

Date: _____

MICRODERMABRASION - THE LUNCH TIME PARISIAN PEEL**What is it?**

It is a quick safe, effective form of exfoliation for all skin types and colours with no downtime and virtually no discomfort. It has been available in Europe since the late 1980's. It is achieved by the use of inert corundum aluminum oxide mineral micro crystals to remove dead or damaged skin cells. Skin will appear softer, smoother, brighter, clearer, fresher and younger looking.

Who can benefit?

Men and women of any skin type or colour. Anyone with aging, congested, flaky, dry, devitalized, thickened, blemished, dull and sun damaged skin will have rejuvenated and refreshed. Blotchiness, uneven skin tones and texture will also be improved.

What areas can be treated?

Most common areas are the face, neck, chest, shoulders, back, hands, knees and elbows. Any body area can be treated.

Why Microdermabrasion?

Approximately every 28 days we create a new layer of skin. As new cells form they push their way to the surface and then dead cells settle on the surface. This can cause enlarged pores, clogged pores, a bumpy uneven texture, and a dull appearance. As we age this process slows down leading to the appearance of older skin with less radiance.

How does it work?

This gentle exfoliation is performed with a jet of fine mineral crystals passing over the skin's surface by creating a gentle vacuum. The crystals lay on the skin along with the dead and/or damaged skin cells. The crystals gently exfoliate approximately 20-25 microns of dead skin cells of the outermost layer (stratum corneum). Once removed it reveals one's own fresher, younger looking skin beneath. One Microdermabrasion is equal to 3-30% glycolic peels or one 70% glycolic peel.

How many treatments do you need?

This treatment is meant to be progressive not aggressive. Generally results are more noticeable after the 3rd treatment. Although, after the first session the skin will appear fresher, cleaner, smoother and softer for some clients. Usually treatments are performed every 7-10 days or every 2 weeks for a series of 6. Maintenance treatments are suggested once every 1 to 1 ½ months. If you are having IPL treatments the usual interval is one 7-10 days prior to IPL then one 7-10 days after the IPL. They are often done as a series in combination with the IPL treatments.

How long does it take?

The actual treatment takes usually 15-40 minutes, depending on the body area. The treatment is applied to clean skin. After a moisturizing sun block is usually applied.

Any side effects?

Since there is minimal discomfort and no healing time, one can resume normal activities immediately after. One may experience a slight tingling, and after the skin may feel tighter, as if exposed to the wind or sun. It may appear slightly flushed and this generally fades in 12-24 hours.

It is very important after your treatment to **NOT EXERCISE** for the first 24 hours, where perspiration is created. You will develop a stinging sensation that can take several hours to dissipate.

Cautions?

If you suffer with cold sores, you should be cold sore free prior to a treatment to avoid the risk of them spreading. Also you need to discuss with the technician if you have any of the following conditions: Severe Rosacea, dermatitis, skin cancers, bruise easily, inflamed acne, Hepatitis C, AIDS, are on blood thinners or Accutane.

If you use Retin A products or any skin care products that irritate the skin you should stop them for at least 2-3 days before and do not restart until 2-3 days after.

There is no concern if you are pregnant or nursing. If you use sun beds it is suggested to not tan for 2 weeks after a session.

If you are planning to have Injectables such as Botox or Fillers it is recommended to have them 2-5 days after a Microdermabrasion.