

RejuvaFresh

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This manual is for internal training purposes

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An **1**

7 in 1 Professional Hydro Dermabrasion Machine

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This expert machine thoroughly refreshes, revitalizes and nourishes your client's skin, revealing a brighter, healthier, younger looking facial complexion. Six treatment handles plus an LED light therapy mask work together to deep cleanse the skin, while delivering hydration and nourishment. Simple to set up and operate in your salon or spa (Figure 1.1).



Figure 1.1: 7 in 1 Professional Hydro Dermabrasion Machine

The machine could:

- Thoroughly deep cleanses the skin, while delivering hydration and nourishment
- Reduces the appearance of fine lines and wrinkles, with a plumping effect
- Unclogs pores, reducing congestion and acne
- Improves the appearance of acne scarring
- Shrinks apparent pore size
- Refines thickened skin
- Promotes collagen regeneration, strengthening and improving skin elasticity, promoting improved skin health
- Whitens the skin, helping it appear less yellow and dull
- Tightens pores, reducing sagging skin and increasing skin transparency
- Firms the facial complexion, reducing double chin
- LED light mask treats acne, regulates natural oil production, stimulates collagen and elastin, and reduces redness and wrinkles



Figure 1.2: Parts of the 7 in 1 Professional Hydro Dermabrasion Machine

The machine includes (Figure 1.2):

- 1 x Hydrogen Oxygen Cleansing Handle
- 1 x Skin Scrubber Handle
- 1 x Hydrogen Oxygen Hydration Handle
- 1 x Cold Hammer Repairing Handle
- 1 x RF Lifting Handle
- 1 x Ultrasonic Import Handle
- 1 x LED Light Therapy
- 1 x Power Cable
- 1 x Instructions Manual
- 1 x Packing Box
- 1 x Machine Main Unit

1.1 6 Handles and 1 mask

There are 6 handles and 1 mask included in the package. The first 4 handles are for cleansing and the last 2 and 1 mask is for improving the skin and correct the skin problems (Figure 1.3). **When you as a trainer explain each handles to clients, please follow the order of a spa session: first the face cleansing and then face improving session.**

Cleansing:

Normal skin-once every 4 weeks (Once a month);

Sensitive skin - once every 6 weeks;

Oily skin - once every 2 weeks.

Face improving: 2-3 times a week.

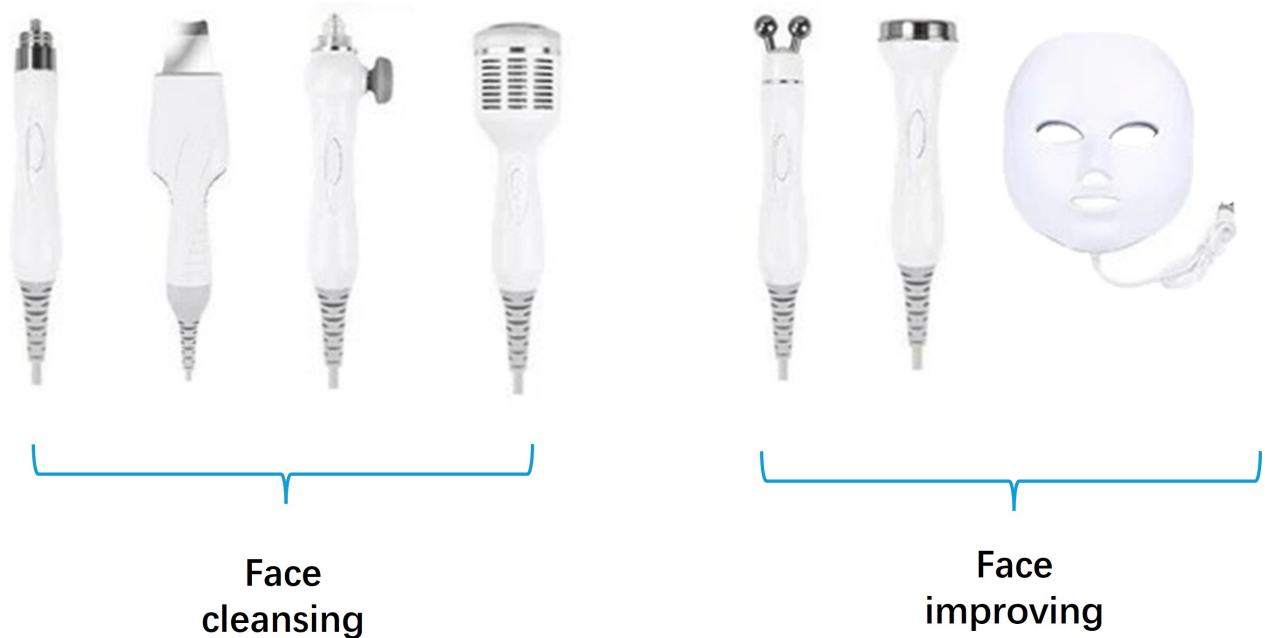


Figure 1.3: Handles and mask overview

1.2 Hydrogen Oxygen Cleansing Handle - Face cleansing

Hydrogen Oxygen Cleansing Handle cleans the pores, remove grease and blackheads (Figure 1.4).



Figure 1.4: Parts of the 7 in 1 Professional Hydro Dermabrasion Machine

1.2.1 How to use



Figure 1.5: Interface of the 7 in 1 Professional Hydro Dermabrasion Machine: Tap the left screen, the interface in the right appears.

A) There should be enough H_2O_2 in the Bottle D. Tap "H₂O₂" button on the screen (Figure 1.7) to activate the Hydrogen Oxygen water decomposition. The bottle A, B, or C could be filled with solutions or water, keep in mind which bottle contains what kind of solutions. You may label it on the bottle.

B) On the interface, when the power is on, the screen is like this on the left (Figure 1.5). When you tap the screen, the screen shows on the right (Figure 1.5). Select **Abrasion** (Figure 1.6). Remove makeup and clean the face. Twist the middle knob and select Solution Bottle A/B/C and wait for 3 minutes.

C) Adjust the vacuum suction and water flow (Figure 1.8), then proceed the treatment of the whole face for 10 minutes.

D) After the treatment, twist the middle knob (Figure 1.8) to select one bottle with water to clean the Hydrogen Oxygen Cleansing Handle. Twist the knob to maximize the water flow and then maximize suction. Turn ON the device,

E) Cover the handle with the lid to cover the Hydrogen Oxygen Cleansing Handle. This will allow the device to clean automatically.

F) Pay close attention to the waste bottle in the back. The screen interface (Figure 1.9) shows the waste bottle conditions too.



Figure 1.6: Abrasion icon of the interface screen



Figure 1.7: H₂O₂ icon of the interface screen

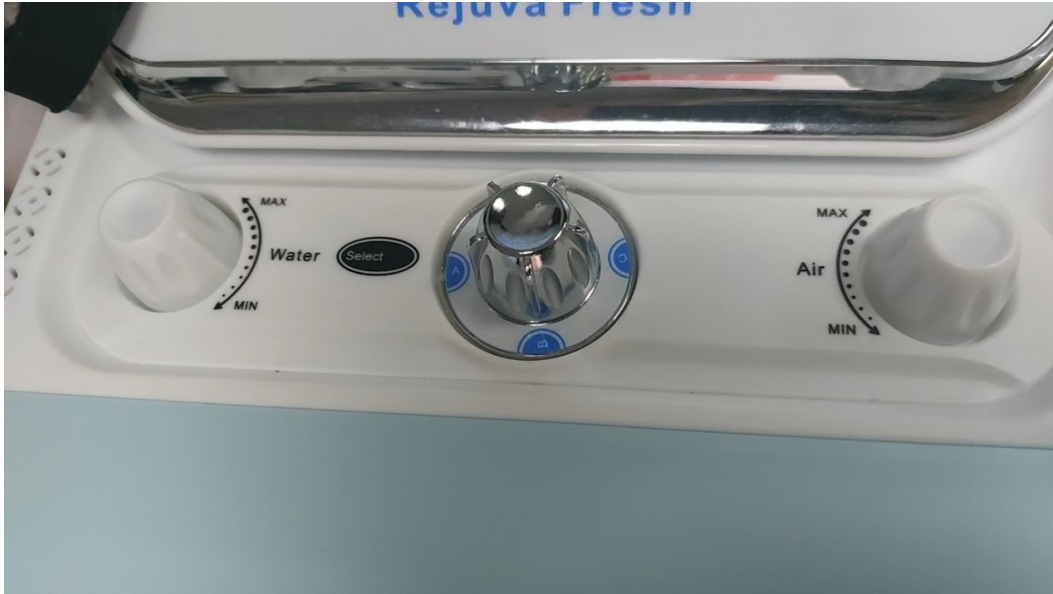


Figure 1.8: Knob of water, bottles selection, and vacuum air power



Figure 1.9: Waste bottle icon on the interface screen

1.2.2 Solution Bottles

Background knowledge

Alpha hydroxy acids (AHAs) are naturally-occurring organic acids present in many fruit and milk sugars. They have been used as superficial peeling agents as well as to ameliorate the appearance of keratoses and acne in dermatology [1]. **Many clients have questions concerning the differences between the content of the solution.** Tell them that the solutions differ in the concentration of natural acids extract from fruit, which are suitable for different skin types. For further explanation, please refer to the published literature reviews [1]. **There are side effects of this acid including swelling, burning, and pruritus,** but it should be treated with care according to skin types without much problem.

3 Bottle version

- Purifying Solution - Alpha hydroxy acids (AHAs) normal amount - Normal skin
- Moisturizing Solution - (AHAs) less amount - Dry/sensitive skin
- Exfoliating Solution - (AHAs) more - Oily skin

4 Bottle version

- Purifying Solution - (AHAs) relatively normal amount - Normal skin
- Revitalizing solution- (AHAs) less amount - Dry/sensitive skin
- Moisturizing Solution - (AHAs) less amount - Dry/sensitive skin
- Exfoliating Solution - (AHAs) more amount - Oily skin

1.2.3 How to clean

This handle uses a vacuum, and it sucks up dirt, grease, black heads, and dead skin. **This part must be carefully and thoroughly cleaned after every session!**

The following is how to clean this handle:

- A) Remove the wastewater from the waste bottle. Clean the bottle with water.
- B) Connect the abrasion to the water bottle (any solution bottle filled with water), turn the max of the water button (30s - 1min) (Figure 1.8).
- C) Cover the tip of the handle with hand, let the water flow to the tip to clean the handle head (Figure 1.10).
- D) Take off the cap of the abrasion. Use the brush to clean the cap (Figure 1.11).
- E) Put the cap in the alcohol (75%) for 5 -10 min and let it dry.

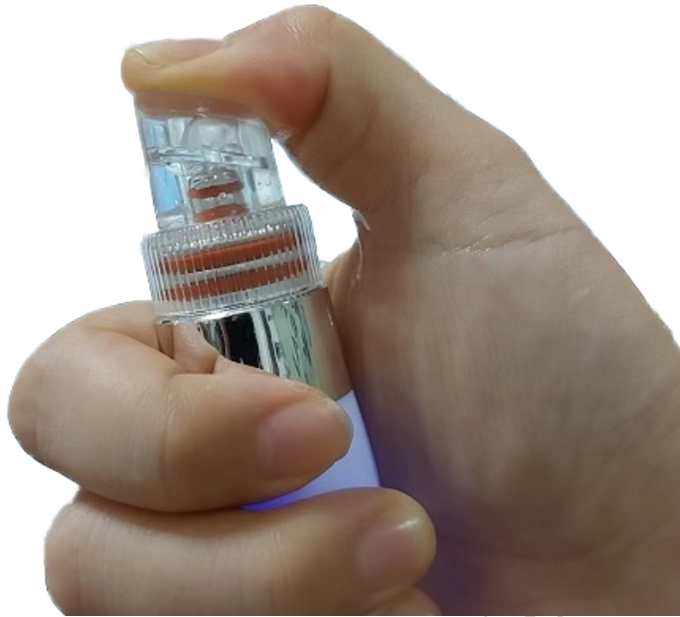


Figure 1.10: Clean the handle head via covering the tip



Figure 1.11: Clean the handle head via covering the tip

1.3 Skin Scrubber - Face cleansing

This skin scrubber gives high frequency vibration and remove the corner skin (Figure 1.12). It could be used together with wet cotton sheet or softening cream, cleansing mask.



Figure 1.12: Skin scrubber

1.3.1 How to use

A) On the interface, select Ultrasonic Skin Scrubber Handle (Figure 1.13). **Keep in mind, the other handle should be turned off.**

B) Adjust the working power and modes (Figure 1.14). The power should be between 3 and 8 (for normal skin 5 - 8; for sensitive skin 3 - 5). The mode could be **continuous** or **discontinuous**.

C) Clean the treatment area and sterilize the scrubber.



Figure 1.13: Skin scrubber icon

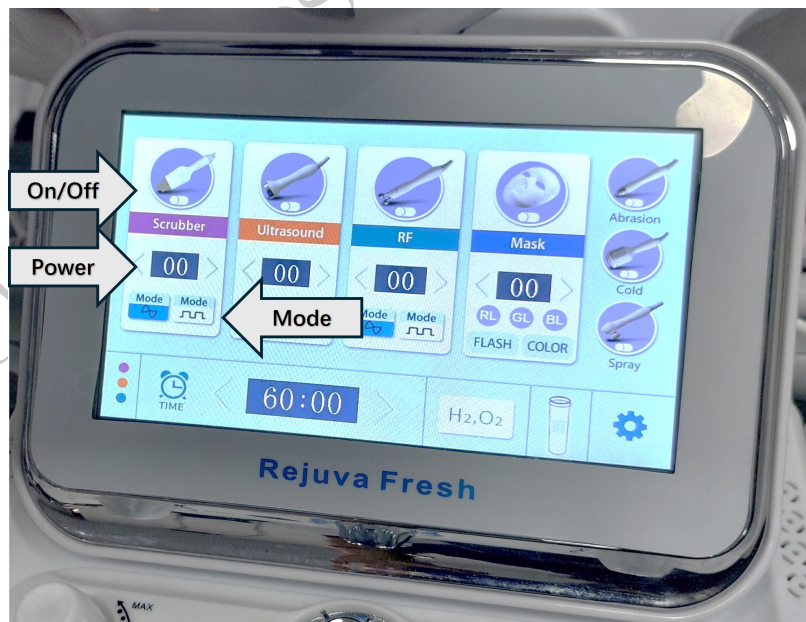


Figure 1.14: Skin scrubber On/Off, Power, and Mode

1.4 Hydrogen Oxygen Hydrating Handle - Face cleansing

Hydrogen Oxygen Hydrating Handle can moisturize the skin after the first two handle sessions (Figure 1.15). It could be used together with diluted essence or drinking water.



Figure 1.15: Hydrogen Oxygen Hydrating Handle

1.4.1 How to use

A) Fill the bottle of the Hydrogen Oxygen Hydrating Handle with diluted essence liquid. **Keep an eye on the concentration, the liquid should not be too thick, because it might block the machine pores. Strongly advise clients to use drinking water instead of essence liquid.**

B) On the interface, select Hydrogen Oxygen Hydrating Handle (Figure 1.16).

C) Use the handle on the treatment area (Figure 1.17).

D) Clean the handle



Figure 1.16: Icon of the interface of Hydrogen Oxygen Hydrating Handle



Figure 1.17: Position of the bottle during the treatment

1.4.2 How to clean

A) Take the spray bottle out of the machine. Use distilled water to clean the bottle if you use essence or solution other than water (Figure 1.18). Then put it back to the handle, turn the handle on.



Figure 1.18: Bottle of Hydrogen Oxygen Hydrating Handle

B) Check if the pore of the machine is blocked. If the pore is blocked, then there is no mist coming out of the handle. Use one supplement needle to make the pore open (Figure 1.19).



Figure 1.19: Use a needle to make the pore open

1.5 Cold Hammer Whitening - Face cleansing

1.5.1 Background knowledge

The cold hammer shrinks the pores and calm the redness and swelling due to the previous sessions (Figure 1.20). **It can be used together with gel or serum or sheet mask.** The skin at 5 °C slows down its metabolic rate, reduces the sensitivity of nerve endings, Thus play a role in inhibiting the pain and swelling from skin allergy. The temperature of 5 °C causes the blood vessels to constrict, resulting in pore constriction to improve the large pores and tighten the skin, thus smoothing out facial wrinkles and crow's feet.



Figure 1.20: Cold Hammer

- Shrink blood vessels, produce pore contraction, and greatly **reduce the pore size.**
- **Strengthen muscle fibers**, make skin firm and elastic, smooth wrinkles and crow's feet.
- Contraction of blood vessels, effectively reduce varicose veins, red tendons floating up, while the harmful waste of venous reflux is easier to be purified and detoxicated, and has a significant effect on the **minimize and elimination of age spots.**
- Reduce metabolic rate, inhibit and slow down cell activity, reduce peripheral nerve sensitivity and play a **calming and soothing role, reduce skin swelling and pain**, especially for allergic skin has a good effect.

1.5.2 How to use

- On the interface (Figure 1.21), select Cold Hammer Repairing Handle.
- Move the handle in contact with the skin and start the treatment.

C) Clean the hammer



Figure 1.21: Cold Hammer Interface

1.5.3 How to clean

There is an open ventilation area on the hammer, this place should not be covered or splashed with water. Use cotton wet pad soaked with bubbling water, wipe the surface of the hammer where get the direct contact with the clients. Then wipe this surface with 75% alcohol cotton pad.

1.6 2 Pole RF handle/Multipolar RF Lifting Handle - Face improving

1.6.1 Background knowledge

Radio Frequency (RF) **increases collagen fibers** and resident cells (fibroblasts and histiocytes) without originating any relevant macro - or microscopic alterations [2]. For further information, please refer to the study [2].

RF is a highly efficacious treatment with satisfactory comfort and safety that can be achieved with no downtime, and it is a non-invasive treatment for **fat reduction** or **facial contouring** [3]. For further information, please refer to the study [3].

Radiofrequency wave directly penetrates the skin, uses the resistance formed by the skin to produce energy, penetrates the epidermis, and directly acts on the dermis, making the temperature of the bottom layer of the skin rise instantaneously. **When the collagen tissue is heated up to 45°C - 60°C, which stimulate the continuous proliferation of collagen**, stimulate the growth of collagen fibers, and make the skin firmer and more elastic. At the same time, it can effectively accelerate the blood flow in fat cells, **release free fatty acids (ffa), thereby increasing the dissolution of superficial fat**, and achieve the purpose of tightening and lifting the sagging part of the body.

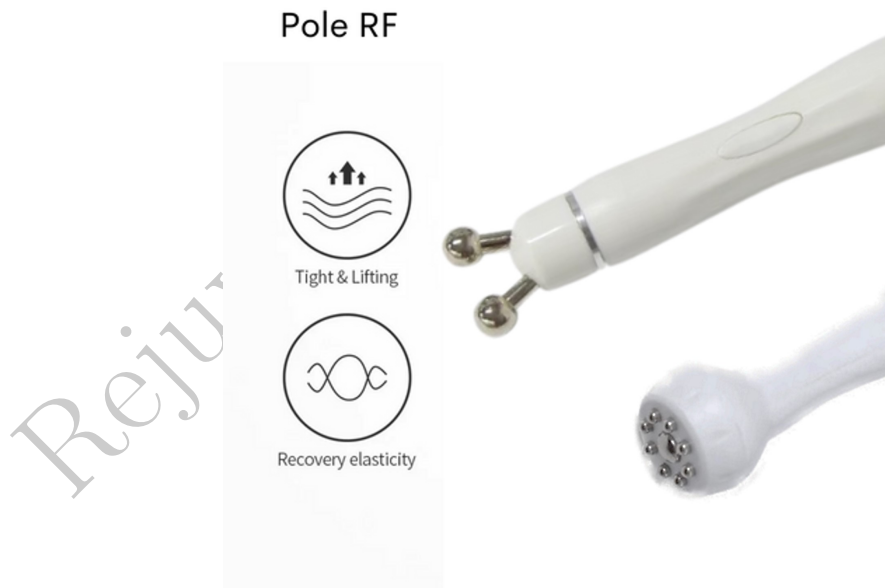


Figure 1.22: 2 Pole/Multipolar RF Lifting Handle

1.6.2 How to use

This handle is used together with face or body gel (Figure 1.23).



Figure 1.23: 2 Pole/Multipolar face and body gel

A) Clean the treatment area and apply gel on the treatment area.

B) On the interface, select RF (Figure 1.25).

C) Adjust the RF power level and modes. **Power is dependent on the machine**, 2 pole RF power range is between 0-10, multipolar power range is between 0-20 (Figure 1.24). For normal skin (2 pole: 5-7, multipole: 8-15), for sensitive skin (2 pole: 3-5, multipole: 5-10). Ask the client if he feels the warmth, this temperature is not from the skin surface, so the thermometer can not detect. The temperature should be around 45–60 °C to get the result. The mode could be **continuous** or **discontinuous**.

D) Move the handle close to the skin, tap RF on the screen, or press START button on the handle to start.

E) Move in circular motion, from down to up in circles at the neck. Each treatment area takes 10–15 minutes.

1.6.3 How to clean

Use cotton wet pad soaked with bubbling water, wipe the surface of pole where get the direct contact with the clients. Then wipe this surface with 75% alcohol cotton pad.



Power range: 0-10



Power range: 0-20

Figure 1.24: 2 Pole/Multipolar power range



Figure 1.25: RF interface

1.7 Ultrasonic Import - Face improving

Using the principle of high-frequency vibration, high-frequency vibration waves of 28,000 HZ/ s penetrate 4-6 mm into the subcutaneous tissue. Ultrasonic energy and strong permeability, can drive facial cells to vibrate, not only can it remove the pores of oil, but also change the volume of cells to **improve blood circulation**, and stimulate the ability of cell regeneration, making the skin shiny and elastic. Secondly, the heating effect caused by the principle of high-frequency vibration can quickly **introduce the beauty nutrient solution into the skin**, so that the skin can better absorb the nutrients in skin care products (Figure 1.26).



Figure 1.26: Ultrasonic Import

1.7.1 Background knowledge

This facial therapy promotes cellular renewal and repair, tones facial muscles, increases blood circulation, encourages lymphatic drainage, combats puffiness and swelling, and improves skin care product penetration.

The heat generated during ultrasonic treatment increases blood flow, nutrients, and oxygen supply to cells.

- Increased permeability of the cell membrane, resulting in better skincare product penetration into the deeper layers of the skin.

- Boost of micro-circulation and cell metabolism.
- Increased lymph flow due to the mechanical effect.
- PH normalization.
- Muscles are toned.
- Lines, acne, and scars are reduced.

1.7.2 How to use



Figure 1.27: Ultrasound Interface

This importer can be used together with product Essence.

- Clean the treatment area.
- Apply essence on the treatment area.
- On the interface, select Ultrasound icon (Figure 1.27).
- Adjust the power and modes. **Power range is 0-10**, normal skin 5-7, sensitive skin 3-5. The mode could be **continuous** or **discontinuous**.
- Move the handle close to the skin, tap Ultrasonic Import on the screen, then press START button on the handle to start.

F) Move slowly in circular motion along the contour lines of the treatment area for 5-8 minutes.

1.7.3 How to clean

Use cotton wet pad soaked with bubbling water, wipe the surface of pole where get the direct contact with the clients. Then wipe this surface with 75% alcohol cotton pad.

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1.8 LED Light Therapy Mask



Figure 1.28: LED Light Therapy Mask

This Mask gives out light in 7 different colors and brings the different skin effect to the clients (Figure 1.28).

1.8.1 Background knowledge

Using high-tech optical rejuvenation photo-dynamic principle, activate deep cells, let the skin better metabolism. After the light is absorbed by the skin, the light energy is converted into intracellular energy, which expands and strengthens micro-vessels and produces a photochemical reaction with the skin - enzymatic reaction, increases the synthesis of adenosine triphosphate (ATP), the source of cell energy, and adds the content of glycogen and protein, thus promoting cell metabolism and regeneration. Stimulate the secretion of synthetic fiber growth factor (BFGF) and epidermal growth factor (EGF), rearrange collagen fibers and elastic fibers, block and eliminate melanin formation, accelerate cell growth, accelerate blood circulation, increase skin elasticity, repair aging skin, sore skin, fade spots, lift firming, relieve sunburn and other care plays an important role.

Scientific evidence:

24-hour moisturizing lasting power and skin elasticity were increased significantly ($p < 0.05$). Expression wrinkles

around the eyes were significantly reduced ($p < 0.05$) after 1 week of use. It exerts an impact on the facial (cheek) lifting effect. Thus, proving that the light therapy LED sheet mask is also effective for skin improvement [4].

1.8.2 How to use



Figure 1.29: Put on a normal mask before the treatment



Figure 1.30: LED Light Therapy Mask Interface

A) Clean the face and cover the eyes with cotton pad, put on a normal mask sheet (Figure 1.29).

B) On the interface, select LED Light Therapy Mask (Figure 1.30). Adjust **power** and select the **COLOR**, or **FLASH** (automatically switch different colors), and press button on the icon to start the treatment. Suggested treatment time is 10–15 minutes.

Power range is from 0-10. For normal and sensitive skin: 5-10.



Figure 1.31: Mask Colors and Corresponding Functions

Color choice (Figure 1.31):

Red (630 nm)- Increase cell activity, speed up metabolism, and promote collagen formation.

Green (520 nm)- Neutralization, balance and stability, reduce skin oil secretion.

Blue (470 nm)- Bactericidal anti-inflammatory, inhibit inflammation, repair skin.

Yellow (Red+Green; 590 nm)- Improve cell oxygen exchange, replenish energy to skin cells.

Purple (Red+Blue)- Repair acne.

Cyan (Green+Blue)- Enhance cell energy and promotes metabolism.

White (Red+Green+Blue) -Improve fine lines and loose skin.

FLASH:

1 Red - 2 Green - 3 Blue - 4 Yellow (Red+Green) - 5 Purple (Red+Blue) - 6 Cyan (Green+Blue) - 7 White (Red+Green+Blue)

C) Clean the mask.

1.8.3 How to clean

Use cotton wet pad soaked with bubbling water, wipe the surface of pole where get the direct contact with the clients. Then wipe this surface with 75% alcohol cotton pad.

1.9 Supplement

Bottle, Rubber band (2x big, 2x small), fuse wire (250 v fuse wire)

1.10 Fuse

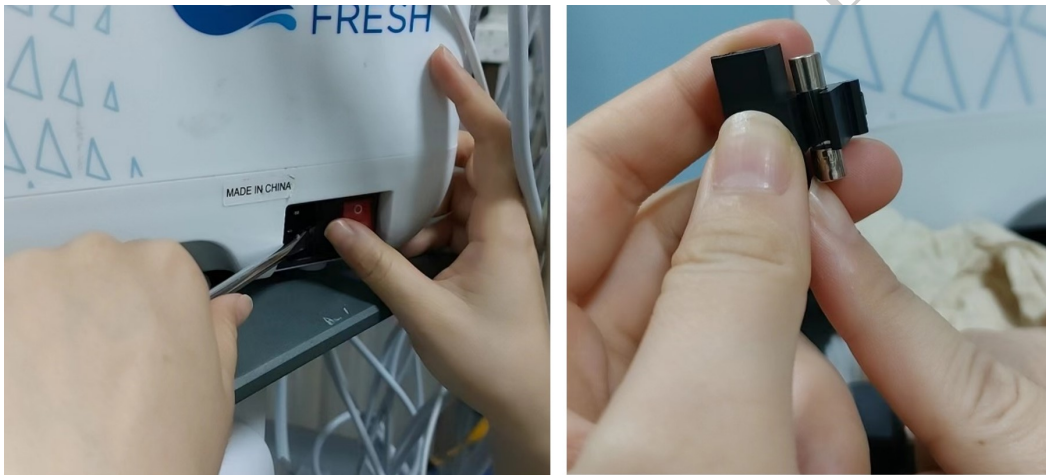


Figure 1.32: Replace the fuse

The fuse wire can be replaced with new ones in the supplementary materials. Use a screwdriver to open the fuse cabin near the power button (Figure 1.32), take out the fuse transporter and replace the broken one.

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