

How Many At-Home Microdermabrasion Treatments are Necessary Until Visible Improvement is Realized?

Of all the skin treatments available on the market today, [microdermabrasion](#) seems to be the most popular and favoured among individuals. This non-invasive procedure is now the number one skin treatment for combating aging, reducing wrinkles, and erasing acne scars. Microdermabrasion works by exfoliating or eroding the damaged or dead skin cells from your face, eliminating bad cells and promoting a whole new area for new cell growth.

Microdermabrasion is an in-office procedure which may not take more than 30-60 minutes, though in recent years, more and more companies have jumped on the bandwagon of the at-home microdermabrasion kit. This turn has taken on high popularity, as people are looking for more convenient ways to treat their skin. Real microdermabrasion may take several treatments before a significant change is visible, but how many home microdermabrasion treatments are needed in order to see a change?

Microdermabrasion at Home

[At-home microdermabrasion](#) techniques are generally the same with each other. One common thing that all at-home procedures have would be the crystal cream and the applicator. The idea is that the crystal cream performs the exfoliating duties, polishing the skin and removing the dead cells on the surface.

However, at-home microdermabrasion is not as powerful as the real procedure – they are mild compared to the real thing – and several treatments may have to be done before you see significant results.

In clinic procedures you will usually need about 3-6 sessions for you to be able to see real, full results, and it may take even longer (sometimes as much as 10 at home treatments) if personal kits are used. Depending on the strength of the product you buy, and the sensitivity of your skin, you might be able to see results in as soon as 10 days or as late as weeks.

Most people use at-home microdermabrasion for upkeep and maintenance of their in clinic procedure. Generally, finding the right treatment as well is also an important factor, and it usually is just a matter of trial and error before you find the right product for your skin type.

Side Effects

There are quite a number of home microdermabrasion kits available in the market today. Some of the more noteworthy brands are [MyTimepeel](#), L'Oreal, Neutrogena, and [Dermanew](#). However, it is a common occurrence that these at-home products can cause irritation or breakouts in the user, so finding the right product, that does not cause any irritation, can be tricky. Also, since these are milder than the real treatments, it is very easy to fall into the trap of overusing the product.

At home microdermabrasion treatments are undoubtedly convenient and easy to use. Sometimes, results can take longer than expected to materialize, but all in all, these treatments will produce changes. Find the right product that works best with your skin and you're on your way to fresher, younger looking skin.

You can also find this article published on [How Many At-Home Microdermabrasion Treatments are Necessary Until Visible Improvement is Realized?](#), and on the tag pages [at home microdermabrasion](#), [at home microdermabrasion system](#), [facial microdermabrasion](#), [home microdermabrasion](#), [home microdermabrasion kits](#).