

Microdermal Needling

The Treatment That Keeps on Giving!

What is Micro Needling?

Micro-Needling's correct name is Natural Collagen Induction Therapy or Transdermal Delivery, because it creates small channels into the deep layers of the skin which break up the old collagen strands, and stimulate the creation of new ones.

Although Micro-Needling may look a little aggressive, with its needles, it is actually much more gentle than you may think. This is because, unlike treatments like peels and laser resurfacing, Micro-Needling does not harm the epidermis, the very top layer of skin. As the small handheld roller with its micro needles is gently rolled over the area being treated, it creates pin point punctures. The pores of the top layer of the skin are parted without being damaged, leaving the epidermis, intact.

So after the immediate healing phase of Micro-Needling, we need to be a little patient to see the full, visible difference it will make to our skin in the long-run. A nice way to think of this is that it is the treatment that just keeps on working (and giving us results, as our skin gets better and better).

How exactly does it Work?

By the time we are 35 we will have lost half the collagen (the 'scaffolding' of the skin) in our skin and elastin (which gives our skin its elasticity), and quite simply Micro Needling stimulates collagen and elastin production.

It is the controlled stimulation of the skin's ability to self-repair. The thousands of micro 'channels' created in the skin, not only trigger new collagen production but also allow any products applied to penetrate deep into the skin and heal the skin further.

Natural serums, oils and preparations (I am a fan of powerful concentrations like Hyaluronic Acid) are applied immediately after Micro-Needling, as the channels the needles have made in the skin also allows the products to enter far deeper into the skin than they would without the skin needling being done first. This will significantly aid the success of the treatment as the skin's ability to soak up nutrients increases by whooping 3000% for an hour after the treatment!!

The All Important Healing Process

As the epidermis is only punctured, it heals quickly. However, the skin as a whole undergoes a three staged healing process after Micro-Needling, and because of this slightly more lengthy process the full results of the treatment can take up to one to fully show. Over a 3 to 6 month period the skin repairs itself naturally, and gradually the appearance of the skin improves dramatically. It is recommended that, for optimum results, you have three separate treatments spaced out 4-6 weeks apart.

Although it is still beneficial to have a one-off treatment, and it will still give results, just obviously not as significant, or as good, as having the two or three in the specified time period.

The three stages of skin remodeling are:

1. Inflammation – This begins directly after the treatment, the skin is red and inflamed.
2. Inflammatory response – Healthy tissue growth is stimulated.
3. Tissue formation – The actual remodeling of healthy skin continues for up to 1 year.

What skin concerns can be treated with Microdermal Needling?

- Facial Rejuvenation
- Acne and acne scarring
- Surgical scarring
- Stretch Marks
- Hyperpigmentation
- Alopecia (hair loss)

What does the treatment feel like and is there any downtime?

Some clients feel a slight sensation when the treatment is being performed similar to an elastic band slightly tapping against your skin.

The downtime is very minimal and you can usually return to your normal activity within 24hrs. You may experience some redness (Slight sunburn appearance) for up to 12 to 48hrs after treatment. There are usually no major side effects to this treatment.

WHEN DO I START TO SEE RESULTS AND CAN THIS BE COMBINED WITH OTHER TREATMENTS?

Most patients will start to notice improvement after the first treatment. More significant results will start to show after the 2nd and 3rd treatments but results may vary for each patient. Treatments are spaced 5-6 weeks apart due to time it takes for collagen remodelling; you will continue to notice results over the next 6 to 12 months. Home care needling is also advised as a booster to continue the cellular action of your salon treatment. Treatments can be combined with other interventions such as Red LED light, microcurrent and Cellvite lift but this should be done at least 2-3 days after Microneedling. During your consultation with your Beauty Consultant will determine if this will be a good fit for your personal aesthetic goals.

How will it benefit me?

- Improve the tone and volume of the skin
- Improve fine lines and wrinkles
- Improving uneven skin color
- Improving sun damage,
- Improving the appearance of facial redness (Rosacea)

- Reduction in the appearance of pigmentation,
- Skin appears more luminous, brighter and smoother
- The results continue to improve long after the treatment, as Microdermal Needling stimulates your own natural collagen and elastin to rebuild and rejuvenate the skin.

Will I see results after one treatment?

We didn't age overnight...so why should we anti-age overnight?

Our expectations of treatments these days are very high. We want instant hits, quick fixes and immediate results.

We want considerably younger looking skin without paying out thousands for a face lift...and we want the results, not tomorrow, not today but NOW!! We don't take into consideration the fact that it has taken a lifetime of environmental exposure, bad lifestyle and diet choices, lack of exercise and bodily imbalance for our skin to reach its current state.

Even after just one treatment your skin will look much plumper. You can see some improvement with each treatment. Every client's skin is different and during our consultation we will be able to determine the client's individual goals (Pigmentation, Antiaging, etc.) for her skin health. Age, Lifestyle and skin health play a vital role in achieving the best results with microdermal needling.

Is there anyone Microdermal needling isn't suitable for?

Clients who:

- Recent sunburn
- Recent sun exposure or sunbed
- Fake tan on the treatment area
- Pregnancy
- History of seizures
- Diabetic
- Severe dermatitis or eczema (within the treatment area)
- Active infections
- Roaccutane (oral acne medication) use in the last 6 months
- Herpes 1 or 2 (within the treatment area) If you have a history of herpes close to the area being treated, it is recommended that you take antiviral medication before the treatment.
- Very dark skin
- Use of Photo sensitising medications
- If put on a course of antibiotics (during your course of treatments) please contact the clinic before treatment

Do I have to stay out of the sun?

It is important to protect your skin from direct sun exposure over the series of your treatments and it is highly recommended to use an spf30 broad spectrum sun block. Sun beds and sun bathing are to

be avoided. Microdermal needling treatments can be carried out all year round as long as you are not planning to be in full sun exposure immediately following a treatment.

What should I do after the treatment?

- Hot showers, hot baths and saunas are to be avoided for 24 hours. Also anything that generates heat in the skin should as exercise, cooking over a high heat, etc.
- No make up may be applied for 48 hours after your treatment.
- Sunblock may not be used for 48 hours after your treatment
- Cold packs or our Dr Schwab Seaweed mask may be used to ease temporary discomfort.
- If there is direct sun exposure there are certain complications that may occur that should be discussed fully.
- A good skin care regime as discussed with your therapist is necessary between treatments this will also greater the effects of the treatment.

