

MiniMD Quick Start Guide

FIRST Watch the DVD or Online Videos for detailed How-To Instructions

The MicrodermMD is simple and easy to use with just a little bit of practice. It takes only 5 minutes to get back that smooth, glowing, and youthful looking skin that is just below the surface!

BEFORE TREATMENT



1

Wash and dry your face before starting each treatment.



2

Plug power adaptor into wall power outlet. Check to see the LED light has come on the power adaptor.



3

Press and HOLD the power button "⏻". The device will turn on, and the button/power level light will light up.



4

Press the power button again to adjust the suction level to High. We recommend starting with Low Suction Level for at least the first few uses.



5

With the suction motor running, stroke the diamond tip against the area of skin to be treated. It helps to pull the skin tight or taut with your free hand, especially in hard to treat areas



6

Stroke the diamond tip against the skin with smooth, even motions, making sure not to stroke more than 2-3 times in any given area.



7

Treat areas such as the face, neck, chest, arms, hands, feet, or any other body area 2-3 times per week using this method. If it feels comfortable to you, use the higher power level for these other body areas. Treat areas such as the face, neck, chest, arms, hands, feet, or any other body area 2-3 times per week using this method. If it feels comfortable to you, use the higher power level for these other body areas.

DURING TREATMENT

Step 4: Brace the skin with your free hand, and place the diamond tip flat against the skin. Using short, even strokes, move the diamond tip across your skin.

You should feel the suction against your skin with each stroke. If you are having trouble maintaining good contact with the skin, slow down each stroke and make sure that the tip is always flat against the skin.

TIP: Don't Stroke more than 2-3 times in the same spot.



AFTER TREATMENT

You may experience some redness and sensitive skin after your treatments. **This is completely normal.** This will usually subside within a few hours, and will vary greatly from person to person. You can increase or decrease the suction level or the amount of weekly treatments to suit your own comfort level. Microdermabrasion is a gradual treatment process that will continue to improve the appearance and health of your skin for years.



Wash your face with cold water to remove dead skin cells and debris.



Apply Trophy Skin Argan Stem Cell Serum or your favorite anti-aging moisturizer.



Make sure to remove the black wool filter and replace it with a new one after each treatment.

MORE THAN JUST MICRODERMABRASION

Read the full User Manual for instructions on using all of these highly effective tips.



**DIAMOND
BODY TIP**



**PRECISION
BODY TIP**



**FINE
DIAMOND TIP**



**PORE
EXTRACTION TIP**



**INFUSION
TIP**

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