

Dermaplaning 101: What to Know About the Risks, Cost, Pain, and More

Uhh, it's kinda the secret to crazy-good skin.

When I first heard about dermaplaning, I brushed it off as a trendy beauty treatment that was too good to be true (I'm a pessimist, sry). But in reality, dermaplaning is actually one of the most effective, dermatologist-backed treatments for dealing with some of the most annoying skin issues, like dullness, wrinkles, and breakouts. That's because dermaplaning attacks the biggest culprit of sh*tty skin: the layers upon layers of dead skin cells just chillin' on your face right now.

Lemme back up: Dermaplaning is an exfoliating treatment that **involves a dermatologist or licensed medical aesthetician gently scraping the surface of your skin with a surgical scalpel to remove dead skin**. Basically, it's like shaving your face—only it's performed in a doctor's office and takes care of way more than peach fuzz (which, for the record, it *also* does). Sounds kinda cray, but it's exploded in popularity recently thanks to the fact that it gets rid of facial hair, can make your face feel baby soft, and helps give you a smooth foundation application, all without having to use harsh exfoliators.

But wait—like any skincare treatment (especially ones involving scalpels, hello), **you need to hear the pros and cons to see if dermaplaning really is right for your skin**. And to help you out, I got all the expert insight from Tamila Deveny, a medical aesthetician at Medical Dermatology & Cosmetic Surgery in New York, and Melissa Dofl, MD, a board-certified plastic surgeon in NYC. Keep reading for everything you need to know before trying it out.

WHAT TO KNOW BEFORE DERMAPLANING

What are the benefits of dermaplaning?

Welp, not only does it grant you three wishes, but—JK, sorry. The results can vary for everyone, but realistically, you can **expect to see smoother skin, zero peach fuzz (until it grows back, of course), and slightly brighter-looking skin**. And because you're removing all your dead skin cells, your skincare products will better penetrate your skin when you apply them, making them all the more effective.

What is the difference between dermaplaning and shaving your face at home?

There's a couple major differences between the two techniques, but it's easiest to think of **dermaplaning as the more thorough, skin-safe version and shaving as a cheaper, DIY option**. If you're just looking to get rid of peach fuzz—read: *not* coarse hairs or dead skin cells—and your skin isn't sensitive, you can definitely try shaving your face at home.

Just make sure you're using a new, fresh **razor** that's specifically designed for your face (you'll need to toss the blades after one or two uses, BTW, so it's worth buying a **pack**). For anything *past* peach fuzz—or if your skin is super sensitive—it's always best to see a professional for dermaplaning. And if you still aren't sure which method is best for you, go to your **derm** for a consultation before you try anything. Remember: **It's your face, so it doesn't hurt to be extra cautious**, k?

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