

## Microdermabrasion with Light Therapy

Plugs into the back of the Nue Skin 100 or Nue Skin 500 microdermabrasion unit. Just a touch of the switch you have 680- 880 nanometers (red and infrared lights) with a small wand or a large wand. The wand is placed directly on the skin and is moved slowly and gently, they may feel a slight warming. It's gentle and relaxing.

**Principles:** The feeling of the morning sun on your face, there are few things that feel better. Why? Not only do you feel the gentle warming from the infrared rays, but there are additional positive benefits, from the light, that you don't feel. We are all deficient. Living and working indoors fully clothed prevents our skin from absorbing sunlight's full spectrum of frequencies. Red and infrared frequencies are found in most abundance naturally at sunrise and sunset. Most of us are deficient in the red frequency. Infrared is the continuation of the red spectrum and it is a longer wave and therefore has the ability to penetrate deeper... this is not visible. Infrared has been used for over 30 years for pain and inflammation.

Lack of sunlight, seasonally, during the shorter days of winter, or spending more time inside during these cold months, will have a negative effect on your skin and your mood. This is the case when people spend extended periods of time in Outer Space. Your body needs these warming rays as well as the stimulating healing rays. NASA has developed a light source that duplicates these healing and stimulating rays and Skin for Life has incorporated them into our NUE WAVE unit.

The healing light waves are far gentler than those used by lasers. They will be most effective on skin that has been exfoliated by either microdermabrasion or chemical peel. They produce minimal heat and are incapable of causing thermal distress to the skin. The NASA developed treatment technique utilizes LED's or Light Emitting Diodes to produce these cool and healing rays. Unlike medical laser, the LED's promote growth of new skin and do not burn away tissue.

### Benefits:

- These treatments should be performed once a week in series of 6 to 8 treatments.
- Will enhance your microdermabrasion treatments.
- These healing light rays will promote collagen regeneration.
- Shorten wound healing time.
- Reduce fine lines and wrinkles.
- Increase cellular oxygenation.
- Minimize pigmentation and acne.

Using the NASA recommended wavelengths of 680, 730, and 880 nanometers the Nue Wave sends light waves gently through the epidermis to stimulate the dermal layer.

**Contra-indications:** Pregnant – Epilepsy – Cystic Acne – Open wounds  
Note: For any other special medical conditions or prescribed medications always have the client check with their physician.

### Caution:

- DO NOT look directly into the light.
- DO NOT use over the eyes. (cover with gauze or eye protectors)
- Cover the THYROID GLAND (center of neck)
- DO NOT USE DIRECTLY OVER THE THYROID GLAND. (cover with thick gauze)

### Treatment Protocol:

After Microdermabrasion treatment:

1. Cover eyes and throat with moisten gauze pads.
2. Select large wand or small wand.
3. Pulse is set for continuous speed for deeper penetration.
4. Intensity is set at the highest (8)
5. Desired time on area – full face 30-40 minutes.
6. Use circular movements and glide over the area of treatment.
7. Remember, do not work over the eye socket (eye area).



### Technical Parameters:

The infrared lights are not visible by the naked eye.  
Class 1 Light Energy Unit: 680-880 nanometers.  
Heads (1) Large 31 LED's and (1) Small 21 LED's  
Weight: 9 lbs, Size: 13" width 12" depth, 6" height in .back and 3" height in front.  
• Large head infrared lights 6 (center ring)  
• Small head infrared 8 (center ring)