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**Frequency Specific Microcurrent**

* You can be lying flat on a bed or couch or sitting in a recliner chair. There are also electrode sticky pads that can be used if you need to be up and moving around. However, the electrodes can only be used when treating with one machine.
* A Microcurrent Machine includes the Custom Care Microcurrent Machine Box with a set of wires attached to 2 graphite gloves or 4 alligator clips
* You will then need two standard household hand towels/wash rags   
  The office uses “white flour sac towels” because they are thin & don’t hold too much water
* Wet both towels with water temperature to your preference (or you can microwave them to be warm)  
  {Wring them out as much as possible, they must be wet but not drenched}
* Connect or wrap the Red & Green leads into one towel which will go around the neck or at the top of the body
* Connect or wrap the **Black** and Yellow leads into the second towel which will go around the ankles or at the bottom of the body

**There are 5 buttons on the Custom Care MicroCurrent Machine**  
A screen shot of a computer

Description automatically generated

1.) Press the “On/Power” button  
2.) Press “(P)/Protocol” button over and over till you find the mode you are looking for  
3.) Press the “Play/Pause” button  
4.) On the top right corner of the screen, you will see two sets of numbers: (i.e… 0/41)   
 That means the length of time for this mode is 41 minutes and it will count down as the minutes pass.  
5.) The machine does not beep or notify you when the program is done running, you might want to set an   
 alarm for when the machine should be done so you can run another program or take the machine off.

On  
Power

(P)  
Protocols   
 Mode

Up / Down  
 Arrow  
 (Strength)

Play  
Pause