

# FACE & BODY REVIVAL PROUDLY PRESENTS OUR EXCLUSIVE MEMBERSHIP PROGRAM

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**Microdermabrasion** \_ A non-invasive treatment designed to improve the overall texture, tone and clarity of the skin while restoring the skin's elasticity. A series of treatments fades dark spots, improves the appearance acne scars and helps hyper-pigmentation caused by the sun and other factors. **\$150**

Series of 3 for \$300

Series of 6 for \$550

Series of 12 for \$900

## **How Does Microdermabrasion Work?**

This treatment is one of the latest breakthroughs in dermatology for all skin conditions, however microdermabrasion is not recommended for those who have active keloids, undiagnosed lesions, recent herpes outbreaks, warts, active rash, weeping acne (stages 3-4), active rosacea, unstable diabetes, auto-immune system disorders or if you are taking blood thinners or oral medication, antibiotics that may causes skin hyper-pigmentation. Microdermabrasion is a safe, gentle skin resurfacing treatment, designed for mature or teenage skins which removes dead skin cells while stimulating the production of skin-firming collagen, a great "polish" before an event. A series of treatments can help minimize fine lines and scarring, while improving the uniformity of skin color and reducing acne scars. Our machine is designed to treat your skin with or without crystals. We have a variety of different diamond tip wands which allow for steady control with outstanding results.

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### **Microdermabrasion Before and Aftercare Instructions**

Avoid taking blood thinners, ibuprofen, Acetaminophen and pain relievers before microdermabrasion & Dermaplaning although it may relieve pain temporarily it also thins the blood leaving you prone to bruising and broken capillaries.

Hold off on using Prescription acne products Retin-A, Renova and all other medication 48 hours prior to and after you peels unless instructed by your skin specialist.

Avoid sun exposer and sun beds or sauna, steam rooms and jacuzzi for 48 hours as this will increase your chances of broken capillaries.

Avoid vigorous exercises, hot yoga and swimming for 24-48 hours after treatment

Our preference would be to wait 10 days to 2 weeks, until the swelling and bruising from fillers have fully resolved. Botox also takes approximately 2 weeks to achieve the full effects.

We recommend waiting at least 2 weeks, to give enough time for your skin to recover after IPL Laser Treatment. Having a Chemical Peel 1-2 weeks prior to IPL Laser treatment will be a good idea as well. When the skin exfoliates the light from the IPL will penetrate better and you will have a more beneficial treatment. Microdermabrasion is also recommended 2 weeks after IPL treatment to exfoliate the dead skin cell and improve overall skin texture.

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If you are having Laser Hair Removal you need to wait 10 days Microdermabrasion - usually Laser Hair Removal on Face is done monthly so 1 Microdermabrasion session fits nicely in between your Laser sessions.

Do not use any exfoliating products containing AHA's for up to 7 days after Microdermabrasion treatment. These can irritate the skin.

Avoid any waxing / epilating for a 1 to 2 weeks after Microdermabrasion

If you have had a skin peel you need to wait minimum of 14 days before you can have Microdermabrasion- Otherwise the two treatments combines together can have harsh effects on the skin. Drink plenty of water to re-hydrate the skin. Remember that the new fresh skin that is exposed is delicate- Use Epicuren sunscreen / sunblock to protect the skin from the harmful rays of the sun. Keep the skin well moisturized, using Epicuren moisturizer day and night - this will avoid any peeling and dryness.

Keep the skin clean- that means cleanse, tone and moisturize everyday. Your recommended treatment should be repeated everyday your will attain healthier skin after each and every treatment.