



Q & A about Microdermabrasion.

What is Microdermabrasion?

Microdermabrasion is a safe, controlled system of intense exfoliation and resurfacing using ultra fine crystals that rejuvenate the skin. The crystals work as a gentle abrasive on the skin to remove dead skin cells layer by layer. The irregular shape of the crystals helps to work on hard to reach areas, without any damage to the skin.

The removal of the dead skin results in skin feeling instantly smoother and fresher. The vacuum action of the machine also works to stimulate the circulation and promotes increased blood flow to the face. The production of collagen and elastin is also stimulated, which results in a firmer, more youthful looking skin.

The treatment is progressive meaning you'll see results over a course of treatments.

What skin conditions can be treated?

Acne and Acne scarring, fine lines and wrinkles, dull and tired skin, uneven skin tone, dry and dehydrated skin.

What happening in a treatment?

Firstly we have a consultation to discuss what you would like to achieve with your skin and any problem areas. Then your skin is cleansed with a gel cleanser to ensure it's clean. The Microdermabrasion is preformed for a maximum of 20 minutes, your skin is then double cleansed, a cooling mask is applied to your face for 10 minutes. Lastly, moisturiser and sun screen is applied.

What does the treatment feel like?

You can feel the crystals gently being drawn across your skin and the vacuum pulling them and the dead skin away from your skin.

How quickly will I see the difference?

You will see results immediately and with each subsequent treatment your skin will look progressively better.

How many treatments should I have?

Depending on the skin condition, between 4 and 8 treatments. People with acne or acne scarring may require more treatments and we recommend a monthly maintenance treatment after the course has finished to help maintain the results achieved.

How often should I have a treatment?

Treatments can be performed every 7 to 10 days.

Are there any side effects?

After the treatment, the skin can feel tight with mild redness. It's very important to use a good moisturiser. These effects normally subside within 24 hours of the treatment.

I have scarring from having acne as a teenager, will it improve my skin?

Regular treatments can significantly improve the appearance of scarring, smoothing skin and 'blending' with the surrounding area. This will improve scar tissue less noticeable and skin tone more even. Acne scarring can take as many as 20 treatments to get really great results as the damage to the skin is deep within the epidermis.

I have acne, can this help my skin?

Active acne skin can't be treated, however congested and non active acne skin can. The treatment eliminates dead skin cells unclogging pores and minimises sebum production thus reducing the chance of new spots developing.

My skin is quite normal; would I see a benefit of a treatment?

Anyone will see results. Microdermabrasion is a method of intense exfoliation that removes dead skin cells revealing new skin. Your skin will feel smoother and fresher; the treatment will also remove comedones (blackheads) and improve skin tone. Lastly the vacuum action works to stimulate the circulation and promotes increased blood flow to your face, resulting in firmer, more youthful looking skin.