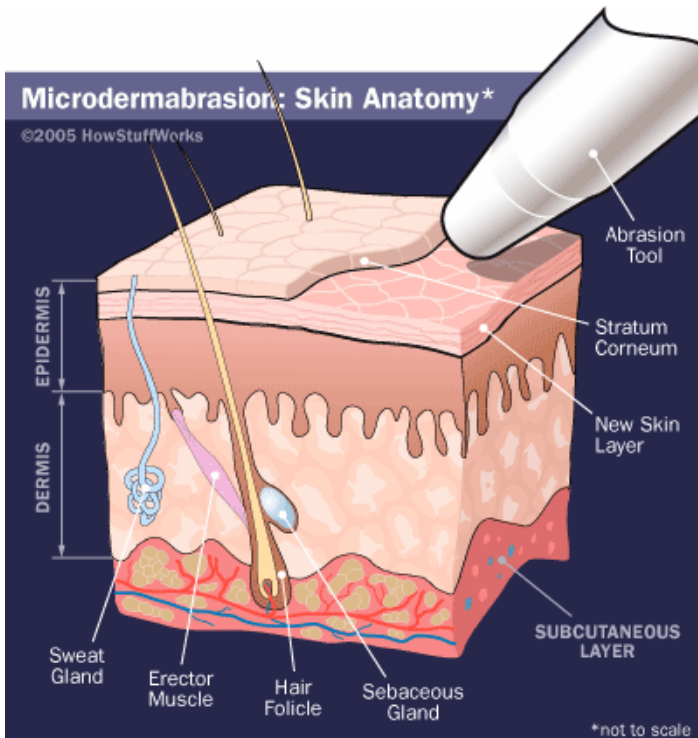


# Microdermabrasion—The Basics

## The Basics

Microdermabrasion is a general term for the application of tiny rough grains to buff away the surface layer of skin. Many different products and treatments use this method, including medical procedures, salon treatments and creams and scrubs that you apply yourself at home. It's usually done to the face, chest, neck, arms or hands. Before we can understand how microdermabrasion does what it does, it's important to understand **how skin works**.



When you put lotions or creams on your skin, some of the moisture passes through the top layer, called the stratum corneum, but not all of it. This layer is home to many minor skin imperfections like fine wrinkle lines and blemishes. All of the action in microdermabrasion takes place at the level of the stratum corneum.

## How it Helps

If you remove or break up the stratum corneum, the body rushes to replace the lost skin cells with new and healthy ones. With the stratum corneum gone, the skin's surface is improved. The healing process brings with it newer skin cells that look and feel smoother.

Some of the skin's visible imperfections are removed:

- Like sun damage
- Blemishes
- Fine lines

Also, without the stratum corneum acting as a barrier, moisturizers and lotions **are more effective** because more of their active ingredients and moisture can find their way down to the lower layers of skin.

As microdermabrasion temporarily removes some moisture from the skin, it is always followed by the application of moisturizing creams.

Early studies suggest that repeated microdermabrasion treatments at regular intervals may influence the way the lower layers of skin grow, removing deeper blemishes over time. Some evidence seems to indicate that the rapid loss of skin moisture may be what triggers the lower skin layers to work overtime in speeding healthy cells up to the surface.

## TimeWise Microdermabrasion Set

**Step 1: Refine**—a super exfoliating cream containing aluminum oxide crystals (the same crystals used by dermatologists) which polish and gently remove dull and lifeless skin.

**Step 2: Replenish**—a nourishing serum with a wonderful restorative effect. It's immediately absorbed to instantly smooth, soothe and soften skin, preparing it for the next step in the Miracle Set.