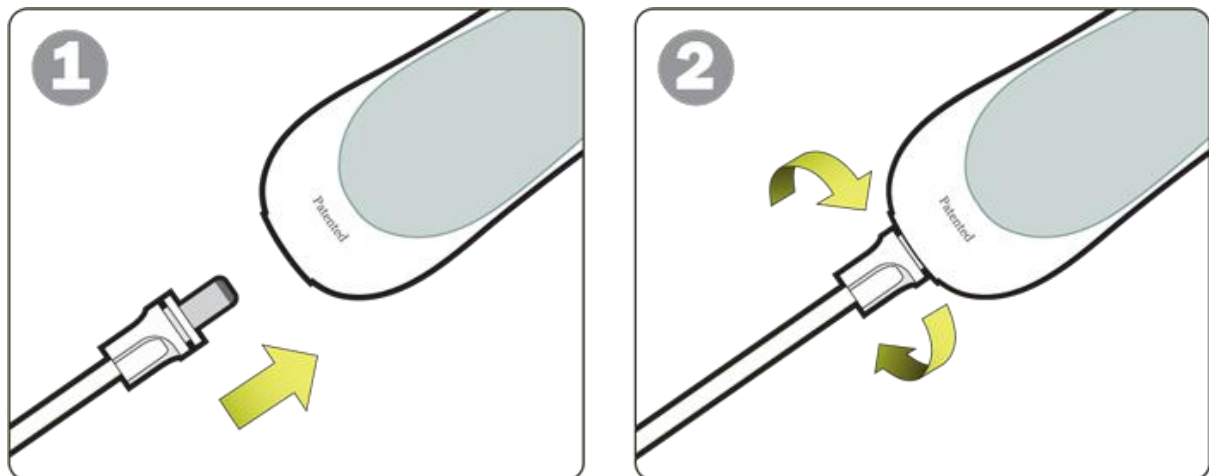


## Where to Start

Thoroughly cleanse your skin. Make sure that it is free from all make up, dirt, and oils. We recommend using the PMD Advanced Soothing Cleanser, since it is specifically formulated to work with the PMD device and treatments. Once the skin is clean, allow it to dry completely before you begin. A dry skin surface is particularly important because it allows the Microdermal Exfoliator to work properly and effectively. If the skin is damp or clammy, the disc will be unable to smoothly glide over it.

## Connecting the Power Cord



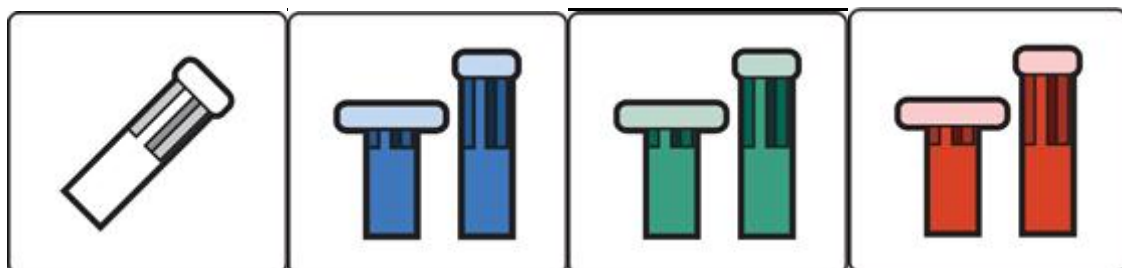
Step 1: Connect the power cord to the device.

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

## Choosing a Disc

### IMPORTANT NOTE

**The White Disc is for Training. Use the Blue Disc for your first treatment.**



## Disc Options

White Disc – Training

Blue Disc - Best for sensitive skin

Green Disc - Medium strength abrasion

Red Disc - Maximum strength abrasion

Small Disc - For use on face and delicate areas



Large Disc - For use on body specifically



Your first treatment should be with the white training disc. This should help you practice before using a real disc. After practicing with the white disc, move on to the blue disc, which is the most gentle. Using the small disc for face and delicate areas and the large disc on your body.

## Using the Device

**Preliminary Step:** On your first treatment use the training disc on your neck, below the ear, to test how your skin will react to treatments from the personal microderm. This step does not need to be repeated beyond the first treatment.

**Step 2:** Use your free hand to pull the skin tight in the treatment area.

**Step 3:** Move the PMD Personal Microderm in an upward motion across the skin. **NOTE:** Do not make more than two passes over one area during the treatment.

**Step 4:** Following the treatment, use a toner to neutralize the ph balance in your skin and a recovery moisturizer. For best results, use the PMD Neuro Neutralizing Toner and PMD Professional Recovery Moisturizer.

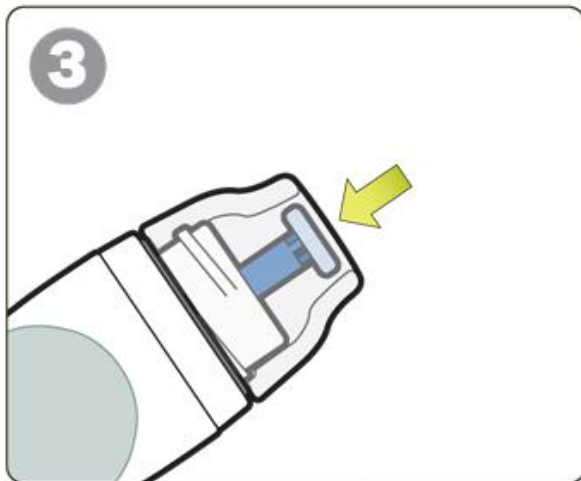
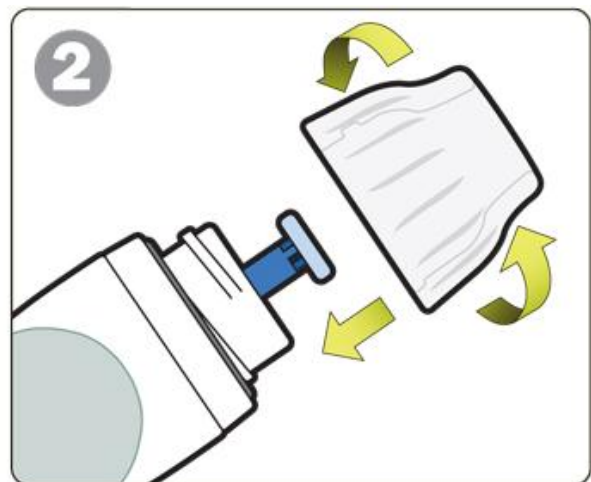
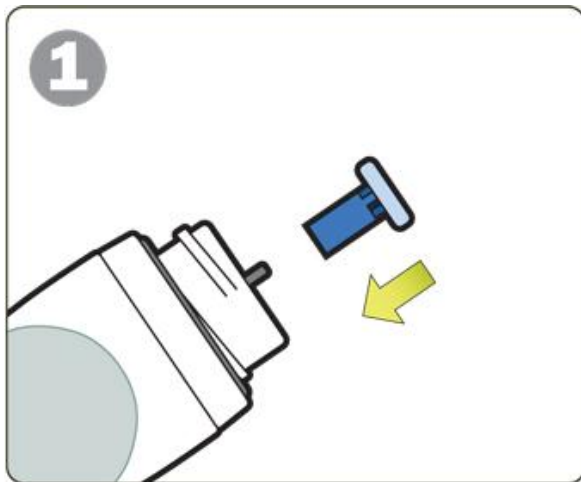
**Step 5:** Let your skin recover. Wait 6-7 days between treatments.

## Inserting a Disc

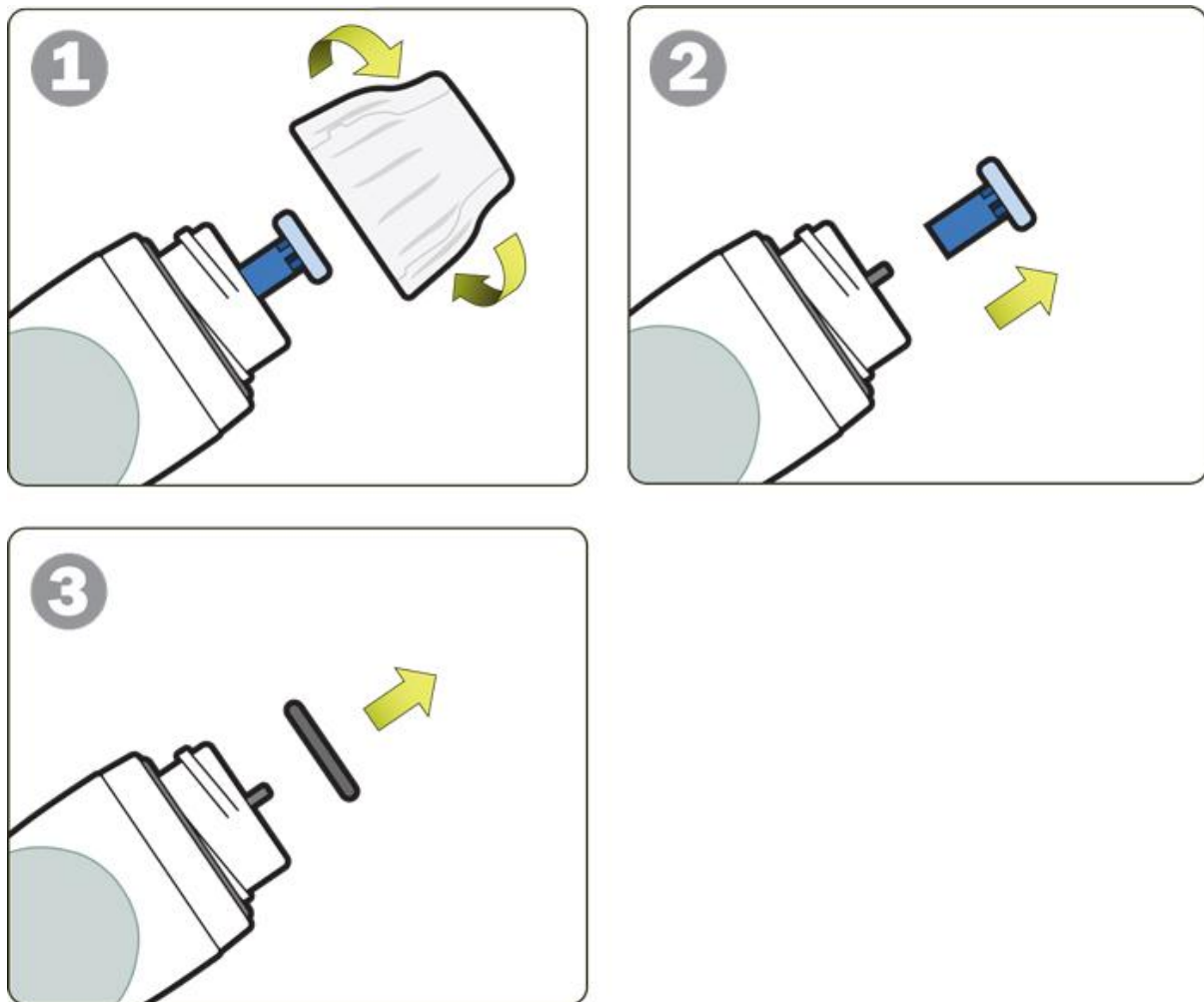
Step 1: Push the disc down firmly on the device post.

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

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



## Disassembling the Device



Step 1: Remove cap by twisting counter-clockwise.

Step 2: Pull disc straight off

Step 3: Pull out dark filter.

## Cleaning

Step 1: Clean the cap and the disc with rubbing alcohol (isopropyl) or an antibacterial soap.

Step 2: Clean the filter by running warm water over it and rubbing it between your fingers and thumb.

Step 3: Always remember to place the filter back in the device.

**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. You can buy replacement discs where you purchased your PMD.

## **Do's and Don'ts List**

Remember! Everyone has a different skin type. Test is best.

### **Do's**

- Watch the training video first & read instructions.
- Wash your skin so that it is totally free from all make up, oils lotions and dirt.
- Make sure your skin is dry.
- Stretch your skin taught with your hand or fingers so that the PMD will glide over the skin.
- Start with the white training disc. Then use the blue disc or green depending on your skin type.
- Test the product on your leg or below the ear on your neck to see how your specific skin type reacts to the disc. Wait 3 to 4 minutes to see if there is any adverse reaction
- Keep the tool moving as best as possible.
- Use the small disc for the face and the large disc for the body.
- Make sure the disc sits slightly below the top of the cap. By pushing the disc down after the cap is on.
- Apply sun screen daily during the treatments.
- Wait a week before your next treatment. Allow time for your skin to rejuvenate.
- Clean the cap disc and dark filter with alcohol or antibacterial liquid and let dry.

### **Don'ts**

- Don't use any 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.
- Do not use if you are on Accutane.
- Don't use if you are seeing a Doctor for skin issues, or have very sensitive skin, or are taking prescriptions for your skin without your Doctors 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 learn over 2 to 3 uses how best to apply the treatments on your unique skin.

- Don't continue to apply the treatment if you feel pain. Pain will come 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.