



## ***MICRODERMABRASION***

### **What is Microdermabrasion?**

Microdermabrasion is a technique where a jet of crystals is vacuumed across the skin. The aim of treatment is to remove the top layer of dead skin cells and stimulate the production of new cells in the deepest layer of the skin. It is an excellent treatment for giving the skin a smooth healthy glow and it is incredible at cleaning out blocked pores. It also appears to stimulate the collagen network within the skin to further even out skin texture.

### **Who is a candidate?**

Many people are candidates for microdermabrasion and the conditions, which are commonly treated, included the following:

- blocked pores and acne-prone skin
- dull, rough or dry skin
- sun damage and uneven texture
- pigmentation problems and blotchy skin
- fine lines
- acne scarring

Some people have “cosmetic” microdermabrasion treatments in order to achieve a healthy refreshed glow prior to a special occasion or “evening on the town”

### **What is involved in the treatment?**

The microdermabrasion machine has two functions. The therapist uses a handpiece to blow a jet of aluminium oxide crystals across the skin’s surface thus loosening the dead surface skin cells and blocked pores. Simultaneously, suction through the handpiece removes these dead surface cells and blockages and stimulates the basal layer of the skin.

Dr Regli’s microdermabrasion device from the USA has a dual crystal system. The Aluminium Oxide crystals are used for areas requiring deeper abrasion and the organic husks can be used for a more gentle polishing effect. The organic crystals are particularly useful for the delicate areas around the eyes.

After the treatment a rehydrating moisturiser and sunscreen is applied. It is best to avoid direct sun exposure for 7 days after treatment and it is important to get into the habit of using a daily sunscreen. It is also best to avoid alpha-hydroxy acid, glycolic acid and skin exfoliation scrubs for 72 hours after the procedure.

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Immediately after treatment your skin will feel more refreshed and you will notice a smoother softer feel to the skin.

### **What does microdermabrasion feel like?**

Discomfort is minimal, if at all, and adjustment of the machine allows the doctor to control the level of skin penetration required. Your skin may feel a little hot and appear a little pink on the first day (similar to slight windburn), however, this settles rapidly. Most people who have microdermabrasion experience minimal downtime. In certain conditions, (eg acne scarring), the treatment needs to be slightly more intense to achieve results and in this case the skin may remain pink for longer.

### **What is a “Deluxe” Microdermabrasion ?**

The Deluxe Microdermabrasion includes a full one hour treatment on the face neck and décolletage. The deluxe microdermabrasion includes a double facial cleanse and glycolic mask prior to the dual crystal microdermabrasion and afterwards you receive a calming mask and galvanic current massage, followed by application of moisturiser and sun block. So the Deluxe Microdermabrasion combines a therapeutic and pampering treatment.

### **What can't microdermabrasion do?**

There are some conditions that microdermabrasion cannot treat (eg deeply pitted acne scars and severely damaged skin) however, alternative procedures are available (eg Dermapen, laser treatment).

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