

# Microdermabrasion and Dry Skin

Ladies, whether you're dealing with mild acne, scars and even those dreaded fine lines, microdermabrasion can be a solution to your skin woes. Although not everyone can be a candidate for this process, learning if you can might make your great skin look uber-fab.

## ***What is Microdermabrasion?***

Doctor Jody Levine, director of dermatology at Plastic Surgery and Dermatology of NYC says that traditional microdermabrasion is a noninvasive, nonsurgical and subtle resurfacing of the skin. Basically, types of crystals are applied to the skin and a light, mechanical exfoliating technique removes the outer layer of the skin. Doctor Levine adds that microdermabrasion done without crystals uses a controlled bristle tip to sweep the skin.

## ***Microdermabrasion and Dry Skin***

Sometimes dry skin can be a complete nightmare. Doctor Levine says that the microdermabrasion procedure can actually leave the skin dry for a day or two. She doesn't recommend the treatment for people that already deal with dry skin. However, Doctor Michael Gold of Gold Skin Care Center in Nashville says that dry skin is actually best handled by "using newer infusion systems that accompany the more sophisticated microdermabrasion apparatuses." He goes on to say that infusing hyaluronic acid or a similar component can be very hydrating for the skin.

## ***What Microdermabrasion Does***

Microdermabrasion removes the top layers of the skin. So when your skin heals after the process, the skin has better texture and tone. Gold says that this treatment also improves acne, mild scarring and mild photodamage. Owner of Yolomedspa.com, Nikki Rasmussen says that microdermabrasion provides an exfoliation for the skin which allows skin care products to penetrate deeper. Over time, it can reduce the appearance of fine lines. Lead esthetician of Miami Beach Plastic Surgery Center, Tina Cappiello says that the process can also reduce age spots and stimulate the production of collagen.

## ***Who Microdermabrasion is For***

Before you run to your local spa or make a quick appointment, know that some women really shouldn't have microdermabrasion done. Rasmussen says that women with active acne, broken capillaries or rosacea aren't good candidates. Doctor Elie Levine, also of Plastic Surgery & Dermatology of NYC, agrees, saying that those with hypersensitivity, eczema, psoriasis, or even women looking to remove deep pock marks and acne scars won't get good results with microdermabrasion. Doctor Gold does say that women with scars shouldn't worry because, if the process is done right, it won't make things worse or leave new scars.

