

Congratulations on purchasing your new iMask and taking the important first step towards improved eye health. In order to get the most value out of your iMask we recommend that you carefully read through this user's guide beforehand. If you have an underlying eye condition/ disease please consult your Eye Specialist/ Ophthalmologist/Optomestrist before using the iMask.

INDICATIONS FOR USING THE HOT iMASK:

- Dry Eye Disease
- Blepharitis (Inflammation of the eyelids)
- Recurrent Styes or Chalazions
- Computer Vision Syndrome

HOW TO HEAT AND USE THE iMASK:

- 1) Remove your iMask from the convenient PVC travel bag.
- 2) Place the iMask flat on a clean microwave plate.
- 3) With the microwave set at full power (usually 750-800W) heat the iMask for 20 seconds.
- 4) Remove the iMask from the microwave oven and gently knead with your fingers, shifting the gel beads around to distribute the heat evenly.
- 5) Test the temperature of the iMask by feeling it on the back of your hand. The ideal temperature should be between 40-45°C i.e. comfortably warm and should not burn your skin. Studies have shown that the ideal melting point for Meibum, the amazing lubricating oil in your tear film, is 42°C.
- 6) If it is not quite warm enough, reheat the iMask for a further 5-10 seconds.

CAUTION! DO NOT OVERHEAT THE iMASK AS IT WILL EXPLODE. NEVER LEAVE TO HEAT IN THE MICROWAVE OVEN UNATTENDED &/OR WITHOUT TIMING THE CYCLE.

7) Place the warm iMask over your closed eyelids. It may be gently secured around the head using the elasticated Velcro strap (optional). It should never be applied too tightly.

8) Lay down and relax for 10 minutes. Enjoy the soothing effects of the iMask as it creates a 'mini sauna' around your eyes. The best results are attained by using the iMask for 10 minutes.

ALWAYS REMEMBER TO REMOVE ANY FACIAL OR EYE MAKE-UP BEFORE APPLYING THE iMASK AS THESE WILL DIRTY AND STAIN THE SOFT MICROFIBER LINING OF YOUR MASK.

ALWAYS REMEMBER TO REMOVE YOUR CONTACT LENSES BEFORE USING THE iMASK.

9) After removing the iMask, gently massage your top and bottom eyelids to unblock and express the tiny oil-producing tear glands that line your lids. Use the soft pads of your fingertips to gently stroke the entire length of the top lid downwards (starting under your brow and moving towards the lashes). Massage you lower eyelids upwards towards the lashes. Do this 10-15 times for each lid.

10) It is quite normal to experience a slight blurring of vision afterwards as more oil has been expressed into your tear film. This usually clears within a few minutes. Prolonged and excessive blurry vision is an indication that the heated iMask was applied too tightly to your eyelids.

11) Perform this ritual twice a day initially for the first 2 weeks. Then continue to do a warm lid massage using your iMask on a daily basis. Make this self-care warm lid massage part of your routine, like brushing your teeth.

12) If you suffer from chronic conditions like Dry Eye Disease &/or Blepharitis then it is best to use the heated iMask daily. The best results are achieved through regular usage. The warm lid massage is a natural home remedy that is simple yet effective and is recommend by Ophthalmologists globally. The iMask is intended as a complementary aid and can be used in conjunction with any medical treatment prescribed by your Eye Care Specialist.



iMask

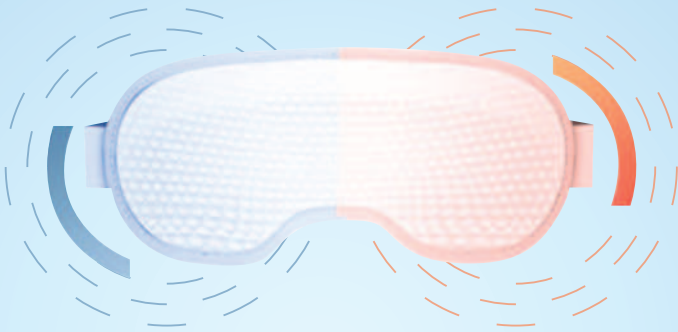
HOT | COLD | SLEEP MASK



RELIEVE | REFRESH | REVIVE

INDICATIONS FOR USING THE COLD iMASK:

- Eye Allergies (cool therapy provides instant relief from itchy eyes)
- Following Eyelid/Oculoplastic surgery (cool therapy reduces swelling and inflammation around the eyelids and cheeks),



HOW TO COOL AND USE THE iMASK:

- 1) The iMask can be chilled by simply placing it in the freezer for approximately 2 hours or by placing it in the refrigerator until the desired temperature is achieved.
- 2) Place the cold iMask over your closed eyelids. It may be gently secured around the head using the elasticated Velcro strap (optional). It should never be applied too tightly.
- 3) The cold iMask can be used for 10 minute intervals. This can safely be repeated as often as you desire to relieve itching and reduce pain and swelling around the eyelids.

INDICATIONS FOR USE AS A SLEEP MASK:

Besides being used as a hot or cold mask, the iMask is perfect as a sleep mask too. Its soft microfiber lining and gel beads are designed to comfortably mould around your closed eyelids preventing exposure of the eyeball and blocking light.

Some individuals who suffer from dry eye disease actually have lagophthalmos (a slight opening of the eyelids during sleep). The iMask will help keep the lids closed during sleep and prevent severe drying out of the eyes.

The iMask is ideal to use when trying to get some sleep during those long airplane flights and comes in a convenient travel bag.

CARE INSTRUCTIONS:

Simply wipe clean with mild detergent using a cloth or sponge when necessary.

NEVER machine wash or dry clean the iMask.

DO NOT use a hot iron on the iMask.

DO NOT leave the iMask in direct sunlight

DO NOT pierce the iMask with sharp objects.

Discard the iMask if the gel beads and liquid contents are leaking.

The iMask is reversible and can be used with either the soft microfiber lining or the PVC lining against the eyelid skin.

ALWAYS store the iMask in the zipper pouch and in the refrigerator between use. This will ensure the gel beads remain hydrated and prolong its lifespan.

To ensure hygienic practices, **DO NOT** share your iMask with others.

Replace your iMask annually.



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