



SkinBase[™]

YOUR PATH TO PERFECT SKIN

Definitive Guide to Microdermabrasion

www.skinbase.co.uk



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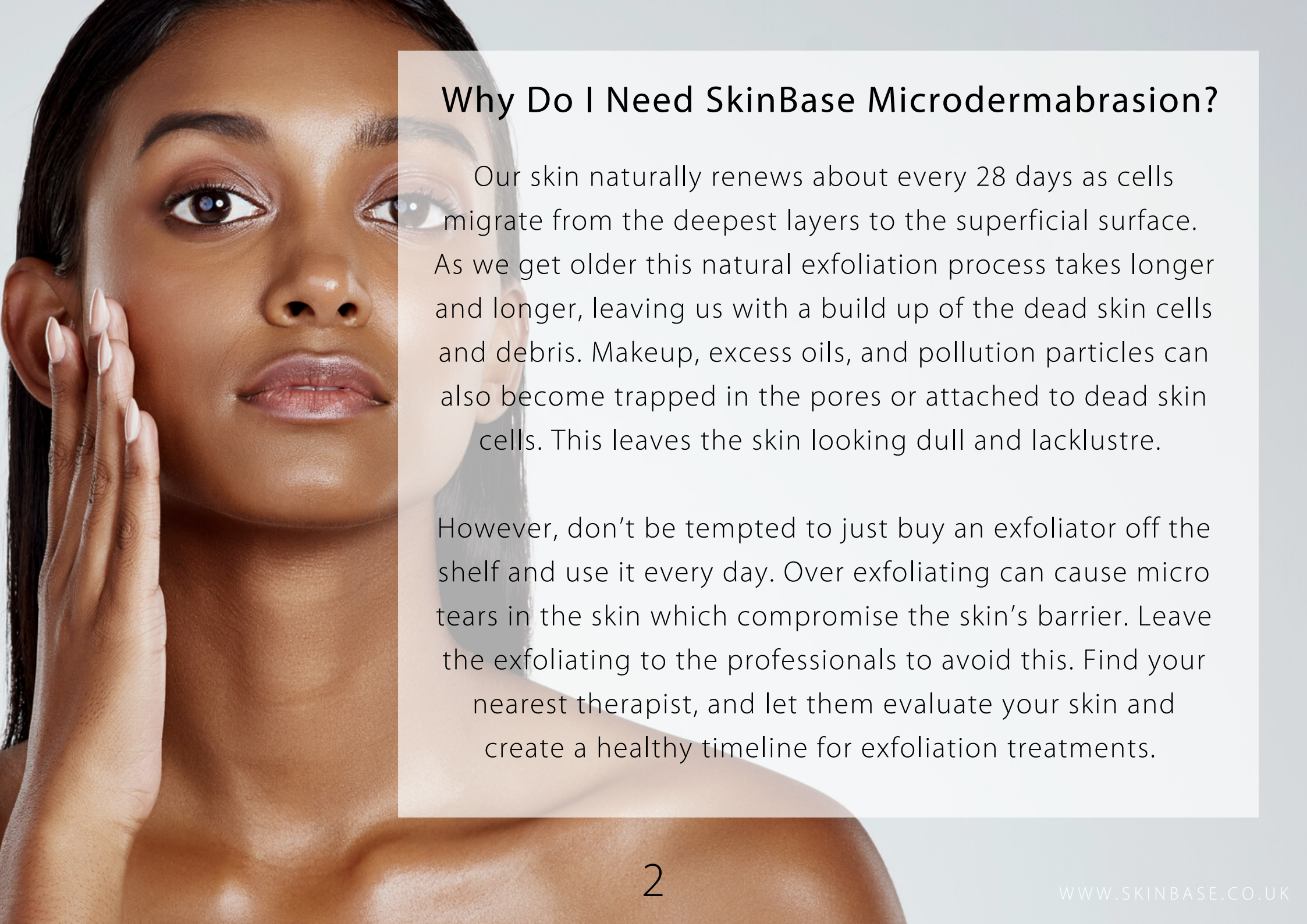
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What is Microdermabrasion?

Microdermabrasion is a rejuvenating skin treatment first developed in Italy nearly 40 years ago. The SkinBase Microdermabrasion (MD) process uses a flow of exfoliating crystals to slough away dead skin cells and resurface the skin.

The exfoliation is followed by a vacuum action, which gently removes the cells and debris. The procedure is simple, quick, and painless, with no downtime, so a perfect choice as a regular treatment.





Why Do I Need SkinBase Microdermabrasion?

Our skin naturally renews about every 28 days as cells migrate from the deepest layers to the superficial surface. As we get older this natural exfoliation process takes longer and longer, leaving us with a build up of the dead skin cells and debris. Makeup, excess oils, and pollution particles can also become trapped in the pores or attached to dead skin cells. This leaves the skin looking dull and lacklustre.

However, don't be tempted to just buy an exfoliator off the shelf and use it every day. Over exfoliating can cause micro tears in the skin which compromise the skin's barrier. Leave the exfoliating to the professionals to avoid this. Find your nearest therapist, and let them evaluate your skin and create a healthy timeline for exfoliation treatments.



How Does It Work?

The SkinBase MD facial includes a two-step process of Aluminium Oxide crystals and a vacuum action.

The stream of tiny crystals go through the hand piece and over the face, to gently exfoliate the skin. The crystals slough away any dead skin cells, dirt, and grime from the skin surface.

The vacuum draws away and collects the used crystals and debris from the face, whilst also stimulating microcirculation in the skin. The increased circulation is beneficial as it promotes the production of collagen and elastin.

How Regularly Can I Have Microdermabrasion?

To achieve the best results, we recommend that you have microdermabrasion treatments every 7-10 days.

This timeframe is ideal as the sessions are close enough together to improve problematic skin, but also allows the skin time to recover between sessions.

This means your therapist can work deeper within the skin each session, without causing damage.



How Many MD Treatments Do I Need?

In order to attain the best results, SkinBase always recommend a course over a single treatment. However, there is no simple answer to 'how many'. The length of your course will always depend on what you are hoping to achieve, and what your skin concerns are. A client with problematic skin will require more treatments than a client seeking a quick skin boost.

Your SkinBase therapist will be able to advise the appropriate course length during your initial consultation.



A Single Treatment?

Though a course is recommended, you can get a single Microdermabrasion facial if you wish to. After one MD treatment, you'll definitely see a difference in your skin.

Your complexion will be clean and bright as dead skin cells have been exfoliated and removed. Your skin will feel softer and smoother to touch, and products will glide on and absorb better.



A Mini Course?

A mini course is a great option if your skin is in good condition and you just want a boost. Your SkinBase therapist will be able to tell you if a mini course is appropriate.

3-4 consecutive MD treatments will remove blackheads and blemishes, unblock pores, and soften dry skin. Your skin tone and texture will also be improved.

A Course of Microdermabrasion?

A course of Microdermabrasion (between 6 and 20 sessions) is the ideal amount to deal with any concerns, and fully rejuvenate and resurface skin.

A course of treatment will help repair the damage caused by environmental pollution and the ageing process. Along with other concerns such as: fine lines, wrinkles, an uneven skin tone, or acne.

Microdermabrasion facials also boost your micro-circulation, increasing collagen and elastin production. Both collagen and elastin firm your skin, making you look fresher and younger for longer.



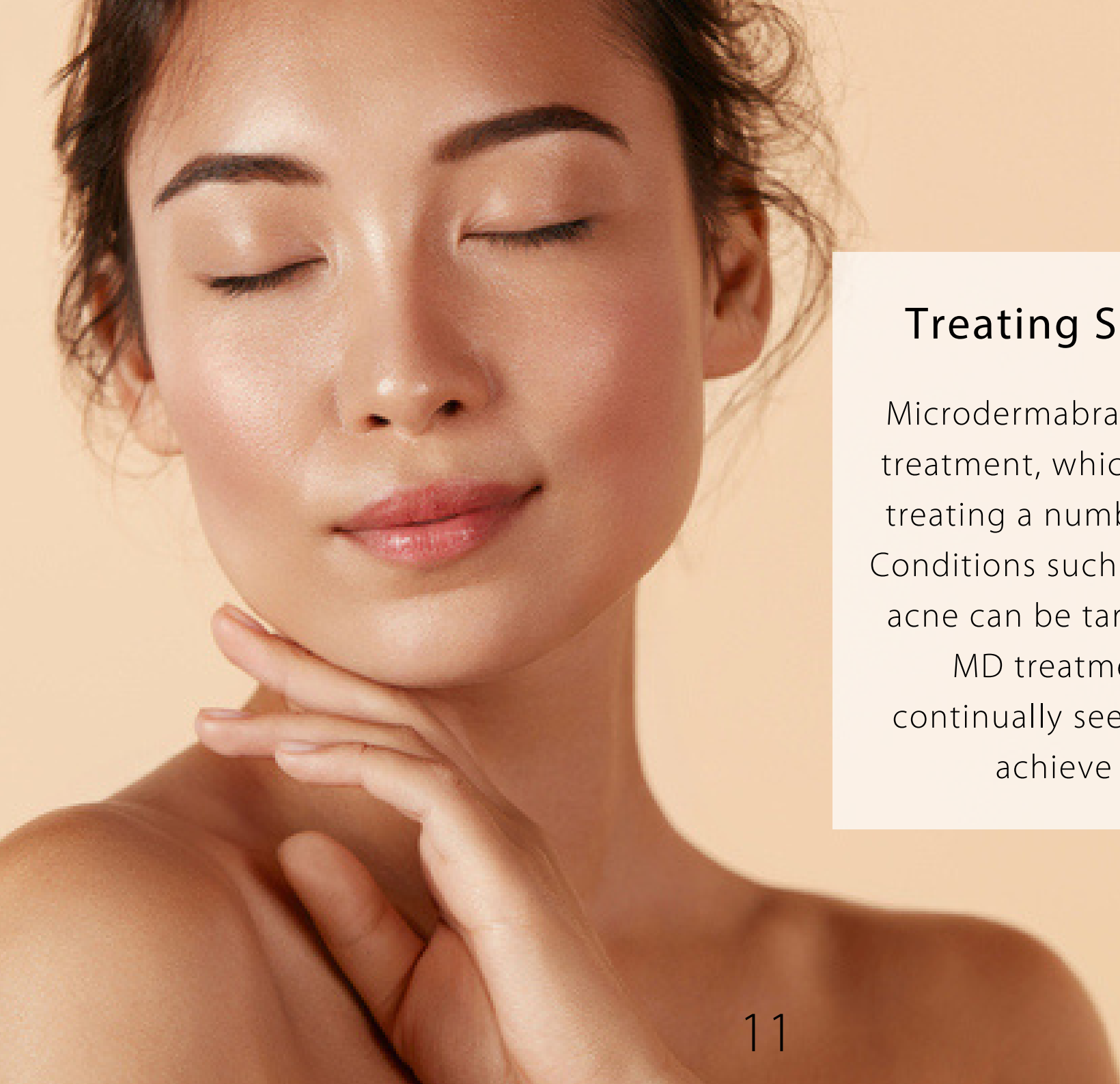


Monthly Maintenance?

Once you have achieved fantastic results with a course of SkinBase treatments, you want to keep your skin feeling great! The best way to do this is with monthly maintenance treatments. As mentioned, skin renews itself approximately every 28 days. Align your maintenance treatments with this process to ensure old cells are exfoliated and your complexion stays glowing.

Body Treatments?

Though MD facials are extremely popular, you'll be pleased to know the Microdermabrasion process is not limited to the face. Any body area affected by acne, blocked pores, fine lines and wrinkles, pigmentation, congestion, or stretch marks can benefit from MD. For example, the décolletage area can be treated for fine lines, while the back may be treated for acne. You could move away from your regular mani-pedi and treat yourself to a luxury MD mani-pedi with microdermabrasion.

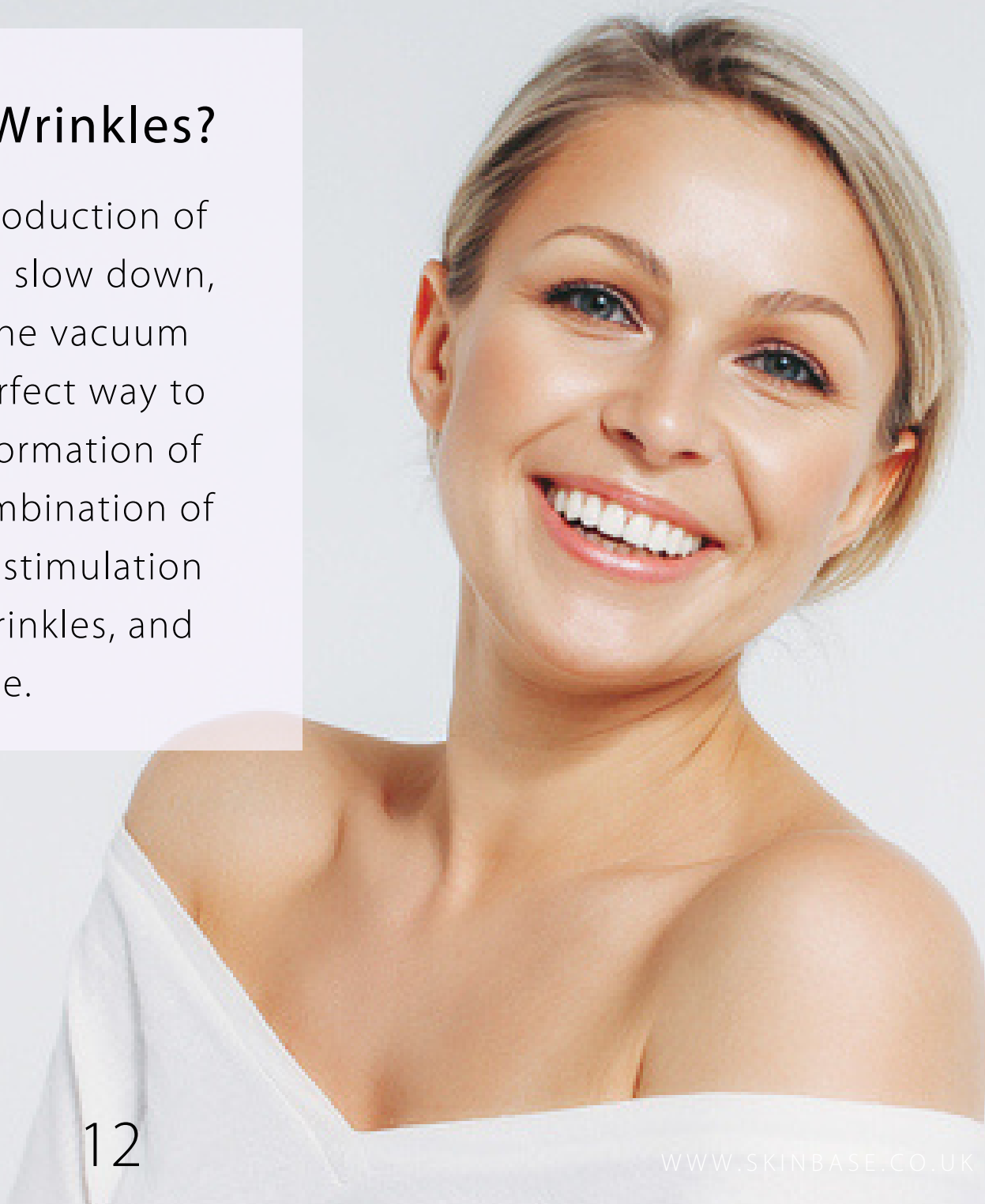


Treating Skin Concerns?

Microdermabrasion is a progressive treatment, which makes it useful for treating a number of skin concerns. Conditions such as pigmentation and acne can be targeted with up to 20 MD treatments, so you can continually see improvements and achieve great results.

Ageing, Fine Lines, and Wrinkles?

The ageing process causes the production of collagen and elastin in our skin to slow down, resulting in less firm, dull skin. The vacuum feature of the MD process is a perfect way to combat this, as it promotes the formation of new elastin and collagen. The combination of the skin exfoliation and collagen stimulation will smooth out fine lines and wrinkles, and improve the skin's surface.



Hyper-Pigmentation?

Where skin is exposed to the elements (e.g. face, arms, hands) you may suffer from hyperpigmentation. This is darker pigmentation that can appear as patches, dark spots, or uneven skin tone.

Hyperpigmentation can be caused by the sun, and also ageing, acne, and hormones. It can be tricky to treat, but a course of Microdermabrasion allows your therapist to work down the layers of the epidermis to help remove pigmentation and restore an even skin tone.

Dull, Tired Skin Uneven Skin Tone, Dry and Dehydrated Skin?

These common skin complaints are easily solved with a course of Microdermabrasion. By removing the superficial layer of dead cells from the skin, the fresh new skin underneath is revealed. This helps dull and tired skin to glow, while dry skin is better able to hydrate as skincare products can be absorbed more easily.





Acne?

Acne can be caused by blocked pores, and excess sebum production, microdermabrasion removes the top layer of dead cells, which unclogs pores and decreases sebum production. This minimises the chances of new spots appearing. If skin is congested, Microdermabrasion treatments can trigger a healing crisis. Acne may temporarily worsen before getting better. However, this is perfectly normal and is a good sign that the treatment is working!

Acne Scarring?

You may be aware that acne can cause damage and scarring to the skin. A course of Microdermabrasion can help with this problem. Frequent exfoliation with microdermabrasion speeds up the skin's own renewal process. Therefore, damaged cells are replaced quicker and the appearance of scarring is reduced. The collagen production stimulated by the vacuum helps to plump the skin. The combination of the plumping and the exfoliation helps to restore the skin's smooth texture.


Stretch Marks?

The appearance of stretch marks can be vastly improved with a course of Microdermabrasion. The SkinBase MD process has a lifting and smoothing effect which is perfect for blending the stretch marks with the surrounding skin. After a course of treatment, the discolouration and appearance of the stretch marks will be diminished.



Maintaining Results for Skin Concerns?

Having monthly microdermabrasion treatments is the best way to maintain any results achieved when treating skin conditions. However, treatments are not standalone solutions, and should be combined with a good skincare routine, sun protection, and a healthy diet and lifestyle. Your MD sessions will complement your skincare routine, products are absorbed better and are therefore more effective.

A close-up photograph of a woman with a white towel wrapped around her head like a turban. She is smiling and looking slightly to the right, with her hand gently touching her cheek. The background is softly blurred, showing what appears to be a spa or treatment room setting.

Benefits of treatment

SkinBase Microdermabrasion has a variety of benefits, depending on what you are treating, and what you are trying to achieve.

1. Non-invasive

Microdermabrasion is non-surgical and non-invasive. It is chemical free, and doesn't involve needles -yet achieves amazing results from the very first session!

2. No downtime

Since the treatment is non-invasive, there is no downtime. While invasive, surgical treatments can leave you feeling self-conscious to leave the house afterwards, with MD, mild redness is the worst you can expect - which should disappear quickly! That is why MD is known as the 'lunchtime facial' - you can get straight back to your day.

3. Enhances Healing

Microdermabrasion stimulates circulation and encourages collagen replenishment. If you suffer from active breakouts, the greater stimulation will help to reduce redness and inflammation caused by spots, improving the appearance of the skin.

4. Prevents further breakouts

The deep cleansing action of the crystals is great at removing excess oils, which otherwise would be blocking pores and causing spots. Thus MD can help prevent further breakouts. The exfoliation brings the blockage to the surface of the skin, allowing the dead cells to be cleared away.

5. Products absorb better

Exfoliating away all the old skin allows much better absorption of products after a Microdermabrasion treatment. We recommend using SkinBase products as these are specially formulated for use after microdermabrasion.

6. Makeup applies more evenly

The newly exfoliated skin means that when you come to apply your makeup (we advise waiting 12 hours), it will glide on smoothly and evenly. This makes it the perfect treatment to have when you are prepping for a big event and you want your skin to look flawless.



Who is it for?

The SkinBase Microdermabrasion treatment is suitable for all skin types. Whether you have sensitive skin, suffer with excess oils, are prone to blemishes, or are simply ageing - you can benefit from MD! Whatever your skin type, we've got you covered. SkinBase MD is perfectly versatile, and can benefit people at any stage of their lives.


Teenagers?

Though you may assume MD is most popular for older people, that is not true. MD is great at giving acne-prone teenagers their confidence back. They do not have to be embarrassed or ashamed of their skin, as MD will help to clean and clear it.



20's - 30's?

As people get older and enter their late 20's or early 30's, Microdermabrasion is still beneficial. As collagen production is slowing down and life is increasingly busy with careers and families, MD can rejuvenate tired skin. It's also beneficial to begin MD at this age, as prevention is better than cure -and the first signs of ageing can be reduced!



40+?

In your 40's, MD helps increase cell turnover, so you can stay feeling fresh and youthful for longer. If you have neglected the SPF over the years, or haven't quite mastered your skincare routine - it's not too late!

A course of Microdermabrasion can help repair damage and get skin back on track.



What's Involved?


In order to make informed decisions regarding your skincare, you must have all the knowledge you need. Microdermabrasion is a simple, relaxing treatment, with four main steps.



Step One: Prepare

Before your first treatment your therapist will complete a consultation to check microdermabrasion is suitable and discuss your skin concerns. This will help them to recommend a treatment plan.

Once they have all this information, your SkinBase therapist will start by preparing your skin for treatment. A thorough cleanse is performed to remove all makeup and surface impurities, preparing the skin for treatment.



Step Two: Exfoliate

Now that your skin is perfectly clean, your therapist is ready to begin exfoliating it.

Using a special hand piece, your therapist will work methodically over each facial area, making short, steady strokes across the skin. They will go back over to target any problem areas. The hand piece distributes thousands of tiny crystals which gently lift away dead skin, and deeply embedded oil and grime. The hand piece automatically sucks away all of the crystals, dead skin and grime. This isn't painful and shouldn't feel uncomfortable at all.

Step Three: Moisturise

Microdermabrasion provides a deep exfoliation, so it's extra important to moisturise afterwards. Initially, your skin may feel drier than normal after treatment so it's vital to keep well moisturised and hydrated. This is all part of the process. Your therapist will give you all the advice you need to make sure skin is glowing after treatment.


If you have booked a luxury Microdermabrasion treatment, your therapist may also include a mask or massage. We definitely recommend this for extra pampering.



A close-up photograph of a therapist's hands applying a product to a client's face. The client is lying down, and the therapist is using their fingers to gently spread the product across the skin. The background is a soft, out-of-focus grey.

Step Four: SPF

Lastly, your therapist will apply SPF to protect your freshly abraded skin from harmful UV rays. You should use a cream with spf as part of your aftercare and try to avoid direct sunlight for at least 48 hours after your treatments.

A woman with dark hair is looking into a mirror, applying a white cream to her face. She is wearing a white shirt. The background is a soft-focus indoor setting.

Microdermabrasion Aftercare

It is vital to follow all aftercare advice given by your SkinBase therapist to ensure there are no adverse reactions to the treatment. As the MD is sloughing away the outer layer of skin, it is more susceptible to the elements. You should ensure you are not using any active ingredients on your face for 72 hours afterwards. Drink lots of water and apply SPF and moisturiser regularly.

The Aftercare

- For 12 hours: Avoid heavy makeup
- For 24 hours: No swimming, facial waxing or fake tan application
- For 48 Hours: No sauna, sun beds or sun exposure.
- No botox, collagen injections or dermal fillers.
- For 72 Hours: Do not use any anti-ageing creams, AHA's, glycolics, retinol or exfoliating products.
- At all times during a course: apply SPF 15 (at least) and avoid UV exposure. Regular moisturiser applications are vital to replenish the skin and prevent it becoming dry and peeling.



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Microdermabrasion: The Results

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4 Microdermabrasion Treatments



Image Credit: @blushbeautyaxminster

4 Microdermabrasion Treatments



Image Credit: The Beauty Booth



"I love the way the treatment makes my skin feel, like it's all shiny and new. Donna made me feel completely at ease about what to expect and it wasn't at all uncomfortable.

Having the treatment is my little bit of self care as I love how it makes me feel and having an hour to myself I'm blown away by the results I have less blocked pores, a more even skin tone and my fine lines are reduced. my skin feels luminous weeks after the treatment

Thank you so much Donna – you're a miracle worker and I appreciate the time, energy and passion you put into every session."

Image Credit: @beautique36romanbankskegness

4 Microdermabrasion Treatments

"I started with a couple of weekly MD treatments, then onto a Collagen Lift once a week, followed by a Microdermabrasion the following day. I am blown away with the results and until seeing the before photo had no idea of how good it really was.

What I absolutely love is how subtle and gradual the changes are and so so natural, I personally don't like the harshness of fillers, especially with people like myself, more mature and having been hit by the menopause bus."



Image Credit: @N2G

4 Microdermabrasion Treatments

"I have received many treatments from Hayley, mainly in sugaring and nails. I know Hayley is well known for her pedicures (known as 'the foot lady') but even so, the results surpassed my every expectation. Combined with a series of microdermabrasion treatments (not always weekly due to life getting in the way) along with strict homecare we were able to achieve unimaginable results. I'm delighted.

Image Credit: @wellness_clinic_therapy



6 Microdermabrasion Treatments



Image Credit: @premierbelle

6 Microdermabrasion Treatments



Image Credit: @escapebeauty_wellbeing

6 Microdermabrasion Treatments

"I wasn't too sure what to expect at first, a fancy new treatment to try - but WOW! My skin looks and feels amazing, I'm not one to wear make up everyday (busy mum life) but would always feel conscious when i didn't, now I don't have to! The glow is unreal! And to top it off Ocean is such a lovely person, she makes you feel so comfortable! Have already lined up some more treatments to try! Thanks again, brilliant job."

Image Credit: @oceanbeautyx



3 Microdermabrasion Treatments

"When Georgina originally told me about microdermabrasion I was a bit sceptical, however after the first treatment the difference was unbelievable not only had the deep lines on my forehead and around my eyes started to disappear but the texture of my skin looks and feels incredibly soft and smooth. I have since returned and had 2 more sessions with Georgina and I'm so happy with the outcome and I will definitely be having regular sessions to keep my skin in the best condition it can be."

Image Credit: @fellafolkestone



6 Microdermabrasion Treatments



Image Credit: @lushhair_and_beauty_salon

5 Microdermabrasion Treatments



Image Credit: @beautyby_laurenann

4 Microdermabrasion Treatments

"I've been having Microdermabrasion on my face with Michele. I was so impressed with the results I thought I'd try it on my back. I have ugly looking acne scarring and breakouts which I'm embarrassed about. I'm happy with the results so far, my skin looks and feels smoother, and the rough dry patches have disappeared, and the scarring is a little bit lighter."

Image Credit: @whitetarauk



Course of 12 Microdermabrasion Treatments

"I am over the moon with the results from my microdermabrasion facials. I knew my skin was in a better condition after the 12 weeks of having a facial every week because of how it felt and by the compliments I kept receiving from people. However looking back at the very first picture before I started the facials, I am completely blown away by the results. I am so happy and would recommend these facials and Vikki to everyone."



Image Credit: Bella Vita Beauty Salon

Course of 6 Microdermabrasion Treatments



"It makes me so happy having these treatments, it's like a miracle! My skin is so much more lighter and they no longer look like bruises, my mum is really happy too and lots of people have noticed, I'm well pleased, I can't believe it! It's just an amazing feeling not waking up stressing I look like I've got black eyes, really was depressing me can't wait to carry on the treatment! "

Image Credit: @rebeccawillsheenbs