

Perspective

Medi facials for dermatologists – Where to start

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ABSTRACT

As dermatologists, we treat and care for the patient's skin diseases and most dermatologists today are providing treatments to meet esthetic demands of our patients. An esthetic dermatology setup comprises treating various skin and hair conditions to achieve youthful, radiant skin for our patients. We choose various armaments such as peels, lasers, various energy devices, botulinum toxin, and even hyaluronic acid fillers to achieve the best outcome. Medi facials can be integrated into esthetic practice to achieve better esthetic outcomes with a feel-good factor to the client. In this article, we will understand what Medi facials are, what are the equipment required for Medi facials, and how we can combine medical procedures to cosmetic facials to achieve better outcome.

Keywords: Medi-facial, Esthetic dermatology, Skin rejuvenation

INTRODUCTION

In the past decade, there has been a tremendous growth in the cosmetic industry, with many individuals opting for treatments from an esthetic clinic or Medi spa. Medi spa, a place which not only provides a salon like facial but also adds the medical expertise and technologies, provided by a dermatologist.

I will be referring to the individuals taking treatment as clients – as these are healthy individuals opting for beauty solutions such as glow, brightening, tightening, preventive aging signs, treating fine lines, and wrinkles.

WHAT IS MEDI FACIAL?

The use of mild peels, microdermabrasion, lasers, energy-based devices, etc., incorporated with the steps of a facial performed under the supervision of a dermatologist is a Medi facial.

Medi facials include treatments that are painless, minimally invasive procedures with minimal downtime and result in maintenance and mild improvement of the skin. The improvements expected after a Medi facial are skin glow, brightening, even toning of skin, rejuvenation, and mild skin tightening.

WHAT ARE THE STEPS OF A FACIAL?

While dermatologists are aware of the science behind the technologies and treatments, the challenge is to make it a comfortable experience for the client.

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It is important to know the common steps which are incorporated in a facial. These steps can be performed by a trained therapist.

Cleansing

Choose a cleanser according to skin type. Apply solution, massage on skin for approximately 1 minute, then wipe using disposable wipes.

Exfoliation

Use a mild, gentle scrub for exfoliation. Here, you can also use mild peels or microdermabrasion.

Comedone extraction

Steam can be given before comedone extraction to ease the process of extraction. However, care should be taken when the skin is sensitive. Avoid steaming if the patient has rosacea. Deep comedones should be removed with needle extraction.

Hydration

A light massage with a hydrating ingredient rehydrates the skin and improves the skin barrier function.

Mask

Different types of masks are available such as sheet masks, peel off masks, cream masks, clay masks, charcoal mask, and brightening mask. Choose according to the skin type. The masks add a feel good factor with relaxation and rejuvenation to the skin.

These basic steps give the feel of a facial and help to prepare the skin for the medical treatments; we would like to incorporate in a Medi facial.

You can add various tools in your clinic to aid the treatment of Medi facials [Figure 4].

1. A magnifying glass with light – This helps in assessing the skin before the treatment, also helps in careful comedone extraction
2. A high-frequency device – High-frequency device helps in reducing inflammation and infection. Hence useful for acne patients
3. Ultrasound/galvanic/electroporation – This helps in better penetration of products such as serums and creams
4. Steamer – Used for comedone extraction.

Careful selection of products for the facial according to skin type is essential, as dermatologists you get to observe the skin and understand the skin response to various products. This helps in curating a better home care skin regime for long-term maintenance.

Treatments that can be added to the above given facial steps are –

1. **Peels** – Mild peels containing salicylic acid, glycolic acid, and lactic acid, ferulic peels can be added to the facial to reduce mild acne and pigmentation
2. **Q Switched Nd: YAG laser** also called as carbon laser facial or Hollywood facial – After cleansing the skin, Q Switched Nd: YAG laser toning can be done for face and neck for even toning of complexion, reducing post-inflammatory hyperpigmentation, and open pores. It also helps in reducing acne with the help of carbon applied before the laser [Figure 3]
3. **Radiofrequency (RF)** – Radiofrequency in the Medi facial – It helps in tightening loose skin by collagen remodeling, over a few sessions. Q Switched Nd: YAG laser and radiofrequency can be done one after the other in the same treatment too to provide both skin brightening and skin tightening in the same session
4. **Microdermabrasion** – Popularly called as skin polishing is a simple and effective treatment to incorporate into Medi facials. The crystals cause gentle abrasion to the skin which removes the stratum corneum of the



Figure 1: Jet spray for hydration facial.



Figure 2: Exfoliation probe for oxygen facial.

skin. New epidermis formed as wound healing occur. Microdermabrasion helps in improving skin texture, reducing post-inflammatory hyperpigmentation, and acne scars

5. **Light-emitting diode (LED)** – LED stands for light-emitting diode. LED can be added to the Medi facial at the end of treatment. The different lights in the devices use different wavelengths and provide different functions. LED helps in reducing acne, rosacea, sun damage, signs of aging, etc. LED works as an adjuvant treatment
6. **Intense pulse light** – Also called as photo facial. Intense pulsed light is used for treating a dyschromia, fine lines, vascular lesions, and rosacea.

Different types of Medi facial

Oxygen facial – it is used for exfoliation and oxygenation using Bohr's effect. Tripolar RF probe uses radiofrequency for skin tightening [Figure 2].

Hydration facial – these machines use suction devices to deliver serums into the skin [Figure 1].

Three in one device have microdermabrasion and hydration facial in the same machine.

Eight in one device have multiple tools in single machine for penetration of serums, exfoliation, collagen production, etc. [Figures 5 and 6].



Figure 3: Carbon laser facial.



Figure 4: Medi Facial room setup.



Figure 5: Eight in one machine with tools for Medi facial (Part I).

CONCLUSION

Dermatologists practicing esthetic medicine need to incorporate Medi facials in their setup. It helps in improving patient willingness and compliance to various treatments. Esthetic clients are looking for skin rejuvenation and anti-aging benefits in a relaxed, comfortable environment with safe, dermatologist approved treatments.

Declaration of patient consent

Patient's consent not required as there are no patients in this study.



Figure 6: Eight in one machine with tools for Medi facial (Part II).

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Conflicts of interest

There are no conflicts of interest.

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