



## SKIN CARE

### DERMAROLLER HOME USE

A dermaroller contains hundreds of tiny needles which create micro-injuries on the skin, which in turn activates collagen and elastin production to compensate as it heals. Dermarolling is therefore an ideal method for filling in fine lines and wrinkles, thickening and plumping the skin and treating acne scars and discolouration since it penetrates the skin so deeply. When used in conjunction with a serum (as it should be), it enhances ingredient absorption up to 90%.

#### Benefits

- Dramatically enhances penetration and efficacy of skin care products.
- Helps to trigger collagen production and increases firmness of the skin.
- Diminishes wrinkles and lines and improves skin texture and pore size.
- Reduces depth of indented acne or chicken pox scars.
- Non-acne aggravated and non-comedogenic (non-pore clogging).

#### How to use it

- Clean the dermaroller with hot water and allow to dry and cool before every use.
- Cleanse application area and pat skin dry.
- Use a constant gentle rolling motion up to 10 times back and forth over each section of the face (forehead, cheeks, nose, chin, neck).
- Apply your preferred vitamin C or C/E, following the product instructions. Use the dermaroller once a day, preferably in the evening as many topical formulations require time to absorb fully.
- Repeat several times per week, depending on skin tolerance. Ensure any irritation from prior treatments has fully subsided before repeat use as your skin becomes adjusted to needling.

### VITAMIN C SERUM

Vitamin C is a powerful antioxidant that stimulates collagen production and helps to reduce signs of ageing by repairing the damage caused by free radicals and the sun. It can even help protect the skin against future damage, although it is not a substitute for sunscreen. The result is brighter and firmer skin, fewer fine lines and wrinkles, and a more even skin tone.

#### Benefits

- Reduces the appearance of brown spots and other types of sun damage.
- Helps boost healthy collagen production.
- Reduces inflammation and irritation, which cause a cascade of damage.
- Fades post-breakout red marks by improving skin's natural healing response.
- Increases the effectiveness of your sunscreen and boosts your skin's defence against UV exposure.

#### How to apply it

- Step 1: Choose a vitamin C serum with at least 20 per cent concentration of L-ascorbic acid.



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- Step 2: Wash your face with a clean washcloth, a mild cleanser and warm water. Pat skin dry. You should use vitamin C serum in conjunction with a dermaroller.
- Step 3: Gently massage the serum into the skin of your neck and face with your fingertips. This can sometimes sting after using the dermaroller. Wait 3-5 minutes for it to dry.
- Step 4: Apply your usual moisturiser which contains SPF30 or higher.

Continue to use vitamin C serum as part of a routine that includes a daily broad-spectrum sunscreen plus irritant-free products that contain a skin pleasing mix of antioxidants, skin-repair agents, and cell-communication ingredients.

### MOISTURISERS

Always use a moisturiser with sunscreen during the day. Choose one that contains physical sunscreen (titanium dioxide or zinc oxide) rather than a chemical sunscreen which can irritate the skin. Opt for hypoallergenic, non-comedogenic (non-pore clogging), and fragrance-free moisturisers.

If you have significant skin redness, you may find a tinted moisturiser helpful. These moisturisers include a green tint which counteracts the redness in your skin to reduce the appearance of inflamed skin. Whenever you use a new product, try it on a small area on your neck or the side of your face for a week prior to using it all over your face, in order to determine whether it will irritate your skin.

### SKIN CARE FOR ROSACEA

People with rosacea often have very sensitive skin. They report easy irritation or break out in response to new products. As such, several principles are essential in the treatment regimen for rosacea.

- Less is more. Use as few skin cleansers, moisturisers and products as possible to eliminate the possibility of irritation and to enable easier identification of new irritants.
- Unlike in acne, benzoyl peroxide and salicylic acid washes (as well as topical retinoid creams) may be too irritating for you to use. Use a non-detergent cleanser or plain water to wash your face. An alternative wash would be sulphur-based, such as sulphur 5% sodium sulfacetamide, 10% face wash that is prescribed by a doctor. It may not need to be used every day, especially if you experience excessive dryness.
- If you have dry skin, you may not need to wash your face at all unless you have combination skin (dry and oily) or wear make-up or creams during the day. If you choose to wash your face, use a non-comedogenic (non-pore clogging) cold cream, gentle moisturising face wash or non-detergent soap to remove make-up.
- Cleanse your face once or twice a day with cool water. Do not use any abrasive scrubs.
- Apply moisturiser within three minutes of washing your face to trap moisture.

**If you have any questions or concerns, please call us on 6228 0041.**