

PMD FAQ'S

What is Microdermabrasion?

A: Microdermabrasion is a procedure that uses suction and exfoliation to remove the outermost layer of dead skin. By removing this top layer, fresh, younger looking skin is produced in its place.

What is PMD Personal Microderm?

A: The PMD is an at-home tool that brings you the same results as professional microdermabrasion treatments. The PMD's exfoliation and vacuum suction uncover younger skin through: --Patented spinning disc technology embedded with aluminum oxide crystals gently removes the top layer of dull, dead skin, referred to as the Stratum Corneum. These dead skin cells act as a barrier on the skin, and once they are removed, skincare products will be fully absorbed into the skin, resulting in maximum benefits. --The tool's vacuum suction helps stimulate, activate, and rejuvenate the skin. This suction also triggers the body's production of collagen and elastin and it increases the skin's cell renewal. An increased cell renewal is important because it generates new, healthy skin cells that are brighter, softer, and smoother.

Who should use the PMD?

A: The PMD is recommended for any individual looking for smoother, softer and brighter skin. The PMD is an excellent tool for improving the appearance of fine lines, wrinkles, brown spots, hyperpigmentation, blemishes, pores size, and uneven skin tone and texture.

When can I expect to see results?

A: Many individuals notice softer and brighter skin after just one use. After eight to twelve weeks, individual may see a reduced appearance of fine line and wrinkles, age spots, and hyperpigmentation.

How should I use the PMD in conjunction with my skin care regime?

A: Step 1: Cleanse the skin, and allow it to dry completely. We recommend using the PMD Advanced Soothing Cleanser. Step 2: Use the PMD tool. Remember to watch the instructional video and carefully follow all directions. Step 3: Apply a toner. We recommend using the PMD Neuro Neutralizing Toner. Step 4: Apply a moisturizer daily. We recommend using the PMD Professional Recovery Moisturizer.

What is the difference between PMD, Clarisonic, and a scrub?

A: The Clarisonic is a mechanical brush used to cleanse the skin on a daily basis. The PMD is a once a week microdermabrasion treatment that exfoliates and removes the top layer of dead skin. They perform very different functions. If you like the Clarisonic you will love the PMD. Incorporate them both into your skincare regime for excellent results.

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

A: 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, innocuous, and non-toxic. It does not cause adverse skin reactions and is not carcinogenic. Because of this, 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?") A: 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 good results. Ultimately, the disc color used depends on your treatment goals. If you want a more abrasive treatment and if your skin has adjusted to the PMD, try a higher disc level. However, we recommend everyone begins their first treatment by using the white trainer disc. If your skin responds well, that is a good indication that you should next move on to the grey disc, and then later to the blue. After at least several weeks using the blue discs with no negative effects, you may want to gradually begin incorporating the green discs into your treatments. After several more weeks, coarse skin types may carefully begin using red discs, which are extremely abrasive. But always remember to gradually and carefully increase the intensity with the disc colors; if you are too aggressive or intense with your exfoliation, you may create red marks or scabbing. This may happen if you do not follow the instructions (hover, pass the skin more than once or use the wrong disc).

How long will each disc last?

A: For a typical procedure lasting approximately three to five minutes, each disc should last three to four treatments. The size of the area being treated and the length of each treatment will ultimately determine how long a disc can be used.

Can you get close to your eyes?

A: No. Only treat the skin on the perimeter of the eye socket. You will still see great results even though you do not directly treat the skin below the brow bone or above the eye bone. See our “Before and After” page for examples of results.

Does PMD remove hair?

A: No. The PMD tool is just designed to exfoliate your skin, and it will not remove hair.

Do I apply pressure when using the PMD?

A: No pressure is necessary. Instead, just lightly glide the tool over your skin.

What happens if you apply too much pressure?

A: When too much pressure is applied, the PMD may exfoliate beyond the dead skin-cell layer. The suction of the PMD tool allows for the perfect amount of skin to be removed. If too much pressure is used, the result may result in red marks and scabbing. We do not recommend this.

Can I use PMD more than once a week?

A: No. The PMD should only be used once every 7 days. Because the top layer of skin has been removed, you need a full week of rejuvenation before the tool is used again. Be patient.

Do I need to do anything in between treatments?

A: Yes, continue with your daily skincare regime. For best results, we recommend using our Daily Cell Regeneration System (cleanser, toner, and moisturizer) both morning and night.

What if my PMD doesn't have suction?

A: If your PMD does not have suction, twist the cap tight against the black O-ring to make sure it is completely sealed. No suction will occur if the cap is not screwed tightly against the O-ring. Also, make sure that the disc is sitting slightly below the cap; if the disc is too high, this will prevent the suction from occurring. If you have further questions regarding the assembly of the and proper use of the tool, refer to the PMD training video.

What if I don't see dead skin coming off while using the PMD?

A: Not everyone will see the dead skin residue, as shown on our demo videos, after using the PMD. This does not mean that the PMD is not working, however. The amount of residue you see following your treatment is based on your skin type and the climate you live in; more oily skin types and those living in humid climates may not see any

dead skin residue. The PMD is still working—so long as you make sure the disc is positioned high enough in your PMD for contact with the skin to occur.

What happens if I get red marks, minor bruising, scrapes, or scabs after using the PMD?

A: These results are uncommon; but if they occur, generously apply moisturizer to the affected area, and stop using the device for 10 days. These are superficial blemishes and will heal within one to five days. There are several reasons this may have occurred: -
-Too much pressure --Using the wrong disc color for your skin type --Go over the same area multiple times --Using retinal, alpha and beta hydroxy acid, retin A, and other acids etc. --Allowing the PMD to hover in one spot too long, rather than continually moving the tool. --Not pulling skin tight during the treatment --The disc isn't sitting below the cap --
Going over an area too slow --Using the large body disc on the face

Who should not use the PMD?

A: Anyone using chemical peels or products that contain hydroxyl acids, retinoids, or retin A, or any similar ingredients, must not use the PMD at the same time! Before it is safe to use the PMD, you must discontinue use of these products for at least a full seven days. If you have rosacea, open acne or sores, or skin cancer, the PMD is not recommended. Consult your doctor or dermatologist if you are unsure that the PMD is suitable for your skin.