

# The Face Bar aesthetics

## MICRODERMABRASION AND HYDRADERMABRASION

What is a Microdermabrasion and Hydradermabrasion and how will it benefit me?

### **What is *Microdermabrasion*?**

Microdermabrasion uses an adjustable diamond tip applicator that removes dead surface skin cells and initiates cellular turnover at the dermis and epidermis levels. It also uses vacuum suction to stimulate blood flow and circulation . Used to treat ageing and sun damaged skin, some types of acne and acne scarring, altered pigmentation, fine lines and wrinkles and stretch marks. Results include improves skin tone, fewer breakouts, diminished appearance of scars, even skin colour, refined pores, renewed elasticity and a healthy glow!

### **Who is a *Microdermabrasion* for?**

A Microdermabrasion is amazing for anyone who is in need of a deep exfoliation. The goal of Microdermabrasion is to make a person's complexion smoother, brighter and more even in colour. This treatment is suitable for any skin type and colour.

### **Is a *Microdermabrasion* effective?**

Your skin will instantly be rid of build up of dead skin, dirt and debris- making your skin feel brighter, lighter and cleaner! Multiple treatments are usually needed to improve the appearance of fine wrinkles and minor acne scarring. By removing the outermost layer of dead skin cells it allows any bacteria that may be trapped under the skin to surface, rather than spreading below the skins surface- making it a great treatment for blemishes. As Microdermabrasion only acts on the outermost skin layer, it is not as effective as aggressive therapies - such as chemical peels and Microneedling - for deeper wrinkles and scars. However, Microdermabrasion has the advantages of being considered painless, having minimal risks (if performed properly) and not needing any time off for recovery. This is a great treatment to begin your skin journey with.

### **What to expect after a *Microdermabrasion*?**

There is little to no downtime after a Microdermabrasion. You should be able to resume your daily activities immediately. Keep your skin hydrated and use gentle skin care products. It's extremely important to protect your skin with sunscreen. Your skin can be more sensitive to the sun in the few weeks after the treatment. You can expect to see noticeable results immediately after the procedure.

## **How often should you have a *Microdermabrasion*?**

If you are wanting to treat a specific concern, you could do fortnightly/monthly treatments for 3-4 sessions. For overall healthy skin we would recommend doing a Microdermabrasion once every 3 months as a deep exfoliation to keep the skin clean, clear and remove dead skin, dirt and debris.

## **What is a *Hydradermabrasion*?**

Hydradermabrasion is the latest innovation in skincare- offering the newest technology. It's a deep exfoliating treatment which removes dry, dead skin cells from the outer layer of the skin while simultaneously flushing the skin with water and pushing in active serum solutions to moisturise, plump, brighten, protect and clean the skin. The gentle water jet releases the pores from dirt, cosmetic residues, toxic substances, excessive sebum and bacteria.

This treatment is loved for its ability to improve skin texture, reduce fine lines and discolouration, treat acne or oiliness, increase circulation and blood flow, treat coarse pores and even enhance your overall skin tone. It does so by cleansing, exfoliating, detoxifying, nourishing and hydrating your skin with no downtime.

## **Who is the treatment for?**

It's an excellent choice for people who have tender or very sensitive skin. Super effective if you have darker skin tones, ageing skin, skin that is congested and/or blemished, as well as dry skin. Oily skin can benefit too as hydro-dermabrasion helps to make it less greasy, and pores can be shrunk. It's totally suitable for both ladies and gents, but the face has to be freshly shaved. If you have mild acne scars, their appearance can be reduced, and fine lines can be decreased. Your skin will see the results immediately after the procedure. It's the perfect treatment if you need a gentle but thorough facial directly before a big event, such as a wedding. If you have dark spots like age-spots and hyper-pigmentation here and there, Hydradermabrasion will help to eliminate them over time.

## **What is the difference between *Microdermabrasion* and *Hydradermabrasion*?**

Both treatments help smooth the skin by removing the top layer of dead and uneven skin cells. Additionally, both treatments use a vacuum to suction away dead cells and other debris. The difference? Hydradermabrasion is gentler on your skin, even though the treatment is equally effective. Microdermabrasion uses a handpiece with diamond tips that scrape away the surface of your skin. Hydradermabrasion, on the other hand, uses a gentler tip and fluids that help wash the cell debris, so it has the same deep exfoliation, but it's much less abrasive and more comfortable for your skin. With Hydradermabrasion we also have a range of different serums that we flush the skin with. We pick a serum depending on your skin concerns, e.g- Pigmentation, Dullness, Dryness, Acne etc.

## **How often should you have a *Hydradermabrasion*?**

If you are wanting to treat a specific concern, you could do fortnightly/monthly treatments for 3-4 sessions. For overall healthy skin we would recommend doing a Microdermabrasion once every 3 months as a deep exfoliation to keep the skin clean, clear and remove dead skin, dirt and debris.

Since Hydradermabrasion involves skin exfoliation with an abrasive tip, it is important that the skin gets its share of time to heal from all the scrubbing and cleansing of the previous session. No, the scrubbing causes no harm to your skin and new skin cells grow when sufficient time is provided. But taking a treatment too frequently may cause damage to your skin if it doesn't get enough time to heal. Particularly for sensitive skin types, it is absolutely necessary to provide sufficient time to skin to soak in the goodness of one session before going for another.

Not all people need to follow the same treatment regimen. The needs of every individual's skin are different and that must be paid attention to. Your treatment plan will be discussed and determined by your Therapist.