

Microdermabrasion - The secret to a youthful complexion

By Dr. Kenneth Osorio, Las Sendas resident

It is well known that for celebrities, their faces are their fortunes. How is it that despite long hours under hot lights and heavy makeup, Hollywood stars still keep their skin looking so healthy and fresh? One of their secrets has long been microdermabrasion. However, microdermabrasion is no longer just for the Hollywood elite.

With the wide availability of the procedure, anyone who desires a more youthful complexion can take advantage of this modern treatment. In fact, more than a million people will undergo microdermabrasion this year, making it one of the most popular, non-invasive treatments performed in the United States today.

How it works is simple. A wand is passed over the skin which removes dead layers of skin, exposing the underlying smooth skin. The wand also applies suction which stimulates the elastic tissue beneath the surface of the skin, toning and tightening the skin. This dual effect helps to combat aging by softening fine lines, lightening irregular pigmentation and smoothing skin imperfections.

Microdermabrasion is performed various different ways. Until recently, the only option available involved "sandblasting" the skin with aluminum oxide crystals, a method which many disliked because of the gritty residue left on one's hair and clothes after the procedure.

Today, there has evolved a new form of microdermabrasion. Called DiamondTome skin resurfacing, it takes microdermabrasion to a new level. DiamondTome skin resurfacing is quick and gentle. Using a Diamond-tipped applicator, suction is applied to the skin, polishing and gently exfoliating the skin - exposing the underlying new, healthy skin. The suction stimulates production of new cells at the skin's base level, increasing cell turnover as well as blood flow. The result is healthier, fresher looking skin, with lightening of blemishes, age spots and fine wrinkles—all without the irritation of loose crystals.

Choosing where to have treatment performed is an important decision. Although microdermabrasion may be found in many different settings, only medical personnel can acquire the most powerful machines which perform medical-grade microdermabrasions. Who the procedure is performed by is an equally important consideration. A licensed aesthetician is an excellent choice, as she can help to ensure the treatment is performed thoroughly and safely.

Microdermabrasion has moved out of Hollywood and into our local communities. Inquiring about the type of microdermabrasion available and the qualifications of personnel performing the procedure is important to ensure optimal results.

For more information, call (480) 844-8346.