

# Microneedling

**M**icroneedling has boomed in popularity within the beauty industry. Since Covid-19 there has been a 120% increase in demand for the treatment (May-June 2021 versus May-June 2019).

So, with those kinds of stats, it seems silly not to offer the aesthetic treatment in the salon. Why is microneedling so much in demand by clients and celebrities we are not sure, but I would like to provide as much information to you all so you will know and understand what this hype is all about.



## What is microneedling, you may ask?

Microneedling uses small sterile needles, either attached to a handheld stamping device or on a roller, which make micro-injuries in the skin. These small wounds kick the skin's natural healing process into gear, which then stimulates collagen production in the dermis, making it ideal for clients with skin slackness (loss of collagen) who want a plumper, firmer complexion.

It is not only a treatment for firmer, smoother skin, it can also reduce scarring and pigmentation and make pores appear smaller.

Over the past year, I have noticed clients' interest towards rejuvenation in skin care.

Since Covid-19 clients are now seeking ways to help themselves look after their skin with many people deviating from fillers and anti-wrinkle injections, thank goodness.

Microneedling may be performed on the body everywhere from the head for hair loss, neck and decolletage, to the upper arms, thighs, buttocks, and stomach area suitable for the non-invasive treatment.

## Here are the leading Microneedling devices?

### bt-titan® MN

This cordless handheld device allows skin therapists to work at different speeds and depths, depending on the needs of the client, to deliver greater results. Designed to work with professional concentrated solutions to drive the product deeper, boosting the actions of these substances, and the device's movement is automatic and perpendicular to the skin, contributing to its recovery.



### Microneedling Roller

This is another exclusive Microneedling roller. The rollers come in size 0.3mm, 0.5mm, 1.5mm and are ideal for conveying active ingredients under the dermis, toning, and rejuvenating skin and treating blemishes, signs of age, hyperpigmentation,

acne scars and hair loss. Also suitable for the improvement of expression lines and deep wrinkles, stimulation of cell renewal, collagen activation and more.



### **What are the skincare benefits of microneedling?**

Not only does microneedling offer an impressive array of results, but the micro-injuries created by the needles allow skincare products to penetrate deeper through the micro-channels you have created in the skin, meaning all those actives you have applied will have better absorption. Dermalogica is in the process of developing the products as we speak.

Microneedling allows vital skincare ingredients to reach deeper layers of the skin, enhancing the benefits of topical products to achieve better results.

The tiny holes that are made in the skin while microneedling are many times larger than the molecules that need to get through into the epidermis, so these ingredients fall through into the deeper layers of the epidermis. The higher the levels of vitamin A and C we can get into the lower layers of the epidermis, resulting in more collagen.

### **What needle depths should I use?**

Microneedling devices offer adjustable needle depths because in treatment we will work at a different depth on different areas of the face, depending on the concern the client's needs. For example, on the lower face, cheeks, jawline you might work deeper, while on the forehead, you would go less deep.

For Skin rejuvenation and epidermal thickening, a needle length of up to 0.6mm is enough. However, for acne scarring and stretch marks, a deeper needle length is needed – anywhere between 1.0mm and 1.5mm is optimum as we are remodelling collagen deeper down.

For hyperpigmentation, you need to treat the base of the epidermis, so a smaller needle depth is perfect, while for oily complexions, open pores and acne inflammation I would use a longer needle depth.

When it comes to the training needed to use each needle depth, guidelines from the Cosmetic Practice Standards Authority state that Level 4 training required for up to 0.5mm; Level 5 for up to 1mm; and Level 6 training recommended for up to 1.5mm on the face or 2mm on the body. At Level 6, clinical oversight required for nonmedical professionals.

### **Who would be suitable for a microneedling treatment?**

Microneedling is popular among clients because it



is a less abrasive treatment than chemical peels, with minimal downtime – usually, clients will have little bit of redness for 24–48 hours afterwards.

The treatment is fast too, taking between 30–60 minutes depending on the area treated, and the results can show from four to six weeks.

It is the ultra-fast treatment length that makes microneedling possible.

Clients are consistently impressed with Microneedling Roller this is another exclusive Microneedling roller. The rollers come in size 0.3mm, 0.5mm, 1.5mm and are ideal for conveying active ingredients under the dermis, toning, and rejuvenating skin and treating blemishes, signs of age, hyperpigmentation, acne scars and hair loss.

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### **The Results.**

The results are long lasting. Microneedling is so versatile; therapists can offer clients the choice to improve a variety of skin conditions, so the device is a good all-rounder.

*“Although microneedling is safe, there are contraindications. Client with active skin conditions such as acne and acute chronic skin disease should wait until it settled; pregnant women and those breastfeeding should avoid microneedling altogether; and clients with previous keloid scarring, patients on anticoagulants, and those currently undergoing chemotherapy and radiotherapy would be contraindicated,”* advises Elaine.

### **Which technologies can I combine with microneedling?**

Microneedling works with other technologies, in particularly radiofrequency (RF). Microneedling creates a micro-injury in the skin which stimulates the healing response, while RF uses heat to shrink, wrap and tighten the skin, resulting in a tighter and firmer complexion.

Microneedling also works well with light-emitting diode (LED) skin treatments because LED light is proven to stimulate cellular activity, encouraging



further collagen production. Red LED light post-microneedling can increase fibroblast activity by up to 200% for 24 hours post-treatment, which aids in the healing of skin and gives an extra glow which we use after a dermabrasion treatment.

Performing a gentle peel before microneedling can enhance results for acne, pigmentation, or skin rejuvenation.

### **The procedure**

We start with a facial suitable to the client's skin concerns, with a peel or an exfoliant then a masque

with a lymphatic massage. We then proceed with the microneedling used in conjunction with the serums. Completing with advice on aftercare and the products to help the client to follow up with the ongoing homecare advice.

### **Insurance and Certification**

Elaine's of Brampton is insured with FHT (federation holistic therapy) and has completed a



course of Nanoneedling with Dermalogica Dermal Institute and Microneedling with Susan Gerrard Beauty Academy.

All Needles and cones (from the Nanoneedling) disposed in a sharps box and not reused on other clients.

The cost of the treatments will include a weeks' worth of aftercare for clients' benefit.

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