



# SPA HAMBRIK

beautiful, youthful, healthy skin



## What is microdermabrasion? How will I benefit from it?

Microdermabrasion is a method of exfoliation that uses a machine to remove dead surface skin cells and initiate cellular turnover. It was first adopted in Europe in the 1980s and was introduced to the United States in the late 1990s. Its introduction led the revolution of device-driven, noninvasive cosmetic procedures. Today, microdermabrasion remains one of the most popular services employed in both medical and day spas.

The two most common methods are crystal and diamond. The crystal method uses a wand which sprays fine crystals onto the skin, loosening and removing dead skin cells, while simultaneously using vacuum suction to remove the used crystals and dead skin. It has been compared to a mild “sandblasting” of the skin. The diamond method uses a diamond-tipped wand to sand and resurface the skin, combined with suction to remove the dead skin cells. Both methods stimulate blood circulation and revitalize collagen production, which promotes younger-looking skin. The degree of exfoliation depends on the number of passes, level of crystal spray or coarseness of the diamond wand, the pressure and suction used, and the frequency of treatment.

Microdermabrasion can be helpful to treat aging and sun-damaged skin, altered pigmentation, fine lines and wrinkles, stretch marks, and some types of acne and acne scarring. It is especially effective in treating the under-eye area and crow’s feet. Results may include improved skin tone, reduced visual appearance of aging, fewer breakouts, diminished appearance of scars, refined skin pores, renewed elasticity, and a healthy glow. Microdermabrasion may be recommended for those with chemical sensitivities and can be used on most skin colors and types, although there are some contraindications. Ask your skin care professional if microdermabrasion is right for you.

**Preparing for treatment:** The procedure is noninvasive and requires little preparation. You may remove your makeup and come to the treatment room with a clean face, or allow your skin care professional to remove your makeup for you.

**What to expect:** Most clients do not find the procedure to be painful, and it requires no anesthetic. The esthetician will instruct you to relax as she applies the wand to your face in a slow, methodical way. One microdermabrasion treatment should take 30 minutes to an hour. There are no side effects, and your skin will look glowing and fresh almost immediately after the treatment. Some more aggressive treatments may cause the skin to look slightly pink and tender for a few hours afterward. You can resume normal activities and apply makeup and moisturizer directly after your microdermabrasion session.

**Home care after microdermabrasion:** Because fresh skin has been newly exposed, it is important to apply sunscreen and to avoid direct sunlight and tanning booths following your session. Also, avoid products containing harsh chemicals, dyes, or perfumes until the skin has fully healed. Your skin care professional will explain the home care regimen that is right for you, and send you home with written instructions.

**Your esthetician:** Your skin care treatments should be provided by a properly trained professional. Don’t hesitate to ask your skin care therapist about her background, training, and experience—especially as it relates to the treatment you are considering. Your therapist is a professional member of Associated Skin Care Professionals. Our members have been validated as meeting their state’s licensing credentials and/or core training requirements, and agree to follow a code of ethics which ensures you’ll be treated responsibly and with the utmost respect. ASCP also provides its members with comprehensive resources that allow them to keep up with changing trends, making certain you’ll receive the most up-to-date therapies available.