



PRODUCT TRAINING GUIDE



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THIS MANUAL IS THE ULTIMATE GUIDE ON LIFEWAVE PRODUCTS. SUMMARISING EACH PRODUCT INTO THIS EASY-TO-USE MANUAL, YOU CAN PRINT OFF INDIVIDUAL PAGES TO SHARE AT A MEETING OR SEND THE ENTIRE MANUAL TO YOUR TEAM VIA EMAIL

Note: Product Claims may vary per market, please visit www.lifewave.com to ensure all content is correct for your market.

DISCLAIMER

LifeWave products are for general wellness and intended only to maintain or encourage a general state of health or a healthy activity. The content provided by LifeWave is presented in summary form, is general in nature, and is provided for informational purposes only. Always consult with your physician or other qualified health care provider before embarking on a new health regimen, diet or fitness program. Do not disregard any medical advice you have received or delay in seeking it. LifeWave reserves the right to change product prices or selection.

PATCH WARNINGS

Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition, any questions or concerns about your health. Do not use if pregnant or nursing. Not intended for use on children. Do not apply/use patches other than as directed. Product to be stored at room temperature.

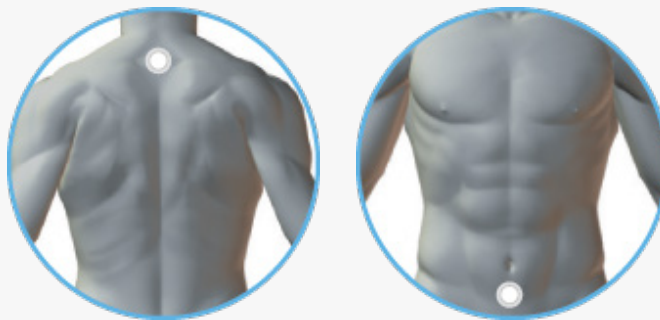
LIFEWAVE X39®



- For the Stimulation of Acupuncture points

INSTRUCTIONS

Place one LifeWave X39® patch on the body. Apply the patch to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



WARNINGS

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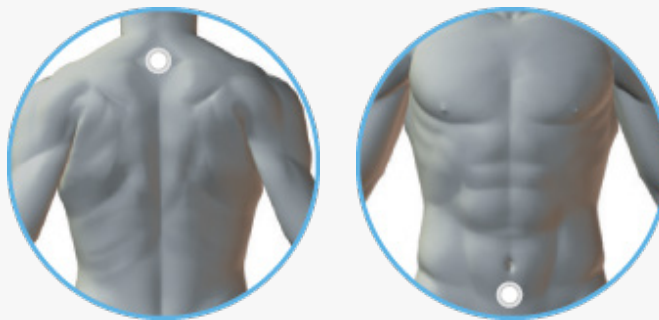
LIFEWAVE X49®



- For the Stimulation of Acupuncture points

INSTRUCTIONS

Place one LifeWave X49® patch on the body in one of the two suggested placements below. Apply the patch to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



WARNINGS

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ICEWAVE



- For Localized and temporary pain reduction

INSTRUCTIONS

Place one white and one tan patch on the body, using one of the locations shown. Apply the patches to clean, dry, undamaged skin. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product. Only remove half of the patch backing until an effective placement site had been located.

If the pain is not reduced in 10 seconds, move to the next location to relieve pain in that area. This can be used on any area of the body. For specific patch protocols, please visit www.lifewave.com.

The Clock/Cross Method was developed to provide fast and effective results for non-specific, localized musculoskeletal pain. Move through the locations shown in Fig. 1.0 to 1.6 until the pain has been substantially reduced and/or mobility has increased.



Fig. 1.0



Fig. 1.1



Fig. 1.2



Fig. 1.3



Fig. 1.4



Fig. 1.5



Fig. 1.6

WARNINGS

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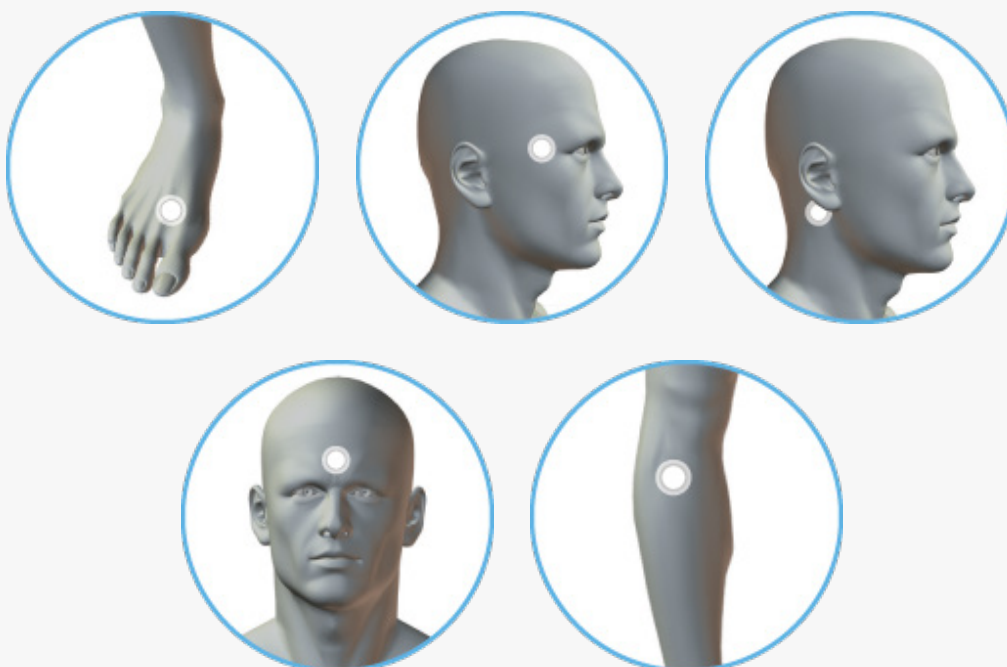
SILENT NIGHTS®



- For the stimulation of acupuncture points

INSTRUCTIONS

Place one Silent Nights® patch on the body, using one of the locations shown. Apply the patch to clean, dry skin in the evening. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



WARNINGS

Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition, any questions or concerns about your health. Do not use if pregnant or nursing. Not intended for use on children. Do not apply/use patches other than as directed. Product to be stored at room temperature.

ENR SPARK



- For the stimulation of Acupuncture points

INSTRUCTIONS

Place one set of ENR Spark patches on the body, using one of the locations shown on page 3. Always place the WHITE patch on the RIGHT side of the body, the TAN patch on the LEFT side of the body. Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



WARNINGS

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Y-AGE AEON



- For the stimulation of Acupuncture points

INSTRUCTIONS

Rotate through the below point locations, using an Aeon patch 5 to 7 days per week. When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations shown, applying the patches on either the midline or right side of the body. Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



WARNINGS

Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition, any questions or concerns about your health. Do not use if pregnant or nursing. Not intended for use on children. Do not apply/use patches other than as directed. Product to be stored at room temperature.

Y-AGE RENEW



- For the stimulation of Acupuncture points

INSTRUCTIONS

Rotate through these point locations, using a Renew patch 5 to 7 days per week. You can use any of the point locations in this booklet for any Y-Age patch, but the preferred Renew locations are shown below. When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations in this booklet, applying the patches on either the midline or right side of the body. Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



WARNINGS

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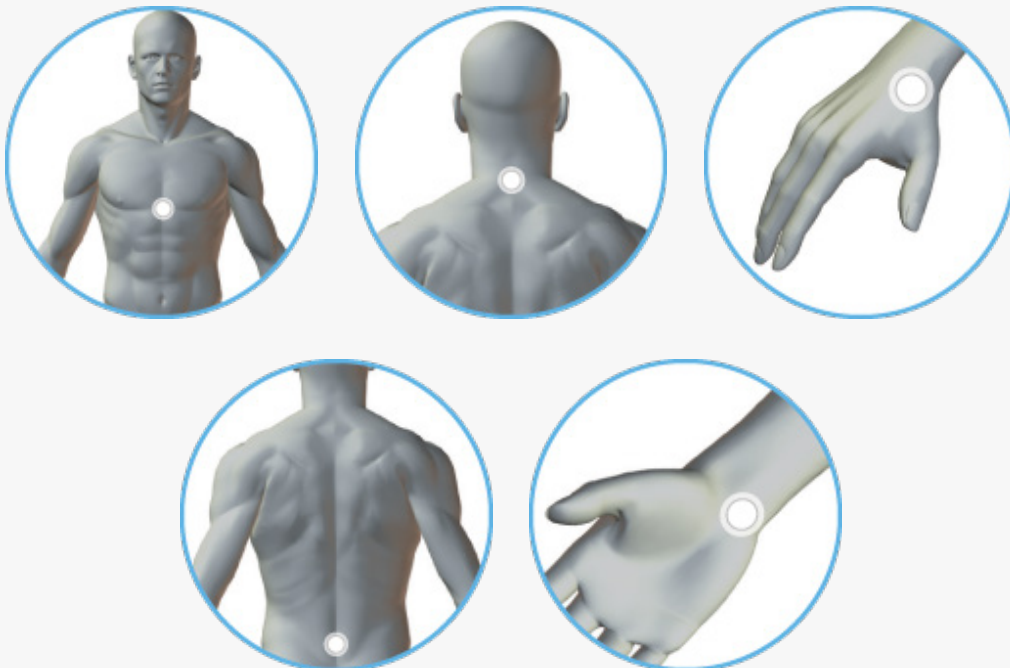
Y-AGE ADVANCE



- For the stimulation of Acupuncture points

INSTRUCTIONS

Rotate through these point locations, using an Advance patch 1 to 3 days per week. You can use any of the point locations in this booklet for any Y-Age patch, but the preferred Advance locations are shown below. When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations in this booklet, applying the patches on either the midline or right side of the body. Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



WARNINGS

Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition, any questions or concerns about your health. Do not use if pregnant or nursing. Not intended for use on children. Do not apply/use patches other than as directed. Product to be stored at room temperature.

SP6 COMPLETE



- For the stimulation of acupuncture points

INSTRUCTIONS

Place one SP6 Complete patch on the body, using any of the recommended locations. For optimal results, rotate the patch between the placements that provide you the most control of your appetite. Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product. Do not use more than one SP6 Complete patch at a time on the body.



WARNINGS

Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition, any questions or concerns about your health. Do not use if pregnant or nursing. Not intended for use on children. Do not apply/use patches other than as directed. Product to be stored at room temperature.

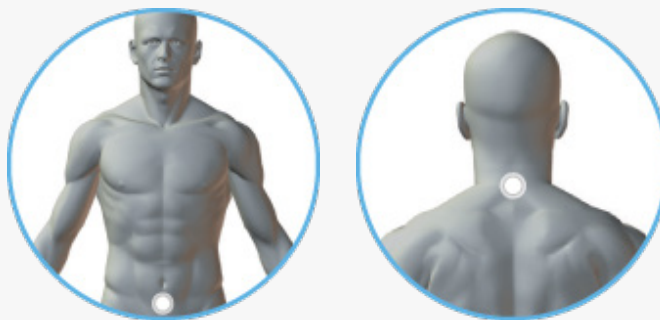
ALAVIDA PATCH



- For the stimulation of acupuncture points

INSTRUCTIONS

Apply one patch each night before going to bed. Place one patch on the body, using one of the locations shown. Apply the patch to clean, dry skin before retiring. Patch may be worn for up to 12 hours before discarding.



WARNINGS

Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition, any questions or concerns about your health. Do not use if pregnant or nursing. Not intended for use on children. Do not apply/use patches other than as directed. Product to be stored at room temperature.

ALAVIDA REVIVE EYE CREAM



Experience the remarkable benefits of Alavida Revive Eye Cream, meticulously crafted to bring out the best in your skin. This copper peptide-infused eye cream uses a blend of powerful ingredients, providing unparalleled benefits to help brighten complexion, improve the appearance of even skin tone, and support the appearance of firm skin. Invest in yourself and discover the radiant glow that emanates from within.

For all skin types | Contains 15 mL / 0.5 oz

BENEFITS:

- Reduces the appearance of fine lines & wrinkles.
- Brightens complexion for a regenerated, youthful glow.
- Improves the appearance of an even skin tone.
- Improves the appearance of firm skin.
- Hydrates 24/7.

**When used in conjunction with the Alavida Regenerating system*

INSTRUCTIONS

Use around eye area in the morning and if desired, at night.

PRECAUTIONS: AVOID DIRECT CONTACT WITH EYES. IF SKIN IRRITATION OCCURS, PLEASE DISCONTINUE USE. IF IRRITATION PERSISTS, CONSULT YOUR HEALTH PROFESSIONAL.

INGREDIENTS: WATER/AQUA/EAU, ETHYL MACADAMIATE, MORINGA OIL/HYDROGENATED MORINGA OIL ESTERS, GLYCERIN, PROPANEDIOL, JOJOBA ESTERS, CETEARYL ALCOHOL, CETYL ALCOHOL, GLYCERYL STEARATE, PEG-100 STEARATE, OENOTHERA BIENNIS (EVENING PRIMROSE) OIL, XANTHAN GUM, TRIOLEIN, COPPER TRIPEPTIDE-1, PHENOXYETHANOL, DIETHYLHEXYL SYRINGYLIDENEMALONATE, POLYSORBATE 60, CAPRYLYL GLYCOL, FRAGRANCE (PARFUM), HYDROXYACETOPHENONE, MAGNESIUM ALUMINUM SILICATE, WHEY PROTEIN, HYDROLYZED JOJOBA ESTERS, TOCOPHEROL, CITRIC ACID, LACTOSE, CAPRYLIC/CAPRIC TRIGLYCERIDE, LACTIC ACID, MALIC ACID, VEGETABLE OIL (OLUS OIL), LIMONENE, BENZYL ALCOHOL, AMYL CINNAMAL, LINALOOL, EUGENOL, CITRONELLOL, GERANIOL, BENZYL BENZOATE, CITRAL.

ALAVIDA NIGHTLY RESTORE FACIAL CRÈME



- Improves the health of your skin from the inside out.
- 98.6% naturally derived, plant-sourced ingredients
- More vibrant skin from day one

Contains 50 mL / 1.7 oz

BENEFITS:

- Reduces the appearance of fine lines & wrinkles.
- Brightens complexion for a regenerated, youthful glow.
- Improves the appearance of an even skin tone.
- Improves the appearance of firm skin.
- Hydrates 24/7.

**When used in conjunction with the Alavida Regenerating system*

INSTRUCTIONS

Apply onto clean skin of face and neck.

PRECAUTIONS: AVOID CONTACT WITH EYES. IF SKIN IRRITATION OCCURS, PLEASE DISCONTINUE USE. IF IRRITATION PERSISTS, CONSULT YOUR HEALTH PROFESSIONAL.

INGREDIENTS: WATER/AQUA/EAU, ETHYL MACADAMATE, MORINGA OIL/HYDROGENATED MORINGA OIL ESTERS, GLYCERIN, PROPANEDIOL, JOJOBA ESTERS, CETEARYL ALCOHOL, CETYL ALCOHOL, GLYCERYL STEARATE, PEG-100 STEARATE, OENOTHERA BIENNIS (EVENING PRIMROSE) OIL, XANTHAN GUM, TRIOLEIN, PHENOXYETHANOL, CAPRYLYL GLYCOL, POLYSORBATE 60, FRAGRANCE (PARFUM), DISODIUM EDTA, HYDROLYZED JOJOBA ESTERS, MAGNESIUM ALUMINUM SILICATE, TETRAHEXYLDECYL ASCORBATE, WHEY PROTEIN, TOCOPHEROL, CITRIC ACID, LACTOSE, LACTIC ACID, MALIC ACID, VEGETABLE OIL (OLUS OIL), LIMONENE, BENZYL ALCOHOL, AMYL CINNAMAL, LINALOOL, EUGENOL, CITRONELLOL, GERANIOL, BENZYL BENZOATE, CITRAL.

ALAVIDA DAILY REFRESH FACIAL NECTAR



- Improves the health of your skin from the inside out.
- 98.6% naturally derived, plant-sourced ingredients.
- More vibrant skin from day one.

Contains 30 mL / 1.0 oz

BENEFITS:

- Reduces the appearance of fine lines & wrinkles.
- Brightens complexion for a regenerated, youthful glow.
- Improves the appearance of an even skin tone.
- Improves the appearance of firm skin.
- Hydrates 24/7.

**When used in conjunction with the Alavida Regenerating system*

INSTRUCTIONS

Apply onto clean skin of face and neck.

PRECAUTIONS: AVOID CONTACT WITH EYES. IF SKIN IRRITATION OCCURS, PLEASE DISCONTINUE USE. IF IRRITATION PERSISTS, CONSULT YOUR HEALTH PROFESSIONAL.

INGREDIENTS: WATER/AQUA/EAU, ETHYL MACADAMIATE, CAPRYLIC/CAPRIC TRIGLYCERIDE, GLYCERIN, JOJOBA ESTERS, MORINGA OIL/HYDROGENATED MORINGA OIL ESTERS, C12-16 ALCOHOLS, OENOTHERA BIENNIS (EVENING PRIMROSE) OIL, TRIOLEIN, GLYCERYL STEARATE, PEG-100 STEARATE, PHENOXYETHANOL, CETYL ALCOHOL, XANTHAN GUM, CAPRYLYL GLYCOL, FRAGRANCE (PARFUM), HYDROGENATED LECITHIN, PALMITIC ACID, MAGNESIUM ALUMINUM SILICATE, DISODIUM EDTA, TETRAHEXYLDECYL ASCORBATE, HYDROLYZED JOJOBA ESTERS, TOCOPHEROL, ORYZA SATIVA (RICE) BRAN OIL EXTRACT, TOCOTRIENOLS, CITRIC ACID, ROSMARINUS OFFICINALIS (ROSEMARY) LEAF EXTRACT, MALIC ACID, POTASSIUM SORBATE, SODIUM BENZOATE, VEGETABLE OIL (OLUS OIL), LIMONENE, BENZYL ALCOHOL, AMYL CINNAMAL, LINALOOL, EUGENOL, CITRONELLOL, GERANIOL, BENZYL BENZOATE, CITRAL.