

November Specials

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MEMBER

Associated
Skin Care
Professionals

Microdermabrasion Revealed

Discover the Benefits

Chrissy Spehar

Holding back the sands of time is indeed an impossibility, and there is no such thing as the fountain of youth. Plastic surgery may be an option, but it's expensive, invasive, and may seem extreme. So perhaps now you are resigned to the fact that makeup is your only hope for hiding those inevitable wrinkles, fine lines, age spots, or even scars. But there are options.

Microdermabrasion is an exfoliating process that partially or completely clears the first layer of skin on the face and neck. First used in Europe in the 1980s, the technique has recently been adopted and popularized in the United States. With a wave of this magic wand, microdermabrasion can erase the

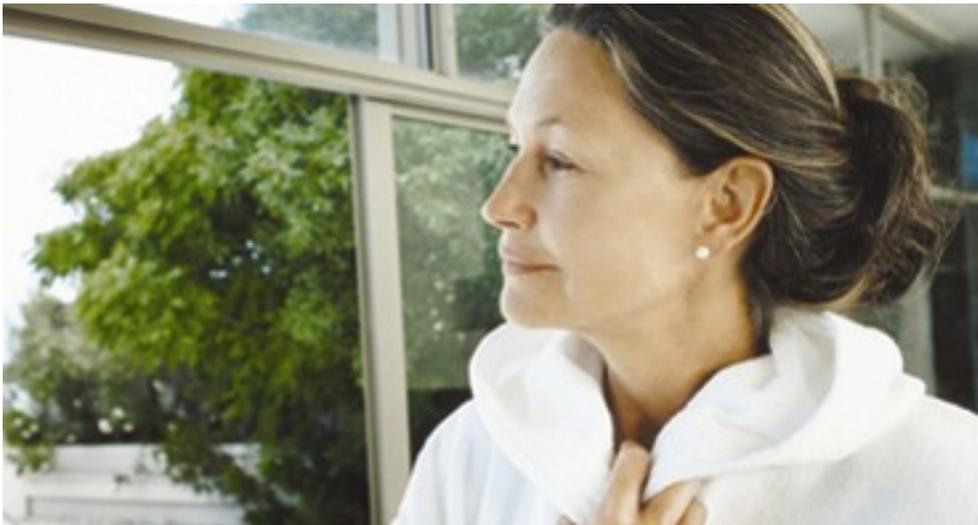
compare the process to moderate sandblasting of the skin.

According to Atlanta-based esthetician Alison O'Neil Andrew, "Within the last ten years this procedure has been found effective as a mild yet beneficial form of exfoliation. Although the equipment has the ability to ablate the skin when used in higher calibrations, it is generally used to enhance the efficacy of products used for treatment of the skin on a daily basis."

Is It Right for You?

Have you spent too much time in the sun? Do you have age spots and freckles you'd like to lose? Do you want to

*WE RISE BY
LIFTING
OTHERS!
Robert
Ingersoll*



Many are discovering the benefits of microdermabrasion to ease wrinkles and even skin tones.

complexion imperfections that come with time. This may just be the treatment of choice for you.

How It Works

In the most commonly used method of microdermabrasion, a wand sprays fine crystals across the skin while dead skin cells are vacuumed off by a small suction device attached to the wand. Some

reduce fine lines, wrinkles, or stretch marks? Are you looking to diminish raised scar tissue? Or are you just hoping to refresh your complexion? As you can see, almost anyone can benefit from microdermabrasion. Performed repeatedly and consistently, microdermabrasion can also be a successful

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acne treatment because it encourages the production of skin cells and collagen, helping to eliminate blackheads and oiliness. Because the technique uses no harsh chemicals, it is great for those with chemical sensitivities, and can be used on all skin colors and types.

Quick and Easy

Most clients do not find the procedure to be painful, and it requires no anesthetic. Since the procedure is non-invasive, little preparation is required; simply remove your makeup and come to the treatment room with a clean face.

While you lie back and relax, your esthetician will apply the wand to your face in a slow, methodical way. You can expect the treatment to take about thirty minutes to an hour. Side effects are rare, and your skin will look glowing and fresh almost immediately after the treatment.

Aggressive treatments may cause the skin to look slightly pink and tender for a few hours, so discuss this possibility with your skin care professional. Typically, you can resume normal activities and apply makeup and moisturizer soon after your microdermabrasion session.

As for the results? "After a microdermabrasion session, the skin feels smoother and there is an evident improvement in circulation due to the suction or vacuuming component of the treatment," O'Neil Andrew says. "The best results," she explains, "are found when microdermabrasion is used in conjunction with a facial treatment--the skin performs in a healthier manner than before the procedure. For instance, acne or small blemishes heal faster."

Follow-up Details

Once you've completed your session, maintaining your new, healthier skin depends on a solid home care regimen. According to O'Neil Andrew, "Nothing matters more than an effective daily home care plan. It is an essential reason for seeing a professional who knows you and your skin on an on-going basis."

Home care for skin that has undergone microdermabrasion is fairly simple. Because fresh skin has been newly

exposed, it is important to avoid direct sunlight to the treated area for twenty-four hours after your session. In addition, always use sunscreen as an antiaging and protective measure. And, avoid products containing harsh chemicals, dyes, or perfumes until the skin has fully healed.

After the first twenty-four hours, resume your normal skin care routine and follow any special considerations, as determined by your esthetician.

"From the first visit on, the professional taking care of your skin will evaluate your daily regimen and update it as required according to your skin care needs at the time," says O'Neil Andrew.

To see best results, additional sessions should be scheduled at regular intervals, with the maximum number of treatments ranging from five to twelve, spaced about three weeks apart. Once the initial grouping of sessions is completed, scheduling the occasional follow-up treatment is recommended.

One note: In some states, microdermabrasion can only be

performed by a physician or by estheticians who meet certain requirements and/or who are supervised by a physician. Ensure your skin care professional has the proper training and credentials.

Microdermabrasion is an effective technique to address skin issues long considered something you just have to live with. While the fountain of youth remains a piece of fiction, the magic wand of microdermabrasion can have profound effects on your complexion. Fine lines, wrinkles, an uneven tone, stretch marks, scarring, and acne can be addressed.



Lie back and relax while your practitioner applies her magic wand of microdermabrasion.

What is LED Therapy?

Carrie Patrick

LED therapy is a skin care treatment that uses light-emitting diodes (LEDs) of various colors, normally red, blue, and infrared, to maintain healthy skin. LEDs produce a low-powered glowing light, which is positioned to shine onto the face or other area being treated. No heat is produced by the LEDs, and it should not be confused with laser therapy.

The skin benefits of different colors of LED light have been identified through a broad array of studies. The most often cited study is the Whelan study, published in 2001 by NASA's Marshall Space Flight Center, which found that LED light helped speed up wound healing.

Red light is most often used for general skin improvement and to reduce the visible signs of aging. Blue light has been shown to destroy acne bacteria. Infrared light may have beneficial effects on the skin's natural supply of collagen and elastin, which are responsible for maintaining skin firmness and

resilience. A series of regular treatments will provide the best results.

WHAT CAN I EXPECT?

No special preparation is necessary. Simply arrive to your appointment on time, relax, and enjoy the treatment. Your skin care professional will cleanse your skin and may also apply a serum or other facial products to enhance the benefits of your session, depending on your goals and the range of treatments offered.

The LED device will be positioned on your skin, or up to a few inches away. Your eyes will be covered so that the light does not bother you. Relax and rest while the glow of the LEDs bathes your skin.

Typically, no sensation is felt. Some people may feel a slight tingling, or see flashes in their vision temporarily as a result of having a light source close to their face. Keeping your eyes closed and covered during the treatment will help

avoid this.



LED therapy can help maintain healthy skin.

Boost Your Immune System

Lymphatic Drainage Therapy Fights Infection

Is your immune system working overtime as you burn the candle at both ends? If so, you might want to give your body some help by working with a skin care professional trained in manual lymph drainage. This mysterious name refers to a technique that was invented and widely used in Europe. In addition to boosting your immunity, it can help detoxify, move congestion out of your body, and reduce swelling--especially after you've had surgery.

The lymphatic system supports the body's immunity function and involves several organs (adenoids, thymus, tonsils, spleen), hundreds of lymph nodes, and a network of vessels. A clear fluid called lymph flows through these vessels and filters metabolic waste through the lymph nodes. These wastes include bacteria, dead cells, fats, fluids, proteins, and viruses.

When a trained therapist gently stimulates lymph nodes, it boosts the immune system, reduces local fluid retention, provides relaxation, and helps correct swelling and stagnation in

the nodes. Giving this treatment requires advanced training and is practiced with a very specific set of light, massage-like strokes. Because strokes are light, there should be no discomfort. While you may hardly feel you are being treated, lymphatic drainage has many benefits to reap.

After your lymph drainage treatment, it's important to drink plenty of water. You might feel some mild, flu-like symptoms, depending on how much strain your body has been under prior to treatment, and how many toxins are concerned, including alcohol, certain foods, sugar, environmental pollutants, and some medications. Most people leave a session relaxed, but if you don't feel at the top of your game afterward, drink water, watch your salt intake, and be physically active.

Manual lymph drainage is one way to manage your wellness and most people find it a relaxing and positive experience. Making this simple preventative effort is better than suffering the sniffles or other pesky

ailments. So fortify your immune system and sail on with vibrancy.

*Personal beauty
is a greater
recommendation
than any letter
of reference.*

REVITA LIGHT Therapy blue/red Package
3 sessions for \$99

MICRODERMABRASION TREATMENT Package
3 sessions for \$99

LYMPH DRAINAGE massage
60 min for \$59

AYURVEDA Kansa Wand face massage
30 min. for \$39

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