

FOREVER YOUNG

DR. MÜLLER
FOREVER YOUNG



MY BEAUTY LIGHT MANUAL

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INTRODUCTION

Congratulations with your new My Beauty Light. With this portable light therapy device you will enjoy a range of benefits to reveal a radiant, revitalised and refreshed skin. Thanks to the scientifically proven light therapy you will have Forever Young skin results.

This manual contains information about how to use My Beauty Light and its technical specifications.



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WHAT'S INSIDE?

In the My Dr. Müller box, you will find My Beauty Light, a manual, two eye protection goggles and the power supply for your device.



My Beauty Light



• My Beauty Light Manual



• 2x Goggles



• Power supply cable

WARRANTY

Limited two year warranty

Dr. Müller sells its products with the intent that they are free of defects in manufacture and workmanship for two years from the date of original purchase, except as noted below. Dr. Müller warrants that its products will be free in material and workmanship under normal use and service.

If there is a problem with your unit, please first contact your retailer to inquire about a return/replacement. If it is beyond the terms of their Return Policy then contact Dr. Müller for further warranty instructions.

Dr. Müller International

My Dr. Müller Customer Service

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CONTACT DETAILS

Want to stay up to date about Dr. Müller and our Forever Young product range? Connect with us via our Social Media accounts:

Facebook: Facebook.com/DrMullerInternational

Twitter: Twitter.com/DrMullerInt

Instagram: Instagram.com/DrMullerInternational

Pinterest: Pinterest.com/DrMullerInt

- Share your experiences and results with the My Beauty Light with us via [#MyDrMuller](#) and [#MyExperience](#).
- Stay up to date by registering to our [newsletter](#) via [My.DrMuller.com/Newsletter](#).

DECLARATION OF CONFORMITY

We, Dr. Müller International, Granaatstraat 6, 7554 TR Hengelo, The Netherlands, declare that My Beauty Light is in conformity with the with the actual version of the mentioned normative documents.

IEC-Directives: Low voltage directive 2014/35/EU
Electromagnetic compatibility directive 2014/30/EU

Issued by:



J.W.S Fabels

CEO Dr. Müller International

Hengelo, April 2017



According to the standard 60335-2-27, My Beauty Light comes with two protective goggles that meet the above standard. My Beauty Light generates electromagnetic waves with a wavelength between 400 and 780 nanometers, which is covered by visual radiation, also known as VIS rays.

We recommend to always use the provided protective goggles when you turn on My Beauty Light. Protective goggles are only an extra protection, close your eyes during irradiation and open them only when operating the device.



Disclaimer

Dr. Müller pays close attention to the quality of its products. This also applies to the information in this manual. Dr. Müller reserves the right to change the content of this manual at any time. Though Dr. Müller strives to always display the correct texts and images in her manuals, errors can occur. We cannot be held responsible for any errors in writing or printing. We kindly ask you to report any discrepancies using the contact details at the back of this manual. Thank you.

WHY LIGHT THERAPY?

- What if you can enhance your skin with the help of natural UV-free light?
- What if you can have a smooth, blemish-free and younger looking skin without using creams with questionable ingredients?
- What if you can achieve all this within the comfort of your own home or office in just twenty minutes, 3 times per week?

Dr. Müller has found the answer. It is scientifically proven that light therapy based on natural UV-free light can help you get and maintain a healthy and beautiful complexion.

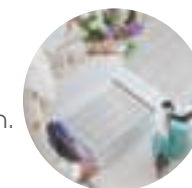
Our light therapy is already very successfully implemented into the Dr. Müller professional light therapy devices. But now professional results can also be achieved with our more accessible and compact My Beauty Light appliance.

Fitted with 36 Diamond Power LEDs, special light diffusing lenses, digital timer and attractive design, you can now enjoy this unique and relaxing skin enhancement session everywhere you want. It is amazing what your skin can do with a little help of natural light.

IS IT SOMETHING FOR ME?

- For everyone - from 16 up to 90 years old, and all genders.
- All skin conditions - dry, normal, oily or a combination of skin.
- Fast - only 20 minutes, three times per week.
- Results - scientifically proven results within only ten sessions.*
- Emits only natural light - no ultraviolet light involved.
- Minimal discomfort - provides a warm and calming experience.
- Portable, compact and easy to use.
- Experience a unique way of improving your health, skin and beauty.

**Individual results may vary*



WHY DR. MÜLLER?

- Enjoy a Forever Young feeling and appearance.
- Manufacturer of scientifically proven beauty and health devices.
- 40+ years of experience in the field of light therapy for skin improvement.
- The groundbreaker of light therapy devices with three beneficial light sources combined into one innovative device.
- All our products are Made in The Netherlands (EU).



BENEFITS OF MY BEAUTY LIGHT

Diminishes lines and fine wrinkles and leads to visible anti-ageing

The renewal of the collagen and elastin cell production increases the support of your skin tissue, causing fine lines in the skin to disappear and wrinkles to become less visible.

Makes your skin soft and tight

Studies indicate your skin feels softer and tighter after taking sessions with My Beauty Light. On top of that, an improvement in overall tone, softness, smoothness, clarity and firmness was also reported.

Brightens your skin and reduces pigmentation

Bright Skin Light affects the melanocytes, and causes these cells to reduce the production of melanin. This leads to a lighter smoother skin and tone.

Smoothens and is effective in the treatment of acne

Blue Skin Light at 415 nanometers results in a reduction in lesions. This light combines antibacterial and anti-inflammatory action, and therefore is an effective means of treating acne vulgaris of mild to moderate severity.

For more benefits, please read the light specific chapters in this manual or visit My.DrMuller.com/Science

TECHNICAL SPECIFICATIONS

● Collagenic Light	Red light - 633 nm	60-70 lm	12 LEDs
● Bright Skin Light	Green light - 532 nm	20-30 lm	12 LEDs
● Blue Skin Light	Blue light - 415 nm	120-140 lm	12 LEDs
Power supply	input	200-240 Volt	
		1,2 A max.	
		50/60 Hz	
	output	12 Volt	
		5000 mA	
		60 Watt	
Unit power		12 Volt	
		41 Watt	
Humidity	non-condensing	10% - 85%	
Temperature	Storage	-25°C to 55°C	
	Use	5°C to 35°C	
Timer settings	Default	20 minutes	
	Max.	60 minutes	
Dimensions	Unit (LxWxH)	26 x 10,5 x 38,6 cm	
	Box (LxWxH)	28,3 x 12,3 x 41,5 cm	
Weight	Unit	2,7 kg	
	Unit + Box	4,3 kg	

FREQUENTLY ASKED QUESTIONS

Is it safe to use My Beauty Light?

My Beauty Light is safe to use according to the photo-biological safety standards. The effect is similar to that of the natural light on a sunny day, but without the UV rays associated with sunlight. My Beauty Light is safe for eyes and skin, however, we do advise to wear goggles during treatment. We do recommend not to look directly into the light for too long for comfort reasons.

Is My Beauty Light suitable for me?

My Beauty Light works effectively, easily and safely on most skin types. It shows results on skin tones from very white to very dark skin. Concerning skin types, whether you have dry skin, normal skin, oily skin or a combination of these skin types, all are suitable to be treated. My Beauty Light can help in the treatment of certain skin conditions, like acne and eczema. However, if you are not sure, please consult a doctor.

Can I use My Beauty Light during the summer months?

Yes. My Beauty Light can be used throughout the year, including in the summer months. There are, however, precautions to be taken before and after tanning or sunbathing.

- Tanning before using My Beauty Light:
 - Wait at least 24 hours after tanning before you use My Beauty Light.
 - Do not use My Beauty Light if you have sunburned skin and for as long as the sunburn persists.
- Tanning after using My Beauty Light:
 - Your skin may be more sensitive directly after treatment, therefore sunbathing or taking a tanning session within 24 hours is not recommended.

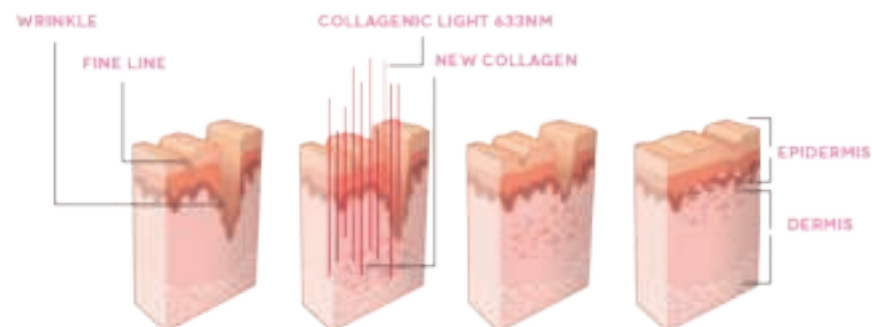
Visit My.DrMuller.com for more frequently asked questions. Is your question not answered? Contact us via e-mail or through our social media channels.

COLLAGENIC LIGHT

How does Collagenic Light work?

Collagen is human protein made by fibroblast cells in the dermis layer of the skin. It is responsible for the optical tightness, elasticity and suppleness of the skin. Research proves that during the ageing process the skin loses its ability to produce collagen. As a consequence lines and fine wrinkles appear.

The Collagenic Light lamps emit red light at a wavelength of 633 nanometers. Red light helps the skin to increase its production of collagen and elastin. The result is a firm skin with reduced lines, a younger appearance and healthier look.



What are the benefits of Collagenic Light

- Renewal of collagen and elastin fibres
- Diminishes lines and fine wrinkles and leads to visible anti-ageing
- Makes your skin soft and tight
- Oxygenation and detoxification of the skin
- Improvement of the skin's moisture retention, suppleness and firmness
- Increases the face's natural skin renewal process
- Increases wound healing
- Stimulates blood circulation
- Reduction of pore size
- Feel good due to the release of Serotonin - the Happy Hormone
- Helps reduce excess weight around the neck area
- Relieves pain
- Increases muscle recovery

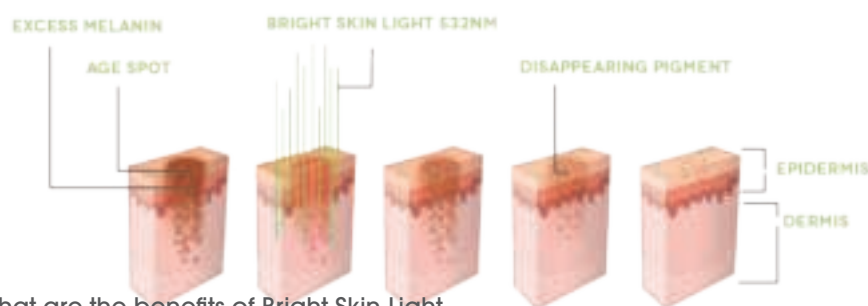
For more detailed information about the benefits of Collagenic Light, please visit our website My.DrMuller.com/Science.

BRIGHT SKIN LIGHT

How does Bright Skin Light work?

Unwanted pigmentation problems – brown spots or freckles – have many causes and can occur in all skin types. This hyperpigmentation is characterised by darker areas of skin posed by the overproduction of pigment in the skin, known as melanin. Bright Skin Light lamps target melanocytes, melanin-producing cells located in the bottom layer of the skin's epidermis. It inhibits the production of excess melanin, prevents it from travelling to the skin's surface, and breaks up melanin clusters to lessen existing discoloration.

As a result, dark spots on your skin slightly fade away and your skin will get a more even lighter tone. Bright Skin Light also has a sterilising function and increases cell growth. Therefore, enabling your skin to repair wounds easier. Bright Skin Light will keep your skin smooth, healthy and bright.



What are the benefits of Bright Skin Light

- Decreases the production of melanin in the skin
- Reduction of pigment
- Diminishes redness and erythema and calms your skin
- Decreases age spots and freckles
- Get a lighter skin tone
- Decrease of spider veins and rosacea
- Increases wound healing
- Feel good due to the release of Serotonin - the Happy Hormone
- Helps reduce excess weight around the neck area
- Relieves pain

For more detailed information about the benefits of Bright Skin Light, please visit our website My.DrMuller.com/Science.

- The appliance is not to be used by children or people with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
- Do not remove the cover under any conditions. There are no user serviceable parts inside. Never operate this unit when its cover is removed.
- Never plug this device into a dimmer pack.
- Always be sure to use this unit in an area that will allow proper ventilation. Allow about 15 centimetres between the device and a wall.
- The device is intended for indoor use only, use of this product outdoors voids all warranties.
- Always place the unit in a safe and stable matter.
- Power-supply cords should be routed so that they are not likely to be walked on or pinched by items placed upon or against them, paying particular attention to the point they exit from the unit.
- The device should be cleaned with a dry cloth.
- Do not use the device for over 20 minutes on one treatment area.
- After the session, unplug the power supply from the light unit and wall socket.
- Only use the appliance in combination with the adapter supplied and do not use the device or the adapter if it is damaged or broken to avoid injuries.
- If the adapter is damaged, always have it replaced with one of the original types to prevent a hazard.
- The adapter contains a transformer. Do not cut off the adapter to replace it with another plug, as this causes a hazardous situation.
- If you wear jewellery or glasses, take them off before you use the appliance, or make sure that you do not use the device on or near jewellery or glasses.
- Please note that the condition of the skin varies throughout the year. For example, facial skin can get drier during the winter season. In that case, you may adapt the treatment time, depending on the needs of your skin.
- After using My Beauty Light store it back in the provided box.
- Do not place anything heavy on top of the box.
- Do not throw away the appliance or its parts with the normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you help to preserve the environment.

ADVISABLE TREATMENT PROGRAM

My Beauty Light Starter program

Two to three sessions of 20 minutes per week, and for 10 to 12 consecutive weeks. It is advisable to spread the sessions evenly throughout the week. This initial program has been developed to achieve the desired result from the three beneficial light sources. It is, therefore, our advice that you complete this program.

My Beauty Light Maintenance program

One session of 20 minutes per week. It is recommended when you have finished the starter program that you follow the maintenance program in order to maintain the result achieved. The device has been designed for home use, so that the My Beauty Light can become a part of your healthy lifestyle.

SAFETY NOTIFICATIONS

- Read the user instructions and safety notifications before using this product. Or consult the attendant or your Dr. Müller distributor for further information.
- Follow the recommendations concerning the exposure duration and exposure intervals.
- The supply voltage (V) and frequency (Hz) must agree with the information given on the device type plate. A copy can be found in the Specifications chapter in this manual.
- Before servicing My Beauty Light remove the power supply cord or isolate from the main supply.
- Never use this device when the timer is faulty.
- Always use the provided protective goggles.
- We recommend a maximum exposure of 20 minutes per session and a maximum of 20 sessions of 20 minutes per month.
- If by any case you experience unexpected side effects, for example, itching within 48 hours of the first session, medical advice should be sought before further exposure.
- Water and electricity are a dangerous combination. Do not place My Beauty Light in a humid room or near water facilities like a shower or swimming pool.

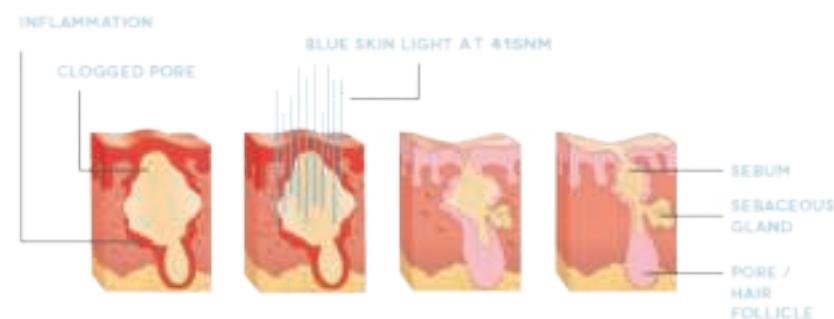
BLUE SKIN LIGHT

How does Blue Skin Light work?

The human skin stores an oily matter called sebum, to lubricate your skin and hair. An excessive amount of sebum on your skin can clog your pores. The bacteria in these clogged pores accumulates, which leads to infections, redness and swelling of the skin.

The reason for increased production of sebum has to do with an imbalance in the hormones. This imbalance triggers the creation of acne. Acne can, therefore, occur during puberty, pregnancy, menopause, or when taking medication.

Blue Skin Light lamps emit blue light at a wavelength of 415 nanometers. Blue light at this wavelength helps the skin to reduce its production of sebum and kills bacteria-causing infections. The result is a smoother skin, a more beautiful appearance and a higher self-esteem.

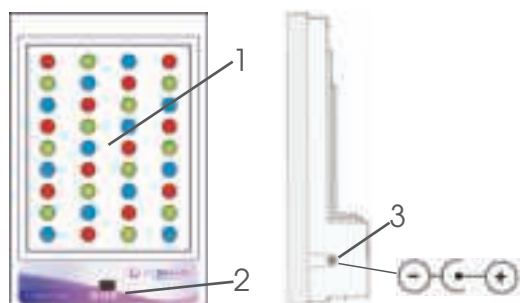


What are the benefits of Blue Skin Light

- Effective in the treatment of acne
- Kills bacteria
- Calms and soothes skin
- Decreases skin infections and other infectious diseases
- Leads to a smoother skin
- Reduction of comedones
- Decreases the risk of scarring
- Relieves pain
- Feel good due to the release of Serotonin - the Happy Hormone
- Helps reduce excess weight around the neck area
- Increases your self-esteem

For more detailed information about the benefits of Blue Skin Light, please visit our website My.DrMuller.com/Science.


MY BEAUTY LIGHT PRODUCT SETUP



- 1 • My Beauty Light unit with 36 Diamond Power LEDs.
- 2 • Button and display foil.
- 3 • Power connection 12V.

Normal use



Connect the power supply to a socket. The display will give a default time: 20 minutes. Push the **start** button  to begin your session. The lights will turn on and the time will decrease.

Change default time



When the display shows the default time (20 minutes*), push the button: **Pr**

The screen shortly shows: **H**



Change the default time with **+** and **-** until the desired time is shown on display.

Push button: **Pr** again, where after two lines appear.

The timer is set to your desired time.

* Please note that the default time (20 minutes) is the maximum advisable treatment time. We recommend not to exceed this maximum time.

USER INSTRUCTIONS

My Beauty Light is a portable light therapy device that combines three beneficial light sources for rejuvenating, smoothing and detoxifying your skin. This scientifically proven therapy ensures to give you a healthier and younger looking appearance. Plus it will make you feel energised.

Experience a unique way of improving your health, skin and beauty. To get the desired results out of a My Beauty Light session, please notice the following instructions.

- Remove cosmetics well in advance and cleanse your face and neck area.
- Men should shave before treatment, as facial hair can interfere with the treatment. The facial area under a beard or moustache cannot be treated.
- Expose as much of the skin of your face and neck area to the light.
- Put the My Beauty Light on a stable surface, like a table or desk and connect the power supply cable of the device to a wall socket.
- Sit in a comfortable position in front of My Beauty Light and place your face at a distance of 20 centimetres.
- Put your goggles on. When operating the My Beauty Light it is recommended not to look straight into the lights.
- Turn the device on by pressing the start button.
- Relax and enjoy your session.
- After 20 minutes - or other installed time - the device will turn off automatically.
- After a session, you can use the Dr. Müller Collagenic Bodylift Elixir to enhance the effect of My Beauty Light.
- Store the My Beauty Light in its original Dr. Müller box.

