



# SPA HAMBRIK

beautiful, youthful, healthy skin



## What are antiaging treatments?

Thanks to the wonders of science, and innovation by skin care professionals, you can choose from a wide range of antiaging treatments. You need not have wrinkles or discoloration to actively participate in an antiaging regime—many smart consumers begin caring for and protecting their skin at a young age.

Consumers today are opting for minimally invasive procedures to avoid downtime and the unmistakable appearance of having had surgery. People may notice after treatments with your skin care professional you simply seem healthier, happier, less tired, and more confident.

Some antiaging treatments your skin care professional may be able to provide are a wide variety of facials, microdermabrasion, chemical exfoliation, galvanic treatment, and phototherapy (exposure to light-emitting diodes or intense pulsed light). He or she may be trained in a host of other treatments that, while not strictly antiaging, go a long way toward making you feel more attractive, such as hair removal, makeup application, and sunless tanning.

**Who can benefit from antiaging treatments?** Anyone who is smart enough to use sunscreen is already participating in an antiaging regimen, and there is so much more you can do. Treatment recommendations will vary according to skin type and condition, chronological age and skin maturity, level of sun damage (everyone has some), and the goals you have for your skin. Your esthetician can outline your options and make recommendations.

**How should I prepare for the treatment?** Be ready to fill out a medical questionnaire and describe what medications and skin care products you are using. Your therapist will do an analysis of your skin, look for any interactions between products and medications, and devise a treatment plan that's suitable for your skin type and condition. If possible, come to your appointment without anything on your skin; otherwise your skin care professional will cleanse your skin. Start your care when you are ready to commit to a series of treatments and a home care regimen.

**What to expect:** The results of your treatment may be obvious right away or may take some time to achieve. This depends entirely on your program and the methods used. Your skin care professional should be able to outline realistic goals for you. In some cases, skin is in poor condition and needs to be strengthened and conditioned before antiaging treatments can be performed. If you are suffering from acne, dermatitis, or rosacea, you may have to set your antiaging goals aside until you've cleared those symptoms. The good news is you may gain younger-looking skin as a side benefit of clearing and treating these conditions.

**Home care after antiaging treatment:** Your esthetician can provide the best guidance on caring for your skin after a treatment. He or she may have products available for your use. It's key to commit to a home care regimen in order to maximize your investment in the treatments your esthetician provides.