



## Healing Gems Microdermabrasion Helpful Hints

Microdermabrasion is a process whereby the outer dead layer of the skin is gently removed to reveal the newer, younger looking skin underneath. While your Artemis Woman microdermabrasion is much more gentle than professional units, please read your instruction manual thoroughly, and seek the advise of a physician if you have any serious questions.

### **Tips:**

You can use your microdermabrasion up to two times a week (once a week if you have sensitive skin). While you can exfoliate your skin up to 4 minutes per treatment, start with only a minute to see how your skin reacts.

The Healing Gems Microdermabrasion system was designed for most skin types. If you have problem skin, follow some helpful hints below. **If you have any serious questions or concerns, please consult your physician before using:**

- If you have **oily skin**, cleanse with your favorite cleanser after using the scrubs to remove excess oils from the skin.
- If you have **sensitive skin**, use the brush attachment as it is more gentle on the skin. Do not use the microdermabrasion more than once a week
- Do not exfoliate over inflamed skin including acne.

Place a towel around your neck and shoulders or wear a robe to protect your clothes as sometimes particles can fall off your face during the treatment

If the natural oils in the scrubs separate, just mix gently with your finger or spatula before using

If the scrubs harden, add a small amount of jojoba or sweet almond oil to soften

Once opened, keep the lids on tight and the jars upright so the natural oils don't leak

You can buy replacement scrubs on our website: [www.artemiswoman.com](http://www.artemiswoman.com)

Choose one gemstone scrub per treatment. Each gemstone has a different scent, color, and "energy" to match your mood and achieve balance. You can refer to our website for more detailed descriptions of each gemstone and their unique properties.

### **Pore Cleanser Tips:**

Use the pore cleanser attachment with the larger opening for the face and chin, the attachment with the smaller opening for the nose only. Use for no more than one minute on the nose, and 3-4 minutes on cheek and chin.

**Do not slide the unit with the pore cleanser attachment over the face as bruising can occur.** Gently place the cup on the skin for one second and lift using a slight twisting action. Do not hold on one place for more than a second or two.