

**We categorise Dermal Rolling in to 2 distinct types.**

**1. C.I.T (Collagen Induction Therapy) or Medical Rolling.**

This is rolling generally done in the salon but can be at home with a roller **.5mm or greater** in gauge. **We encourage salon rolling treatments with a .5mm because salon treatments are more thorough, complete and intensive.** The aim of this rolling is to stimulate your own natural collagen and your skins growth factors as well as improving the overall health of the skin.

**This type of rolling is only to be done every 28 Days!**

Rolling more frequently renders the procedure ineffective as it interferes with the natural wound healing process and can actually breakdown collagen.

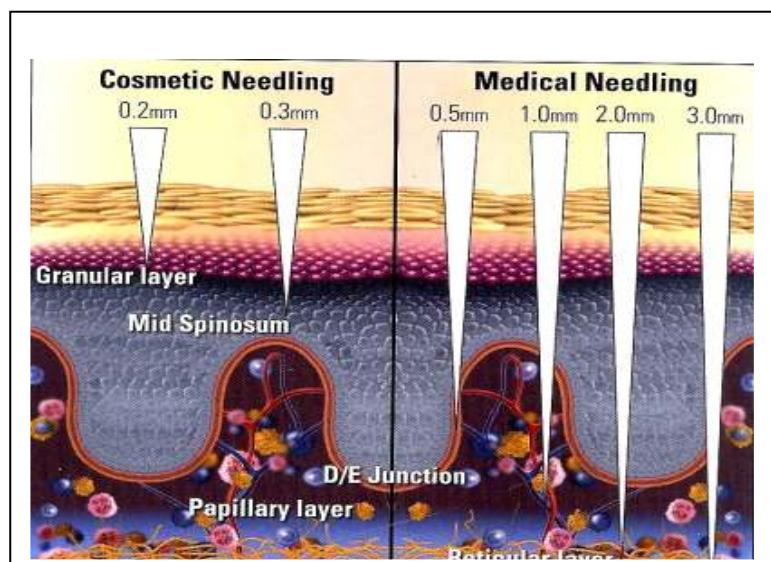
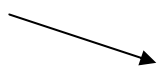
**2. Cosmetic Rolling.**

This is rolling done in the salon or at home with a roller **.3mm or less** in gauge. The aim of this rolling is to improve the overall texture and health of your skin and improve absorption of your products as well as lymph circulation.

**This type of rolling can be done every day if you like but a minimum of 4 times per week to achieve results.**

✦ With **Medical Rolling** it is best to book your first few treatments later in the day as the treatment can create a lot of stimulation to the skin (collagen induction), this can result in a flushed complexion for some people. The flushing is normal in the early stages and settles down the next day. If it doesn't do not be concerned it will eventually settle. The more flushing the more growth factor stimulation and collagen induction, positive outcomes!

**Depths of Penetration into the Skin with the 2 types of rolling.**

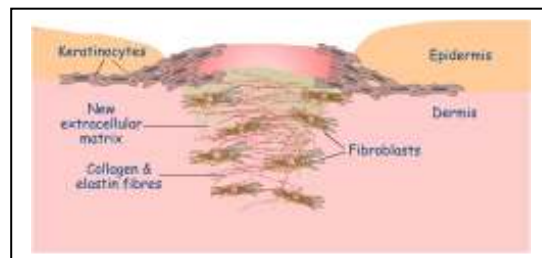


## How Does It Work?

The trans dermal roller contains 192 micro needles that come in a range of needle lengths usually 0.03 mm in thickness. Although the roller is a relatively new invention similar techniques have been used in Oriental medical systems safely for centuries. The rolling treatments are similar to cosmetic acupuncture treatment without having to administer acupuncture. Like Acupuncture Collagen Induction Therapy – (Skin Rolling) is a harmonious pairing of health and beauty one can't really exist without the other. Dermal rolling is a very natural and a holistic approach to beauty that utilises the body's natural wound healing response to strengthen and beautify the skin.

### The 4 Stages the Wound Healing Process

1. haemostasis
2. inflammation
3. proliferative
4. remodelling



Collagen Induction Therapy (C.I.T) can only be achieved by using a 0.5mm and above needle length. To initiate collagen the needles need to cause micro trauma, creating micro punctures in the skin which results in a mild inflammatory response that triggers the skin's natural wound healing response. One component of this response is collagen and the skin's own natural growth factors. The reason why there is collagen stimulation is that there is not a complete wound response in the tissues, the dermal roller does not sufficiently injure any tissue so no collagenase is stimulated (collagenase are proteins that attack the protein bonds of collagen hence destroying it).

Rolling also stimulates the skin cells to release TGF- (Transforming Growth Factors) into the dermis. TGF beta is a protein that controls cell proliferation and cellular differentiation among other functions in most cells. This cell multiplication results in the formation of new tissue layers of elastin and collagen fibres (neo-collagenosis) as well as the formation of new capillaries for an improved blood supply. The result is that both epidermis and dermis vitality will improve and become thicker.



*"Beautiful Healthy Skin Inside and Out"*

**Rolling Needles less than .5mm in length** will enhance the flow active substances through the stratum corneum, stimulate Epidermal Growth factors and increase circulation but will not induce the production of collagen and elastin.

- It has been scientifically proven that the dermal roller increases collagen induction by 80% after a single use.
- Dermal Rolling also increases absorption exponentially.
- Always be sure and aware the roller you are using is surgical stainless steel and not titanium. Titanium needles tend to buckle and can actually harm the skin. Your roller is safety packaged in a special container where the needles aren't in contact with the container itself. It is also tamper proof with sterile packaging. Your roller is also "Certified Europe" approved, CE approved 93/42 EU.
- Avoid using products containing, AHA's, BHA's, Parabens, Petrochemicals, Sodium Laurel Sulphates, Vitamin A-Retinal products, Ammonia, Synthetic vitamins, minerals, Nanotechnology skin care, numbing creams.

The above ingredient restrictions are important to observe as the dermal roller opens up the skin and will greatly increase absorption for one hour after each treatment so it is important to be aware of not applying any chemical or synthetic ingredients on your skin, or expose your self to any infection risks (eg) swimming in pools or spas.

**Dermal rolling can be used to treat the following,**

*Sagging Skin - Hyperpigmentation - Cellulite - Stretch Marks - Scarring - Hair Loss - Ageing skin Wrinkles - Thin Skin - Enlarged Pores - Blackheads - Acne/Rosacea - Spider Veins - dilated blood vessels - Dull Complexion - Uneven Skin Tones.*

***All skin types will have textural improvement and overall your skin will look plumper and healthier.***