



**:SQOOM®**  
Operating Instructions





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Thank you very much for your decision to purchase SQOOM. This high-quality concept from the medical- and dermatology expert Schick Medical offers highly effective gels and specially developed programmes for anti-ageing, whitening and cleansing, as well as applications for skin problems and back- or muscle tension.

Quite possibly the most elegant way to achieve visibly beautiful skin. The revolutionary SQOOM concept with its patented synchron technology of ultrasound and iontophoresis.

Please read these instructions carefully for optimum results and maximum treatment success.

**The SQOOM Programmes:****C = Cleansing**

cleanser Gel

**M = Medical**OL Gel, NA Gel, NE Gel,  
PS Gel, RO Gel**N = Nutrition**

H+ Gel, booster Gel

**L = Lifting (intensive pulse)**

H+ Gel

**W = Whitening**

deSpot Gel, AK Gel

**W = For sensitive skin**

all xCential gels



Only use original xCential gels and original SQOOM devices for the SQOOM application. We accept no liability for results when using cosmetics or devices produced by others.

**1 | Transducer with titanium alloy – suitable for allergy sufferers**

Apply the xCential gel generously here.

**2 | Control Lights**

The control lights of the device show that the device is in operation (only during skin contact) by flashing regularly.

**3 | On/Off POWER Button**

The device is switched on/off by pushing the button once.

**4 | Programme Selection Button STEP**

Any time you push the STEP button you will initiate one of the programmes.

**5 | Selection MODE**

Select, whether you want a treatment in ultrasonic, ion or synchron mode here.

Green LED: Ion mode

Red LED: Ultrasonic mode

**6 | Intensity LOW/HIGH**

Activate the intensity LOW/HIGH by pressing this button.

The LED display shows you the current intensity range.

**7 | Contact Handles**

Always hold your SQOOM touching the contact handles on both sides.

**8 | Charging Station**

Put the device back into the charging station after each application to keep your SQOOM ready for operation at any time.

**9 | Battery Control Light**

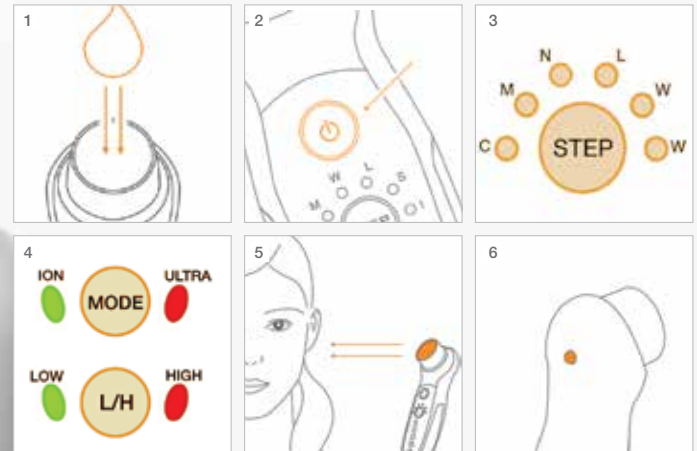
When the control light glows green, the device is fully charged. If it glows red, the device is still charging.



Clean your skin as usual before each application. Next, apply the xCential gel generously onto the transducer (1) or directly onto the skin area to be treated. Only use original xCential gels and original SQOOM devices for the SQOOM application. Switch on the device (2).

Now choose the suitable application programme (3) and the ION/ULTRA and LOW/HIGH mode (4). Then place the transducer on the skin area you want to treat and move it softly over the skin in slow circulating moves (5).

Please note: If you treat another person with your SQOOM, you should ensure that your free hand touches the other person (skin contact). This closes the circuit allowing your SQOOM to work flawlessly (blinking control light) (6).





#### xCential **cleanser**

Optimal physical deep cleansing process, supplying skin with moisture and preparing it for the SQOOM treatment. Panthenol and chamomile extract have a skinsoothing and relaxing effect.

#### xCential **H+ (hya)**

The innovative H+ gel is made entirely from skin friendly active ingredients of natural origin for visibly beautiful and smooth skin. The main ingredient of xCential H+ is hyaluron – a renowned moisturiser. Small hyaluronic acid particles of low molecular weight are transported to the deeper skin layers where they refill hollow spaces left by the ageing process.

#### xCential **deSpot**

This whitening gel contains a unique combination of the active ingredients sulforaphane and genistein. This can brighten skin areas and reduce age spots in a liposomal combination.

#### xCential **booster**

24 hour concentrated moisture boost. Fresh and velvety-smooth skin with immediate effect. Wrinkle depth is reduced after one single application and xCential booster has an 8 hour anti-wrinkle effect.

#### xCential **acqua+**

acqua+ is an enriched moisture spray, specially developed for use with all xCential gels, optimising their performance and preventing them from drying too quickly on the skin.

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# xCentialcleanser

- Clean your skin as usual (remove your make-up, creams and perfume).
- Apply the xCential cleanser Gel generously onto the transducer or the skin area you want to treat.
- Switch on the device with the POWER button and select programme **C** with the STEP button.
- Next press the MODE button to select the functional modes **ION** and **ULTRA**.
- Press the L/H button to select the intensity **HIGH**.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- Wash your face with a lot of water after the cleansing treatment.
- Result: skin cleaned down to the pores.



# xCentialH+

- We recommend carrying out the cleansing programme before each treatment.
- Apply the xCential H+ Gel generously onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme **N** (for nutrition) or **L** (for an intensive pulse/Lifting) with the STEP button.
- Next press the MODE button to select the functional modes **ION** and **ULTRA**.
- Press the L/H button to select the intensity **LOW** and **HIGH**.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- We recommend leaving the gel on your skin as a mask overnight when you treat your skin in the evening. If you carry out the treatment in the morning or during the day, we recommend washing off the gel after the treatment.
- Result: visibly beautiful skin.



Tip: In case of very sensitive skin, we recommend to use programme **6 | W** instead of the **N** or **L** programme.

## PROGRAMME 1 | C

Cleansing down to the pores



Treatment duration: 4 min  
 Application: Once a week  
 Use daily for quicker results.



For application of the sensitive eye area please only select the **ION** function and the intensity **HIGH**.  
 Please note: In the eye area the ULTRA function needs to be switched off.

## PROGRAMME 3 | N PROGRAMME 4 | L

Reduction of wrinkles and skin firming



Treatment duration: 8 - 12 min  
 Application: Once a week  
 Use daily for quicker results.



For application of the sensitive eye area please only select the **ION** function and the intensity **LOW**.  
 Please note: In the eye area the ULTRA function needs to be switched off.

- Apply the xCential deSpot Gel generously onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme **W** with the STEP button.
- Next press the MODE button to select the functional mode **ION** and **ULTRA**.
- Press the L/H button to select the intensity **LOW** and **HIGH**.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- We recommend leaving the gel on your skin as a mask overnight when treating your skin in the evening. If you want to carry out the treatment in the morning or during the day, we recommend washing off the gel after the treatment.
- Result: Whitening of skin areas and age spots.



- Apply the xCential booster Gel onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme **N** with the STEP button.
- Next press the MODE button to select the functional mode **ULTRA**.
- Press the L/H button to select the intensity **HIGH**.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- Leave the remaining gel on your skin after the booster application and massage it into your skin with your fingers.
- Result: Gives your skin a youthful and bright look.



Tip: Use xCential acqua+ in combination before and during the application.

## PROGRAMME 5 | W

Whitening application



Treatment duration: 8 - 12 min  
Application: Once a week  
Use daily for quicker results.



For application of the sensitive eye area please only select the **ION** function and the intensity **LOW**.

Please note: In the eye area the ULTRA function needs to be switched off.

## PROGRAMME 3 | N

Concentrated moisture  
for 24 hours



Treatment duration: 4 min  
Application: As needed – the immediate effect for special occasions or as an ideal supplement to the xCential H+ application.

Please note: Please massage xCential booster in the direct eye area only with the fingers into the skin, not with the device.

acqua+, a specially enriched moisture spray, is used as an ideal supplement to the xCential Gels and xCential blue Gels. It can be applied with all gels and optimises the treatment by preventing gels from drying too quickly on the skin. Additionally it supplies the skin with extra moisture with gentle active ingredients.

Spray acqua+ directly onto the skin areas you want to treat by pumping 2 – 4 times before or during the application of the xCential Gels.

By using acqua+ you will use less high-value gel per treatment and the gels will last longer on your skin.





**xCentialOL****Back- and muscle tension**

Powerful liposomal encapsulated boswellia serrata extract relaxes tension and relieves discomfort.

**xCentialRO****Reddened, sensitive skin**

Magnolol and the active ingredients of caper buds have a skin soothing and extra sensitive effect.

**xCentialNA****Scars and stretch marks**

Bio-active amino acids and natural onopordon acanthium extract assist in the skin's own repair process.

**xCentialAK****Impure, greasy skin**

Natural salicylic acid extracted from willow bark opens blocked pores. Black cohosh has a regulating effect on the sebum production of the sebaceous glands.

**xCentialPS****Dry, flaky skin**

Extracted from liposomal active ingredients of boswellia acid, magnolol, liposomal encapsulated liquorice active ingredients, calendula extract, dexpanthenol and pure camelia seed oil.

**xCentialNE****Dry, irritated skin**

Magnolol, dexpanthenol, extract of caper sprouts and pure camelia seed oil have a skin soothing and moisturising effect.

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# xCentialOL

- Apply the xCential OL Gel generously onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme **M** with the STEP button.
- Next press the MODE button to select the functional mode **ION** and **ULTRA**, until both control lights light up.
- Press the L/H button to select the intensity **LOW** and **HIGH**.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves by applying some pressure.
- Leave the remaining gel on your skin after finishing the OL application and massage it into your skin with your fingers.



# xCentialRO

- Apply the xCential RO Gel generously onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme **M** with the STEP button.
- Next press the MODE button to select the functional mode **ION** and **ULTRA**, until both control lights light up.
- Press the L/H button to select the intensity **LOW** and **HIGH**.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- Leave the remaining gel on your skin after finishing the RO application and massage it into your skin with your fingers.



## PROGRAMME 2 | M

Back- and muscle tension



Treatment duration: 12 - 16 min  
 Application: Daily or as needed

Tip: By using acqua+ you will use less high-value gel per treatment and the gels will last longer on your skin.

## PROGRAMME 2 | M

Reddened, sensitive skin



Treatment duration: Face: 4 - 8 min  
 Body: 12 - 16 min  
 Application: 3 times a week

Tip: By using acqua+ you will use less high-value gel per treatment and the gels will last longer on your skin.

- Apply the xCential NA Gel generously onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme **M** with the STEP button.
- Next press the MODE button to select the functional mode **ION** and **ULTRA**, until both control lights light up.
- Press the L/H button to select the intensity **LOW** and **HIGH**.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- Leave the remaining gel on your skin after finishing the NA application and massage it into your skin with your fingers.



- Apply the xCential AK Gel generously onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme **W** with the STEP button.
- Next press the MODE button to select the functional mode **ION** and **ULTRA**, until both control lights light up.
- Press the L/H button to select the intensity **LOW** and **HIGH**.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- Leave the remaining gel on your skin after finishing the AK application and massage it into your skin with your fingers.



## PROGRAMME 2 | M

Scars and stretch marks



**Treatment duration:** Face 4 – 8 min  
Body 12 – 16 min  
**Application:** Daily or as needed

Tip: By using acqua+ you will use less high-value gel per treatment and the gels will last longer on your skin.

## PROGRAMME 5 | W

Impure, greasy skin



**Treatment duration:** Face 4 – 8 min  
Body 12 – 16 min  
**Application:** Daily or as needed

Please use xCential cleanser for cleansing down to the pores before the AK application.

Tip: By using acqua+ you will use less high-value gel per treatment and the gels will last longer on your skin.

## xCentialPS

- Apply the xCential PS Gel generously onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme **M** with the STEP button.
- Next press the MODE button to select the functional mode **ION** and **ULTRA**, until both control lights light up.
- Press the L/H button to select the intensity **LOW** and **HIGH**.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- Leave the remaining gel on your skin after finishing the PS application and massage it into your skin with your fingers.



## xCentialNE

- Apply the xCential NE Gel generously onto the transducer or directly onto the skin area you want to treat.
- Switch on the device with the POWER button and select programme **M** with the STEP button.
- Next press the MODE button to select the functional mode **ION** and **ULTRA**, until both control lights light up.
- Press the L/H button to select the intensity **LOW** and **HIGH**.
- Hold the SQQOOM on both sides so that you touch the contact handles.
- Now put the transducer onto the skin area you want to treat and move it on your skin with slow, soft circulating moves.
- Leave the remaining gel on your skin after finishing the NE application and massage it into your skin with your fingers.



### PROGRAMME 2 | M

Dry, flaky skin



**Treatment duration:** Face 4 – 8 min  
Body 8 – 16 min  
**Application:** Daily or as needed

Tip: By using acqua+ you will use less high-value gel per treatment and the gels will last longer on your skin.

### PROGRAMME 2 | M

Dry, irritated skin



**Treatment duration:** Face 4 – 8 min  
Body 12 – 16 min  
**Application:** Daily or as needed

Tip: By using acqua+ you will use less high-value gel per treatment and the gels will last longer on your skin.

Please read the following tips to help you get maximum enjoyment from your device.

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#### Extended international warranty

Please register your device for the FREE extended 2-year complete warranty. Extending the legally prescribed warranty and liability, you can use the extended worldwide complete SQOOM warranty free of charge. [www.sqoom.com/internationalwarranty](http://www.sqoom.com/internationalwarranty)

**Customer service number: +49 (0) 741 174 124 0**  
**Monday to Friday from 8am - 6pm**

- Store in a dry place and do not immerse in water.
- Clean the transducer with a moist cloth.
- Put the device in the charging station after switching it off and make sure that the red LED light glows.
- The red LED light turns to green when the charging is finished. If there are problems with charging, the LED will blink red.
- If the battery of the device is discharged completely, please charge it for at least three hours before using the device again.
- When completely charged, the device has approximately four hours of usage time. One full charge can provide over two weeks of use at 12 minutes per day.
- Press the STEP button for about three seconds to display the remaining battery charge. If the LEDs of the 6 programmes glow, the device will be charged completely. If only two LEDs glow, there is approximately 30 minutes of charge left. When the signal tone sounds, the battery must be charged.
- If you do not use the device within two minutes after switching it on, it will switch off automatically.
- The programmed application time for each step is four minutes. When the four minutes have expired, a signal tone sounds. After this, the device switches to stand-by mode. If it is not switched on again within two minutes, it will switch off automatically.
- The rated input voltage is 100 V to 240 V AC. So the device can also be taken to your journeys and used worldwide.
- Remove the power plug of the charging station as soon as your device is fully charged.
- Keep all electric contacts clean, dust-free and dry.

**Device Designation**

Device SQOOM M1 (B-0204A)

**Charging Station**

Mains Voltage AC 100 - 240V, 50/60 Hz  
 Output/ Adapter DC 4.2 V, 1A  
 Power 7 W  
 Weight 133 g

**Hand Device**

Lithium/ ion battery  
 Output/ Adapter DC 3,7V / 2200mA  
 Weight 194 g (gross)

**Ultrasound**

Frequency 1 MHz  
 Intensity levels from 0.1 W/ cm<sup>2</sup> to 0.5 W/ cm<sup>2</sup>

**Ion**

Frequency 1,150Hz ~ 1,785Hz

In the interest of recycling raw materials, the device should not be disposed of with the normal household waste at the end of its operating life. The disposal can be executed via Schick Medical GmbH or at applicable collecting points which you can find out from your local council or municipal administration.

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Please do not treat one skin area longer than 20 minutes per day.

Do not treat an area with SQOOM which is affected by skin cancer or surgery sites.

Do not use SQOOM if you have a cardiac pacemaker.

In cases of hyperthyroidism, do not treat the throat or chest area with SQOOM.

Do not treat the area around joint implants with SQOOM. This might result in increasing pain.

Do not treat the abdomen or chest area with SQOOM during pregnancy.

Avoid the contact of gel and transducer with your eyeballs, eye lids and mucous membranes.

Keep the device and gel/cream out of the reach of children.

Do not store the gel/cream at more than 25°C.

The gels/creams are exclusively made for external skin application.

If you treat another person with your SQOOM, you should ensure that your free hand touches the other person (skin contact). This will close the circuit and ensure the proper operation of your SQOOM.

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