

# Microdermabrasion

Industry experts share their insights on device-driven microderm options and applications. *By Rachel Kossman*



## OUR PANEL

**Amanda Glanzberg**, president/co-owner, Pure Bliss Day Spa ([purebliss-dayspa.com](http://purebliss-dayspa.com)), Jupiter, Florida

**Gail Lerman**, director/instructor, Mequon Thiensville School of Esthetics ([mthschoolofesthetics.com](http://mthschoolofesthetics.com)), Mequon, Wisconsin

**Roger Machson**, president, Onyx Medical, Novato, California

**Mike McIntyre**, Dermaglow ([dermaglow.com](http://dermaglow.com)), Novato, California

**Barbara VanLenten**, RN/facial enhancement specialist, Vitality Med Spa ([vitalitymedspamd.com](http://vitalitymedspamd.com)), Grayson and Buford, Georgia

### ON CRYSTAL SYSTEMS:

**Gail Lerman:** Crystal microdermabrasion is good for clients with acne and great for those with scarring. For me, what's key is that crystals lift pigment—most of us have pigmentation we don't want, and if that coloring isn't too deep and you use a crystal tip, you'll see a lot of removal almost immediately.

**Barbara VanLenten:** We use Derma-Med's MegaPeel, which is a crystal system. It's the only one we use in our office and I think it exfoliates better. We can turn the crystals down according to skin type or conditions, and therefore provide a lighter or heavier treatment. The machine is very low-maintenance and it's easy to clean and change out between customers. We own two and have never had a malfunction.

**Mike McIntyre:** I like to compare crystal microdermabrasion to sandblasting. When you sandblast the surface of wood, you're using a more aggressive method, but the final result is smooth—you don't have to redo it. The treatment

is vigorous, yes, because the crystals are always moving around, but you're creating dynamic exfoliation. In terms of outcome, I still believe crystal microdermabrasion is the best choice out there, and that's an opinion echoed by nearly all of our clients.

**Roger Machson:** The crystal technology works fabulously now. The downside was in the early days, when the crystals spit all over the system, and the machines were messy and clogged easily. The newer machinery doesn't have any of those issues. Our Derma-Touch crystal system is very powerful; it's adjustable and uses a turbo head that will give a deep exfoliation or gentle one, depending on how the machine is set.

**Silhouet-Tone's Vortex Peel** has 40 preprogrammed settings for both crystal and crystal-free treatments.

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**ON DIAMOND-TIP/CRYSTAL-FREE:**

**Amanda Glanzberg:** I like the crystal-free option, because I find that if you sit there and abrade a clients' face, the way crystals can do, their skin feels raw. I prefer to end my services with the crystal-free tip for buffing and smoothing. It doesn't cause a burning or painful sensation, and it leaves skin as soft as a baby's bottom!

**Lerman:** Diamond-tip doesn't have an immediate effect, but I find it ideal for exfoliating, smoothing the skin, and diminishing lines and wrinkles.

**VanLenten:** Diamond-tip machines come with different heads and, unlike crystal systems, they let you go under the eyes and target areas with wrinkles.

**ON COMBINING TECHNIQUES:**

**Glanzberg:** I use the Silhouet-Tone Vortex Peel and PR Cell 2G microdermabrasion systems consistently. I call our Vortex Peel treatment 'taking microdermabrasion to the next level' because we use both the crystal and the crystal-free tips. This double system can be used for both types of microderm and has truly adjustable strengths. It makes my job easier because it won't function if the crystals are low or the filter needs to be changed—it immediately beeps and alerts me to the problem. I use the crystal tip first, and I end with the crystal-free tip for buffing and smoothing. That extra step repairs the skin, and I find this combination to be the most effective.

**VanLenten:** In our experience, crystal microderma-

brasion is a perfect complement to injectables. Our spa puts clients on a three-month microdermabrasion touch-up protocol. If they exfoliate and have fresh new skin when they're given their injectable touch-ups, the results are so much better. Some clients have even told me it's addicting!

**CAUTIONS AND ADVICE:**

**Lerman:** The esthetician must make sure to read the skin of the client and determine its tolerance—some people can handle 40 minutes of microdermabrasion, others only 10. It depends on the client's skin type, but also on age, because the older we get, the thinner our skin becomes and it reddens more quickly.

**Glanzberg:** To start, I always try both types of tips on my clients—behind the ear or on the neck—to let them feel the sensation with and without the crystals.

**Machson:** The key to microderm is that you want to give an even treatment, meaning you want to have steady vacuum pressure and a steady crystal flow, because that's what gives the client all-over, even results. An operator really has to do two things: maintain contact with the skin, and make sure they cover every area. If their technique is steady and consistent, the results are going to reflect that.

**VanLenten:** With a crystal system, the esthetician really has to make sure they do a thorough job removing those crystals from the clients' skin, and ensuring the surface is free of particles.



The hand piece on **Onyx Medical's DermaTouch** vacuums crystals off the skin as it exfoliates. **800.333.5773, onyxmedical.com**



**DermaMed Solution's MegaPeel EX** was re-designed as a quieter machine that's both hybrid and portable. **610.358.4447, dermamedsolutions.com**