



## Microcurrent

Did you now that you can exercise your facial muscles just like you can exercise the muscles in your body? Not only does Microcurrent work down in the cellular level of the skin to stimulate new collagen/ elastin, it actually goes deeper and stimulates the muscle! It uses a controlled, low-level electric current to help tighten and tone facial muscles.

## Facial Physiology

The skeletal muscles of the face are different from the skeletal muscles that make up the rest of your body. In your face, many of the muscles attach directly to the skin or to other skeletal muscles - not to tendons or bones. This means that a tiny contraction in one of the facial muscles will pull the skin of your face and therefore change your expression. Because of this unique feature, we're able to make countless different expressions!

This is also why Microcurrent can produce noticeable results after just one treatment - - by tightening certain muscles, we lift the skin.

A lot of clients see an immediate lift after a single treatment, which will typically last a couple days. If you want to make a long term change in your face, we suggest two sessions per week for 4 - 6 weeks, so that you establish muscle memory. I'd also recommend that you invest in a device like Clareblend Mini to use at home between treatments and he maintain with a professional session every couple months.

Bye Bye Botox!

### Follow Aesthetics By Kat

We can also be found on Facebook, Instagram & Twitter. Visit our website for all of the latest Aesthetics-related news.

<https://www.aestheticsbykat.com/>



### Online Booking Update

When booking from my website you will now be asked to input a credit card number.

This holds the appointment, but will not charge the card. Nothing is charged to your credit card unless the appointment has been no showed (no one shows for the appointment) or changes to the appointment within the 24 hour cancellation policy. Thank you for your understanding!