



# Dermarolling: Science and Best Practices

Super Skin Solutions with Cynthia Lou. [www.CynthiaLou.com](http://www.CynthiaLou.com)

# What is Dermarolling?

Dermaroller is a device with needles on a wheel designed to prick holes in the skin and force the growth of collagen and elastin

Causes controlled damage to the skin, signaling the body to gather its forces and go "heal" the area.

This healing grows collagen and elastin

# Why Dermaroll?

Grow collagen at deeper levels of the skin

Heals pits of acne scarring

Thickens the skin THE RIGHT WAY, for stronger, healthier skin

Fills in fine lines and wrinkles

Improves texture and tone of skin when coupled with the right products.  
Allows greater penetration and efficacy of products

Quickens the rate of dark-spot fading

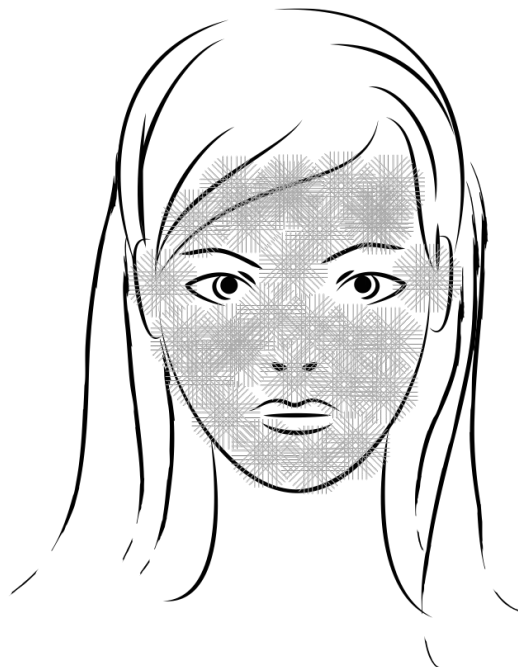
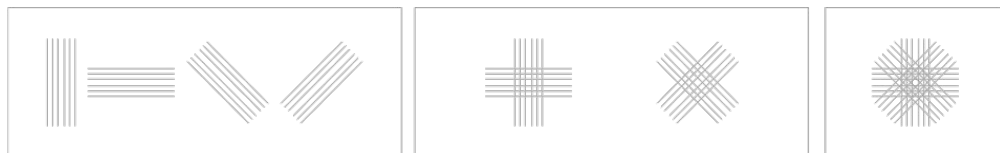
"The thing that most surprised me about your program were the deep acne scars that I've had for years started to go away. I didn't know that was possible!" – Blanca

# Dermarolling: How-To (PREP)

1. Soak your Dermaroller in alcohol ~5 minutes
2. Clean your skin – double cleanse (oil cleanser and water based cleanser)
3. Apply a thick layer of Vitamin C serum onto your face, more than you'd use during normal day/night application

# Dermarolling: How-To (DURING)

1. Roll your face with the Derma Roller.
2. Go over small sections of your face in an asterisk (\*) pattern:
3. Horizontally, Vertically, Diagonally Right, Diagonally Left
4. Do this over your whole face
5. Use light pressure – you can build up to more pressure over time!
6. Avoid acne or areas of active irritation



# Dermarolling: Post-treatment soothing

1. **Layer on more Vitamin C serum.**

Vitamin C serum stimulates/encourages collagen production, and freshly roller-ed skin will be more receptive to this serum.

2. **Layer on Dark Spot Serum.**

3. **Moisturize.** Use an oil-light moisturizer. Doesn't have to be oil free, but, do use a lighter moisturizer, opting for organic.

4. **Clean your dermaroller:**

- a. Run hot water over it for a few minutes
- b. Soak in alcohol overnight, turning the roller head a few times

# Dermarolling: Frequency & Notes

1. **Frequency:** 2-3 times per month

2. **Sun Sensitivity:** Do not dermaroll before high-sun days. For example, if you know you're going to spend a day at the beach, do not dermaroll the day before, as skin will be more sensitive

3. Dermaroll at night

4. Do not use oils after dermarolling, as they can clog pores. Keep post-dermaroll treatment light

5. It will burn the first time! But I have found that the process is like eyebrow tweezing – over time it hurts less

# Using Sheet Masks

Sheet masks are a great tool to use to pack a lot of moisture into your skin, and they can offer relief after dermarolling.

1. Clean your face (oil & water cleanse)
2. Remove from pouch.
3. Shape to face – leave for 10-20min
4. Remove mask, and do not wash the excess serum off.
5. Apply serums, lotion as necessary
6. Can use excess mask serum from pouch on rest of body – chest, hands, neck



# Dermarolling: Products List, Essentials

Key Ingredient (Recommendation)	Benefit
0.75-1.0mm Dermaroller	Grow new collagen in controlled, specific ways
<a href="#">99% Isopropyl Alcohol</a> (rubbing alcohol)	Soak your dermaroller in alcohol before and after use to keep clean

# Dermarolling: Products List, Optionals

Key Ingredient (Recommendation)	Benefit
Sheet Mask ( <a href="#">Kracie Brightening Sheet Mask</a> )	Saturate your skin with hydration, plumping and freshening skin Great for before events, especially events with a lot of photography