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Maintain Good Care of Your Skin With the Help of Devices at Home

Our Friends · Monday, August 17th, 2026

Getting healthy skin is not always based on the complicated procedures of a beauty clinic or going through a complex skin care regimen. Home beauty technology is putting devices such as cleansers, exfoliators, hydrators and light therapy next to pretty much everything you use daily like your cleansers, moisturisers, sunscreen.

Actually, this includes the most common hydradermabrasion devices, microdermabrasion systems & LED face masks available. Both each vary from one another, so the choice of device should also depend on your skin type, weak point and day-to-day remedy tolerance.

Instead of trying to do everything, the goal is to merely; Instead, know what each device does and use them gently and allow for recovery of the skin barrier.

A Few of the Skincare Devices That You Can Use at Home

Modern home skin care routines consist of three common devices:

- Hydradermabrasion devices cleanse the skin using liquid, exfoliation and suction while adding moisture at the same time.
- Microdermabrasion devices work by physically gently scraping away the top layer of dead skin.
- LED face masks emit certain wavelengths on the skin in either visible or near-infrared light.

These treatments target various issues and are not indicated to be done together in the same session. But when it comes to skin care, the treatment often does more harm than good.

What Is Hydradermabrasion?

Hydradermabrasion is a skin-resurfacing treatment that involves exfoliation, fluid delivery and suction. With dry exfoliation, the skin is treated in a dry environment, but this type of treatment works in moist environments and can transfer water-based solutions across the skin during the process.

Hydradermabrasion for facial rejuvenation has been the subject of published research; however, studies are limited to certain improvements in aspects of skin appearance after treatment. Results vary, in fact, with the treatment environment, skin condition, the device itself as well as products used.

A home **Hydradermabrasion machine** may include a water-based facial probe and adjustable

suction. Some multifunction devices also include tools such as facial sprayers, ultrasonic probes, skin scrubbers, or light-based attachments. The particular functions depend on the model

Benefits of Hydradermabrasion

Hydradermabrasion is a popular choice because it combines multiple steps into one, efficient treatment. Depending on the various apparatuses and technique of treatment, possible cosmetic advantages can incorporate:

- Removing loose surface skin cells
- Assists with the removal of surface oil and debris
- Brightening up dull skin
- Leaving the skin feeling smoother
- Providing temporary hydration
- Helping the complexion appear fresher
- Providing softer touch exfoliation than abrasive dry methods

What Is Microdermabrasion?

Microdermabrasion: This is a non-invasive exfoliating treatment that involves using a less abrasive device to slough off some of the outermost layer of skin. Diamond Proposition The diamond tips, crystals, or other similar exfoliation tools are not used with every professional and home system.

Microdermabrasion, as defined by the American Academy of Dermatology, is a mild exfoliation process that removes the topmost layer of skin and is generally used for issues like uneven texture, dullness and some signs of ageing.

A home microdermabrasion machine may use interchangeable diamond tips and adjustable suction for controlled surface exfoliation.

Benefits of Microdermabrasion

Microdermabrasion can be effective when done properly and on the appropriate skin types:

- Remove accumulated dead surface cells
- Make rough skin feel smoother
- Improve the appearance of dullness
- Support a more even-looking complexion
- Temporarily improve skin texture
- Lighten superficial pigmented lesions over time

Results will typically manifest gradually, as opposed to post one aggressive session. Dermatologists typically perform a series of treatments at intervals determined by the patient's skin and treatment objectives.

The Difference Between Hydradermabrasion and Microdermabrasion

Despite the similarities between names, however, the experience can be polar opposite.

Feature	Hydradermabrasion	Microdermabrasion
Main approach	Liquid and suction wet exfoliation	Mechanical surface exfoliation
Hydration during treatment	Usually included	Usually not included
Exfoliation style	Fluid-assisted	Abrasive tip or particles
Main focus	Cleansing, exfoliation and hydration	Exfoliation and surface texture
Skin feel afterwards	Often hydrated and smooth	Usually of a very fine texture but can feel dry or tender to the touch for several weeks
Best choice	Device dependent and skin condition dependent	Relies upon skin condition and device

You can also see how someone for whom exfoliation-as-well-as-a-treatment-in-facial-hydration makes sense. Microdermabrasion focuses on the surface of your skin in a much more physical way.

It would be a disservice to suggest that one treatment is appreciably better than the other. Which choice is best depends upon sensitivity of skin, its tendency to pigmentation at present, which products are in use or the disorder that has to be treated.

How Does a Seven-Colour LED Face Mask Work?

Instead of scraping skin away as part of a facial peel, LED masks provide the face with targeted wavelengths of light. While the vast majority of tanning bulb light (ultraviolet) kills skin cells, the cosmetic LED equipment many dermatologists tend to use blanket wavelengths from the visible or near-infrared spectrum.

Seven-colour masks are typically sold with red, blue, green, yellow, purple, cyan and white or combination of colours together. Not all of these colours have the same amount of clinical evidence, something consumers should be aware of.

Red Light

Photobiomodulation utilizes red and near infrared light. There is some evidence that red-light LED treatment may lead to some more subtle improvements in concerns like fine lines, rough-feeling skin, redness & other cosmetic signs of ageing but the results vary widely between devices.

Blue Light

Blue light is also the colour associated with many of those devices made to treat acne. Combined with red light it may treat mild to moderate inflammatory acne in some people. Further investigation is necessary to determine appropriate treatment regimens.

Green, Yellow, Cyan and Purple Settings

Manufacturers are often trained to link these colours with issues like redness, pigmentation, calming or skin tone. The evidence for these discrete colour modes is not as well founded than the evidence behind specific red and blue wavelengths.

Instead of buying an LED mask just because it has 7 colours, check out its purpose, how many

wavelengths/modalities it uses, safety instructions (eye protection) and supporting evidence.

Who Can Use These Devices and Which Skin Types Are Suitable?

Normal Skin

Mild microdermabrasion, hydradermabrasion (yes, sounds amazing right?) and suitable LED treatments are generally better tolerated on normal healthy skin. Take it easy; do not start with top suction or intensity.

Dry Skin

This type of service is great for dry skin as hydrafacial even includes hydration! Aggressive exfoliation is out of the question when skin feels tight, cracked or irritated anyway.

Oily or Congested Skin

Hydradermabrasion may be indicated for superficial debris removal and treatment of excess oil, whereas microdermabrasion may be focused on dermal repair from rough surface texture. Do not apply both preparations in an aggressive way on inflammatory, ruptured or painful acne lesions.

Sensitive Skin

Sensitive skin needs more caution. Use the minimum strength recommended for your skin type and never combine exfoliant treatments.

But, if you have eczema, rosacea, open wounds, active infection or very severe acne and/or unexplained lesions or a compromised skin barrier find someone also in love with the profession to ask before attempting any exfoliating mechanism.

Darker Skin Tones

It requires more care as irritation may result in the form called post-inflammatory hyperpigmentation. The American Academy of Dermatology (AAD) recommends seeing a dermatologist before some, like home Microdermabrasion procedures because in darker skin with hyper pigmentation, irritation may lead to brown spots or persistent haziness..

As AAD recommended some people with over the counter therapies may need professional guidance (especially your type of skin visible light intensity and with starting at home as much), there are plenty of skin types ranges, these data trains only up until October 2023.

Usage of Skin Care Device Duration and Frequency

Not every device watches for the same treatment time. The power of those devices varies widely from low to very high suction (or powering), the atmosphere they operate on, the area energy from the tip and caliber of processes which they may utilize.

Thus, it is up to you how and when the session will take place as per the guidelines mentioned by the manufacturer.

Hydradermabrasion

In home use, stop suctioning the same skin area if it does not look different on the first try. Initially introduce an exfoliant into your routine and rest the skin before you reach for it again.

Microdermabrasion

Depending on skin recovery and the goals of your sessions, professional microdermabrasion can be repeated weekly, biweekly or monthly. Some might even need weeks in between. In contrast, instructions to do so will vary per home device as the force that a particular device applies is adjustable.

LED Face Masks

LED therapy is a continuous treatment and not a one and done. You will have to re-enter the following, depending on the device: Session duration and days in a week.

Keep in mind that the AAD specifically recommends following the directions for an at-home red-light device, since treatment times and outputs vary across devices.

Now, do not be in the mindset to wait 2 hours to get its output.

How to Prepare Before Using a Cosmetic Device?

A simple prep routine eliminates unnecessary annoyance.

Cleanse Your Skin

Minimal wash face to remove makeup, excess oil, dirt and sunscreen. You want to have freshly cleansed skin, unless the device company has instructed otherwise.

Check Your Skin

Do not use it on cuts, sunburned skin, infections or areas with extremely irritated/inflamed skin.

Review Your Skincare Products

Over the counter and prescription retinoids, exfoliating acids, peels (salicylic acid, glycolic etc.), scrubs and sometimes even topical products prescribed by a doctor can all heighten sensitivity. Adding them to mechanical exfoliation may cause higher irritation.

If you are on some prescribed skin treatments, be sure to also call your health care provider and ask if the system will work using treatment.

Start With Conservative Settings

A first session is not the occasion you go all out for the maximum suck – or max intensity. Observe how your skin responds, and after that gradually modify the settings while staying in the range set by the manufacturer.

Follow Eye-Safety Instructions

If using an LED device, follow eye safety precautions according to your tool instructions. If you take medications (such as one that is light sensitizing) or have a condition that generates light sensitivity we suggest you consult with a practitioner prior to performing any light therapy.

What to Do After Treatment?

The care after treatment should be mild & healing skin not piling one regime over another.

Apply Toner Gently

Gentle, non-stinging feel if a toner is used Do not use exfoliating toners immediately after resurfacing.

Moisturise

TOPICALS: Basic moisturising lotion or cream to restore the skin barrier and prevent water loss After a microdermabrasion, the AAD recommends that you moisturize and take care of your skin.

Apply Sunscreen During the Day

And directly after there is no sun protection at all on our skin which is super bad as well because this area could be slightly sensitized during some time. Skin-care plan (post-microdermabrasion). The dermatologists will suggest a skincare product after the procedure.

Wear broad-spectrum SPF sunscreen every day and avoid the sun when possible.

Avoid Over-Exfoliating

After allowing your skin time to recover, you can try one other scrub, peel, exfoliating acid or resurfacing instrument.

Keep Your Routine Simple

Within a few days after the procedure only a mild cleanser, moisturizer and sunscreen may be required. More products not equal = better recovery.

Nurture With Good Daily Habits

While devices may support a skin care routine, they could never make up for pitfalls in the daily regimen.

Try to achieve a sort of balanced light diet of vegetables, fluids, fruit, protein and healthy fats. It also involves getting enough sleep, not letting yourself get overly stressed, wearing sun block every day and avoiding fiddling or rubbing at the skin unnecessarily.

And listen to your skin most of all. If burning, swelling or blistering persist or worsen redness lasts longer than a few hours and pigmentation appears suddenly, also worsened acne should interrupt treatment and ask a specialist.

Conclusion

But the best routine is hardly ever the most aggressive and at-home skin-care technology gives people further ways to personalize their regimens.

Hydradermabrasion is simultaneous surface exfoliation combined with flow-based cleansing and hydration. Microdermabrasion is more a mechanical exfoliation type of treatment. Rather than peeling away outer layers of skin as many treatments do, LED masks shoot selected wavelengths of light at the face.

Pick a device which is right for your skin type and skin concern, begin slowly, follow the manufacturer guidelines and allow adequate rest time for your skin. Rinse off prior to treatment, moisturize after and apply sun block during the day.

People say a device should cut down on your skin-care rituals as much as possible if there's going to be any hope of that skin care actually working.

Disclaimer: This article is for informational purposes only and does not constitute medical advice. Always consult a qualified healthcare provider before using any aesthetic device at home. Individual results may vary.

Photo: Miriam Alonso via Pexels

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