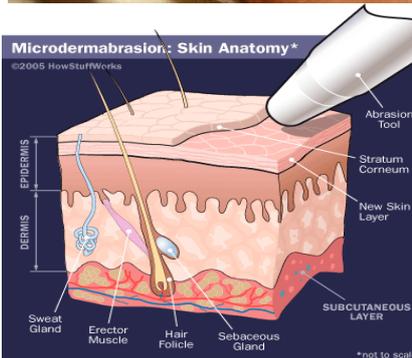
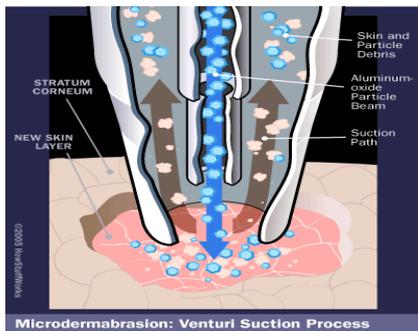


## Microdermabrasion Treatment



Microdermabrasion combines skin exfoliation, using a high quality diamond head, with suction. This gentle exfoliation clears away the outer layer of dead skin cells, relieves congestion in the skin and reduces pore size, while drawing out blackheads and whiteheads. This treatment improves blocked pores, skin blemishes and blackheads, reduces the appearance of pigmentation, refines pores and softens fine line.

## Questions & Answers

Here are answers to some commonly asked **questions**...

### **What is Microdermabrasion?**

Microdermabrasion is a quick and convenient procedure that has become very popular with patients showing the early signs of aging, sun exposure and other **facial** imperfections.

### **Why should I have a Microdermabrasion treatment?**

Microdermabrasion is generally suggested for:

- Dull, oily or leathery skin texture
- Minimizing the appearance of enlarged pores
- Exfoliating and suctioning clogged pores in acne cases
- Polishing and reducing the appearance of fine lines. (Treatments will not significantly improve advanced deep wrinkles.)
- Improve mild discoloration from acne scarring
- Reduce mild pigment irregularities
- Enhancing penetration of therapeutic remedies
- Elimination of white and black heads
- Keratosis Pilaris
- Enhances the overall appearance of the skin

#### Session design:

- No of treatments : 3-6 treatments
- Treatment Interval: one or two weeks apart
- Treatment Time : 30min, 45min plus post mask or 60 min plus post mask

#### Contra-indications

- Roaccutane use in the last 6 months
- Cystic acne
- Recent sunburn
- Very thin, crepey skin

#### How much does it cost?

Wellington Medi Spa has multiple packages available, depending on your specific needs. When you come in for your complimentary consultation, we will discuss the options in detail so you can decide for yourself which one is best for you.

#### How does my skin look after the treatment?

- Mild to moderate redness and sensitivity (similar to a sunburn) lasting 12 to 48 hours
- Skin feels dry and tight
- Some darkened areas of skin may occur (this is skin preparing to shed)
- Varying amounts of flaking can occur approximately 3 days after your treatment
- After the skin has shed it has a healthy glow and feels softer and smooth

#### 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.

#### Potential complications (intense/deep microdermabrasion treatments):

- Crusting (this is the skin in preparation to exfoliate) lasting 2 to 7 days
- Possible superficial bruising lasting 24 to 48 hours
- Infection leading to a scar, if areas of crusting are not cared for correctly
- Hyperpigmentation (darker patches of pigment on the skin) lasting 1 to 12 months

#### How does it work?

Microdermabrasion is a closed vacuum system delivering aluminum oxide crystals to the skin. This process exfoliates the thickened epidermis...and then vacuums away the crystals and skin debris to reveal healthier skin. Microdermabrasion results are best when combined with the Yonka skin care regimen.

#### Is it safe for all skin types?

Yes, Microdermabrasion is safe for every skin type and skin color

#### How often are the treatments given?

Microdermabrasion requires a series of treatments. While results are achieved with a single treatment, it is unrealistic to expect significant results from just one visit. Cumulative results can be significant with as little as six treatments repeated one to three weeks apart. Monthly maintenance treatments are recommended.

#### How many treatments are needed?

Microdermabrasion can be done as frequently as weekly or up to six weeks depending on your skin's tolerance and desired cosmetic effects. Many people choose to start with weekly treatments for three sessions, then change to a monthly maintenance regimen.

**Are there any side effects from Microdermabrasion treatments?**

Since we are only treating the outer layer of skin (stratum corneum), serious side effects is not an issue. Non-invasive and non-wounding to the skin's surface, Microdermabrasion has virtually no discomfort, down time or recovery. Patients typically experience some redness for about an hour after the procedure and some tightness of the skin. Two to three days after the procedure, there may be some minor flaking and skin may be sensitive. Healing time for most is a few days.

**What can I expect after my first treatment?**

Though Microdermabrasion requires a series of treatments, you can see some visible improvement in the skin after the first treatment. Some patients will notice improvement in the skin texture and the skin's ability to absorb any skin care regimen that is being applied.

**Is Microdermabrasion limited to the face?**

No, there are many areas of the body that may benefit from Microdermabrasion. The most common are the face, neck, chest and hands.



Reduce acne scars



Reduce brown spots and discoloration



Reduce redness, age spots and discoloration



Reduce brown spots, discoloration, uneven texture



Reduce large pores, discoloration and redness

