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SERUM

Niels Bukh

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SKINCARE SYSTEM



SERUM8 Skincare System

SERUM8 Skincare System is a complete skin-care system developed by the Danish medical doctor Niels Bukh. Using this system, you can care for your skin according to professional principles in a controlled process of degrading the skin to accelerate regeneration.

Three active ingredients

Hyaluronic acid (HA) - is a powerful humectant (moist-binding) molecule found in large concentrations in the extracellular matrix, the fluid-filled space between cells, and has proven to be an almost magical agent for skin vitality providing moisture, plumpness, firmness and suppleness to the skin. HA functions as "the soil in which skin cells grow".

Sucrose octasulfate (SOS) -

activates bFGF (basic fibroblast growth factor) which is one of the most important modulating mechanisms for skin regeneration. Stimulating the growth factors in this way results in stronger,

and healthier skin. SOS "mimics" the body's natural signals for skin regeneration. **Lactic acid (AHA)**

- work primarily by degrading the little bridges (desmosomes) that bind skin cells together. Moreover AHA facilitates the peeling of the outermost dead skin cells so that new ones can take their place, and stimulates the vitality of your skin in a more general sense. You could say that it "airs out" the soil, thus leaving more space for the invigorating extracellular matrix structure.

- **No perfume**
- **No dyes-colours**
- **No parabens**

The Method

The method is simple and revolutionary

First, the Dermalroller8 is used to microperforate and degrade the skin. Then, Serum8 is applied to provide the skin with essential agents stimulating skin growth and vitalisation finishing off with Moisturizer8, specially developed to be used shortly after treatment, having a soothing effect on the natural reaction of the skin as it regenerates.

The effect of combining the degradation of old skin with boosting the generation of new skin cells is visibly rejuvenated skin. SERUMB Skincare System can be used for all skin types and is particularly effective for but not limited to:

- **Reduction, prevention of fine lines**
- **Skin rejuvenation**
- **Acne scarring**

- **Hyperpigmentation**
- **Enlarged pores**
- **Sun damage**
- **Sensitive, irritated skin**

The Dermalroller8 may be described as a roller-shaped, miniature version of a fakir's bed of nails. The roller has tiny, very sharp needles that, when rolled gently across the skin, make thousands of microscopic punctures.

The skin reacts by increasing the skin renewal rate to repair the damage. Every single puncture becomes a tiny centre of skin renewal where degrading old skin spurs a natural acceleration of skin cell regeneration.

The microscopic punctures also ensure that Serum8 efficiently penetrates the skin.

Consequently, the brief degradation of the skin surface and barrier function attains an optimum con-

centration of revitalising agents in the lower skin layers.

In general, we tend to use far too many substances on our skin.

SERUM8 Skincare System includes only a few, carefully selected, active ingredients.

The skin is highly absorbent and it is important to keep this in mind when applying substances.

We have selected the active ingredients based on their effectiveness, and we have carefully chosen ingredients known to have no harmful effect on a degraded skin barrier.

“ **Skin degradation and regeneration**

Again and again

Natural skin regeneration and rejuvenation

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Step by Step guide

1.

Clean the Dermaroller8 by applying 2-3 sprays of Roller cleaner8 onto the roller head. Wave the roller in the air until it is dry.



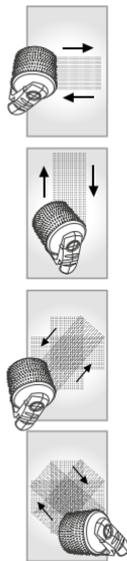
2.

Clean your skin with your favourite cleansers and finish off by applying 1½ pump of Cleanser8 onto a moist cotton pad.



3.

Select a suitable skin area, such as your forehead, cheek, nose or upper lip, and roll systematically with the Dermaroller8 about 4-6 times vertically, horizontally and diagonally. Apply smooth, gentle pressure. Treatment should not feel painful but more like gentle pins and needles. There should be no other effects apart from a slight redness of the skin. You can roll as close to your eyes and lips as you like, but be careful as your skin is thinner and more sensitive in these areas. The treatment may also be used successfully on your neck, chest, the back of your hands, etc.



- 4.**
Apply 1½ pump
of Serum8 in a
smooth, thin layer.



- 5.**
Apply a thin layer of
Moisturizer8 after about
10 minutes. Wait for at
least 1 hour, until the
skin has been sealed off
again, before applying
other skin-care products.
When your skin is dry,
you may apply makeup.

- 6.**
Finally, you should clean the Derma-
roller8. You may start by rinsing it
under running hot water and then
finish off by applying 2-3 sprays of
Rollercleaner8. The hot-water rinse
can be left out. Wave the roller in
the air until it is dry. Keep it in the
protective packaging until your next
treatment. Don't use a Dermanol-
ler8 with a damaged roller head it
may damage your skin.

Always be aware of skin reactions after treat-
ment. Start by rolling gently and carefully and wait
a few days before repeating. If there are no prob-
lems, you can repeat treatment every 2-3 days.
Following this procedure will let you experience
exactly how your skin reacts to treatment. Stop
treatment immediately in case of any adverse
reactions and seek medical attention. SERUM8
Skincare System should not be used if you have
a skin disease.

Sunburn Alert: This product contains an Alpha
Hydroxy Acid (AHA) that may increase your skin's
sensitivity to the sun and particularly the possi-
bility of sunburn. Use a sunscreen, wear protective
clothing, and limit sun exposure while using this
product and for 1 week afterwards.

Using the system

Frequency

It is recommended that you first increase your skin's tolerance for the Dermalroller8. Use the Dermalroller8 1-2 times a week for the first 2-3 weeks, and then slowly increase the frequency to no more than 3 times a week depending on the reaction of your skin.

Dermalroller8

The included Dermalroller8 has a needle length of 0.5 mm. Professional clinics offer treatment for deeper skin layer problems using longer needles.

Serum8

ALWAYS use Serum8 immediately after using the Dermalroller8. Serum8 is a fully biocompatible gel. It is a completely natural product consisting of the extracellular skin agent - hyaluronic acid. It contains no ingredients which may in any

way provoke an allergic reaction by being applied to a sensitive and open skin barrier.

Moisturizer8

Similarly, Moisturizer8 has been specially developed to be used shortly after treatment, having a soothing effect on the natural reaction of the skin as it regenerates. Let your skin dry for 10 minutes and then apply Moisturizer8. Wait for at least 1 hour, allowing the skin to be properly sealed off, before applying other skin-care products.

For personal use

The Dermalroller8 is for personal use only. The Dermalroller8 may be used 50-60 times (normal use) as the needles tend to become dull over time. If used as directed, the other products in the SERUMB Skincare System can be used for the same number of treatments.