

5 Step Microdermabrasion Homecare

Unveil your beautiful complexion with 5 steps customised for your skin. Your microdermabrasion treatment exfoliates and removes the superficial layer of dry skin cells to improve your skin's overall texture and quality.

To achieve the best results from your customised treatment follow our simple guidelines both before and after your visit to our clinic.

Before your 5 Step Custom Microdermabrasion

Be sure to avoid 2 weeks prior (in the area being treated):

- Waxing
- Depilatory use or electrolysis
- Laser or IPL treatments
- Excessive sun exposure
- Chemical treatments of any kind including any hydroxy acid treatments (other than your Skinstitut prep program)
- Follow skin prepping requirements as advised by your therapist – this will depend on your individual 5 Step Custom Micro

Following your 5 Step Custom Microdermabrasion

- Follow your Aftercare prescription as advised by your therapist
- Avoid direct or excessive sun exposure
- Use broad spectrum SPF 50+ sunscreen daily
- Do not pick or pull any loose or exfoliating skin
- Avoid activities that may cause excessive perspiration within the first 1- 2 days
- Avoid direct heat (including that of a hair dryer) within the first 1 – 2 days
- Avoid mechanical exfoliation for the first 5 days
- Avoid steam rooms, spas or saunas for the first 5 days
- Avoid electrolysis, facial waxing, and depilatory creams for at least 5 days



Experts in skin

Your **Microdermabrasion Aftercare Pack** has everything you need following your in-clinic treatment and will carry you through your treatment plan. Following a 5 Step Custom Micro skin can be a little more responsive, so a low intensity approach is recommended. By incorporating appropriate aftercare the skin will respond to maximum potential after treatment and results will be achieved more quickly.

3 for
\$109
save \$38

5 for
\$159
save \$86

Your therapist will customise an Aftercare Pack especially for you based upon the 5 Step Micro performed and the product prescription most suited to your skin.

5 Step Microdermabrasion performed:



5 Step Anti-ageing



5 Step Brightening



5 Step Calming



5 Step Clearing



5 Step Hydrating

	AM	PM	Frequency	How to Use
Days 1 - 5				
Gentle Cleanser			Daily	Use a pea sized amount with water and lather for 30 seconds to cleanse the treated area.
Multi-Active Mist			Daily	Spritz over treated area while skin is still damp after cleansing.
Rejuvenate 15			Daily	Apply a pea sized amount to face (or treated area), use after cleansing and Multi-Active Mist application and prior to moisturiser or Age Defence SPF 50+.
Age Defence SPF 50+			Daily	Apply a generous amount to face and neck. Reapply at 2 hour intervals if exposed to sunlight. Pat to apply rather than rubbing.
Add in after 2 - 3 days				
Enzymatic Micro Peel			2 - 3 times per week	Apply a smooth film to clean dry skin. Leave for 5 - 15 minutes. Rinse thoroughly with warm water and pat dry. Can be used as often as needed to target flaking skin.

Disclaimer: All product suggestions are a guide only. If using prescription medication or suffering from a health condition please notify your Therapist who may need to adjust your prescription accordingly. Additionally, seek advice from your medical practitioner.

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