

## *Face To Face Esthetics*

# **MICRODERMABRASION FAQs**

### **WHAT IS MICRODERMABRASION?**

Microdermabrasion is exfoliation of the skin. This skin restoration procedure is a non-surgical, non-invasive process that offers safe and controlled skin abrasion. The procedure involves the use of a diamond tipped wand which, in conjunction with suction, is manipulated across the skin's surface to abrade the skin's dead cell tissue revealing younger, smoother looking skin.

Microdermabrasion is often referred to as "the lunch time peel."

### **WHY DOES MICRODERMABRASION WORK TO IMPROVE THE SKIN?**

Microdermabrasion treatments promote the rejuvenation of aged skin and improves the appearance of a variety of skin conditions. The removal of your skin's dead cell surface area (stratum corneum) stimulates the production of new cell growth. The treatment, when repeated, also aids in the increased production of collagen and elastin that promote skin elasticity and smoothness. It is believed to help thwart the aging process.

### **WHAT SKIN CONDITIONS SEE IMPROVEMENT WITH MICRODERMABRASION?**

- Dry Skin
- Age Spots
- Acne
- Fine Lines
- Clogged Pores
- Oily Skin
- Sun Spots
- Scarring
- Hyperpigmentation
- Sun Damage

With microdermabrasion you will feel the glow of newer, fresher skin that gives an overall improvement to your skin's tone, texture, and clarity.

### **WHAT SHOULD I EXPECT FROM A MICRODERMABRASION PROCEDURE?**

Treatments typically take 60 minutes. A treatment should leave your skin with a light pink to mildly red appearance; any pinkness/redness should dissipate within a few hours. This treatment has no "down time," which means you can apply cosmetic makeup immediately after. It is necessary to use a full spectrum sunscreen of SPF 20 or higher.

Results are cumulative and improvement increases with the number of treatments. We recommend a package of six treatments, three to four weeks apart. Maintenance treatments should be done every six to eight weeks to help reverse the aging process and manage the skin malady originally treated.