

20 Minute Read



FREE GUIDE

# 7 Ways a Medical-Grade Skin Care Routine Will Transform Your Skin



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# Overview

*Do you feel like no matter which products you try on your skin you aren't seeing any improvement to your overall complexion or texture?*

Skin care is complex, but it comes down to science. A medical-grade skin care routine is completely customized to fit your skin. Many of these scientifically formulated products are only dispensed through a physician, and can't be purchased over the counter or online.

A medical-grade skin care routine is designed to strengthen all skin types with tailored care that will complement your lifestyle.

The first step to starting a medical-grade skin care routine is to meet with an experienced aesthetician

who will perform an extensive evaluation to identify your skin's unique profile. Everyone's skin is different, but the same problems are persistent. An aesthetician can pair you with the right products and provide you with a customized skin care regimen that will target your problem areas while also helping you achieve your personal skin care goals. The effectiveness of these products is attributed to the consistent use of a thorough skin care regimen that is designed to support your skin's needs.

Below we are going to discuss the incredible ways that a medical-grade skin care routine can transform your skin!

# 01

## A Customized Regimen to Suit Your Skin and Lifestyle

During the evaluation, the aesthetician will examine the overall health of your skin, your personal skin care goals, and any problem areas you have noticed in order to complete a skin analysis. Using data and expertise, your aesthetician will design a treatment plan to improve your skin's health while also addressing your personal concerns.

Your medical-grade skin care regimen will also be customized to suit your lifestyle. Whether you have allergies or sensitivities to certain ingredients, you are vegan, or if you are pregnant or nursing, your aesthetician will make sure the products in your routine will enhance your lifestyle, not interfere.

Aestheticians are experienced in all different skin types and conditions, and will use their expertise and knowledge to pinpoint which products will be most effective for you. You will also learn the proper uses of each product to avoid mixing ingredients that don't work together to strengthen your skin, which is a common cause of negative reactions to a product.





# 02

## Targeted Care

Whether you have sun damage, rosacea, acne or another skin condition, a medical-grade skin care routine will target these problems for faster and more effective results. Instead of starting you on several products at once, your aesthetician will introduce new products gradually, and monitor the results to make sure your skin is reacting positively to the ingredients.

Your aesthetician will likely introduce these product in tiers so you can see the effects that each combination of ingredients has on your skin. They may start you off with a medical-grade cleanser, toner, and a skin re-texturizing serum with vitamin-c and peptides for 30-60 days to prepare the skin for more specific treatments. Once the skin is ready, your aesthetician will add one product at a time to address your skin care concerns, such as an advanced brightening serum or a retinol cream. Of course, your skin care regimen will always be customized to your specific needs.



# 03

## Strengthen the Skin Barrier



The delivery system for medical-grade products can penetrate beyond the epidermis, unlike over-the-counter products. All products have undergone extensive scientific data analysis and third-party chemical trials so there is no bias for what our aestheticians will recommend. The potency of these products is stronger than over-the-counter products as well, so if you are using medical-grade vitamin-c or retinol creams, you will see the effects much faster than the results of drugstore products.

- The skin barrier refers to the various layers of skin made up of ceramides, cholesterol, and fatty acids, and consists of the epidermis, the dermis, and the subcutaneous fatty layer.
- By protecting the skin barrier, you are counteracting pollution, ultraviolet rays, irritation, inflammation, and dehydration.
- Skin barrier damage is caused by sun exposure, allergens, pollutants, diet, stress, lack of sleep, aging, and many other factors.

# 04

## Enhance the Effectiveness of Facials, Botox, Laser Treatments, and More

If you regularly receive a facial, chemical peel, Botox, or other skin treatments, medical-grade skin care products will enhance the effectiveness of these procedures so they will last even longer. By strengthening the skin barrier, these treatments are able to achieve the best possible results for your skin.

These treatments are designed for strong skin barriers. Pairing your consistent medical-grade skin care routine with these treatments will help achieve the refined texture you are seeking in your skin.

See longer lasting results from the following treatments and procedures when paired with a medical-grade skin care routine:

- Botox
- Microneedling
- Dermal Fillers
- Chemical treatments
- HydraFacials
- Dermaplaning
- Laser, light, and other energy-based treatments



# 05

## Preventative Skin Care



Even if you don't have extensive problems with your skin, a medical-grade skin care routine is also a great preventative measure to keep your skin healthy. By taking action with medical-grade skin care products, you can slow down the aging process instead of having to fix problems later.

A medical-grade skin care routine can reduce fine lines and wrinkles due to the enhanced collagen and luminosity of the skin. Patients will see improved texture and clarity, as well as increased collagen production, smaller pore size, and less inflammation.

- Correct sun damage
- Reduce fine lines and wrinkles
- Enhance collagen production
- Improve clarity and texture of skin
- Decrease pore size and inflammation

Make sure to pair medical-grade skin care products with good habits when enjoying the outdoors. Protect your skin with SPF and re-apply often. Wear a hat and sunglasses to protect your face, stay in the shade when possible, and drink plenty of water to stay hydrated.

# 06

## Stop Wasting Money on Drugstore Products

Have you tried every product at the drugstore on your skin without seeing any results? Or worse, have these products led to negative reactions such as breakouts or rashes? Introducing medical-grade skin care products into your daily routine is the first step towards healthy skin that is formulated to last.

The way that medical-grade products are absorbed into the skin is what sets them apart from products you would find in a drugstore. If you have drawers full of products that don't work, you're wasting money. Get the results you want and need in a fraction of the time by scheduling a consultation with an aesthetician, who can identify exactly what your skin needs.

To learn more about customizing your skin care, watch our Backstage Pass video here



# 07

## Benefits of a Daily Routine

Incorporating medical-grade skin care products into your daily routine will enhance the long-lasting effects that these products and ingredients will have on your skin. By pairing daily medical-grade skin care products with your monthly HydraFacial, chemical treatment, laser, or dermaplaning appointment, you are experiencing 30 days of high-quality skin care each month instead of just one.

With a medical-grade skin care routine, you are receiving expert treatment for your skin every day, as the products are carefully curated to suit your skin's needs. When the aesthetician completes the initial evaluation, they will take your daily lifestyle into account to make sure the products are a good match.





# 08

## Reach Out Today to Schedule Your Skin Evaluation

If you have tried everything to get your skin healthy, but you are still struggling, the missing link for any skin type is a medical-grade skin care routine. Call Image Surgical Arts today to schedule a complimentary consultation and let us create a custom medical-grade skin care routine that is designed to fit your unique skin.

