

ROLLING GUIDE

Thanks for purchasing a derma roller from Essential Derma!

Inside this guide you'll find information on things such as:

- How to use your derma roller
- How often to use your derma roller
- When to replace your derma roller head
- How to use your kits and serums

And much more.

The one thing we pride ourselves in is our customer service and after sales service. We always have a member of our team ready to answer your questions.

Every customer of ours gets access to free online skin coaching.

What this means is: We give you feedback month by month which will help to accelerate your results. Simply reach out to us with any questions or updates and we'll make sure to give you advice on what to do next to keep getting results.

On the next page we talk about monitoring your results. This is an extremely important step that must not be ignored. You can choose to monitor your results in private or with help from our skin experts – Its up to you!

The important thing is that you do not skip this step.

Thanks again for purchasing a derma roller from us, we appreciate having you as a customer and part of our micro-needling community.

Sincerely,
Essentialderma.com



Monitoring your results

Monitoring your results is very important as subtle changes may not be as noticeable if you're looking at yourself every day.

Before you start rolling it's important to take a photo of the area you're treating from all angles. We encourage our users to take a new photo once per month, so they can notice the increased progress.

By doing this we'll be able to see what areas are reacting well to what size roller and possible adjust over time.

If you want to be coached along the way, we offer this service for free.

Simply upload a before photo here, and we'll remind you each month to add a new photo or update.

ADD BEFORE PHOTO

Our team closely monitor each of our client's photos/updates and give advice on what to do to get better results.

This service is complimentary for all Essential Derma customers.



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How to Use

Preparation

1. Wash and dry your face or the area you're looking to treat.
2. Check the packaging to ensure you received the right size roller
3. Remove the roller from the packaging and run it under warm water
4. Once dry, grab a simple Isopropyl Alcohol solution to disinfect the roller head. This can be done by spraying or soaking the head for a minute or two.
5. Remove from liquid and allow the head to dry
6. You're now ready to start using the roller

*Isopropyl Alcohol can be purchased from Coles, Woolworths, Chemists, Bunnings etc.
Example Below:*



Warnings:

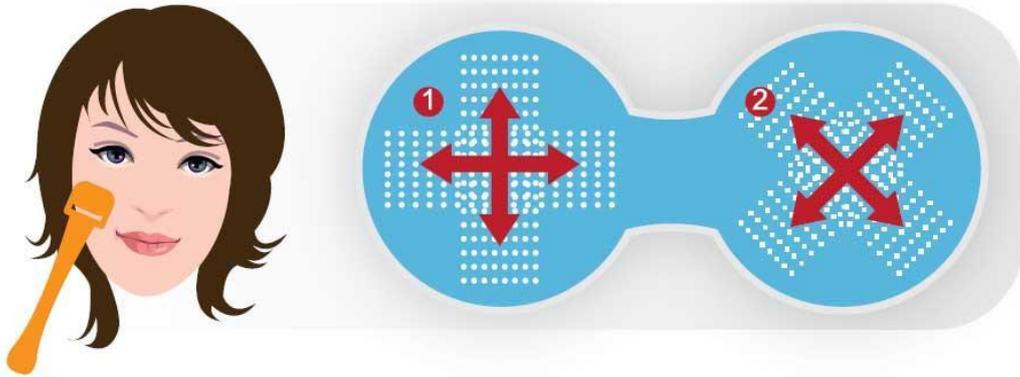
DO NOT use any other type of disinfectant or cleaner such as bleach. This will ruin the roller. Only use Isopropyl Alcohol.

Why don't we supply the disinfectant?

We'd love to be able to supply this type of product to you but due to shipping restrictions with flammable liquids we're unable to do so. If you live in an area where you do not have access to buy this type of product, please contact us. We can send this type of product via a special line, but this will take 8-12 days on average to arrive to you

Application Process

Gently roll the derma roller over the area you wish to treat 4-5 times vertically, 4-5 times horizontally, 4-5 times diagonally to the left and 4-5 diagonally to the right. As shown in this image.



After Use

Once you finish rolling, it's time to apply your favourite serum or cream. This is where the magic happens as your skin is primed and ready to fully absorb your serums.

Apply your favourite serums such as Hyaluronic Acid or Vitamin C serum and let your face recover. You should aim to use the device at night time, so it gives your face a break while you sleep.

The next day you can go about your day as normal. Cleaning After use, run the needle head under warm water and sterilise it again with your isopropyl alcohol. Once done, pack it away safely in its case, ready to use again when needed.



Each Size Explained

The sizes available range from 0.2mm all the way up to 3mm, so it's important to know what size the best option for you is.

Here are the most commonly used sizes based on specific goals.

1. **0.2-0.3mm** – Product Absorption
2. **0.5mm-1.5mm** – Anti-Aging, Acne Scarring, Enlarged Pores, Hair Growth
3. **1mm-3mm** – Body Scarring, Stretch Marks

Everyone's goals are different so it's important you seek advice specific to your own situation before using this type of device.

We offer free unlimited coaching to all our customers to ensure they are using the correct size and they are rolling at the appropriate times to ensure they get safe and long-term results. So, make sure you touch base with us if you have any specific questions.

Warnings:

DO NOT use sizes 2mm, 2.5mm or 3mm on the face, these sizes are far too large to be used on the face and should only be used by experienced rollers and on the body only.

If you've purchased the wrong size roller, please contact us immediately.

How Often to Use It

When it comes to micro-needling 'less is more', people often think that they need to use the roller more to get better results, this is never the case.

The rest period is more important than the skin stimulation period.

Here is a brief outline of how much you should use each specific size (at most):

- 0.25mm – 1-3 times per week
- 0.50mm – 1-2 times per fortnight
- 1.00mm – 1-2 times per month
- 1.5mm – 1 time per 6 weeks
- 2.00mm – 1 time per 8 weeks
- 2.50mm - 1 time per 8 weeks

Serums:

Vitamin C Serum – Morning and Night AND immediately after rolling

Hyaluronic Acid Serum – Morning and Night AND immediately after rolling

Day Flower Serum – Morning and Night

How Often to Replace the Head

Every 8-12 uses - A good guide to go off for sizes of 1.00mm and under.

For example:

0.25mm - twice a week usage = 5-6 weeks life

0.50mm - once a fortnight usage - 4-5 months life

A lot of people stretch it and use them longer, but it's not recommended, even these times are pushing it with usage. The needles dull over time and the holes they make won't be as clean and could cause damage to your skin.

The stainless-steel needles most other brands use dull even easier and are only designed for single use or a few uses at most, therefore we stay away from them and stick to titanium.

Derma Roller Head Information

We stock heads in multiple sizes. ALL our heads are compatible with our handle, which means once you have your original derma roller, you only need to replace the head and not the whole unit.

Our replacement head sizes:

1. 180 needle – 0.25mm (around eyes)
2. 180 needle – 0.50mm (around eyes)
3. 600 needle – 0.25mm (all areas)
4. 600 needle – 0.50mm (all areas)
5. 600 needle – 1.00mm (all areas)
6. 600 needle – 1.50mm (all areas)
7. 600 needle – 2.00mm (all areas)
8. 600 needle – 2.50mm (all areas)
9. 1200 needle – 1.50mm (body rolling only)
10. 1200 needle – 2.00mm (body rolling only)
11. 1200 needle – 2.50 mm (body rolling only)



Essential Derma Kits Explained

Anti-Aging Derma Roller Kits

Anti-Aging Beginner Kit

Contents & Use:

1. 0.50mm Derma Roller – Once per fortnight
2. 0.25mm Roller Head – 2-3 times per week
3. 30ml Hyaluronic Acid – Morning and night AND immediately after rolling

Anti-Aging Standard Kit

Contents & Use:

1. 0.50mm Derma Roller – Once per fortnight
2. 0.25mm Roller Head – 2-3 times per week
3. 30ml Hyaluronic Acid – Morning and night AND immediately after rolling
4. 1.00mm Roller Head – Wait 8 weeks before use, best used on stubborn areas
5. 180 Needle 0.25mm Roller Head – Used around the eyes instead of the original size 0.25mm roller. This will allow you to get into tighter areas.

Anti-Aging Ultimate Kit

Contents & Use:

1. 0.50mm Derma Roller – Once per fortnight
2. 0.25mm Roller Head – 2-3 times per week
3. 30ml Hyaluronic Acid – Morning and night AND immediately after rolling
4. 1.00mm Roller Head – Wait 8 weeks before use, best used on stubborn areas
5. 180 Needle 0.25mm Roller Head – Used around the eyes instead of the original size 0.25mm roller. This will allow you to get into tighter areas.
6. 30ml Vitamin C Serum - Morning and night AND immediately after rolling
7. 30ml Day Flower Serum - Morning and night AND immediately after rolling
8. 0.25mm Roller Head – Used once the other 0.25mm head is blunt

If you have a specific question related to our Anti-Aging kits, please check out the FAQ at the end of this document or contact us and we'll get back to you ASAP.

Acne-Scarring Derma Roller Kits

Acne Scarring Beginner Kit

Contents & Use:

1. 0.50mm Derma Roller – Once per fortnight
2. 0.25mm Roller Head – 2-3 times per week
3. 30ml Vitamin C Serum – Morning and night AND immediately after rolling

Acne Scarring Standard Kit

Contents & Use:

1. 0.50mm Derma Roller – Once per fortnight
2. 0.25mm Roller Head – 2-3 times per week
3. 30ml Hyaluronic Acid – Morning and night AND immediately after rolling
4. 1.00mm Roller Head – Wait 8 weeks before use, best used on stubborn areas
5. 30ml Vitamin C Serum – Morning and night AND immediately after rolling

Acne Scarring Ultimate Kit

Contents & Use:

1. 0.50mm Derma Roller – Once per fortnight
2. 0.25mm Roller Head – 2-3 times per week
3. 30ml Hyaluronic Acid – Morning and night AND immediately after rolling
4. 1.00mm Roller Head – Wait 8 weeks before use, best used on stubborn areas
5. 30ml Vitamin C Serum – Morning and night AND immediately after rolling
6. 0.25mm Roller Head – Used once the other 0.25mm head is blunt
7. 30ml Vitamin C Serum – Used once the other serum is empty

If you have a specific question related to our Acne Scarring kits, please check out the FAQ at the end of this document or contact us and we'll get back to you ASAP.

Stretch Marks Derma Roller Kits

Stretch Marks Beginner Kit

Contents & Use:

1. 0.25mm Derma Roller – 2-3 times per week
2. 1200 Needle 1.50mm Roller Head – 1 time per 6 weeks
3. 30ml Hyaluronic Acid Serum – Morning and night AND immediately after rolling

Stretch Marks Standard Kit

Contents & Use:

1. 0.25mm Derma Roller – 2-3 times per week
2. 1200 Needle 1.50mm Roller Head – 1 time per 6 weeks
3. 30ml Hyaluronic Acid Serum – Morning and night AND immediately after rolling
4. 30ml Vitamin C Serum – Morning and night AND immediately after rolling
5. 0.25mm Roller Head – Used once the other 0.25mm is blunt

Stretch Marks Ultimate Kit

Contents & Use:

1. 0.25mm Derma Roller – 2-3 times per week
2. 1200 Needle 1.50mm Roller Head – 1 time per 6 weeks
3. 30ml Hyaluronic Acid Serum – Morning and night AND immediately after rolling
4. 30ml Vitamin C Serum – Morning and night AND immediately after rolling
5. 0.25mm Roller Head – Used once the other 0.25mm is blunt
6. 2.00mm Roller Head – Used after seeking feedback from initial 16 weeks
7. 30ml Hyaluronic Acid – Used once the other serum is empty
8. 0.25mm Roller Head – Used once the other 0.25mm is blunt

If you have a specific question related to our Stretch Marks kits, please check out the FAQ at the end of this document or contact us and we'll get back to you ASAP.

1. If I have two serums how do I apply them?

Apply the Vitamin C serum first, wait a few minutes and apply the Hyaluronic Acid. If you have other serums not created by Essential Derma, apply them in order from active ingredient to hydration.

2. How long does it take to get results?

Some people experience changes within a couple of weeks while others can take months. There are so many variables to skin care. The important thing is to be patient and look after your overall health as well as your skin.

3. I have a derma roller, should I have a whole kit instead?

The derma roller is what you need to get started, the kits are for people may be experienced or who want faster results than just using the derma roller on its own.

4. I have the 0.25mm roller, what does it do?

The 0.25mm is for product absorption only, this does not go deep enough to work on the skin directly, but it will make your serums work much better. If you have lines/wrinkles, scars, deep pores etc, you will need a 0.50mm or larger.

5. I don't use serums, should I apply anything after rolling?

If you don't use serums the best option is to apply a nontoxic hydrating moisturiser immediately after rolling

6. Will derma rolling help the effectiveness of all serums/creams?

Some products that are very strong or harsh should not be used immediately after rolling. Its best to stick to natural non-toxic serums such as Hyaluronic Acid and Vitamin C.

7. Will a 1200 needle roller head fit my derma roller handle?

All our roller heads are designed to fit your original handle, when your roller goes blunt you can just purchase a replacement head.

8. Do I need to go up in needle sizes to keep seeing results?

90% of people will not need to move up in needle sizes. If you're using the correct size, moving up in size is only suggested on stubborn areas.

9. If I buy new heads/serums often, can I get a discount?

Yes, we have a very exclusive VIP group that we don't promote to the general public. This group receives discounted products and skincare hacks on a subscription basis.

[Click Here for More Information](#)