

Diamond and Crystal Microdermabrasion

Recommended number of treatments and treatment level. Depending on the level, microdermabrasion can remove between 0.06mm and 0.45mm of the stratum corneum.

| Condition | Results depending on depth. They may not disappear but the treatment will achieve visible results. | Number of treatments recommended |
|---|---|---|
| Level 1 treatment - Acne/ Blemishes comedones (blackheads) and Millia | Depending on the severity of the acne and scarring, the treatment offers noticeable improvement | 8 - 10 treatments recommended |
| Level 2 treatment - superficial pigmentation and fine lines | Depending on the amount of pigmentation and the depth of the fine lines but treatment will give a noticeable appearance | 8 - 10 treatments recommended |
| Level 3 treatment - Scars over 6 months old and stretch marks | Scars can be reduced but reduction rate is always depending on depth, age and texture of the scar. | 10 - 15 treatments recommended for scars |
| | Stretch marks will be reduced but not fully eliminated. Reduction is based on the depth, width and texture of the stretch marks | 6 - 10 treatments recommended for stretch marks |

Measurement of negative air pressure (inHG inches of Mercury)

| Treatment Area | Normal Skin (Hg) | Sensitive Skin (Hg) |
|----------------|------------------|---------------------|
| Forehead | 12 - 22 | 5 - 12 |
| Face | 12 - 22 | 8 - 12 |
| Neck | 18 | 10 - 15 |
| Eyes | 10 - 15 | 5 - 10 |
| Nose | 10 - 15 | 8 - 14 |



Diamond Microdermabrasion Heads

| Diamond Head | Area and Condition |
|---|--|
| D80 | For the body, knee and elbow, especially working on acne and stretch marks |
| D100, D120 | For the face, particularly on large blemishes |
| D150, D180, D220 | For the face, particularly on fine lines, pigmentation and minor imperfections |
| D160, D180 | Around the eyes and either side of the nose, particularly working on wrinkles, oily areas, comedones and acne |
| Smooth Head - when available as not all machines have these | This can be used after Diamond heads to vacuum dead skin cells and cool the skin, it can feel nice but is not necessary for the treatment. |