

File Created by [Blogging Rebirth](#) WP Plugin

# **At Home Microdermabrasion: What Are The Benefits?**

So what are the benefits of [at home microdermabrasion](#)? There are almost too many to count. In fact, microdermabrasion is one of the most effective, not to mention easiest, anti-aging skincare techniques available. Basically, if you want your skin to look younger, this is a technique you should definitely look into. But exactly what is microdermabrasion?

## Microdermabrasion 101

Like just about everything, your skin goes through a cycle. As your topmost layer of skin cells are exposed to the elements, it becomes dull and damaged. Fortunately, newer, healthier, younger-looking skin cells are being produced under the surface. Eventually, the top layer of skin cells dies and sloughs away to reveal the new, healthy cells.

Or, at least, that's the way it's supposed to be. But the old, dead cells don't always slough away. Instead, they hang around on the surface of your face, making you look older than you need to. Microdermabrasion removes the top layer of dead skin to reveal the new, young skin underneath.

## What Are Your Options?

You can have microdermabrasion done by a professional. Or you can buy an at home system and do the treatments yourself. So, what are the pros and cons of both? First is a question convenience. With at-home microdermabrasion treatments, you don't have to make an appointment for the treatment, then take time out of your busy day to go have it done.

Instead, you can do it in the comfort of your own home whenever you have some free time. Secondly, there's the expense. In order to get the full benefits of microdermabrasion, you have to have regular treatments. If you are getting them from a pro, that means paying for every appointment. But, if you do it at home, you pay for the system once, and will get several uses out of that one time investment.

## Who Can Benefit?

Microdermabrasion will smooth away fine lines and wrinkles. It can fade age spots and skin blemishes and even out uneven skin tones. It can help refine enlarged pores, and get rid of blackheads. It can even make certain types of acne scars less visible and noticeable.

Whether you want to look younger, want to smooth away skin imperfections, or give your skin a healthy glow, you can benefit from [at home microdermabrasion](#) treatments. And, by doing it at home, you can enjoy all of the benefits of this amazing beauty technique and save money at the same time.

**[Cav's Tip:** Naturally peel away the years. No need to spend thousands of dollars on beautiful skin. [Learn more here.](#)]

You can also find this article published on [At Home Microdermabrasion: What Are The Benefits?](#), and on the tag pages [at home microdermabrasion](#).