

About Dermaplaning

By Esthetician Sandra Lundeen

Many people have heard of microdermabrasion, but dermaplaning is actually one of my favorite treatments for almost all skin types and conditions, especially dehydrated and sun-damaged skin. It's a gentle, effective treatment that leaves your skin extremely soft and looking great. Dermaplaning exfoliates and resurfaces dull, dry skin with the added benefit of removing excess facial hair.

During a dermaplaning treatment, I gently scrape the outer layer of your skin, removing dead skin cells, debris and other impurities that can get trapped on and in your skin. There is no downtime after the treatment and your skin will look smooth and revitalized. Dermaplaning is great for unblocking blackheads, reducing pore size, improving skin texture and tone and temporarily getting rid of that pesky facial hair.

Post-dermaplaning, your skin will respond better to skin products. I usually recommend a series of sessions based on your individual skincare needs. I often follow dermaplaning with a micro peel, a wonderful combination that results in great revitalization of your skin. But we're not quite done! I like to finish this 3-step process with cryotherapy to cool, calm and clean your skin even further. Never heard of cryotherapy? Ask me about it the next time you come in!

Esthetician Sandra Lundeen has nearly two decades of experience providing quality esthetic services. She sees clients at our Eagan and Woodbury offices. Please schedule your next visit with Sandra Lundeen by calling our Eagan office at 651-251-3300 or our Woodbury office at 651-578-2700.