

# The ABC's of Skincare

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There's no one-way approach to maintaining a glowing complexion and it's one of the most important parts of your daily routine. Erin Owens, skincare line creator and co-founder of Fuchsia Spa, has broken down the ABC's of skincare to help you brush up on the lingo before booking your next spa treatment.

**Chemical Peels** – A chemical peel is a treatment designed to rejuvenate the skin and even out skin tone texture by removing the damaged layers. During a chemical peel, a solution is applied to the skin, which later causes dead skin to shed. Over the years, people have become fearful of chemical peels due to the downtime and unsightly peeling that can occur days after treatment. However, chemical peels vary in strength and formulation – some requiring no downtime at all. Fuchsia's Jessner Peel requires three to seven days of downtime, while our Stem Cell Treatment, which includes Vitamin-A, microdermabrasion, peptides and stem cells, requires no downtime at all.

**Dermaplaning** - Dermaplaning consists of lightly abrading the surface of the skin; exfoliating the epidermis and removing fine hair. This exfoliation helps products penetrate the skin more effectively, producing better results and providing immediate improvement of the skin. An added bonus -- removing peach fuzz from the skin allows easier makeup application! Dermaplaning is great for anyone whose skin is too sensitive for microdermabrasion but in need of a good exfoliation.

**Epidermis** – Simply put, the epidermis is the outer most layer of the skin. Its thickness varies from person to person but its purpose is always the same – protection from the environment.

**Hyperpigmentation** - Hyperpigmentation is one of the most common skin conditions and also one of the more difficult to treat. It occurs when there is an overproduction of melanin – the cells that make up your skin tone. The result is uneven dark spots or areas of the skin. Causes of hyperpigmentation include sun exposure, acne, skin injury, age and hormones.

**LED Light Therapy** – LED isn't reserved just for the lighting in your house. In the spa industry, LED works to rejuvenate the skin. There are two types of LED lights with differing effects on the skin: blue LED light therapy kills acne-causing bacteria, while the red LED light therapy treats fine lines, wrinkles, age spots and sun damage. It also increases collagen, reduces skin redness and dilated capillaries. LED light therapy is perfect for anyone battling acne or looking for an anti-aging treatment.

**Micro-needling** - Micro-needling does exactly what it sounds like – it uses tiny needles to penetrate the skin and create superficial injuries in the epidermis. This triggers production of collagen and elastin – the building blocks of smoother, healthier looking skin – while also creating temporary micro channels for better product absorption. The result is more evenly toned, tighter and more radiant skin. The perfect candidate is someone looking to improve the appearance of their skin, fine lines, acne scars, stretch marks and hyperpigmentation. Fuchsia is one of the few spas in the Valley using the Eclipse Micro Pen, an automated micro-needling device.

To learn more about the latest skincare treatments available, please visit [www.fuchsiaspaspa.com](http://www.fuchsiaspaspa.com).