

Dermaplaning Description

Dermaplaning is a non-invasive exfoliation treatment that involves gently scraping off the top layer of dead skin cells and fine vellus hair (peach fuzz) using a sterile surgical scalpel. This procedure reveals smoother, brighter skin, and helps with the absorption of skincare products. It's commonly performed on the face and is suitable for most skin types.

Pre-Treatment Care:

- **Avoid exfoliation**: Refrain from using exfoliating products like retinoids, AHAs, or scrubs for at least 3-5 days before treatment to avoid skin sensitivity.
- **Limit sun exposure**: Minimize sun exposure and use sunscreen to prevent sunburn or irritation before the session.
- **Inform your esthetician**: Let your esthetician know about any recent skin treatments or conditions, such as acne breakouts or rosacea.

Post-Treatment Care:

- **Hydration and SPF**: Apply a gentle moisturizer and use a broad-spectrum sunscreen daily, as your skin will be more sensitive to UV rays.
- **Avoid makeup for 24 hours**: Give your skin time to breathe and absorb the benefits of the treatment.
- **No exfoliation for a week**: Avoid using any chemical exfoliants, retinol, or scrubs for at least 5-7 days post-treatment to allow your skin to heal and regenerate.
- **Limit sweating**: Try to avoid activities that cause heavy sweating, such as strenuous exercise or saunas, for 24-48 hours.

Dermaplaning results in smoother, softer skin, reduces the appearance of fine lines, and enhances the effectiveness of your skincare routine.