

NANO-NEEDLING

AN IN-DEPTH GUIDE FOR ESTHETICIANS



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A B O U T

Nano-needling is an advanced esthetic technique that uses fine, disposable needles to increase product absorption. This guide is designed to provide estheticians with the knowledge and skills necessary to safely and effectively perform nano-needling treatments. You will learn the fundamentals of nano-needling, including its benefits, contraindications, techniques, and the difference between nano-needling and micro-needling.

Nano-needling, which is sometimes referred to as “nano-infusion,” is a non-invasive esthetic technique that involves the use of a handheld device to push ingredients into the skin, increasing absorption. Unlike traditional microneedling, nano-needling does not create micro-injuries or puncture the skin. Instead, it uses microscopic cone-like cylinders to infuse products into the skin’s uppermost layers without causing trauma.

The benefits of nano-needling include increased product absorption without extended recovery times. The specialized tips create thousands of microscopic channels or nano-channels in the skin’s uppermost layer, the stratum corneum. These channels temporarily disrupt the skin’s natural barrier function, allowing for enhanced penetration of ingredients.

While nano-needling does not cause the same degree of mechanical trauma such as micro-needling, it still stimulates the skin’s natural regenerative processes. The controlled disruption of the stratum corneum and the subsequent delivery of active ingredients encourage collagen and elastin production.

Overall, the science and principles of nano-needling revolve around enhancing the skin’s ability to absorb and better utilize skincare products.

Client Consultation: The initial step in identifying suitable candidates for nano-needling is through the client consultation. During this consultation, we should determine whether nano-needling aligns with the client's expectations and skincare needs.

Nano-needling is particularly well-suited for clients with specific skin concerns, including but not limited to:

- **Fine Lines and Wrinkles:** Clients seeking to reduce the appearance of fine lines and wrinkles can benefit from nano-needling hydrating, and collagen inducing serums into the skin, such as KrX Salmon Meso Booster or Bio Placenta.
- **Skin Texture Irregularities:** Clients with concerns related to uneven skin texture, roughness, or dullness can achieve smoother and more radiant skin through nano-needling. The procedure promotes skin renewal and the refinement of surface imperfections.
- **Hyperpigmentation and Sun Damage:** Nano-needling can be effective in addressing hyperpigmentation and sun damage. It aids in the penetration of skin-brightening serums such as KrX White and Bright Meso Booster, which promotes a more even skin tone.
- **Post Inflammatory Erythema (PIE):** Clients with mild to moderate PIE associated with acne can see improvements with nano-needling the KrX Acne or White and Bright Meso Booster.

It is essential for estheticians to set realistic expectations with clients. Nano-needling is not a one-time, instant-fix solution, it is simply a modality which increases product penetration.

Estheticians should also assess the client's current skin condition and identify any contraindications to nano-needling, such as eczema, severe rosacea, psoriasis, sunburn, or any skin condition in which exfoliation is not advised. Clients with active skin infections or flare-ups may need to postpone nano-needling until their skin has healed.

In addition, clients who have recently undergone other facial treatments, such as chemical peels or laser procedures, may need to wait at least 4 weeks before nano-needling. This waiting period varies depending on the treatment and should be discussed with the client.

We should also inquire about the client's lifestyle habits, especially sun exposure. Clients who frequently engage in outdoor activities or tanning may not be ideal candidates, as sun protection before and after nano-needling is important.

Clients with known allergies to skincare products or a history of skin sensitivities should be carefully evaluated to ensure that the products used during nano-needling will not cause adverse reactions.

In theory most nano-needling devices are the same. They all contain a cartridge or tip that houses microscopic, little needles or cone-like cylinders.

Unlike micro-needling, depth and speed are not factors when using this modality. This is due to the fact that they are microscopic needles/cones and do not have the ability to pierce the skin at varying depths.

It is safe to nano-needle the entire face, including under the eyes. It's important to know that there is an exfoliating effect when nano-needling and this is why it is not advised to be used with certain skin conditions - primarily those where exfoliation is contraindicated; eczema, psoriasis, grade III rosacea, sunburns, and dermatitis of any kind to name a few.

If we consider the point of nano-needling, which is to infuse product deeper into the skin, we can deduce that nano-needling, in most cases, should take place at the end of a treatment. There are some exceptions, however. For instance, the Omega Green treatment for acne and rosacea is nano-needled into the skin and then the mask is fully removed.

During nano-needling the skin surface is treated in passes. Passes are made horizontally, vertically, or circular motions. You may even use a stamping motion. The most important thing to consider is the fact that nano-needling does have an exfoliating effect, therefore it's important to limit passes. In most cases 4 to 8 passes is sufficient.

It is also possible to skip areas of inflammation, and nano-needle around it. You may even stamp over top of inflamed acne rather than dragging the pen overtop. Each client's skin will need to be addressed when determining passes.

Combining Other Esthetic Equipment

Taking into account the purpose of nano-needling, and the subsequent exfoliation that occurs, we do not recommend nano-needling anything except serums or treatments where nano-needling is indicated.

However, nano-needling pairs well with electroporation, ultrasound, skin spatulas, and other devices which help with product absorption.

In fact, it worths mentioning that when nano-needling isn't appropriate, electroporation may be a great alternative!

Product Selection for Enhanced Results

As stated previously, serums and ampoules are recommended to be used in conjunction with nano-needling, and since we want the serums to stay on the skin, nano-needling would be performed at the end of the facial.

Serum choice will depend on the client's skin, and goals. Following is an explanation of KrX's Meso Boosters and other ampoules and how they can be used within a facial.

The Thread-Fill Ampoule was specifically created for those who are showing signs of pre-mature aging or have fine lines due to dehydration. Absorbable collagen threads help hydrate and plump the skin making fine lines less noticeable.

This ampoule pairs perfectly with any anti-aging/rejuvenation facial. It can be incorporated with Carboxy, Vtox, or Custo:Med. It's recommended that this ampoule is applied and nano-needled into the skin right before applying moisturizer and SPF.

Recommended Usage:

Dispense a small amount into areas where fine lines exist. Nano-needle serum into the skin until fully absorbed.

Enriched with Glycerin, the Boto-RX Serum delivers a surge of hydration, replenishing and locking in moisture to promote a plump, dewy complexion.

Packed with hydrolyzed wheat protein, algae extract, and vitamin c to work synergistically to diminish the appearance of fine lines and wrinkles to improve skin texture.

The inclusion of Pullulan and Dipeptide Diaminobutyroyl Benzylamide Diacetate contributes to the serum's ability to improve skin elasticity, leaving it visibly firmer.

Last, but not least, the ingredient that gives it its name, Botulinum Toxin. A trace amount of Botox has been added which introduces an innovative approach to combat signs of aging. While it is not injected into the muscle to create muscle atrophy, it does have a small effect on expressions by intercepting cell to cell communication.

Research has also shown that when Botox is applied topically it can help regulate oil production and can make pores appear smaller.

Recommended Usage:

Apply to skin and nano-needle at the very end of an anti-aging/rejuvenation facial.

For added anti-aging benefits and to increase collagen stimulation, add $\frac{1}{3}$ of the ampoule in with the Green Sea Peel mixture before applying to skin.

The Hydro Booster ampoule is designed to deliver intense hydration. Sodium Hyaluronate is known for its exceptional ability to attract and retain moisture. Aloe Barbadensis Leaf Juice works harmoniously to calm and hydrate the skin while also encouraging collagen production. A multi-extraction botanical blend of cabbage, tomato and carrot extract delivers antioxidants which help protect the skin from environmental aggressors.

An infusion of purified rose water is rich in tannins and vitamin c which help to increase collagen production and reduce redness.

Tetrapeptide-30, a skin-brightening agent consists of four amino acids which act as a tyrosinase inhibitor which helps to reduce hyperpigmentation.

Recommended Usage:

Apply to skin and nano-needle at the very end of an anti-aging/rejuvenation facial. You may also apply a gelee mask of choice for maximum ampoule absorption.

For added brightening benefits add $\frac{1}{3}$ of the ampoule in with the Green Sea Peel mixture before applying to skin.

A golden elixir, the [Gold Peptide Meso Booster](#) is packed with a potent blend of gold, glycerin, niacinamide, and other revitalizing ingredients for a healthy, bright complexion.

Free radicals in the skin can contribute to premature aging. Antioxidants like gold, and Ginkgo Biloba Leaf Extract may neutralize these free radicals, potentially promoting healthier skin, and further preventing premature aging.

Some research has even suggested gold nanoparticles may stimulate collagen production, strengthen the skin barrier and improve overall elasticity.

This formula, which is enriched with Glycerin and a triple blend of hyaluronic acidm delivers a surge of hydration, replenishing and locking in moisture to promote a plump, dewy complexion.

Niacinamide in addition to gold, helps improve the skin barrier function, while also strengthening capillaries and promoting a brighter complexion.

Recommended Usage:

Apply to skin and nano-needle at the very end of an anti-aging/rejuvenation facial.

For added brightening benefits add $\frac{1}{3}$ of the ampoule in with the [Green Sea Peel](#) mixture before applying to skin.

Create a golden facial which includes the KrX Gold Meso Booster Ampoules followed by the [Glowing Gold Gelee](#) mask.

Acne Derm Control is a specialty ampoule which is formulated to address post inflammatory erythema, help rebuild collagen, and reduce inflammation associated with acne.

Oleanolic Acid is a natural triterpenoid compound found in plants and has been shown to have a profound anti-inflammatory effect. In the context of acne, where lesions and blemishes can cause damage to the skin, the wound-healing properties of Oleanolic Acid may contribute to faster recovery and reduced scarring.

Willow Bark Extract and Licorice Root Extract work together to improve hyperpigmentation.

Recommended Usage:

Apply to skin and nano-needle at the very end of an acne facial. Not recommended to nano-needle over inflamed acne.

For added brightening benefits add $\frac{1}{3}$ of the ampoule in with the Green Sea Peel mixture before applying to skin.

Mix with cryofacial caps for a cooling and anti-inflammatory mask

Created for cellular renewal, the Salmon Meso Booster utilizes the power of PDRN.

PDRN (Polydeoxyribonucleotide) consists of DNA fragments which are mainly extracted from the sperm cells of salmon. PDRN is known to have significant properties which accelerates tissue repair, improves hyperpigmentation, reduces inflammation, and increases collagen synthesis.

Other key ingredients which help with regeneration include Niacinamide, and a host of peptides including Copper Tripeptide-1, Palmitoyl Pentapeptide-4, Tripeptide-1, Palmitoyl Tripeptide-1.

Recommended Usage:

Apply to skin and nano-needle at the very end of a rejuvenation/anti-aging facial. Not recommended to nano-needle over inflamed skin.

For added brightening benefits and to increase collagen stimulation add $\frac{1}{3}$ of the ampoule in with the Green Sea Peel mixture before applying to skin.

The White + Bright Meso Booster gives skin the antioxidants it needs via Glutathione and Vitamin C to shield skin from environmental stressors. This dynamic duo not only combats free radicals, but it helps repair and improve hyperpigmentation.

Natural extracts like Camellia Sinensis Leaf and Ginkgo Biloba Leaf help contribute to cellular renewal which helps improve the look and texture of skin.

Recommended Usage:

Apply to skin and nano-needle at the very end of a rejuvenation/brightening facial. Not recommended to nano-needle over inflamed skin.

For added brightening benefits add $\frac{1}{3}$ of the ampoule in with the Green Sea Peel mixture before applying to skin.

KrX's HA Filling Powder is an innovative topical filler which provides fast and effective skin rejuvenation.

The ultra-absorbable powder-to-water formula delivers nano particles of hyaluronic acid that penetrate the skin to fill in wrinkles and sunken areas, giving an immediate, plumped and hydrated appearance. Great for targeting specific areas like forehead, smile lines and crow's feet.

Recommended Usage:

Apply to skin and nano-needle at the very end of a rejuvenation/brightening facial. Not recommended to nano-needle over inflamed skin.

This two-part treatment instantly improves inflamed acne, and symptoms of Rosacea.

It's formulated with a combination of Chlorophyllin Copper Complex and Allantoin to trigger the wound healing cascade. It accelerates the healing of acne lesions, dermatitis, and strengthens the skin's barrier.

Chlorophyllin Copper Complex has antibacterial properties which kill anaerobic bacteria which may lead to further breakouts. It also regulates the production of HA in the skin, improving skin hydration and appearance.

Recommended Usage:

Follow recommended [protocol](#)

Nano-needling vs Micro-Channeling/Needling

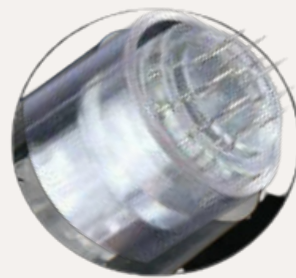
Nano-needling and micro-needling are both advanced skincare techniques that involve the use of fine needles to stimulate collagen production and improve the overall texture and appearance of the skin.

The main distinction between the two lies in the size of the needles and the depth of penetration. Micro-needling utilizes slightly larger needles that penetrate the skin at a deeper level, triggering a controlled injury response that promotes collagen and elastin production. This can be effective in addressing more significant skin concerns such as scarring and wrinkles.

On the other hand, nano-needling involves even smaller needles, which effect the epidermis. It is a gentler approach suitable for addressing superficial concerns like fine lines, pigmentation, and enhancing product absorption without causing downtime. Both techniques have their merits, and the choice between nano-needling and micro-needling depends on the specific goals and the depth of treatment required for optimal results.



NANO-NEEDLING



MICRO
CHANNELING/
NEEDLING

Aspect	Nano-Needling	Micro-Channeling	Micro-Needling
Needle Size	Smallest needles, does not penetrate the dermis	Small needles, penetrates the epidermis	Larger needles, penetrates the dermis depending on depth
Penetration Depth	Shallow, working on the epidermis	Intermediate, reaching the epidermal-dermal junction	Deeper, reaching the dermis
Treatment Purpose	Superficial concerns like fine lines, pigmentation, product absorption	Addresses loss of collagen and elastin	Deeper concerns like scarring, wrinkles, and collagen production
Downtime	Minimal to none	Minimal	Moderate to significant depending on the depth of treatment
Recovery Time	Quick recovery, often no downtime	Short recovery period	Longer recovery period depending on treatment depth
Suitable for Skin Types	Generally suitable for various skin types	Versatile, but may require caution	Best suited for individuals without certain skin conditions
Recommended Sessions	N/A	Several sessions may be required for desired outcomes	Fewer sessions may be effective, but optimal results often require multiple treatments
Pain Level	No discomfort	Mild discomfort	Can cause moderate discomfort, often managed with a numbing cream
Ideal for	Addressing superficial concerns, maintaining skin health	Improving texture and tone, collagen induction	Treating more advanced skin concerns including scarring

CONTRAINDICATIONS

Again, it's important to remember that nano-needling does have an exfoliating effect. So with skin barrier in mind, we want to make sure we are protecting, and strengthening the barrier, not depleting it.

IN PHOTOS, HERE ARE SOME EXAMPLES OF SKIN WHERE NANO-NEEDLING WOULD NOT BE APPROPRIATE/RECOMMENDED



This skin would be contraindicated due to dermatitis.



Any type of unknown skin condition should be referred out. If performing a facial, and when in doubt, support the barrier.



Dermatitis can present itself in many ways, and nano-needling should be avoided



Some may feel exfoliation is the best course of action, and since nano-needling has an exfoliating effect, it would be appropriate. This would actually be contraindicated. This skin is need of barrier support + likely dietary modifications.



Erythema and abrasions are contraindications of nano-needling



Barrier impairment may be more difficult to identify in higher Fitzpatrick's due to lack of representation and subsequently education.

This is a great time to point out how important continuing education is. There are several women within our industry who have made it their mission to bridge the gap in education for skin of color.

Here are some resources:

Joelle Lee - [Multicultural Skin](#)

Pamela Springer - [Global Skin Solutions](#)

CONTRAINDICATIONS



Dispersed erythema indicates a disrupted barrier.



An in-depth consultation would include these questions:

- *Is today a good skin day?* Although we see inflammation, this may be an improvement from what the client generally experiences. It also opens the door to discuss things that were possibly forgotten about on the intake form, or lead product recommendations.
- What toothpaste are you currently using? SLS or Fluoride may cause adverse skin reactions such as perioral dermatitis (rash around the mouth), stomatitis (sore or inflammation in the mouth), and urticaria (hives) are most commonly caused by the use of fluoride containing toothpastes, and is generally found around the mouth, chin, and nasolabial folds.
- Identify possible irritants: pets, laundry, chapstick, etc.
- Discuss current skincare routine and advise against exfoliation, even if skin is peeling and dry.

In general, skin will need barrier support. Possible treatments: Omega Green (omit nano-needling), Custo:Med Mask (Grade II Rosacea Mask) for its barrier healing properties)

Homecare Ideas: Neogenesis Beta Serum, Corthe Milk Cleanser, Corthe Rich M Cream, Corthe Re Gel to occlude.



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- *Is today a good skin day?* Although we see inflammation, this may be an improvement from what the client generally experiences. It also opens the door to discuss things that were possibly forgotten about on the intake form, or lead product recommendations.
- Identify possible irritants: pets, laundry, etc
- Discuss current skincare routine and advise against exfoliation, even if skin is peeling and dry.
- Refer out to a dermatologist or naturopathic doctor when unsure

In general, skin will need barrier support. Possible treatments: Omega Green (omit nano-needling), Custo:Med Mask (Grade II Rosacea Mask) for its barrier healing properties)

Homecare Ideas: Neogenesis Beta Serum, Corthe Milk Cleanser, Corthe Rich M Cream, Corthe Re Gel to occlude.



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- Identify possible irritants: pets, laundry, chapstick, etc.
- Discuss current skincare routine and advise against exfoliation, even if skin is peeling and dry.

In general, skin will need barrier support. Possible treatments: Omega Green (omit nano-needling), Custo:Med Mask (Maturation Arrest Mask for its healing and hydrating properties)

Homecare Ideas: Neogenesis Beta Serum, Corthe Milk Cleanser, Corthe Rich M Cream, Corthe Re Gel to occlude.



An in-depth consultation would include these questions:

- *Is today a good skin day?* Although we see inflammation, this may be an improvement from what the client generally experiences. It also opens the door to discuss things that were possibly forgotten about on the intake form, or lead product recommendations.
- Discuss stress management, and lifestyle
- Referring out to a naturopathic doctor may be helpful
- Discuss current skincare routine and advise against exfoliation, even if skin is peeling and dry.

In general, skin will need barrier support. Possible treatments:

Omega Green (omit nano-needling), Custo:Med Mask (Grade II Rosacea Mask) for its barrier repairing properties)

Homecare Ideas: Neogenesis Beta Serum, Corthe Milk Cleanser, Corthe Rich M Cream, Corthe Re Gel to occlude.

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