

# skin for life

PROFESSIONAL



## Nue Skin 500 Deluxe

professional microdermabrasion



**MADE IN U.S.A.**



## **MEET TUSHAR SHAH**

owner & founder of Skin for Life

### **Our Promise to You**

We are dedicated to providing reliable, affordable, and results-oriented professional equipment. Since 2003, we have been providing superior equipment such as: microdermabrasion, microcurrent, oxygen infusion, nue skin scrubber + sonic wave and LED light therapy along with performance professional skin care.

Our parent company Lifeline Medical, Inc. has been in business since 1991. A strong commitment to customer service has contributed to our success. I, as owner and President, pledge to continue this tradition and to make Skin for Life the premier customer service oriented company in this industry.

Our dedicated employees understand the importance of customer focus and we treat all our customers with integrity and respect . We realize that our ability to grow as a company is directly related to customer satisfaction and that you make the final choice when selecting a vendor.

We look forward to the opportunity to support your business with quality equipment, supplies and skin care. Thank you for giving us a chance to earn your trust.



Tushar Shah

President and Founder of Skin for Life

# Nue Skin 500 Deluxe Microdermabrasion

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# NUE SKIN MICRODERMABRASION



## IMPORTANT SAFETY INSTRUCTIONS

### Operation Safety Instructions -

- Read all instructions before use to avoid injury.
- To avoid serious injury or death, follow safety information in this document.
- Keep this manual for reference.
- Read all product safety labels.
- Refer to local building codes for installation requirements.
- Always turn off machine when not in use.

### Safety Information:

#### All Electrical Devices for Prevention of Electrical Shock Exposure -

- Keep machine unplugged when setting up machine to prevent accidental injury.
- Make sure machine is on a clean and dry surface area to prevent any accidental injury.
- Prohibit water from seeping into the machine housing.
- Avoid any water and/or liquids around the vicinity of the machine when in use or not in use to prevent any accidental injury.
- Check the cord and plug for damage before use.
- Pay attention to safety labels on machine before plugging the cord into an outlet.
- Switch on the equipment only after plugging into an outlet. Always turn off the machine before unplugging the cord from the outlet.
- Allow sufficient space for ventilation to prevent overheating.
- Avoid placing the cord near any hot objects.

# HISTORY OF MICRODERMABRASION

Physicians and beauty therapists in Europe were among the first to recognize the therapeutic rejuvenating advantages of microdermabrasion. They were looking for an alternative to the old fashioned technique of dermabrasion. This technique was performed by employing a rotating wire brush or diamond wheel to plane down or sand the skin's irregular areas. Problems often resulted due to the heat generation on the tissue; causing burns and other post-operative concerns.

Although the European market has been using microdermabrasion since approximately the 80's, the first system that used this mechanical exfoliation technique was marketed in the U.S.A . in 1996. Originally developed for skin resurfacing, the use of microdermabrasion systems that incorporate the use of vacuum suction devices has shown tremendous benefits in skin regeneration. It has come as no surprise that estheticians and physicians have embraced microdermabrasion as an age defying therapy.

Today, microdermabrasion is still the most popular for a stand alone treatment. You can use microdermabrasion in conjunction. With various other equipment or skin care procedures. This non invasive technique respects the skin's integrity, minimizes trauma and corrects numerous skin conditions while creating healthy vital skin.

## What is Microdermabrasion?

Microdermabrasion is a simple and effective form of exfoliation. It is considered a mechanical exfoliation using aluminum oxide crystals and/or organic grains to remove the superficial outer layers of dead or damaged skin cells.

Microdermabrasion is a non invasive treatment designed to improve the overall texture, tone, and clarity by revealing a more youthful and vibrant skin.

## How Does Nue Skin Microdermabrasion Work?

This unique microdermabrasion has a closed loop system. The Nue Skin microdermabrasion removes the outermost layers of the epidermis by adjusting crystal flow. Vacuum flow is also important; it assists with indirect microcirculation; stimulating the lower levels of the skin and thereby removing any unnecessary accumulation of crystals.

The function of microdermabrasion is to enhance regeneration of cells; making cells come to life by working to rebuild and restore the thicker layers of the skin. You will have the ability of not only adjusting vacuum but also crystal flow, this is very important when performing microdermabrasion on various skin types, conditions, and colors.

## How Many Treatments Are Needed?

Microdermabrasion is a progressive treatment, not aggressive. Although one microdermabrasion treatment will give you a fresh, vibrant and smoother looking skin; four, five, or even six treatments will give you longer lasting results.

Most treatments are performed 14 days apart with a basic skin treatment or before more advanced procedures to increase the surface penetration for the next treatment step.

## Who Benefits?

All skin types and colors may benefit from microdermabrasion after a thorough client consultation from a skin care professional. Certain areas of concern include: wrinkles, fine lines, pigmented areas, scars and other imperfections.

Microdermabrasion is a wonderful tool that may be incorporated with all your skin treatments. However, know your client's and/or patient's skin limitations so you may build and manage the appropriate treatment protocol for their skin .

# NUE SKIN 500 DELUXE MICRODERMABRASION

## Professional Advantages

- No Down Time - “Lunch Time Facial”
- Suitable for Most Skin Types and Skin Colors
- Minimal Risks and Side Effects
- Immediate Results

## Professional Benefits

- Retextures Skin Surface
- Stimulates Cell Regeneration/ Mitosis
- Indirectly Stimulates and Enhances Collagen
- Enhances Microcirculation with Lymph and Blood

## Areas of Application

- Face, Neck and Décolleté
- Shoulders and Back
- Hands and Arms
- Elbows and Knees

## Appropriate Skin Conditions

- Dehydrated/ Dull Skin
- Fine Lines/ Wrinkles
- Non-inflamed Acne/ Acne Scarring
- Photo Damaged Skin/ Hyperpigmentation
- PIH - Post Inflammatory Hyperpigmentation

## Client Consultation

**INTAKE FORM** (sample included) - Skin for Life recommends a complete intake before performing any skin spa service.

Medical History • Medical Conditions • Allergies • Stress • Cosmetic Procedures •

Current Skin Care • Sensitivities • Topical Creams (Retin A, Differin, Tazarac, Renova, ... ) •

Medications - always ask your client/patient if they are taking any new medication(s).

Note:

The above Client Consultation Form topics are examples of some of the questions you may want to ask before performing a microdermabrasion service. Please turn to page 17 to review sample questions.

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# **NUE SKIN 500 DELUXE MICRODERMABRASION**

## **Contraindications**

- Avoid Active Acne: Grade III and IV (avoid inflamed areas)
- Accutane Users (Should be a minimum of 8 months) When in doubt obtain a physician release from your client.
- Sunburn
- Rosacea - Advanced Stages II & III
- Cancer/Skin Cancer
- Untreated Diabetes
- Vitiligo
- Raised Moles , Warts, Skin Tags
- Keloid Scarring
- Eczema I Psoriasis - No open lesions

## **Precautions**

- Pregnancy
- Skin Sensitivity
- Herpes Simplex (HSV-1) (Cold Sores)- depending on the severity have your clients/ patients obtain a prescription from their physician for medication pre and post procedure
- Vitamin A derivative prescribed topical medications
- Contacts - have client/patient remove contacts prior to the procedure
- Under the Care of a Physician

# NUE SKIN 500 DELUXE MICRODERMABRASION

## Set Up Instructions

**Check Package** for items listed below that come with your purchase:

□ (2) LT Canisters	□ (10) Gray Foam Filters
□ (50) Clear Plastic Disposable Tips	□ (1) Blue Quad-Port Hand Piece
□ (1) Red Single Port Hand Piece	□ (1) Yellow Single Large Port Hand Piece
□ (1) Power Cord	□ (3) Blue Small LT Filters
□ (1) Cleaner Brush (Sipper Tubes & Agitator)	□ (1) Wire Tool (Sipper Tube)
□ (1) O-ring Kit	□ (1) 7 AMP Fuse
□ (1) Compressed Air Canister	
□ (1) 3.5lb Aluminum Oxide Crystals	□ (1) 1qt. Organic Walnut Grains
<b>LED Light Therapy</b>	
□ (1) Large Red LED Light Hand Piece	□ (1) Large Blue LED Light Therapy Hand Piece
<b>Oxygen Infusion Therapy</b>	
□ (1) Oxygen Infusion Gel sensitive + LSS™ delivery phase 1	□ (1) Oxygen Infusion Gel brightening + LSS™ delivery phase 1
□ (1) Oxygen Infusion Gel antibacterial + LSS™ delivery phase 1	□ (1) Oxygen Infusion Gel A, C, E complex + LSS™ delivery phase 1
□ (1) Oxygen Infusion activator phase 2	□ (1) Oxygen Airbrush Attachment
<b>Additional Items</b>	
□ (50) Microderm Rack Cards	□ (50) LED Light Rack Cards
□ (50) Oxygen Infusion Rack Cards	□ (1) Operational Manual
□ (1 ea.) Price List & Order Form	

# NUE SKIN 500 DELUXE MICRODERMABRASION Machine Installation



Yellow Hand Piece for Organic Grains (Only)



Blue and Red Hand Piece for Aluminum Oxide (Only)



**NOTE\***  
To remove hoses (using your index finger and thumb) push in on the round, black collar, removing hose with your other hand.



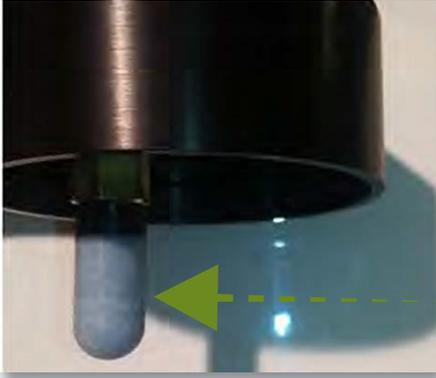
Remove bottle stopper and fill crystals or organic grains 2/3 full to begin your treatment.



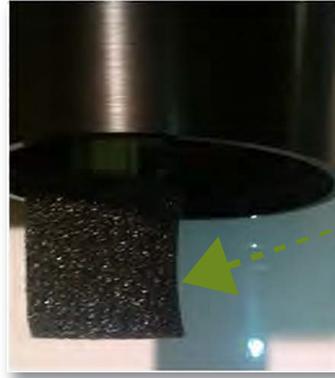
To close the bottle stopper take your index and middle finger and press down on the base of the bottle stopper. Use your thumb to press down while holding the base. Once it clicks it is secure.

# NUE SKIN 500 DELUXE MICRODERMABRASION

## Machine Installation



The Blue LT Filter needs to be changed after approximately 12-15 treatments depending on how well you maintain your gray foam filters.



Gray Foam Filter must be cleaned after every treatment. Use compressed air to remove all debris, dust, crystals, or grains between treatments. **Do NOT wash.**

**NOTE\***  
With proper cleaning between uses the gray foam filter may be re-used for approximately 10 treatments.

- Turn on Master Switch located on the back of the machine.
- Make sure both silver knobs are turned to the 3 o'clock position. The black suction/vacuum knob is also turned to the 3 o'clock position before pressing the ON/OFF button on the front of the machine to turn on. The machine Display should read between 27/28 (+/- 1) inches/Hg. This indicates the motor is functioning at its optimum performance.

### **NOTE\***

Test each side for motor performance. Push the toggle switch pointing towards the crystal side. The motor should read between 10/12 inches/Hg. Place thumb over the hand piece and maintain a closed position. The motor should read 27/28 (+/-1) inches/Hg. This indicates optimum performance. Perform the same task to the grains side by pushing the toggle switch to the left, pointing towards organic grains. Motor reading should indicate 27/28 (+/- 1) inches/Hg. This is the correct vacuum pressure for this machine.

### **Setting Crystals or Organic Grains -**

Turn your crystal or grains knob to either 2 o'clock (light to medium crystal flow) or 12 o'clock (moderate crystal flow).

**Do Not** turn the crystal knob to the full turn, it is unnecessary, because at 12 o'clock the valve is completely open.

Once you have set your crystals or grains, you may now position your thumb over the disposable tip and adjust your vacuum pressure to the appropriate setting for your client/patient skin type, color and condition.



Master ON/OFF Switch  
O - is off  
I - is on

Back of Machine Power Cord

# Microdermabrasion Using Fitzpatrick Skin Type Scale I-VI



Fitzpatrick Skin Type I

Vacuum Setting - 10-12 Hg/inches  
Organic Grain Setting - 12 o'clock  
Crystal Setting - 2 o'clock



Fitzpatrick Skin Type IV

Vacuum Setting - 8 Hg/inches  
Organic Grain Setting - 12 o'clock  
Crystal Setting - 12 o'clock



Fitzpatrick Skin Type II

Vacuum Setting - 10-12 Hg/inches  
Organic Grain Setting - 12 o'clock  
Crystal Setting - 2 o'clock or 12 o'clock



Fitzpatrick Skin Type V

Vacuum Setting - 6-8 Hg/inches  
Organic Grain Setting - 12 o'clock  
Crystal Setting - 12 o'clock



Fitzpatrick Skin Type III

Vacuum Setting - 8-10 Hg/inches  
Organic Grain Setting - 12 o'clock  
Crystal Setting - 12 o'clock



Fitzpatrick Skin Type VI

Vacuum Setting - 6 Hg/inches  
Organic Grain Setting - 12 o'clock  
Crystal Setting - 12 o'clock



## ESTHETIC RULES:

- Evaluate skin sensitivity
- Look for capillary sensitivity, cherry anginomas or any raised red areas
- Ask client, "when was their last cosmetic procedure?"
- Any acne or inflamed areas present, if present NO microdermabrasion

## Safe Skin Rules:

- Darker the skin the lower the suction and level of crystals or grains should be at the 12 o'clock position
- Review hormonal challenges. If concerned lower suction to prevent any PIH "post inflammatory hyperpigmentation"

## Post Procedure Skin Rules:

- Apply Instant Soothing Toner to comfort and sooth the skin
- Performing a 30 minute treatment apply Vita C Peptide Serum, Vital Recovery Concentrate and SOL defense SPF physical sunscreen as final treatment steps

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# NUE SKIN 500 DELUXE MICRODERMABRASION

## Procedure and Technique

### Microdermabrasion Procedure

#### Key points when performing a microdermabrasion procedure.

- Always document your work and settings.
- Hold skin taut. You may lift with your thumb to smooth skin. Your strokes should at least overlap 20%.
- To maintain proper vacuum, applicable strokes should be 1 - 2 inches apart. Anchor with your thumb by lifting the skin to maintain an even plane and placing the index finger as your starting point. Do not exert pressure directly on the skin. Strokes should be a light pressure.
- Use lower vacuum settings with initial clients/patients.
- You may perform 1 to 2 passes over the entire face, neck and décolleté. However only perform (1) pass if you are adding to your treatment with cosmetic acid peels or other performance products.
- Please refer to page 22-24 for your face mapping procedure guideline.

### Additional Techniques to Consider

- Slower movements increase crystal / organic grains exfoliation, less with vacuum stimulation.
- Quicker movements increase vacuum stimulation (increase blood circulation) and less with crystal / organic grains exfoliation.
- Be mindful when working with sensitive, photo damaged and specific skin conditions as you may need to adjust the flow of crystals or organic grains and vacuum to what is appropriate for your clients/patients comfort.

### Common Technique Mistakes:

- Peeling rapidly, applying too much pressure, not overlapping enough and not holding skin taut. **\*\*\*Red Hand Piece is ONLY used on Target Skin AREAS\*\*\***

# NUE SKIN 500 DELUXE MICRODERMABRASION

## KEY FEATURES

### Aluminum Oxide (Crystals) & Organic Grains

Skin for Life crystals and grains have unique qualities and because of their shape, they deliver a safe and effective exfoliation. You may adjust crystals and/or grains by turning the silver knob to **2 o'clock or 12 o'clock**, the maximum is at **12 o'clock position**. **“DO NOT** go beyond the 12 o'clock position for your crystal or grains adjustment. This may harm your machine.

#### Aluminum Oxides (crystals) -

Because of their blocked shape and the purity of 99.6%, crystals are the second hardest naturally occurring material next to diamond. Crystals are for re-texturing the skin to give a more even and youthful appearance.

#### Organic Grains -

Skin for Life organic grains are 100% walnut shells. They are a lighter weight than aluminum oxide. Organic grains are used for sensitive, pigmented and darker skins. You may use them as your second pass after performing with crystals or use organic grains as your primary treatment.

#### Vacuum/Suction -

May be adjusted by the vacuum (suction knob) to determine mild to moderate vacuum pressure. It is important to maintain your vacuum pressure so that it is comfortable for your client/patient.

#### Key Properties of Skin for Life Crystals -

**Quality:** The highest quality (99.6% pure) aluminum oxides.

**Shape:** blocked, 120 grit size, which maximizes exfoliation with fewer passes.

**Hardness:** Only diamonds are harder than aluminum oxide crystals.

**Non clogging:** Subjected to super heated temperatures, which minimizes absorption.

**Safety:** Chemically inert substance, with virtually no risk of allergic reaction.

#### YEAR 2000 CLINICAL RESEARCH

*“Research has cleared aluminum oxide as a risk factor”, as stated by William H. Thies, Ph.D, Vice President Medical and Scientific Affairs Alzheimer’s Association January 2000.*

*“There is no consistent relationship between Alzheimer’s and aluminum containing medication, antiperspirants, drinking water, or other materials or products.” Albert Heyman, MD.*

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# NUE SKIN 500 DELUXE MICRODERMABRASION

## Custom Manufactured Accessories

### Nue Skin 500 DELUXE –

- **Red Hand Piece** - Single hole plastic DP screw. This hand piece is considered a target hand piece that may be aggressive for localized areas, such as scars, deep wrinkles and superficial discolorations.
- **Blue Hand Piece** - A unique ceramic bead technology with a four port delivery system. This hand piece is used as a general application for a microdermabrasion treatment. You may use this for first initial pass or as your primary hand piece for treatment.
- **Yellow Hand Piece** - This hand piece has a ceramic bead technology with a single port delivery system. This gives the experience similar to jet washing. Grains move across the skin with force while lifting and removing dead skin on the surface.

***Our hand pieces may adapt to many name brand microdermabrasion machines.***

### Disposable Tips –

- Our custom molded tips are designed for a complete attachment to the skin, which gives the skin an even, smooth treatment . Single use. **Do Not Share Tips** between your clientele. These tips are NOT meant to be sterilized, sanitized, or used over and over again (One Time Use Only).

***Our disposable tips may adapt to many name brand microdermabrasion machines.***

*Your hand pieces and disposable tips may be purchased by calling our customer service department (866) 312.7546 or purchasing on our Skin for Life on line store at [skinforlife.com](http://skinforlife.com).*

# NUE SKIN 500 DELUXE MICRODERMABRASION

## Machine Maintenance – Maintain Machine Performance



**The Following Maintenance is Required to Support Your 2-Year Warranty Policy with Skin for Life.**

### Filter Maintenance –

#### Foam Filter –

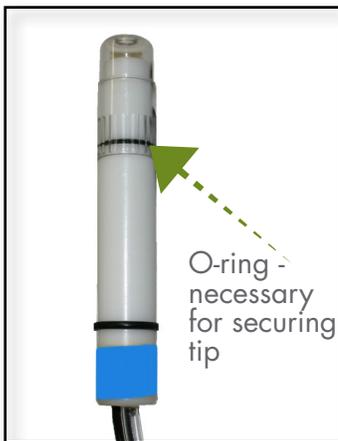
- Clean after every treatment by using compressed air to remove any debris from foam filter. **DO NOT WASH.**
- Replace foam filter after 10 treatments/ uses.

#### Blue LT Filter –

- Replace with a new **Blue LT filter** after every 12 -15 treatments/ uses.

**Note\* One pass is equal to one treatment.**

- **BLUE FILTERS CANNOT BE CLEANED.**



#### O- Ring –

- Periodically inspect the O - rings under the clear disposable tip for any cracks from wear and tear.
- If cracks are present replace O - ring (size 13mm).

#### Canisters –

- Periodically check the threads around the canisters. If threads are worn and not fitting properly, replace with new canisters.



#### Bottle Stopper –

- If stopper is unable to lock properly, replace with a new bottle stopper.
- If stopper is loose while locked and easily removed, replace with new bottle stopper.

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# NUE SKIN 500 DELUXE MICRODERMABRASION

## Warranty Policy

### Warranty Agreement -

- Skin for Life warranties this product to be free of defects in material and workmanship for a period of two years from the date of original purchase. **(Initial User Only - non transferable)**

### Responsibility of Original Purchaser -

- Retain Sales Receipt
- Keep Packaging (Box and Packing Material) for at least 2 years
- If machine requires off site service, contact Skin for Life authorized warranty service and technical center (866) 312.SKIN (7546).
- If equipment is brought back to Skin for Life under warranty and it is determined that lack of maintenance is the reason why equipment is compromised, customer will incur freight and repair costs.

### Training Support -

- Equipment Training is mandatory to avoid improper use of equipment and to avoid compromising your warranty.
- Call Skin for Life at 866-312-7546 to schedule your initial training which may take place on-site or by web conference.

### Note\*

Maintenance is enforced along with proper training so you may maintain an excellent working machine . Without proper maintenance and training you could possibly **VOID** your warranty.

# NUE SKIN 500 DELUXE MICRODERMABRASION

## Warranty Guidelines

### This Warranty Does Not Cover -

- Merchandise sold as demo units, reconditioned, floor models and/or display models
- Merchandise used as “Rental” equipment
- Merchandise that has become inoperative because of misuse, improper and/or unauthorized repair or alterations or failure to operate product in accordance with the instructions provided in the “General Operating Manual” and reiterated in the “Mandatory” training received on-site or by webinar
- Repair and transportation costs if equipment is determined not to be defective.
- Any incidental, indirect, or consequential loss, damage or expense that may result from any defect, failure or malfunction of the products

### Skin for Life Return Policy -

- All returns and/or credits are subject to approval by Skin for Life and **MUST** be made within **30 days of the original sale**
- If merchandise is returned after 30 days or without proper authorization then it is Skin for Life’s prerogative to **charge a 25% restocking fee**
- Customers incur all “Shipping Costs” for the return of equipment, supplies and/or skin care to Skin for Life.
- Everything must be returned in original **“New”** condition
- Skin for Life only accepts unopened and untampered skin care product as a return. A **25% restocking fee may be applied**
- All accessories must be returned with equipment
- Once received, Skin for Life will evaluate the equipment and accessories. Once confirmed, credit will be issued to customer. **Credit Memo** will be emailed to customer for confirmation of the refunded amount

# Consent Form - Sample ONLY

First Name:		Last Name:	
Date of Birth:    /    /			
Address:			
City:		State:	Zip:
Preferred Contact Number:			
Emergency Contact:		Phone:	
Referred By:			
1. What is the reason for your visit today? _____			
2. Are you under the care of a physician including dermatologist?			
3. Are you pregnant? _____ Are you planning to become pregnant? _____			
4. Do you smoke? _____			
5. Please circle the one that best describes your daily stress level?    High    Medium    Low			
6. Do you have metal in your body? dental implants, pins, plates, stents, etc. Be specific -			
7. Do you have allergies?			
8. Please list ALL Medications - _____ _____			
9. Do you use any exfoliants? Retin-A, Tretinoic acid, glycolic acid, scrubs, vitamin A derivatives Please specify _____			
10. Do you have or have you had the following: Please circle all that apply:			
Heart Problems	High Blood Pressure	Heart Stent	Mitral Valve Prolapse
Pace Maker	Epilepsy	Fibromyalgia	Lupus
Hepatitis B or C	Immune Disorder	Kidney Disorder	Diabetes
Rosacea	Acne	Skin Cancer	Herpes Zoster (shingles)
Cosmetic Surgery	Botox	Cosmetic Fillers	Asthma
Keloid	Cancer	Sinus Concerns	Fever Blisters

I understand the information I have given is to aid the skin therapist and is not a substitute for medical care. I understand these questions and I have answered them honestly.

Client Signature \_\_\_\_\_  
Date \_\_\_\_\_

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# Procedure Information Consent - Sample ONLY

## Instructions -

- **Do not** wear contact lenses during treatment sessions - they may be placed back in after treatment
- **Do not** use glycolic, AHA's, or any retinol products 48 hours before or after treatment
- You must not be currently taking Accutane. No Accutane use for at least 8 months to 1 year
- No suntan beds for 2 weeks post treatment (recommend self tanners for a healthy lifestyle change)
- Apply SOL defense SPF 30 physical sunscreen after treatment and any time skin during sun exposure

## Initial Required -

\_\_\_ I have been thoroughly informed by professional therapist \_\_\_\_\_ of any complications to recommended procedure \_\_\_\_\_ and I understand there are no guarantees to procedures given by \_\_\_\_\_.

\_\_\_ I am committed to following post treatment care given to me by professional therapist \_\_\_\_\_ to ensure the best possible result.

\_\_\_ I have given all medical information to the best of my knowledge to \_\_\_\_\_ to prevent any contraindication to procedures.

Yes or No - I have had history of cold sores, fever blisters and or shingles.

Yes or No - I am using (Retin-A, Tretinoic acid, Differin, glycolic acid, Accutane (isotretinoin) or other vitamin A derivative topical creams and/or ointments.

\_\_\_ I have not used any performance agents within the last 5-7 days, knowing that this is a contra indicator for having procedures performed.

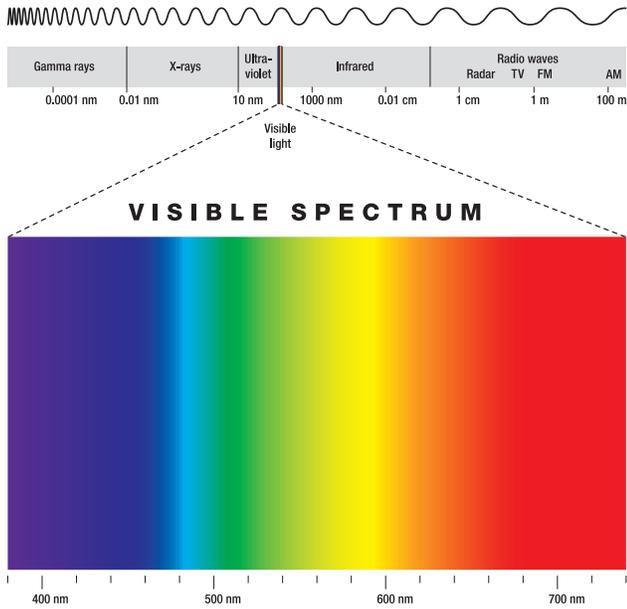
\_\_\_ I am committed to avoiding the sun and/or tanning facilities for the recommended time suggested by professional therapist \_\_\_\_\_.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Professional Signature \_\_\_\_\_ Date \_\_\_\_\_

# LED Light Therapy Information

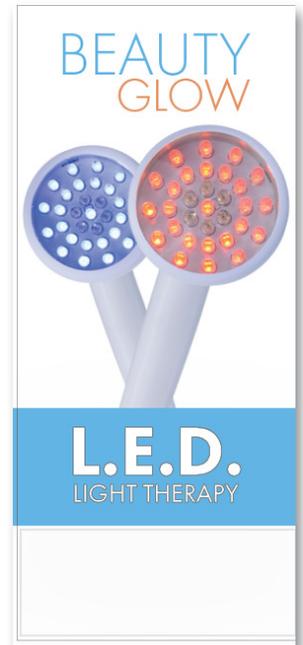
LED technology was originally developed to enhance the growth of plant tissue in space by NASA's Marshall Space Flight Center and Quantum Devices, Inc. of Barneveld, Wisconsin. LED's have a similar physiological effect on human cells as they do on plant cells. It is a natural photo - biochemical reaction that is similar to photosynthesis in plants, which triggers the body to convert light energy into cell energy.



**RED LIGHT  
(680 nm)  
Age Defying**

**BLUE LIGHT  
(460 nm)  
Oily - Acne Skin**

**INFRA-RED LIGHT  
(800 nm)  
Skin Rebuilding**



This remarkable technology enhances the ATP (adenosine triphosphate) within the mitochondria of the cells which excites the first process of cell division. This non thermal response relies on the visible light spectrum to interact with cells for a growth response.

**RED LED Light** is designed to trigger the first initial ATP (adenosine triphosphate) response.

RED LED light should always be the first light used on all skin types, conditions and colors.

**Skin Indications-** sun damaged skin, mature, pigmented lesions, oily, troubled skin, capillary distention and temporary/chronic sensitive skins.

**How To Use - RED** LED light hand piece - use 90 seconds per area with overlapping 30%-50%. Approximately 4-5 passes to complete treatment.

**BLUE LED Light** is suggested for oily and troubled skin conditions. The depth of this light is important to minimize the activity of bacteria within the sebaceous gland that is associated with blemished skins.

**Skin Indications -** oily, troubled skin, blemished skin and seborrhea.

**How To Use -** BLUE LED light hand piece - use for 90 seconds per area with overlapping 30% - 50%. Approximately 4-5 passes to complete treatment.

# LED Light Therapy

## Procedure Information Consent

The purpose of the LED light therapy study from NASA was to discover the properties of wound healing. Increasing cellular growth encourages cell division which provides skin with a youthful healthy appearance. LED light therapy also assists with minimizing overactive oily and/or troubled skin conditions.

### Ideal Results -

Schedule twice a week for three weeks which equals (6) skin treatments.

### Maintenance Treatments -

Depends on individual goals. Once a week, twice a month or once a month is recommended to sustain cumulative results.

### LED Light Therapy Contraindication -

- Epilepsy • Thyroid Conditions • Pregnancy • **Do Not** apply to an open wound

### Precautions to Consider -

- Sensitivity to Migraines or Headaches • **Do Not** use heavy cream and/or ointments
- Topical or Systemic Steroids

LED Light Therapy treatments have been explained to me and any questions I have regarding LED light therapy treatments have been answered.

I understand there are certain contraindications that preclude someone from receiving LED light therapy treatments. These include, but are not limited to epilepsy, pregnancy, thyroid conditions, medication causing light sensitivity and open wounds.

I also understand there are other precautions that should be considered before receiving LED light treatments and may require a doctor's release and/or I assume any risk involved. These include but not limited to a person receiving cortisone and/or steroid injections, and a person prone to light sensitive migraines.

Although LED light therapy is a noninvasive treatment and the precautions and contraindications have been explained to me, I understand that certain risks or complications can occur from known and unknown causes and I freely assume these risks.

I acknowledge no guarantee has been given to me as to the condition of the complexion, skin pore size, fine lines and wrinkles as results will vary per client/patient. I am aware that follow up treatments may be necessary to achieve optimal results with gradual results occurring over time.

I release \_\_\_\_\_, staff and specific spa technician from any liability associated with this procedure. I certify that I am at least 18 years old or I have parental consent as indicated as co - signature below.

Client Signature \_\_\_\_\_

Date \_\_\_\_\_

Co-Signature \_\_\_\_\_

Date \_\_\_\_\_

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# Oxygen Infusion Therapy Information

Oxygen Infusion therapy is a unique formulation. The enzymes within the stratum corneum are very active. Our formulations encourage skin activity which create an interaction between the skin enzymes and the oxygen infusion phase 1 gels and oxygen infusion phase 2 activator. This interaction creates the enzymes to become aware of the stimulation. Enzymes quickly breakdown certain ingredients within our formulations into the skin's pure oxygen element.

This is a natural chemistry action for creating an oxygen environment to improve healthy circulation and cellular responses.

When adding Oxygen Infusion to the Nue Skin 500 microdermabrasion machine you will receive the following:



Oxygen Infusion sensitive + LSS™ delivery phase 1 - Excellent formula for rosacea, psoriasis and other chronic and temporary sensitivities. See Simple Sensitive protocol for additional treatment information.



Oxygen Infusion brightening + LSS™ delivery phase 1 - Perfect for various pigment discolorations that may occur from sun exposure or hormonal challenges, See Photo Aging protocol for additional treatment information.



Oxygen Infusion A, C, E Complex + LSS™ delivery phase 1 - Stimulates epidermal responses to plump wrinkles and fine lines while providing antioxidant protection. See Age Defying Skin protocol for additional treatment information.



Oxygen Infusion antibacterial + LSS™ delivery phase 1 - Combat oily, acne, cystic nodular or congested skin. See Oily/Troubled Skin protocol for additional treatment information.



Oxygen Infusion activator phase 2 - is to be used with Oxygen Infusion Gels phase 1. Phase 2 is used inside the airbrush cup as the primary catalyst to create pure oxygen.



Oxygen Infusion airbrush attachment with 1 oz. O2 Cleaner.



Please see troubleshooting guide for additional details.

# Oxygen Infusion Therapy Airbrush

## Maintenance Information

There is required maintenance to effectively maintain a well functioning airbrush applicator. Please follow the steps and images below after every use. The airbrush applicator must be cleaned **after every treatment use**. Failing to do so may jeopardize the warranty for this item.

**The warranty for Oxygen Infusion Airbrush is 90-days.** If the airbrush becomes compromised please follow the troubleshooting guidelines in order to resolve any concerns. If once you have followed those important steps and the airbrush is still impaired please call Skin for Life Service Dept. (866) 312.7546 for assistance.



### STEP 1

- Take lid off from airbrush cup
- Pour O2 Cleaner into cup. Fill approximately 1/4 full
- Close cup with the lid



### STEP 2

- Place a 4 x 4 gauze in one hand.
- Make sure tip of airbrush is touching the gauze. The liquid will build up and dislodge any solids
- Use index finger to push down and pull back the lever/trigger

### STEP 2 continued

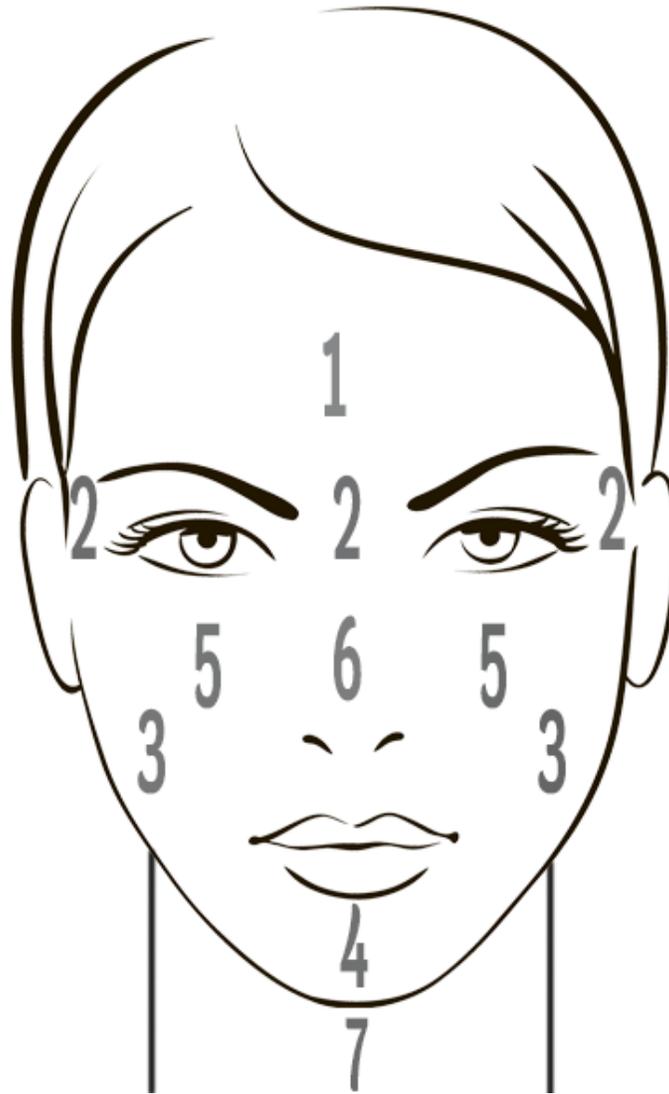
- Spray until the O2 cleaner is empty. (30 second process)

### Step 3

- ADD TAP WATER - pour into the cup. Fill approximately 1/4 full
- Repeat the previous steps.



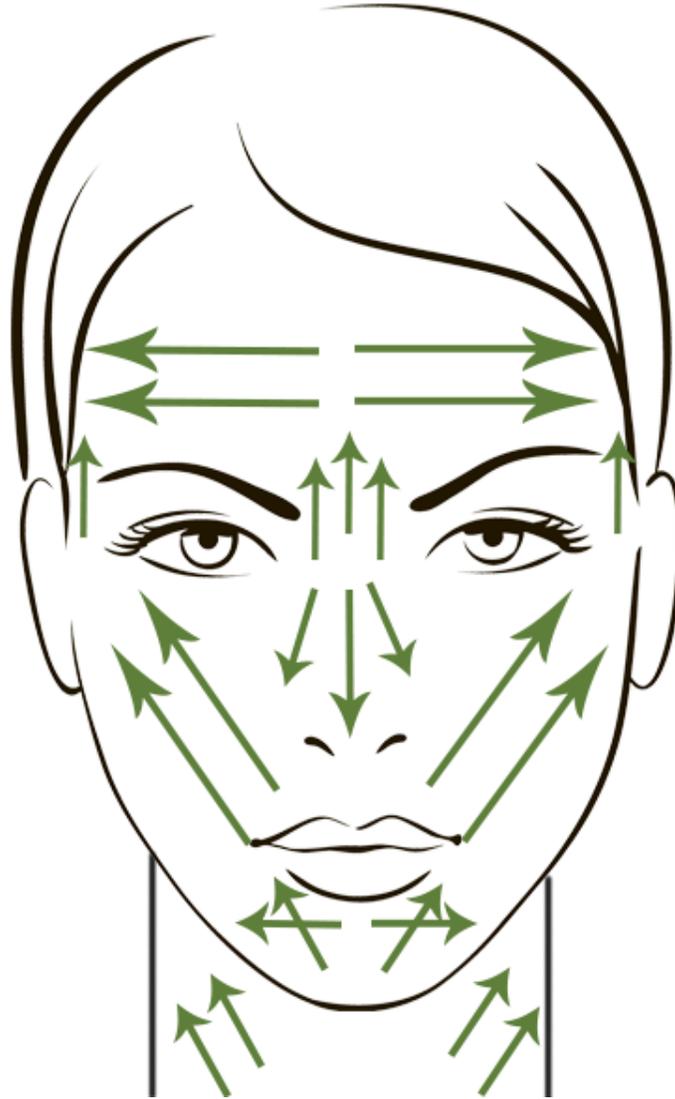
# Nue Skin 500 Deluxe Microdermabrasion Face Application Map



**Starting Point:** Follow the above numbers when performing a microdermabrasion application. This starts with the least vascular to the most vascular. Please take note, you may adjust vacuum at a lower setting for the most vascular areas (middle areas of the face).

**Important** - avoid performing microdermabrasion below the crease of the eye lids, due to the thin nature of the tissue.

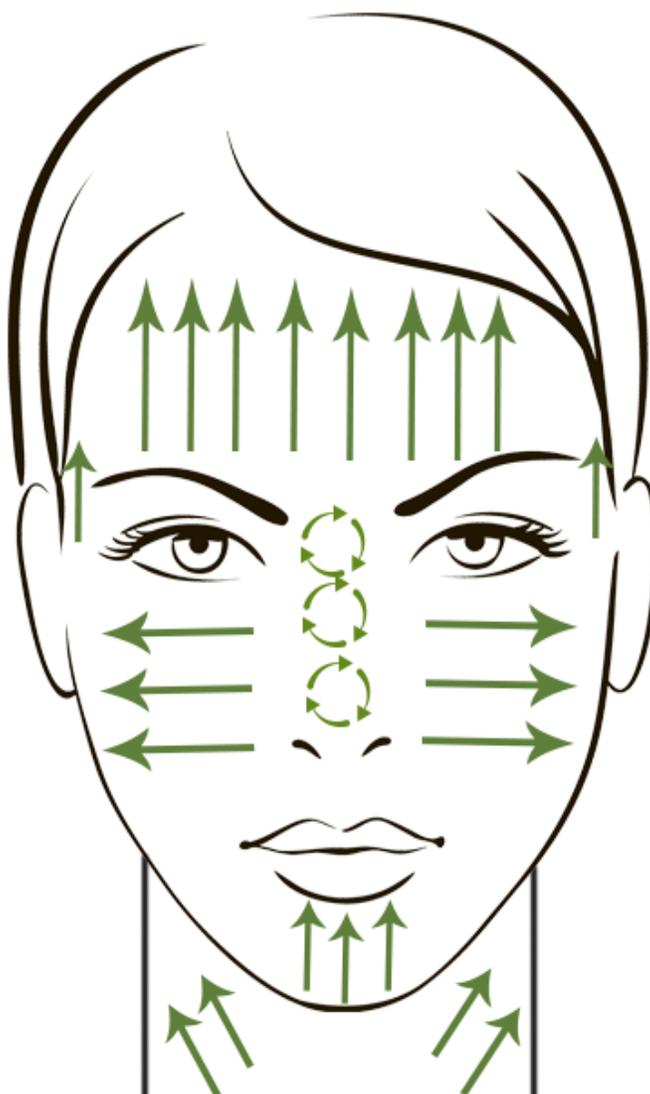
# Nue Skin 500 Deluxe Microdermabrasion Face Directional Map



Use the number system from previous page to follow the strokes per facial area. You may divide the facial areas in sections, where your strokes are 1 - 2 inches long. You may also divide the neck into two sections for client/patient comfort. Sometimes longer strokes may be too abrasive and cause more sensitivity.

# Nue Skin 500 Deluxe Microdermabrasion

## Second Pass Directional Map



### Choose Specific Facial Areas to Target.

May use opposite direction for maximum skin revision of the stratum corneum. Depending on the location a second pass may be performed to smooth, refine and re-texture the skin's appearance.

# Nue Skin 500 Deluxe Microdermabrasion

Professional Skin Care + LSS™ delivery



When Skin for Life started manufacturing machines, we knew as a company that skin care should be a rebuilding process from progressive treatments like microdermabrasion . We started working with cosmetic experts to formulate our immunity professional skin care. Our Skin for Life pure science skin care repairs, recovers and restores all skin types, conditions and colors without inflammation and long-term irritation.

We wanted building blocks for long term healthy skin results. Our product line removes the stress, so all skin may proceed with a normal, healthy function. Skin for Life trademarked LSS™ delivery “Life Sustaining System” enriches our formulas by providing key amino acids and peptides that are immunity driven for your skin’s protection and well being. Our ingredients are the innovative performance that makes Skin for Life pure science perfect for every skin condition, type and color.

It is our pleasure to introduce you to Skin for Life pure science. You may add our signature treatments to your menu and introduce healthy results to your clients/patients.

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# Age Defying Skin Treatment

Age Defying Skin Treatment from Skin for Life is designed for mature and aging skin. The skin may appear to have wrinkles, fine lines, loss of elasticity, thin skin or uneven texture.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Age Defying Skin Treatment Protocol



Apply 5 ml / 1 teaspoon on dry skin. Massage for 1-2 minutes. Wet your hands and massage one more minute.

Remove carefully with moistened room temperature towels or compressed sponges.

You may remove eye makeup during your cleansing step. Remove the eye makeup gently with moistened cotton rounds.



Apply 2.5 ml/ 1/2 teaspoon on dry skin. May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.



When performing microdermabrasion - begin with selecting crystals or organic grains by pushing the toggle switch right (crystals) or left (grains).

Setting equipment when machine is on:

- Adjust Crystals ( begin with Blue hand piece) or Grains (yellow hand piece) to the 12 o'clock position. (Suggested setting)
- Apply thumb over the end of microdermabrasion tip. Maintain contact while adjusting vacuum knob.
- Adjust vacuum pressure until gauge reads 8-10 Hg/inches. (Suggested setting)
- Begin treatment with consistent movements. Hold skin tight and lift any skin that may be loose.
- May follow with the yellow single port hand piece after crystal application for the second pass to smooth and even skin complexion. Use same above suggested settings. Only use yellow hand piece with organic grains never use with crystals.

When treatment is completed remove crystals or organic grains with moistened room temperature towels.

Note\*

May use Gentle Milk Cleanser to remove any crystal or organic grains residue from the skin.

Red single port hand piece may be used on target areas of concern such as age spots, wrinkles or scarring.

# Age Defying Skin Treatment

Age Defying Skin Treatment from Skin for Life is designed for mature and aging skin. The skin may appear to have wrinkles, fine lines, loss of elasticity, thin skin or uneven texture.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Age Defying Skin Treatment Protocol



Apply 2.5 ml / 1/2 teaspoon on dry skin. It can be used as a spray or saturate a cotton round.

Dry the skin thoroughly.



Apply 15 ml/ 1 tablespoon on dry skin. Apply an even application to face, neck and décolleté with a dry esthetic gauze. Avoid eye area.

DO NOT REMOVE.

Dry skin thoroughly before proceeding with Oxygen Infusion A, C, E complex.



Apply 7.5 ml/ 1 1/2 teaspoon on dry skin.

Apply an even, medium- thick application to face, neck and décolleté with a facial mask brush of the Oxygen Infusion A, C, E complex. Avoid direct eye area.

Use effleurage and lifting massage movements. Massage for 1-2 minutes. This will excite the skin's receptivity. Do Not Remove.



Use 5 ml/ 1 teaspoon. Pour into an airbrush applicator cup.

Start with airbrush movements. Use small to medium circular movements over the Oxygen Infusion Gel phase 1.

Make at least 3 passes while manipulating the Oxygen Infusion Gel phase 1 with finger tips. This will ensure a thorough application.

Once completed, massage for another 1-2 minutes using effleurage, petrissage or lifting massage movements.

Remove with moistened room temperature towels or compressed sponges.

# Age Defying Skin Treatment

Age Defying Skin Treatment from Skin for Life is designed for mature and aging skin. The skin may appear to have wrinkles, fine lines, loss of elasticity, thin skin or uneven texture.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Age Defying Skin Treatment Protocol



Apply 2.5 ml / ½ teaspoon on dry skin. It can be used as a spray or saturate a cotton round.

Dry the skin thoroughly before L.E.D. Light application.



On dry skin apply RED L.E.D. Light hand piece for 90 seconds and transition with a 30% - 50% overlap by placing the hand piece to another skin area. Continue with RED L.E.D. Light placement until application is complete.

If “Acne or Oily Skin” is present continue with the BLUE L.E.D. Light hand piece and apply the same above steps over the skin areas of concern until application time is completed.

Note\*

Avoid direct contact with eye area and thyroid area.



Apply 1.25 ml/ ¼ teaspoon on dry skin. Apply to face, neck and décolleté. May apply around the eye area for a hydrating eye serum.

Massage until serum is absorbed.



Apply 5 ml/ 1 teaspoon after the Skin for Life Performance Serum Application. Apply to face, neck and décolleté. Blend well.

May use as an intensive antioxidant cream for photo-damaged skin.

May use lifting massage movements to firm and tighten the skin.

# Age Defying Skin Treatment

Age Defying Skin Treatment from Skin for Life is designed for mature and aging skin. The skin may appear to have wrinkles, fine lines, loss of elasticity, thin skin or uneven texture.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Age Defying Skin Treatment Protocol



Apply 2.5 ml/ 1/2 teaspoon after Vital Recovery or Ultra Performing Application. Apply to face, neck and décolleté. Blend well.

May use as an intensive neck cream for sagging skin.

May use as a massage medium with massage techniques. Protects and nourishes as a second skin.



Use 1 sachet (CryoAlgae Mask) and 1 sachet (CryoAlgae Booster) for face. Use 2 sachets for face and neck. CryoAlgae Mask + Booster is used as the final mask treatment step.

- Pour content of CryoAlgae Mask sachet into a “glass or stainless steel bowl”.
- Pour content of CryoAlgae booster into the same bowl.
- Mix quickly together with a plastic spatula until a creamy consistency.
- Saturate cotton round with Instant Soothing Toner. Place over the eyes for a hydrating and cooling effect. Spread CryoAlgae Mask + CryoAlgae Booster onto skin immediately. Apply over the eye area for an “Advanced Eye Treatment”. Advanced Eye Treatment is optional.
- Mask setting time is within 10 minutes.
- Once setting time is completed, start at the ends of the mask and lift with fingers to remove and slowly peel off.
- Remove mask residue with room temperature towel(s) or compressed sponges.



Apply 2.5 ml / 1/2 teaspoon on dry skin. It can be used as a spray or saturate a cotton round.

Dry the skin thoroughly.

# Age Defying Skin Treatment

Age Defying Skin Treatment from Skin for Life is designed for mature and aging skin. The skin may appear to have wrinkles, fine lines, loss of elasticity, thin skin or uneven texture.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Age Defying Skin Treatment Protocol



Apply 1.25 ml/ 1/4 teaspoon on dry skin. Apply to face, neck and décolleté. May apply around the eye area for a hydrating eye serum.

Massage until serum is absorbed.



Apply 5 ml/ 1 teaspoon after the Skin for Life Performance Serum Application.

Apply to face, neck and décolleté. Blend well.

May use as a healing cream for sensitive skins.



Apply 2.5 ml/ 1/2 teaspoon as the final treatment step after a Skin for Life moisturizer application.

Apply to face, neck and décolleté. Blend well.

May use on face and body for sunscreen protection.

# Simply Sensitive Skin Treatment

Simply Sensitive Skin Treatment from Skin for Life is designed for temporary or chronic sensitive skin conditions. The skin may appear to have redness, dryness, chapped skin or capillary distention (telangiectasia)

You may perform a series of 3-6 treatments, depending on the sensitivity. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Simply Sensitive Skin Treatment Protocol



Apply 5 ml/1 teaspoon on dry skin. Massage for 1-2 minutes.

Moisten hands and massage for another minute.

Remove with moistened room temperature towels or compressed sponges.

Dry skin thoroughly.

Note\*

May pour into a glass bowl and mix with a facial mask brush. Apply and begin a light massage. Complete with above steps.



Apply 2.5 ml/ 1/2 teaspoon on dry skin. May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.



When performing microdermabrasion - begin with selecting crystals or organic grains by pushing the toggle switch right (crystals) or left (grains).

May use yellow single port organic hand piece on sensitive to very sensitive skin types. Only use the yellow hand piece with organic grains never with crystals.

Setting equipment when machine is on:

- Adjust Crystals (Blue hand piece) or Grains (Yellow hand piece) to the 12 o'clock position. (Suggested setting)
- Apply thumb over the end of microdermabrasion tip. Maintain contact while adjusting vacuum knob
- Adjust vacuum pressure until gauge reads 6-8 Hg/inches. (Suggested setting)
- Begin treatment with consistent movements. Hold skin tight and lift any skin that may be loose

When treatment is completed remove crystals or organic grains with moistened room temperature towels.

Note\*

May use Gentle Milk Cleanser to remove any crystal residue from the skin.

Evaluate skin sensitivity before performing microdermabrasion. Perform a test spot to evaluate

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# Simply Sensitive Skin Treatment

Simply Sensitive Skin Treatment from Skin for Life is designed for temporary or chronic sensitive skin conditions. The skin may appear to have redness, dryness, chapped skin or capillary distention (telangiectasia)

You may perform a series of 3-6 treatments, depending on the sensitivity. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Simply Sensitive Skin Treatment Protocol



Apply 2.5 ml/ 1/2 teaspoon on dry skin. May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.



Apply 7.5 ml/ 1 1/2 teaspoon on dry skin.

Apply an even, medium- thick application to face, neck and décolleté with a facial mask brush.

- Use light effleurage massage movements. Massage for 1-2 minutes. This will excite the skin's receptivity. Do Not Remove.



- Pour 5 ml/ 1 teaspoon of Oxygen Infusion activator phase 2 into an airbrush applicator cup.
- Start with airbrush movements. Use small to medium circular movements over the Oxygen Infusion sensitive phase 1.
- Make at least 3 passes while manipulating the Oxygen Infusion sensitive with finger tips. This will ensure a thorough application.
- Once completed, massage for another 1-2 minutes using light effleurage massage movements.
- Remove with moistened room temperature towels or compressed sponges.

# Simply Sensitive Skin Treatment

Simply Sensitive Skin Treatment from Skin for Life is designed for temporary or chronic sensitive skin conditions. The skin may appear to have redness, dryness, chapped skin or capillary distention (telangiectasia)

You may perform a series of 3-6 treatments, depending on the sensitivity. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Simply Sensitive Skin Treatment Protocol



Apply 2.5 ml/ 1/2 teaspoon on dry skin. May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.



Apply 1.25 ml/ 1/4 teaspoon on dry skin. Apply to face, neck and décolleté.

May apply around the eye area for a hydrating eye serum.

Perform a light effluerage massage until serum is absorbed.



Apply 5 ml/ 1 teaspoon after Vita C Peptide Serum.

Apply to face, neck and décolleté. Blend well. May use as a healing cream for sensitive skins.

Perform light effluerage massage movements until moisturizer is absorbed.



Apply 2.5 ml/ 1/2 teaspoon after Vital Recovery application.

Apply to face, neck and décolleté. Blend well.

May use as an intensive neck cream for sagging skin.

May use as a light massage medium with massage techniques.

# Simply Sensitive Skin Treatment

Simply Sensitive Skin Treatment from Skin for Life is designed for temporary or chronic sensitive skin conditions. The skin may appear to have redness, dryness, chapped skin or capillary distention (telangiectasia)

You may perform a series of 3-6 treatments, depending on the sensitivity. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Simply Sensitive Skin Treatment Protocol



Use 1 sachet (CryoAlgae Mask) and 1 sachet (CryoAlgae Booster) for face. Use 2 sachets of each for face and neck.

- Pour content of CryoAlgae Mask sachet into a “glass or stainless steel bowl”.
- Pour content of CryoAlgae booster into the same bowl.
- Mix quickly together with a plastic spatula until a creamy consistency.
- Saturate a cotton round with Instant Soothing Toner. Place over the eyes for a hydrating and cooling effect. Spread CryoAlgae Mask + CryoAlgae Booster onto skin immediately. Apply over the eye area for an “Advanced Eye Treatment”. Advanced Eye Treatment is optional.
- Mask setting time is within 10 minutes.
- Once setting time is completed, start at the ends of the mask and lift with fingers to remove and slowly peel off.
- Remove mask residue with room temperature towel(s) or compressed sponges.

Or may use Revitalizing Mint Mask as the final mask.



Apply 15 ml/ 1 tablespoon over Skin for Life serum(s) and moisturizer(s) as a finishing mask.

Apply an even application to face, neck and décolleté with a facial mask brush. Avoid eye area.

Leave mask on for 5-7 minutes. May apply cold towels to sooth and calm the skin.

Remove with moistened room temperature towels or compressed sponges.



Apply 2.5 ml/ 1/2 teaspoon on dry skin.

May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.

# Simply Sensitive Skin Treatment

Simply Sensitive Skin Treatment from Skin for Life is designed for temporary or chronic sensitive skin conditions. The skin may appear to have redness, dryness, chapped skin or capillary distention (telangiectasia)

You may perform a series of 3-6 treatments, depending on the sensitivity. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Simply Sensitive Skin Treatment Protocol



Apply 1.25 ml/ 1/4 teaspoon on dry skin.  
Apply to face, neck and décolleté.  
May apply around the eye area for a hydrating eye serum.  
Perform with a light effleurage massage until serum is absorbed.



Apply 5 ml/ 1 teaspoon after Vita C Peptide Serum application.  
Apply to face, neck and décolleté. Blend well.  
May perform a light effleurage massage or lymphatic massage until moisturizer is absorbed.



Apply 2.5 ml/ 1/2 teaspoon as the final treatment step after a Skin for Life moisturizer application.  
Apply to face, neck and décolleté. Blend well.

# Oily-Troubled Skin Treatment

Oily Skin Treatment from Skin for Life is designed for oily, thick and troubled skin. The skin may appear to have excessive oil, open/closed comedones, milia cyst, Grade I-II acne or thick stratum corneum layer.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Oily-Troubled Skin Treatment Protocol



Apply 5 ml/1 teaspoon on dry skin. Massage for 1-2 minutes. Moisten hands and massage for another minute.

Remove carefully with moistened room temperature towels or compressed sponges.

Avoid direct eye contact.



Apply 2.5 ml/ 1/2 teaspoon on dry skin. May saturate a cotton round or pad. Apply to face, neck and décolleté as an even application. Dry the skin thoroughly.

Note\*

If skin is “oily-sensitive”, may use Instant Soothing Toner natural actives as the treatment toner.



When performing microdermabrasion - begin with selecting crystals or organic grains by pushing the toggle switch right (crystals) or left (grains).

Setting equipment when machine is on:

- Adjust Crystals (Blue hand piece) or Grains (Yellow hand piece) to the 12 or 1 o'clock position. (Suggested setting)
- Apply thumb over the end of microdermabrasion tip. Maintain contact when adjusting vacuum knob
- Adjust vacuum pressure until gauge reads 8-10 Hg/inches. (Suggested setting)
- Begin treatment with consistent movements. Hold skin tight and lift any skin that may be loose
- May use yellow single port hand piece after crystal application for the second pass to brighten and even skin complexion. Only use yellow hand piece with organic grains never use with crystals

When treatment is completed remove crystals or organic grains with moistened room temperature towels.

Note\*

May use Gentle Milk Cleanser to remove any crystal or organic grains residue from the skin.

Red single port hand piece may be used on target areas of concern such as pigmented demarcation lines, large arrested pores or scarring.

# Oily-Troubled Skin Treatment

Oily Skin Treatment from Skin for Life is designed for oily, thick and troubled skin. The skin may appear to have excessive oil, open/closed comedones, milia cyst, Grade I-II acne or thick stratum corneum layer.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Oily-Troubled Skin Treatment Protocol



Apply 2.5 ml/ ½ teaspoon on dry skin. May saturate a cotton round or pad. Apply to face, neck and décolleté as an even application.

Dry the skin thoroughly before performing Professional Peel System.

Note\*

If skin is “oily-sensitive”, may use Instant Soothing Toner natural actives as the treatment toner.



Apply 15 ml/ 1 tablespoon on dry skin.

Apply an even application to face, neck and décolleté with esthetic gauze. Avoid eye area.

DO NOT REMOVE.

Dry Skin Thoroughly.



Apply 15 ml/ 1 tablespoon on dry skin after Pro Radiance Peel application.

Apply an even application to face, neck and décolleté with esthetic gauze or cotton rounds. Avoid eye area.

- Apply Professional Peel to one area at a time using no more than 4 layers.
- Wait 30 seconds to 1 minute. Saturate a new gauze pad with ice cold water and press the cold moistened gauze onto the treated area.
- Repeat until there is no sensation of peel activity. (Tingling or Heat sensation)
- Dry skin thoroughly.
- Proceed to the next untreated area. Repeat above steps.
- Once face, neck and décolleté are completed, use Instant Soothing Toner natural actives then proceed with the remaining skin care treatment steps.

# Oily-Troubled Skin Treatment

Oily Skin Treatment from Skin for Life is designed for oily, thick and troubled skin. The skin may appear to have excessive oil, open/closed comedones, milia cyst, Grade I-II acne or thick stratum corneum layer.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Oily-Troubled Skin Treatment Protocol



Apply 2.5 ml/ 1/2 teaspoon on dry skin. May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.



Apply 7.5 ml/ 1 1/2 teaspoon on dry skin.

Apply an even, medium- thick application to face, neck and décolleté with a facial mask brush. Avoid eye area.

Use petrissage or tapotement massage movements. Massage for 1-2 minutes. This will excite the skin's receptivity.

Do Not Remove.



Use 5 ml/ 1 teaspoon. Pour into an airbrush applicator cup.

Start with airbrush movements. Use small to medium circular movements over the Oxygen Infusion Gel phase 1.

Make at least 3 passes while manipulating the Oxygen Infusion Gel phase 1 with finger tips. This will ensure a thorough application.

Once completed, massage for another 1-2 minutes using effleurage, petrissage or lifting massage movements.

Remove with moistened room temperature towel(s) or compressed sponges.



Apply 2.5 ml/ 1/2 teaspoon on dry skin. May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.

# Oily-Troubled Skin Treatment

Oily Skin Treatment from Skin for Life is designed for oily, thick and troubled skin. The skin may appear to have excessive oil, open/closed comedones, milia cyst, Grade I-II acne or thick stratum corneum layer.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Oily-Troubled Skin Treatment Protocol



On dry skin apply RED L.E.D. Light hand piece for 90 seconds and transition with a 30% - 50% overlap by placing the hand piece to another skin area. Continue with RED L.E.D. Light placement until application is complete.

If “Acne or Oily Skin” is present continue with the BLUE L.E.D. Light hand piece and apply the same above steps over the skin areas of concern until application time is completed.

Note\*

Avoid direct contact with eye area and thyroid area.



Apply 1.25 ml/ 1/4 teaspoon on dry skin. Apply to face, neck and décolleté.

May apply around the eye area for a hydrating eye serum. Massage until serum is absorbed.



Apply 5 ml/ 1 teaspoon after the Skin for Life Performance Serum application. Apply to face, neck and décolleté. Blend well. May be used in target areas of concern.

Perform a light massage until Antibac Essentials is absorbed.



Apply 5 ml/ 1 teaspoon after Antibac Essential application.

Apply to face, neck and décolleté. Blend well. May use as a healing cream for oily-sensitive skins.

Perform a light massage until Vital Recovery is absorbed.

May use as an extra eye cream for the delicate eye area.

# Oily-Troubled Skin Treatment

Oily Skin Treatment from Skin for Life is designed for oily, thick and troubled skin. The skin may appear to have excessive oil, open/closed comedones, milia cyst, Grade I-II acne or thick stratum corneum layer.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Oily-Troubled Skin Treatment Protocol



Use 1 sachet for face. Use 2 sachets for face and neck.

- Pour content of sachet into a “glass or stainless steel bowl”.
- Pour 100ml of cool tap water into the bowl.
- Mix quickly together with a plastic spatula until a creamy consistency.
- Use plastic spatula and spread Anti Pollution Mask onto skin immediately. Avoid eye area.
- Mask setting time is within 10 minutes.
- Once setting time is completed start at the ends of the mask and lift with fingers to remove and slowly peel off.
- Remove mask residue with room temperature towel(s) or compressed sponges.



Apply 2.5 ml/ 1/2 teaspoon on dry skin. May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application. Remove mask residue thoroughly.

Dry skin thoroughly.



Apply 1.25 ml/ 1/4 teaspoon on dry skin. Apply to face, neck and décolleté.

May apply around the eye area for a hydrating eye serum.

Massage until serum is absorbed.

# Oily-Troubled Skin Treatment

Oily Skin Treatment from Skin for Life is designed for oily, thick and troubled skin. The skin may appear to have excessive oil, open/closed comedones, milia cyst, Grade I-II acne or thick stratum corneum layer.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Oily-Troubled Skin Treatment Protocol



Apply 5 ml/ 1 teaspoon after Vita C Peptide Serum. Apply to face, neck and décolleté. Blend well.



Apply 5 ml/ 1 teaspoon after Antibac Essentials application. Apply to face, neck and décolleté. Blend well.



Apply 2.5 ml/ ½ teaspoon as the final treatment step after Vital Recovery Concentrate application.

Apply to face, neck and décolleté. Blend well.

# Photo-Aging Skin Treatment

Photo-Aging Skin Treatment from Skin for Life is designed for pigmented skin conditions. The skin may appear to have melasma, hyperpigmentation, sun lentigines or other related sun pigmented conditions.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Photo-Aging Skin Treatment Protocol



Apply 5 ml/1 teaspoon on dry skin. Massage for 1-2 minutes.

This product is safe to use as an eye makeup remover.

Moisten hands and massage for another minute.

Remove with moistened room temperature towels, compressed sponges or esthetic gauze.



Apply 2.5 ml/ 1/2 teaspoon on dry skin.

May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.



When performing microdermabrasion - begin with selecting crystals or organic grains by pushing the toggle switch right (crystals) or left (grains).

Setting equipment when machine is on:

- Adjust Crystals (Blue hand piece) or Grains (Yellow hand piece) to the 12 o'clock position. (Suggested setting)
- Apply thumb over the end of microdermabrasion tip. Maintain contact when adjusting vacuum knob
- Adjust vacuum pressure until gauge reads 8-10 Hg/inches. (Suggested setting)
- Begin treatment with consistent movements. Hold skin tight and lift any skin that may be loose
- May use yellow single port hand piece for the second pass to brighten and even skin complexion. Use same above suggested settings. Only use yellow hand piece with organic grains never use with crystals

When treatment is completed remove crystals or organic grains with moistened room temperature towels.

Note\*

May use Gentle Milk Cleanser to remove any crystal or organic grains residue from the skin. Red single port hand piece may be used on target areas of concern such as superficial pigmentation, wrinkles or scarring

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# Photo-Aging Skin Treatment

Photo-Aging Skin Treatment from Skin for Life is designed for pigmented skin conditions. The skin may appear to have melasma, hyperpigmentation, sun lentigines or other related sun pigmented conditions.

You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Photo-Aging Skin Treatment Protocol



Apply 15 ml/ 1 tablespoon on dry skin.

Apply an even application to face, neck and décolleté with a facial mask brush. Avoid eye area.

Massage for 1-2 minutes without adding water. Moisten hands and massage for another 2-3 minutes.

Leave Enzyme Exfoliant on for 5-7 minutes. May use steam to soften skin.

Remove with moistened room temperature towels or compressed sponges.



Apply 2.5 ml/ ½ teaspoon on dry skin. May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.



Apply 15 ml/ 1 tablespoon on dry skin.

Apply an even application to face, neck and décolleté with esthetic gauze. Avoid eye area.

DO NOT REMOVE.

Dry skin thoroughly.



Apply 7.5 ml/ 1 ½ teaspoon on dry skin after an exfoliation application.

Apply an even medium- thick application to face, neck and décolleté with a facial mask brush. Avoid eye area.

Use effleurage and lifting massage movements. Massage for 1-2 minutes. This will excite the skin's receptivity. Do Not Remove.

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## Photo-Aging Skin Treatment Protocol



Use 5 ml/ 1 teaspoon. Pour into an airbrush applicator cup.

- Start with airbrush movements. Use small to medium circular movements over the Oxygen Infusion Gel phase 1.
- Make at least 3 passes while manipulating the Oxygen Infusion Gel phase 1 with finger tips. This will ensure a thorough application.
- Once completed, massage for another 1-2 minutes using effleurage, petrissage or lifting massage movements.
- Remove with moistened room temperature towel(s) or compressed sponges.



Apply 2.5 ml/ 1/2 teaspoon on dry skin. May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.



Apply 1.25 ml/ 1/4 teaspoon on dry skin. Apply to face, neck and décolleté.

May apply around the eye area for a hydrating eye serum.

Perform effleurage lifting massage until serum is absorbed.



Apply 5 ml/ 1 teaspoon after Vita C Peptide Serum application. Apply to face, neck and décolleté. Blend well.

Perform effleurage lifting massage or lymphatic drainage for skin performance.

May use as an intensive neck and décolleté cream for skin firming.

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## Photo-Aging Skin Treatment Protocol



Apply 15 ml/ 1 tablespoon over Skin for Life serum(s) and moisturizer(s) as a finishing mask.

Apply an even application to face, neck and décolleté with a facial mask brush. Avoid eye area.

Leave mask on for 5-7 minutes. Remove with moistened room temperature towels or compressed sponges.

May apply cold towels for intense cooling, calming and soothing for skin recovery.



Apply 2.5 ml/ 1/2 teaspoon on dry skin. May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.



Apply 1.25 ml/ 1/4 teaspoon on dry skin. Apply to face, neck and décolleté. May apply around the eye area for a hydrating eye serum.

Perform light massage until serum is absorbed.



Apply 5 ml/ 1 teaspoon after Moisture Booster application. Apply to face, neck and décolleté. Blend well.

Perform light effleurage massage movements until moisturizer is absorbed.

May apply as an extra hydrating soothing cream for the delicate eye area.

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## Photo-Aging Skin Treatment Protocol



Apply 15 ml/ 1 tablespoon over Skin for Life serum(s) and moisturizer(s) as a finishing mask.

Apply an even application to face, neck and décolleté with a facial mask brush. Avoid eye area.

Leave mask on for 5-7 minutes. Remove with moistened room temperature towels or compressed sponges.

May apply cold towels for intense cooling, calming and soothing for skin recovery.



Apply 2.5 ml/ 1/2 teaspoon on dry skin. May use as a spray or saturate a cotton round or pad.

Apply to face, neck and décolleté as an even application.

Dry skin thoroughly.



Apply 1.25 ml/ 1/4 teaspoon on dry skin. Apply to face, neck and décolleté. May apply around the eye area for a hydrating eye serum.

Perform light massage until serum is absorbed.



Apply 5 ml/ 1 teaspoon after Moisture Booster application. Apply to face, neck and décolleté. Blend well.

Perform light effleurage massage movements until moisturizer is absorbed.

May apply as an extra hydrating soothing cream for the delicate eye area.

# Photo-Aging Skin Treatment

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You may perform a series of 6 treatments. Recommend clients schedule two weeks apart for skin repair, recovery and optimal results.

## Photo-Aging Skin Treatment Protocol



Apply 2.5 ml/ ½ teaspoon after Vital Recovery Concentrate application.  
Apply to face, neck and décolleté. Blend well.  
May use as an intensive neck and décolleté cream for loose, sagging skin.  
Apply around the delicate eye area as a second skin protection against dehydration.



Apply 2.5 ml/ ½ teaspoon as the final treatment step after a Skin for Life moisturizer application.  
Apply to face, neck and décolleté. Blend well.

# Microdermabrasion

## Cost Per Treatment

Product Item #	Product Cost	Cost Per Treatment
3.5lb. crystals	\$15.00	\$0.47 per 2oz.
1.5gal. organic grains	\$17.00	\$0.53 per 2oz.
(1) Blue LT Filter (12-15 treatment use)	\$12.00	\$.80 per treatment
(1) Foam Filter (10 treatment use)	\$5.50	\$0.06 per treatment
Disposable Plastic Tip (50pk) 1 time use	\$40.00	\$.80 per treatment
<b>Total Cost Per Treatment</b>		<b>\$2.66</b>

The **number one spa treatment** is the number one most profit driven treatment for licensed professionals. You may build your treatments with other advanced performance therapies such as:

- Oxygen Infusion Treatment
- LED Light Therapy
- Nue Skin Scrubber + Sonic Wave Equipment
- Microcurrent

Advanced skin treatments are the building blocks for successful licensed skin care professionals. Incorporating innovative treatment techniques bring instant, long-term and healthy skin results.

Skin for Life brings innovation, quality and result-oriented products to licensed professionals.





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No Animal Testing