



Here's What Happened to My Face When I Committed to an At-Home Microcurrent Routine for 4 Weeks

By: Rebecca Norris | November 24, 2019



Microcurrent facials: We've likely heard the term (or seen them on the 'gram), but how many of us actually know what they are or how they really work? Exactly. That's precisely why, as a self-proclaimed beauty lover, I wanted to learn more. In the interest of ~knowledge~, for four weeks straight, I committed to five minutes of microcurrent therapy each morning and night.

Before we get into my experience and results, I'll let the pros explain what I'd be doing to my face. "Microcurrent sends soft, gentle waves [of electricity] through the skin, down to the facial muscles," says licensed aesthetician and NuFACE co-founder Tera Peterson. "These waves have been shown to stimulate the production of key structural proteins, such as collagen and elastin, resulting in stronger, bouncier skin." To get a little more science-y, microcurrent stimulates the production of the chemical adenosine triphosphate (ATP). By increasing the production of ATP, it can accelerate cellular metabolism, stimulate protein synthesis, and promote collagen and elastin, according to board-certified dermatologist and author of *Seven Days to Sexy*, Anna Guanche, MD. In addition, because it energizes facial circulation, Peterson says you can expect plumper, more radiant skin with continued exposure. And, most notably, it supposedly works on all skin types, and whether you're in your 20s or 90s.

"With consistent treatments, microcurrent can augment healing and stimulate healthy tissue," says Dr. Guanche. However, she notes that how long those results last vary widely, and haven't been studied enough to quote a standard amount of time. "It is a very individual process, but for best results, an average of 10 to 15 professional sessions performed once or twice a week is recommended, followed by a maintenance session once every four to six weeks."



If you're like me, the idea of scheduling (and shelling out the money for) bi-weekly microcurrent facials is cringe-worthy, and that's exactly why I gave NuFACE a go. The NuFACE Trinity Facial Toning Device (\$325) is an FDA-cleared microcurrent facial device that's designed to help improve the contours of your face and reduce the appearance of fine lines and wrinkles in as little as 10 minutes a day, according to the company (not to mention, it's a Sephora best-seller). To be able to score professional-looking results from the comfort of my home seemed like the absolute dream, so I got my hands on a device and got to work.

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