



Cosmetic Needling at Home

Follow this step by step guide to perform your at-home microneedling treatment safely and with confidence.

O1

Thoroughly wash hands and face

Cleanliness is key to effective and safe treatments at home. You do not want any bacteria to get into the skin as a result of the microneedling process.

Wash your face using a gentle cleanser and repeat. Cleansing twice will ensure all make up, dirt and bacteria are removed from the surface of your skin.



O2

Set the dial to 0

Check your device is charged or plugged into a power source. Before inserting the cartridge always rotate the dial to ensure the dial is set to 0



O3

Unwrap a sterile cartridge

Open a brand new needle cartridge packet and insert the cartridge into the device. Rotate clockwise until it clicks into place. Each cartridge is single use and disposable.



O4

Determine depth and speed

Cosmetic needling is set between 0.25mm-0.40mm. If you want to target specific skin conditions, you may want to use the Collagen Induction Therapy instructions.

Twist the dial on the device near the needle cartridge to set the depth. Adjust the speed by pressing the on/off button.



O5

Choose your serum

Cosmetic needling must be performed with Pure Hyaluronic Acid Serum. This serum provide a slippery surface for the cartridge to glide over and not cause any dragging. It also treats the skin with hydrating and collagen boosting ingredients.

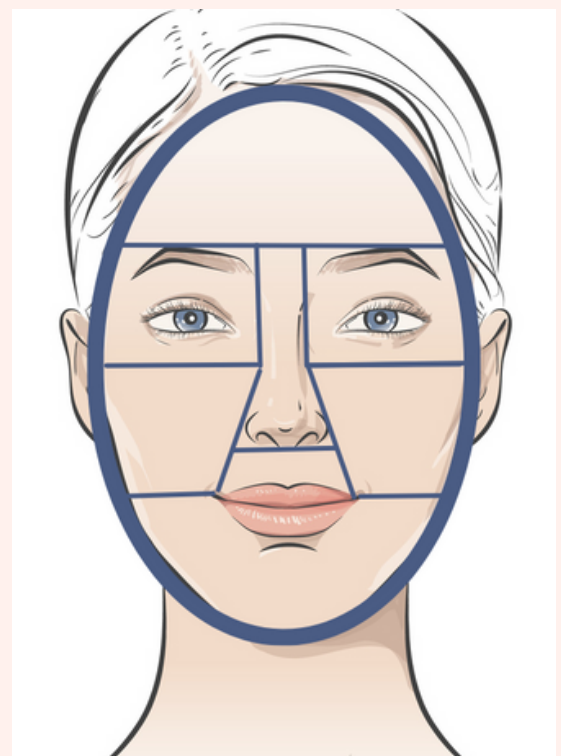


O6

Apply your serum in sections

Start with one area of the face at a time and ensure it's completely covered with serum. As you progress through the treatment, liberally apply more as required.

Divide the face into the following areas: Forehead, eye area, cheeks, chin, nose and upper lip.

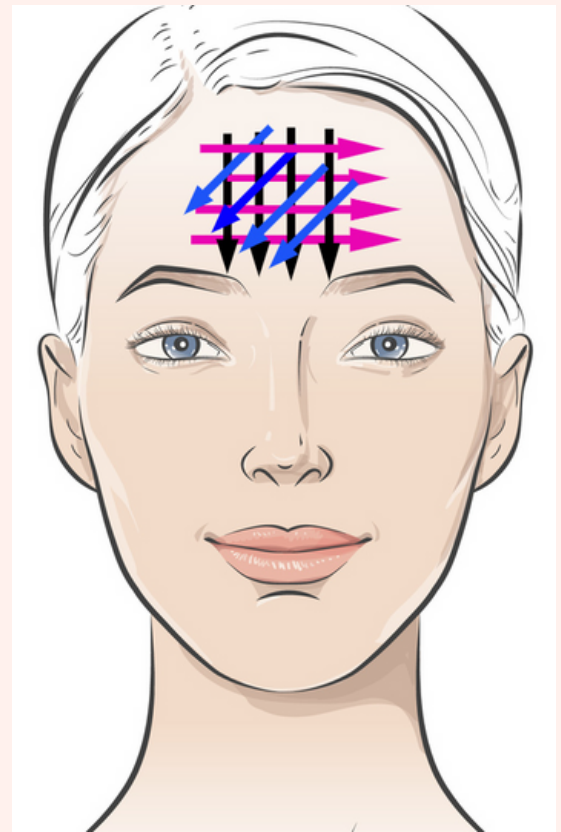


O7

Glide the cartridge across each section

Turn on your device and glide the needles over your 1st area. Move in a criss cross pattern, vertically, horizontally and diagonally.

You can also move the pen in a small circular pattern to make sure you have covered everywhere. Repeat this process, up to 3 times per section, applying more serum as required.



O8

Immediately after. Maximise results.

You should experience minimal inflammation and sensitivity following the treatment. We recommend Mesoheal Post Needling Sheet Mask to calm, hydrate, fortify and heal the skin.

Relax for 15 minutes with a mask or if time is tight, apply more serums for more infusing of beneficial ingredients.



L.E.D Light Therapy

We recommend an L.E.D mask treatment immediately afterwards. L.E.D light therapy has been proven to reduce inflammation, assists with skin healing and skin rejuvenation.

Aftercare - Following Days

The effectiveness of a dermal needling treatment depends highly on the aftercare of the skin following the procedure. Avoid exercise that may cause sweating, spa baths, sauna and steam.

Avoid tanning for up to 2 weeks.
Apply sunscreen lotion SPF 50 daily.
Your skin may feel drier than normal due to increased cell turnover, we recommend applying extra hydrating serums and moisturisers.

Shop our collection of aftercare products which contains essential skin care that is recommended for anyone undergoing dermal needling. [Post Dermal Needling Aftercare Products](#)

