

LIFEWAVE<sup>®</sup>

INSTRUCTION FOR USE

# LIFEWAVE X39®

## INSTRUCTIONS FOR USE

Place one LifeWave X39 patch on the body, using one of the locations shown on page 3.

Apply the patch to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



**Warnings:** Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Consult a health professional before using if you have a health condition. Do not use if pregnant or nursing. Keep this product out of reach of children. Not intended for use on children. Do not apply/use patches other than as directed. Store in a cool, dark place, out of direct sunlight.

## INSTRUCTIONS FOR USE

Place one white and one tan patch on the body, using one of the locations shown on page 5. Apply the patches to clean, dry, undamaged skin.

Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product. Only remove half of the patch backing until an effective placement site had been located.

If relief is not felt in 10 seconds, move to the next location. The patches can be used on any acupressure point of the body.

## THE CLOCK / CROSS METHOD

The Clock/Cross Method was developed to provide fast and effective results for non-specific, localized discomfort.

Move through the locations shown in Fig. 1.0 to 1.6 until relief has been substantially felt and/or mobility has increased.



Fig. 1.0



Fig. 1.1



Fig. 1.2



Fig. 1.3



Fig. 1.4



Fig. 1.5



Fig. 1.6

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# SP6 COMPLETE

## INSTRUCTIONS FOR USE

Place one SP6 Complete patch on the body, using any of the recommended locations shown on page 7. For optimal results, rotate the patch between the placements that provide you the most control of your appetite.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product. Do not use more than one SP6 Complete patch at a time on the body.

**Intended Use:** To provide mild and temporary stimulation of acupressure points which help to control appetite. It may also complement a weight loss program and help reduce cravings and appetite. The device is a non-transdermal adhesive patch.



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## INSTRUCTIONS FOR USE

Rotate through these point locations, using an Aeon patch 5 to 7 days per week. You can use any of the point locations in this booklet for any Y-Age patch, but the preferred Aeon locations are shown on page 9.

When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations in this booklet, applying the patches on either the midline or right side of the body.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



**Warnings:** Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Consult a health professional before using if you have a health condition. Do not use if pregnant or nursing. Keep this product out of reach of children. Not intended for use on children. Do not apply/use patches other than as directed. Store in a cool, dark place, out of direct sunlight.

# Y-AGE™ CARNOSINE

## INSTRUCTIONS FOR USE

Rotate through these point locations, using a Carnosine patch 1 to 3 days per week. You can use any of the point locations in this booklet for any Y-Age patch, but the preferred Carnosine locations are shown on page 11.

When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations in this booklet, applying the patches on either the midline or right side of the body.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



**Warnings:** Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Consult a health professional before using if you have a health condition. Do not use if pregnant or nursing. Keep this product out of reach of children. Not intended for use on children. Do not apply/use patches other than as directed. Store in a cool, dark place, out of direct sunlight.

# Y-AGE™ GLUTATHIONE

## INSTRUCTIONS FOR USE

Rotate through these point locations, using a Glutathione patch 5 to 7 days per week. You can use any of the point locations in this booklet for any Y-Age patch, but the preferred Glutathione locations are shown on page 13.

When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations in this booklet, applying the patches on either the midline or right side of the body.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



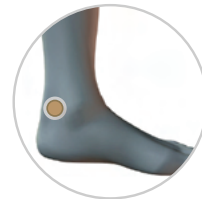
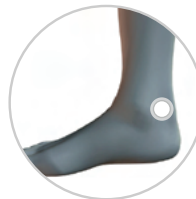
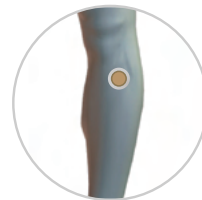
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# ENERGY ENHANCER®

## INSTRUCTIONS FOR USE

Place one set of Energy patches on the body, using one of the locations shown on page 15. Always place the WHITE patch on the RIGHT side of the body, the TAN patch on the LEFT side of the body.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



**Warnings:** Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Consult a health professional before using if you have a health condition. Do not use if pregnant or nursing. Keep this product out of reach of children. Not intended for use on children. Do not apply/use patches other than as directed. Store in a cool, dark place, out of direct sunlight.

# SILENT NIGHTS®

## INSTRUCTIONS FOR USE

Place one Silent Nights patch on the body, using one of the locations shown on page 17.

Apply the patch to clean, dry skin in the evening. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



**Warnings:** Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Consult a health professional before using if you have a health condition. Do not use if pregnant or nursing. Keep this product out of reach of children. Not intended for use on children. Do not apply/use patches other than as directed. Store in a cool, dark place, out of direct sunlight.

# LIFEWAVE X49®

## INSTRUCTIONS FOR USE

Place one LifeWave X49 patch on the body, using one of the locations shown on page 19.




Apply the patch to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



**Warnings:** Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Consult a health professional before using if you have a health condition. Do not use if pregnant or nursing. Keep this product out of reach of children. Not intended for use on children. Do not apply/use patches other than as directed. Store in a cool, dark place, out of direct sunlight.

## INSTRUCTIONS FOR USE

## ALAVIDA REGENERATING SYSTEM CONTAINS\*:

- 1 bottle - Alavida Revive Eye Cream (0.5 FL. OZ. / 15mL )
- 1 bottle - Alavida Daily Refresh Facial Nectar (1 FL. OZ./30mL )
- 1 bottle - Alavida Nightly Restore Facial Crème (1.7 FL. OZ./50 mL )
- 2 envelopes - Alavida Patch (30 patches / envelope)

\* All products included in the Alavida Regenerating System may be purchased individually.

This booklet gives instructions for use on all products in the Alavida Regenerating System. If eye cream, crème, nectar, or patches are purchased individually, for best results they should be used in conjunction with the system.

## ALAVIDA REVIVE EYE CREAM

**Instructions:** Use around eye area in the morning and if desired, at night.

**Precautions:** Avoid direct contact with eyes. If skin irritation occurs, please discontinue use. If irritation persists, consult your health professional. If you have very sensitive skin, please do a patch test 24 hours prior to usage.

## ALAVIDA DAILY REFRESH FACIAL NECTAR

**Instructions:** Apply onto clean skin of face and neck.

**Precautions:** Avoid contact with eyes. If skin irritation occurs, please discontinue use. If irritation persists, consult your health professional.

## ALAVIDA NIGHTLY RESTORE FACIAL CRÈME

**Instructions:** Apply onto clean skin of face and neck.

**Precautions:** Avoid contact with eyes. If skin irritation occurs, please discontinue use. If irritation persists, consult your health professional.

## ALAVIDA PATCH

**Instructions:** Apply one patch each night before going to bed. Remove the liner from the adhesive backing using the adhesive side of the patch to secure patch placement. Place one patch on the body, using one of the locations shown on page 21. Apply the patch to clean, dry skin before retiring. Patch may be worn for up to 12 hours before discarding. Use a new patch for each application.

**Precautions:** Do not use if pregnant or nursing. Remove immediately if you feel discomfort or skin irritation. If irritation persists, consult your health professional. Keep well hydrated prior to using this product. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin.

**Storage instructions for all products:** Store in a cool, dark place, out of direct sunlight.

**Disposal Instructions:** All Alavida containers and patches can be disposed of in general waste.



LifeWave products are for general wellness and intended only to maintain or encourage a general state of health or a healthy activity. The content provided by LifeWave is presented in summary form, is general in nature, and is provided for informational purposes only. Always consult with your physician or other qualified health care provider before embarking on a new health regimen, diet or fitness program. Do not disregard any medical advice you have received or delay in seeking it. LifeWave reserves the right to change product prices or selection.

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