

# What is Dermaplaning?

[Dermaplaning](#) is a non-surgical cosmetic treatment which manually exfoliates the face and temporarily removes vellus hair. (Not to be confused with [dermabrasion](#), a medical grade [exfoliation](#)). It's been used for many years but has recently come back into fashion due to celebrity endorsement. (Cleopatra allegedly gave the first celebrity endorsement many centuries ago). This safe and effective lunchtime treatment leaves the texture of the skin smooth and supple.

## Technique

The aesthetician pulls the skin taut and gently scrapes along the surface of the skin with upward strokes, using the edge of a disposable, sterile scalpel. Dermaplaning only takes 15 minutes so it's often incorporated into a facial and followed by a hydrating mask and sunscreen. It's not generally performed on the neck and decollete because these are such delicate areas.

## Benefits

The main benefit is healthier skin because [vellus hair](#) can trap oil, dirt and pollution in the follicles. These fine hairs can also cast shadows, so when they are removed, skin looks brighter and makeup goes on smoothly.

The natural shedding of these dead skin cells (cell renewal) slows down over time and the skin loses its glow. Dead skin clings unevenly to the surface, so some areas will look more radiant than others. Cell turnover is even slower for those with sun damaged skin.

Dermaplaning is very effective at removing rough, dead, dry skin which acts like a sponge, soaking up to 30 percent of your moisturizer before it can penetrate into the deeper layers of the skin. Dead skin can also block the pores and cause breakouts; it absorbs rather than reflects light so the skin looks grey and dull.

The other main benefit of dermaplaning is prepping the skin for cosmetic treatments. By removing the waterproof epidermal skin, active skincare ingredients can penetrate further. Therapists can use dermaplaning either as a stand-alone treatment, or to enhance treatments such as deep cleansing facials, superficial peels or [microdermabrasion](#). Physicians often recommend preparing the skin with dermaplaning before lasers or peels.

## What is Peach Fuzz?

The main reason for choosing dermaplaning is the temporary removal of vellus hair, also known as peach fuzz, which grows back after six weeks. Humans are covered with vellus hair in order to keep us warm. However, darker hair is more visible, especially along the outer cheek and jawline. [Lasers can remove it permanently](#), but they are expensive and take several sessions; also they don't work on grey or blond hairs.

There is no evidence that regrowth will be quicker, darker or thicker. No method of hair removal can affect the hair cycle, which is determined by genetics. However, regrowth may seem blunt at first because it was cut off at the thickest point and previous vellus hair might have been weathered and softened by the elements.

# Who's a Candidate?

Dermaplaning is perfect for those with a sensitive skin which can't tolerate microdermabrasion.

Its non-inflammatory, so great for darker skins with pigmentation who aren't suitable for either laser or a [deep peel](#). Dermaplaning prepares the skin so bleaching agents can penetrate further.

It is also great for pregnant/nursing women who can't have a chemical peel. (Learn more in [Your Ultimate Guide to Chemical Peels](#).)

# Who Isn't a Candidate?

Oily skins need help with exfoliation because their sticky dead skin cells don't shed so easily. However, dermaplaning is not suitable for oily skin types because oil exits the pore via the hair follicle. If the hair is cut at a blunt angle, it traps the oil inside the pore. It's also not suitable for those with active acne because if spots get nicked, they will take longer to heal.

Bear in mind that it will not dramatically reduce [acne scarring](#) which must be treated deeper down on the dermal layer. However, it does help speed up the lingering redness following adult acne, which often seems to last longer than the spot.

Tell your aesthetician if you're prone to cold sores because these can easily spread. The area will be avoided and you'll be asked to take anti-viral medication before your treatment.

# Can I Do It At Home?

Dermaplaning is far too aggressive to be done at home. Although its superficial, it does go a little deeper than shaving. If you nick the skin at the dermal layer, you risk scarring and pinpoint bleeding.

Find a licensed aesthetician who has experience of dermaplaning your particular skin type and can determine the right method of exfoliation for your skin. Your consultation should cover medical history, medication and previous cosmetic procedures. It's very important not to over-exfoliate the skin. Your skin might initially feel smoother, but over-exfoliation can cause sensitivity and irritation in the long run. Physical exfoliants can remove good bacteria from the surface of the skin and trigger acne or rosacea.

# Negative Side Effects

Dermaplaning is very popular because it is quick, painless and has no downtime except a little dryness. There is a small risk of scarring and pinpoint bleeding if performed too deeply by an inexperienced aesthetician. Sensitive skins may experience redness, tightness, peeling or even pseudofolliculitis and light bruising. As with most facial treatments, it's best to leave makeup off immediately afterwards.

# Aftercare Methods

You can expect skin sensitivity up to three to five days afterwards so pay special attention to your skin. No retinol, glycolic acid, sun exposure or cosmetic procedures for 5-10 days afterwards. Sunscreen is vital for all skin types to avoid pigmentation.

# Pretreatment Advice

- Avoid tanning and other exfoliation treatments for two weeks before treatment.
- Avoid hair removal seven days before treatment.
- Avoid sun exposure 10 days before treatment.
- Avoid botox and fillers two weeks before treatment. (Learn the [7 Key Things to Watch Out For If You Are Considering Botox Injections.](#))
- Avoid tretinoin seven days before treatment.

## How Long Does it Last?

A course of six treatments is recommended on a monthly basis to maintain a healthy glow and expect to see results after two to three days. Don't be tempted to have treatments more often because the skin needs time to recover otherwise the protective barrier will become damaged.

## Conclusion

When the skin's barrier is slightly acidic, it can exfoliate itself efficiently. Enhance the results of your dermaplaning by using skincare which is slightly acidic rather than alkaline, so the barrier remains healthy. If you keep your skin hydrated, the dead dry skin will fall off more readily and won't build up. Be careful not to overload your skin with rich creams which might initially feel luxurious but will instead actually slow down exfoliation.