



Margaret L. Sommerville, M.D., F.A.A.D.

**301-656-SKIN (7546)**

[www.cherychasedermatology.com](http://www.cherychasedermatology.com)

## **WHY EXFOLIATE? PEELING AWAY THE AGING PROCESS FROM OUR SKIN**

As we age, the process of natural cell turnover in the top layer of the skin slows down. This slowdown combined with accumulated sun damage results in dull complexion, dark blotches, fine lines, wrinkles, and age spots. So what can we do to accelerate the cellular self-renewal and reverse this process? In-office microdermabrasion, especially of the new “coarse grit” variety, or chemical peels go well beyond popular home remedies which utilize department store rechargeable rotating brushes designed for cleansing rather than exfoliating. As an added bonus, properly exfoliated skin is more “receptive” to absorption of topical anti-aging skincare products used at home such as peptides, growth factors and antioxidants.

### **How is our microdermabrasion different from the older, suction-based models?**

Our state-of-the-art Swiss technology represents a “coarse-grit,” suction-free sapphire granule exfoliation that can be adjusted and customized to your individual skincare type and needs. Such intense yet gentle abrasion has been shown to stimulate a healing response in the skin inducing collagen synthesis. Our patented Swiss equipment is also designed to incorporate a relaxing skin massage with a vibrating wand (what the Swiss call “lymphatic drainage”) utilizing pure botanical extracts of mango, lavender, sweet almond, field horsetail, and citrus. Red monochromatic light therapy follows to stimulate the production of collagen. Subsequently, a blue L.E.D light is used to stimulate healing or provide anti-acne effects. This no downtime, painless multi-step treatment that begins with sapphire microdermabrasion is called **Sapphire 3® Photo Abrasion**. You may return to work or your regular activities immediately after this treatment.

Sapphire 3®Photo Abrasion is a wonderful choice for those patients that are able to commit to a series of 5 treatments, and desire no downtime. Combining in-office Sapphire treatments with topical retinoids, peptides and prescription strength skincare products such as **Obagi® Medical**, yields amazing results reducing or eliminating melasma, dark blotches, fine lines, acne breakouts, and uneven, dull complexion.

### **Who benefits from combination peels such as Glow Peel and Vi Peel®?**

Those with sun spots, fine lines and wrinkles, acne and hyperpigmentation who can tolerate five to seven days of peeling and desire a slightly more aggressive approach than one described above may accomplish great results with a series of **Glow Peels** or **Vi Peels®**. These unique, well-designed peel solutions may be customized dependent on the number of “coats” (layers) applied to reduce the amount of downtime. More information about these procedures can be found on our website under “chemical peels.” Please call our office at 301.656.SKIN to ask any questions that you may have about any of above procedures.