*Derma*

# HYDRA-DERMABRASION

## TRAINING MANUAL




PREPARED BY
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# Contents

**PART 1- SAFETY & SET UP / MACHINE GUIDE**


**5** PRECAUTIONS
**8** INSTALLATION
**9** BOTTLE INSTALLATION
**10** BOTTLE WARNINGS
**11** AQUA PEEL MACHINE GUIDE
**13** OXYGEN MACHINE GUIDE
**14** ULTRASOUND MACHINE GUIDE
**15** HOT HAMMER MACHINE GUIDE
**16** CLEANSING SHOVEL MACHINE GUIDE
**17** RADIO FREQUENCY MACHINE GUIDE
**18** MICROIFT MACHINE GUIDE
**19** OXYGEN JET MACHINE GUIDE
**20** EMS MACHINE GUIDE
**21** COLD HEAT MACHINE GUIDE


**PART 2- CLINICAL USE / THERAPIST GUIDE**


**23** CONTRAINDICATIONS
**24** PERMAHYDRA PRE CARE
**25** PERMAHYDRA POST CARE
**27** AQUA PEEL
**28** OXYGEN
**29** ULTRASOUND
**31** HOT HAMMER
**32** CLEANSING SHOVEL
**33** RF
**34** MICROLIFT
**35** OXYGEN JET
**36** EMS
**37** COLD HEAT
**38** MORE ABOUT PERMAHYDRA
**42** IMPORTANT CONTACTS




# Notice

Your new Perma Hydra-Dermabrasion machine, must be used strictly adhering to the usage instructions in this manual. Any client reactions caused whilst not following this manuals strict guidelines, are the responsibilty of the clinician. Perma/ Optilight & your trainer Laserase Academy relinquishes responsibility if this manual is not followed.

Perma does not make any kind of gaurantee, and is not responsible for errors contained in this training manual. Perma also is not responsible for concequential damages resulting from the actual performance and use of this manual.

This manual contains proprietary information protected by patent laws and is copyrighted. No part of this manual may be photographed, copied, reproduced or translated into other languages without written consent.

# Guarantee

Perma & Optilight guarantees that the Hydra-Dermabrasion machine (except accessories) for 1 year from the date of shipment.

# User Manual

This user manual contains all general information relating to the Perma Hydra machine. This is the starting point for new users, however, it is intended for people who have gained a minimum of Level 3 in Anatomy & Physiology and have a strong understanding of the beauty industry.

# Safety & Setup


**5** PRECAUTIONS
**8** INSTALLATION
**9** BOTTLE INSTALLATION
**10** BOTTLE WARNINGS
**11** AQUA PEEL MACHINE GUIDE
**13** OXYGEN MACHINE GUIDE
**14** ULTRASOUND MACHINE GUIDE
**15** HOT HAMMER MACHINE GUIDE
**16** CLEANSING SHOVEL MACHINE GUIDE
**17** RADIO FREQUENCY MACHINE GUIDE
**18** MICROIFT MACHINE GUIDE
**19** OXYGEN JET MACHINE GUIDE
**20** EMS MACHINE GUIDE
**21** COLD HEAT MACHINE GUIDE




# Precautions

Before we begin we have a few things to consider...

1 - Please do not use parallel sockets. (Fire risk).

2- When replacing the fuse be sure to turn off the power switch. (Fire & electric shock risk).

3- A power supply of 220V+-22V or 50HZ+-1HZ and an effectively grounded socket must be used for the Perma Hydra.

4-Check the power cord is not damaged in anyway. (Fire & electric shock risk).

5-Do not bend or twist the power cord excessively. (Fire & electric shock hazard).

6-If any of the handpeices are dropped or damaged, please contact Perma.

7-Make sure your PermaHydra is always on a flat surface. Do not tilt the machine and avoid vibration.

8-Water should at no point enter the inside of the machine. Contact Perma if this is to happen.

9-The power plug must be turned off before moving the machine. Avoid lifting the machine with the handle, it can break.

10-Avoid vibration as much as possible when moving the Perma Hydra.

11-To ensure adequate air circulation and heat dissipation, a minimum of 5cm of space should be surrounding the machine.

12-Do not cover the machine with anything. This will prevent ventilatiion.

13-Avoid using the Perma Hydra in the following environments; places exposed to sunlight; high humidity environments; near water; places with vibrations or tilts; strong magnetic field environments; places where electromagnetic waves and impulse voltages occur; places where chemicals are stored or places with corrosive gas.

14-Do not place near radios, televisions, copiers or fax machines.

15-Do not use in conjuction with any machine using microwaves. This can cause mutual interference of instruments and cause misoperation.

**PRECAUTIONS BEFORE USE**



WARNING**:**

**1-** Be sure to **read** the instruction manual carefully and listen to your trainer before turning on the Perma Hydra. The operator must be familiar with the instruction manual and operation method.

2-The setting of the operating parameters shall be set under the guidance of professionals.



NOTICE:

3-Confirm whether the instrument is in normal operation before use.
4-Make sure the ground wire is connected correctly.
5-Please confirm that all the wires are connected correctly and are safe.
6-When the instruments are used together, full attention must be applied and they must be used correctly.

**PRECAUTIONS DURING USE**



WARNING:

1- If an abnormality occurs to a handpeice during treatment, remove the instrument from the client, witch off at the wall and discontinue use until the machine has been checked.



NOTICE:

2- During operation, it is necessary to constantly observe the condition of the instrument. Regularly check for any damage or corrosion to the handpeices.
3-The Perma Hydra must only be used by trained clinicians that have a solid understanding of beauty machines and have experience of working in a salon/clinic. It is also necessary to have a minimum of Level 3 in Anatomy and Physiology.

**PRECAUTIONS AFTER USE**



NOTICE:

1- After use, the handle must be placed back in the control handle holder.
2-After using the operating handle, the probe should be thoroughly cleaned with disinfectant.

**POSSIBLE FAULTS**



WARNING:

1-Do not use the machine if you smell smoke or burning. Turn off at the wall immediately and discontinue use until Perma electricians have checked the device.

2-The inside of the Perma Hydra must never be opened by anyone, other than the Perma engineers.



NOTICE:

3-Handpieces and components must be checked regularly.
4-Do not use cleaning equiptment that can damage the protective coating of the handpieces such as a broom, brushes etc.
5-If the Perma Hydra is sat idle for 2 weeks or more, it must be checked before use.

# Installation

The basics...

Main Screen
10.1 inch HD display



# Bottle Installation

1 - Unpack and inspect

- Carefully take out the bottled and accessories from the packaging box (save packaging materials for future transportation & storage.
- Check that you have all of the accessories according to the packing list.
- Check for any damage to any bottles or accessories.

Any issues or questions relating to this stage, please contact Perma.

2- Ensure that the room is well ventilated and at a temperature of between 5 degrees and 40 degrees C. Also ensure the Perma Hydra is not in direct sunlight.



NOTICE:

- When removing the bottle, pull down.
- Push upwards when replacing.

# Bottle Warnings

**MOVING THE PERMAHYDRA**

Please pour out the liquid in bottles A, B, C & D and the waste liquid when moving the PermaHydra. This is to avoid liquid entering the machine and causing damage internally.

**LIQUID BOTTLE ICON**

**During use, the liquid bottle icon on the interface may flash.**

When it flashes, please pour out the waste liquid from the waste liquid bottle and then reinstall into the machine.



# Aqua Peel

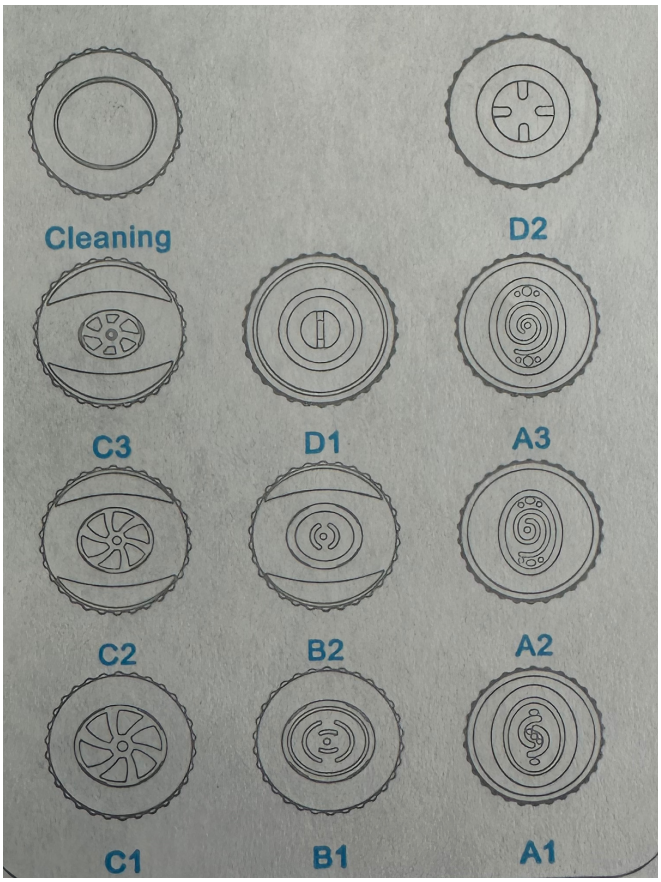
**HANDLE 1**

**USED FOR:**
**Deep cleaning and for purifying the face.**

The aqua peel head is used during the cleansing phase to deep clean the skin and remove dead skin cells, excess oil & impurities more effectively than traditional cleansing methods.

1- Choose an appropriate Aqua Peel head according to the clients skin type.





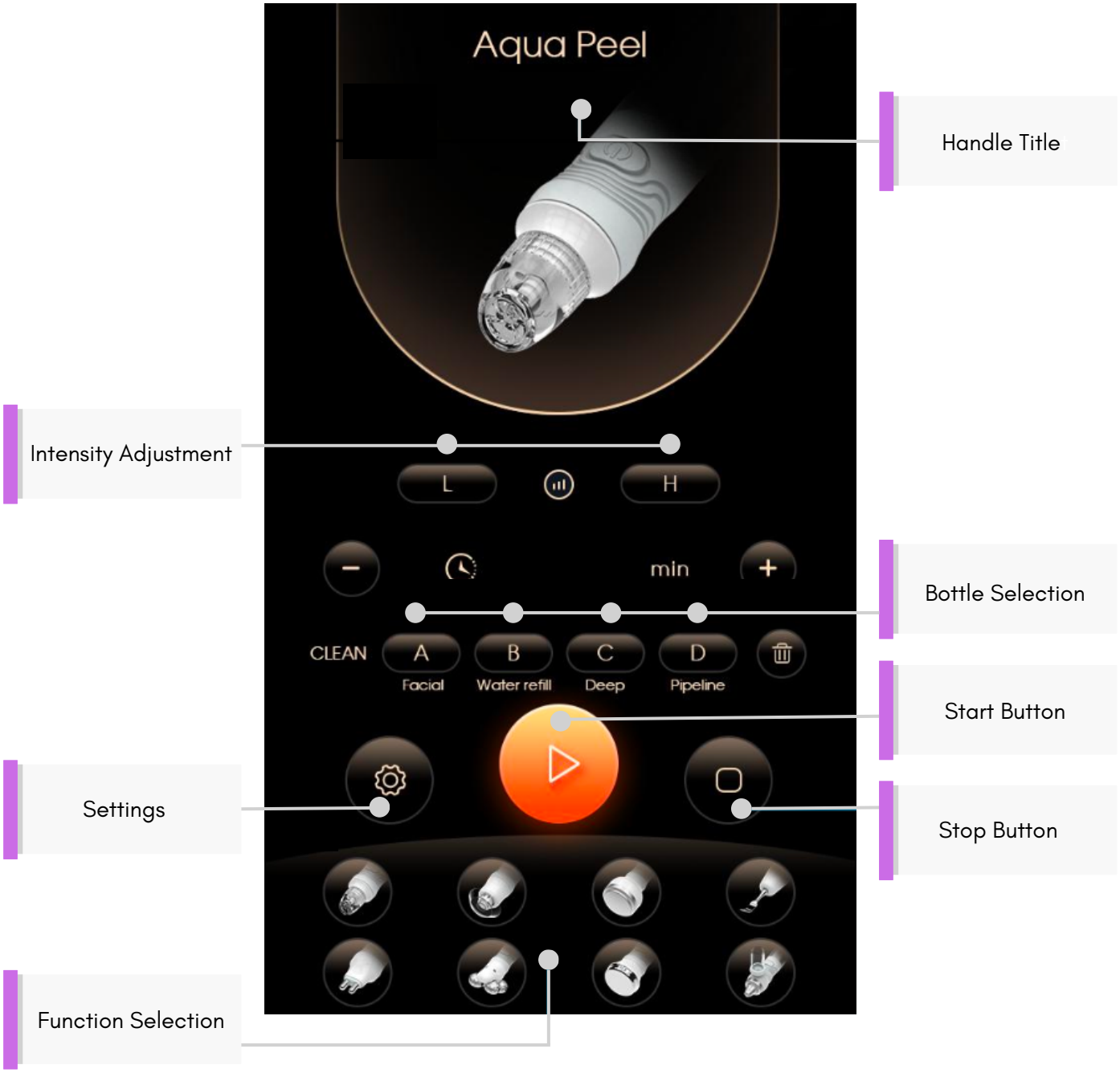

A- Normal Skin
B- Skin with large pores
C- Oily Skin
D- Pipeline cleaning

2- Choose which liquid you would like by selecting bottle A, B, C or D from the screen.

A- AHA
B- BHA
C- Calming toning essence
D- Pipeclean (dettol)

3- Adjust intensity & water flow.

Clean the face for 10 minutes.




Go to the '**Aqua Peel**' section in the **Therapist Guide** (Section 2) to find out how to use it.

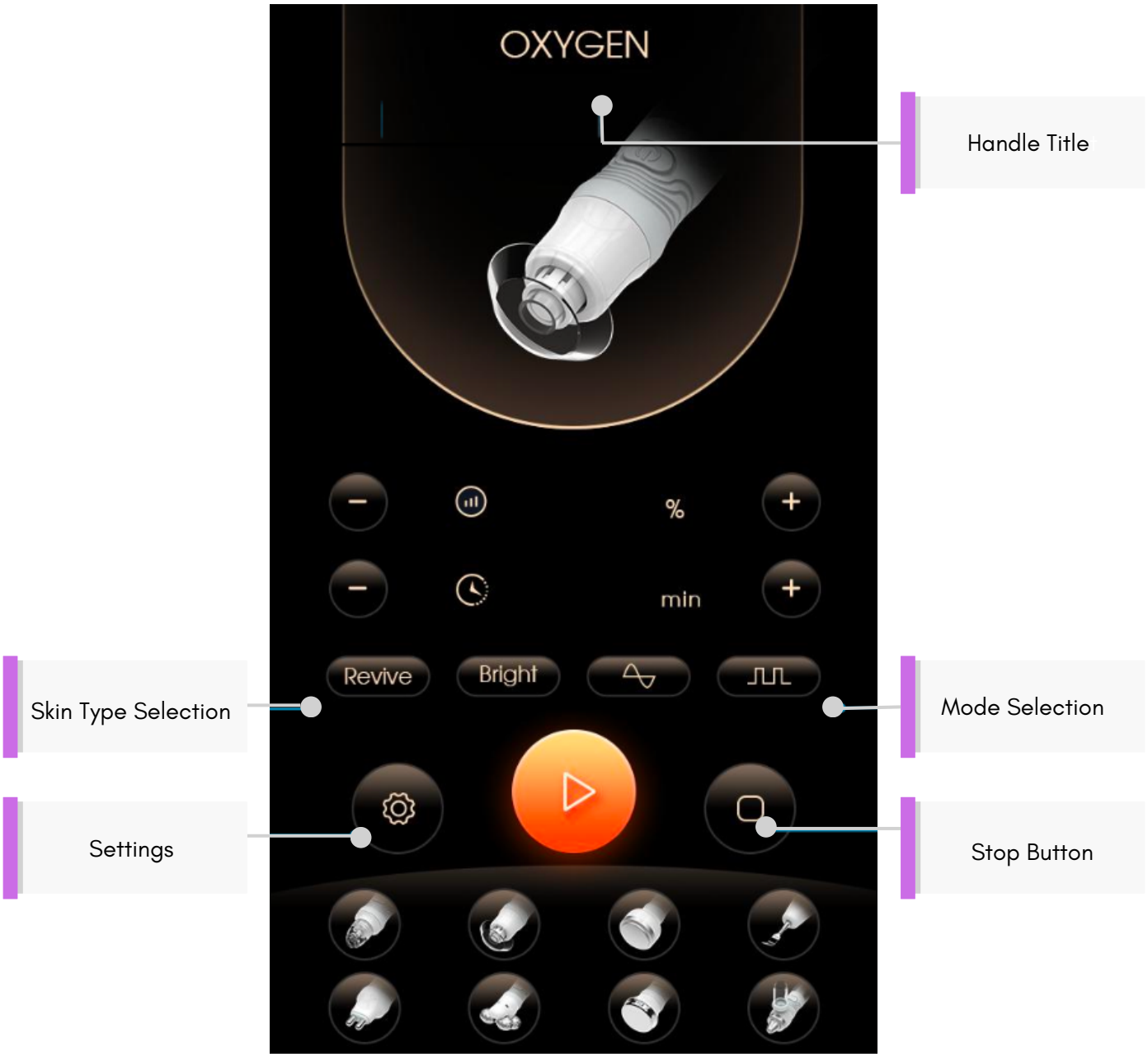
# Oxygen

**HANDLE 2**

**USED FOR: Exfoliating and smoothing the skin.**

**Insert a fresh tablet to the oxygen head for every client.**

1- Align Oxygen to the operating area, press the button and handle to start.




Please go to **Oxygen** section in the **Therapists Guide** (Section 2) for a treatment guide.

# Ultrasound

**HANDLE 3**

**USED FOR:**
**Warming up the skin ready for extraction.**
**Opening the skin barrier to help products absorb more efficiently.**




Handle Title

Decrease Power

Increase Power

Decrease Timer

Increase Timer

Mode Selection

Settings

Stop Button

Clean the area before use.

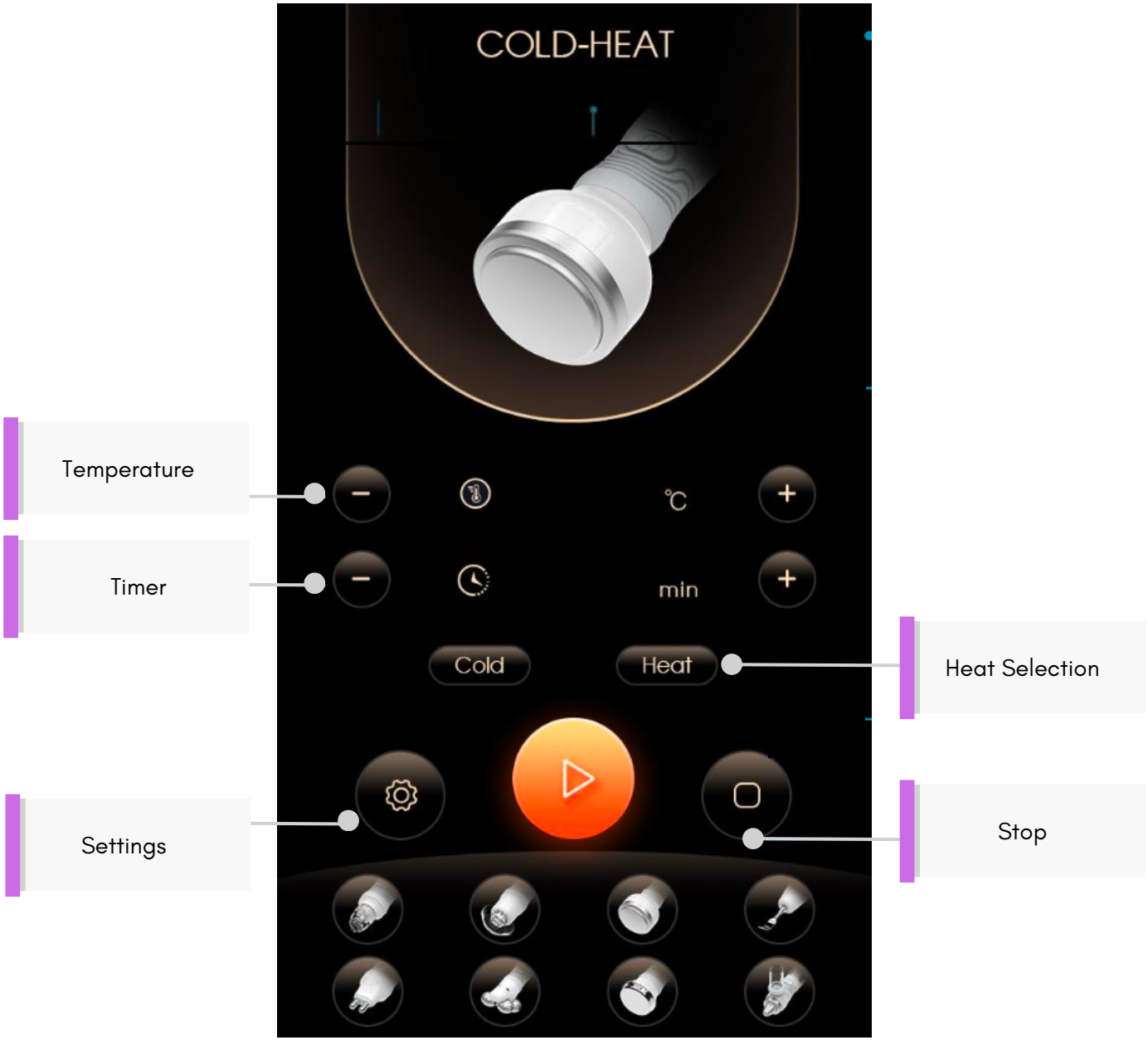
For how to treat with the ultrasound tool, please go to the **ultrasound s**ection of the **therapists guide** in section 2.

# Hot Hammer

**HANDLE 4**

**USED FOR:**
**Heating the skin, stimulating circulation, softening and opening the pores.**
**Also for client relaxation**

When wanting to use the hot hammer, select the 'cold hammer' screen. this will enable you to select the hot hammer.



# Cleansing Shovel

**HANDLE 5**

**USED FOR:**
**Exfoliating the skin, extraction and loosening and removing sebum/ dead skin and blackheads.**




Handle Title

Power Selection

Time Selection

Mode Selection

Settings

Stop Button

# Radio Frequency

**HANDLE 6**

**USED FOR:**
**Tightening and improving skin elasticity.**
**Stimulates Collagen production.**




Handle Title

Power

Time

Continuous

Pulsed

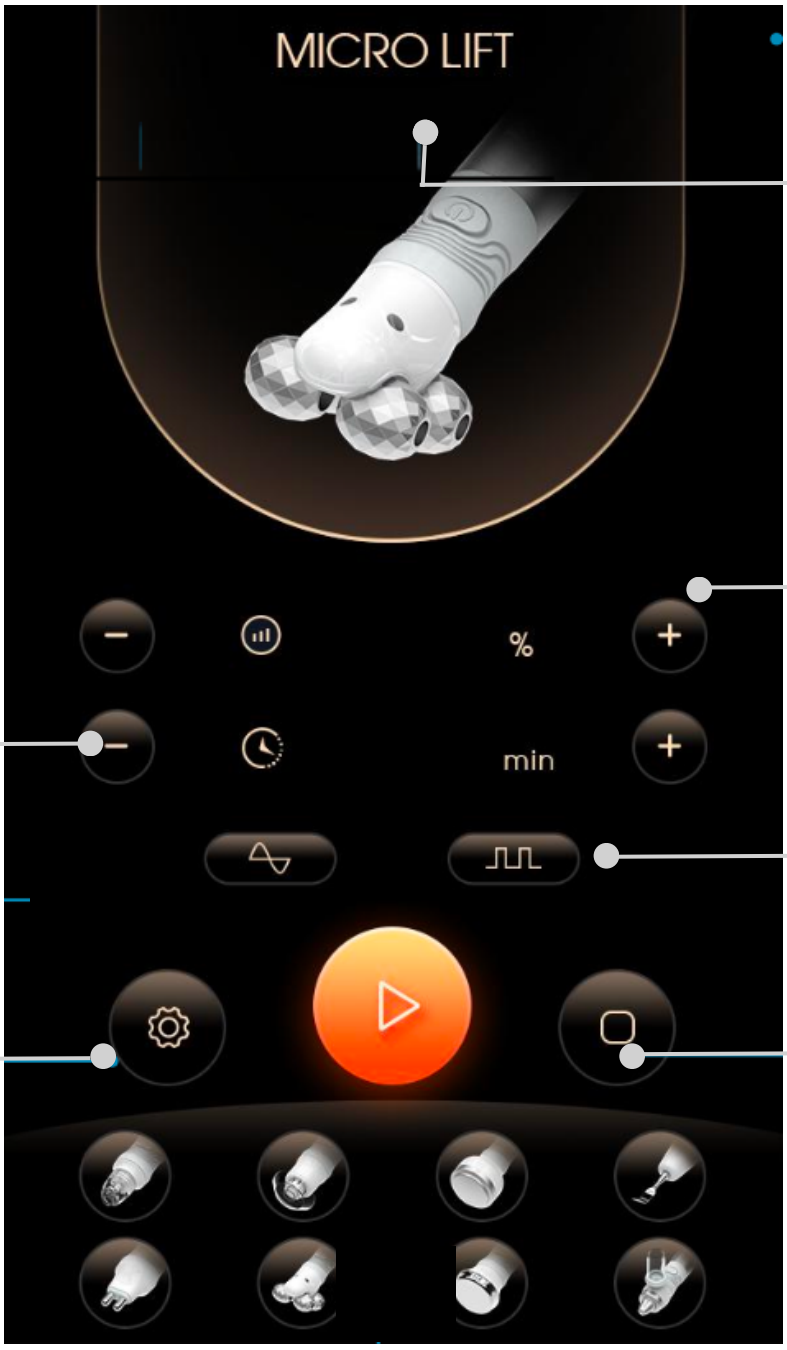
Settings

Stop Button

# Microlift

**HANDLE 7**

**USED FOR:**
**Stimulates Muscles**
**Tones and Lifts**




Handle Title

Intensity

Time

Pulse Width

Settings

Stop Button

# Oxygen Jet

**HANDLE 8**

**USED FOR:**
**Infusing Skin with Serum**
**Improving circulation.**




Clean

Power

Time

Fluid level

Fluid Control

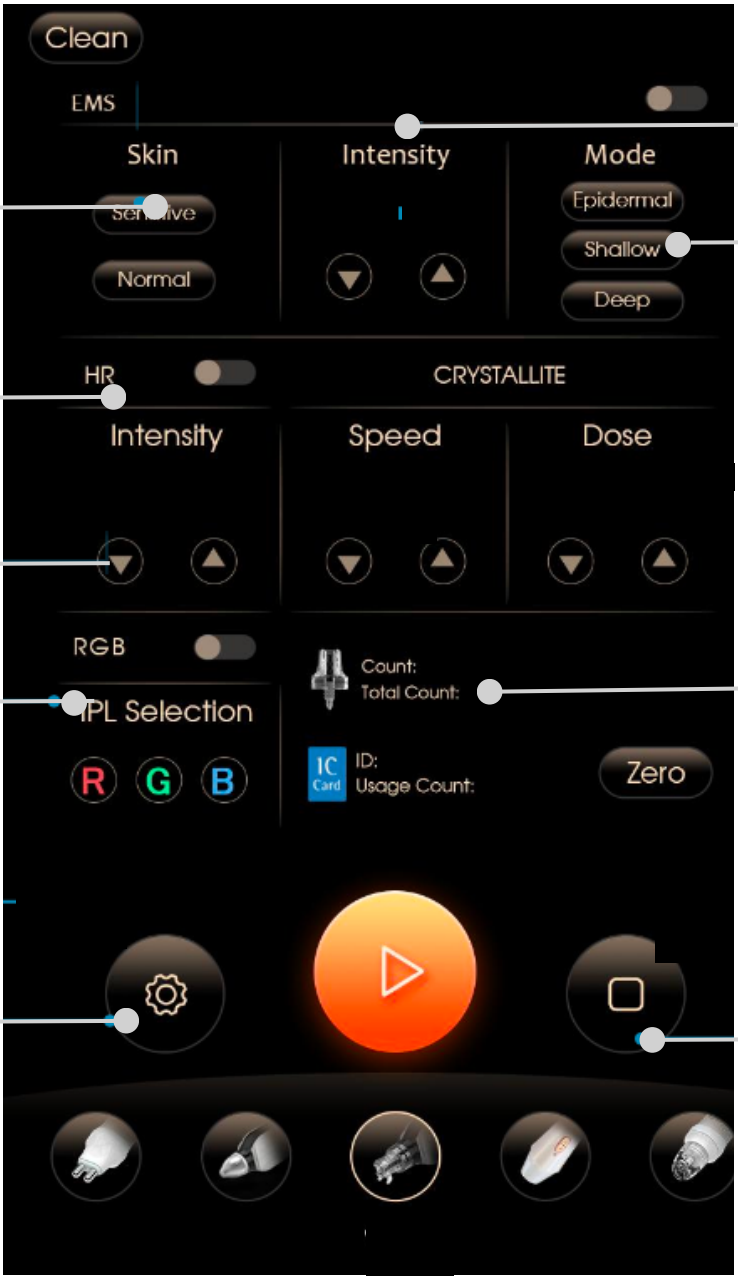
Settings

Stop Button

# EMS

**HANDLE 9**

**USED FOR:**
**Electrical Muscle Stimulation.**
**Tones facial muscles and promotes a contoured appearance.**




Clean

Skin Sensitivity

RF on/off

Intensity of RF

Colour selection

Settings

Intensity of EMS

Depth

Puncture count

Stop

# Cold Heat

**HANDLE 10**

**USED FOR:**
**Reducing inflammation, tightening pores.**




Photo

Temperature

Time

Cold Selection

Settings

Stop

# In Clinic Use

**PART 2- CLINICAL USE / THERAPIST GUIDE**


**23** CONTRAINDICATIONS
**24** PERMAHYDRA PRE CARE
**25** PERMAHYDRA POST CARE
**27** AQUA PEEL
**28** OXYGEN
**29** ULTRASOUND
**31** HOT HAMMER
**32** CLEANSING SHOVEL
**33** RF
**34** MICROLIFT
**35** OXYGEN JET
**36** EMS
**37** COLD HEAT
**38** MORE ABOUT PERMAHYDRA
**42** IMPORTANT CONTACTS






# Contraindications

You cannot receive treatment with the PermaHydra if you have any of the following;

- Active Cancer
- Botox within one week
- Breatfeeding
- Pregnant
- Fillers in the last 2 weeks
- Laser treatment in the last 3 weeks (or when any swelling has gone down)
- Been on Accutane in the last year
- Allergic to Vitamin C
- Active Sunburn
- Cold Sore
- Shellfish Allergy

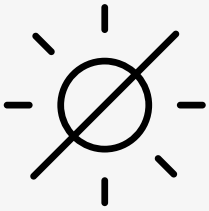
You MAY not be able to receive treatment with the PermaHydra if you have the following;

- Autoimmune condition
- Urinary Tract Infection
- Taking anticoagulants
- Taking Fish oils
- Using retinol
- Topical Steroids
- Antibiotics
- Epilepsy
- A rash

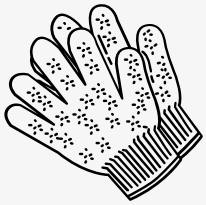
Please disclose if you have any of the above to your therapist.

# PermaHydra Pre Care

Preparing your skin properly before a PermaHydra treatment can enhance the results.



**Avoid Sun Exposure**
Avoid Sun Exposure & Sunbeds a few days before treatment. Sunburn't skin can be more sensitive during a PermaHydra.



**Discontinue Exfoliation**
Refrain from using harsh exfoliants , retinoids or products containing AHAa/ BHAs in the days leading up to treatment to avoid potential irritation.



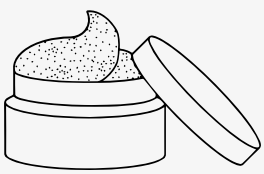
**Stay Hydrated**
Drink plenty of water leading up to your treatment to ensure your skin is hydrated. This can improve the effectiveness of treatment.



**Avoid Waxing**
Refrain from waxing and depilatory creams in the area a few days before treatment to prevent skin irritation.



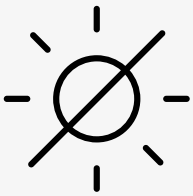
**Facial Cleansing**
Gently cleanse your face with a. mild cleanser the day of your treatment to remove any makeup, dirt or impurities. Avoid makeup before treatment.



**Avoid Skin Irritants**
Avoid using any harsh or irritating skincare products such as scrubs, astringents or products with strong fragrance before your appointment.

# PermaHydra Post Care

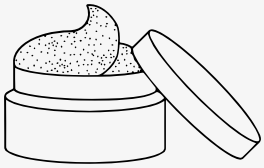
Proper post care after a PermaHydra treatment is crucial for maintaining and maximising the results.



**Avoid Sun Exposure**
After treatment it is important to protect your skin from sun exposure. Use a minimum of SPF 30.



**Stay Hydrated**
Drink plenty of water to keep your skin hydrated from within. Moisturize your skin as needed with a gentle, non-comedogenic moisturizer.



**Avoid Harsh Products**
Refrain from using harsh exfoliants or retinoids. Skin may be more sensitive for a few days.



**Avoid Heavy Makeup**
Try to avoid heavy makeup or skincare products for at least the rest of the day to allow your skin to breathe and recover.



**Do NOT touch your Face**
Avoid touching or picking your skin after your treatment to reduce the chance of introducimng bacteria and causing irritation to the skin.



**Skip Intense Exercise**
It is best to avoid intense physical activities, sweating, saunas or hot showers for the rest of the day to allow your skin to calm down.

Remember to book your follow up appointment and report any adverse reactions to your therapist post treatment.

# Treatment Order

Cleanse

Steam the Skin

Hydra Step 1- Aqua Peel

Hydra Step 2- Oxygen with tablet (Exfoliate)

Hydra Step 3- Ultrasoundt (Loosen Debris)

Hydra Step 4- Hot Hammer (Open Pores)

Hydra Step 5- Shovel (Extraction)

Hydra Step 6- RF (Collagen Production)

Hydra Step 7- Microlift (Toning & Lifting)

Hydra Step 8- Oxygen Jet (Push Serum in Skin)

Hydra Step 9- EMS (Push Products/ Lymphatic Drainage)

Hydra Step 10- Cold Heat (Close Pores)

Cleanse

Moisturiser (Hydration)

SPF (Protection)

# Aqua Peel

After double cleansing the face (to ensure that makeup, dirt and oil is removed), attach the appropriate aqua peel head to the PermaHydra.

Gently glide across the face to exfoliate, cleanse and hydrate the skin.

Pay particular attention to areas of concern such as the T-Zone for for oil and congestion or areas with hyperpigmentation.

1- Start with the forehead, place the head flat against the skin.

2- Use smooth controlled movements, moving the head in horizontal strokes on the forehead.

3- Next, move to the cheeks. Continue to use the same smooth and controlled horizontal strokes on each cheek. Work from the center of the face outwards.

4- Now address the nose and chin. Move the Aqua Peel head in vertical or diagonal movements to ensure thorough coverage and effective exfoliation and extraction in these regions.

5- Pay extra attention to problem areas. Problematic areas like the T-Zone where oil and congestion are common may need extra attention. You can adjust the speed of movement and pressure applied to cater to the specific needs of these areas.

6- Repeat as needed.

7- Be cautious and gentle on delicate areas like the eyes and lips. Treat very lightly to avoid discomfort and irritation.

8- Finish with neck and decolletage (if you choose to treat these areas too). Treating the decollatage area provides comprehensive skin rejuvenation.

Remember to always check in with the client to ensure the pressure is comfortable for them.

After cleansing the whole face, click bottle D to clean the Aqua Peel Pipe with the supplied cap. The instrument with automatically clean the pipe.

When the entire bottle of solution is used up, bottles A, B, C must be filled with warm water and cleaned again to prevent pipe blockage.



# Oxygen



1- Attach a fresh tablet to the Oxygen handle.

2- Pour serum into a bowl.

3- Spread serum over the face with a brush.

4- Align Oxygen to the operating area, press the button and handle to start.



# Ultrasound

Ultrasound technology can be used in conjunction with the HydraFacial to enhance the overall results.

It can;
improve overall skin health
stimulate collagen production
Enhance product penetration
Promote a radient complexion
Calms inflammation

1- Apply a layer of ultrasound gel to the clients skin in the area that the ultrasound therapy will be performed.

2- Adjust the ultrasound device settings, including intensity and frequency, based on the clients skin type, sensitivity and treatment goals.

| | |
|---|---|
| NORMAL SKIN | Frequency: Moderate frequency 1-3 MHz<br>Intensity: Low- Medium intensity |
| SENSITIVE SKIN | Frequency: 1 MHs<br>Intensity: Low |
| ACNE- PRONE SKIN | Frequency: 1 MHz<br>Intensity: Low |
| DRY SKIN | Frequency: 1-3 MHz<br>Intensity: Low |
| OILY/ COMBINATION SKIN | Frequency: 1-2 MHz<br>Intensity: Low- Medium |
| PIGMENTATED SKIN | Frequency: 1 MHz<br>Intensity: Low |



# Ultrasound 2

3- Gently glide the ultrasound prove over the clients skin using circular or sweeping motions.

Ensure even coverage of the treatment area and maintain constant contact with the skin to facilitate the transmission of ultrasound waves.

4- focus the ultrasound treatment on specific areas of concern such as fine lines, wrinles or areas requiring extra firming or toning.



Q&A's With LaserASE

What does the ultrasound gel do?

Helps the probe glide.

# Hot Hammer

The hot hammer, also called the warm therapy hammer is used mainly to open the pores.

1- Press the button on the Hot Hammer to bring up the menu page.

2- Select the temperature button and select a temperature of up to 42 degrees- whatever the client is comfortable with. Most clients like a temperature of around 38 degrees.

3- Gently glide the hot hammer over the skin in slow circular motions.

Avoid applying excess pressure or leaving the hot hammer in an area for to long.

4- Focus on the areas of the face and neck that heat therapy can be beneficial such as;

- Forehead
- Cheeks
- Jawline




What  is the maximum temperature this tool should be used on?

42 Degrees

# Cleansing Shovel



Also called a cleansing blade, is used for exfoliation of the skin and also extraction.

After steaming the face to open the pores you can use the blade to help extract blackheads.

Hold the tool at an angle and gently scrape it across the skin in upwards motions.

Use light pressure to avoid skin trauma.



For blackheads;

- Gently and carefully glide the shovel tool across the blackhead, applying slight pressure to coax the hardened sebum plug out of the pore. Be patient and avoid aggressive movements.



For Whiteheads;

- Gently glide the shovel tool across the whitehead with controlled pressure to encourage the plug to come out of the pore. Avoid squeezing or pinching the skin forcefully.

Q&A's With LaserASE

What can the cleansing shovel be used on?

Blackheads, whiteheads & other impurities

# Radio Frequency

**USING RF AFTER EXTRACTION**

RF after the extraction stage can enable deeper penetration of serums and enhanses skin hydration.

**Application of Radio Frequency**
- Use the RF handpiece to deliver controlled thermal energy to the skin.

Gently pass the RF device over the treatment areas, ensuring even coverage and avoiding overlapping passes.

**Adjust Settings**
- Adjust the RF settings based on the client's skin type, concerns, and desired outcomes. Monitor the client's comfort level and skin response throughout the RF treatment.

**Massage and Smooth**
- Incorporate massage or smoothing motions with the RF handpiece to distribute the thermal energy evenly and enhance lymphatic drainage and circulation.

**Targeted Treatment**
- Focus the RF treatment on specific concerns such as fine lines, wrinkles, sagging skin, or overall skin tightening as needed for each client.

Use a **CONDUCTIVE GEL** on the skin such as Ultrasound Gel

# Microlift



Microcurrent, often referred to as microcurrent lift, is a non-invasive skin treatment that uses low-level electrical currents to stimulate facial muscles, tighten and tone the skin, and promote collagen production.

1- Prepare the skin for microcurrent application by ensuring it is clean.

2- Apply a conductive gel or serum on the skin to ensure proper conductivity and maximize the effects of the microcurrent.

3 - Set the microcurrent device to the appropriate intensity levels based on the client's comfort level and skin sensitivity. Start with lower intensity levels and gradually increase as needed to achieve the desired muscle stimulation and skin tightening effects.

4 - Target specific facial areas, such as the forehead, cheeks, jawline, and neck. Follow a systematic approach to glide the device gently across the skin, moving in upward and outward motions to lift and tone the facial muscles.

5- Next, concentrate on areas of concern, such as fine lines, wrinkles, or sagging skin, by spending more time and attention during the microcurrent application. Use microcurrent probes or gloves to target precise areas and deliver controlled electrical currents.

6- Do this step for 15 to 30 minutes.

Q&A's With LaserASE

What products can be used after microlift?

Only gentle products and SPF

# Oxygen Jet



An oxygen jet, also known as oxygen infusion therapy, is used for;

1. **Hydration** - This process helps hydrate the skin deeply, infusing it with essential moisture to restore moisture balance and improve skin texture.

2. **Skin Rejuvenation** - Oxygen infusion can revitalize and rejuvenate the skin by nourishing the cells with oxygen and promoting cell regeneration. This can help improve skin tone, elasticity, and overall radiance.

3. **Enhanced Product Absorption** - The pressurized oxygen boosts the penetration of serums and other skincare products into the deeper layers of the skin.

4. **Calming and Soothing** - The gentle flow of oxygen from the jet can have a soothing and calming effect on the skin, reducing redness, inflammation, and sensitivity.

5. **Detoxification** - Oxygen infusion helps to detoxify the skin by flushing out impurities and promoting lymphatic drainage.

To use

1- Turn off machine
2- Remove glass bottle and fill with Rose Water/ Toner / Essence
3- Turn machine back on
4- Adjust pressure settings based on clients skin sensitivity.
Start with a low pressure slightly above minimum and work up asking client for feedback.
5- Position the oxygen jet a few inches away from the face ensuring a consistent flow of Oxygen. Move in circular motions.
6- Ensure whole face is covered, work methodically and pay special attention to chin, nose and cheeks.
7- Moisturise remaining product into skin.

# EMS

EMS (Electric Muscle Stimulation) is a technology that uses electrical currents to stimulate muscle contractions. In the context of a HydraFacial treatment, EMS is sometimes utilized to provide additional benefits to the facial muscles and skin.

Within a HydraFacial EMS may be used for;
1- Muscle **Toning** & Firming
2- Lymphatic **Drainage**
To reduce fluid retention and de puff the face.
3- Enhanced Product **Penetration**
EMS can open the pores and increase absorbtion
4- **Anti Aging**
To target fine lines and wrinkles by stimulating facial muscles



1 Apply a conducting gel or serum to the skin to enhance conductivity.

2 Adjust the settings to a comfortable yet effective level for the client.

3 Gently glide the EMS head across face in upward or circular motions, following the natural contours of the face.

4 Pay extra attention to jaw, cheeks and forehead.

**AVOID THE EYE AREA**

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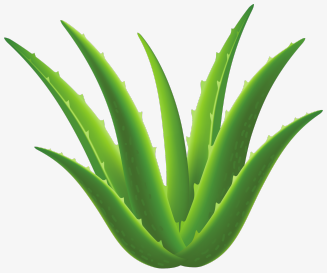
# Cold Heat

In a HydraFacial treatment, the use of cold and heat modalities can enhance the overall experience and effectiveness of the procedure.

1. Helps soothe the skin
2. Reduce inflammation
3. Minimize the appearance of pores
4. Temporarily tighten the skin and promote circulation



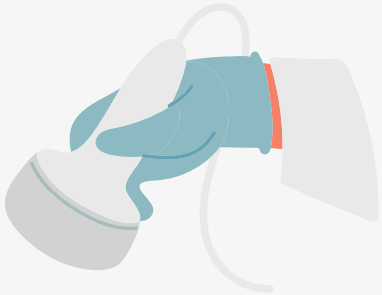
1- Apply a water based gel to the clients skin



Aloe Vera



Hydrating Serum



Ultrasound Gel

2- Set Cool Hammer to between 0 and 8 degrees C.

3- Gently move the cold tool across the skin in sweeping motions, focusing on areas where the skin may be inflamed, red, or in need of pore tightening.

Gentle movements at a moderate pressure.

4- Focus on areas for between 5 and 15 minutes.

5- Repeat as Needed.

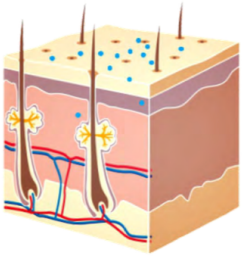
6 - Sanitise the tool.

# More about PermaHydra

## HOW DOES PermaHYDRA WORK ?

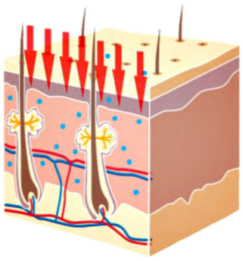
Nanocrystals use nano-scale contacts, which are as thin as more than 250 nanometres and as short as 0.1 mm, which can just open the stratum corneum of the skin without touching the dermis. It not only solves the problem of skin absorption, but also achieves painless and non-invasive treatment!





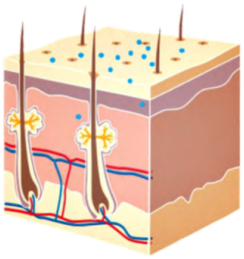
### Natural application and absorption

In the case of natural application and absorption of skin care products, the molecules of skin care products only penetrate into the epidermis. It is difficult to penetrate into the deeper skin layer and therefore the absorption rate is very low.



### Nanocrystalline nanochip (The product can penetrate evenly into the dermis.)

Nanochips only penetrates the barrier layer of the epidermis without touching blood vessels and nerves. It is painless and non-invasive, and the absorption capacity is greatly improved.

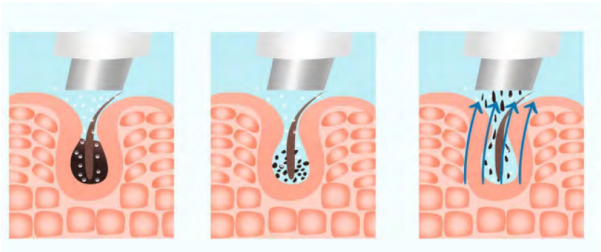


### HydraPERMA function

The microelectronic heat conduction technology opens the pores, which can increase the product absorption rate by more than 40%.



ANTI-ALLERGY | SOOTHING | REPAIR | SKIN TIGHTENING



# Perma Hydra

Our non-invasive treatment improves skin health, addresses individual concerns and creates a glow like no other. Unlike traditional facials, it's performed via device rather than by hand, for deeper penetration and longer lasting results.

## TECHNICAL SPECIFICATIONS:

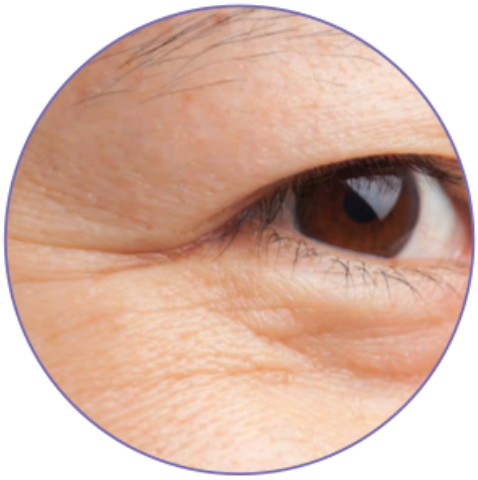
| | |
|---|---|
| Voltage | 100-120V/ 60Hz 200-240V/50Hz |
| Display | 10.4 inches |
| Power | 500W |
| RF Frequency | 0.2-0.5MHz |
| Heat&Cool | Heat: 36-46 Cool: 0-6 |
| Ultrasound | 1Mhz |
| Aqua Peel Probes | Soft: 3 pcs Hard: 8 pcs |
| Aqua Peel | Vacuum intensity: 4-5kg Vaccum Pressure: 96Kpa<br>Water flow: ≤50L |
| Solution Bottle | A: Cleaning B: Whitening and moisturizing<br>C: Deep layer cleaning D: Pipe cleaning |
| CLEANSING SHOVEL Frequency | 26-30MHz |
| EMS NANO Mesotherapy Size | 4X4mmX250Um |
| MICRO LIFT | Frequency: 200Hz Current: 50-800Ua |
| Skin Analyzer | 28 MILLION HD MEGA PIXELS |



Sagging skin



Dry and water shortage



Fine water wrinkles



Gloomy



# LIFE-CHANGING RESULTS

The amazing results are both instant and long-lasting.

## FINE LINES



before after

## NASOLABIAL FOLDS



before after

## BROWN SPOTS



before after

## OILY & CONGESTED SKIN



before after

## ENLARGED PORES



before after

## EVEN TONE



before after

## SAGGING SKIN



before after

## DRY SKIN



before after

# Important Contacts

**PERMA**

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CLINICAL ADVICE

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