

## **Frequently Asked Questions about DermaSponge**

### **What is Microdermabrasion?**

Sometimes called a “Lunchtime Peel” or “Parisian Peel”

It’s the latest, most effective, non-surgical comprehensive approach to skin care in the treatment of fine lines, wrinkles, acne scars, enlarged pores, age spots, stretch marks, superficial pigmentation and sun-damaged skin. It is considered safe on all skin types and colours. However, it is usually done at clinics or salons, where it can be very costly, requiring 6-10 sessions for maximum results at prices ranging from £60 to £70 per session . First developed in Italy, it has been used successfully for the past 8 years around the world by thousands of women. DermaSponge is the FIRST and ONLY true home microdermabrasion system using the same aluminum oxide crystals used by expensive clinics.

### **Why use the DermaSponge professional Microdermabrasion system?**

DermaSponge is the first and only proven professional microdermabrasion product you can use at home because it works just like a treatment at a clinic or salon.

Our patent-pending system is safe and easy to use at home, it isn’t like any other home skin care product. Exfoliating creams and skin polishing machines may feel nice and give your skin a little “glow”, but they don’t treat serious skin conditions, and they don’t provide lasting results. In fact you have to use them almost every day for the most minimal effects.

DermaSponge is easy, convenient and provides visible results for a fraction of the cost of a professional treatment at a clinic. DermaSponge uses the same aluminum oxide crystals used in expensive treatments, but you can do it at home during your leisure—no timely travel and no time off for expensive appointments. And unlike skin-polishing machines and creams that don’t really work, you’ll see visible results with DermaSponge treatments the very first time, comparable with the results from professional treatments.

### **How often do I need to do a DermaSponge treatment and How do I use DermaSponge?**

Like most clinics we recommend between 6-10 treatments (our Deluxe Kit contains 6 treatments - our special offer of a Deluxe and Basic kit together contains 10 treatments) for optimum results. You should give yourself a DermaSponge treatment once every two weeks (for a course of between 6-10 treatments depending on your skin). Use the Sponge with light to moderate pressure for one to three minutes to gently buff the skin - it's that simple. A fully illustrated instruction manual is included with the DermaSponge kits. Thereafter a maintenance regime is recommended to maintain soft, fresh looking skin - about 1 treatment (not a whole new series of 6 treatments) every 2 to 3, or 3 to 4 months depending on your skin. Please note that clinic microdermabrasion also requires maintenance treatments.

### **Will DermaSponge increase my skin's sensitivity to the sun?**

Immediately after exfoliation, your new skin will be slightly sensitive. Your skin may feel a little hot and appear a little pink for the first day or so. If you use a little too much pressure, treatments may leave you pink and sensitive a bit longer, but there's nothing to worry about - you can never actually hurt yourself using DermaSponge. If that happens, just use less pressure for your next treatment. We highly recommend using a sunscreen for several days after any real microdermabrasion treatment like using DermaSponge. This sensitivity is temporary. There are no harsh or harmful chemicals in DermaSponge to cause other kinds of sensitivity. In fact, it is hypoallergenic!

### **Will DermaSponge cause redness?**

After use, your skin will take on a fresh new "glow" and there will be some redness present (similar to a mild sunburn). However, this will dissipate in a day or two. Makeup can be applied afterwards and there is no downtime. The Deluxe DermaSponge system includes additional products to soothe, hydrate and protect your skin after treatment: HydraLipid Serum, Protective Day Cream Daily Moisturiser with SPF-15.

### **What if my skin seems to "flake" after using it?**

This is normal after a real microdermabrasion treatment, at a clinic or at home. The "flaking" is actually superficial peeling of the old skin. Your skin is now rejuvenating, with new, younger-looking skin growing and replacing the dead skin. The "flaking" will dissipate within a day or so. If you have a free weekend the best time to do a treatment is on a Wednesday evening, that way you get most of the flaking/peeling over the weekend.

### **Can I use DermaSponge on other areas of the body?**

Definitely! DermaSponge works great on rough elbows, feet and even discoloration and age spots anywhere.

### **What results can I expect?**

You will notice a visible improvement in your skin's appearance even after the first treatment, though the best results come after a series of 6 treatments, contained in our Deluxe kit. Open pores will look greatly reduced. Acne scarring, age spots, discoloration, brown marks can sometimes look worse before they look better and often come more to the surface after a treatment. Quite often your skin can break out in spots after treatment. This is because by removing the old dead skin cells through treatment, it is a bit like opening a trap door - you have made way for anything lurking under the skin to come up and out - which is often why you can get more spots after treatments.

This means that DermaSponge is working and your skin will improve with continued treatments. Deeply pitted or scarred areas and darker pigmented areas may require up to 10 treatments, and microdermabrasion is not a “miracle cure” and results vary for each person.. Microdermabrasion cannot be expected to remove tattoos. DermaSponge has helped some skin, better than harsher, costly procedures such as laser peels and chemical peels.

### **Can I still use Retin-A®, Renova® and alpha hydroxy acids?**

Yes. However, DermaSponge eliminates the need for these products -- why use harsh chemicals on your skin when you can use safe, effective DermaSponge instead!

### **How much pressure should I use?**

Never use heavy pressure. Use gentle, circular motions over the entire face. If you have sensitive skin, test DermaSponge on the underside of your forearm for a minute first. If you have excessive redness and irritation, use lighter pressure. As your skin adjusts you may be able to gradually increase the pressure and time, up to 3 minutes, or 5 minutes for tougher skin.

### **My skin is burning or tingling - is this OK?**

Yes. As with any true microdermabrasion treatment, you may experience redness, tingling or burning sensations similar to a mild sunburn. This means your microdermabrasion treatment is working! This will go away. Apply DermaRelief Gel as often as necessary. With more sensitive skin, it can take a little longer. If your skin is extremely sensitive, you can use the HydraLipid Serum before your DermaSponge treatment to reduce irritation.

### **Can I wear makeup after using DermaSponge?**

Yes, you can apply make-up directly after using DermaSponge - although it is best to do a treatment in the evening so you would not have to apply any make-up until the following day.

### **Are DermaSponge products tested on animals?**

Absolutely not!

Full details are contained in our instruction manual contained in each kit