

## What is Microdermabrasion?

Microdermabrasion was first adopted in Europe and was not introduced to the United States until the 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. In the most commonly used method of microdermabrasion, a wand sprays fine crystals across the skin while dead cells are vacuumed off using a small suction device attached to the wand. Some compare the process to mild “sandblasting” of the skin. The suction



stimulation alone boosts blood circulation and revitalizes collagen production, which instigates the regrowth of new younger-looking skin. The degree of exfoliation depends on the number and speed of passes over the skin, level of crystal spray, degree of suction, and the frequency and consistency of treatments.

## Who Can Benefit from Microdermabrasion?

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. Microdermabrasion



is especially effective in treating the under eye area and crow’s feet. Because microdermabrasion removes dead surface skin cells and initiates cellular turnover, 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 professional if microdermabrasion is right for you.

## How Should I Prepare for Treatment?

The procedure is noninvasive and requires little preparation. Simply make sure to 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 Should I Expect During Treatment?

Most clients do not find the procedure to be painful, and it requires no anesthetic. The esthetician will instruct you to relax as he or 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.



## What About Home Care?

Because fresh skin has been newly exposed, it is important to apply sunscreen and to avoid direct sun/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.



## Why Choose an Associated Skin Care Professionals Practitioner?

Your skin care treatments should be provided by a properly trained professional. Don't hesitate to ask your skin care therapist about his or her background, training, and experience—especially as it relates to the treatment you are considering. As a member of ASCP, your skin care professional's state licensing credentials and/or core training have been validated. ASCP member materials emphasize that each client's skin is as unique as the individual beneath it, and that skin type can change depending on lifestyle, medications, allergies, or diet. ASCP members agree to follow a code of ethics, which ensures that you're treated responsibly and with the utmost respect. ASCP also provides comprehensive resources that allow members to keep up with the ever-changing trends and treatments the way only a true professional can, making certain you'll receive the most up-to-date skin care therapies available. (You can find an ASCP professional in your area at [www.ascpskincare.com](http://www.ascpskincare.com) or by calling 800-789-0411.)

Compliments of:

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My goal is to provide clients with *customized skin care solutions* for acne, aging, hyper pigmentation, irritation and environmental damage. I want to help you achieve your best complexion possible and gain skin confidence.

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