

COSMETIC NURSE CO.

SKIN NEEDLING CLIENT INFORMATION PACKAGE



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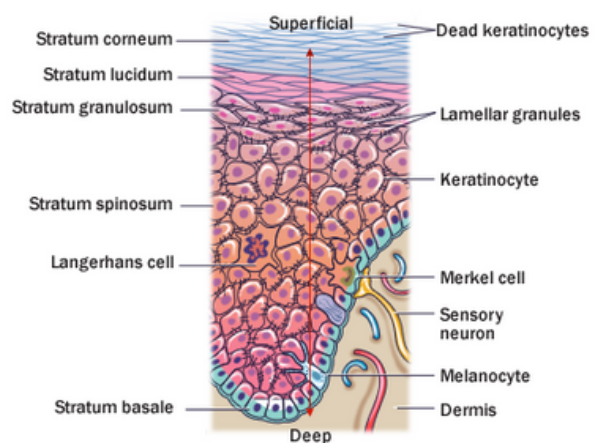
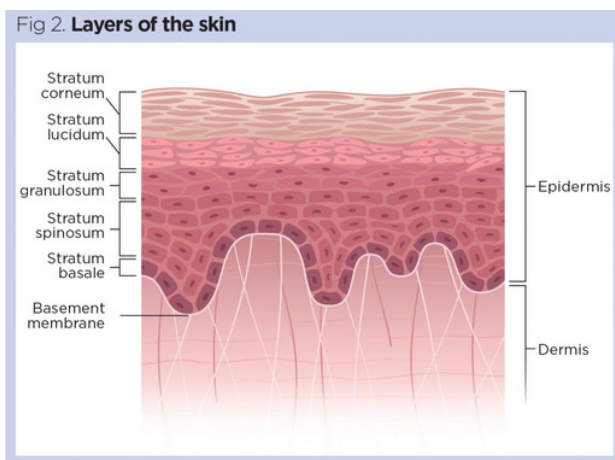
Lvl 1, 1390 Toorak Rd, Camberwell VIC 3124

WHY SKIN NEEDLING?

Skin needling has become the number one skin rejuvenation treatment in the world, and there's many great reasons why! It enables us to treat a variety of skin concerns and with every treatment your skin becomes stronger, healthier and appears younger. Plus there's low risks associated, very little down time and it can treat common complaints that our injectable options just aren't ideal for - think crepey skin around the eyes, smile lines through the cheeks & lip lines!

UNDERSTANDING BASIC SKIN ANATOMY

We're big believers in patient education and hope that if you understand the 'how's' and 'why's', you will also understand how to best support the process and the importance of the pre and post treatment instructions. To understand how skin needling works, we have to understand how the skin functions in optimal state. For those who are happy to trust the process and take our word for it - you can skip this part.



Layers and structures of the Epidermis.

Let's start in the Epidermis! This is our top most layer of the skin and can be split into 5 different layers, however we will focus on the basics necessary for understanding the principles of skin needling.

Stratum Basale - Stem Cells.

At the very base of our epidermis, in the Stratum Basale we have our stem cells. Our stem cells are very important as they are responsible for the constant production of all our new skin cells. Inside the nucleus or 'brain' of each stem cell is the DNA or genetic recipe to create new skin cells (keratinocytes). The quality of the genetic recipe in the stem cell will directly effect the health of the new cell produced by the stem cell - if the DNA gets damaged, every cell produced by that stem cell will be damaged in the same way.

When we are young, our stem cells turn over enough new cells that they cycle through and off the surface of the skin in about a month. Over time this production of new cells slows and so does epidermal cell turnover, which results in a thinning of our healthy live cell layers (Stratum Spinosum) and a thickening of our old dead skin cell layer (Stratum Corneum). Boosting stem cell production is a key component to healthy functioning skin.

Stratum Basale - Melanocytes

These cells are responsible for constantly producing and distributing pigmentation to our skin cells. Our skin cells (keratinocytes) hold onto pigmentation allocated to them by melanocytes for their whole life cycle until they are shed off. Like all cells, the melanocyte's function is mostly dictated by it's DNA. Damaged DNA in a melanocyte can cause it to produce extra pigmentation creating areas of hyperpigmentation, or darker pigment. Damaged DNA can also stop a melanocyte from producing pigment at all creating patches of hypopigmentation or white spots on the skin.

Stratum Basale - Overview

This layer is important for regulating pigmentation in the skin and producing all our new healthy skin cells (keratinocytes). Damage to the DNA in these cells results in pigmentation issues, thinning skin, dehydration of skin and dull skin surface.

How do we prevent any further DNA damage to our cells you ask?

Simple! **SPF 30+ protection. Every day.**

I'll say it again - Every. Day.

Rain, hail or shine, before you leave the house.

How do we repair existing DNA damage within these cells?

By applying Vitamin A topically to our skin daily. Vitamin A has an amazing ability to repair DNA damage in our cells. We recommend usage of Vitamin A in your skin care for a minimum of 4 weeks prior to a skin needling treatment. When you first start using Vitamin A it is common to experience a little redness and flakiness. This is due to the DNA being repaired in your stem cells, and new skin cell production accelerating, increasing the amount of old cells that need to shed off. Be consistent with your use and this will regulate. Always use as instructed and do not use your Vitamin A around the eyes unless specified by your nurse.

How does this relate to Skin Needling?

Skin Needling in the epidermis stimulates the stem cells to rapidly produce more cells to heal the damage created by the needles. We want to ensure that the DNA in your stem cells is not damaged so that all the new cells we stimulate are in the best, healthiest condition possible! Skin Needling also creates inflammation in the epidermis. Melanocytes can be stimulated by inflammation so we want to be sure they are functioning in their prime state to prevent any pigmentation issues post treatment.

Stratum Spinosum

This should be the thickest layer of the epidermis as it is filled with all the brand new skin cells produced by our stem cells. For our skin cells to be healthy they require 3 key features;

- 1.) Healthy DNA for normal cell metabolism and cell function
- 2.) Plenty of cytoplasm (clear fluid inside the cell that keeps the cell firm and full of moisture)
- 3.) Cell Membrane full of Essential Fatty Acids (ensures the cell functions properly and contains all the cytoplasm)

Our langerhans cells are also found in this layer. These cells are responsible for immune function in the skin. Skins prone to inflammation (sensitivity and rosacea) and infection (acne) tend to have low number of langerhans cells.

How do we ensure your skin cells are functioning healthily prior to skin needling?

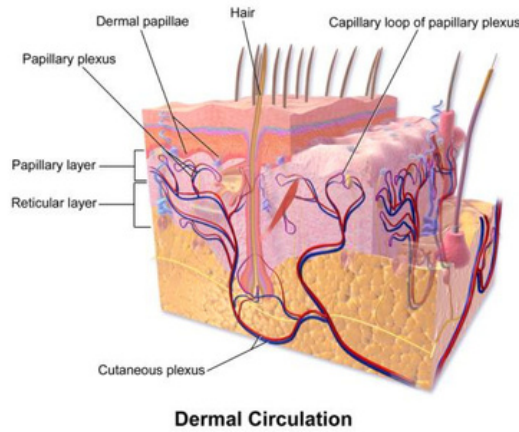
We recommend that you take an Essential Fatty Acid supplement (Fish Oil Supplement) for 4 weeks prior to treatment (see page 7) to ensure you are creating new cells with healthy, strong cell membranes. Drinking 2L of water/day for 2 weeks pre-treatment and post-treatment to ensure high levels of cytoplasm. Skin Needling will stimulate a high number of new skin cells and we need to ensure you have the nutrients in your system to support this.

Stratum Corneum

This is the top-most layer of skin, often referred to as our 'dead skin cells'. This layer is made up of skin cells that have made their way to the top, lost their cytoplasm into the skin (which provides the skin with hydration), lost their essential fatty acid membrane (which has become sebum or oil to condition the skin, created a barrier from bacteria and trapped water inside the skin) and all that is left is the skeleton of the skin cell, ready to be shed off.

On day 4-5 post skin needling we can have a build up of the Stratum Corneum as the skin has had a sudden boost in new skin cells cycling through and pushing of cells off. We recommend having your Enzyme Peel at this time to remove these old cells and boost results.

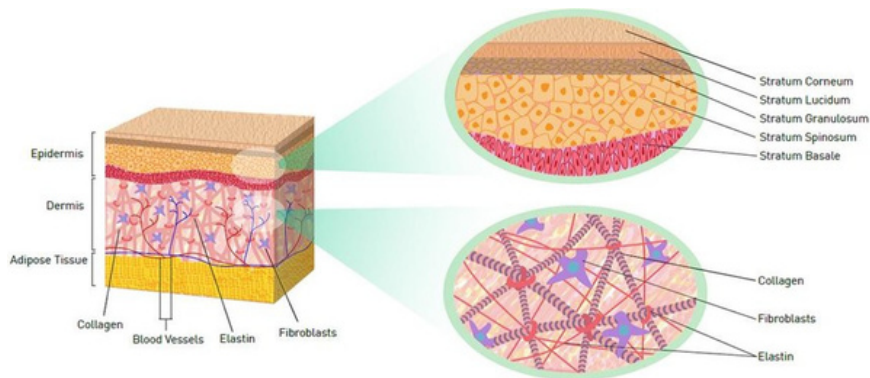
Good work! We've made it through the epidermis, now lets tackle the dermis!



Dermal Circulation

Papillary Dermis

This layer of the dermis is located directly underneath the Stratum Basale and is full of capillaries responsible for delivering oxygen and nutrients through the blood to the stem cells and melanocytes enabling them to function correctly. The lymphatic system is in this layer too, removing metabolic waste from the basal layer cells.



Reticular Dermis

This is where we find the structures of the skin’s thickest layer, primarily consisting of proteins such as Collagen (70%) and Elastin (15%). The space between these proteins is filled with Hyaluronic Acid. These 3 proteins are created by one specialised called called a Fibroblast. We stop producing new Fibroblasts at 20 years old, and as we get older our fibroblasts become more and more fatigued, which means we see a 2% decrease in collagen production per year after the age of 20. This results in drooping of the skin, laxness, textural issues and inevitably, wrinkles.

What can we do to help our fibroblast create good quality collagen?

We can use Vitamin A, Vitamin C and Vitamin E in our daily skin care. It is recommended that you start using these vitamins in your daily skin care for minimum 4-6 weeks prior to beginning your first skin needling session. We recommend Dermaviduals 'DMS mask with vitamins' as it contains all 3 vitamins. It is included in the Dermaviduals Starter kit or can be purchased individually - prices below.

This complex block compares skin health and shows the product. On the left, a diagram shows healthy skin with labels: Hyaluronic acid (C14H21NO11)_n HYDRATION VOLUME, Elastin ELASTICITY, and Collagen ELASTICITY DENSITY. On the right, a diagram shows aged skin with labels: Collagen atrophy, Elastin destroyed, and Hyaluronic acid decreases. To the right of the diagrams are two product images: a 50ml bottle of 'DMS MASK WITH VITAMINS A, C, E, D-panthanol for all skin types' priced at \$108, and a 30ml bottle of the same product priced at \$76. The Dermaviduals logo is also present.

TYPES OF SKIN NEEDLING TREATMENTS

When we perform Skin Needling, we can choose to do two types of treatment; an epidermal treatment or a dermal treatment. Which treatment we choose to perform depends on the result we are aiming for in the skin. We can create a treatment plan with both types of treatment if there are multiple aspects of your skin we are targeting. This will be discussed in consultation with your nurse prior to treatment.

Below is a little about both types of treatment - This is where that background anatomy will start to make sense!

EPIDERMAL TREATMENT

The main objective in this treatment is to cause controlled inflammation in the epidermis to trigger the release of growth factors in the skin. This is achieved with needling by creating redness in the skin, but not treating deeper into the dermis.

Actions:

- Growth Factor Release - Stimulates stem cells to produce new healthy cells and expel congestion and pigmentation from epidermis. Regulates pigmentation production. Stimulates the production of new healthy Melanocytes and Langerhans cells (immune cells to improve rosacea and inflammatory conditions).
- Increased Circulation - Improved delivery of oxygen and nutrients to stem cells. Stimulates lymphatic detoxification.
- Oxygenate Tissues - Eliminates acne causing bacteria (epidermal acne only - not good for cystic acne)

Clinical Indications for Epidermal Skin Needling

- Hyperpigmentation/hypopigmentation
- Superficial congestion in the skin (low grade acne, blackheads, blocked pores, milia)
- Skin rejuvenation - evening skin tone, texture and brightness

Regularity of treatments:

Patients under 30 years old: 2 weeks

Patients 30-40 years old: 3 weeks

Patients over 40 years old: 4 weeks

Inflamed Skin/Acne prone: 4 weeks



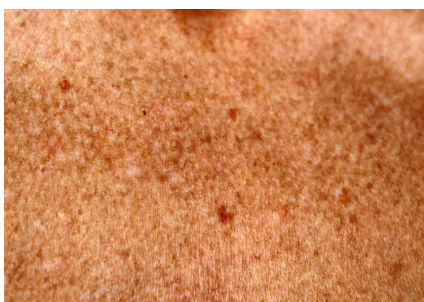
Hypopigmentation



Milia



Skin texture



Hyperpigmentation



Hyperpigmentation



Acne - Mild

DERMAL TREATMENT

When performing a dermal treatment, our skin needling treatment passes through the epidermis and into the dermis. This creates tiny, pin-point bleeding on the surface of the skin and stimulates a wound healing response. This is the only cosmetic treatment that can stimulate our body to create brand new fibroblasts - something our skin has not done since we were 20 years old! Our new fibroblasts are healthy, strong and firing up to make new collagen, elastin & hyaluronic acid. The collagen initially produced is type 3 or 'baby collagen', which is very fragile and susceptible to damage. This collagen will mature into Type 1 collagen (the kind that keeps our skin tight) over 20 days - 24 months, however 85% will be converted in the first 6-8 weeks post treatment. This is why we wait 6-8 weeks between each dermal skin needling treatment to allow the newly produced 'baby collagen' to begin to mature before treatment.

Actions:

- Growth Factor Release - Creating new fibroblasts. Increases collagen, elastin & hyaluronic acid production.
- Growth Factor Release - Controls and maintains healthy levels of capillary production.

Clinical Indications for Dermal Skin Needling

- Collagen Induction/Skin Rejuvenation - smooth & tighten skin
- Rosacea and redness
- Scarring
- Enlarged Pores
- Stretch Marks

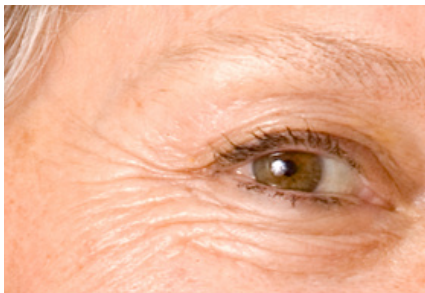
Regularity of treatments:

Patients under 30 years old: 6 weeks

Patients 30-40 years old: 7 weeks

Patients over 40 years old: 8 weeks

Inflamed/Damaged Skin: 8 weeks



Crepey skin under eyes



Burst capillaries



Skin texture



Enlarged pores



Scarring



Rosaeca

WHAT AREAS CAN BE TREATED?



A standard Skin Needling session at Cosmetic Nurse Co includes the face (including the lips and eyelids), the neck, décolletage and scalp. Why the scalp you ask? When we part the hair and treat in lines away from the face we can stimulate collagen in the scalp, creating a slight lift behind the ears, temples and around the hair line. Scarring can be treated on most areas of the body, though it depends on the type of scar as to whether it is ideal to treat. Stretch marks can be treated however they tend to require more session for improvement to be noticed.

IS ANYONE UNSUITABLE FOR TREATMENT?

We always recommend a consultation prior to any treatment, however there are some no-go's when it comes to needling:

- Herpes Simplex (active cold sores)
- Scleroderma
- Open lesions/wounds
- Current, inflamed cystic acne
- History of keloid scarring
- Warts (must be worked around)
- Bacterial/Fungal infections
- Roaccutane use (within 6 months of treatment)
- Haemophilia/blood clotting disorders
- Sunburn
- Pregnancy
- History of chronic pain

CAN I STILL HAVE INJECTABLES?

Yes! But it must be 2 weeks before a needling session or 2 weeks after. If you get regular anti-wrinkle injections we actually recommend you continue treatment while having Skin Needling sessions for best results!



HOW DO I START THE PROCESS?

We have offer free consultations to discuss whether this is the best treatment option for what you are trying to treat. During this assessment we will perform a light enzyme mask to assess your skin.

If we decide together that needling is the best treatment plan for you, we will create a package of essential fatty acid supplements and a skin care routine to support the preparation for your Skin Needling program.

SKIN PREPARATION

For 4-6 weeks prior to your appointment we require the following;

- **Sun protect daily (non-negotiable).** We recommend a physical block (Zinc oxide/titanium oxide). Our Jan Marini Physical Protect is amazing for this! It has a lovely tint to it too! RRP \$80 (included in the skin needling package)
- Take essential fatty acids daily (as per you nurses recommended dosage - see below)
- Daily Vitamin A in your skincare (retinol) – We prefer you to use our Vitamin A, however you can bring yours to the consultation for us to see.
- We recommend changing over to Dermaviduals skin care. Initially your program will begin very simple as our main goal is to repair damage to the skin and it will take time to adjust to active skin care. As your skin becomes healthier and more stable, we will begin to introduce more active ingredients to your products to help reverse any damage or aging of your skin.
- 2 weeks before your treatment ensure you drink 2 litres of water daily.
- Do not apply any self-tanner for 1 week pre or post treatment.



ESSENTIAL FATTY ACIDS

The human body is made up of approximately 37 trillion cells, and each one of them contains important omega-3 fatty acids that the body needs to stay healthy and function normally.

The human body can't produce the essential fats needed to create these important omega-3 fatty acids on its own, which is why we must rely on outside sources to get the EPA and DHA we need for optimal cellular health and functioning.

Omega 3 is a natural anti-inflammatory and is vital to the healthy functioning of the brain, heart and skin. Our body requires more of it as we age, through pregnancy and breastfeeding. Being last on the 'organ priority list', our skin only receives essential fatty acids after our brain and heart have taken everything they need first. If your skin feels dry no matter what moisturiser you use, fish oil is your new best friend!

To reduce any reflux or fishy burps, we recommend taking your fish oils with a meal that contains some natural fats eg. avocado, fish, dairy.

Fish oil has so many health benefits, you will no doubt be hooked and thank us for this tip regardless. We have researched and chosen this brand for a reason!



WHAT TO EXPECT ON THE DAY OF YOUR TREATMENT?

On the day of your treatment please do not apply anything except SPF. Your skin will be double cleansed prior to beginning your needling session to ensure your skin is clean. We will talk you through the process, prepare your skin and begin your needling session. As we finish needling an area, a soothing mask is applied to nourish the skin and reduce the redness.

We will treat your face, neck, décolletage and scalp, assuming you would like all these areas included. It is estimated the total treatment time will take 1.5 - 2 hours. The following 2-3 days, your skin will go through the inflammation process. **This is exactly what we want in order to achieve great results.**

For the first 24 hours it is important to avoid;

- Excessive sweating
- Any tanning products
- Direct sun exposure
- Infra red light exposure
- Sauna/bath/spa or swimming in chlorine
- Shaving (12-24hrs)
- LED (wait 3 days)
- Injectables (wait 2 weeks)
- Active skin care



POST TREATMENT EXPECTATIONS

- **First 24hrs:** Inflammation - Your skin will feel hot, mildly swollen and red. It will feel tight and sunburnt. The inflammation phase is extremely important for the best result. **Do not attempt to cool or ice the skin post treatment. Inflammation is what gives you a great result!**
- **Day 1-2:** Sensitive, dry and tight feeling skin, minor flaking. Apply generous amounts of the Dermaividuals Oleogel for the first 5 days! (Oleogel included in package - not in single sessions RRP: \$56)
- **Day 3-5:** Minor skin flaking, sensitivity reduces. Any underlying congestion will be pushed up to the surface of the skin. A breakout is quite common at this stage after your first session. (Ideal time to come in for an enzyme mask - included in the cost for every skin needling session)
- **Day 5:** Full recovery. You can use all your active skin care again.

RESULTS

Results will vary person to person and will be dependent on your compliance to pre & post treatment care, age, lifestyle, and condition of your skin prior to treatment. Skin needling has a cumulative effect, the result gets better with every treatment. For most conditions we recommend 3-6 treatments, then a maintenance treatment every 4-6 months. You will continue to see improvement in skin for up to 12 months after each skin needling session. Follow our instagram account to be updated of great before & afters! @cosmetichernurseco

SKIN NEEDLING WITH COSMETIC NURSE CO.

At Cosmetic Nurse Co, all of our skin needling specialists are Registered Nurses. On top of our Bachelor of Nursing, Cosmetic specialty and individual specialty areas, we have all undertaken additional education in skin anatomy and pathophysiology, advanced skin needling courses and continue regular training every month. We are incredibly passionate about skin health and anti-aging and will support you every step of the way through your skin needling journey. We make every effort to make sure your journey is consistent and adapted to your skin's needs as it inevitably changes through seasons, lifestyle influences and with treatment.

PRICING

We believe that if something is worth doing, then it is worth doing properly! There is some discomfort to this procedure and we would prefer to get the absolute best result we can for you, from every session - so we are quite strict on our Skin Needling programs. Before you book in your first session, have a look at the below pricing and inclusions, but also please make sure you are committed to following the program, skin care and supplements we set out for you. For clients new to skin needling, we only offer a package of three sessions. If you have had skin needling previously with us or elsewhere, you can purchase individual sessions; however this will be determined on a case-to-case basis at your initial consultation.

Skin Needling Consultation - \$120

1 x 30 minute Enzyme Facial

Skin analysis

Take before photos, discuss concerns and create treatment goals

Create tailored treatment plan and book dates for first treatment

Get personalised skin care program to prep skin for skin needling



BOOK ONLINE

Please Note: The consultation fee (\$120.00) is redeemable on you skin needling package if you are appropriate for skin needling treatments or choose to go ahead with treatment. Alternatively, it is redeemable on products and or other services if the balance of either products and/or services are more than \$200 on the day of consultation.

Single Skin Needling Session (Face Only) - \$450

Inclusions:

1 x 1 hour Skin Needling Treatment (face only)

1 x Soothing epi-nouvelle mask (face only)

1 x Enzyme Mask (3-5 days after needling)

*skin care and essential fatty acid supplements are not included in this session however it is highly recommended that you follow a routine from your nurse for 4 weeks prior to treatment.

Please Note: This treatment is suitable for everyone, we recommend for the best results you include your neck, décolletage and scalp. During your consultation we will discuss if you are the right candidate for this treatment. Most clients will need a minimum of 3 sessions for a satisfactory result.

Single Skin Needling Session - \$550

Inclusions:

1 x 2 hour Skin Needling Treatment (face, neck, décolletage and scalp lift)

1 x Soothing epi-nouvelle mask (face and neck)

1 x Enzyme Mask (3-5 days after needling)

*skin care and essential fatty acid supplements are not included in this session however it is highly recommended that you follow a routine from your nurse for 4 weeks prior to treatment.

Please Note: Most clients will need a minimum of 3 sessions for a satisfactory result. If you have never had skin needling before we only offer a package of 3 sessions. We have the following packages to help consolidate costs and get you started on your journey.

Introductory Package of 3 Skin Needling Treatments - \$1800

Great for someone starting out with normal/balanced skin

Inclusions:

- 3 x 2 hour Skin Needling Treatments (treating face, neck, décolletage and scalp lifting)
- 3 x Soothing Epi-nouvelle Masks for face and neck (applied during your skin needling session)
- 3 x 30 minute Enzyme Facials (ideally 3-5 days after each skin needling session)
- 1 x 120 capsules Omega 3 supplement (essential fatty acids) (RRP \$96)
- 1 x Dermaviduals Skincare starter pack (RRP \$138)
- 1 x Dermaviduals Suncream (RRP \$58)
- 1 x Dermaviduals Oleogel Recovery Balm - Sample size (enough for 3 treatments)

Please note: \$1000 deposit for Skin Needling program to be paid at initial consultation to receive skin care & omega 3 supplements. Balance of \$800 to be paid at first Needling session. All treatments (including Enzyme facials) must be used within 12 months of package purchase.

Skinvestment Package of 3 Skin Needling Treatments - \$2100

Great for someone starting out with redness and/or dry skin, or someone looking for supportive skin care.

Inclusions:

- 3 x 2 hour Skin Needling Treatments (treating face, neck, décolletage and scalp lifting)
- 3 x Soothing Epi-nouvelle Masks for face and neck (applied during your skin needling session)
- 3 x 30 minute Enzyme Facials (ideally 3-5 days after each skin needling session)
- 1 x 180 capsules Omega 3 supplement (essential fatty acids) (RRP \$135)
- 1 x Dermaviduals Essentials Kit - full size skin care (RRP \$317)
- 1 x Mask with Vitamins 30ml (\$76)
- 1 x Dermaviduals Suncream (RRP \$58)
- 1 x Dermaviduals Oleogel Recovery Balm - 15g (RRP \$56)

Please note: \$1100 deposit for Skin Needling program to be paid at initial consultation to receive skin care & omega 3 supplements. \$500 to be paid at first Needling session. Balance of \$500 to be paid at 2nd appointment. All treatments (including Enzyme facials) must be used within 12 months of package purchase.

Skin Renew Package of 6 Skin Needling Treatments - \$3500

Great for someone wanting to improve multiple skin concerns in both epidermis & dermis. ie. scarring, some types of acne, pigmentation, redness/capillary damage & anti-aging.

Inclusions:

- 6 x 2 hour Skin Needling Treatments (treating face, neck, décolletage and scalp lifting)
- 6 x Soothing Epi-nouvelle Masks for face and neck (applied during your skin needling session)
- 6 x 30 minute Enzyme Facials (ideally 3-5 days after each skin needling session)
- 1 x 180 capsules Omega 3 supplement (essential fatty acids) (RRP \$135)
- 1 x Dermaviduals Essentials Kit (RRP \$317)
- 1 x Mask with Vitamins 30ml (\$76)
- 1 x Dermaviduals Suncream (RRP \$58)
- 1 x Dermaviduals Oleogel Recovery Balm - 15g (RRP \$56)

Please note: \$1500 deposit for Skin Needling program to be paid at initial consultation to receive skin care & omega 3 supplements. \$1000 to be paid at first Needling session. Balance of \$1000 to be paid at 2nd appointment. All treatments (including Enzyme facials) must be used within 18 months of package purchase.

SKIN CARE PRE & POST TREATMENT

During a Skin Needling treatment there is a 400% increase in the absorbed dose of products into the skin!! What is used on your skin pre, during & post treatment can greatly effect your results - for better or worse! Skin needling creates a cascade of events in our skin to produce new skin cells, fibroblasts, collagen & elastin. With either damaged DNA in our stem cells, or simply not enough nutrients in our skin, we will not get the best result possible out of the treatment. At your initial consultation your nurse will prescribe you a skin care routine to ensure best outcomes from you treatment. It is very important that you follow this routine, **especially the SPF recommendations** throughout your whole treatment program and the following 2 months!

dermaviduals[®]

bespoke dermatological skincare

The brand of skin care we use for majority of our skin needling journey is called Dermaviduals. This is a German skin care line which is designed for use by dermatologists. It is a fantastic range for inflammatory conditions because the Dermaviduals philosophy is centred around respecting skin health; repairing, rebuilding and protecting the skin. It has been created specifically with skin needling in mind, so you can be assured that the ingredients being highly absorbed are going to be improving your outcomes!

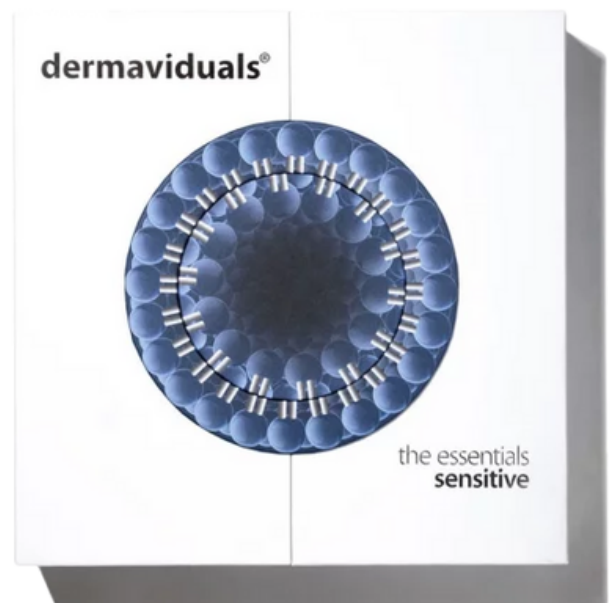
Dermaviduals products are created with the knowledge that every skin is different and will constantly change; with age, hormones, environment and lifestyle. It is designed so that your nurse can customise your base products, mixing and adding extra active ingredients to suit your skin as it changes.

Starter kits of Dermaviduals can be purchased for \$138

- Dermaviduals Cleanser 30ml (type of cleanser chosen for skin type)
- Dermaviduals Suusmoon Lotion N Serum 30ml
- DMS Mask with Vitamins A, C, E, and D-pathnol 15ml
- DMS Base Cream (type of moisturiser chosen for skin type) 50ml (full size)

Full Size kits can be purchased for \$317

- Dermaviduals Cleanser 150ml (type of cleanser chosen for skin type)
- Dermaviduals Suusmoon Lotion Serum 150ml (type of serum chosen for skin type)
- DMS Base Cream 50ml (type of moisturiser chosen for skin type)
- Dermaviduals Eye Cream 15ml



COSMETIC NURSE CO.

We understand that for some people this is a big commitment. This program requires some new habits in your daily routine. For some, the thought of a skin needling procedure may be scary. For some, your skin may not be in great condition and is likely to need more work. Some may have struggled with rosacea or acne for years... Whatever your skin history, we're not here to judge (yes, even you solarium queens), we're here to educate and help you get the best results possible. We'll hold your hand through the journey. We will respond to the 20 messages of "can I?" And you can guarantee we'll be as excited about your results as you are!

You can book your initial consultation online through our website: www.cosmetichernurseco.com

For clients undergoing a course of treatment: Call 0451 612 020 for any questions or concerns

FAQS

Q: Does a skin needling treatment hurt?

A: Due to the Exceed skin needling machine constantly vibrating, it reduces the ability for your nerves to sense and react to any discomfort. It is scratchy and slightly uncomfortable however not unbearable. Local anaesthetic isn't required for this procedure. Bony areas tend to be more uncomfortable.

Q: How long will my results last?

A: Longevity of results from skin needling will be impacted by a person's health, diet, skin care regime and age. We recommend maintenance treatments to prolong desired results in conjunction with supplementation, correct skin care, SPF protection and hydration to support your skin and prevent damage to the skin.

Q: When should I expect to see results?

A: Typically speaking, you should expect to see results as early as 2 weeks after your first treatment. Lasting and more significant results will become visible after multiple treatments. The condition of your skin will continue to improve for 6-12 months after a course of treatments.

Q: My friend got great results from skin needling. Can I expect the same results as them?

A: It is important to recognise that everyone's skin is different - just like fingerprints. Treatment plans and results will vary from person to person depending on your skin's health, age & condition.

Q: My skin feels sensitive and looks red post treatment. What should I do?

A: This is very normal and will subside within 24-48 hours. Believe it or not, this is a great thing to be experiencing. It is best to avoid attempting to cool your skin, and allow it to activate and perform its natural healing response. If you are feeling dry, we encourage you to apply the Dermaividuals Oleogel as much as required.

Remember not to apply anything cold to your skin - this will reduce the inflammation we worked so hard to create!

Q: Can I have one treatment?

A: Unfortunately not. Well, not with us! We believe if something is worth doing, then it's worth doing properly. Skin needling is a big commitment and for you to get the best results possible we believe it is best for you to follow a treatment plan of at least 3 treatments, in combination with vitamin supplements and a skincare routine that is tailored to suit your skins needs.

Q: What areas of my body can I have treated?

A: We aren't limited to what areas of the body we treat. It is best to discuss your area(s) of concerns with your skin needling specialist, particularly for scarring or stretch marks.

Q: Can men be treated? Can you treat over facial hair?

A: Yes! Of course men can be treated! We request that facial hair be shaved the night before treatment to reduce sensitivity.

Q: I get cystic acne; is this treatment appropriate for me?

A: Good question! No simple answer. Generally deep cystic pimples should not be needled over due to risk of spreading infection. Come in for a consultation and let's discuss managing the acne first - then we can look at using skin needling to reduce scarring and even out skin tone.



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www.cosmeticnurseco.com