

CHOOSING A DISC

LARGE DISC

SMALL DISC



Use on body

Use on face

Use the White Ultra Sensitive Disc on your first treatment. Practice on your arm or leg before using on your face. This should help you practice before using coarser discs. After your first treatment with the white disc, wait 5-7 days and move on to the Grey Very Sensitive or Blue Sensitive Disc. Everyone's skin is different. Based on your skin type, you may stay with the blue discs. Others with non-sensitive skin may move to green or even orange and red. The beauty is that you can customize your treatment from very sensitive to super intense.



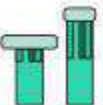
White Disc Ultra Sensitive



Grey Disc Very Sensitive



Blue Disc Sensitive



Green Disc Moderate



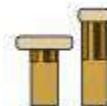
Orange Disc Coarse



Red Disc Very Coarse



Black Disc All Over Body & Feet



Yellow Disc Intense Body

Inserting a Disc

Step 1: Push the disc down firmly on the device post.

Step 2: Twist on cap, making sure to tighten the cap firmly against the black o-ring on the tool.

Step 3: Check to make sure the disc is sitting slightly below the plastic cap.



For best results, replace the discs every 3 to 4 treatments. The aluminum oxide crystals that provide the exfoliation for your skin will wear off. The length of each treatment and skin type will determine how long each disc last. Don't forget to customize your treatments and not only use the Personal Microderm on your face—use it on your body also.

PMD Replacement Discs Guide

White Disc

Training / Ultra Sensitive



For people with ultra sensitive skin or those first learning to use the PMD

Grey Disc

Very Sensitive



For people with very delicate, sensitive skin that are ready for a level of exfoliation above the Training Disc.

Blue Disc

Sensitive



For people with sensitive skin that have used the PMD for several treatments and are ready for a level of exfoliation above the Grey Disc.

Green Disc

Moderate



For people with normal or non-sensitive skin that have used the PMD for several treatments and are ready for a level of exfoliation above the Sensitive Disc.

Orange Disc

Coarse



The orange disc was designed for those who use the Personal Microderm weekly and want a higher level of exfoliation.

Red Disc

Very Coarse



For people with normal to very coarse skin that have used the PMD for an extended period of time and would like an intense level of exfoliation.

Black Disc

All Over Body



The highest level of exfoliation, intended for body use only. These discs are specifically recommended for use on the hands and feet.

Yellow Disc

Intense Body



You asked, we delivered. Yellow is our most intense disc and made for our "die hard" users. Ideal to buff and smooth out the roughest spots of the body.