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# **Can Microdermabrasion Skin Treatments Reduce Aging?**

These days, people are looking for better and more cost effective ways of improving their appearance. One of the methods that is rapidly gaining popularity is microdermabrasion skin treatments, a fast, safe, and effective way of creating significant improvements in the skin. Microdermabrasion works by ablating the surface of the skin, or epidermis, with crystals. It is generally painless and brings no downtime, making it a much favoured procedure.

The procedure is usually undergone by individuals who have had severe acne and are looking for a way to reduce their acne scars, or to fade certain marks. But can microdermabrasion reduce skin ageing? What are some of the effects and benefits that the procedure has that helps rejuvenate and improve the skin? Let's take a look:

### **1. Reduce the appearance of scars, pigments, and age spots**

Microdermabrasion helps in removing a variety of signs of wear off your face. Usually, people with mild acne scarring are some of the best candidates for this procedure, although it applies well to people who are looking to remove some signs of aging from their skin.

For one thing, microdermabrasion – since it peels off the surface layer of the epidermis – helps to fade away not only acne scars but other age spots as well. These pigmentations are usually damage caused by exposure to the sun or sun spots. The procedure also helps to create a more uniform complexion, balancing out skin tone.

### **2. Improve the appearance of wrinkles and other fine lines**

Microdermabrasion is a great way to reduce the appearance of wrinkles or fine lines, crow's feet, and even lip wrinkles on your face. When applied to other parts of the body, the procedure is also effective in reducing the appearance of stretch marks. Microdermabrasion is a treatment best suited for fine, surface lines, as opposed to deeper furrows (say on the brow or forehead).

A "turkey neck" or neck wrinkles are also reduced or development is slowed down with regular microdermabrasion treatments. Of course, it may not be realistic to think that one will be wrinkle free with this procedure, but with regular visits, significant improvements can be realized.

### **3. Improve skin texture**

Microdermabrasion, through its skin resurfacing, removes the dead skin cells layer and stimulates the production of collagen. This gives skin a healthier, smoother, more refreshed glow. Dry skin patches are also evened out, giving the skin a more uniform and youthful glow. Blackheads and whiteheads are also unblocked, giving a fairer, clearer complexion.

Unfortunately, the effects of a microdermabrasion skin treatment are not permanent and to enjoy continuous benefits, regular appointments to the clinic must be made. Microdermabrasion is also not the best way to go if you are looking to reduce deep facial lines or wrinkles, though the procedure significantly improves the skin.

Certain things are also kept in mind, as upkeep for the treated skin. These include avoiding too much sun exposure, and not undergoing too many facial treatments. Talk with your physician and determine if this treatment is the best way to go for you.

You can also find this article published on [Can Microdermabrasion Skin Treatments Reduce Aging?](#), and on the tag pages [microdermabrasion for skin](#), [microdermabrasion skin](#), [skin microdermabrasion](#).