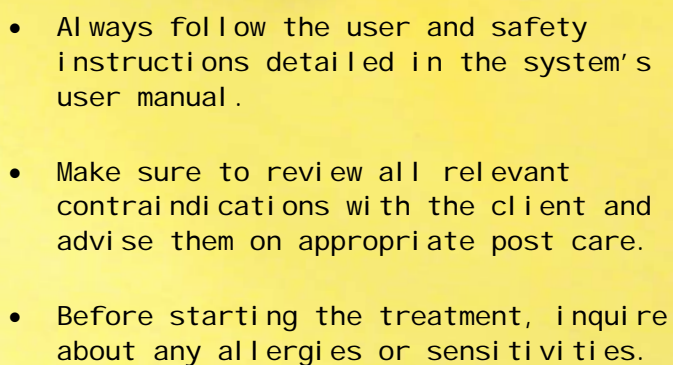


Pristine

Introduction

Our skin is composed of three layers: epidermis, dermis and subcutaneous layer. As we age, the skin, particularly around the face, begins to wrinkle as it loses its natural ability to retain moisture, production of new cells is inhibited and the dermis loses elasticity.

The Pristine™ is designed to improve the overall appearance and quality of the skin. Pristine™ works via a dual mechanism of exfoliation and vacuum. The mechanical exfoliation process produces superficial ablation removes the outer layer of the epidermis and encourages the production of new skin cells. The vacuum stimulates blood flow (delivery of oxygen and nutrients to cells), rebuilds collagen and elastin, and encourages lymphatic activity. In doing so, Pristine™ is able to treat the aging body and facial skin. Microdermabrasion is most effective for superficial skin conditions such as: mild photoaging, age spots, enlarged pores, superficial scars and acne (up to stage 3). Moreover, Pristine™ Microdermabrasion is perfect for pre-treatment for various aesthetic procedures.

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- Always follow the user and safety instructions detailed in the system's user manual.
 - Make sure to review all relevant contraindications with the client and advise them on appropriate post care.
 - Before starting the treatment, inquire about any allergies or sensitivities.

1. General Indications

- 1.1. Place one filter inside the filter housing, and screw it tightly.
- 1.2. Clean the treatment area well and make sure that the skin is dry.
- 1.3. Choose the desired diamond tip and place it onto the hand piece (placing the tip on the hand piece should be nice and easy – do not force it)
- 1.4. Set the treatment vacuum level by placing a finger over the hand piece opening and adjusting the vacuum.
- 1.5. Choose a pattern for working the entire face
- 1.6. Choose a beginning point, the order in which the treatment will be performed and an end point.
- 1.7. Using the non dominant hand, operators should stretch the skin to allow for more patient comfort as well as ease of movement.
 - a. At the end of each treatment, remove and discard the used filter disc.

2. Treatment Protocol - This section contains treatment indications for the following areas:

- (2.1) Face
- (2.2) Neck
- (2.3) Body
- (2.4) Lymphatic treatment

2.1. Facial Treatment (Figure 1)

- A. Recommended vacuum level for the face ranges between 0.2 - 0.4[bar] (depending on skin type and patient's tolerance).
- B. When treating sensitive areas such as around the eyes, a lower vacuum setting is advisable.
- C. While working through the selected pattern, pass over the treatment areas twice:
 - Initial pass is performed working from the mid face outwards with the direction of the lymphatic system.
 - Second pass is performed as a cross over the initial pass.
- D. Use Tip # 3b (125µm) for fine lines and nasal area. Use short strokes.
 - Operator may increase the vacuum level while working on the nasal area.
- E. Use Tip # 2a (100µm) for the eye area and work with short outward strokes.
 - Decrease vacuum intensity while working around the eyes and advise the client of heightened sensitivity.
- F. **Duration** – 10 to 20 minutes depending on the treatment intensity.

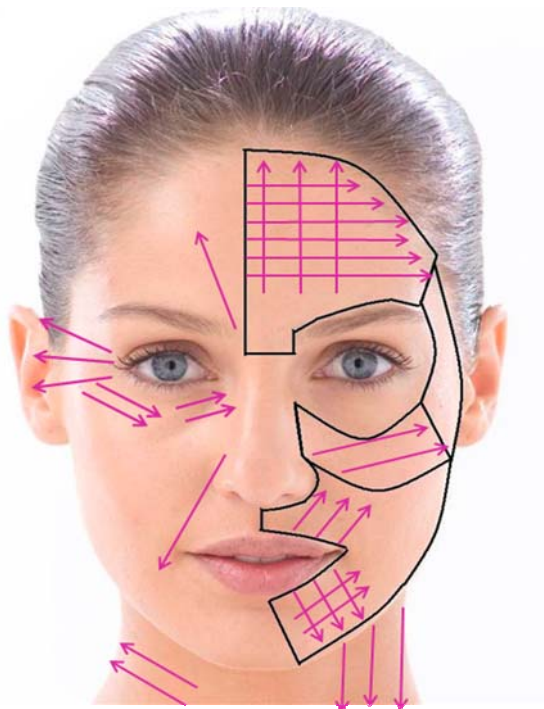


Figure 1 - Facial treatment pattern

2.2. Neck Treatment (Figure 1)

- A. Choose the coarseness of diamond Tip (Tip # 1S - 5S) according to the thickness of the skin.
- B. Place the neck in extension to enhance skin tension.
- C. Vertically orient all strokes when treating the neck.
- D. Do not exfoliate directly over the throat.
- E. Use smooth downwards strokes from the chin towards the chest to assist in lymphatic drainage.
- F. **Duration-** 5 to 10 minutes

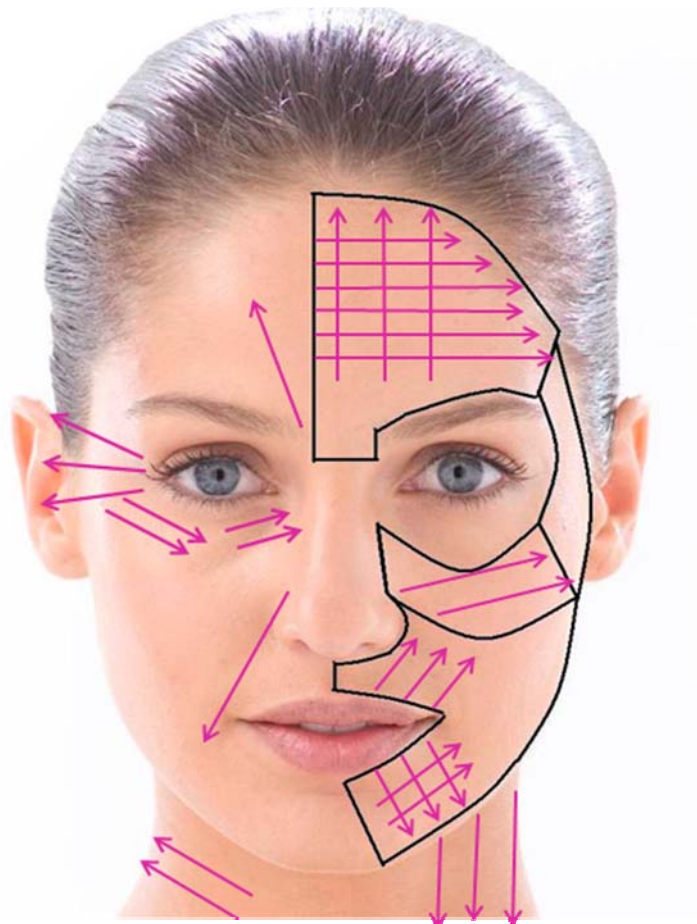


Figure 1 - Facial treatment pattern

2.3. Body Treatment (figure 2)

- A. Recommended vacuum level for body treatment ranges between 0.4-0.8[bar].
- B. Use Tip # 3d (170 μ m) for wider areas (thighs, abdomen and buttocks).
- C. Use Tip # 2c or 3b (125 μ m) for smaller areas as hands and scars.
- D. Pass over the treatment area several times with a criss cross pattern moving up and out.
- E. **Duration** – 10 to 15 minutes for each area



Figure 2 - Body treatment pattern

2.4. Lymphatic treatment

- A. The Pristine™ can be utilized for lymphatic treatments without exfoliation.
- B. Attach tip SM (smooth) to the hand piece.
- C. Adjust the Vacuum level to the minimum strength ~0.2 [bar].
- D. Pass over the face and decollete area with the direction of the lymphatic system (see Figure 3) with smooth long strokes.
- E. Begin at the neck area working from the chin downwards and from the mid chest outwards.
- F. Continue to the nose area, moving the hand piece down and out, gently over the jaw line.
- G. Progress onto the forehead and firmly pass over the forehead from the center outwards towards the hair line moving downwards by hair line border.
- H. From the eyebrow, use short, upwards strokes carefully avoiding the sensitive eyelid.
- I. Make gentle strokes below the eye area, carefully avoiding the eye sockets.
- J. Stretch the skin with the non dominant hand to avoid tugging on the skin by the vacuum.
- K. Use straight, downwards strokes following the curve of the nose and from the cheek bone towards the nose.
- L. Treatment may be repeated two or three times, as needed.
- M. **Duration** – 10 minutes

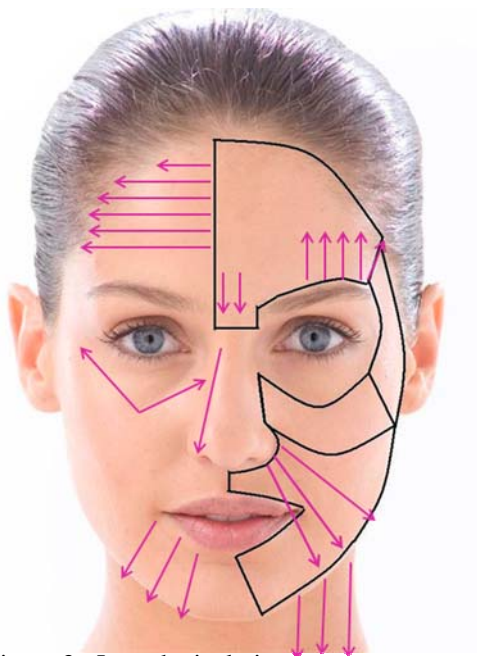


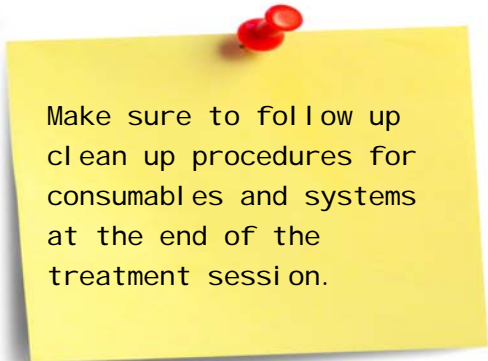
Figure 3 - Lymphatic drainage treatment pattern

3. Treatment Schedule

- Number of recommended treatments – 5 - 12 sessions (depending on the symptoms).
- Treatment Intervals – every 7 - 10 days
- Maintenance – every 6 months

4. General Comments / Tips

- Tips' coarseness range from most aggressive (tip 1S - 75 μm) to superficial (tip 5S - 300 μm).
- Match the treatment tip according to the thickness of the skin and the severity of the symptoms.
- Concentrate more on problematic areas (wrinkles, scars and age spots) with additional passes.
- Slight erythema (redness) is a good indication, which normally fades within several hours of treatment.
- Thicker skin can be treated more aggressively (increase passes on forehead, chin, and nose).
- Advise the client to avoid direct sun exposure and apply sun screen with high SPF.
- Treatment depth determined by: tip coarseness, vacuum intensity and number of passes over the treatment area (aggressive tips, higher vacuum and more passes achieve deeper exfoliation).
- PristineTM treatment can be combined with virtually any aesthetic procedure (peels, phototherapy, vitamin masks, etc) and provides an excellent base for introduction of materials or applications.



Make sure to follow up
clean up procedures for
consumables and systems
at the end of the
treatment session.

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