

The First Step to a Smoother You

SPOTLIGHT ON: MICRODERMABRASION

Product Highlight.

SNAP-SNAP- SNAP- SNAP
What is SNAP? That is how patients are describing the difference they see and feel in the skin around their eyes. Since the body stops producing elastin around the age of 21, wrinkles can quickly appear. Elastin is a coil-like protein that provides the skin with its resiliency. Healthy elastin enables the skin to SNAP back into place. Elastin that has been damaged loses its elasticity. Collagen is also a major protein that makes up the connective tissue. Collagen provides the building platform in order for elastin to thrive. Both are necessary for the SNAP or the elasticity of the skin.

ELASTIderm® is made by Obagi. This company has a proven track record for solid improvement in the look and feel of your skin. It uses a proprietary bi-mineral complex (Copper Zinc Malonate) that has been clinically proven to restore elasticity and build collagen production. This is not a moisturizer! Clients see improvement as soon as two weeks after using. Talk to us about improving the condition of fine lines and wrinkles around your eyes. Talk to us about getting the SNAP back in your complexion.

Medical Microdermabrasion

Microdermabrasion is a popular procedure that some clients refer to as an “instant” facelift. It is a quick, safe, convenient and proven effective method for all skin colors and types to give a brighter, smoother appearance to any area of the body. The most common treatment areas are the face, neck, décolleté and hands. After your face and neck, the most noticeable sign of aging is in your hands, making this a growing treatment area. The chest, back and legs are also areas that have enjoyed extra attention. Legs are especially enjoyed as a prelude to selfless tanning applications. Some common questions clients are asking is how does this procedure help your skin and why do clients enjoy the outcome?

Skin is made up of two layers, the epidermis and the dermis. The epidermis is the layer that is affected by the microdermabrasion procedure. The epidermis consists of a layer of dead skin cells atop another layer of maturing skin cells. The top layer of dead cells is the stratus corneum. This layer is the protective layer of the skin designed to prevent the smallest of molecules from penetrating its barrier. This is the layer where many fine wrinkle lines and blemishes are found.



When should I see improvement?

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complexion.



The purpose of microdermabrasion is to cause damage or disruption in the stratum corneum. This is accomplished using a small diamond tipped wand to abrade the surface of the skin. The tips vary in degree of abrasiveness. This causes the body to react to protect / repair the damaged area by rushing to replace the lost skin cells with healthy new cells. The initial damage results in mild edema (swelling) and mild erythema (redness) of the skin. These side effects typically result in about an hour and healing is complete within several days depending on the degree of aggressiveness and your skin type.

Microdermabrasion is useful in many ways.

The disruption occurring in the stratum corneum resulting in new skin cells also means the old skin cells (the dead cells) are removed. The removal leaves the skin softer, smoother with fewer blemishes. Visible

imperfections from the sun (solar lentigines or sun spots), fine lines and wrinkles are greatly decreased. Enlarged, clogged pores are reduced with a progressive treatment plan. It also allows greater penetration of medicinal products into the lower levels of the skin. Post microderm is a great time to improve the overall health of the skin using products designed with small enough molecular structures to pass through the barrier.

How is microdermabrasion performed?

As we mentioned earlier, a small wand with a diamond tip is applied to the surface of the skin in a slow even pressure. The diamond tip is chosen based on your skin type and the degree of aggressiveness desired. There is a vacuum element that collects the dead skin cells for removal. It is also used to pull impurities from your pores. One to four passes will be done during each treatment session, lasting approximately 30-45 minutes.

How many treatments are needed?

The number of treatments required depends on your skin type and the extent of damage to your skin. Typically, a minimum of five treatments are recommended for general improvement in the overall condition of the skin. More may be necessary for extensive damage and to maintain the smooth, youthful appearance. Other procedures such as Limelight®, or chemical peels may also be recommended.

A good skin care program for home is extremely important for the overall success of the program. Multiple microdermabrasions may decrease fine lines, wrinkles and blemishes but the addition of specialty products is especially important to generate further improvement and prevent additional damage to your skin. Vitamin C is used for antioxidant effects, sunscreens to prevent further solar damage and retinols are used to add additional cell turnover. Talk to us about designing a skin care treatment program designed as the First Step to a Smoother You!

WRINKLES: WE ALL GET THEM

Why Do You Get Wrinkles?

The body produces natural substances, collagen, elastin and hyaluronic acid, which are the building blocks of your skin. As we age, the body's skin cells continue to divide and slough as they did when we were younger but unfortunately, they divide at a much slower rate. The second layer of skin, the dermis, starts to thin. Collagen, as a protein, is the major structural element in the skin. Elastin is another type of protein and gives the skin its ability to stretch. Hyaluronic acid is designed to give skin volume. The older we get, the more difficult it becomes for the skin to repair / replace itself.

There are two types of wrinkles, dynamic wrinkles and static wrinkles. Dynamic wrinkles are formed during facial expressions like frowning or squinting. The aging process changes dynamic wrinkles into static wrinkles. Static wrinkles are visible at rest so even if you aren't frowning at your husband you may appear to be because your skin has retained the frown wrinkle as a static wrinkle.

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Wrinkles and folds in the skin occur because of loss of skin structure. In more youthful times, your skin has a great ability to retain moisture allowing skin cells to have good volume and strong structure. The aging process diminishes the moisture retention and the sweat and oil producing glands become impaired. When the sweat and oil producing glands malfunction, it deprives the skin of its protective water lipid emulsion. This causes the skin to become dry, thin and scaly. As this process continues over time, the skin loses its elasticity causing it to sag and thin resulting in your wrinkle!

Frown lines and crow's feet occur from continuous small muscle contractions. As we age, the body loses that elasticity, so the frown lines no longer bounce back. You may have the appearance of frowning at your husband even if you don't intend to because of this change. Sun exposure and other environmental exposures (like smoking) cause damage to the collagen and elastin protein fibers. This damage decreases the skin's ability to repair itself even more and speeds up the natural aging process.

How Do You Prevent Wrinkles?

I know everyone gets tired of hearing about sun avoidance but again, the largest amount of damage is done to the skin through sun exposure. Decreasing this exposure by avoiding the most damaging sunrays, which occur between the 10am and 4pm time frame will greatly diminish skin damage and skin cancers that are due to sun exposure. A good non-alkaline cleanser will decrease the loss of moisture that occurs when harsh detergent cleansers are used. The choice of a good cleanser will help maintain the protective barrier of the skin. The application of a light moisturizer and a good sunblock will provide the most progressive protection against wrinkles. Remember that not all sunscreens are created equal. A good sunscreen must be able to protect you against all types of sunrays, UVA and UVB, and UVC. Check back to last month's article on the different types and what is needed for protection. Talk to us about a good skin care program to help repair and prevent wrinkles.

This Month's Special

SAVE \$15
\$85 Lower Leg Microdermabrasion
Get Ready For Summer Treatment

Valid through 31 May 2008.
Includes microderm of lower leg, paraffin treatment, and massaging moisturizing.
Special may not be combined with other discounts.

Did you know?

What do cosmetic surgeons remove an average of 200,000 pounds of each year from Americans?
FAT!

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