



Microdermabrasion as the Foundation for Healthy Skin

When clients return to the spa post-pandemic, microdermabrasion can help their skin look younger and healthier. **BY KATE BALLAERA, esthetician, Simply Posh Aesthetic Spa**

One of the biggest trends for 2022 is getting back to basics with an esthetician after an unprecedented time of only having access to at-home skincare. As we attempt to get back to normal, our skin needs a medical-grade refresh. One treatment that nearly every skin type can benefit from and that every person, regardless of age or gender, needs, is microdermabrasion.

Microdermabrasion goes hand in hand with facials for being the foundation for healthy skin. Microdermabrasion is an easy and non-invasive procedure that renews skin's outer layer. This quick and painless procedure yields excellent results, smoothing out skin's texture; minimizing fine lines, acne scars, and stretch-marks; reducing pore size; and quite simply, rejuvenating skin to a younger- and clearer-looking complexion.

There is zero prep work for the client before a microdermabrasion treatment. However, it is important to advise them to stop using any at-home exfoliators, retinols, or astringents for the day prior. Any active wounds or acne lesions will

be avoided during treatment. There is little-to-no downtime afterward. Clients might leave with some slight irritation that will present in a rosy coloring of skin similar to that of a sunburn that will clear up within a few hours. The best part? Clients will see results immediately after the treatment. Skin texture and fine lines will be noticeably smoother after just one visit. Skin will appear brighter, plumper, and rejuvenated. Clients can apply makeup on the same day with zero restrictions, unlike some other more invasive treatments.

The microdermabrasion treatment will begin with a basic facial. Skin will then be cleansed and steamed to open pores and to remove any impurities. Once properly cleaned, the true exfoliating treatment will begin. A pain-free, handheld microdermabrasion wand is used across the face, utilizing suction and dispersing crystals to remove dead skin cells, rehydrate skin, and leave it with a clear, glowing complexion. The basis for microdermabrasion is to remove the dead epidermal layer of skin and trigger a dermal rebuilding process

that will promote collagen and a more youthful appearance. The procedure is typically followed by a relaxing, enjoyable facial massage where products targeting the client's specific skin needs will have peak penetration abilities. Rounding out any facial service should be a facial mask to help calm inflammation or irritation.

Although one microdermabrasion treatment will undoubtedly get skin back on the right track, clients might want to book it in their monthly lineup of self-care to see the best results possible. There's no better way for clients to put their best face forward than with a fresh resurfacing from microdermabrasion. ●



BIO: Kate Ballaera is an esthetician at **Simply Posh Aesthetic Spa** (Bellmore, NY). The spa offers non-invasive aesthetic medical procedures

designed to rejuvenate and enhance beauty for its clients. It is connected to Advanced Dermatology, P.C., a dermatology practice with locations in New York and New Jersey.