

Microdermabrasion

About Microdermabrasion:

Microdermabrasion is helpful for reducing the appearance of fine lines/wrinkles, dull, dry, rough or sun-damaged skin; it can also help treat acne, and even soften some superficial scars including stretch marks.

Dead skin cells that have become sticky with maturity and contribute to a thicker, dull complexion are removed with this procedure, giving the skin a fresh, more youthful appearance. A series of microdermabrasion treatments can also help firm the skin; it uses a vacuum which stimulates blood flow and fibroblasts in the skin, thus stimulating collagen and elastin. Pores are refined, and skin feels remarkably smoother as the dead skin cells and debris are swept away.

Advanced Esthetics has two microdermabrasion methods available. These treatments both produce equal results, but personal preference may guide your choice.

MegaPeel Microdermabrasion:

This method gently blasts small particles of aluminum oxide over the skin's epidermis to help remove dead skin cells on the skin's surface. The MegaPeel medical research shows biopsy-proven increases in collagen and elastin, and smoother, healthier skin.

DermaSweep Microdermabrasion:

Rather than using crystals, this method uses patented bristle technology for exfoliation.

To further address each patient's unique skin care needs, a variety of skin-specific topical solutions can be applied immediately after a microdermabrasion treatment. These topical solutions are tailored to each patient's specific skin needs, and include:

Dry / Sensitive / Rosacea:

Soothing Gel Mask – Glotherapeutics

(This is a cooling mask containing an array of soothing ingredients, antioxidants and vitamins to repair and calm dry, sensitized skin that needs special attention.)

Main ingredients:

Rose Hip Seed oil – A soothing emollient

Vitamin E – Antioxidant that heals and repairs

Calendula Extract – A flower extract rich in antioxidants that's soothing and calming

Wild Yam Extract – Antioxidant

EGCG – Antioxidant derived from green tea

L-menthyl Lactate – Cools and refreshes skin

Pomegranate Extract – Source of Ellagic Acid that strengthens the cell membrane

Rutin – Anti-inflammatory, protects capillaries from oxidative stress and prevents fragility

~ OR ~

Calming Infusion: Aloe Vera, Allantoin, Chamomile, Ginseng (For sensitive skin)

Rehydrate Infusion: Hyaluronic Acid, Aloe Vera, Chamomile & Panthenol (Dry/sensitive skin)

Balancing Infusion: Panthenol, Allantoin, Aloe Vera, Citric Acid (All skin types)

Products applied following mask or infusion:

Phyto Corrective Gel – SkinCeuticals

(Complexion calming gel that helps soothe and calm irritated skin. Contains botanical extracts with anti-inflammatory and antiseptic properties, as well as skin lightening properties to even out the skin's tone.)

Hydrating Serum – Revision

(Ultra-lightweight, oil-free serum that hydrates the skin.)

Multi-Protection SPF 50 – Revision

(Non-tinted, ultra light-weight sunscreen and moisturizer.)

Normal / Combination / Aging / Sun-damaged:

Conditioning Restorative Mask – Glotherapeutics

(This mask cools on contact, and is infused with ingredients to help strengthen and deeply hydrate the skin, improving its elasticity and overall health.)

Main Ingredients:

Euterpe Oleracea (Acai) Fruit Extract – Anti-oxidant that restores and maintains skin function

Ribes Nigrum (Black Currant) Seed Oil – Stimulates microcirculation for improved active absorption and oxygenation

Dioscorea Villosa (Wild Yam) Root Extract – Assists in tissue repair and anti-wrinkle activities, balances hormonal responses to limit breakouts and wrinkle formation

Vitis Vinifera (Grape) Seed Extract – Antioxidant that protects vitamin E content within the skin and limits damage from peroxide byproducts that cause cellular breakdown

Lecithin – Assists in wrinkle repair

Soy Isoflavones – Protects extracellular proteins that are responsible for firmness

Trifolium Pratense (Red Clover) Flower Extract – Acts as a method of hormonal balancing; provides heightened anti-wrinkle actions; nourishes the skin

Lentinus Edodes (Shiitake) Extract – Infuses the skin with amino acids and vitamins that encourage optimized cell and tissue function

Oenothera Biennis (Evening Primrose) Oil – Improves barrier function; stabilizes the cell membrane to ensure healthy metabolic functions, nourishes and enriches the skin with amino acids and GLA (gamma-lineolinic acid)

~ OR ~

Renew Infusion: Vitamin C, Sodium Hyaluronate (Normal / combination)

Hyperpigmentation Infusion: Azelaic, Kojic & Lactic Acid, Bearberry, Licorice Root
(For treating sun spots and Melasma)

Balancing Infusion: Panthenol, Allantoin, Aloe Vera, Citric Acid (All skin types)

Products applied following mask or infusion:

Super Serum – Glotherapeutics

(The ultimate anti-aging complex to help firm, tighten, renew, repair and strengthen the skin; it leaves your skin looking and feeling more youthful and structurally healthy. Contains peptides that help reduce the degree and depth of wrinkles; amino acids used to synthesize collagen, stimulate skin function and retain moisture; Epidermal Growth Factor that stimulates tissue repair and strengthens the skin; retinol to accelerate cell renewal; as well as potent antioxidants that defend against free radicals and slow the aging process.)

Hydrating Serum – Revision

(Ultra-lightweight, oil-free serum that hydrates the skin.)

Multi-Protection SPF 50 – Revision

(Non-tinted, ultra light-weight sunscreen and moisturizer.)

~ OR ~

Intellishade SPF 45 – Revision

(Lightweight moisturizer and tinted sunscreen that contains peptides to help decrease fine lines/wrinkles.)

Oily / Acne Prone / Unbalanced:

Clear Refining Mask – Glotherapeutics

(This mask is used to absorb excess oil, decrease inflammation, and reduce bacteria on the skin's surface; Blemish fighting ingredients such as Sulfur, Zinc, and Tea Tree help clear up breakouts quickly, and improve the appearance of enlarged pores, leaving the skin refined and radiant.)

Main Ingredients:

Sulfur – Recommended for acneic skin due to its healing, antibacterial, oil balancing and cell-regenerating functions

Zinc – Used to boost the immune system at the cellular level, increases T-cells, is antibacterial, accelerates healing of wounds, essential for cell growth.

Tea Tree – An essential oil that helps with acne because of its broad-spectrum antimicrobial and antibacterial activity. Helps keep skin clean and fresh.

Kaolin – Absorbs sebum, prevents pores from clogging, and draws out impurities and toxins from the skin.

Caprylic/Capric Triglyceride – Improves the permeability barrier of the stratum corneum.

~ OR ~

Acne Infusion: Salicylic Acid, Witch Hazel (For acne-prone skin)

Exfo Infusion: Glycolic Acid, Salicylic Acid (For acne-prone skin)

Balancing Infusion: Panthenol, Allantoin, Aloe Vera, Citric Acid (All skin types)

Products applied following mask or infusion:

Purifying Oil Control Emulsion – Glotherapeutics

(This light-weight formula reduces sebum and bacteria, aids in the healing process, and moisturizes unbalanced and congested skin.)

Hydrating Serum – Revision

(Ultra-lightweight, oil-free serum that hydrates the skin.)

Multi-Protection SPF 50 – Revision

(Non-tinted, ultra light-weight sunscreen and moisturizer.)

Treatment Time:

The treatment typically takes 40-60 minutes.

Recovery Time:

There is minimal to no downtime. Common side effects include: pink/redness, itching, mild- moderate irritation, increased sensitivity, and light peeling. It is normal for the skin to look slightly “wind burned.” Side effects usually resolve within a few hours to one day.

Treatment Frequency:

For optimal results, a series of 6-10 treatments is recommended, scheduled 2-4 weeks apart.

Who should not have microdermabrasion:

This treatment may be performed safely on all skin types, however, aggressive treatments on darker skin types should be avoided. Avoid treatment if skin is wounded, sunburned, sensitive, if a rash or inflammatory Rosacea is present, or if there has been recent Isotretinoin (Accutane) treatment, chemotherapy or radiation therapy, or if pregnant or breastfeeding.

Following treatment:

Avoid sun exposure for 2-3 weeks. Use a broad spectrum sun screen of at least a SPF 30 or higher every day.

To determine if you would benefit from Microdermabrasion, please call 651-484-2724 to schedule a consultation at Advanced Esthetics.