

Tua Spa – Micro-current and Ultrasound Device

Technology information and Device Instruction Sheet

The Tua Spa is a powerful Micro-current device designed to clean the skin deeply utilizing ultrasound technology, and raise ATP levels by up to 500% using the Micro-current technology included within the device.

Microcurrent Therapy when done every day will boost collagen and elastin growth levels in a way that NO skin care ever can!

Why?

Because it boosts Adenosine Triphosphate (ATP) growth in the skin by up to 500%.

What is ATP?

Adenosine Triphosphate is considered by biologists to be the energy currency of life. It is the high-energy molecule that stores the energy we need to do everything.

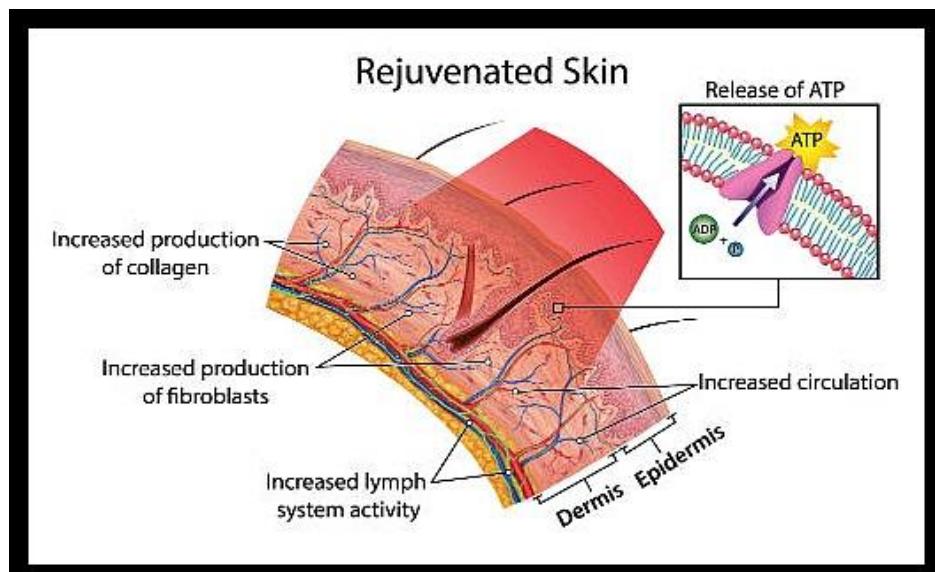
Adenosine triphosphate (ATP) is the main energy source for the majority of the cellular and muscular functions. This includes the synthesis of DNA. Living things use ATP like a battery – storing and using the energy when needed and, it seems, in complex ways (a sprinter will use ATP very differently from a marathon runner).

Our bodies and ATP

You'd think that something so vital would be stored up. However, we do not store ATP but manufacture it on an as needed basis via ATP Synthesis (ATP Synthase). It is a little like the process of obtaining and storing food and liquids. Although we need them to survive, we do not stash enormous quantities (camels and hibernating bears excepted) but forage for a top up every few hours.

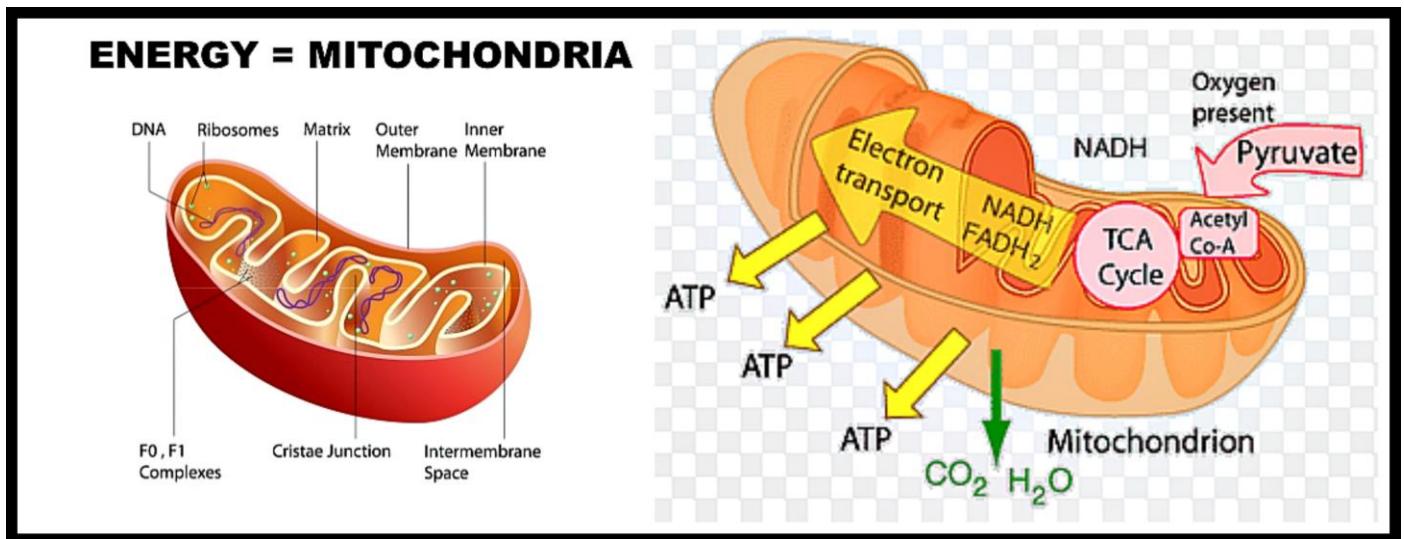
We metabolise ATP as an energy source and then convert it back again so it is continuously recycling. And at quite a rate. The human body on average stores only 250 grams (8.8 oz) of ATP at any one time, but runs over its own body weight equivalent throughout every day.

ATP and ageing



Ageing is a complex thing and there are lots of things involved, ATP or the lack of it, is a leading factor.

ATP and mitochondria



ATP is synthesised in the mitochondria.

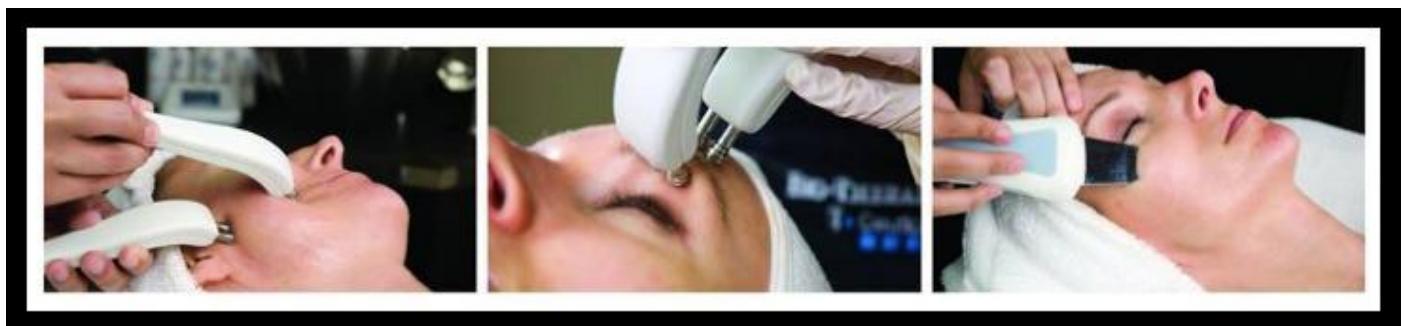
As we age, the mitochondria in our cells develop genetic mutations that cause them to either degenerate or die.

As we age the ability to fix these mutations decreases due to a decrease in ATP productions.

Focusing on mitochondria health is one way to help keep ATP production high, exercising also has a huge impact on ATP production so make sure to exercise regularly and remember a healthy body is able to produce healthier skin ☺

Only the right technologies can raise ATP levels in the body's cells (including the skin).

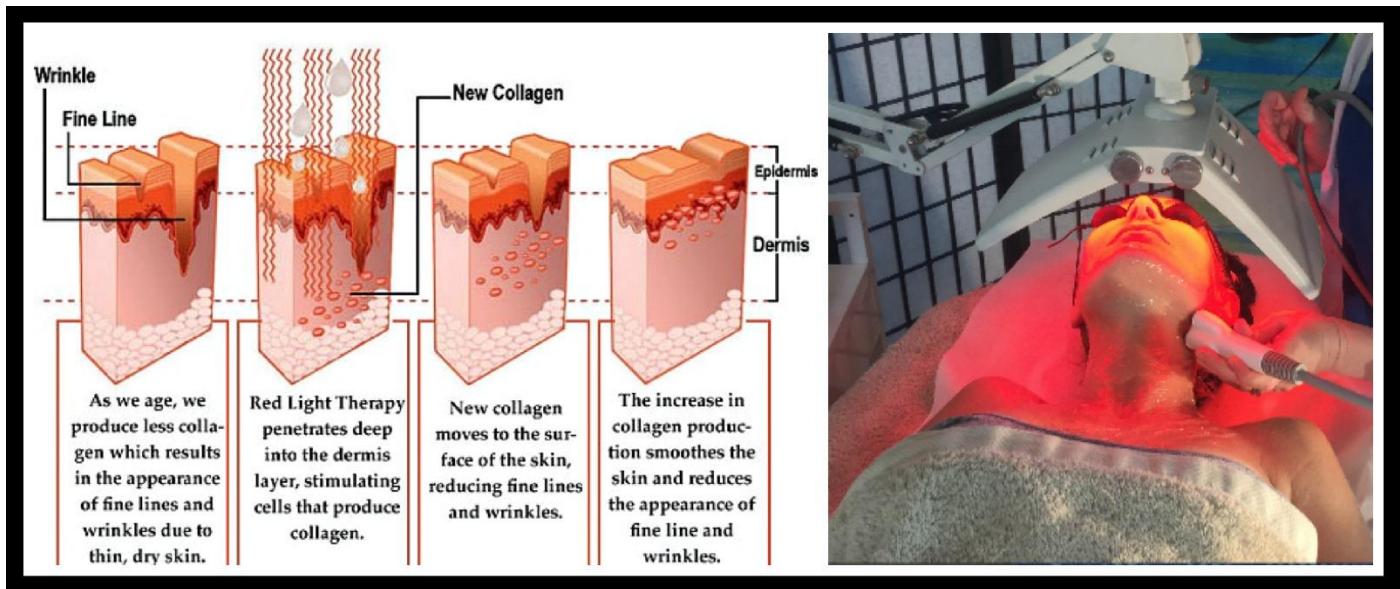
Micro-current Therapy:



In 1982, researcher Ngok Cheng led a study that provided hard evidence of Micro-currents role in the cellular vitality by proving that Micro-current increased levels of ATP in lab-rate cells by 500%.

Read all about this study here: http://b-e-st.com/wp-content/uploads/2016/12/engl_scientific_and_clinical_studies_on_microcurrent.pdf

LED Light Therapy:



LED Light (specifically Red LED Light) has significant effects of ATP synthesis leading to the increase of collagen (more than 12% in 30 days), elastin growth (more than 40% in 30 days), and blood circulation (more than 30% in 30 days).

Read more about the effects of LED Light here:

<http://www.jessicatsmedispa.com.au/led-light-skin-rejuvenation/>

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Instructions for use

Step One:

Plug in the device and fully charge before use.



Once device is fully charged Press the **grey rectangle button** on the front of the device downwards until the device comes on and you see a blue light. To turn off the device simply hold down the button.

This setting (blue light on next to the word Sonic) is your **Ultrasound cleansing** setting.



Step Two:

I would advise you to use a water-soluble cleanser such as Cetaphil, cleansing the skin once with your fingertips.

Then use a water soluble facial scrub such as St Ives (purchased from supermarkets). **If you use products oils in them the device will now work properly due to current not being able to travel down and through the layers of the skin.** Work the facial scrub over the wet skin of the face, neck and chest areas, then using the mettle blade slowly remove the scrub in long strokes as shown in the picture below.

I would advise you to perform this deep cleansing and exfoliation treatment 1-2 times per week.



Step Three:

The main reason I advise clients to purchase the Tua Spa device is so they can perform the Micro-current treatment 1-2 times every day.

To find the **Micro-current setting** on the device press the grey rectangle button once until the device comes on and you see the blue light, then quickly press the button again and you will see the green button come on next to the word Micro.

You need to wait around 10 seconds until you hear a beep, and then you can adjust the Micro-current strength on the device.

You can go up two levels, watching as the green light flickers faster each time you press the button quickly. The quicker the flashing of the green light, the higher the Micro-current strength.

I would advise you to use the highest strength.

Once on the highest strength of on the Micro-current setting (with the green light flashing quickly next to the word Micro) take the mettle blade in the opposite direction to the Ultrasound cleansing and exfoliation treatment, slowly over the surface of the skin of the face, neck and chest areas.



Problem Shooting:

-The device will not charge

Check the device is properly connected to device and the plug is properly connected to the power source.

-The device will not turn on

Make sure you are holding the rectangular grey button down when turning on the Tua Spa device until the blue light comes on and you hear a gentle humming coming from the device. You may be pressing the button too quickly and not holding it down.

-How do I increase the strength of the Ultrasound cleansing setting?

Once you have held the button down, and waited 10 seconds for it to beep (securing the Ultrasound setting) press the button quickly once more. You will notice the humming quickens and the blue light becomes a solid light instead of flashing.

-I can't change the device from Ultrasound to the Micro-current setting.

You need to turn the device off, holding the button down. Then turn it on, holding down the button until the Ultrasound setting comes on (showing the blue light) then press the button quickly once more, and then wait 10 seconds until the device beeps before adjusting the Microcurrent setting strength.

-I can't change the device from the Micro-current setting to the Ultrasound.

You will need to turn the device off, and then on again to use the Ultrasound setting.

If these helpful tips do not work, please contact the team at Jessicat's Medi-Spa ☺