



ESPADA™



FOREO

# FULL MANUAL

## GETTING STARTED

Congratulations on taking the first step towards flawlessly clear and unblemished skin by acquiring this FOREO device. Before you begin to enjoy all the benefits of sophisticated skincare technology in the comfort of your home, please take a few moments to look through this manual.

**⚠ WARNING:** No modification of this equipment is allowed.

Please READ ALL INSTRUCTIONS BEFORE USE. Use this product only for its intended use as described in this manual.

## WHAT IS ACNE?

Acne is a skin condition that causes protrusions varying in size and appearance depending on their category. Whiteheads remain below the skin's surface and are white in color; blackheads emerge from the surface and form a black bump; papules are small inflammations that are pink; pustules (most commonly known as a "pimple") are red and inflamed with puss on the top; and cysts/nodules are painful inflammations that remain deep in the skin. Acne forms when the pores of the skin are clogged with excess oil and dead skin cells, causing acne bacteria to proliferate.



## SUITABLE FOR:

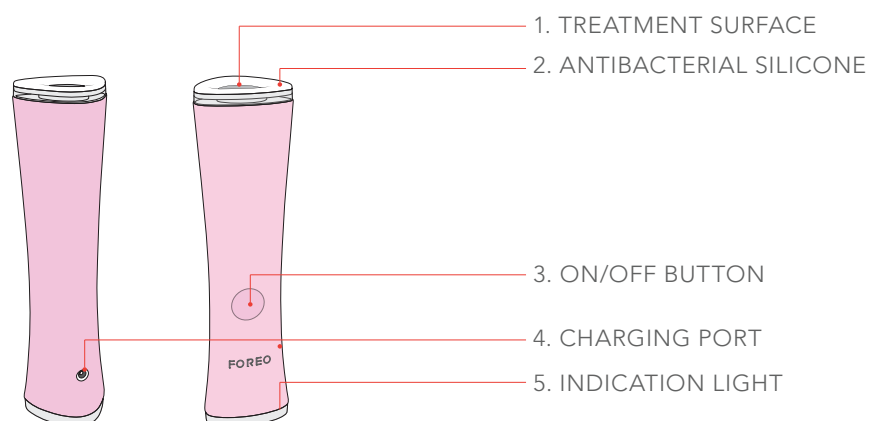
- Mild acne (white heads and black heads, papule)
- Moderate inflammatory acne (inflamed, sensitive bumps filled with pus)

## GETTING TO KNOW YOUR ESPADA™

Intended use: the ESPADA™ has been developed to be used as an at-home device for the treatment of mild to moderate inflammatory acne on the facial area.

The ESPADA™ quickly, noninvasively and effectively eliminates acne-causing bacteria to clear blemishes and breakouts so you see clearer, smoother and healthier-looking skin.

## ESAPADA™ OVERVIEW



## ESPADA™ FEATURES

### BLUE (LED) LIGHT

Activates when device touches the skin to kill bacteria. Flashes 3 times to indicate the start of the 30-second treatment in Steady Mode. If moved from the skin the light automatically turns off.

### TARGETING LIGHT (RED CROSS-SHAPED LIGHT)

Targets the exact spot you wish to apply treatment. Active when device is away from the skin and turns off when the device touches the skin.

### T-SONIC™ PULSATIONS

Stimulate blood microcirculation, facilitating the skin's renewal. Begins when the device is placed on the skin and gradually increase in speed until the treatment is finished.

### BUILT-IN TIMER

Pauses pulsations once every 30 seconds to indicate the end of 1 blemish-treating routine. After the pause is felt, the device should be moved to the next treatment spot.

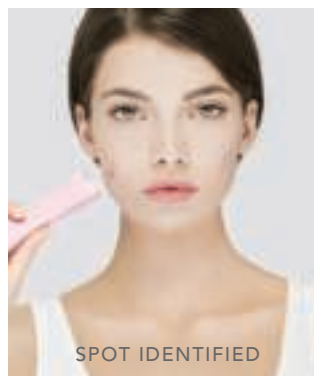
## BEFORE YOUR 1ST TREATMENT PERFORM A SIMPLE COMPATIBILITY TEST.

Test the device on a less sensitive area, such as the inner arm, before beginning treatment on the face following the exact HOW TO USE instructions. Wait 24 hours and check the treated area. If you don't notice any difference (redness or skin irritation) between the treated and untreated skin, you may begin the Blue Light Acne Treatment.

## HOW TO USE YOUR ESPADA™



Cleanse your face to remove all dirt and makeup. The ESPADA™'s blue light is most effective on clean, unblocked skin.



Press the center button once to activate the device and point it over the blemish using the targeting red light. The blue light will activate on contact with the skin.



Hold the ESPADA™ on the blemish for 30 seconds, at which point it will pulse to let you know its completed.



It's that simple. For mild acne, apply two 30 second routines. For more moderate acne, 3 to 4 routines are recommended.

### NOTE:

- **SKIN WARMTH:** The skin may feel warm during treatment, which is not any cause for concern as it is normal.
- **TEMPORARY SKIN REDNESS:** The skin may develop a slight redness that fades within 24 hours.
- **TEMPORARY SKIN DISCOLORATION:** If the skin develops a slight discoloration that lasts more than 24 hours, stop using the ESPADA™.

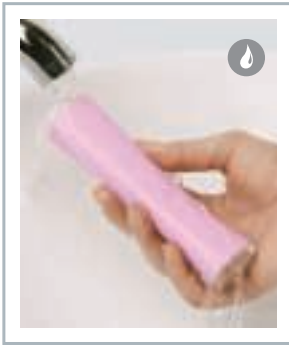
## WARNINGS

- CONSULT YOUR DERMATOLOGIST PRIOR TO USING THE ESPADA™ IF YOU HAVE MEDICAL CONCERNS.
- DO NOT USE THE DEVICE FOR SEVERE, NODULAR OR CYSTIC ACNE.
- DO NOT USE THE DEVICE ON OR COME IN CONTACT WITH INJURED SKIN OR SKIN THAT HAS UNDERGONE SURGERY.
- DO NOT USE THE DEVICE ON BEAUTY SPOTS/MOLES, WARTS, INGROWN HAIRS OR IRRITATED SKIN.
- DO NOT USE THE DEVICE IF YOU ARE PARTICULARLY SENSITIVE TO LIGHT.
- DO NOT USE THE DEVICE IF YOU HAVE HAD SUNBURN WITHIN THE PAST 2 WEEKS.
- DO NOT USE DEVICE IN AND AROUND THE EYE AND LIP AREA.
- DO NOT APPLY THE TREATMENT TO A SPOT MORE THAN 3 TIMES DAILY. ANY MORE OFTEN THAN THIS COULD LEAD TO SKIN BURNS OR INJURIES. LEAVE A MINIMUM TIME OF 4 HOURS BETWEEN EACH TREATMENT.
- DO NOT USE DEVICE LONGER THAN 2 MINUTES ON ONE BLEMISH. OVERUSE CAN LEAD TO SKIN INJURY.
- EXCESSIVE USE BEYOND THE RECOMMENDED TREATMENT TIME MAY CAUSE THE DEVICE TO BECOME WARM. THE DEVICE'S TEMPERATURE WILL NOT GO BEYOND 40°C IF USED AT ROOM TEMPERATURE, BUT MAY CAUSE DISCOMFORT OR PROLONGED REDNESS.
- IF AFTER USING DEVICE YOU EXPERIENCE A WORSENING OF THE SKIN (SKIN FEELS TENSE, UNCOMFORTABLE, IRRITATED, RED, BURNING, ETC.), UNDESIRE SIDE EFFECTS OR PROLONGED REDNESS, STOP USING THE DEVICE AND CONSULT YOUR DOCTOR. HOWEVER, A TEMPORARY, MILD REDDENING AFTER APPLICATION IS NORMAL.
- NEVER LOOK DIRECTLY AT THE BLUE LIGHT AS THIS COULD LEAD TO EYE INJURY.
- CHILDREN SHOULD NOT USE OR PLAY WITH THE ESPADA™. THE ESPADA™ HAS NOT BEEN TESTED ON CHILDREN AND MAY CAUSE SKIN INJURY SUCH AS TEMPORARY REDNESS OR PIGMENT CHANGES (HYPO- AND HYPERPIGMENTATION) OR AFFECT THEIR EYES.
- PROPER SUPERVISION AND INSTRUCTIONS FOR SAFE USE SHOULD BE GIVEN TO THOSE WITH REDUCED PHYSICAL AND MENTAL ABILITIES.
- DO NOT SHARE THE ESPADA™ WITH OTHER PEOPLE. SHARING THE DEVICE COULD TRANSFER BACTERIA FROM ONE PERSON TO ANOTHER.
- DO NOT USE THE DEVICE IF IT IS VISIBLY DAMAGED, AND NEVER ATTEMPT TO OPEN OR REPAIR THE DEVICE. DOING THIS COULD RESULT IN A SERIOUS EYE OR SKIN INJURY OR POSSIBLY FATAL ELECTRIC SHOCK.
- PREGNANT OR BREASTFEEDING WOMEN SHOULD NOT USE THIS DEVICE.
- THOSE WHO HAVE HAD A MIGRAINE IN THE PAST TWO YEARS SHOULD NOT USE THIS DEVICE.
- DO NOT USE OVER A THYROID GLAND AS IT MAY RESULT IN GROWTH STIMULATION.
- IF YOU ARE TAKING DRUGS OR STEROIDS FOR PAIN OR SKIN CONDITIONS THAT CAUSE LIGHT SENSITIVITY, USING THIS DEVICE MAY RESULT IN A PHOTSENSITIVE REACTION.
- DO NOT USE OVER OR NEAR A STEROID INJECTION RECEIVED WITHIN THE LAST SIX MONTHS. DOING SO MAY RESULT IN A PHOTSENSITIVE REACTION.
- IN ORDER TO PREVENT FIRE OR SERIOUS BURNS, IMMEDIATELY TURN OFF DEVICE IF IT BEGINS TO OVERHEAT. KEEP AWAY FROM AEROSOL PRODUCTS.

## CHARGING

Your FOREO device is rechargeable with its included USB cable. One and a half hours of charging delivers a full charge that will deliver up to 60 two-minute treatments. While charging, the indicator will flash repeatedly. When the battery is full the indicator will emit a steady glow. When the battery is low the indicator will start to flash repeatedly.

**CAUTION:** Before charging, make sure the charging port and charger are free from water. Do NOT use your FOREO device while charging, and do NOT charge for more than 24 hours. Never use the device or charger if they are damaged, and only use the charger supplied by FOREO with the device.



## MAINTENANCE AND SAFETY

To keep your FOREO device in optimum condition, we recommend cleaning the ESPADA™'s treatment surface after each use. Clean the device with soap, rinse with warm water and dry with a soft, lint-free cloth. We recommend spraying the device with FOREO's Silicone Cleaning Spray for optimal results. NEVER use cleaning products that are silicone-based or containing alcohol, petrol or acetone as they may damage silicone.

## WARRANTY TERMS AND CONDITIONS

### REGISTER WARRANTY

To activate your 2-Year Limited Warranty register the number provided on the FOREO Magnetic Card at [foreo.com/support](http://foreo.com/support).

### 2-YEAR LIMITED WARRANTY

FOREO warrants this device for a period of TWO (2) YEARS after the original date of purchase against defects due to faulty workmanship or materials arising from Normal Use of the device. The warranty covers working parts that affect the function of the device. It does NOT cover cosmetic deterioration caused by fair wear and tear, or damage caused by accident, misuse or neglect. Any attempt to open or take apart the device (or its accessories) will void the warranty.

If you discover a defect and notify FOREO during the warranty period, FOREO will, at its discretion, replace the device free of charge. Claims under warranty must be supported by reasonable evidence that the date of the claim is within the warranty period. To validate your warranty, please keep your original purchase receipt together with these warranty conditions for the duration of the warranty period.

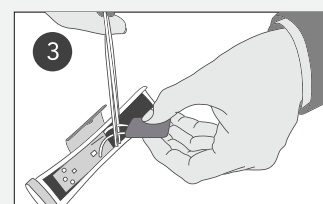
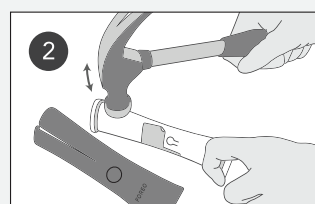
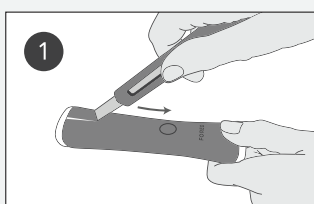
To claim your warranty, you must log in to your account at [foreo.com/support](http://foreo.com/support) then select the option to make a warranty claim. Shipping costs are nonrefundable. This undertaking is in addition to your statutory rights as a consumer and does not affect those rights in any way.

For full terms and conditions, please visit [foreo.com/support](http://foreo.com/support).

## DISPOSAL INFORMATION

Disposal of old electronic equipment (applicable in the EU and other European countries with separate waste collection systems). The crossed-out dustbin symbol indicates that this device should not be treated as household waste, but rather be brought to the appropriate collection point for recycling of electrical and electronic equipment.

## BATTERY REMOVAL



## STANDARDS & CERTIFICATIONS

Conforms to ANSI/AAMI STD. ES 60601-1, IEC/EN STD. 60601-1, IEC/EN STD. 60601-1-6, IEC/EN STD. 60601-1-11 Certified to CSA STD. C22.2 No.60601-1, CSA STD. C22.2 No.60601-1-6, CSA STD. C22.2 No.60601-1-11 and ISO 10993 certified.



## TECHNICAL SPECIFICATIONS. MODEL: ESPADA™



Electrical Input  
Voltage: 5 V  
Current: 0.5 A/min



Physical  
Size: 140 x 36 x 31 mm  
Weight: 88 g



Light Output  
Wavelength: 415 nm+/-5 nm



Operating  
Temperature: 5°C-40°C



Operating Relative  
Humidity: 15%-93%



Operating Atmospheric  
Pressure: 700-1060 hPa  
Transport Atmospheric  
Pressure: 700-1060 hPa



Transport and Storage  
Temperatures: -10°C-50°C



Transport Relative Humidity:  
Non-condensing ≤93%

### DISCLAIMER:

Users of this device do so at their own risk. Neither FOREO nor its retailers assume any responsibility or liability for any injuries or damages, physical or otherwise, resulting, directly or indirectly, from the use of this device. Further, FOREO reserves the right to revise this publication and to make changes from time to time in the contents thereof without obligation to notify any person of such revision or changes. For complete, up-to-date terms, conditions and warnings please consult the full user manual on [foreo.com/support](http://foreo.com/support).

Model may be changed for improvements without notice.

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EU DISTR.: FOREO AB, BIRGER JARLSGATAN 22, 114 34 STOCKHOLM, SWEDEN.

US DISTR.: FOREO INC., 3565 S. LAS VEGAS BLVD. #159, LAS VEGAS, NV 89109, USA.

DESIGNED AND DEVELOPED BY FOREO SWEDEN.

MANUFACTURED FOR FOREO AB.