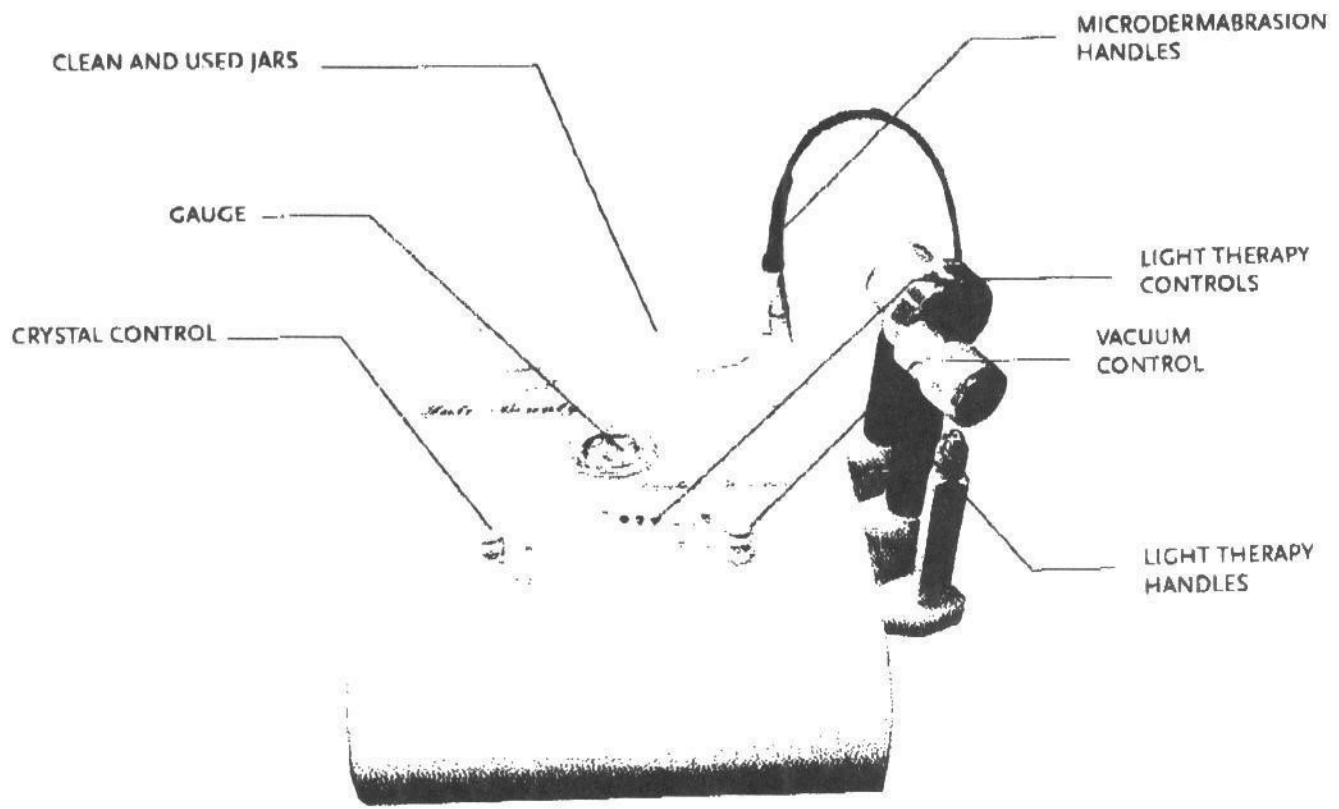


Microdermabrasion with **LED Light Therapy**

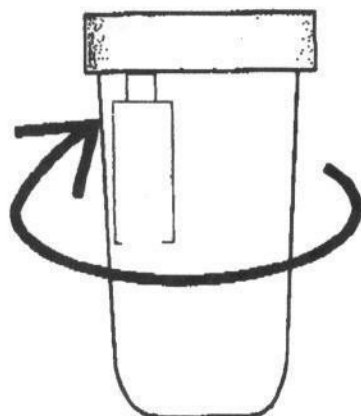
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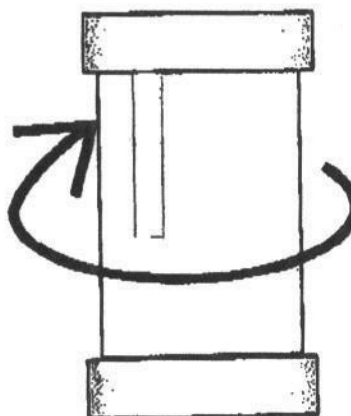
MAINTENANCE AND SET UP

1. From the back of the machine you can see the jars for the used and new crystals.

USED CRYSTALS

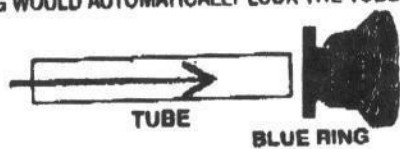


NEW CRYSTALS

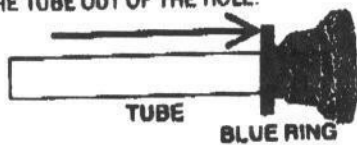


Turn the jars clockwise as shown to replace or remove crystals.

TO INSERT THE TUBE PUSH THE TUBE TOWARDS THE HOLE THE BLUE RING WOULD AUTOMATICALLY LOCK THE TUBE



TO REMOVE THE TUBE, PUSH BLUE RING AWAY FROM THE TUBE AND PULL THE TUBE OUT OF THE HOLE.



SET-UP

1. After the jars are set up, the next step is to attached the handle tubes to the holes on the front panel that says "VACUUM" and "CRYSTALS". Make sure that the tubes are connected securely. The blue tube is for crystals and the white or clear tube is for vacuum.
2. Attached the power cord to the power supply. Make sure the plug the device to a 120 V supply, unless otherwise specified.
3. Turn the Power switch on.
4. Turn the Microdermabrasion swith on as well as the cooling switch.
5. Adjust the timer to the specified time of treatment.
6. At this point you can also adjust the control for the "Crystal" and "Vacuum". This would determine the level of vacuuming and the amount of crystals needed for the treatment.
7. Grab the handle and start the treatment.

substituted in order to accelerate the healing process and to allow the easy penetration of the ingredients into the skin).

13. Apply RHR Serum to facial skin until deep penetration is complete in order to hasten the skin's healing process.
14. Apply to Solar/C SPF 30 to face and neck area for complete sun protection

TIPS

- Sanitize and insert a new disposable tip on the Microdermabrasion head.
- Press the Dermabrasion Switch and test the level of suction and crystal flow . Test on your hand first to make sure that this is at a comfortable level for your client. If not, it is easy to adjust.
- These requires a maintenance every 3 months depending on the usage of this machine. Please ask your sales representative about extended warranty.

TREATMENT PROCEDURE

1. Position your client in a comfortable, relaxed posture.
2. Clean area to be treated. Wash with facial cleanser to remove oil, makeup, dirt and grime. To perfect the cleansing process, apply a facial toner onto cotton and gently remove excess residue from face and neck areas.
3. Offer deep exfoliation procedure using a Skin Scrubber as this step is optional.
4. Apply a few drops of Oxiana Serum and massage onto skin.
5. Use the Infusion function (if you have one, other wise apply the product using your hands, massaging the client gently) to allow the serum to penetrate deeper through the natural interstices between the epidermal skin cells (intercellular gap or "Biomatrix") into the deeper layers of the skin. In the "Biomatrix", the active ingredients in the serum are able to develop their positive effects and action most effectively.
6. Begin with Microdermabrasion. Gently move the tip in a sweeping action across the forehead towards the temple area, covering the entire facial area. When treating the neck area, run the tip gently and quickly from under the chin to the collarbone using overlapping strokes.
7. At completion of Microdermabrasion, wipe away any crystal residues that remain on the skin with a tissue and gently cleanse the area with cotton pads, immersed in cold water. (*As an option, you can cancel the crystal mode and use suction only)
8. Apply a facial toner onto cotton and gently remove excess residue from face and neck areas.
9. Using a damp cotton wool, apply a few drops of the Revitamine® RHR Complex Serum while administering a gentle relaxing massage. Continue with massage for the next 5 minutes.
11. Mix together the Deep Invigorating Tablet Masque in Dermafix Activator Solution with the Oxiana Serum. (*Other antiaging / active principles serums can be

RED: anti-aging, wrinkles.

YELLOW: tight skin, oily skin, dry skin.

BLUE: acne, collagen, rosacea, energy

TREATMENT RECOMMENDATIONS

ACNE

- Professional Light 15 cm distance from treated area. (????)
- Portable Light 5 cm distance from treated area.
- After cleansing area to be treated, apply toner and on moist skin initiate light treatment. Apply Red light for 4 minutes.
- After Botanica Vit Exfoliant, apply toner and Yellow light for 1 Minute; then Red Light for 1 minute.
- After Treatment is done on moist skin apply Blue light for 8 minutes.

RECOMMENDED PRODUCTS: AHA Cleanser, AHA Toner, Botanica Vit Complex Exfoliant & Skinforce Acne Treatment.

ANTI-AGING

- After application of Skinforce Vit. A, B and C, on moist skin apply Yellow light for 4 minutes.
- After treatment is done, on moist skin apply Red light for 4 Minutes, then Blue light for another 4 minutes.

RECOMMENDED PRODUCTS: Soya C Cleanser, Soya C Toner, Vita Liposome Complex, Revitamine[®] Complex Serum, Skinforce Vit. A, B & C, Vitalamine[®] & PH Parfait Vit A Retinol

HYPERPIGMENTATION

- After cleansing area to be treated, apply toner and on moist skin initiate Light Treatment. Apply Yellow light for 4 minutes; then Red light for 4 minutes.
- After Pigment Equalizing Complex, on moist skin apply Blue light for 2 minutes; then Yellow light for 2 minutes.

- After treatment is done on moist skin apply Blue light for 4 minutes.

RECOMMENDED PRODUCTS: AHA Cleanser, AHA Toner, PH Parfait Vit A Lightening System, Bleaching Serum & Pigment Equalizing Complex.

SENSITIVE SKIN - ROSACEA

- After cleansing area to be treated, apply toner and on moist skin initiate Light Treatment. Apply Yellow light for 3 minutes; then Red light for 3 minutes.
- After Revitamine[®], apply Blue light for 3 minutes; then Red light for another 3 minutes. After treatment is done on moist skin apply Blue light for 4 minutes.

RECOMMENDED PRODUCTS: Botanica Vit Cleanser, Botanica Vit Toner, Botanica Vit Foaming Cleanser, RHR & Revitamine[®].

ANTI-AGING EYE TREATMENT

- After cleansing area to be treated, apply toner and on moist skin initiate Light Treatment. Apply Yellow light for 3 minutes; then Blue light for another 3 minutes.
- After Revitamine[®], apply Yellow light for 4 minutes
- After treatment is done on moist skin apply Blue light for 4 minutes.

RECOMMENDED PRODUCTS: Botanica Vit Cleanser, Botanica Vit Toner, Botanica Vit Face Wash, Dermafix Gel, Revitamine[®] & Skinforce Vit. A, B & C.

The enclosure of these application instructions is not intended to serve as a representation or warranty that the application of the equipment in conformity with these instructions will achieve the desired outcome or any particular result. All such warranties and representations are hereby expressly disclaimed.

This equipment has been sold to, and is designed to be applied only by a licensed esthetician; and adherence to these application instructions is not a substitute for, and does not excuse the licensee from, his/her professional obligation to independently assess the risk that the application of the equipment will cause an adverse skin reaction or other injury, in light of the consumer's general health and skin condition.

IMPORTANT AND USEFUL INFORMATION TO CONSIDER ABOUT LIGHT THERAPY

THE POWER OF LIGHT

- Color Light Therapy has the most innovative and state-of-the-art equipment. It works in conjunction with Pharmaskincare® products to promote faster and more effective skin and body treatments.
- The power of light activates the body's own capacity for self-healing -- without any side effects, pains or burns.
- Enjoy the benefits of the full spectrum with wavelengths of 400 to 1000 nm.

SAFETY

Do not use the Color Light Therapy in humid or overheated areas.

Do not leave the lights on for long periods of time (especially overnight).

When not in use, unplug from socket to protect from impact, dust and scratching.

Unplug the device before cleaning. Do not use ammonia or any abrasive solution to clean the unit.

Repairs should be done ONLY at manufacturer's facility. Otherwise, warranty will be void.

A two-year warranty is issued from the date of

original invoice. The warranty covers machine malfunction & manufacturer's defect ONLY. Parts, labor & shipping costs are not included.

STARTING UP

Plug Color Light Therapy into a 110 V power outlet.

Set the timer before beginning a treatment by pressing the "+" or "-" .

Gently press the "Start" button. The unit will stop automatically once length of time is completed.

Treatment can be interrupted at any time by pressing the "Stop" button.

Do not leave the light running for long periods of time.

It is recommended to unplug the unit at the end of the day.

For patients:

Patients must remove contact lenses before treatment.

Patients must close their eyes during facial treatment. This is recommended for added comfort. Although Color Light Therapy is not harmful to the eyes, some are more sensitive to light than others.

Pregnant women should consult their physician before starting the Light Therapy treatment.

In 1947, Swiss psychologist Dr. Max Lüscher introduced the Lüscher Color Test, a form of color therapy still widely used by many psychologists. The test consists of choosing 43 colors from a total of 73 possibilities, although there are simpler variations. By observing the colors a person chooses or rejects, the therapist can learn a good deal about a subject's psychological state. For example, if a person selects darker colors, it suggests a need for rest and stress reduction.

At about the same time, Russian researcher S.V. Krakov was conducting a series of experiments in which he separated the different wavelengths in the light spectrum to show how color can affect the nervous system. He observed that red light stimulated the adrenal glands, raising blood pressure and pulse rate, and that blue and white light had a calming effect. Although there are still no rigorous studies supporting Krakov's work, many practitioners today commonly recommend color therapy for stress and for stress-related pain.

More color therapies also continue to be utilized. Over the past decade Aura-Soma (an Eastern-influenced therapy that uses colored bottles of essential oils and extracts to shed light on a person's "true inner self") has gained a following. And Esoteric Colorpuncture Therapy (ECT), which focuses colored light on acupuncture points, is being studied as a treatment for a variety of health problems, including migraines, bronchitis, and uterine fibroids.

THE BENEFITS OF SDS SPA EQUIPMENT COLOR LIGHT THERAPY

- Treats damaged, problem & sensitive skin: Acne, Hyperpigmentation, Rosacea, Enlarged Pores, Blemishes, Sun Damage.
- Treats Mature & Aging Skin: Reduces Fine Lines & Wrinkles, Fights Environmental Stress, Tired Skin, Slows the aging process.
- Promotes Youthful Radiance, Firmness, Moisture Retention, Smoother Texture, Suppleness, Detoxification through Increased Lymphatic Drainage, Superior Oxygenation, Faster Healing

Color Light Therapy heals with colors using the full spectrum: red, orange, yellow, green, blue, indigo, violet. Color Light Therapy transports the color light to the very depth of skin for beauty treatment. (this was stated already and has no place in this section).

WHAT ARE THE SPECIFIC ACTIONS OF THE COLOR LIGHT THERAPY?

PH LT® Color Light Therapy uses specific wavelengths of

light energy to begin the healing processes. The therapeutic properties arise from focusing the machine's concentrated beam at a specific area of the body. Focused low intensity Concentrated Light has an extraordinary biological action: therapy begins with a series of reactions, which encourage the natural healing process at the cellular level. Studies indicate that it boosts the energy level of the cell membrane and this, in turn, helps quicken regeneration. Because they are able to penetrate more deeply into the body tissues, recovery is facilitated. Synthesis of new dermis is induced, as well as stimulation of collagen/elastic tissue. Circulation is boosted by increasing formation of new capillaries.

The unit does not give off heat because it uses photo energy. It is non-invasive. It works to heal skin damage naturally. It should be considered before considering more drastic forms of treatment, like plastic surgery, peels or toxic injections. Numerous studies throughout the world have indicated that the treatment is painless, safe and has had no reported side effects. It is easy to administer to the patient. With just some training, expertise can be achieved in a relatively short period of time.

WHAT YOU CAN EXPECT

Visiting a color therapist should be an enjoyable and relaxing experience. The treatment room should be warm and the chair or couch should be comfortable. The therapist should take your medical history, noting any drugs you may be on.

Unless you are seeking treatment for a psychological problem, you will probably be asked to don a robe. Or you may need to remove some clothing in order to expose certain areas of your body to colored lights.

Color therapists use a variety of techniques. Some shine beams of filtered light onto the part of the body being treated. Others use flashing colored lights. Still others shine a filtered and softened beam of colored light directly into the eyes. If the therapist prefers, colored silks may be used instead of lights. The diagnosis and method of treatment will determine the number of therapy sessions required.

CAUTIONS

- Never use color therapy instead of conventional care for serious ailments.
- If you suffer from epilepsy, use caution when looking at flashing lights.
- If you are receiving colored light therapy, avoid looking directly into the light source. Look at an object illuminated by the colored lights instead.
- If you are taking prescription drugs, read the warning label to make sure that no side effects are induced if your skin is exposed to bright light.



yellow, green, blue, indigo and violet. The effects of colors on our emotions has long been established: red has been regarded as fiery; orange: joyful; yellow: sunny; green: nurturing etc. White light, a combination of all of the visible colors, signifies purity and radiance, encompassing all the attributes of the others. Since light affects our emotions, which in turn affect our body chemistry, it is logical that light affects us physically, as well.

Different colors have different wavelengths of energy. When light hits the photoreceptor cells of the eye, the electric impulses travel to the brain and cause various chemical changes throughout the body. It is theorized that each color causes a different reaction within the brain. For example, there are "warm" colors like red, orange and yellow and "cool" colors like blue, indigo and violet. Green is seen as "neutral". And there is evidence that different light colors with their different wavelength frequencies have different effects on our body functions.

WHAT IS COLOR THERAPY?

Color therapy is the use of color in a variety of ways to promote health and healing. The different colors we see in the world around us are the result of the eye perceiving light vibrating at different frequencies. Sunlight, or full-spectrum light, holds all the wavelengths of color in the visible spectrum (red, orange, yellow, green, blue, indigo, violet, and magenta) as well as infrared and ultraviolet light, which cannot be seen. Used to treat both physical and emotional problems, color therapy may involve exposure to colored lights, massages using color-saturated oils, contemplating and visualizing colors, even wearing colored clothing and eating colored foods.

WHAT ARE THE BENEFITS OF LIGHT?

Since the dawn of time, all living things in earth have depended on light for growth, for food, for health, for safety, for physical and mental well-being. Our bodies depend on light to survive in a healthy way. It is vital to life and to our cells.

It is proven that light can change the chemistry of our bodies. "Concentrated Light" therapy makes the most of the light around us by focusing it into a gentle, but still concentrated beam. Concentrated Light is very directional. It is focused with a tight beam and has a very high energy level.

Concentrated Light utilizes the extraordinary powers of natural light and controls them. Although it has high energy, it can be made very intense or not intense depending on its use. It is based on the visible light - the light that our eyes can see - and the colors of the rainbow that make up that visible light. This is the light that has affected our bodies since the beginning of life on earth. Sun light without the UV secondary effects.

The visible spectrum of light includes the colors red, orange,

HISTORICAL AND SCIENTIFIC FACTS

Not surprisingly, color has played a role in healing for centuries. At the temple of Heliopolis in ancient Egypt, patients were treated in rooms specifically designed to break up the sun's rays into the colors of the spectrum. People also made regular pilgrimages to the Hanging Gardens of Babylon, one of the seven wonders of the world, to take advantage of the healing colors of the exotic plants and flowers found there. In India, practitioners of Ayurveda (now the oldest health-care system in the world), taught that specific colors corresponded with each of the seven chakras, the energy centers that represent organs, emotions, and aspects of the spirit. (Today Ayurvedic medicine continues to use color today to treat a wide range of mental and physical imbalances.)

It wasn't until the late 17th century, however, that modern-day color theory was born, when English philosopher and mathematician Sir Isaac Newton conducted his prism experiments and showed that light is truly a mixture of colors from the visible spectrum.

Although doctors used color to treat everything from psychological problems to smallpox over the next hundred years, interest in color's effects on healing didn't really pick up until 1878, when Dr. Edwin D. Babbitt published his book *Principles of Light and Color*. Here he described his work in chromatotherapy (healing with colored lights), suggesting it as a treatment for a variety of ailments, including burns, nervous excitability, and cold in the extremities.

Probably the most extensive and detailed work on colored light therapy, however, was done by Dr. Dinshah P. Ghadiali (1873-1966), a naturalized American from India, who had studied Babbitt's work. The doctor spent many years researching the effects of color on disease and developing colored filters. In 1920, he introduced a system of colored lights, which he sold under the name "Spectro-Chrome" lamps.