

THE NIGHTLY WARM-SCULPT PROTOCOL · 5 MINUTES

The 5-Minute Neck & Jawline Evening Ritual

A calm, step-by-step guide to easing daily screen-time neck and jaw tension, gliding smoothly over the serum you already own, and turning five quiet minutes before bed into a skincare habit you actually keep.

01 **60-Second Prep & Sensor Tip**
Serum slip essentials and smart side-strip activation

02 **Your 3 Light Modes**
Exact timing for CLEAN, HOT + Warmth, and MSG

03 **Upward Contour Glide Map**
Visual neck, jawline, cheek, and temple strokes

04 **7-Night Tracker & Welcome Gift**
Printable checklist plus 10% off your first order

BEFORE YOU GLIDE · 60-SECOND PREP

Three Quiet Steps Before You Glide

Hours looking down at phones and laptops—plus jaw clenching—show up along your neck and jawline first. Start with generous slip and feather-light contact so delicate skin never pulls.



No special gel required. Pair with any moisturizer, hyaluronic serum, or facial oil already on your vanity.

1. **Cleanse, Then Apply Generous Slip**
   Smooth an even layer of serum, moisturizer, or facial oil from collarbones to forehead. Pat on two extra drops if glide ever slows.

2. **Remove Clear Cap & Hold Power 2 Seconds**
   Pop off the clear cover and hold the power button for 2 seconds. Tap once to switch between **CLEAN**, **HOT**, and **MSG**.

3. **Keep Fingers on the Silver Side Strips**
   Smart skin-contact sensors save battery—rest fingertips against the **silver side strips** while touching the curved head to skin to activate.

YOUR 3 BUILT-IN SETTINGS

Match Each Mode to Your 5-Minute Flow

Tap the power button once to cycle cleanly through all three settings.



Curved ergonomic arc. Hugs neck and jaw contours—rest fingers on the silver side strips to activate.

QUICK HARDWARE SPECS

Auto skin-contact sensors · Wipe-clean head · USB-C rechargeable

CLEAN · GREEN LIGHT — 0:00 – 1:00

Gentle Refresh & Prep

Soft micro-vibration awakens skin after cleansing and distributes serum evenly across your neck and jaw.

HOT · RED LIGHT + WARMTH — 1:00 – 3:15

Soothing Heated Contour Glide

Constant gentle warmth eases tight neck and jaw tension while helping your favorite serum absorb evenly.

MSG · BLUE LIGHT — 3:15 – 4:30

Calm Rhythmic Tension Massage

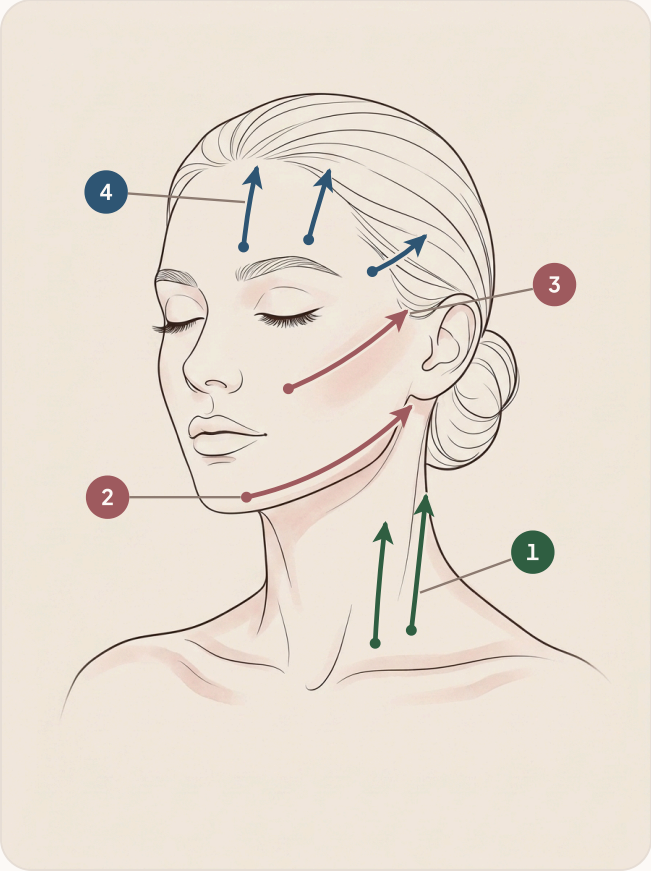
Steady rhythmic pulses unwind daily screen-time stiffness across temples, brows, and the jaw hinge before sleep.

4:30 – 5:00 · Seal & Care: Pat remaining serum in, wipe the curved head with a soft damp cloth, and snap the cap on (full map on Page 3).

THE 5-MINUTE UPWARD SEQUENCE

Your Neck & Jawline Contour Glide Map

Move slowly—about three seconds per pass—lifting cleanly off skin at the top of each stroke before resetting. Never drag downward.



ARROW MODE KEY

CLEAN · Green Light	0:00 – 1:00
HOT · Red + Warmth	1:00 – 3:15
MSG · Blue Light	3:15 – 4:30

GOLDEN RULE OF PRESSURE

Feather-Light & Always Upward

Let the wand's weight glide—no hard pressing. Keep direct pressure off the center throat (windpipe); sweep upward along each side of the neck.

1 Neck Upward Sweep — CLEAN · 0:00 – 1:00

Start just above your collarbone and glide slowly upward along each side of your neck to the underside of your jaw, lifting cleanly before each new stroke.

5–6 passes per side · Light pressure · Keep off center throat

2 Jawline Sculpt — HOT · 1:00 – 2:15

Switch to **HOT** (Red + Warmth). Cradle your chin inside the curved arc and sweep smoothly along your jawbone, pausing gently below your ear.

6 slow passes per side · Pause 2 seconds below the ear

3 Cheekbone Lift — HOT · 2:15 – 3:15

Stay on **HOT**. Starting beside your nose, glide softly upward across your cheekbone toward your outer temple so serum sinks in evenly.

5 passes per side · Add 2 drops of serum if glide slows

4 Brow & Temple Release — MSG · 3:15 – 4:30

Switch to **MSG** (Blue). Sweep upward from brows to hairline, then glide gently across tight outer temples and the jaw hinge to unwind daily tension.

4–5 forehead sweeps + 3 calm temple passes per side

5 Seal & Wipe Clean — CARE · 4:30 – 5:00

Hold power 2 seconds to turn off. Pat remaining serum in, wipe the curved head with a soft slightly damp cloth (never submerge), and snap the cap on.

TRY IT TONIGHT

Don't own a wand yet? Try Zones 1–4 tonight with clean fingertips and your regular moisturizer—then feel how calm five minutes become with constant soothing warmth and micro-vibration.

CONSISTENCY BEATS INTENSITY

Turn Five Minutes Into a Nightly Habit

GENTLE CARE HABITS

3 Quick Pitfalls to Avoid

- **Gliding on dry skin:** Skin should feel silky start to finish—keep serum nearby and tap on two extra drops if drag ever appears.
- **Dragging downward or pressing hard:** Feather-light upward sweeps protect delicate neck skin and let constant warmth do the work.
- **Rinsing under running water:** SolaSculpt is wipe-clean only—use a soft slightly damp cloth on the head and keep the USB-C port dry.

DAY-TO-NIGHT PAIRING

Round Out Your AM & PM Flow

- **Morning Refresh (2 Min):** Start cool to ease wake-up puffiness around eyes and cheeks, or run a brief **CLEAN** pass before SPF.
- **Evening Warm Sculpt (5 Min):** Keep your wand beside your night serum so five calm minutes happen automatically after brushing your teeth.
- **Overnight Protection:** Sleeping on a smooth silk or satin pillowcase keeps evening moisturizer on skin and softens morning pillow creases.

Your 7-Night Ritual Tracker

Print & check off each calm evening · Consistency builds the habit

NIGHT 1	NIGHT 2	NIGHT 3	NIGHT 4	NIGHT 5	NIGHT 6	NIGHT 7
○	○	○	○	○	○	○
Learn glide	Slow pace	Warm jaw	Unwind	Screen off	Habit set	Full week

My favorite glide serum: _____ Best time of evening: _____

YOUR SUBSCRIBER WELCOME GIFT

Take 10% Off Your First Contour Wand

Pair your evening serum with constant soothing warmth, micro-vibration, and 3 LED light modes—with Free US UPS Shipping (3–7 business days) and our 30-Day Guarantee.

CODE: RITUAL10

Apply 10% Off & Shop →

Applies 10% off your first Single Contour Wand (non-stackable with automatic 2-Pack bundle discounts).

SCAN · 10% OFF



Keep One, Gift One? Choose the **2-Pack Mom & Me Gift Set** at solasculpt.com for automatic bundle savings in cart (no code needed).

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