



Microdermabrasion

Medical microdermabrasion is a progressive, non-invasive and quick treatment that gently & thoroughly removes dead skin cells through Diamond Head technology. A thorough consultation will be given and you will be asked to sign a consent form for treatment and fill out a medical history form. Treatment will be explained, predicted outcome discussed, how many treatments needed and any questions you wish to ask. Any personal information collected is confidential and kept only for your treatment record.

What is Microdermabrasion?

Microdermabrasion is an exfoliation process using a diamond tipped head and suction to remove the outermost surface of the skin, (Stratum Corneum). It promotes the production of new cells in the deepest layer of the dermis, cleans pores and aids in controlling breakouts. It also stimulates collagen networking to further even out skin texture and tone. Treatments can be performed within a lunch break and normal daily activities can be resumed immediately. It is a safe, nonsurgical, comprehensive, and progressive approach to skin rejuvenation.

How does it work?

The exfoliation process occurs when the diamond tipped head makes contact with the skin and gently abrades against it. This is combined with vacuuming to remove dead, dull skin and deeply cleans the skin therefore reducing the levels of breakouts and blackheads.

What are the benefits?

- Thorough exfoliation
- Increase cell regeneration
- Scar tissue reduction
- Treat fine lines
- Treat acne & acne scarring
- Skin feels softer and smoother
- Treat dull / congested skin
- Fast
- Non invasive
- Safe for all skin types
- Evens out skin tone
- Minimizes pore size

How many treatments are recommended for optimum results?

We recommend a course of 4 - 6 treatments performed weekly or fortnightly, depending on the skin condition, though the result after just one treatment is an immediate enhanced skin appearance. You will notice prolonged results and improvements in many areas such as the evenness and pore size reduction of the skin after a course of treatments.

What areas of the body can be treated with microdermabrasion?

Treatments can be performed on the face, neck, décolletage, chest, back, arms and most areas of the body. A combination of skin treatments is most effective and we can tailor a clinical skin regime for you with a combination of Microdermabrasion and some of our other skin treatments such as peels or IPL.

Who are the best candidates for Microdermabrasion treatments?

The best candidates are men and women who have good skin tone, good health, and realistic expectations. Younger congested skin or skin showing the first signs of ageing and sun damage, those with young teenage problem skin and pregnant women.



What kind of results can I expect?

Usually you will notice an immediate improvement in your skin's texture and appearance. Acne scars will become more refined depending on the number of treatments. Patients report that their skin looks softer, smoother and younger looking. It's also a great treatment to have a day or two before a big event as your skin will glow and make-up applies a lot smoother and even on the skin.

How long are the treatments?

Treatments usually take about 40 minutes depending on the patients needs.

What are the benefits of Microdermabrasion over other procedures?

Microdermabrasion takes less time to do, there is little discomfort and recovery time is relatively quick with no disruption to normal activities. Microdermabrasion is suitable for all skin types. It is a Chemical free treatment.

Are there any side effects?

Microdermabrasion is a very safe and gentle process because it only removes the outermost layer of the epidermal layer of the skin. There are very few risks to microdermabrasion, although changes in pigmentation (usually areas of increased pigmentation) are possible - usually in those with darker skin types. Some clients may experience temporary redness or minor grazing of the skin. Skin may be temporarily sensitive to the sun so an SPF 30 **MUST** be used after treatment.

Post treatment information will be given to you after your Microdermabrasion treatment.