

MAGAZINE
salon

THE BUSINESS OF BEAUTY AND STYLE

the
Psychology
of **Colour**

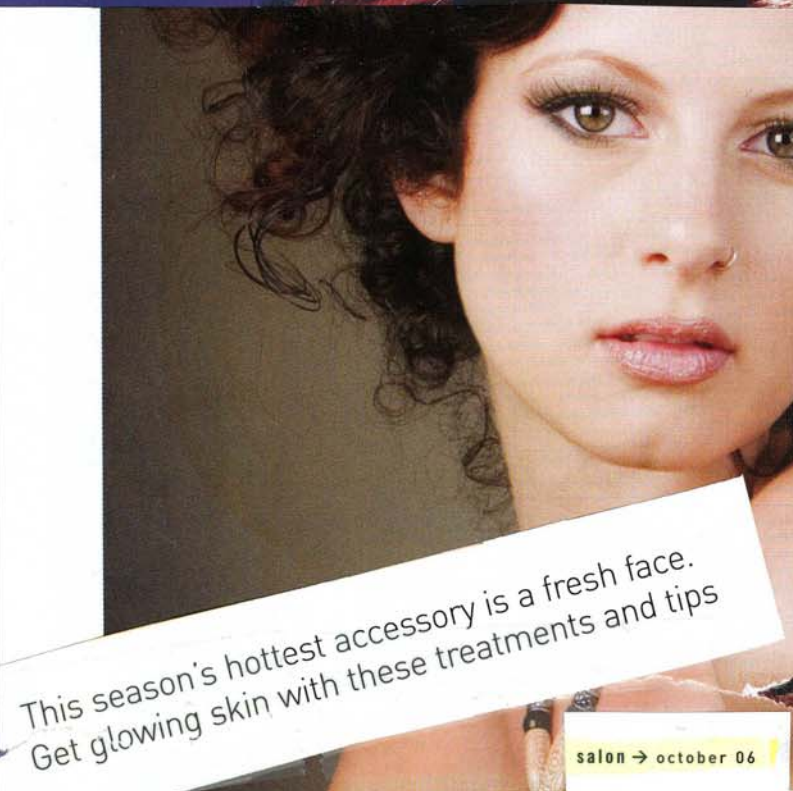
exploring client-colourist
relationships

plus
Contessa18
semi-finalists

OCTOBER 06 \$5
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This season's hottest accessory is a fresh face.
Get glowing skin with these treatments and tips

salon → october 06

Go for the Glow

MICRODERMABRASION

Like a mild sandblast, microdermabrasion uses tiny pebbles forced through a machine to slough off your dead skin cells and flaky skin, increase blood circulation, reduce acne and unblock pores to help fight acne. "Most clients see an improvement within one to two treatments," says Dr. Fred Weksberg, dermatologist, owner and medical director of the Centre for Cosmetic Dermatology and the Toronto Vein Clinic (www.drweksberg.com).

IDEAL IF: you have acne or tougher skin. "In older patients, where they have thicker and more leathery skin, it's best to use microdermabrasion."

TIP: Avoid if you have thin skin or broken capillaries. "For best results, try a combination program of three peels and three microdermabrasion sessions in alternating sequence," says Dr. Weksberg.

GLYCOLIC PEEL

A dermatologist or trained esthetician lightly brushes pure glycolic acid onto your skin for two minutes, which stimulates collagen production. Then he or she neutralizes and wipes away the acid. Sessions start at 10 per cent potency and increase to 75 per cent over time. "Peels are ideal for improving skin texture, colour, brightness and reducing pore size," says Dr. Weksberg.

IDEAL IF: you have thinner skin, sun or age spots.

TIP: Ask for a pure glycolic peel (not a diluted form) to avoid sensitivity issues, and be sure to wear SPF 45 immediately afterward. Don't go for a brow waxing one month before a peel, to avoid burns.