

Background to SmartPeel Microdermabrasion

We have prepared this short guide to SmartPeel Skin Exfoliation to help you understand exactly what the treatment technique involves and how it might suit your individual skin type. Our skincare professionals strongly believe that client education is a key ingredient of successful treatment and to this end we encourage your questions and comments.

A key part of the skin evaluation process involves asking clients questions about their general health and lifestyle. Diet, general health and environmental factors all play a major role in the health of your skin. If you are under a physician's care for any problem or taking any medication, please let us know during your consultation.

The concept of using minute particles of abrasive material to resurface skin is new to the USA, but it has been used by estheticians and physicians in Europe since the mid 1980's. What is new, is the advanced, microprocessor controlled operation of the SmartPeel system. No other unit has the easy operability and safety features of the SmartPeel and this results in an ability to precisely control the delivery of abrasive material to the skin surface without going too deep.

The SmartPeel technique differs dramatically from other methods of dermabrasion since it eliminates the requirement for any anesthetic or discomfort for the recipient. Old dermabrasion systems employed rotating wire brushes or diamond coated wheels to remove tissue from the area being treated. As one can imagine, this procedure caused considerable build up of heat and the risk of prolonged recovery, scarring and pigmentation changes during the recovery period.

The SmartPeel Skin Exfoliation System has been extensively tested in a variety of settings including esthetician clinics, spas and physicians' offices. Advanced system design combined with the power of an on-board microprocessor provides the operator with unparalleled control of treatment parameters, eliminating the risk of removing too much tissue or drawing blood or fluid.

How Microdermabrasion Works

The epidermis is the outer most layer of the skin acting as the body's protective armor. The epidermis itself is comprised of three principal layers with the outermost layer being entirely represented by dead cells known as the Stratum Corneum.

At the base of the epidermis, and above the dermis, is a "basal layer" of living cells that divide and migrate towards the Stratum Corium. As they migrate they change their characteristics and become more elongated and dry. The middle layer of the epidermis, call the squamous layer consists almost entirely of keratinocytes which and composed of a substance known as keratin which functions as the protective material of the skin.

SmartPeel Skin Exfoliation uses the principle of kinetic disruption of the Stratum Corneum to stimulate the production of new, living cells at the basal level. Stimulation of the basal layer causes cellular turnover, which also stimulated a reaction at the level of the dermis in the form of vasodilation, which in turn improves skin elasticity and texture.

Minute crystals of a substance called Aluminum Oxide are delivered to the skin surface in a vacuum stream. These crystals are abrasive, and as they hit the skin surface, remove a small amount of dead tissue. The dead tissue and used crystal are vacuumed away by a specially designed handpiece and deposited in a sealed jar for later disposal. The vacuum action of the instrument is also very important since it stimulated blood flow and is thought to assist in the production of new collagen, which helps skin elasticity. For best results, the treatment is not performed aggressively and adjustments are made to the equipment to suit the various areas of your face and neck, which vary in skin thickness and sensitivity. Think of microdermabrasion as "progressive" rather than "aggressive" and always leave the decision as to how strong the treatments are to your skincare professional. Aggressive treatments may actually make the skin recovery process slower, since too many skin cells are removed. Progressive treatments are important to the success of the technique because microdermabrasion works in a very specific way.

How SmartPeel Microdermabrasion Helps

With microdermabrasion, the top layer of your skin, the Stratum Corneum, is removed to a precise depth. The amount of dead cells removed are well above the live tissue layer and therefore no blood or fluid is exposed. In removing a portion of this upper layer, new living cells that are deeper in the tissue are stimulated to move faster to the surface to compensate for the loss of a part of the protective layer of the skin. The process is a little akin to the process of pruning a plant or tree to stimulate new, healthy growth.

Under normal circumstances the very top layer of Stratum Corneum exfoliates naturally over a 12 day period and new living cells from lower levels take 28-40 days to rise to the surface, die and fall away. If we perform microdermabrasion on a cycle that coincides with the natural exfoliation process, we accelerate the migration of new cells to the surface. Over the space of one month and in a series of three treatments spaced 10-14 days apart, we therefore achieve three natural "exfoliations" and three "artificial" ones. That's twice the normal rate of exfoliation achieved without the use of chemicals and with no downtime to you, our client.

Microdermabrasion is best performed as part of a series of 4-6 treatments spaced 10-14 days apart. More severe problems may require more visits and we recommend that your general skin condition be evaluated after this initial series to determine the need for additional visits. If six visits are all you require, we do recommend that you schedule a treatment every two months to maintain your skin in excellent condition.

The result is a fresher, healthier looking skin with an enhanced surface quality. A healthy looking skin enhances the appearance and often reduces clues to an individual's age range. The problem is, as we get older the cell regeneration process takes longer. Poor health, diet and a variety of environmental factors also have a major impact on the regeneration process, so you may wish to take a vitamin supplement to counteract the effects of poor nutrition.

When the skin is exposed to excessive sun, the Stratum Corneum responds to the "insult" by becoming thicker in order to protect underlying layers. A great deal of what we think of as a natural aging process is really caused by sun damage. Many people have beautiful skin at age eighty years, while others are severely sun damaged by age forty.

Sun damaged skin often has a thick, leathery surface with many fine lines on the surface. Areas that are particularly affected are the back of the neck, cheekbones, forehead and tops of the forearms. Irregular discoloration of the skin is another key indicator of sun damage. This is particularly evident in facial areas. Skin that bruises easily after minor trauma also suggests over exposure to ultra-violet light. "UV tends to impact connective tissue that supports the skin's blood vessels.

The presence of yellowish-white, raised nodules, called solar elastosis is also a key indicator of sun damaged skin. These are caused by the degeneration of fibers of collagen in the uppermost portion of the dermis.

After SmartPeel treatments, you should try to modify your sun exposure habits. We stress the need for sun protection by the application of high quality protective sunscreen with an SPF of at least 15. In areas of the country when the sun is very strong, we recommend wearing a wide brimmed hat or sun visor.

Remember, aging skin can impact younger individuals not just those in their mid or late years. There is no real age range for SmartPeel Skin Exfoliation treatment since the technique can assist with the prevention of problems in young skin as well as enhance the appearance of skin in older age groups.

SmartPeel Skin Exfoliation uses kinetic rather than mechanical or thermal energy as is the case with rotary dermabrasion or resurfacing with a laser. With SmartPeel, patient discomfort is truly minimal. Laser skin resurfacing typically removes much more tissue and therefore requires a much longer healing process. Recovery for a person undergoing laser skin resurfacing is at least one month and often much longer.

During this time the skin is initially very raw for a period of one week to be followed by a period of intense redness which compromises the ability of patients to return to anything close to a normal lifestyle. With Asian or pigmented skin, the recovery times are generally much longer if the laser is used at all.

Skin sensitivity to SmartPeel Skin Exfoliation is minimal, and post treatment discomfort is virtually eliminated. This is because the technique allows delicate removal of only superficial layers of skin in a precisely controlled manner without the risk of damage to underlying skin structure. Compare to a TCA chemical peel, the SmartPeel technique offers so many more advantages in terms of efficacy and client satisfaction and the type and color of skin that may be treated.

Users estimate that no less than twelve chemical peels are required to achieve the same results as just four SmartPeel treatments. However, your skincare professional may elect to alternate microdermabrasion with the chemical peel technique to enhance results. They also may elect to use skin lighteners to assist in the reduction of darkly pigmented areas. This is because any topical product will penetrate the skin more effectively if a portion of the protective layer is removed.

Your skincare professional may also recommend specific skin care products for you to use at home.

These products have been selected because they are complementary to the microdermabrasion treatment and will assist in the repair process. Try to adhere to the regimen recommended by your skincare professional and avoid switching brands unless directed to do so.

SmartPeel Skin Exfoliation offers clients the prospect of a healthy and rejuvenated complexion by gently removing dead skin cells. Fine wrinkles may be eliminated in the treatment together with minor surface imperfections that otherwise mar the appearance. SmartPeel Skin Exfoliation facilitates a fast and efficient modality of gently removing extraneous epidermal tissue to refresh underlying skin cells. Skin will look younger and healthier. Regular treatments will maintain a youthful appearance especially when these treatments are part of a well organized regimen of skin care.

The SmartPeel technique has been used successfully in the following applications:

- Superficial skin exfoliation for removal of fine lines and wrinkles
- Gentle removal of thickened skin areas due to environmental factors
- Reduction of blemishes induced by over exposure to the sun
- Reduction of pigmentation changes and age spots
- Blending of scars and other surface imperfections
- Elimination of black and white heads
- Improvement of acne scars when the condition is not inflammatory

SmartPeel treatments are not a replacement for skin resurfacing techniques designed to remove substantial amounts of tissue to the level of the dermis. Removal of deep wrinkles does require more aggressive techniques which require a much longer healing time with substantial impact on the lifestyle of the individual. Deep wrinkles will not disappear, but repeat treatments may tend to diminish their appearance.

Remember, we are here to help you with your very individual skin problem. Feel free to talk to us about any aspect of your skincare program. Schedule a SmartPeel Exfoliation consultation and receive the benefits of one of the most important advances in skincare treatment technique.

Some Answers to your Questions about SmartPeel Skin Exfoliation

What can SmartPeel do?

SmartPeel is a new treatment in the USA having been used for several years in the most exclusive spas in Europe. The treatment provides a very gentle form of dermabrasion to superficial layers of the epidermis. This treatment assists in the reduction of open, blocked and enlarged pores and smoothes fine facial lines and areas of irregularity. This treatment is now so popular that in some clinics it's very difficult to even get an appointment.

How Uncomfortable is the Treatment?

Most clients experience little or no discomfort during or after the treatment. You will be able to experience what the SmartPeel treatment feels like on the inside of your forearm, before we commence. Think of SmartPeel treatments in the same way you envisage using a pumice stone or coarse sea sponge to smooth the skin. The particles of crystal used are extremely fine and only interact with surface tissue.

What Will I Feel like After Treatment?

Your skin will feel vibrant and healthy and you will notice an immediate difference in the way your skin feels because it will be softer and smoother. The SmartPeel treatment has the effect of blending or removing fine lines and pigmentation caused by overexposure to the sun. You may experience a small amount of glow on the cheeks, but this will normally disappear after a couple of hours. You can, of course, return to work immediately and apply makeup as required.

How Long Does the Treatment Take?

Facial treatments usually take about 15-20 minutes. Neck and face about 40 minutes. Neck, face and upper chest about 1 hour. With pre and post treatment, allow about an hour for a session involving the face and neck. You should plan on cleansing your skin very thoroughly the night before your visit and if possible, eliminating or minimizing makeup on the day of your visit.

How Many Treatments Will I Need?

A normal course of SmartPeel treatments varies between 4-6 at two week intervals. It is important that you closely follow the skincare regimen we prescribe because this will dramatically enhance the way you look and feel. This may involve discontinuing certain products that you already use in favor of others. After your initial course of treatments, we recommend that you schedule an additional treatment every couple of months to maintain your skin in excellent condition.

What if I Want the Treatment to be Stronger?

SmartPeel treatments are designed to be progressive in nature to remove dead skin cells and sun damage while speeding up the migration of new cells to the surface of your skin. More aggressive treatments do not make this process occur any faster, nor are they recommended. SmartPeel treatments, performed at the correct time interval of 10-14 days are ideal for the purpose of giving your skin an entirely new look. While you should feel some effect during treatment, this feeling should not be aggressive or uncomfortable.

How Much Does the SmartPeel Treatment Cost?

That depends on whether you schedule a single treatment or elect for the recommended 4-6 visits. We offer a special package fee for multiple visits.

Why is SmartPeel Different to a Glycolic Peel?

Glycolic peels are quite superficial and do not remove as much dead material as the SmartPeel treatment. As a guide, no less than twelve glycolic peels are required to duplicate the effects of just three SmartPeel treatments. In addition, the SmartPeel treatment eliminates the risk of an adverse reaction to the conventional peel and is more predictable in the way it interacts with your skin. The other methods of removing fine lines and wrinkles involve a laser, which you have probably heard about. Laser treatment is very expensive, penetrates quite deeply and requires local or general anesthetic. While this is a good procedure for deeper wrinkles the healing time is very long and sometimes takes months.

Ask your esthetician about any creams or lotions that you may be using and their compatibility with the SmartPeel treatment.

Can I Talk to Someone that has had the Treatment?

All of the SmartPeel technicians in this clinic have experienced the SmartPeel treatment and have all found the results to be great. Feel free to talk to any of us about our personal experience.