

SENSICA

Your 8-Week Sensilift Guide

Everything you need to lift, firm, and smooth your face and neck at home.

RF Skin Tightening



What Sensilift actually does

Sensilift is a clinic-grade device that uses **Dynamic RF technology** to deliver radiofrequency energy through three electrodes into the deeper layers of your skin. A built-in vibration motor provides gentle massage at the same time.

Together, these two mechanisms stimulate collagen and elastin production, tighten sagging skin, and reduce the appearance of fine lines and wrinkles on your face, neck, and jawline.

Set realistic expectations. Results are cumulative and build over the full 8-week protocol. You will not see dramatic changes after one session. Consistency is what makes RF work. Results last approximately 3 months and can be maintained with ongoing sessions.

REALISTIC TIMELINE

WEEK 2

Warming Up

Skin may feel warmer and slightly tighter after sessions. Your body is responding.

WEEK 4

Subtle Shifts

Skin texture starts to feel smoother and more elastic. Deeper remodeling is underway.

WEEK 6

Visible Change

Fine lines soften. Jawline and neck appear firmer and more defined.

WEEK 8

Full Results

Clearer improvement. Lifting and firming continue to develop for weeks after.

Individual results vary based on skin type, age, starting condition, and consistency. This timeline reflects the general experience of most users.

Before your first session

Two things must happen before you begin a full treatment: check the contraindications list, and complete a 48-hour patch test.

Do not use Sensilift if you:

Are pregnant or breastfeeding · Have an active implant (pacemaker, insulin pump) · Have a severe heart disorder · Have uncontrolled diabetes or thyroid disease · Have an autoimmune disorder · Have blood clotting disorders or take blood thinners · Have a history of deep vein thrombosis · Have a history of collagen disorders or keloid scarring · Have skin cancer or received radiation/chemo in the past 3 months · Have taken Accutane in the past 6 months · Have damaged, infected, or severely irritated skin in the treatment area · Are under 18

If you have permanent implants, metal plates, piercings, tattoos, or have had surgery or aesthetic procedures in the treatment area within the past 3 months, consult your physician first. See the full User Manual for the complete list.

REQUIRED: 48-HOUR PATCH TEST

Do this once before your first full treatment.

1 Apply Base Gel

Apply a thin, even layer of the included Base Prep Gel to a small area of skin you plan to treat (e.g., jawline).

2 Test at Level 3

Plug in the device, select Level 3, and move it in circular motions over the test area for 2 minutes. If it feels too warm, reduce to Level 2 or 1.

3 Wait 48 hours

Examine the area after 48 hours. If the skin looks and feels normal (no redness, blisters, or irritation), you are ready for a full treatment at the highest level that felt comfortable.

About energy levels: Sensilift has 3 energy levels. Higher levels deliver more energy for faster results. Use whatever level felt comfortable during your patch test and increase gradually as your skin adapts.

How to treat, step by step

Every session follows the same steps. Each zone takes just 5 minutes.



1 Prep your skin

Make sure the treatment area is clean, dry, and free of moisturizers, lotions, or makeup. Remove any jewelry. Never use alcohol, sanitizer, or acetone on the skin within one hour before treatment.



2 Apply Base Prep Gel

Apply a thin, even layer of the included Base Prep Gel over the entire treatment zone. This is not optional. The gel ensures proper RF energy transfer and protects your skin.



3 Select your level

Press the RF energy button to cycle through Levels 1 to 5. Use the level you determined during your patch test.



4 Treat each zone for 5 minutes

Place the device flat against your skin so both electrodes make full contact. Work on one small zone at a time for 5 minutes, using slow, steady circular motions.



5 Finish and clean

Press the energy button to turn off the device. Wipe remaining gel from your skin and clean the device electrodes with a soft damp cloth.



Please note

If you do not feel warmth after about 30 seconds, try focusing on a smaller area and make sure all electrodes have full skin contact. The RF will only activate when the electrodes are properly touching the skin.

Where to use Sensilift

Sensilift is designed for the face, neck and hands. Treat each zone for 5 minutes per session.



Forehead

Horizontal lines and brow area. Work from center outward.



Cheeks

Nasolabial folds and cheek area. Treat each side separately.



Around the eyes

Crow's feet and under-eye area. Use gentle, slow motions.



Jawline

From chin to ear. Focus on areas where skin sags.



Neck

Front and sides of neck. Use upward motions only.



Hands

Back of the hands. Treat each hand separately.

Session coverage: You can treat up to 4 zones per session for a total of 20 minutes. Leave at least one rest day between sessions.

AFTER EACH SESSION

Post-treatment care

- ✓ Wipe off remaining Base Prep Gel from the treated area
- ✓ Apply your regular moisturizer or serum after treatment
- ✓ Apply sunscreen (SPF 30+) before any sun exposure on treated areas
- ✓ Stay hydrated throughout the day
- ✗ Avoid very hot water and harsh or abrasive products on treated areas for 24 hours
- ✗ Avoid direct sun exposure on treated areas for 24 hours
- ✗ If any redness occurs, allow it to resolve before the next session

Mild redness or warmth after a session is normal and resolves quickly. If you experience persistent redness, swelling, blistering, or discomfort, stop treatment and consult your physician.

1 session per week, 5 minutes per zone.

Consistency is the active ingredient. The device simply provides the conditions.

WEEK	ZONE TREATED & NOTES	DONE
Week 1	Start with 1-2 zones at lowest comfortable level. Take a "before" photo.	<input type="radio"/>
Week 2	Add remaining zones. Increase level if comfortable.	<input type="radio"/>
Week 3	Maintain the weekly treatment. Skin should feel noticeably smoother.	<input type="radio"/>
Week 4	Halfway. Compare to your Week 1 photo. Look for texture changes.	<input type="radio"/>
Week 5	Increase to Level 2-3 if comfortable. Take a progress photo.	<input type="radio"/>
Week 6	Stay the course. Visible results typically appear now.	<input type="radio"/>
Week 7	Do not skip this week. The final sessions matter.	<input type="radio"/>
Week 8	Final week. Take your "after" photo. Results continue improving.	<input type="radio"/>

AFTER WEEK 8

Maintaining your results

Collagen remodeling continues for several weeks after your last session. To sustain results, reduce to 1 session per 2-3 weeks as maintenance.

Skipping the gel	Without Base Prep Gel, RF energy cannot transfer properly. Sessions without gel are ineffective.
Treating too often	More than 1 session per week is not beneficial. Rest days allow your skin to rebuild.
Poor contact	Both electrodes must touch the skin for RF to activate. Reposition if no warmth felt.
Judging too early	RF works beneath the surface for weeks before changes are visible. Week 8 is not your final result.
Moving too fast	Slow, steady circular motions allow the skin to heat evenly. Rushing reduces effectiveness.

Your Sensilift session at a glance

Tear this page out or screenshot it. This is all you need before every session.

Your Session



TREATMENT AREAS

Forehead, cheeks, jawline, neck, and hands



FREQUENCY

1 time per week (first 8 sessions), then every other week



SESSION LENGTH

5 minutes per zone (up to 20 min total)



DURATION

8 weeks initial, then maintenance as needed



GEL REQUIRED

Always. Apply before every session



MOTION

Slow, steady circular motions



AFTERCARE

Wipe off gel, moisturize, SPF 30+ before sun



SAFETY CUTOFF

Built-in thermal sensor for safe operating range



RESULTS

Results last approximately 3 months. Maintain with 1 session per 2-3 weeks to preserve your results.

Questions? Need more Base Prep Gel?

support@sensica.com · sensica.com

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This guide is intended for use alongside the Sensilift User Manual. Always follow all safety instructions and contraindications provided with your device. Individual results vary.