# Taking the fear out of "Microdermabrasion"

[by France DiPaola]

When women hear the word "Microdermabrasion", they seem afraid and think it is an invasive procedure. When truly, it is the most un-invasivedeep cleansing skin care when performed by a professional. It really is the ultimate rejuvenation treatment and skin resurfacing. It begins by exfoliating the top layers of your skin, the Stratum Corneum. It removes dead surface skin cells, sebum (oils), pollution and product accumulation or make-up debris that are part of the outer layer of the skin. All of these combined will clog the pores and leave the skin looking tired, dull and aging. The amounts of dead cells removed are well above the live tissue layer and therefore no blood or fluid is exposed. In removing a portion of this upper layer, new living cells that are deeper in the tissue are stimulated to move faster to the surface to compensate for the loss of a part of the protective layer of the skin. This mechanical action stimulates blood flow which increases skin cell nutrition. And in turn improves skin elasticity and texture to enhancing the regenerative process. To maintain the results achieved with your first treatment, it is recommended that you attend repeat sessions once per month.

The best time to do Microdermabrasion is in the spring, fall and winter months. Microdermabrasion is successful in treating skin with sun damage, enlarged pores, uneven pigmentation, blackheads and comedones, superficial scars and stretch marks along with fine lines and wrinkles due to the aging process. The aesthetician employs a device like a tiny sandblaster to spray fine medical grade crystals across the face, neck or décolleté. The surface of the hands can also be treated to rejuvenate and smooth the texture, mixing very gentle abrasion with suction to remove the corneous layer of skin. Because this is mainly a rejuvenation technique, more than one treatment may be needed to reduce or remove fine wrinkles and unwanted pigmentation such as age spots or dark sun damage.

But what are the risks? Microdermabrasion is considered an outpatient procedure that is similar to a facial and is virtually risk free. It normally lasts about an hour and is usually performed by a qualified technician. Some people experience slight irritation and redness similar to a windburn due to the small particles used to perform the procedure. Redness and irritation will normally subside within 24 hours. If you have concerns, you should consult with your doctor about possible side effects and risks associated with this procedure prior to your facial. One week prior to Microdermabrasion, sun exposure or tanning beds should be avoided. The use of Retinol-A, AHA or glycolic acid products also should be discontinued. Laser treatments, chemical peels and prescription medication for acne should be discontinued for 3 – 6 months prior to your microdermabrasion. Always check with your doctor prior to any type of facial.

The crystals that are used are composed of Aluminum Oxide (corundum) and are an inert substance; it is insoluble in water and organic substances. The MSDS (material safety data sheet) indicates that it is non-carcinogenic and nontoxic for ingestion, having been used in dental procedures for over 60 years. Aluminum Oxide is an irregularly shaped crystal and the next hardest substance to diamonds, which makes it perfect for the microdermabrasion application.

Confident Image Chez France owner France Di Paola consults with all clients and reviews expectations prior to any facial. She encourages clients to research different techniques or equipment used in the industry. Her clinic offers the Derma-Pod by Silhouet-tone. This unit, used to perform the microdermabrasion, also combines the latest technologies of non-surgical facelifts, LED pigmentation correction and acne treatments for a complete solution to the aging process. Microdermabrasion combined with photo-biostimulation and micro current fights the aging process on 3 levels; epidermis, dermis and facial and neck muscles. This mechanical action increases collagen and elastin production. The improvement can be quite dramatic. Most clients see immediate improvement in the look and feel to their skin such as; younger-looking skin, redefined and firmer facial contour, reduction in fine lines and wrinkles, reduced pore size, increased skin elasticity and improved textural irregularities. All with no downtime or adverse effects! Imagine baby soft skin and looking 10 years younger!

Prices for the treatment vary (between $75 and $200 per treatment), however you can normally get a reduced price if you sign up for a treatment package. Ensure that the clinic offers three full sweeps across the entire area being treated when reviewing price. There are also at home microdermabrasion kits provided by a number of different cosmetic manufactures. These kits normally cost between $50 and $100 and include enough material to perform a number of self-treatments. The home kits include a small tool that works in a similar way to the models used by professionals. These kits can provide good results, however a professional treatment will normally provide the best possible results. It has also been shown that it takes some skill and expertise to remove fine blemishes and other skin imperfections. The price you pay will ensure the quality you receive. ■

France has made the idea of helping others feel good, a mantra for her business. A 2010 nominee of Niagara Entrepreneur of the Year Awards, she aspires to make a difference in her specialized field of electrolysis, laser hair removal, vascular blemish and skin tag removal, microdermabrasion, anti-aging facials, natural skin care and teeth whitening.

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