

**What is microdermabrasion?** Microdermabrasion is a progressive, non-invasive treatment that removes the top layer of the skin; dead skin cells. It promotes the production of new cells in the deepest layer of the dermis. It cleans pores and aids in balancing oil production. It stimulates collagen networking to further even out skin texture and tone. This non-invasive skin care treatment can be completed in a short period of time and requires no down time after treatment.

**How does the treatment work?** Microdermabrasion works in two ways. It works by gently exfoliating or removing the outside layers (stratum corneum) of the skin. The abrasive action of the wand gently removes the outer surface layers, allowing smoother, fresher skin to be apparent. The second way is that the vacuum action helps to stimulate microcirculation and lymphatic flow, increasing the blood supply that provides nutrients needed for skin regeneration. This helps accelerate the skins repair process and stimulates the formation of new collagen and elastin thereby improving skin texture and elasticity.

**How is microdermabrasion performed?** The area is thoroughly cleansed to remove excess oils from the skin. A wand is manually passed over the skin on the face. It gently abrades the surface while a vacuum thoroughly cleanses the skin of impurities.

**How often is treatment recommended?** Individual microdermabrasion treatments are recommended every two weeks. When performed with an alternating skin care treatment, the protocol would be microdermabrasion, followed two weeks later with an alternating treatment, followed two weeks later with microdermabrasion. Four sessions of each treatment are recommended depending on skin condition and concerns. Maintenance sessions should be sought to keep skin healthy and glowing. Length of treatment and number of treatments is dependent on skin type and condition.

**What conditions can be treated with microdermabrasion?** Sun damaged skin of the neck, face. \*Age spots - Face, and hands too! \*Reduction of minor to moderate early aging fine lines - Near the eyes and on the forehead \*Reduction of acne scarring \*Extraction of blackheads and whiteheads \*Minor scar revision \*Hyper pigmentation reduction \*Oily skin \*Rejuvenation of skin health

**is microdermabrasion for everyone?** Microdermabrasion is recommended for uneven granular skin, sun damage, enlarged pores, blackheads, fine lines and wrinkles, minor acne scars, and skin discoloration. Microdermabrasion cannot be expected to remove deep wrinkles, birth marks or tattoos. Microdermabrasion works on improving skin texture and restoring the skin elasticity and clarity. A series of treatments can produce a nice anti-aging result.

**What are the risks of microdermabrasion?** There are not many risks associated with microdermabrasion if you are a healthy adult, but we must consider those with skin or medical conditions. You should NOT have a microdermabrasion treatment if you have an

undiagnosed lesion, recent herpes outbreak, warts, active weeping acne (stages 3-4), active rosacea, unstable diabetes, auto-immune system disorders, recent laser surgery, recent start of Retin A, recent chemical peel, recent waxing, and if prone to hyper pigmentation take precautions in lowering pressures.

**Is microdermabrasion painful?** No, the treatment is performed with little discomfort and is adjusted to your comfort level. At the most, sensitive skin might experience a sensation resembling a light sunburn or windburn. After treatment, the skin has a pink glow, and you can resume your normal activities immediately. The procedure can be done during lunch hour.

**What preparations should be done before treatment?** Stop aggressive exfoliating products 24 hrs. Prior to treatment, including Retin A and Renova. It's best to ask your medical professional or skin consultant for microdermabrasion preparation tips if you are using any intense skin care products.

**What should be done post-treatment?** A moisturizer and a sunscreen are applied to the skin prior to leaving. Some redness is expected after a treatment; however this is not likely to persist more than a few hours. The sensation of having a mild windburn or sunburn should also pass after a few hours. Avoid direct sun exposure for 7 days after a treatment. We stress the importance of using a high quality sun protectant product as well as minimizing sun exposure. Exposure to UV radiation is one of the key factors in speeding the skin's aging process. Avoid AHA products and skin exfoliation scrubs for 72 hours after treatment. Mineral Make-up may be applied immediately after treatment; however you may wish to experience the clean fresh glow of your skin.

**Does the Microdermabrasion System cause discomfort?** This system is designed to be painless, yet effective. Our aestheticians are trained in the use of Microdermabrasion machinery and understand what levels are appropriate regarding vacuum power and coarseness of the wands used. Even at its highest setting, the Microdermabrasion system is extremely gentle.

**How will my skin feel after the treatment?** Your skin may have a flushed appearance, however, this generally subsides within 30 minutes. Your skin will be left looking and feeling younger after the first treatment, and will improve with successive sessions. This skin care treatment is ideal for people on the go. There is no "downtime" from work or social activities. The results are gradual but highly effective for clearer, healthier looking skin. Skin Resurfacing is a treatment that improves wrinkles, skin texture and color by removing the topmost layer of skin leaving it more supple and vibrant. Skin Resurfacing also stimulates the elastic tissue beneath the surface of the skin resulting in a healthier and firmer appearance.

## **Dos and Don'ts of Microdermabrasion**

- Stop aggressive exfoliating products 24 hours prior to treatment. (Retin A and Renova)
- No waxing 24 hours before and after treatment
- Don't do microdermabrasion if one or any apply
  - Undiagnosed lesion
  - Recent herpes outbreak
  - Warts
  - Active weeping acne ( stage 3-4)
  - Active rosacea
  - Unstable diabetes
  - Auto- Immune system disorder
  - Recent laser Surgery
  - Recent starting of Retin A, chemical peels
- Avoid direct sun exposure and tanning beds for 7 days after treatment
- Avoid AHA products and exfoliation scrubs for 72 hours after treatment
- Must use sunscreen SPF 30 prior to leaving
- Must use SPF 30 sunscreen everyday to minimized sun exposure. UV radiation is one the key factors in speeding up the skin's aging process.