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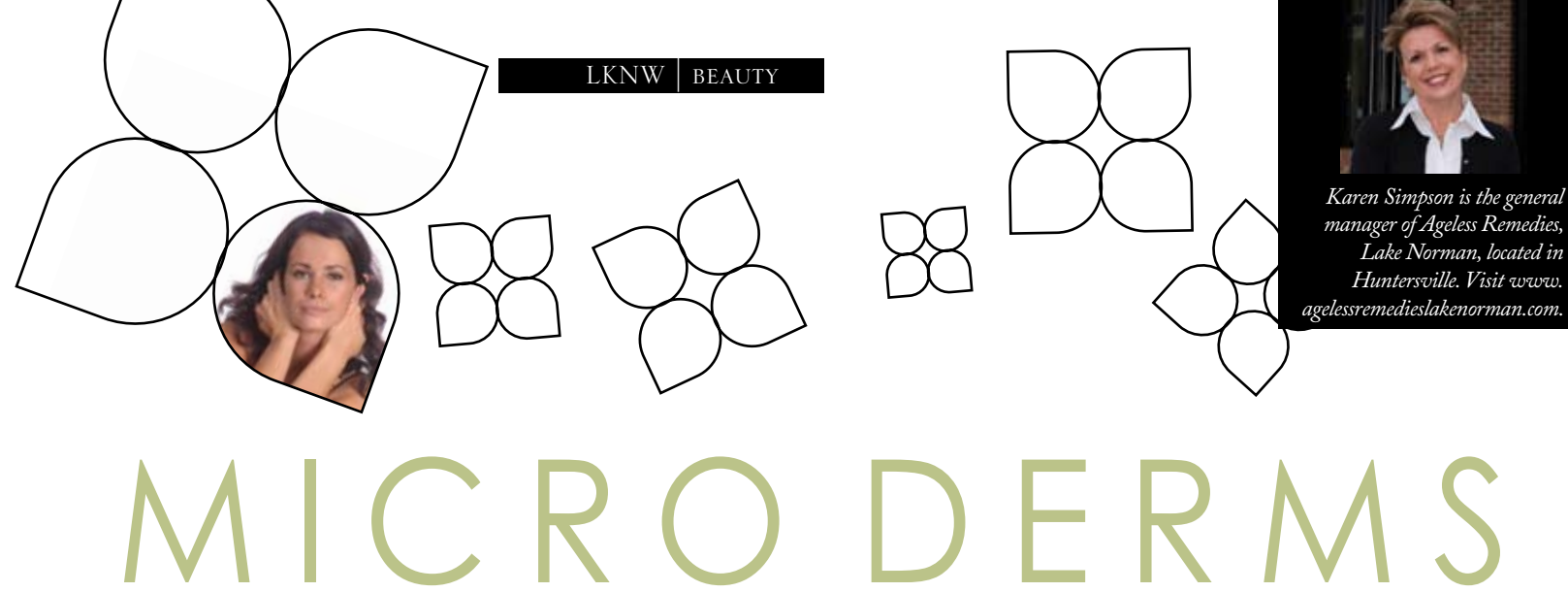


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Karen Simpson is the general manager of Ageless Remedies, Lake Norman, located in Huntersville. Visit [www.agelessremedieslakenorman.com](http://www.agelessremedieslakenorman.com).

# MICRODERMS

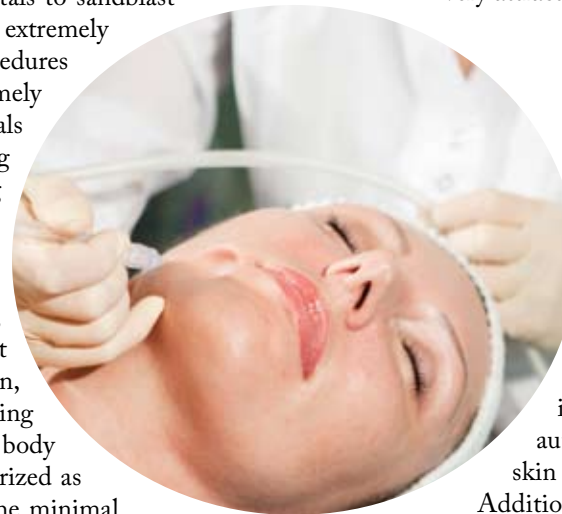
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*beautiful*

MICRODERMABRASION may be one of the most underestimated values in the war against fine lines and wrinkles ... and acne. In simplest terms, microdermabrasion is an exfoliation that uses very fine crystals to sandblast the top layer of the skin. It is not extremely expensive, and a series of these procedures spaced appropriately are often extremely effective. The process moves fine crystals through a vacuum tube, smoothing away dead skin cells and stimulating new cell growth.

Microdermabrasion treatments are normally performed on the face, neck, chest, and arms. The dead skin cells that sit in the uppermost layer of the skin, the epidermis, are buffed away, injuring the skin and creating the need for the body to develop new skin cells. It is categorized as a "lunchtime treatment" because of the minimal downtime. The most common effect is a mild redness or edema, normally lasting a couple of hours, although it could last a day or so. An immediate advantage is the ability for moisturizers and other emollients to pass through the layers of skin without being stopped by a barrier of dead skin cells, making them more effective. The effect lasts for two to three weeks.

A tremendous benefit of the microdermabrasion is the variety of skin conditions that can be treated. An aggressive series of six or more microdermabrasion treatments spaced two to three weeks apart is effective therapy against acne blemishes, uneven skin tone, sun damage, age spots, or fine lines. Once the desired result is achieved, treatments are generally spaced over four-



to-six week periods. The repetitive treatments stimulate collagen production and the accumulation of the collagen that makes the skin healthier looking and minimizes the appearance of skin blemishes. Outcomes can be enhanced when microdermabrasion treatments are combined with a series of light chemical peels.

Affordability is another benefit of the microdermabrasion. A professional microdermabrasion can cost between \$125 and \$180 for a single treatment. Often a series of microdermabrasion treatments can be purchased at a significant discount, making it a very attractive treatment.

**MICRODERMABRASION MAY BE ONE OF THE MOST UNDERESTIMATED VALUES IN THE WAR AGAINST FINE LINES AND WRINKLES ... AND ACNE.**

Generally speaking, microdermabrasion is effective with almost any skin type. The determinate factor is really the age and the condition of the skin, and there are some limitations. Certain skin conditions make some people incompatible for this treatment, including warts, rosacea, herpes, dermatitis, eczema, and autoimmune disorders, such as lupus. People with these skin conditions should not consider microdermabrasion. Additionally, excessively damaged skin—such as skin with very deep acne scars or deep, persistent wrinkles—may not benefit from the mild treatment offered by a microdermabrasion and may need more aggressive treatment such as laser treatments or chemical peels.

There are a few important tips to take into account when considering microdermabrasion. First, make sure that the physician or licensed technician performing the service is experienced and knowledgeable. Discuss your desired results with the technician to see if they are reasonable for this form of treatment, and find out how many treatments may be necessary. Once you are comfortable that this is the best course for your skincare, sit back and be sandblasted to beauty!

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