

Maxine Warsh FACIAL REJUVENATION

AGE WISELY.
AND AGE WELL!



E-MANUAL AND
USAGE GUIDE

MDXminiPRO Microcurrent Unit

Maxine Warsh Facial Rejuvenation
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Welcome to the world of facial rejuvenation.

NOTE FROM MAXINE: I hope you love your MDX-miniPro Microcurrent Unit as much as I do. It's designed on the same principles as my full professional unit, with simple steps so you can give yourself a treatment in private, at home.

Easy to use steps and programs based on our professional applications used at MWFR are included: these are Programs 1 and 2. The steps are outlined in this manual and examples of movements and procedures shown on the DVD supplied with your unit. Some clients like to ease in gently and start at the end with the Feathering Techniques, which are very simple to grasp and to do, and use these until they are comfortable handling the unit and the probes.

The MWFR Feathering Technique can be used daily. Programs 1 and 2 are more intense, and should only be used as prescribed in the manual and as discussed on the DVD. I suggest you review the DVD and manual, and then sit before a mirror next to your equipment and pause the DVD as we explain each step/watching and then trying. Have fun and I hope to see you soon, looking as good as you feel! *My best, MW*

ATTENTION: I advise you to please read the manual carefully before you start and watch the DVD. Refer to the manual for instructions and follow the guidance on the DVD. Please go slowly and carefully. And if you have any questions, please contact me.

Maxine Warsh Facial Rejuvenation provides this material to guide you in using the product and bears no responsibility.

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Using the MDXminiPRO

THE MDXminiPRO STORY

The MDX-3000 Professional Microcurrent Unit was developed for exclusive use by MWFR technicians to give what has been called the natural, non-invasive 'face-lift' to MWFR clients. The MDXminiPRO delivers this same treatment in advanced microcurrent technology to you to use on your own skin—face, hands, neck and decoletté.

The MWFR 12-session treatment program with proprietary moves has been adapted to deliver the most effective result for home and personal use.

Specialized patterns, repetitions and movements are key to the success of Programs 1 and 2 and are explained in the DVD and in the E-Manual. The Feathering Technique is also shown and explained.

BEFORE YOU START, PLEASE NOTE:

In Programs 1 and 2, the chronology of the movements is important. Each leads logically to the next, much like training in a gym—you complete each step first before moving on. There are 45 Steps in Program 1 and each has been designed to sequentially warm up the muscles so as to benefit the whole face. Try to follow the program as much as possible. Complete Program 1 before Program 2.

As during in-office sessions, MWFR advises that you not work on the NECK until the 7th session. This applies to both Program One and Two, as the neck muscles shouldn't be exercised BEFORE the face muscles are toned and tightened to a certain degree.

COLLAGEN CORRECTION

Remember to use ONLY the MWFR Collagen Correction gel recommended. This should be ordered from Maxine Warsh Facial Rejuvenation—MWFR is the only supplier.

Keep the probes continuously wet, so as to provide maximum benefit, and dip the prongs into Collagen Correction before each movement. Remember—never allow the probes to become dry as this will pull the skin.

TIMING

You should wait at least 48 hours between each Program treatment. Feathering alone can be done anytime; however. It is also used to finish off a typical treatment. But many like to feather on its own, even everyday.

GENERAL INSTRUCTIONS

GET STARTED!

To get started, you will need a fresh supply of “Q-Tips” or equivalent.

1. Snip “Q Tip” tips with a 5 mm stem and insert each into the probes.
2. Have a small vial of fresh, clean water ready.
3. Put a few pumps of the Collagen Correction into a small clean container.
4. Turn the current to the suggested program
5. Use the probes in a gliding motion or in a bunch mode and listen for the beeps or tones. For each move, listen for 5 or 6 beeps or tones.
6. Dip each probe into the water and then into the Collagen Correction. (see www.MaxineWarsh.com to order)
7. Now you can start on your skin.
8. Move to Program 1 or practice with the Feathering Technique.

NOTE REF NECK and DEC

For your first six sessions, don't treat your neck. Once you begin, always include this area (neck and dec!) in all future sessions.

EQUIPMENT CARE AND MAINTENANCE

It is important that you keep your machine clean and make sure that the batteries are strong. Fresh batteries can last up to two years (approx 88 full treatments).

Follow these steps when using the MDXminiPRO:

- Wipe machine and probes with a damp cloth after each time you use it.
- Clean probe tips after each use
- Clean metal tip in water.
- Use toothpick to clean out residual debris.
- Never leave tips to soak overnight
- Never put the MDXminiPRO in water
- Never drop or abuse machine
- Make sure the MDXminiPRO is secure on a stable table

THE UNIT

MDXminiPRO

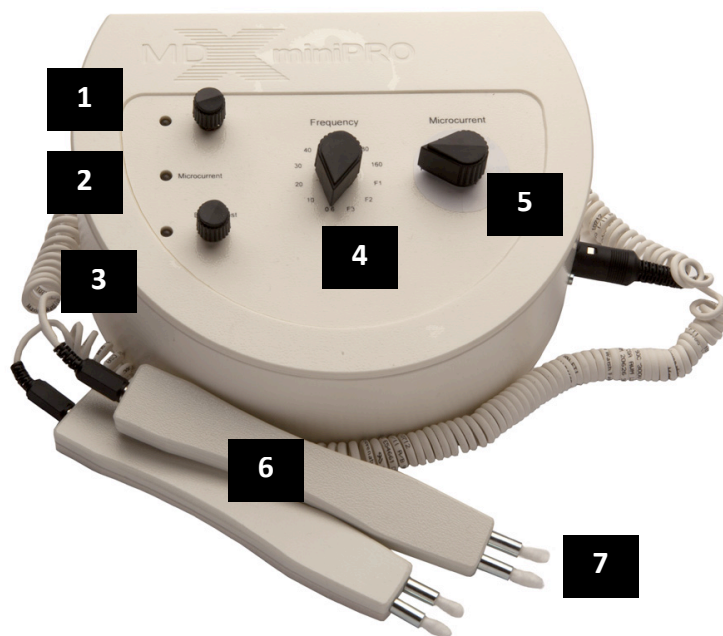
The MDXminiPRO is a lightweight, easy to clean product that has been specially designed to be easy to transport and care for.

Key to the four control buttons:

1. Press this to turn the machine ON. The light indicates when the machine is ON.
2. This light comes on when you are using the microcurrent.
3. Battery testing.
4. This is where you set the frequency
5. This is where you set the micro current.
6. The probes.
7. Where you insert the short ends of the "Q-Tips"

Settings

We start with muscle prep and relaxation. Remember, the unit switches off after 90 seconds of non-use, so if you're a little slow, that's fine. Just push the on button and continue.

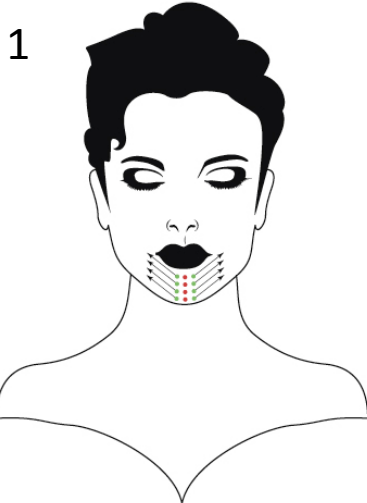


MICROCURRENT TREATMENT SETTINGS

Program	F/C	Sessions 1-4	Sessions 5-8	Sessions 9-12	Maintenance
Muscle Prep & Circulation	F C	0.6 140	0.6 140	0.6 140	0.6 140
Tone & Lift	F C	0.6 140	0.6 180	0.6 220	0.6 180
Exfoliate	F C	F1 220	F1 220	F1 320	F1 220
Deep Lines	F C	F2 140	F2 220	F2 220	F2 220
Fine Lines	F C	F3 220	F3 220	F3 220	F3 220

PROGRAM 1

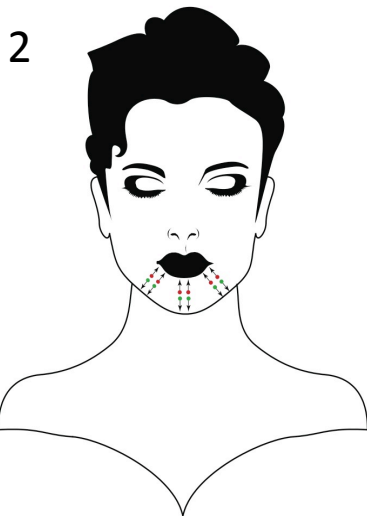
Preparation & Circulation



DEPRESSOR LABII | INFERIORIS & MENTALIS SLIDE

2 MOVEMENTS | 6 TONES EACH

Step 1 is a slide beneath the mouth. Start from the center and glide outward/6 tones each. If you view the illustration, you'll see the direction is upwards and outwards from a central position



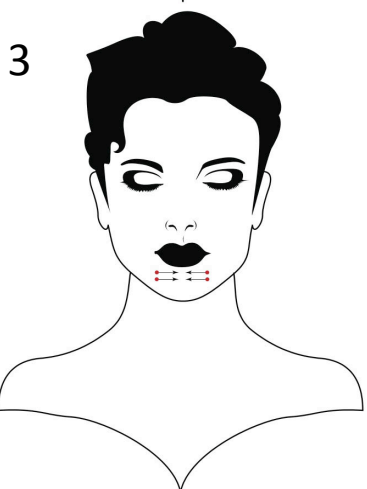
DEPRESSOR LABII SLIDE

3 MOVEMENTS | 6 TONES EACH

1 MOVEMENT IN MIDDLE OF CHIN

1 MOVEMENT ON EACH SIDE

Step 2 consists of 3 movements, one on each side of the chin and one centered/for 6 tones each direction.



LIP MUSCLE PURSE

1 MOVEMENT | 5 TONES EACH

START FROM OUTSIDE POINTS OF MOUTH TOWARDS
MIDDLE TO PURSE

Step 3 is the lip muscle purse and consists of 1 movement of 5 tones, starting from outside points of mouth and moving below the lower lip towards to the middle to purse. Allow 5 tones each.