

I TRIED IT



THIS
**DIAMOND
FACIAL
TREATMENT**
MADE MY SKIN GLOWY AF

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READ

DID MY DREAMS OF BECOMING J.LO FINALLY COME TRUE?

By Mia Lardiere

I'm constantly searching for innovative ways to wear diamonds, in the event that I win the lottery and have extra money after paying off my student loans. Like, how would I frost myself like Kate Hudson in *How to Lose a Guy in 10 Days*? I've considered diamond eyelashes, but they'd be too heavy, and diamond socks would probably be uncomfortable to walk in. But never have I ever considered wearing them on my flesh until I came across diamond microdermabrasion.

Diamond microdermabrasion is the younger and gentler sister of crystal microdermabrasion, a dermatological procedure in which a handheld device blasts

aluminum oxide crystals onto your skin to eliminate dead skin cells. These skin cells (and the used crystal dust) are then vacuumed up, and your face is left looking flawless. Similarly, diamond microdermabrasion uses a diamond-tipped wand that, similar to crystal microdermabrasion, gently sands away dead skin, and then sucks up what's left with a vacuum tip. However, the difference is that the diamond microdermabrasion wand has interchangeable heads of varying sizes and grit levels that can treat sensitive areas, like the fragile skin around your eyes. This is a good time to note that microdermabrasion isn't recommended for individuals with sensitive skin conditions like rosacea, psoriasis, or severe acne, since it can further inflame already-irritated skin.



the tips for the diamond microdermabrasion wand are covered in tiny, real diamonds

Madonna is one celebrity fan of diamond microdermabrasion, and who doesn't want to look like the Queen of Pop when they're older? Plus, it claims to make your skin look fab AF by reducing the appearance of acne scars, minimizing the size of pores, clearing up blackheads, and evening out skin tone. It also helps boost collagen production to help firm and tone the complexion. Sold, sold, sold.

Basically, these benefits were enough inspiration for me to try a treatment from **Edyta Jarosz, Lead Aesthetician at PFRANKMD Skin Salon and Global Brand Ambassador for MDNA Skin**, in hopes that I would look like a Neil Lane engagement ring after all was said and done.

When I arrived at PFRANKMD Skin Salon, the office of Dr. Paul Jarrod Frank, I was given a fluffy white robe to wear, then tucked under layers of heated blankets on the facial table. In comparison to the few skin treatments I had experienced in the past, this was already shaping up to be most luxurious of them all.

Jarosz began our treatment with a consultation of my skin to ensure that I'd have the safest and most comfortable diamond microdermabrasion treatment possible. She immediately diagnosed me with combination skin and told me that my face is prone to hormonal acne. She then reviewed my daily skincare routine like a true detective to confirm that I wasn't over-exfoliating for my skin type. Jarosz says that anyone who wishes to undergo any kind of dermabrasion treatment should first be evaluated by their esthetician in the same way.

After my skinterview, if you will, Jarosz cleansed my face, which didn't take long since I arrived wearing only mascara, serum, and a

moisturizer with SPF. Next, Jarosz talked through her moves before making them. She told me how she was going to maneuver the tool across several small sections of my face, three swipes horizontally and three swipes vertically with the wand before moving to another area. She planned to use medium pressure, since it was my first-ever diamond microdermabrasion treatment, maneuvering around active acne spots to avoid exacerbating inflammation in those areas.



I expected the tool to be slightly uncomfortable. Instead it felt like a very stale Cheerio was massaging my face, while the someone was sucking my skin through a straw in the middle of the O. I was never in pain, and Jarosz constantly kept me informed about the area she was presently treating. The procedure itself only lasted a total of 15-20 minutes.



After Jarosz was finished and my face was shining bright like an actual diamond, she applied Madonna's MDNA Skin Chrome Clay Mask, made with double-coated clay from Montecatini, Italy. She told me the mask would draw out any lasting dirt and impurities leftover after the microdermabrasion treatment; they'd be lifted out when I removed the mask with a Matrix-looking, magnetic tool (which comes with the clay mask when you purchase it, FYI).



To wrap up our session, Jarosz used an LED light therapy treatment, with different wavelengths and spectrums that promise unique skincare benefits. The red light reduces inflammation and promotes circulation, the blue light kills acne-causing bacteria, the yellow light reduces redness and inflammation and stimulates the rejuvenation process, and the green light targets dark circles and hyperpigmentation. My eyes were covered so they wouldn't be harmed by the infrared light, but I could see the colors through my eyelids and it felt as though I was meditating in the middle of ~the club~. As the lights strobed, Jarosz misted my face with water to keep it hydrated under the heat of the lamps. I think I fell asleep for the last few minutes of my LED light therapy – a true disco nap, if you will.



Jarosz ended my appointment by spritzing my skin with rose water and applying a final layer of SPF moisturizer to seal in the hydration. When she handed me a mirror to take a glimpse of my skin, I was amazed by what I saw.



I arrived with oily and blotchy skin that looked especially tired for a Tuesday morning, but the skin of the woman in my reflection had an entirely different agenda. She was glowing and dewy, she looked like she had slept for the recommended 8 hours, and her acne scars and dark spots were finally calming the eff down. When I stepped outside, I was tempted to take a ~natural~ selfie in the ~natural~ light as the snow fell gently onto my hair. It was then that I knew this treatment gave me a spiritual glow-up because I normally hate taking everyday selfies and despise the snow. On top of this, I received compliments on my Jennifer Lopez glow from coworkers for the rest of the day and even woke up the next morning with baby-soft skin.

Jarosz says that 4-6 treatments of diamond microdermabrasion, scheduled one to two weeks apart, are required to see the best results. A diamond microdermabrasion treatment normally costs \$200 or \$250 with an added-on LED light treatment. Other add-on treatments, like glycolic or lactic acid peels, are

Before departing from my diamond experience, Jarosz told me that it's important to use sunscreen after any microdermabrasion treatment, since the procedure technically resurfaces the skin. Failing to do so can reverse the results you're trying to achieve. "Also, remember that because you are resurfacing the skin, you get 100 percent better product penetration. So, using a nutrient-rich serum after a microdermabrasion treatment will give you optimal results," she added. She also noted that it's normal to experience erythema (redness of the skin) and peeling or dryness a few days after the treatment, and that being diligent with moisturizer will help to avoid these problems.

Overall, I would definitely opt for another round of diamond microdermabrasion in pursuit of repairing my skin from the damage of teenage acne (and adult acne), and to combat the darkening of pre-existing scars. Until then, regardless of whether I ever win the lottery or not, it's good to know that my face was once in the good company of diamonds—

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Tap and hold to share with a friend!