

FOREO  
SWEDEN



## UFO™ 3 LED

DEEP HYDRATION FACIAL DEVICE  
With Near-Infrared LED



[ONLINE MANUAL](#)

# FULL USER MANUAL

## GETTING STARTED

Congratulations on taking the first step toward out-of-this-world skincare by acquiring UFO™ 3 LED. Before you begin to enjoy all the benefits of sophisticated spa technology in the comfort of your home, please take a few moments to carefully read the instructions in this manual.

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

**⚠ WARNING:** NO MODIFICATION OF THIS EQUIPMENT IS ALLOWED.

## UFO™ 3 LED OVERVIEW

UFO™ 3 LED deeply hydrates skin with a heated mask, while treating signs of aging with concentrated NIR therapy and full spectrum LED light - for an instantly radiant, healthy-looking complexion. 4 clinically proven technologies provide clinically proven results.

## GETTING TO KNOW YOUR UFO™ 3 LED FEATURES

### UNIVERSAL BUTTON

Turns device on / off, puts device in Bluetooth pairing mode & allows you to switch between different treatments.

### ULTRA-HYGIENIC SILICONE

Bacteria-resistant and super soft.

### T-SONIC™ MASSAGE

Gentle pulsations deliver a soothing facial massage to boost skin's radiance.

### CHARGING PORT

Up to 60 mins of use per full USB charge.



### FULL-SPECTRUM LED LIGHT

Helps skin look visibly rejuvenated for a naturally refined complexion.

### NIR DEEP TISSUE THERMO-THERAPY

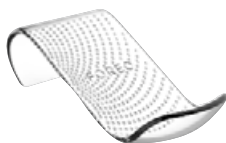
Gentle heat softens skin to infuse mask ingredients into the deepest layers.

### CONCENTRATED NIR + RED LED

Penetrates skin more deeply than the other wavelengths and helps improve more advanced signs of aging.

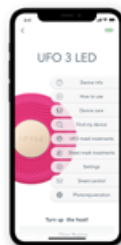
### ATTACHMENT RING

Secures UFO™ Activated Mask in place.



### SLEEK & STYLISH STAND

Protects and displays your UFO™ 3 LED, while helping it to dry quickly.



### FOREO APP

Automatically syncs pre-programmed mask treatments to device & offers more settings.



### USB CHARGING CABLE

Charge anytime, anywhere with USB cable.

## UNLOCK YOUR DEVICE

Before first use, download the FOREO For You mobile app to unlock and register your device. Follow these simple steps;

1. Download the FOREO For You app on your mobile phone.
2. Log in to your account or sign up for a new one
3. Add device (on the top of your screen)
4. Choose device series
5. Press and hold the universal button to connect your device to the mobile app.
6. Fill in the purchase information.

And your device is ready to use!

[www.foreo.com/app](http://www.foreo.com/app)



## HOW TO USE

### UFO™ ACTIVATED MASKS



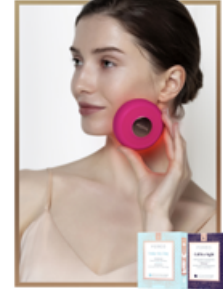
#### 1. SECURE MASK

Start with clean and dry skin. Remove the attachment ring from UFO™ 3 LED and remove your UFO™ Activated Mask from the sachet. Then place the mask onto the device, and secure it by clipping the attachment ring back in place.



#### 2. SELECT TREATMENT

Turn on UFO™ 3 LED by pressing the universal button. Press the universal button again (up to 8 times) to select one of eight pre-set treatments. Or select the specialized treatment for your UFO™ Activated Mask on the app, under the 'Treatments' tab.



#### 3. HYDRATE

Using your UFO™ 3 LED device, massage the mask formula into your skin with circular motions around the face, until the treatment ends.

\*For the eye mask, gently glide around the entire eye contour, alternating between the left and right eye until the treatment ends.

## EASY MODE

UFO™ 3 LED is easy to use without the app, with 8 pre-set treatments manually accessible via your device, at the push of a button.

### 8 PRE-SET TREATMENTS

Once the device is on, press the universal button:

#### 1 time for

RED LED + NIR THERMO-THERAPY + T-SONIC™

#### 2 times for

ORANGE LED + NIR THERMO-THERAPY + T-SONIC™

#### 3 times for

YELLOW LED + T-SONIC™

#### 4 times for

GREEN LED + T-SONIC™

#### 5 times for

PURPLE LED + T-SONIC™

#### 6 times for

BLUE LED + T-SONIC™

#### 7 times for

CYAN LED + T-SONIC™

#### 8 times for

WHITE LED + T-SONIC™

## FOREO SHEET MASKS

### 1. APPLY MASK

Start with clean and dry skin. Remove FOREO Sheet Mask from sachet, gently unfold it and place on your face, adjusting around the eyes & mouth.

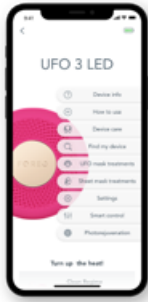
### 2. SELECT TREATMENT

Turn on UFO™ 3 LED by pressing the universal button. Press the universal button again to select one of the eight pre-set treatments. Or select the pre-programmed treatment for your FOREO Sheet Mask on the app.

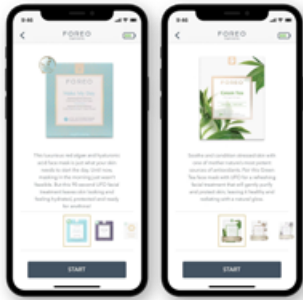
### 3. HYDRATE

Using your UFO™ 3 LED device, massage the mask formula into your skin with circular motions around the face, until the treatment ends. Then leave the mask on your face for another 10 mins or dispose of it, as you prefer.

## FOREO FOR YOU MOBILE APP



FOREO For You mobile app offers instructions on how to use and take care of your UFO™ 3 LED, control settings, access guided treatments, and find your device in case you've misplaced it.



### TREATMENTS

Choose between 14 pre-programmed mask treatments that correspond with each UFO™ mask or FOREO Sheet Mask. Treatments last for 90 seconds or 2 minutes, depending on the mask you choose. All you need to do is relax and enjoy while the App guides you through the treatment explaining the benefits of each technology.

If one UFO™ 3 LED treatment wasn't enough, press the universal button again within 30 seconds after the end of the treatment to start it over again!



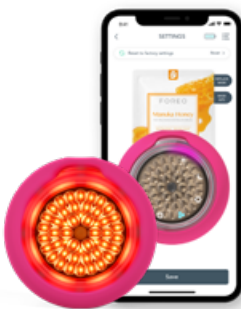
### SETTINGS

Your device's default setting allows you to access 8 pre-set treatments at the push of a button. However, you can switch to 'mask mode' if you prefer, by clicking the menu button in the top right corner of the screen.

### EASY MODE

Customize the 8 pre-set treatments on your device according to your preferences. For each LED color, you can choose to:

- Add heating NIR Thermo-Therapy or no temperature.
- Adjust the T-Sonic™ massage intensity.
- Adjust the Auto-Off Time to make your treatment duration longer or shorter.



### MASK MODE

Mask mode allows you to save 7 pre-programmed mask treatments and 1 customized treatment to your device for offline use.

- Make My Day and Call It a Night pre-programmed mask treatments are already saved in the first two slots.
- The third slot is reserved for your customized treatment.
- Add any other UFO™ pre-programmed mask treatment by pressing the plus button.

The treatments can be accessed offline by pressing the universal button. For example, if you want to access the treatment you have saved on the 5th slot, turn the device on and press the universal button 5 times (all 5 indicator slots will light up), and the pre-programmed treatment will start immediately.



### SMART CONTROL

Try out all UFO™ 3 LED features, using your phone as a remote control - including full spectrum LED, T-Sonic™ pulsations and NIR warming!

## CLEANING UFO™ 3 LED

Always clean UFO™ 3 LED thoroughly after use. Wash the device and plastic ring with soap and then rinse with warm water. Pat dry with a lint-free cloth or towel. After use, we recommend spraying the device with FOREO's Silicone Cleaning Spray and rinsing it with warm water for optimal results, then placing the device on the stand to dry.

**NOTE:** Never use cleaning products containing alcohol, petrol, or acetone, as they may irritate the skin and damage the silicone.

## FOREO MASKS

### Daily Duo COLLECTION

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#### Make My Day

- Hydrating & Anti-Pollution
- Hyaluronic Acid + Red Algae
- Ideal for dryness and dehydration



#### Call It a Night

- Revitalizing & Nourishing
- Ginseng + Olive Oil
- Ideal for fine lines and dryness

### Advanced COLLECTION 2.0

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#### H2Overdose

- Ultra Hydrating
- Hyaluronic Acid + Snow Mushroom + Ceramide + Vitamin E + Vitamin B5
- Ideal for dryness and dehydration



#### Matte Maniac

- Extra Purifying
- Charcoal + Witch Hazel + Centella Asiatica + Snow Lotus + Chrysanthemum
- Ideal for blemishes and enlarged pores



#### Glow Addict

- Advanced Brightening
- Pearl Extract + Niacinamide + Vitamin E + Vitamin C + Jojoba Oil
- Ideal for dullness and loss of radiance



#### Youth Junkie

- Intensive Renewal
- Collagen + Peptides + Olive Oil + Shea Butter + Jojoba Oil
- Ideal for wrinkles and dryness



#### Shimmer Freak

- Illuminating Eye Perfector
- Caffeine + Rose Water + Niacinamide + Vitamin B5 + Cranberry Extract
- Ideal for dark circles and puffiness





## Acai Berry

- Smoothing
- Shea Butter + Jojoba Seed Oil + Green Tea + Tripeptide + Gotu Kola
- Ideal for diminished elasticity and dull skin



## Bulgarian Rose

- Hydrating
- Jojoba Seed Oil + Hyaluronic Acid + Vitamin E + Olive Oil + Silk Amino Acids
- Ideal for dehydration and dullness



## Manuka Honey

- Revitalizing
- Allantoin + Betaine + 17 Amino Acids + Panthenol
- Ideal for dryness and aging skin



## Green Tea

- Purifying
- Ulmus Extract + Evening Primrose Oil + Pine Needles Extract + Kudzu Root
- Ideal for oiliness and blemishes



## Coconut Oil

- Nourishing
- Baobab Seed Oil + Jojoba Seed Oil + Sweet Almond Oil + Olive Oil + Shea Butter + Squalane + Ceramides + Rosehip Oil
- Ideal for dryness and dehydration

## IMPORTANT FOR OPTIMUM SAFETY:

- If you have a skin condition or any medical concerns, please consult a dermatologist before use.
- Using UFO™ 3 LED should be comfortable – if you experience discomfort, discontinue use immediately and consult a physician.
- Exercise particular care when using UFO™ 3 LED around the under-eye regions and do not bring the device into contact with the eyelids or eyes themselves.
- At no time should the device be placed directly onto the skin/face with power on.
- For reasons of hygiene, we do not recommend sharing your UFO™ 3 LED with anyone else.
- Avoid leaving your UFO™ 3 LED in direct sunlight, and never expose it to extreme heat or boiling water.
- UFO™ 3 LED has a heated surface. Those sensitive to heat must use caution and care when using this device.
- FOREO has not evaluated and tested the safety and efficacy of UFO™ 3 LED devices in conjunction with all non-FOREO sheet masks and/or skincare products. Use this product with non-FOREO masks and skincare products at your own risk.
- Close supervision is necessary when this device is used by, on, or near children, as well as those with reduced physical and mental abilities.
- Discontinue use if this product appears damaged in any way. This product contains no serviceable parts.
- Use this device only for its intended use as described in this manual. If you do not find the answer to your specific question, or if you have any other questions regarding the device's operation, please visit [www.foreo.com](http://www.foreo.com)

## TROUBLESHOOTING

Precautions to be taken in the event of changes in the performance of UFO™ 3 LED.

If UFO™ 3 LED is not activated when pressing the universal button:

- Battery is empty. Charge your UFO™ 3 LED via USB charger until the light emits a steady glow. A full charge will last up to 60 mins.

If UFO™ 3 LED cannot be switched off and/or universal button does not respond:

- Microprocessor is temporarily malfunctioning. Press and hold the universal button to restart the device.

If UFO™ 3 LED won't sync to the FOREO app:

- Ensure that your device is fully charged and that your Bluetooth is turned on.
- Switch your Bluetooth off and then on again to try reconnecting.
- Close the FOREO app and then reopen it to restart the process.
- Delete and reinstall the application - perhaps the application simply needs to be updated.
- After deleting and reinstalling the application, make sure to restart your phone.
- Delete your phone's cookies and cache memory.
- Ensure that your mobile's operating system has been updated to the latest version.

## WARRANTY TERMS & CONDITIONS

### REGISTER WARRANTY

To activate your 2-Year Limited Warranty, register by downloading the FOREO For You app and following the instructions provided.

### 2-YEAR LIMITED WARRANTY

FOREO warrants this device for a period of TWO (2) YEARS (except in countries where national law requires a longer minimum guarantee) 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 [www.foreo.com](http://www.foreo.com) and then select the option to make a warranty claim. Shipping costs are non-refundable. This undertaking is in addition to your statutory rights as a consumer and does not affect those rights in any way.

## DISPOSAL INFORMATION

Disposal of old electronic equipment (applicable in the EU and other European countries with separate waste collection systems).



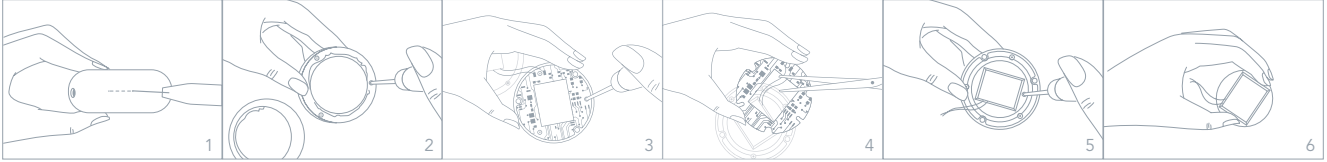
The crossed-out dustbin symbol indicates that this device should not be treated as household waste, but rather be brought to the appropriate collection point for recycling of electrical and electronic equipment. By ensuring this device is disposed of correctly, you will help prevent the potential negative consequences for the environment and human health which could be caused by inappropriate waste handling of the product. The recycling of materials will also help conserve natural resources.

For more information about the recycling of your device, please contact your local household waste disposal service or your place of purchase.

## BATTERY REMOVAL

**NOTE:** This process is not reversible. Opening the device will void its warranty. This action must only be undertaken when the device is ready to be disposed of.

Because this device contains a lithium-ion battery, the battery must be removed before disposal and should not be thrown away with household waste. To remove the battery, open the inner plastic shell after removing silicone outer layer and remove the battery to be disposed of in accordance with your local environmental regulations. Wear gloves during this process for your safety. Detailed visual instructions are provided below.



## SPECIFICATIONS

**MATERIALS:** Body-safe silicone & PC + ABS, Aluminium Alloy  
**COLOR:** Fuchsia  
**SIZE:** 72.5 mm x 31.4 mm  
**WEIGHT:** 96g  
**BATTERY:** Li-Ion 520mAh 3.7V

**TEMPERATURE:** 5 - 45 Degrees Celsius  
**USAGE:** Up to 60 mins per charge  
**STANDBY:** 180 days  
**FREQUENCY:** 180 Hz  
**MAX NOISE LEVEL:** <50 dB  
**INTERFACE:** 1-button

**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. Furthermore, 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.

**CAUTION:** Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**NOTE:** This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Model may be changed for improvements without notice.



## FAQs

### UFO™ BASICS

#### 1. WHAT SHOULD I DO AFTER I RECEIVE MY UFO™ 3 LED?

Congratulations on discovering smarter skincare! First things first - download the FOREO For You app for free, to unlock and register your device. (For more information, please refer to the section below titled 'THE APP').

#### 2. HOW DO I START MY FIRST TREATMENT?

First, clean and dry your face and neck carefully - we recommend cleansing with LUNA™ first for best results. Next, attach a UFO™ Activated Mask to your UFO™ 3 LED device, or place a FOREO sheet mask on your face. Then press the universal button on your device to turn it on, and select your preferred treatment by pressing the universal button again, or via the app. For more information, please refer to the How To Use guide above.

#### 3. HOW DO I TURN MY UFO™ 3 LED DEVICE ON / OFF?

Press the universal button on your UFO™ 3 LED device to turn it on. To turn your device off, press and hold the universal button for 3 seconds. After completing a pre-set mask treatment, the device will turn off automatically.

#### 4. WHAT COMES WITH MY UFO™ 3 LED?

UFO™ 3 LED, USB Charging Cable, Device Stand, Quick Start Guide, User Manual.

### THE UFO™ DEVICE

#### 5. HOW OFTEN CAN I USE MY UFO™ 3 LED?

UFO™ 3 LED has been developed for twice-a-day use, morning and evening. However, depending on your skin's needs and your personal preferences, you can use it less often.

#### 6. IS EACH UFO™ 3 LED PRE-PROGRAMMED MASK TREATMENT THE SAME?

No. Each UFO™ Activated Mask and FOREO Sheet Mask pairs with a unique treatment for optimal results.

#### 7. IS MY UFO™ 3 LED SAFE TO USE ON SENSITIVE SKIN?

UFO™ 3 LED devices are safe to use and suitable for all skin types. Furthermore, depending on your skin's specific needs, you can choose from a range of different FOREO masks that cater to different skincare desires.

#### 8. CAN I USE MY UFO™ 3 LED DEVICE AFTER HAVING PLASTIC SURGERY, BOTOX, OR DERMAL FILLERS?

UFO™ 3 LED devices offer a gentle facial treatment, suitable for all skin types. However, you should consult your doctor before use if you have had any recent medical procedures.

#### 9. CAN I USE MY FOREO LUNA™ WITH MY UFO™ 3 LED?

Yes! UFO™ 3 LED & LUNA™ work better together - the LUNA™ facial cleansing massager gently exfoliates dead skin cells, unclogs pores, and removes up to 99% of dirt and oil, giving you the perfect canvas for a UFO™ 3 LED treatment.

### THE APP

#### 10. WHY DO I NEED TO DOWNLOAD THE FOREO APP BEFORE USING MY UFO™ 3 LED?

All app-enabled FOREO products need to be activated and unlocked via the FOREO For You app the first time they are turned on. This helps protect against fake/copied FOREO products and makes it easier to register the warranty and protect your investment.

#### 11. HOW DO I PAIR MY UFO™ 3 LED WITH THE FOREO APP?

Download the FOREO For You app to your smartphone or tablet and turn on Bluetooth. Press the universal button on your device once to turn it on. A blinking light indicates your device is in pairing mode. Follow the instructions in the app to register and pair your UFO™ 3 LED device.

#### 12. DOES MY UFO™ 3 LED WORK WITHOUT THE APP?

Yes, you can manually access 8 pre-set treatments on your device, without the app. Simply turn on UFO™ 3 LED by pressing the universal button. Then press the universal button again (up to 8 times) to select one of eight pre-set treatments.

## TROUBLESHOOTING & MAINTENANCE

### 13. WHAT DOES IT MEAN WHEN MY UFO™ 3 LED IS CONTINUOUSLY BLINKING?

A blinking light around the device indicates that your UFO™ 3 LED device is in Bluetooth pairing mode or that the device needs to be charged. Follow the instructions in the app to sync your device.

### 14. HOW DO I CHARGE MY UFO™ 3 LED?

UFO™ 3 LED devices are USB-rechargeable, with the provided USB charging cable. The device will last for up to 60 mins on a full charge.

### 15. HOW DO I CLEAN MY UFO™ 3 LED?

Wash the device and plastic ring with soap and then rinse with warm water. Pat dry with a lint-free cloth or towel. After use, we recommend spraying the device with FOREO's Silicone Cleaning Spray and rinsing it with warm water for optimal results, then placing the device on the stand to dry. Never use cleaning products containing alcohol, petrol, or acetone, as they may irritate the skin and damage the silicone.

## FOREO MASKS

### 16. CAN I REUSE FOREO MASKS?

Each UFO™ Activated Mask and FOREO Sheet Mask is intended for single use only. However, if one treatment wasn't enough, press the universal button again within 30 seconds after the end of the treatment to start it over again.

### 17. DO I NEED TO WASH THE MASK ESSENCE OFF AFTER USING MY UFO™ 3 LED?

No, Hyper-Infusion Technology is specifically engineered to help mask essence absorb deeper into the skin, faster. After the treatment, if there is any remaining essence, simply massage it into your skin.

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