

A woman with smooth skin and a text box.

DERMAPLANING IS EXTREMELY SAFE
WHEN PERFORMED BY A PROPERLY TRAINED PROFESSIONAL

What is dermaplaning???

Dermaplaning is a skincare procedure involving manual exfoliation to removal dead skin cells and vellus hair (fine facial hair, or “peach fuzz”) using a sterile blade.

Dermaplaning is a favorite of mine because it produces immediate results of even skin texture and tone. The procedure is safe, non-surgical, has no downtime and requires no anesthetic. Most skin types can benefit from dermaplaning, and it’s safe for men and women of all ethnicities and ages. It’s even ok for pregnant or nursing women.

The FAQs

Q. What Are the Benefits of Dermaplaning?

- Enhanced product penetration. One of the greatest benefits of this superficial exfoliation is its ability to promote deeper, more even penetration of corrective products.
- Removal of hair. Temporary removal of “peach fuzz”, creating a brighter and smoother skin tone and texture.
- Increase matrix proteins. Matrix proteins, such as collagen and elastin, are largely responsible for the visible signs of aging. The trauma to the skin from dermaplaning promote the production of collagen and elastin formulation, an excellent treatment for anti-aging and those suffering from textural scarring.
- Hyperkeratosis reduction. Hyperkeratosis is a buildup of the outermost layer of your epidermis. That buildup causes the dull complexions, improper product penetration and acne. Dermaplaning reduces the thickness of the outer layer of the skin to correct those skin conditions, while increasing the thickness of the remaining epidermis and dermis.
- Hyperpigmentation. Demaplaning is most beneficial for hyperpigmentation because of its ability to increase penetration of products that inhibit the production of melanin such as kojic acid, lactic acid and retinols.
- Acne Simplex Reduction. Non-pustular and non-inflamed acne respond very well to this treatment. The removal of the outer layer aids significantly with extractions as well as enhanced penetration of the topical products.

Q. What Types of Skin Benefit from Dermaplaning?

A. Most skin types can benefit from dermaplaning, especially those concerned with aging and pigment. Pregnant or nursing women who are looking for a non-chemical

exfoliating treatment can also benefit. Dermaplaning is also safe for men, women, young adults and any skin type or ethnicity, but should be avoided by pustular acne skin types or hyper-sensitive skin.

Dermaplaning and Complementary Procedures

Dermaplaning can be used in conjunction with mild to medium chemical or enzyme peels since it preps the skin before these procedures. Professionals recommend dermaplaning along with peels containing chirally correct compounds, which are mirror images that mimic the skin structure; therefore, they are less irritating and more chemically pure. Some chirally correct ingredients include L-lactic (derived from milk), L-malic (derived from apples) and L-tartaric (derived from grapeseed) acids. (Skin Scripts chirally corrects ingredients) Since this is considered a “double exfoliation” process, there is a chance of peeling or flaking when dermaplaning and peels are used together.