## CARING FOR YOUR AMP MD

After each use, rinse the AMP MD Roller with very warm running water. Twice per week, clean thoroughly using an AMP MD Purification Tablet:

- Fill Cleansing Vial with very warm (not hot) water to marked fill line.
- Snap the handle of the AMP MD Roller into the cap of the cleansing vial.
- Drop one Purification Tablet into water and immediately immerse the AMP MD Roller, making sure the head is fully submerged.
- When blue color fades, after approximately 15 minutes, remove the AMP MD Roller and rinse thoroughly under very warm running water.
  Discard used solution. Do not allow the AMP MD Roller to remain in purification solution overnight.

## RESPECT THE MICRO-EXFOLIATING TIPS

The AMP MD Roller is constructed of the highest quality micro-exfoliating tips. Always store your roller in the clear storage case or snapped into the cap of the Cleansing Vial. Do not place the roller head directly on hard surfaces or counter tops.

To maintain maximum results, it is recommended to replace your roller after 12 months of daily use.

## **Getting Started**

For best results:

- Use REDEFINE Regimen as instructed twice daily.
- Each evening, after cleansing and toning, use the AMP MD Micro-Exfoliating Roller followed by the Night Renewing Serum. Finish with the Overnight Restorative Cream.
- Start by using the AMP MD Micro-Exfoliating Roller three nights per week and increase to every night as tolerated.
- The AMP MD Micro-Exfoliating can also be used with the REVERSE Regimen after ramping up to using REVERSE Regimen twice daily.

## How Do You Roll?

 Divide face into sections (forehead, right side, left side, chin and neck) and with moderate and comfortable pressure, roll AMP MD Micro-Exfoliating Roller over each section 4-10 times, changing directions with each pass, as illustrated:



 After rolling, apply contents of one REDEFINE Night Renewing Serum capsule to entire face and neck to help fortify the skin.

For additional information and answers to frequently asked questions, please visit RF Connection at www.rodanandfields.com/rfconnection.

Disclaimer: The information in this brochure is not intended to be used as a substitute for medical advice.

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