

# give your face



# a lift



Crystal Resurfacing may sound hard as diamonds, but it leaves your skin feeling soft as silk.

Just ask Beautiful editor Susie Hutchinson, who took it upon herself to find out just what the procedure entailed.

This is what she discovered.

Crystal Resurfacing is a gentle facial treatment for the skin using microscopic "diamond" crystals that smoothes away dead skin cells and stimulates the regeneration of new collagen.

"This treatment most effectively treats acne scars, fine lines, and sun damage and skin discoloration," says Hanna Arcega of Thermae Advanced Aesthetics.

Sun and fun were part of Hutchinson's makeup.

"Being curious by nature, I was on a mission to find a treatment that would tighten my pores, help soften fine lines, and diminish the sun damage on my face, caused from living in Arizona and over-tanning when I was younger," says Hutchinson.

"But I wanted to have a more natural treatment, without injections. I didn't want to leave the salon with red blotchy skin. I just wanted my skin to glow — was this too much to dream?"

Not according to Arcega.

"First I cleansed Susie's skin two times with an anti-bacterial cleanser, to remove surface dirt, after which we used a multi-vitamin power exfoliate on the skin to help exfoliate and fuse anti-oxidants," says Arcega.

The resurfacing lasted for about 20 minutes, followed by another cleanse and a glycolic peel incorporating a multi-vitamin power pack all used together to stimulate collagen.

Arcega says the Micro-Dermabrasion itself is pain-free, and feels a little like running one's nail gently across one's face. A suction wand is used over the entire face, which uses fine diamond crystals to resurface the skin.

"I truly enjoyed the whole procedure," says Hutchinson.

"When I looked in the mirror, I couldn't believe the results.

"After only one treatment, mission accomplished. I was glowing, my skin looked and felt smooth, tight, and I was able to return to the office without anyone knowing I had done anything," she says.

Hutchinson's enthusiastic response came as no surprise to Arcega.

"We believe in doing things that will protect and calm the skin," she says. "We use products that are natural, fragrance free and non-drying, and we use a peel created by a local dermatologist in Calgary."



The Crystal Resurfacing is available at Thermae Advanced Aesthetics, and would make a wonderful gift for anyone who wants to be radiant this holiday season.



Cool things down: Dermalogica waterproof spray with SPF 25 is perfect for after sun or after laser treatments.

Skin restorative: Vivier Serum 20, with vitamin C.

Moisturize. Moisturize. Moisturize!  
Dermalogica body hydrating cream



Photographer:  
Robin Kuniski  
Products  
available at  
Thermae and San Souci