

# FOREO



# FULL USER MANUAL



## GETTING STARTED

Congratulations on taking the first step toward discovering smarter skincare by acquiring BEAR™ mini. Before you begin to enjoy all the benefits of sophisticated skincare 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 device only for its intended use as described in this manual.

**INTENDED USE:** BEAR™ mini is intended for facial and neck stimulation, and is indicated for over-the-counter cosmetic use.

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

## BEAR™ mini OVERVIEW

Meet BEAR™ mini - the smart microcurrent facial toning device that combines precision microcurrent and T-Sonic™ pulsations, to give you firmer-looking skin and a youthful glow in minutes!

BEAR™ mini can be used as part of your daily morning or evening skincare routine. Choose from a variety of app-guided facial fitness workouts that use 3 adjustable intensities of microcurrent to recharge skin and help diminish visible signs of aging. During microcurrent workouts, gentle T-Sonic™ pulsations massage the face, boosting skin's radiance and enhancing the absorption of SERUM SERUM SERUM before your workout, and your favorite skincare products afterward.

With BEAR™ mini's Anti-Shock System™, a unique integrated system that uses ultra-smart sensors to scan and measure your skin's resistance to electricity at a rate of 100x per second, the microcurrent intensity is automatically adjusted in just 0.002 seconds (quicker than you can even think of blinking!) to best suit your skin. Anti-Shock System™ eliminates any chance of the microcurrent shocking your skin, resulting in maximum safety and effectiveness for an unwavering quality of treatment every single time.

## GETTING TO KNOW BEAR™ mini

### MICROCURRENT SPHERES

Deliver precision microcurrent directly to skin for a tighter, more toned complexion.

### T-SONIC™ PULSATIONS

Enhance product absorption and gently massage face to boost skin's radiance.

### SMART SWEDISH DESIGN

Gently curved to fit facial contours, and lightweight for skincare on-the-go.

### CHARGING PORT

Up to 90 uses per charge\*.

### ANTI-SHOCK SYSTEM™

Scans skin's resistance & adjusts microcurrent intensity for maximum safety & comfort.

### UNIVERSAL POWER BUTTON

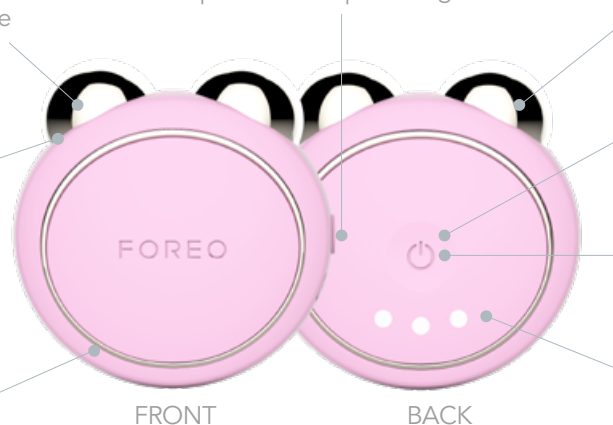
Turns device on and off and puts device in Bluetooth pairing mode.

### BLUETOOTH INDICATOR LIGHT

Flashes to indicate when device is in Bluetooth pairing mode.

### 3 INTENSITY INDICATOR LIGHTS

Light up to indicate the microcurrent intensity setting of your device.



### 2ML SAMPLE SERUM

Use for optimal conductivity and enhanced results.



### USB CHARGING CABLE

Charge anytime, anywhere with USB cable.



### INTERACTIVE APP

Access facial workouts & a wider range of intensities.



### STAND

Protects and displays your BEAR™ device.

*\*Based on a 1-minute treatment time per use.*

## WARNINGS

### FOR OPTIMUM SAFETY

- Toning with BEAR™ mini should be comfortable – if you experience any discomfort or irritation, discontinue use immediately and consult a physician.
- Do not use on the chest / breast area, eye area (circular muscle within the orbital rim), mid-line (bone) of neck, or the genitals / groin area.
- Do not use over red skin, raised moles, major arteries (eg. carotid), enlarged capillaries, metal implants, infected areas, or areas with no feeling in them.
- Do not use the device to treat rosacea, moles, warts, open sores, cancerous lesions, or any skin condition.
- Do not use if you have any existing medical conditions such as epilepsy, a hemorrhagic disease, cancer, tumors, or perceptual disturbance.
- Do not use if you have had a laser treatment, chemical peel, or have any other form of injured or damaged skin.
- Do not use if you have had cosmetic surgery on your face.
- Do not use if you have any implanted medical device or any other electronic instrument or body aids.
- Electronic monitoring equipment, such as ECG monitors and ECG alarms, may not operate properly when the device is in use.
- BEAR™ mini should not be used on, near, or by children or those with reduced physical and mental abilities. Close supervision is necessary when this device is used, cleaned or stored near children or those with reduced physical or mental abilities.
- The long-term effects of microcurrent are unknown.
- The safety of the device for use during pregnancy has not been established. If you are pregnant, consult your physician before using this device.
- If you have a skin condition or any medical concerns, please consult a physician before use.
- If you have suspected or diagnosed heart disease, follow precautions recommended by your physician.
- Exercise particular care when toning the under-eye regions and do not bring the device into contact with the eyelids or eyes themselves.
- There may be a perception of flashing lights during the use of your device, resulting from the stimulation of your optic nerve. If you notice this condition constantly without the use of your device, consult your physician.
- A slight tingling sensation may occur while using the device, which is normal and not cause for any concern. Lowering the intensity may reduce or eliminate this sensation.
- Given the efficiency of the FOREO toning routines, we recommend that you do not use BEAR™ mini for more than 3 minutes at a time.
- For reasons of hygiene, we do not recommend sharing your BEAR™ mini with anyone else.
- Do not use while driving or operating heavy machinery.
- Do not use the device when it is plugged in.
- Do not insert any object into any opening of the device.
- Do not use the device if it is overheating or you suspect that it is malfunctioning.
- Avoid leaving your BEAR™ mini in direct sunlight and never expose it to extreme heat or boiling water.
- BEAR™ mini should be completely dry before activating the microcurrent function. Do not use the device if it has been submerged in water, and do not use with wet hands.
- This device should only be used with a SELV power adapter.
- It is recommended that IEC60950 standard power suppliers are used to charge the device.
- Before charging, make sure that the plug and socket are completely dry. Failure to do so may result in electric shock, short circuit, or fire.
- Do not use the device while charging. Discontinue use if this device or charger is not working properly or appears damaged in any way. Use the power cord supplied with your device only.
- The battery must be removed from the appliance before it is disposed of. The appliance must be disconnected from the supply mains when removing the battery, and the battery is to be disposed of safely.
- This product contains no serviceable parts.
- The device is intended for cosmetic use on the face and neck. Any harmful consequences resulting from misuse, application to other body areas, connection to improper voltage sources, dirty conductive solution or spheres, or any other improper applications are not the responsibility of FOREO.
- 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 [foreo.com/support](https://foreo.com/support).

## HOW TO USE BEAR™ mini

**CAUTION:** BEAR™ mini MUST BE COMPLETELY DRY BEFORE STARTING YOUR MICROCURRENT TREATMENT.

To unlock and register your device for first time use, download the FOREO For You app. Connect to the app via Bluetooth on your smartphone, and press the universal button on BEAR™ mini to sync your device to the app and set up your microcurrent preferences.

1 Clean and dry your face and neck carefully so there is no remaining residue of any kind.

2 Apply a thin layer of SERUM SERUM SERUM to your skin, distributing it evenly across all the areas you wish to treat.

3 **For Pre-Set Routines:**  
Select your preferred microcurrent treatment in the FOREO For You app. Follow the instructions on the app and continue as directed. *Device will automatically switch off after routine is complete.*

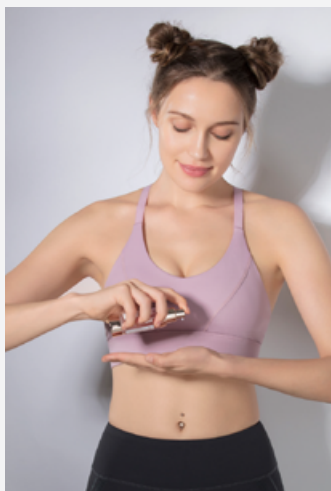
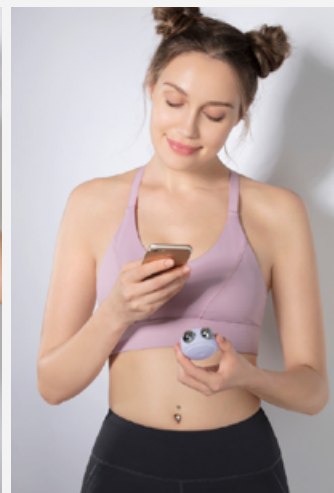
**For Manual Mode:**

i) Press the universal button to activate microcurrent. The lights underneath the universal button indicate the microcurrent intensity setting. You can change the microcurrent intensity by quick pressing the universal button once for each level. To turn off T-Sonic™ pulsations, double press the universal button. *Use the app to access a wider range of microcurrent intensities.*

ii) Lightly press both metallic spheres to your face, and gently glide the device across your cheekbones and forehead, around your lips, and over your jawline and neck as desired. *Make sure that both microcurrent spheres are touching your skin at all times. Always glide the device slowly, in an upward motion, and with light pressure for enhanced results.*

iii) Once you have finished your treatment, press and hold the universal button for 3 seconds to turn off the device.

4 Apply any other skincare products of your choice, if desired.



## CLEANING YOUR BEAR™ mini

Always clean BEAR™ mini thoroughly after use. Wash the metallic spheres and silicone surface with water and soap, then rinse with warm water. Pat dry with a lint-free, non-abrasive cloth or towel. After use, we recommend spraying the device with FOREO's Silicone Cleaning Spray and rinsing with warm water for optimal results.

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



## TROUBLESHOOTING

Precautions to be taken in the event of changes in the performance of BEAR™ mini:

If BEAR™ mini is not activated when pressing the universal button:

- Battery is empty. Recharge using USB charging cable for up to 1.5 hours until fully charged and then restart your device by holding down the universal button.

If BEAR™ mini cannot be switched off and/or the universal button does not respond:

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

If BEAR™ mini won't sync to the FOREO For You app:

- Switch your Bluetooth off and then on again to try reconnecting.
- Close the FOREO For You app and then reopen it to start the process over.
- Check to see if the app needs to be updated in your mobile device's app store.

## WARRANTY TERMS & CONDITIONS

### REGISTER WARRANTY

To activate your 2-Year Limited Warranty, register through the FOREO For You app, or visit [foreo.com/product-registration](https://foreo.com/product-registration) for more information.

### 2-YEAR LIMITED WARRANTY

FOREO warrants this device for a period of TWO (2) YEARS 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](https://www.foreo.com) and then select the option to make a warranty claim. Shipping costs are nonrefundable. 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).



EUROPEAN  
CONFORMITY



RESTRICTION OF  
HAZARDOUS SUBSTANCES  
COMPLIANT



PACKAGING IS MADE  
OF RECYCLABLE  
MATERIAL



GARBAGE WASTE  
ELECTRICAL & ELECTRONIC  
EQUIPMENT DIRECTIVE

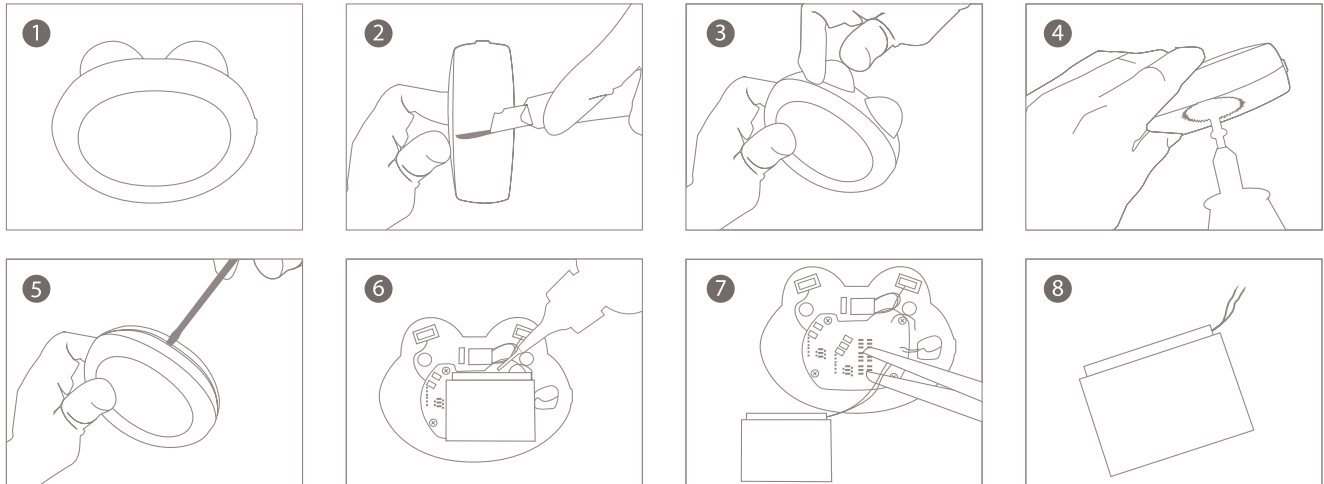
This device should not be treated as household waste, but rather be brought to the appropriate collection point for recycling of electrical and electronic equipment. By ensuring this device is disposed of correctly, you will help prevent the potential negative consequences for the environment and human health which could be caused by inappropriate waste handling of the device. 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, ABS, PC, Chrome Plated Zinc Alloy

**COLOR:** Pink / Lavender

**SIZE:** 57x56x32mm

**WEIGHT:** 52g

**BATTERY:** Li-ion 520mAh 3.7V

**USAGE:** Up to 90 uses per charge\*

**STANDBY:** 90 days

**FREQUENCY:** 185 Hz

**MAX NOISE LEVEL:** <50dB

**INTERFACE:** 1- button

*\*Based on a 1-minute treatment time per use.*

**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:

1) This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio / TV technician for help.

2) This device complies with CAN ICES-3 (B)/NMB-3(B). This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

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

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

Model may be changed for improvements without notice.

## FAQ

### BEAR™ mini BASICS

#### WHAT SHOULD I DO AFTER I RECEIVE MY BEAR™ mini DEVICE?

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').

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

First, clean and dry your face and neck carefully. Then apply FOREO's SERUM SERUM SERUM to your skin, distributing it evenly across all areas you wish to treat. Finally, select your preferred facial fitness routine in the app or follow the step-by-step guide for Manual Mode, which can be found above or in the User Manual that came with your BEAR™ mini device.

#### HOW DO I TURN MY BEAR™ mini DEVICE ON?

Press the universal button on your BEAR™ mini device to turn it on. The indicator light will flash to let you know when the device is in Bluetooth pairing mode.

#### HOW DO I TURN MY BEAR™ mini DEVICE OFF?

Press and hold the universal button for 3 seconds to turn off the device. After completing a pre-set routine, the device will turn off automatically.

#### WHAT COMES WITH MY BEAR™ mini DEVICE?

1 BEAR™ mini Device, 1 2ml Sample SERUM, 1 USB Charger Cable, 1 User Manual, 1 Quick Start Guide & 1 Stand.

### THE BEAR™ DEVICE

#### HOW OFTEN CAN I USE MY BEAR™ mini DEVICE?

BEAR™ mini is safe and gentle enough to use every day, either morning or night. We recommend using your BEAR™ mini once in a 24-hour period, for 2 minutes per treatment.

#### IS MICROCURRENT SAFE?

BEAR™ mini's microcurrent feature is a safe and painless toning technology solely when used with the required protective serum for optimal conductivity. BEAR™ mini must NEVER be activated near water or wet surfaces of any kind.

#### IS USING A HIGHER MICROCURRENT INTENSITY MORE EFFECTIVE?

Yes. A higher microcurrent intensity equals more power, which results in deeper penetration and more energy going into your skin, making it more effective. However, everyone's skin is different - which is why we recommend testing the device out first (with SERUM SERUM SERUM), to see which microcurrent intensity is best for you.

#### CAN I ADJUST THE MICROCURRENT INTENSITY LEVEL?

Yes, you can manually adjust the microcurrent intensity by quick pressing the universal button once for each level, or by selecting your preferred intensity through the app.

#### CAN I ADJUST THE INTENSITY OF THE T-SONIC™ PULSATIONS?

Yes, you can adjust the intensity of the T-Sonic™ pulsations through the app. If you prefer your treatment without T-Sonic™ pulsations, you can double press the universal button on the device to turn T-Sonic™ pulsations off.

#### WHAT IS THE DIFFERENCE BETWEEN BEAR™ & BEAR™ mini?

Both BEAR™ & BEAR™ mini deliver microcurrent to stimulate the face and neck, tightening and toning your skin for an improved appearance. However, BEAR™ mini has been designed with a more targeted facial workout in mind, and therefore has small spheres to get into the small crevices of your face, as well as a lower range of 3 microcurrent intensities. BEAR™, on the other hand, has medium-sized spheres to cover a larger surface area while also targeting each line with precision care. BEAR™ also offers a larger range of 5 microcurrent intensities, which are stronger than those offered by BEAR™ mini.

#### HOW ARE BEAR™ DEVICES DIFFERENT FROM OTHER AT-HOME MICROCURRENT DEVICES?

BEAR™ devices are different from other at-home microcurrent devices in two very significant ways. Firstly, BEAR™ devices are the only at-home devices that feature Anti-Shock System™ to eliminate any chance of the microcurrent shocking your skin, making them the safest microcurrent devices in the world. Secondly, BEAR™ offers a wider range of microcurrent intensities than any other at-home device, allowing you to experience a more personalized and effective treatment.

#### HOW LONG DOES EACH PRE-SET MICROCURRENT TREATMENT LAST?

The routine times will vary from 1-3 minutes depending on which areas are being targeted.

## THE APP

### WHY DO I NEED TO DOWNLOAD THE FOREO APP BEFORE USING MY BEAR™ mini DEVICE?

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.

### HOW DO I PAIR MY BEAR™ mini DEVICE 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 on. A blinking white light indicates your device is in pairing mode. Follow the instructions in the app to register and pair your BEAR™ mini device.

### DOES MY BEAR™ mini DEVICE WORK WITHOUT THE APP?

Yes, you can manually use the device and it does not require use of the FOREO For You app. However, to unlock your device for your first use, you must register it through the FOREO For You app and select your preferences. To activate a pre-set facial fitness workout, you must go directly through the app. Your workout will then automatically sync with your device.

## TROUBLESHOOTING & MAINTENANCE

### HOW DO I KNOW IF I'M USING MY BEAR™ mini DEVICE CORRECTLY?

When using your BEAR™ mini device, make sure that both microcurrent spheres are touching your skin at all times. If both spheres are not touching your skin, the universal power button will remain lit up. When this light turns off, it means that you are using the device correctly.

### WHAT DOES IT MEAN WHEN MY DEVICE IS CONTINUOUSLY BLINKING?

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

### HOW DO I CHARGE MY BEAR™ mini DEVICE?

BEAR™ mini is USB-rechargeable, with a 1.5 hour charge delivering up to 90 uses (based on a 1 minute treatment time per use). The intensity indicator lights under the universal power button flash while the device is charging, to indicate how much battery your device has. When all of the indicator lights are lit, it means your device is fully charged.

### HOW DO I CLEAN MY BEAR™ mini DEVICE?

Make sure the device is powered off, then wash the device with soap and water, rinse with warm water and pat dry with a lint-free, non-abrasive cloth or towel. We recommend spraying the device with FOREO's Silicone Cleaning Spray and rinsing with warm water afterward for optimal results.

## SERUM SERUM SERUM

### DO I HAVE TO USE FOREO'S SERUM SERUM SERUM WITH MY BEAR™ mini DEVICE?

Yes, it is essential to use SERUM SERUM SERUM with the device as the serum creates a conductive barrier, effectively and safely transferring microcurrent from the device to your skin.

### WHAT MAKES SERUM SERUM SERUM COMPATIBLE WITH MICROCURRENT DEVICES?

SERUM SERUM SERUM is specially formulated with conductive ingredients such as glycerin, allowing a microcurrent device like BEAR™ mini to work seamlessly without any feeling on the skin.

### IS SERUM SERUM SERUM CRUELTY FREE?

Yes, SERUM SERUM SERUM is cruelty free, meaning it was not tested on animals.

### DOES SERUM SERUM SERUM CONTAIN ANY HORMONE DISRUPTORS?

No, our clean formula has been developed without hormone disruptors.

### IS IT POSSIBLE TO RECYCLE THE SERUM SERUM SERUM BOTTLE AFTER USE?

Yes, the bottle is recyclable.

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