

Micro-dermabrasion and Photo rejuvenation Reviews

For a video presentation go to the [PRODUCT INFORMATION](#) page on my [website](#).

Microdermabrasion



BEFORE



AFTER

Microdermabrasion exfoliates your skin to stimulate cell turnover, improve skin tone, and to soften and polish away mild sun damage, scars, and facial wrinkles. Microdermabrasion removes a superficial layer of skin using either crystals or a wand containing diamond microparticles. The effects of microdermabrasion may be influenced by the skill of the practitioner.

“Microdermabrasion: great for acne scars!”

Microdermabrasion: Worth it

Pain: Painless

Microdermabrasion satisfaction: Excellent

I recommend my Microdermabrasion provider:

Why: helped reduce my acne scars, even the ice-pick scars; my skin is much smoother and healthier, with better overall texture, tone, and complexion—after just one treatment! Not invasive, inexpensive—in Thailand, at least—safe on ethnic skin, no real side effects—not even pain.

Right at the outset, I must state that microdermabrasion is a procedure that needs to be thoroughly and meticulously researched by YOU, before you take that "first step"; make absolutely certain that you are a potential candidate—or you'll end up with an "unhappy face."

My reason for microdermabrasion: I have superficial scars and a few deeper scars from adolescent acne that I wanted to minimize—notice that I wrote "minimize," not eliminate. (By the by, if you have active acne, don't do microdermabrasion—just wait!) I've decided on microdermabrasion, simply because it's not invasive—only takes away the dead layer of skin (3-5 microns NOT 10)—requires no downtime, can be performed on my Asian skin without worry of hyperpigmentation, is quite inexpensive—because of where I live—and has no real side effects. Some might say that pain is a side effect of microdermabrasion but that can be further from the truth; the procedure actually feels great, as it comfortably takes away all of the grime and tenebrous crap off of your beautiful skin. If pain is the same sensation as a cat licking your face, then you really have other problems...

Now to the nitty-gritty: I've scheduled 6 microdermabrasions, spaced one week apart, to be completed during the next two months. I had my first one performed yesterday. The first step is cleaning your face, which they will do for you as preparation. Next, they will cover your eyes, in order to prevent debris from entering and collecting. Third, the technician will move the wand on your skin, over and over, up and down, left and right. My technician asked me several times if I felt any pain; my reply was "No" each time. Per my request, the technician went over my scars several times to "sand" them down; each pass felt great, inducing in me the hope that my scars will finally be gone. Fourth, I'm done! I made my way to the mirror anxiously and to my surprise—and delight—my skin looks great! In fact, my skin wasn't even red at all! I looked closely to see a lot of the scars actually reduced, just after that one microdermabrasion; even the deeper scars have decreased, though not completely, of course. Overall, my skin looks very smooth and healthy, as if I've just had a treatment done—which I did. :)

In conclusion, microdermabrasion is definitely a great option, a great "first step" for those looking to minimize acne scars and improve overall skin texture, tone, and complexion. Keep in mind that it will not solve everything, as subsequent visits are required to get the "look" that you want—or as close to it as possible.

If you have deeper scars, you might wish to try MicroLaserPeel, which is like a microdermabrasion on steroids; it goes deeper but not too invasive, anywhere from 10-80 microns deep, though 20 is the norm. As for downtime, the microdermabrasion is known as "The Lunch-time Peel," whereas the MicroLaserPeel is known as "The Weekend Peel." You can infer that the downtime for MicroLaserPeel will be about 2-3 days, more for deeper peels—CIA Google for more information.

Summarily, I wanted to write this post after my 6th treatment but I got too excited after my first, so I will provide an update after my final treatment—clear skin here I come!

Photo rejuvenation



What is a LumiFacial?

LumiFacial—What Is It?

One of two treatments performed using a Soli-Tone “photobiostimulation” device, the LumiFacial treatment involves the use of pure spectrum light energy and special currents to improve the skin’s appearance. Generally performed at a medical spa or dermatologist’s office, the LumiFacial is intended to address a number of skin problems, including acne, redness, hyperpigmentation and photo-aging (damage caused by prolonged exposure to the sun).

The LumiFacial treatment uses four different colors of light—blue, red, yellow and green—in combination. According to Silhouet-Tone, the company that manufactures the Soli-Tone device, each color offers its own benefits.

The blue light targets the skin’s outer layers to improve acne. It also affects the sebaceous glands (tiny glands below the skin’s surface that are responsible for oil production), producing a calming, regulating effect.

Green is primarily intended to reduce redness and slow melanin production. In individuals with hyperpigmentation, melanin (your skin’s natural pigment) is overproduced in certain areas, creating patches of skin that are darker than the surrounding areas.

Red light is used to increase collagen production, improve circulation and speed healing by increasing the flow of nutrients and oxygen to the treated areas. The yellow light is also used to promote healing by increasing lymphatic drainage and promoting detoxification.

Who Should Consider It?

The LumiFacial is primarily intended to treat individuals with mild to moderate acne, pigmentation problems or sun damage. Individuals with more serious skin conditions may be better served by another type of treatment. Because the procedure is non-invasive, it may also be a good option for individuals who may

previously have avoided treatment for their conditions due to concerns about potential discomforts or long recovery times.

Benefits

First, the LumiFacial is completely pain-free. In fact, you may find yourself napping through the procedure. The treatment itself is simple—you lie on a table and a wrap-around panel is positioned around your face. The panel emits light waves for about 30 minutes, and then you go home. It's that easy. Unlike similar treatments that damage the skin in order to force cell turnover, the LumiFacial simply encourages improvements in the skin by boosting collagen production, regulating oil and melanin production and promoting healing.

Second, the procedure is completely non-invasive. The panel used in the LumiFacial does not touch your skin and the skin's surface remains intact—no injections, no scrubbing and no chemicals are involved. Practitioners say your skin will begin to improve immediately and improvements will continue for several months after your treatment has been completed. LumiFacial practitioners also boast long-lasting results, sometimes up to a year, after a client has completed a round of treatments.

Third, the treatment involves no downtime and is completed relatively quickly, usually within half an hour. Unlike chemical peels or laser resurfacing, the LumiFacial does not cause peeling or redness. This means that you can resume your normal activities immediately following your treatment.

Risks

The LumiFacial procedure seems to be extremely safe. In fact, no documented risks are associated with the types of light waves that are used during the LumiFacial treatment. Because the effects are cumulative, you will probably need more than one session in order to achieve the results you are hoping for. While your age, lifestyle and the severity of your condition will ultimately determine how many sessions are necessary, many LumiFacial practitioners recommend at least 6 to 10 sessions for optimal results.

The Bottom Line

If you're the timid type when it comes to cosmetic procedures, the LumiFacial might be a great place to start. Totally painless, completely non-invasive and virtually risk-free, a LumiFacial offers the potential of improving your skin without the worry associated with comparable treatments. Granted, chemical peels or laser treatments are a better bet if you're looking for big improvements. But the LumiFacial may do the trick if you only need a minor touch-up.

Action News Extra: Soli-Tone Targets Facial Lines With Light

POSTED: 3:02 pm EDT July 27, 2007

UPDATED: 6:18 pm EDT July 27, 2007

FARMINGTON, Pa. -- Sooner or later, it happens to everyone. Those fine lines start creeping up on your face.

WTAE Channel 4 Action News anchor Michelle Wright said there's a new, local option for people who want an easy way to fight the wrinkles. It targets the lines with light.

A woman named Cindi agreed to try the new treatment, called Soli-Tone, because character lines are starting to show on her face.

"I don't like it, because you start seeing the lines and things that haven't been there before, and they're starting to pop up now, so I wanted to try this to see if it can do improvement," she said.

Soli-Tone can be found at the Woodlands Spa, at Nemaocolin Woodlands Resort in Fayette County.

Basically, it's a machine that uses light and microcurrent on the face. It claims to boost collagen production under the skin to plump out wrinkles, and it also claims to clear up acne.

There is no recovery time involved with this treatment. You can get up to three treatments per week.

"This is something that's good for the skin," said Kim Wright, supervisor of the skin care department at Nemaocolin. "The light is very safe, very non-invasive, helps heal the skin."

Michelle Wright followed Cindi to her first of eight recommended treatments.

"Does it help the sun damage to the skin?" Michelle Wright asked.

"Yes, it does," Kim Wright said.

There is a series of lights, depending on the needs of the client.

Cindi's treatment started with the blue light. It seems almost relaxing.

But the next phase wakes you up with pulsing yellow light. It claims to even out pigmentation.

Next is a red light for anti-aging, followed by a soothing, green light.

The treatment ends with paddles going over the skin.

"This will give the muscles a little exercise, a little tonal value," Kim Wright said.

The entire session took about an hour. Most of it was relaxing, except the pulsing light, Cindi said.

"The worst part was the strobe," she said. "I didn't like that. It was real intense. But other than that, everything else was really nice."

Afterwards, Cindi's skin looked and felt smoother.

"It was great. Really nice. Makes your skin feel really good," Cindi said.

Will it last? Channel 4 Action News will check back with Cindi after her eight treatments and see what happens.

Cindi's treatment costs \$150. Not everyone can have it -- including, for example, people with epilepsy and pregnant women.

Potential customers should also note that come of the other wrinkle treatments, such as lasers, require a couple of days of down time.

Nu Skin Galvanic Review

October 25th, 2009

With all of the stress that modern day life entails, spa treatments are now more of a “must” rather than just an occasional pampering. Spa treatments are vital if you want to look and feel your best. The Nu Skin Galvanic Spa(R) System will bring the day spa right to your home. The Galvanic Spa(R) System uses state-of-the-art, cutting-edge as well as patent-pending technology. You will not have to call to make an appointment in order to smooth unwanted wrinkles and lines, rejuvenate your scalp, make your complexion come “alive” again, and totally renovate your entire body.

This current will help bring cellular energy into focus as well as enhancing circulation all thru a delicate massaging action. For the 1st time you can now get the same treatments, and you don’t even have to go outside of your house to do it. All that you need is the Nu Skin Galvanic Spa System. The Difference is Galvanic This hand held device, which is patent outstanding, uses low level, self-adjusting galvanic (electrical) current to help the transport of imperative ingredients into the skin for improved hydration, glow, cleaning and circulation. There are 4 attachments which make up the Galvanic Spa System. They’re for the face, body, scalp, and treatment. These 4 attachments when mixed with galvanic current reinforce your circulation and is ready to draw urgent nutriments to the skin’s outer layers. Studies have demonstrated a Galvanic Spa System treatment may augment active component delivery at a mind boggling seventy pc or more for a period of nearly a full twenty four hour period after having one of these treatments. Now you’re able to have a home spa experience without having to leave the environs of your house. Revitalize your complexion, refine your body, and revitalize your scalp with pro quality spa treatments and without having to make an appointment. These are some of the advantages you may harvest when you use The Nu Skin Galvanic Spa System : when you have a treatment using the Galvanic Spa System Instrument that lasts 5 minutes or longer, this may increase the conveyance of crucial ingredients for so long as twenty-four hours. This unique spa system has a patent-protected instrument which has 4 conductors that are interchangeable : Face Conductor This offers each single one of the benefits that the first fixed face conductor has, but it adds the choice of being interchangeable for other conductor uses as well as other treatment applications.

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conductor has, but it adds the choice of being interchangeable for other conductor uses as well as other treatment applications.

Scalp Conductor – A comb-like conductor that easily pulls through your hair; it maintains vital contact with your scalp
Body Conductor – This instrument has three rounded nodes that is able to ensure that contact with the surface area is maximized for better massage action and for wider coverage.
Spot Treatment Conductor – This instrument will utilize a smooth, flat treatment node that will centralize surface contact area. In providing better contact with your skin, this node will help to deliver a treatment that is more concentrated.

Many celebrities are endorsing this product and raving about the results.