



Quick Start Guide

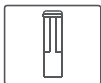
pmd | discs

REPLACEMENT DISCS

CAUTION: Please read this manual carefully before using

GETTING STARTED:

Select Disc:

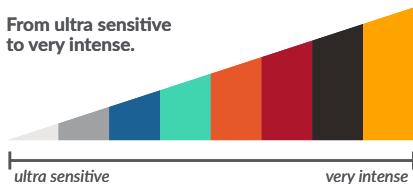


Small Disc
for face or smaller areas



Large Disc
for body

From ultra sensitive
to very intense.



Replace Discs Every 3-4 Uses

After consistent treatments, skin may become more tolerant. Gradually increasing disc intensity is recommended.

HOW-TO USE

Instructions: The Personal Microderm should only be used once every 7 days. Each disc will last 3-4 uses. Most treatments will last three to five minutes. The size of the area being treated and the length of each treatment will ultimately determine how long a disc can be used. When inserting a new disc in your Personal Microderm, follow these steps:

1. Push the disc down firmly on the device post.
2. Twist on cap making sure to tighten the cap firmly against the black o-ring on the tool.
3. Check to make sure the disc is sitting slightly below the plastic cap.

Warnings:

The Personal Microderm should only be used once a week. Microderm removes the top layer of dead dull skin and your body needs one week to rejuvenate. Be patient. Use it consistently and you will see results. Anyone using chemical peels or products containing acids including hydroxy acids, malic acid, lactic acid AND/OR retinoids or retin A ingredients, must not use the Personal Microderm at the same time! This may cause skin to be too sensitive and use of the Personal Microderm is not recommended. Before it is safe to use the Personal Microderm, you must discontinue use of these products for at least seven days. Consult your doctor or dermatologist if you are unsure that the Personal Microderm is suitable for your skin.

FAQ's

When can I expect to see results?

We promise that after your first treatment you will have softer, smoother skin. After eight to twelve weeks of consistent use, individuals may see a reduced appearance of fine lines and wrinkles, dark spots, pore size, and uneven skin tone and texture.

How often should I be doing a treatment?

The Personal Microderm Classic should only be used once a week. Microdermabrasion removes the top layer of dead, dull skin, and your body needs one week to rejuvenate. Be consistent, you will see results.

What is on top of the Discs? Is it safe?

Each patented disc is hand dipped in Aluminum Oxide crystals. Aluminum Oxide is the same material that is used for microdermabrasion in many doctor's offices. It is completely safe, antibacterial, and non-toxic. Aluminum Oxide does not cause adverse skin reactions and is not carcinogenic. Aluminum Oxide crystals are ideal for microdermabrasion and are the most popular choice of professionals.

How do I know if it is safe and time to increase the intensity of the discs?

(I.e. move from the white disc to the grey discs, from the blue disc to the green discs, or from the green to the red?) Everyone's skin is different. Some sensitive skin types may never need to increase their exfoliation level by moving to a different disc color; others with more coarse skin will need to change to a higher disc level to see more significant results. Ultimately, the disc color used depends on your treatment goals. If you want a more intense treatment, and if your skin has adjusted to the Personal Microderm, try a more intense disc. However, we recommend everyone begins their first treatment by using the white training disc. If your skin responds well, that is a good indication that you can move on to the grey disc the following week. Each week you can move to the next level based on your skin's reaction and how intense you'd like your treatment to be. Always remember to gradually and carefully increase the intensity with the disc colors; if you are too intense with your exfoliation, you may create red marks or scabbing. This may happen if you do not follow the instructions (by stalling, pressing into the skin, passing over the same area more than once, or using the wrong disc).

Caution and Warnings:

The effects of the Personal Microderm Classic are not always immediately visible. Not following instructions including: multiple passes or pausing in one spot may lead to superficial red marks or even light scabbing. If red marks or light scabbing occur, do not be alarmed—they will disappear. Review the instructions again and wait 7 days until the next treatment. Do not use any active or peeling skincare products 48 hours before or after using the Personal Microderm Classic—your skin may be too sensitive. If you have any questions before beginning a treatment, please reach out to our experts at 1-888-445-4532.

#BRILLIANTCONFIDENCE

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