



- 1** Place the headset as shown in the diagram. Ensure that the treatment modules [B, C] are in contact with the skin, and that the pad assembly [G] is sitting comfortably around the ears. When priority is given to the correct placements of the treatment modules, the extender assembly will settle between the ear and cheek.
- 2** Insert the nose applicator [A] into either the right or the left nostril with the clip on the outside and the lens in the nostril.
- 3** Insert the headset plug [L] and the nose applicator plug [K] into the controller as shown in the diagram.
- 4** Press the start button [H] to begin treatment. It switches off automatically after 20 minutes.