

# Valentine's Day Necessity - Vampire Facial!

Written by Amanda Rumore

Thursday, 08 February 2018 13:19 -

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Valentine's Day commonly brings forth whimsical thoughts of picturesque roses, rich chocolates and intoxicating champagne. However, for those who think outside the box, glamour gurus, beauty masochists and anyone youthful-at-heart, the upcoming holiday may entice a need for blood. Platelet Rich Plasma, to be exact.

A few years back, reality mogul, Kim Kardashian, and fashion model, Bar Refaeli, ensured the [Vampire Facial](#) nearly became a household name. From celebrity favorite to the go-to -facial amongst any beauty enthusiast in-the-know, the Blood Facial results are meant to mimic a facelift, minus the downtime. Since this sounded too good to be true, I decided to contact our friends at [Affiliated Dermatology](#), a Phoenix-based company dedicated to skin health. Here is what I discovered:

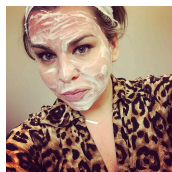
## It's all about the details:

The [Platelet-Rich Plasma](#) (PRP) Facial, commonly called the Vampire Facial and / or Blood Facial, is a cosmetic procedure in which blood is extracted from your arm, the blood is then centrifuged to separate plasma and platelets from the red blood cells, and then the platelet-rich plasma is added back into your face. To guarantee ultra-absorption of the plasma into the skin, microneedling is performed before applying the plasma. This process speeds up collagen production and gets the blood flowing. It is often used to treat wrinkles, dull skin, dark under-eye circles, and even stretch marks. A Vampire Facial may be performed on any age group and requires minimal downtime - your skin may need 2-3 days to completely recover.

## My facial experience:

Of course, my interest is piqued and I needed to try this Vampire Facial. Here is my personal experience:

First, numbing cream is slathered on my face while blood is drawn. I then bring out my laptop to get some work done while the numbing cream sets in and the staff spins my blood in a centrifuge, separating the platelets from the red blood cells. (This lasts about 40 minutes.)



Next is the microneedling. Basically, a specialized device is applied to the skin, creating thousands of micro-channels, or holes, that stimulate collagen production. Along with this, the platelet-rich plasma, aka blood, is added back into your face. Thankfully, the numbing cream makes this procedure virtually painless. (However, your imagination can easily get carried away with the constant drilling sound being made against your face! The familiar sound is reminiscent of the dentist.)



I left the office red as a tomato, but feeling excited, extremely optimistic, and pain free. I even made a quick stop at Whole Foods post-procedure, going incognito in my oversized sunglasses.

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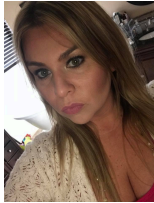
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Day 2 was easy - I was able to cover any redness with my normal makeup regimen in order to attend an event!



Day 3 was the most challenging day as my face felt sore, dry, and incurred a great deal of peeling. Merely one day later, on day 4, my skin was dewy, glowing, and showed nearly no signs of having undergone a Vampire Facial! (There was very minimal peeling on my face during day 4 and 5.)

### Written in blood:

I am officially obsessed! It's no wonder why this procedure is used amongst top models and reality television superstars! It literally raises the bar on those typical (ahem, basic) facials while completely maximizing skin results. Skin problems like wrinkles, dull skin, and dark under-eye circles seemingly disappear while promoting a glowing, dewey complexion.

### Special Promo

**Affiliated Dermatology is offering \$150 off a package of 3 Vampire Facials - just mention the article when calling to schedule! To schedule your Vampire Facial with Affiliated Dermatology, visit <https://affderm.com/contact-us/>.**