



skin for life

P R O F E S S I O N A L
M I C R O C U R R E N T T E C H N I Q U E S



Steps for Microcurrent Ball Wands

1

Neck & Jawline Movements

Perform 3 sets per area

A count of 3 or 5 seconds per pass

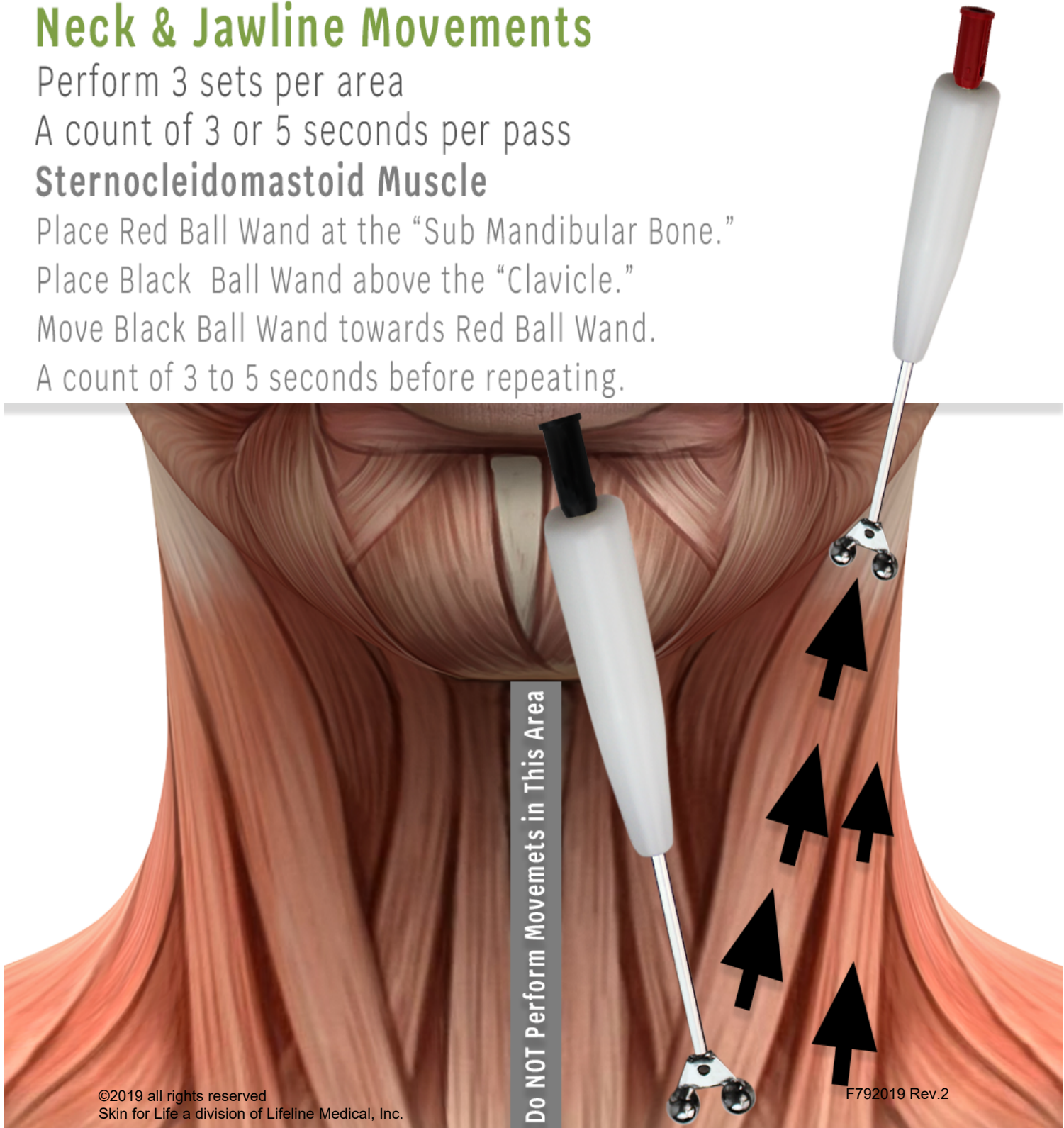
Sternocleidomastoid Muscle

Place Red Ball Wand at the “Sub Mandibular Bone.”

Place Black Ball Wand above the “Clavicle.”

Move Black Ball Wand towards Red Ball Wand.

A count of 3 to 5 seconds before repeating.



Neck & Jawline Movements

Perform 3 sets per area

A count of 3 or 5 seconds per pass

Sternocleidomastoid Muscle

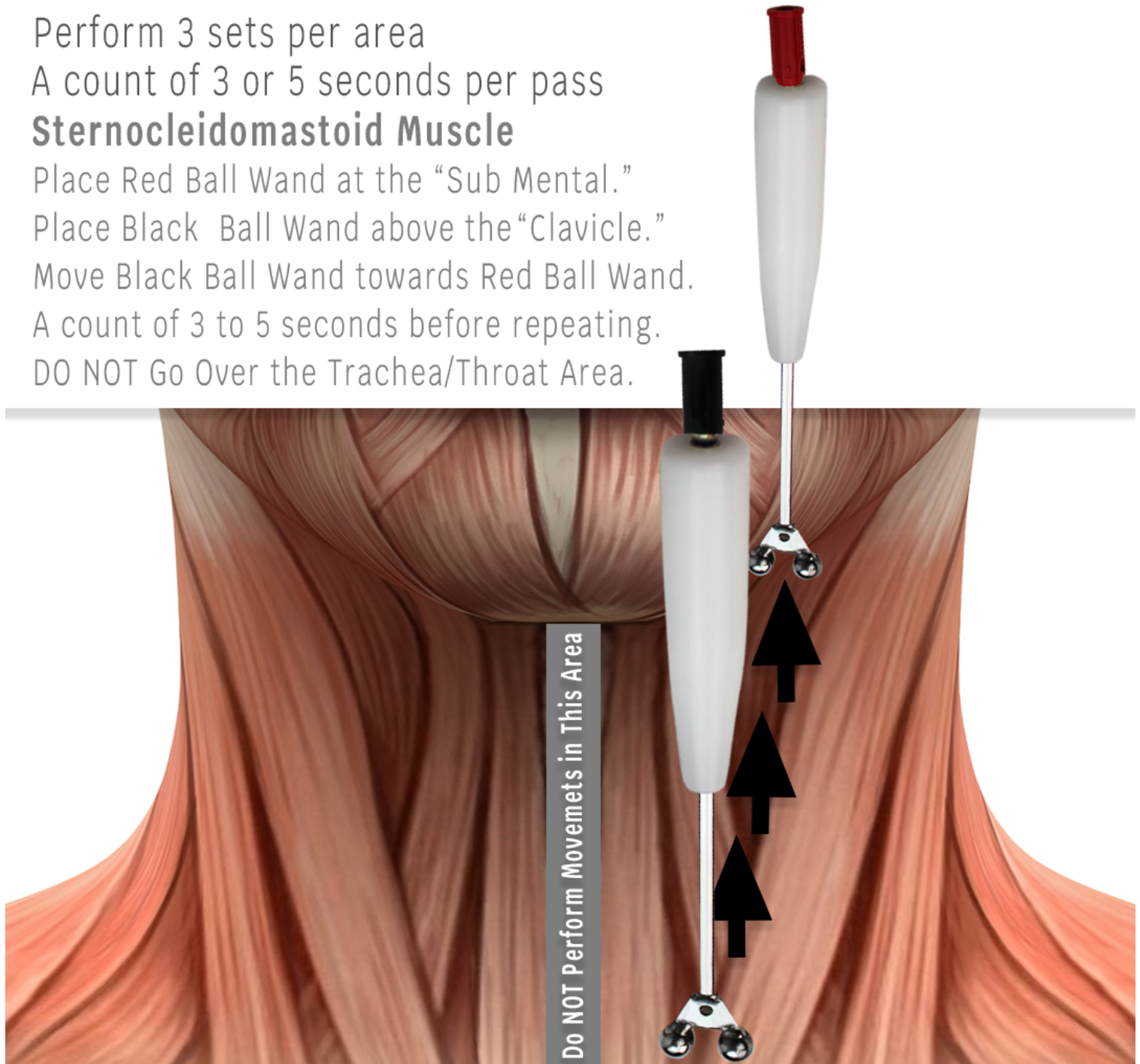
Place Red Ball Wand at the “Sub Mental.”

Place Black Ball Wand above the “Clavicle.”

Move Black Ball Wand towards Red Ball Wand.

A count of 3 to 5 seconds before repeating.

DO NOT Go Over the Trachea/Throat Area.



Neck & Jawline Movements

Perform 3 sets per area

A count of 3 or 5 seconds per pass

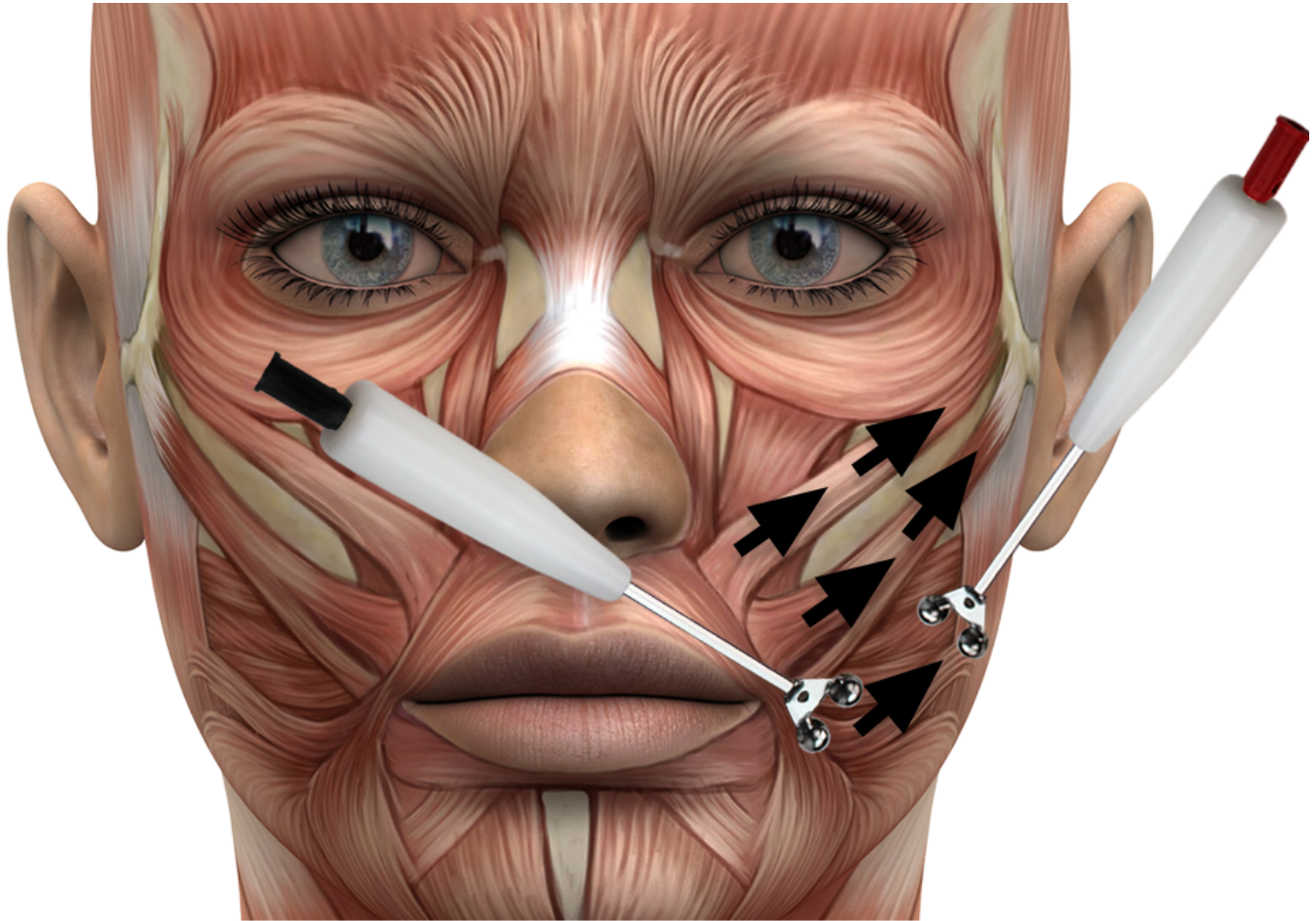
Place Red Ball Wand at the “Depressor anguli oris.”

Place Black Ball Wand under “sub mental area” “wattle neck area.”

Move Black Ball Wand towards Red Ball Wand.

A count of 3 to 5 seconds before repeating.





Buccinator • Zygomaticus Major & Minor

Perform 3 sets per area

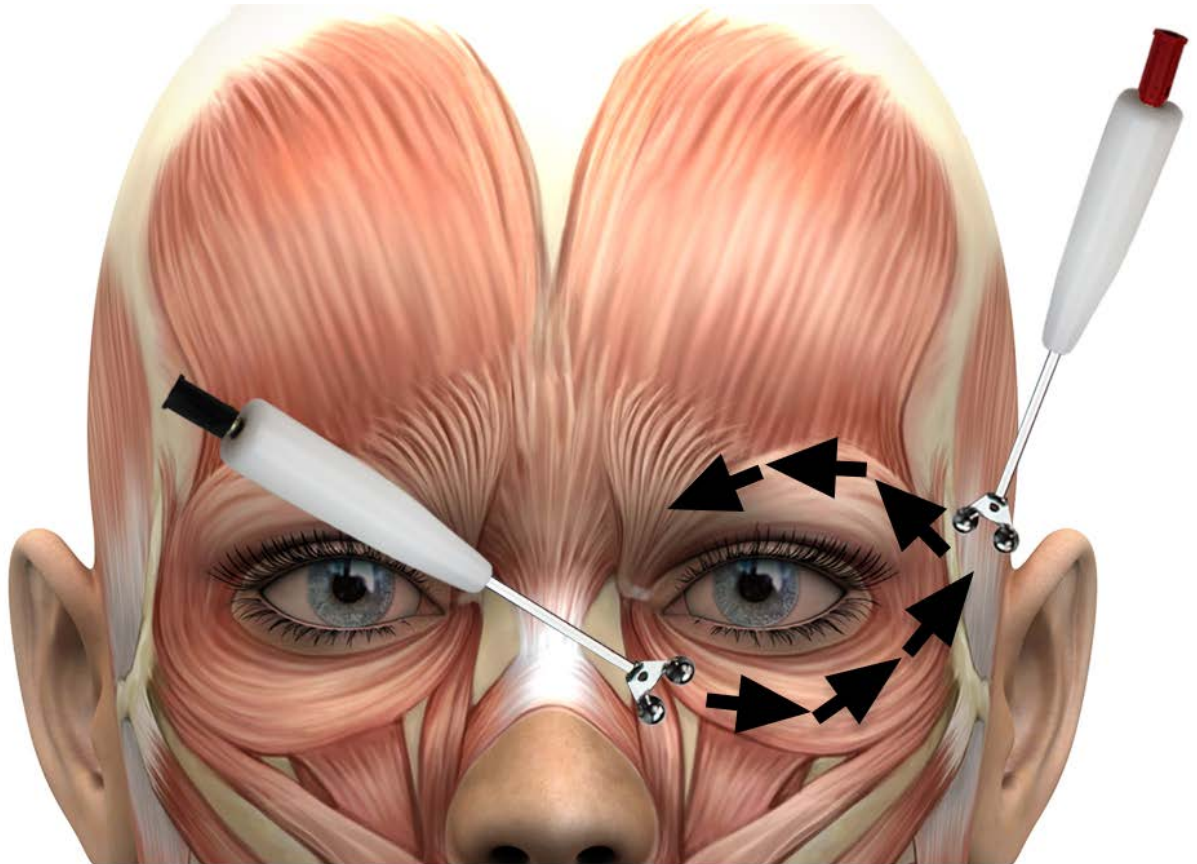
A count of 3 or 5 seconds per pass - per muscle

Place Red Ball Wand at the “Anterior Middle Ear.”

Place Black Ball Wand at the corner of the mouth.

Move Black Ball Wand towards Red Ball Wand.

A count of 3 to 5 seconds before repeating or transitioning to another area.



Obicularis Oculi Muscle- Inferior & Superior

Perform 3 sets per area

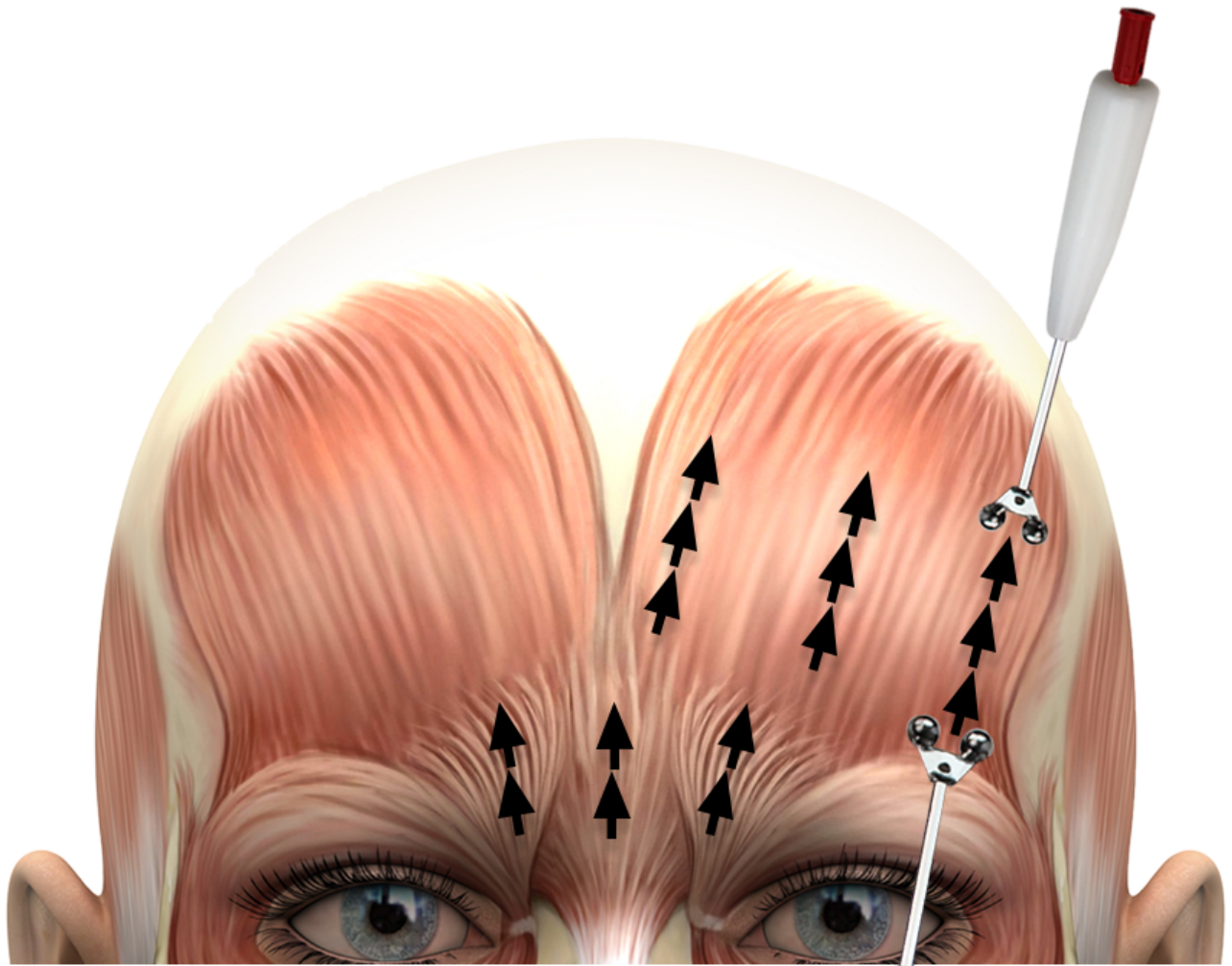
A count of 3 or 5 seconds per pass - per muscle

Place Red Ball Wand at the "Anterior Auricular Muscle" "Above Front of Ear."

Place Black Ball Wand at the Angular head of the QLS "Quadratus labii superioris."

Black Ball Wand moves towards Red Ball Wand with slow movements.

A count of 3 to 5 seconds before repeating.



Frontalis, Corrugator & Procerus

Perform 3 sets per area

A count of 3 or 5 seconds per pass

Place Red Ball Wand below hairline.

Place Black Ball Wand "Above Brow Bone."

Move Black Ball Wand towards the Red Ball Wand.

Slow movements of 3-5 seconds. Complete one side at a time.

Steps for Microcurrent Straight Wands



Neck & Jawline Movements

Perform 3 sets per area

A count of 3 or 5 seconds per pass

Sternocleidomastoid Muscle

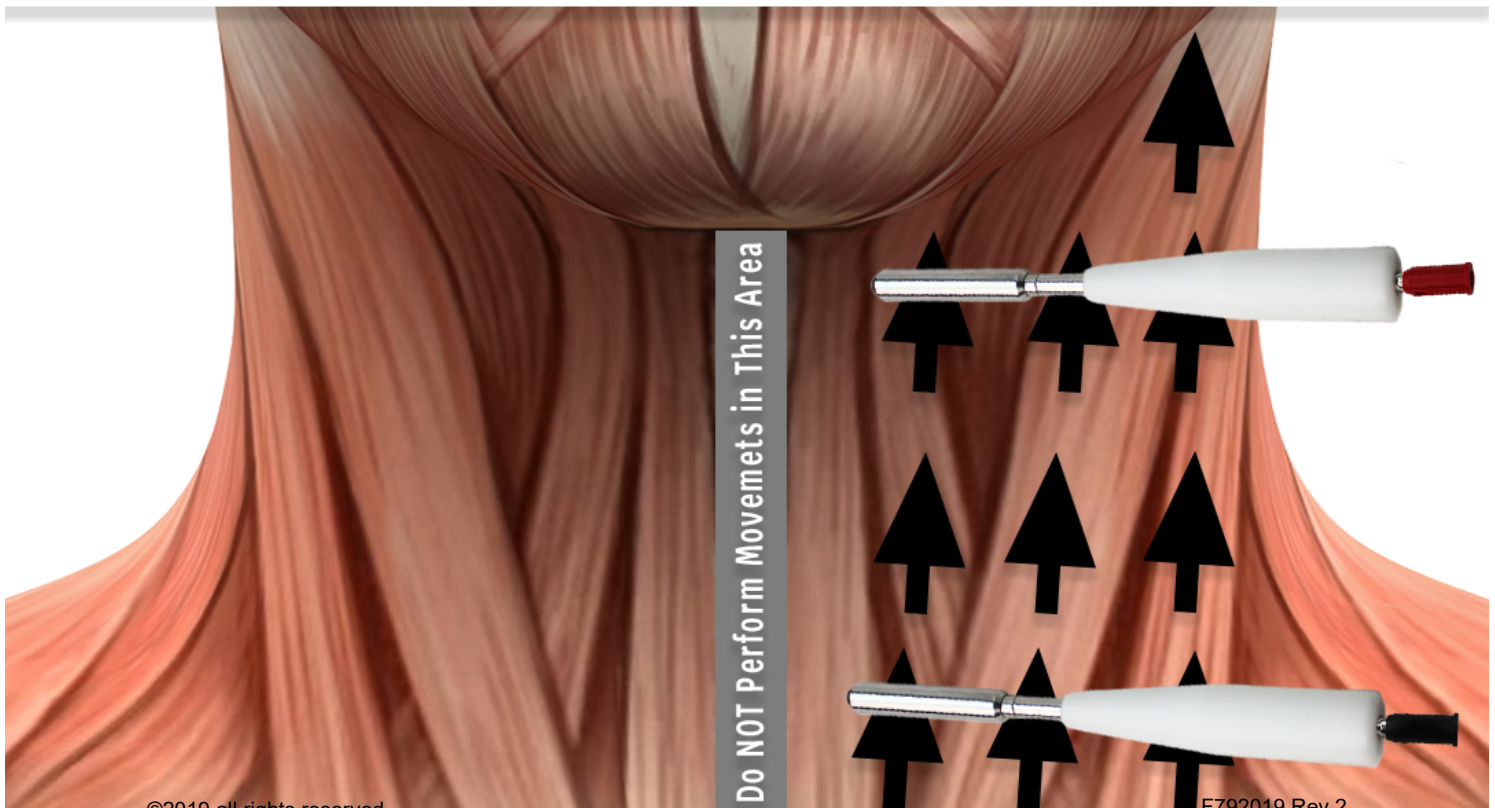
Place Red Straight Wand at the “Sub Mandibular Bone.”

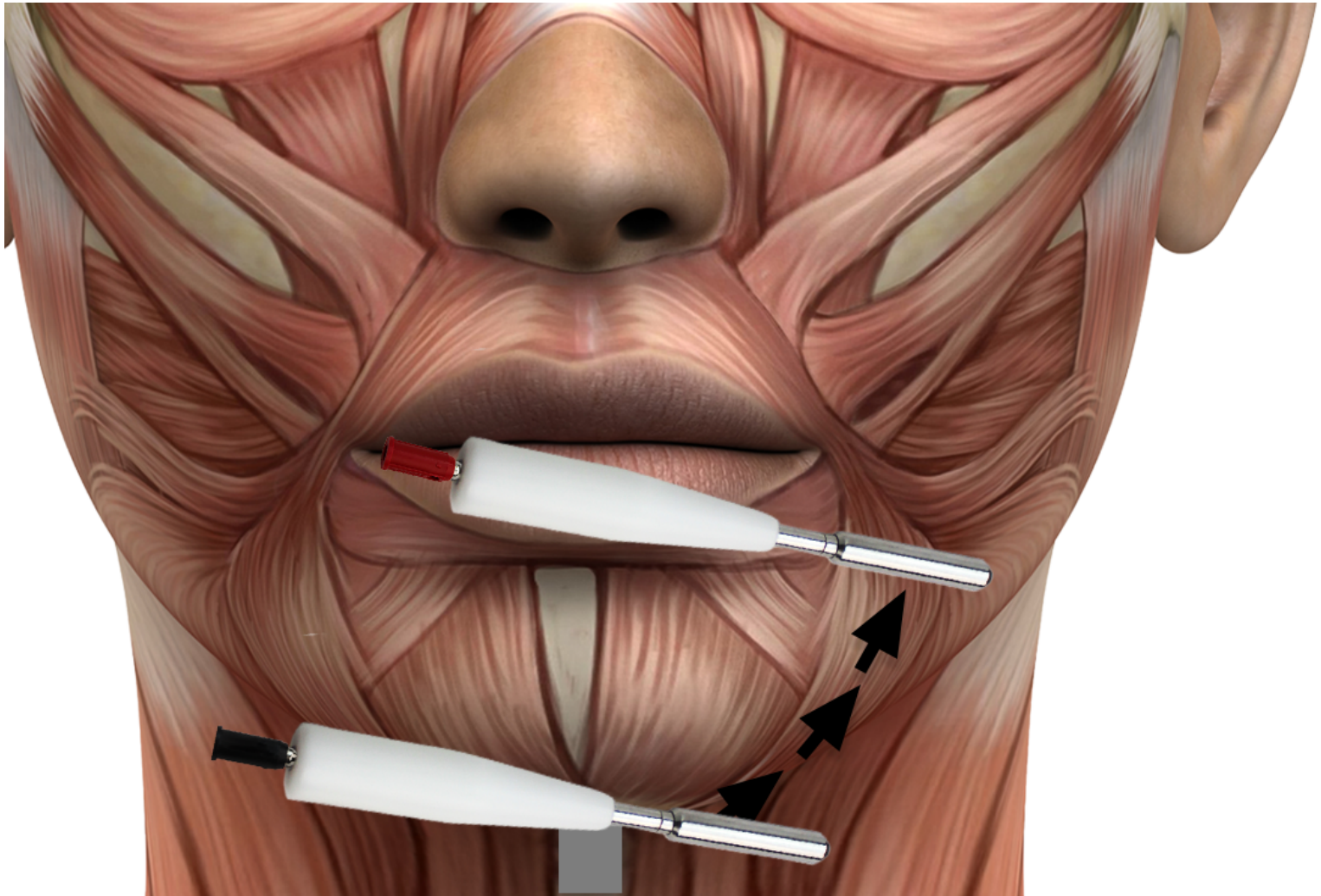
Place Black Straight Wand above the “Clavicle.”

Move Black Straight Wand towards Red Straight Wand.

Smooth movements in the count of 3 to 5 seconds before repeating.

May use smooth movements simultaneously with Red and Black Straight Wands starting from the clavicle.





Neck & Jawline Movements

Perform 3 sets per area

Smooth movement in the count of 3 or 5 seconds per pass

Place Red Straight Wand at the “Depressor anguli oris.”

Place Black Straight Wand under “sub mental area” “wattle neck area.”

Move Black Straight Wand towards Red Straight Wand.

Smooth movements in the count of 3 to 5 seconds before repeating.



Buccinator • Zygomaticus Major & Minor

Perform 3 sets per area

Smooth movements in the count of 3 or 5 seconds per area

Place Red Straight Wand at the “Anterior Middle Ear.”

Place Black Straight Wand at the corner of the mouth.

Move Black Straight Wand towards Red Straight Wand.

Smooth movements in the count of 3 to 5 seconds before repeating or transitioning to another area. May use simultaneous movements.



Obicularis Oculi Muscle- Inferior

Perform 3 sets per area

Smooth movements count of 3 or 5 seconds per area

Place Red Straight Wand at the "Above Front of Ear."

Place Black Straight Wand at the Angular head "Quadratus labii superioris."

Black Straight Wand moves towards Red Straight Wand with slow movements. Smooth movements in the count of 3 to 5 seconds before repeating. May move wands simultaneously under the eye.

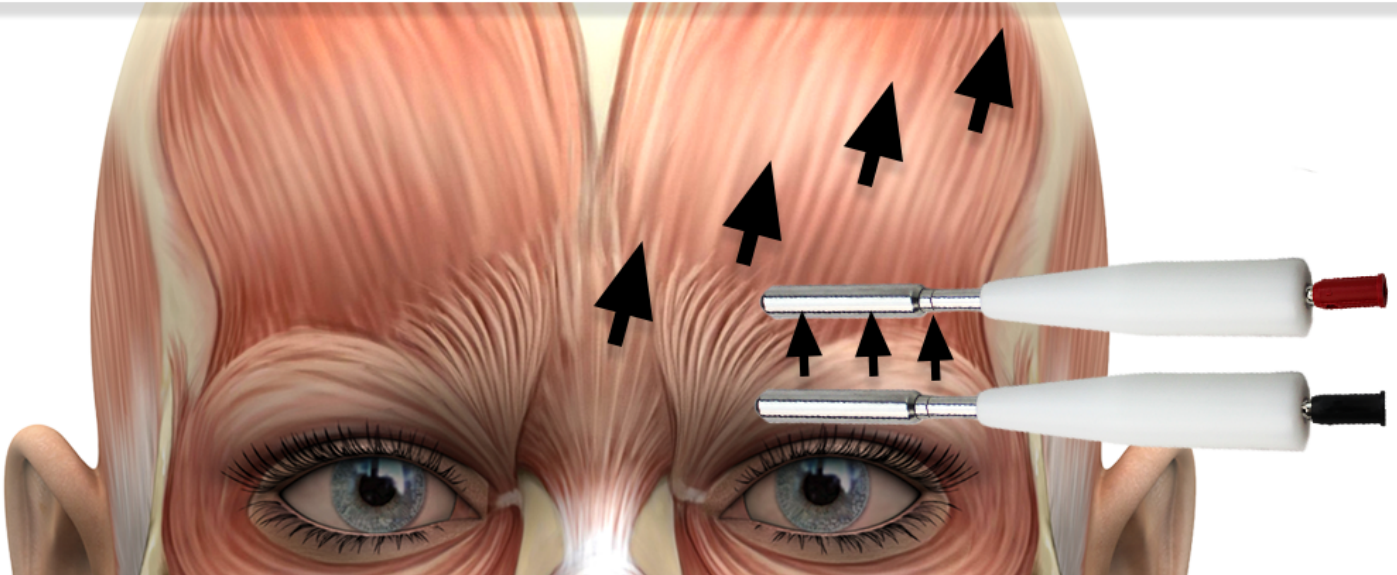
Frontalis, Corrugator & Procerus

Perform 3 sets per area

smooth movements in the count of 3 or 5 seconds per pass

Keep movements fluid and slow for optimum skin tightening.

May move wands simultaneously for an ironing/smoothing effect.



Obicularis Oculi Muscle- Superior

Perform 3 sets per area

Smooth movements in the count of 3 or 5 seconds per area

Place Red Straight Wand above "Brow Bone."

Place Black Straight Wand "Below Brow Bone."

Lift Black Straight Wand towards the Red Straight Wand.

Smooth movements for 3-5 seconds and transition to the middle of the brow, end of brow bone and repeat.

