

pmd.

**INSTRUCTION
MANUAL**



PMD Personal Microderm Device

Manual Contents

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Please read and follow all of the instructions enclosed, failure to do so could result in injury.

Warnings

1. This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capacities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
2. Children should be supervised to ensure that they do not play with the appliance.
3. This appliance is for indoor use only.
4. Keep the appliance dry.
5. If the detachable plug blade of adaptor or power cord was damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
6. Only use adaptors or parts supplied on package.
7. Always unplug from mains when cleaning.

Introduction

Whether microdermabrasion is performed in a professional setting or in your own home with a do-it-yourself microderm device, the principle behind the treatment is the same.

The idea behind microdermabrasion is that if you break- apart and remove the dead skin cells on the stratum corneum skin layer, the body will interpret this as a mild injury and rush to replace the lost cells with healthy new ones.

This process benefits the skin in numerous ways. When the stratum corneum is removed, the skin's surface, tone, and texture are visibly improved. The new cells generated during the healing process look and feel smoother.

Without the stratum corneum acting as a barrier, skin care products can be fully absorbed and this increased penetration helps maximize product benefits. Skin care products are up to 20 times more effective when combined with microdermabrasion.

Preparing for Treatment

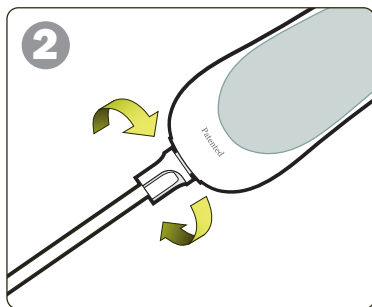
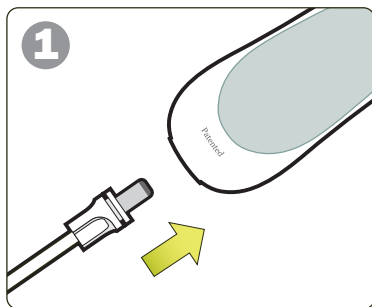
Skincare

Thoroughly cleanse your skin. Make sure that it is free from all make up, dirt, and oils. It is recommended using the PMD Soothing Antioxidant Cleanser, specifically formulated to work with the PMD device.

Once the skin is clean, let it completely dry before beginning the treatment. A fully dried surface is extremely important because it allows the Personal Microderm to work properly and effectively. If the skin is damp or clammy, the disc won't glide smoothly over the surface.



Connecting the Power Cord



Step 1: Connect the power cord to the device.

Step 2: Turn the connector one quarter turn until it locks in place.

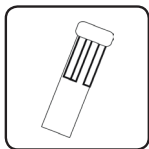
Please note that there is no battery for this unit. It is designed to run off of a power cord in order to maintain consistent performance.



Choosing a Disc

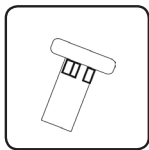
Begin treatment on the hand or behind the neck before using a higher exfoliating disc. This disc was developed to help you practice and feel comfortable with the device, along with seeing how your skin will react.

After practicing with the white disc, move on to the gray disc, which is the most gentle. Using the small disc for face and delicate areas and the large disc on your body.



Small Disc

For face and delicate areas



Large Disc

For body use and larger surfaces

IMPORTANT: The White Disc is for Training. Use Gray Disc for your first treatment.

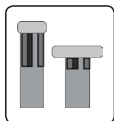
Choosing a Disc

Disc Options



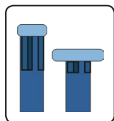
White Disc

For ultra sensitive skin



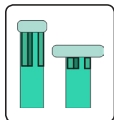
Gray Disc

For very sensitive skin



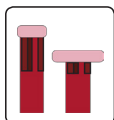
Blue Disc

For sensitive skin



Green Disc

For normal to non-sensitive skin

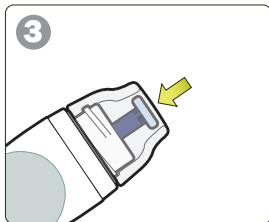
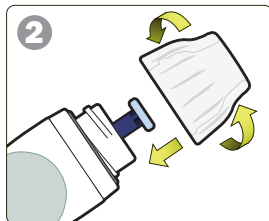
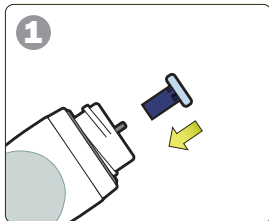


Red Disc

For normal to very course skin

Choosing a Disc

Inserting the Disc



Step 1: Push disc down firmly on device post.

Step 2: Twist cap on. Make sure that cap is secured tightly against black o-ring.

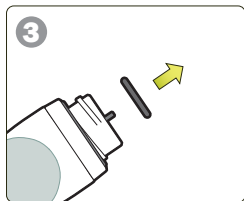
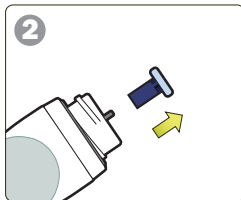
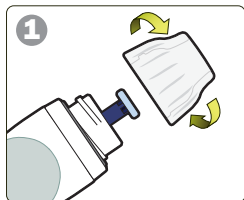
Step 3: Disc must sit slightly below plastic cap. Adjust if necessary.

How To

1. Cleanse and dry skin thoroughly
2. Using the white disc, practice on arm or leg before using on face
3. Pull skin tight to help device to smoothly glide over skin
4. Move the device across skin in an upward motion
NOTE: Do not make more than 2 passes over one area during treatment
5. Following treatment apply toner and moisturizer
6. Wash the cap and filter after each use
7. Wait 6-7 days between treatments.

Cleaning & Maintenance

Dissassembling the Device



Step 1: Remove cap by twisting counter-clockwise.

Step 2: Pull disc straight off.

Step 3: Pull out dark filter.

Cleaning & Maintenance

Cleaning the Device

Step 1: Clean cap with rubbing alcohol or an antibacterial soap.

Step 2: Clean filter with warm water and rubbing it between fingers and thumb.

Step 3: Once completely dry, place filter back in the device. If it is not completely dry, vacuum will not work. (Do not put black filter in wet).

IMPORTANT NOTE

For best results, replace the discs every 2 to 4 treatments, since the aluminum oxide crystals that provide the exfoliation for your skin will wear off. The length of each treatment will determine how long each disc will maintain its grit.

Do's & Don'ts List

Remember: Everyone has different skin. Test is best.

Do's

- Read directions before your first treatment
- Wash your skin so that it is totally free from all makeup, oils, lotion, and dirt.
- Make sure skin is completely dry before treatment.
- Pull skin taut with your free hand so that the PMD will smoothly glide over skin.
- Start with the white training disc and then move to grey or blue disc depending on skin type.
- Test product below the ear or on your leg to see how your specific skin type will react to dic. Wait 3 to 4 minutes to see if there are any adverse reactions.
- Use small disc and cap for face and large disc and cap for body.
- Make sure disc sits below the cap. You can push disc down after cap is on.

- Wait 6-7 days before next treatment so skin can rejuvenate.
- Clean the cap and filter after use, with rubbing alcohol or antibacterial soap and let dry.

Don'ts

- Don't use any facial peel products like Alpha and Beta Hydroxy acid or retin A or retinol products 48 hours before or after using the PMD. Your skin will be too sensitive.
- Don't use if you are on Accutane.
- Don't use if you are seeing a doctor for skin issues, have very sensitive skin, or are taking prescriptions for your skin without your doctor's consent.
- Don't use directly above or below your eyes.
- Don't hover in one spot. You will quickly learn how your skin reacts to the treatment. Use your best judgment to gauge the intensity with which you use the PMD.
- Don't keep going over the same spot multiple times. What the PMD is doing is not always visible immediately. Be patient and after 2 to 3 uses you will learn how to best apply treatments on your unique skin.
- Don't continue the treatment if you feel pain. Pain will occur if you have gone too deep. You will feel tingling and distinct sensation but it should not be painful. Gauge this on your skin type.

If you follow these instructions closely, we are confident that you will love the results you receive from your PMD Personal Microderm treatments. We also welcome your comments, questions, and feedback. You are now ready to use your PMD Personal Microderm and begin to uncover younger skin.

- PMD Team

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