I have acne or severely stressed skin?

It can be used on practically every skin type and almost every skin condition – acne, couperose, atopic dermatitis and extremely sensitive skin. It is also ideal for people who live in big cities, where greater air pollution negatively affects the skin.

The exfoliating function not only cleanses the skin, it also activates lymphatic flow and stimulates the blood flow. The result: wrinkles appear reduced and impurities are gently eliminated. Acne scars that are no older than 1 year can also be treated with the device. However, you should be extra-careful when treating skin with open wounds.

My Face Peeling Tool is making unpleasant noises. Is it broken?

Humans cannot actively hear ultrasound – however, when ultrasound meets resistance, e.g. on dirt, the sound changes and can be perceived as a strange and unpleasant noise. Some users have reported hearing this unpleasant noise when using the device nearer the ears. This may be unpleasant, but it is in no way health-damaging. However, please remember to remove rings, glasses or hearing aids before using the device.

Facial skincare with the Face Smoothing Tool

When should I use the Face Smoothing Tool?

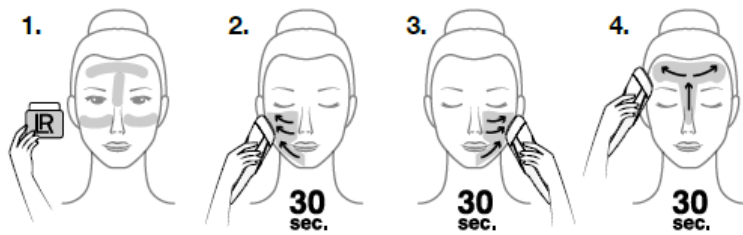
With growing age, the results of a lack of facial cleansing, poor facial care, insufficient sun protection, poor nutrition or oxidative stress become increasingly evident. In addition, the biological effects of processes that are no longer fully functional or slowed down become visible. The “organic material” shrinks, the skin structure loses tension and facial expressions appear sunken.

The ultrasonic vibrations act like passive contour training for your facial muscles, bring sunken skin areas back into shape, promote blood flow, actively stimulate the slowed-down bioprocesses of the tissue and double the body’s own collagen and elastin formation. Your skin becomes firmer and more toned. The skin’s elasticity increases, and connective tissue is tautened. Laughter lines and dry wrinkles are reduced.

How do I use the Face Smoothing Tool?

After you have thoroughly cleansed your face – with the Face Cleansing Tool or the Face Peeling Tool and the LR ZEITGARD Facial Toner – your face is ready to receive its individual care. Use the skin analysis chart to find the right LR ZEITGARD products for your skincare routine.

Start by applying your preferred serum and then your day cream. Use the Face Smoothing Tool to slowly massage the products into your cheeks and T-zone.



Then apply your eye cream – you can once again use the Face Smoothing Tool to massage this into your skin.

We recommend you use the Beauty Diamonds Day Cream when you present the device – the firming anti-aging care from the Beauty Diamonds range strengthens the skin of people aged 40 and up by stimulating collagen formation, reducing wrinkles and ensuring harmonious facial contours. The Beauty Diamonds range guarantees a plumped-up skin, firm contours and moisture-nourished skin, and with the unique active ingredient transport system its effect can be channelled directly into each skin cell.

What is the active ingredient transport system?

The active ingredient transport system in the Nanogold & Beauty Diamonds Facial Care products as well as in the Platinum All-in-One Men's Care and the LR ZEITGARD Body Cream works like an active ingredient booster. When used together with the Face Smoothing Tool, the precious active ingredients are transported firstly to the skin cell and secondly directly into the cell, which greatly increases the effectiveness. With the Face Peeling Tool and the above-mentioned LR ZEITGARD care, the active ingredients penetrate even deeper and reach each cell in a targeted manner. The active ingredients are only released after the carrier has latched on, allowing them to unleash their full power inside the cell. This way, skin aging is tackled at the source and slowed down through targeted nutrient supply.

The market often recommends using such a product 3 times a week or even just once a week over the course of a few months. But LR recommends daily applications in the morning and evening – why? Is a prolonged and frequent use harmful?

In this case, we believe: "A lot helps a lot!" – but sustainably adapted to the natural cycle of the body's own skin renewal and muscle building processes. The short-term intensive treatment with ultrasound levels so high that they can only be legally used by the medical industry and that have been banned for home use in the EU should, of course, not be performed daily.

The Zeitgard Pro offers you the maximum permissible and sensible level of ultrasonic frequency for daily home use – this makes things easy, and you can integrate the various applications into your beauty routine without hesitation. Independently conducted Dermatest studies also show that regular anti-aging treatment can have maximum and, above all, visible results.

Can I also use the Face Smoothing Tool around the eyes?

The skin around the eyes is particularly thin and thus more sensitive than the rest of the face. You should simply give it a try and see how it feels. If used as recommended, the Face Smoothing Tool is not harmful, but it has not been designed with the eye area in mind. When used in combination with the 2in1 Eye Cream or Mask by Nanogold or Beauty Diamonds, the Face Smoothing Tool can be very effective around the eyes – the eye area is prone to dryness and benefits from a strong collagen structure to prevent dark under-eye circles, bags and crow's feet wrinkles. The Face Smoothing Tool not only massages the active ingredients deep into the skin, it also stimulates the cells to actively rebuild their own collagen structure. In addition, the deep warmth generated by the ultrasound is particularly relaxing and soothing. Apply cream around your eyes and take approximately 5 seconds to slide the Face Smoothing Tool over your upper eyelid and 5 seconds to slide the Face Smoothing Tool over your lower eyelid. Always move from the nose outwards towards your temple. You can do this daily. Twice a week, you should also apply the 2in1 eye cream and mask as a mask and leave it to work its magic over night. This way, tired eyes will soon look alert and bright again.

Which skincare products can I use with the Face Smoothing Tool?

In principle, you can use any serum or facial skincare cream with the Face Smoothing Tool. However, you will get the best anti-aging effect if you use the newly formulated Nanogold, Beauty Diamonds or Platinum care ranges – these all include the active ingredient transport system and are specially designed to work in tandem with the Face Smoothing Tool. The ultrasound generated by the Face Smoothing Tool acts as an accelerator: care products are absorbed noticeably faster, and the active ingredients are channelled directly to the deeper dermis.

We recommend you use the Beauty Diamonds Day Cream for presentations – you will achieve a silky-smooth skin, even on the back of your hand. This has already won over numerous customers. Just give it a try!

Depending on your skin's daily needs, you can also apply a serum underneath the day cream or treat yourself to a soothing mask in the evening.

How does the current Face Smoothing Tool differ from the technology used in the previous ZEITGARD Anti-Age Device?

The Face Smoothing Tool uses a completely different technology – one that is particularly favoured by dermatologists and cosmetologists. The ZEITGARD Anti-Age Device uses a combination of thermo-technology and vibration.

The ZEITGARD 2 Anti-Age Device activates the skin's own processes and adaptation reactions and stimulates the microcirculation within the fine blood vessels in the skin. This optimises the nutrient intake of the skin. Simultaneously, pollutants are removed from the different skin layers. The vibration "nudges" the active ingredients of the ZEITGARD Anti-Age product into deeper layers of the epidermis, where they act according to the inside-out principle.

Instead of vibration, the Face Smoothing Tool now uses stronger micro-ultrasonic oscillations (1,000 kHz), which not only have a micro-massage effect on the skin layers and stimulate cell metabolism and collagen synthesis, but also channel the active ingredients of the LR ZEITGARD care products directly to the dermis, i.e. even deeper. Active ingredients are no longer merely pushed into the intercellular spaces of the epidermis (the outermost layer of the skin), but directly into the dermis (the deeper middle layer of the skin), which consists of collagen and elastin fibres and gives the skin its firmness and elasticity. This can only be achieved with “higher pressure from the outside” – in our case with the help of ultrasound.

The Face Smoothing Tool also promotes the removal of pollutants: not through vibration, but through deep warmth, which people find extremely pleasant.

LR ZEITGARD is now easier and more effective to use: the application of additional products is no longer necessary thanks to the improved formula of the Nanogold, Beauty Diamonds and Platinum care ranges and the ultrasonic technology. Now, the LR ZEITGARD care products not only nourish the skin’s surface, but can also act directly on / in the cell structure while the ultrasonic waves stimulate cell renewal, the body’s own collagen formation and the removal of pollutants.

Which care products can be used with the old ZEITGARD Anti-Age Device?

Thanks to their improved formula, LR ZEITGARD skincare ranges Nanogold, Beauty Diamonds and Platinum can also be used with the ZEITGARD 2.

I have attached the Face Smoothing Tool to the device and switched it on, but nothing seems to happen. Is the device faulty?

The Face Smoothing Tool uses an ultrasound frequency that is imperceptible to the human ear. If the display around the on-button is illuminated, the device should be in perfect working order. There is a trick to make the ultrasonic waves visible: take a drop of water and place it on the metal surface of the switched-on Face Smoothing Tool. It will begin to “dance” on the metal surface. This is also a great effect you can show off when presenting the device to potential customers.

Body care with the Body Skincare Tool

When should I use the Body Skincare Tool?

The Body Skincare Tool has been primarily designed to tauten the skin on your upper arms, stomach, legs and bottom. We recommend the Body Skincare Tool to women from the age of 25 who wish to have a smooth skin without signs of cellulite (orange peel skin) – it tautens the skin, gives it firmness and promotes the body’s natural ability to eliminate pollutants via the vascular and lymphatic system.

The ultrasound treatment with the Body Skincare Tool can improve the appearance of cellulite. Waste products lodged between fat cells are shaken loose by the ultrasound treatment, and the lymphatic fluid can carry them away. Figuratively speaking, the fat cells

are “liquefied” – similar to when you let ice cubes melt and then refreeze them – and then form a more even surface. Ultrasound acts like a deep tissue massage. Blood flow is stimulated, and the elastin and collagen strands relax.

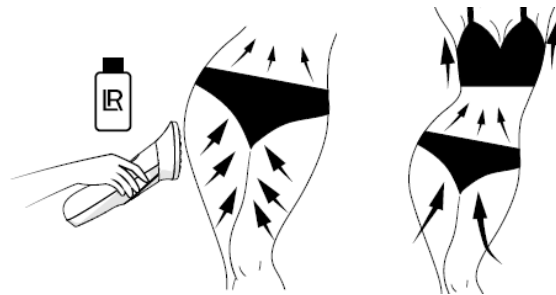
We also recommend a healthy, alkaline diet, sufficient fluid intake and avoiding drink, sweets and tobacco. Taking the LR LIFETAKE 5in1 Beauty Elixir can also help promote the body’s capability to generate collagen and improve the skin’s elasticity.

If you are pregnant, suffer from heart diseases, have a pacemaker, tumours, skin cancer, sunburn, open wounds, circulatory disorders, thrombosis, a blood clotting disorder, epilepsy or infectious diseases (fever, AIDS etc.), you should discuss permanent, regular use with your doctor.

How should I use the Body Skincare Tool?

Apply some LR ZEITGARD Body Cream to your skin and massage that section with gentle circular movements using the Body Skincare Tool.

You should always massage towards your lymph nodes. Treat your legs (massage towards your groin), your stomach (massage towards your groin or armpits), your bottom (massage towards your groin or back of the knee) and your arms (massage towards your armpits). Proceed area by area and only apply the cream to the area you are about to massage. For the best possible results, do this treatment up to twice daily.



Which products should I use with the Body Skincare Tool?

The LR ZEITGARD Body Cream was developed especially with the Body Skincare Tool in mind. It has a creamy, light and soft texture – perfect for massaging into the skin with the Body Skincare Tool. It leaves the skin feeling silky-soft – without sticking. The combination of tried and tested active ingredients that have an anti-aging effect, such as panthenol and vitamin E, promotes the production of skin cells and protects against free radicals, which gives your skin radiance. In addition, collagen production is stimulated and the natural collagen structure of the skin is reformed. The skin barrier as well as the skin contour are optimised, improving the microrelief.

Sunflower, jojoba and mimosa wax also improve the skin barrier. While hyaluronic acid acts as a water reservoir and promotes elasticity and tone.

But, if you prefer, you can also use the LR ALOE VIA Aloe Vera Body Care products or the LR Soul of Nature Care Oil.

Can I also treat scar tissue with the Body Skincare Tool?

Yes, the Body Skincare Tool is also suitable for preparing your skin for an operation and for treating it afterwards – the vibration and ultrasound oscillations “soften” the tissue,

resulting in less pronounced scars. Experts would, however, like to point out that the appearance of scars can only be improved if they are no older than 3 years. In principle, ultrasound only supports wound healing – the effect varies from person to person.

Can I also use the Body Skincare Tool around the shoulders and the back of the neck?

Does it help ease tension and joint pain?

You can indeed also use the Body Skincare Tool for a relaxing massage in the neck and shoulder area. Try using it with the LR Soul of Nature Care Oil and relaxing oils or with the LR ALOE VIA Special Care products. The active ingredients are massaged deeper into the skin and thus have a greater effect. The warmth created by the ultrasound penetrates deep into the muscle tissue and can have a pain-reducing and relaxing effect.

*Cosmetic device for home use with interchangeable attachments, patent pending in Germany: Patent no.: 10 2022 200 747.6

**Thanks to the antibacterial effect of the LR active ingredient MICROSILVER BG™, the individual brush filaments remain perfectly hygienic for up to 3 months. MICROSILVER BG™ consists of pure silver powder with a highly porous molecular structure. The effect: MICROSILVER BG™ permanently regulates the formation of new bacteria.