

# FACE & BODY REVIVAL PROUDLY PRESENTS OUR EXCLUSIVE MEMBERSHIP PROGRAM

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**Dermaplaning** \_This revolutionary, exfoliating facial device, painlessly removes dead skin cells, built up debris, and pesky peach fuzz. Results are immediate. Smooth, radiant, touchable skin is instantly revealed. This treatment was specifically designed for the delicate skin on a woman's face and is a first-in-class, patented, safe and hygienic exfoliating device. This treatment instantly reveals smooth, luminous, younger looking skin that erases the barrier that allows penetration and absorption of serums and creates a flawless canvas for both skin care and makeup.

**\$125**

Series of 3 for \$300

Series of 6 for \$550

Series of 12 for \$900

## **What is dermaplaning?**

Dermaplaning is a safe (provided the person performing is properly trained) and highly effective physical exfoliation procedure. It requires the use of a sterile scalpel placed at a 45 degree angle gently "shaving" the skin's surface, removing the top-most layer of dead skin along with fine, vellus hair (aka peach fuzz). The procedure can be performed monthly, in less than thirty minutes, with no downtime post-treatment. Dermaplaning is recommended every three to four weeks. Each time you get dermaplaned, you're removing about two to three weeks' worth of dead skin cells.

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## **Benefits of Dermaplaning**

Physical exfoliation triggers the cell regeneration process and allows products to better penetrate skin. Some practitioners perform a chemical peel post-dermaplaning or combine microdermabrasion treatment to improve skins overall appearance and texture ( I only recommend this treatment option for clients at initial consultation to determine if your a good candidate). Dermaplaning is also excellent to rid the face of excess fine hairs which can often accumulate dirt and oil. Contrary to popular belief, vellus hairs, as opposed to terminal hair, will not grow back thicker or darker. Microdermabrasion, which also physically exfoliates skin, does not remove vellus hair. Exfoliation of dead cells along with the removal of fine hairs results in healthier, brighter skin that has a smoother look and feel.

## **Who should consider dermaplaning?**

Dermaplaning is especially effective on those with dry or rough skin texture and helps to minimize superficial acne scarring or uneven skin tone. It is also beneficial for mature skin, which tends to have a buildup of dead cells as cellular turnover slows down with age. Dermaplaning is safe for pregnant or lactating clients who cannot have chemical peels (peels penetrate skin to act at the cellular level, thus are contraindicated).

## **Don't try this at home**

It's important to note that dermaplaning employs a specific technique requiring a delicate touch and a skilled approach to resurface skin. Thus, I don't recommend shaving at home as an alternative to dermaplaning, you can cause skin irritation,

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breakouts and infection of the skin if you do not care for skin properly. Unlike shaving, dermaplaning is performed freehand with a safe device (the average razor has two blades which are also duller than surgical blades) on tautly stretched skin. The methodology requires short strokes at a certain angle in particular patterns depending on the facial region.

## **Dermaplaning 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, Dermaplaning and Chemical peels.

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.