



## Facials

### Microdermabrasion

Microdermabrasion is the new "lunch time" approach to skin resurfacing. It stimulates the production of new skin cells and collagen. Less aggressive than laser resurfacing, microdermabrasion is a non-surgical treatment that does not require an anaesthetic. Treatments take 35-45 minutes. Microdermabrasion uses a jet spray of mineral crystals to remove, then vacuum the outer keratin layer of the skin. Regular removal of the keratin layer can improve the appearance of:

- **Brown spots**
- **Shallow acne scars**
- **Hyperpigmentation (melasma)**
- **Sun-damaged skin**
- **Dull or aging skin**
- **Fine lines and wrinkles**
- **Uneven skin tone and texture**

While the effects of microdermabrasion are not as dramatic as those of laser resurfacing, recovery time after the procedure is much shorter. Though there may be some redness afterwards, most patients can return to work immediately.

If you're considering a microdermabrasion treatment – or any other treatment, including Botox, Restylane and Laser Hair Removal – we invite you to schedule a free consultation.

## **What is Microdermabrasion?**

Microdermabrasion is a scientific method, using fine, inert (micro) crystals to progressively abrade the skin's surface. It is used for skin resurfacing and treating a range of skin abnormalities. With our Microdermabrasion skin treatment program, you can see immediate improvements in your skin's appearance. This unique approach removes dead and flaking skin cells and stimulates the production of fresh, young skin cells and collagen.

## **How does Microdermabrasion work and what results can I expect?**

Micro-crystals are vacuumed through a delicate hand piece, which is held at a precise angle to the skin, producing a skin-polishing peel. In as little as 30 - 40 minutes, this gentle abrasive technique efficiently produces satisfying results. Treatments are applied through a course of weekly sessions. Microdermabrasion enhances the skin's condition by stimulating collagen production and does what no other available non-surgical treatment can do in combating the signs of aging skin. Most importantly, it is safe to use on all skin types and colours.

Age spots and fine lines are reduced, pores are unclogged, acne is diminished, collagen is stimulated and a more uniform tone is evident. Most clients report that their skin is visibly softer, tighter, smoother and younger-looking, even right after their first treatment. Some physicians also see an improvement caused by collagen tightening on the layer of skin beneath the layer treated by microdermabrasion. This further reduces the appearance of lines and wrinkles though the effect is temporary: microdermabrasion treatments must be repeated in order to sustain the effect.

## **How soon will I see results?**

You will notice an immediate improvement after your first treatment. Your skin will have a fresh pink glow and smoother texture. Improvements continue throughout your treatment program.

## **How long does a Microdermabrasion treatment take?**

Most facial microdermabrasion treatments take 40 minutes. Other areas may vary.

## **How many treatments will I need?**

Although fantastic results are achieved with the first session, a minimum of six treatments is recommended for long-lasting results. These treatments are usually performed every two weeks. After the first six sessions, you should receive treatments once a month to maintain your youthful-looking skin.

## **Who should consider Microdermabrasion?**

Microdermabrasion is right for all skin types and for anyone interested in minimizing the appearance of:

- **Scarring**
- **Fine lines**
- **Pigmentation problems**
- **Uneven skin tones**
- **Dull, lifeless and sun-damaged skin**

Microdermabrasion is not recommended anyone who has taken the acne drug Accutane within the past six months because there is a risk of creating scar or injury in someone who has taken Accutane.

Also, because there is a risk that microdermabrasion may stimulate a new outbreak, patients who have a history of herpes simplex (cold sores) around their lips should consider taking an oral antiviral medication before undergoing Treatment by microdermabrasion.

## **What should I do after my treatment?**

Following your microdermabrasion treatment you may find that you experience skin peeling; and your PURE medi-spa Medical Aesthetician will recommend that you use a moisturizer and sun screen following the procedure. Like most of PURE medi-spa's non-invasive treatments, there is no downtime. You can resume your daily activities immediately after your Microdermabrasion treatment. It is recommended you avoid sun exposure on the treated area for at least 24 hours. Also, because your outer layer of skin has been exfoliated, the treated area will be sensitive to hot water and sweat for the first day.