

Microdermabrasion Information Sheet

What is the Microdermabrasion performed at Essentials Spa?

The microdermabrasion performed at Essentials Spa and Wellness is a milder form of mechanical exfoliation. Unlike dermabrasion, the microdermabrasion we perform does not need to be performed by a licensed dermatologist or surgeon.

Sapphire abrasion is the newest method of exfoliating the skin with microdermabrasion. Sapphire granules cover one side of its unique tip, while the other side is designed to massage and drain lymph. The sapphire abrasion is *crystal* and *suction free* and uses ultrasonic vibrations to painlessly ablate the outermost layer of the skin. The microdermabrasion we perform is non-surgical, non-chemical and non-invasive. Sapphire abrasion is ideal for all skin colors; for those who want quick results and cannot afford the “downtime” associated with healing from cosmetic surgery; sensitive skin that reacts to make-up or chemical for oily, acne prone skin that is not improved by acne remedies and for those who desire beautiful skin. _____ Client Initials

Microdermabrasion has been used to treat aging sun-damaged skin, some types of acne and acne scarring, altered pigmentation, fine lines, wrinkles, and stretch marks. Results may include: improved skin tone, fewer breakouts, diminished appearance of scars, even skin color, refined skin pores, renewed elasticity and a healthy glow. Microdermabrasion is an exfoliation process that rejuvenates the skin because the process stimulates the production of new skin cells which promotes the increased levels of collagen and elastin. _____ Client Initials

What should you expect during your treatment?

Prior to your first microdermabrasion, your esthetician will perform a thorough skin analysis. If microdermabrasion is not appropriate, you are informed during this session and an alternative treatment may be recommended instead. If microdermabrasion is for you, maximum results are obtained by participating in a series of treatments plus following a home care regimen.

To further enhance your outcome, we require that you use products specifically directed toward obtaining correction. Your current daily regime and skin care products used will be reviewed. You will be instructed which products you should continue to use and will be advised on any recommended additions to your regimen. We recommend keeping regular appointments and carefully following your home care regimen to support your results. Your esthetician will take every precaution to ensure that your skin is well hydrated and calm prior to leaving the session. However, in the event that you may have additional questions or concerns regarding your treatment or suggested home products/post care, please consult your esthetician immediately. _____ Client Initials

Is satisfaction guaranteed?

The majority of clients receive satisfactory to above average results with a series of treatments. Maximum results are highly dependent on your age, cumulative sun exposure, health, menopause, lifestyle, genetic traits, general skin condition and your willingness to follow recommended protocol.

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Microdermabrasion – Continued

Be aware that many changes may occur deeper within the skin over time. Participating in a series of treatments, along with a commitment to your daily skin care regimen, noticeable differences may indeed be the outcome. You may see a reduction of fine lines and a softening of deeper wrinkles, reduction of discoloration, softening and possible reduction in scars, and an overall improvement to the skin's tone and appearance. To continue the maintenance of your skin after you complete your treatment(s), we may inform you of long-term age management program. _____ Client initials

Post – Treatment/Home Care

NO TANNING can be done while you are undergoing your treatments (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, you must apply sunscreen with an SPF of 30 or greater. Sunscreen should be a part of your daily skin care. Retinol/AHA should be discontinued for three days before and after treatments. Refrain from collagen injection, botox, waxing, electrolysis or depilatories for at least seven days. _____ Client initials

Clients and skin conditions that should NOT RECEIVE microdermabrasion.

Although it is impossible to list every potential risk and complication, the following conditions are recognized as contraindications for microdermabrasion treatment and must be disclosed prior to treatment.

- Active infection of any type, such as herpes simplex virus or flat warts
- Active acne
- Sunburn
- Recent use of topical agents such a glycolic acids, alphahydroxy acids and Retin-A
- Any recent chemical peels
- Uncontrolled diabetes
- Skin cancer
- Eczema, Dermatitis, Psoriasis
- Vascular lesions
- Oral blood thinner medications
- Rosacea
- Pregnancy
- Use of Acutane within the last year
- Fine thin skin
- Hepatitis
- Keloid Scars
- Tattoos
- Telangiectasia/erythema may be worsened or brought out by skin exfoliation.

Clients Initials _____

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Client Consent – Microdermabrasion

I _____, have read the above information and initialed each section to indicate that I fully understand what to expect. If I have any concerns, I will address these with my skin therapist. I give permission to a therapist at Essentials Spa and Wellness to perform the microdermabrasion procedure we have discussed and will hold him/her and his/her staff harmless for any liability that may result from this treatment. I understand he/she will take every precaution to minimize or eliminate any negative reactions should they occur. I have given an accurate account of any over-the-counter or prescription medications that I use regularly and I am not presently using isotretinoin (Accutane). I have not had any facial surgical procedure or other chemical peels or skin treatments that I have not disclosed to my therapist. I am not ingesting or using topically any other over the-counter product or prescription medication/agent that has not been disclosed to my therapist. I am not presently pregnant, or lactating and am over the age of eighteen (18). I have not had any recent radioactive or chemotherapy treatments, sunburn, windburn, or broken skin. I have not recently waxed, or used a depilatory (such as Nair) on the area to be treated. I do not have a history of keloidal scarring, excessive telangiectasia, rosacea, bacterial skin infections, fungal infection, viral infection, open lesions or rashes, active acne, any autoimmune disease, or any other existing condition that may interfere with the positive outcome of this treatment.

I consent to taking of photographs to monitor treatment effects, as desired or recommended by my therapist.

My expectations are realistic and I understand that results are not guaranteed.

I agree that I am willing to follow recommendations by my esthetician for home care. I will be responsible for following home regimens that can minimize or eliminate negative reactions, including recognizing the importance of adhering to a sunscreen and avoiding the sun/tanning booths and extreme weather conditions. I agree to use a moisturizer specifically recommended by my esthetician and I acknowledge that I have been informed that in any event after the treatment if I have additional questions or concerns regarding my treatment or suggested home product/post-treatment care, I will consult my therapist immediately.

I understand the potential risk and complications and have chosen to proceed with the treatment after careful consideration of the possibility of both known and unknown risks, complications and limitations. I agree that this constitutes full disclosure, and that it supercedes any previous verbal or written disclosures. I certify that I have read, and fully understand the above paragraphs and that I have had sufficient opportunity for discussion to have any question answered.

Client Name (printed) _____

Client Name (signature) _____ Date _____

Esthetician _____ Date _____

