

dermalogica professional treatments in a medical setting

Dermalogica treatments and skin needling

What is skin needling?

A skin needling device is a small, hand-held roller covered in needles of a specific gauge or length. The term “skin needling” refers to the use of this device when the roller is applied directly to the skin in a crisscross motion.

The effects on the skin of skin needling differ according to needle gauge, length and the manual pressure that’s used with the roller. Therefore the level of skin invasion and subsequent inflammation on the skin can vary from gentle stimulation to piercing the skin and drawing fluids, i.e. blood and lymph.

Dermalogica believes in promoting optimum skin health through skin care and therefore does not endorse the use of products, practices or modalities that cause unnecessary inflammation to the skin. Depending on the gauge of the needle and the level of invasiveness, determines whether this procedure should take place in a medical setting under the care and supervision of a medical practitioner.

Skin needle types, effects and precautions

A roller with wide gauge, short length needles that are under 0.25mm in length is generally non- invasive and cannot cause trauma to the skin, it stimulates and provides gentle exfoliation while increasing superficial circulation. This action, much like manual massage and other electrical modalities, may enhance the penetration and absorption of active ingredients into the deeper layers of the skin. Therefore additional age fighting skin benefits can be achieved when skin needling is combined with Dermalogica’s **AGE Smart**[®] products that contain a myriad of collagen boosting and skin fortifying ingredients like vitamins, botanicals and peptides.

The longer thinner needles around 1.0mm or 1.5mm in length are more hazardous; the potential for breaking the skin, drawing fluids, causing injury and subsequently the risk of infection is much higher. Extreme caution must be used as this is considered highly invasive and therefore considered high risk, it may also be beyond a skin therapist’s legal scope of practice. Therefore this procedure is best conducted under medical supervision as adverse reactions and post procedure complications can occur. When the barrier of the skin is compromised to this degree, bacterial skin infections, adverse skin reactions, post inflammatory hyperpigmentation and premature aging (due to inflammatory mediators being drawn to the area) can result.

As a rule of thumb, a professional skin therapist should not be using a needle higher than a 0.25mm gauge nor should any fluids be drawn from the skin; blood vessels and nerves typically reside about 1mm from the Stratum Corneum. Generally, 1.0mm or 1.5mm gauge needles are used to treat stretch marks and skin texture concerns; however they usually require the use of an anesthetic and should only be used by medical professionals in a medical setting.

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For skin needles that stimulate but are not invasive, the following regimen can be implemented and customized according to the client's skin needs. For more invasive devices, a post-care protocol should be followed.

Dermalogica professional procedure with skin needling

When combining professional Dermalogica treatments and skin needling, it is important to:

1. Review the Consultation Card to provide an in-depth consultation of your patient / client's skin ensuring they are a candidate for treatment.
2. Ensure the skin is in optimum health to reduce possible complications.
3. Never leave your client unattended.
4. Use Dermalogica professional products that are suitable for the patient / client's current skin condition.
5. Directions and protocols may differ from roller to roller; always consult the manufacturer for exact protocols and product usage for your particular device.
6. Develop a treatment plan or series based upon skin condition and turgor.
7. Avoid the use of Vitamin A-derived ingredients like Retin-A, Retinol, or Hydroxy Acids for 2-4 days after, if the skin shows signs of sensitization.

There are several key Dermalogica products that can be incorporated with the skin needling procedure. Below is a suggestion of a step-by-step:

1. Cleanse eyes and lips with **Soothing Eye Make-Up Remover**.
2. Perform the Dermalogica Double Cleanse; beginning with **PreCleanse** followed by the prescribed Dermalogica cleanser. Remove with water and sponges or a steam towel customized with a Botanical Mixer.
3. Perform **Face Mapping® skin analysis** to ensure the skin is not contraindicated to the skin needling procedure.
4. Lightly exfoliate the skin using no more than a Level 1 exfoliant based on the Dermalogica Exfoliation Level System.
5. Perform skin needling according to the manufacturer's recommendations. Generally, a crisscross pattern is recommended on the skin.
 - a. A Dermalogica professional serum or complex like **AGE Smart®** complex can be used in conjunction with skin needling and is generally applied before the skin needling procedure. Consult with the manufacturer for more specific directions.

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6. If removal of any debris from the skin is needed, use the appropriate Dermalogica cleanser or **Post Extraction Solution**.
7. Use the Dr. Lucas Pulverizer with 6 drops of **Calming Botanical Mixer** or **UltraCalming™ Complex** to calm skin following the skin needling procedure.
8. Perform a pressure point style massage using **Soothing Additive** or **UltraCalming™ Complex**.
 - a. As an option, an Additive or Complex can be applied under **Clinical Colloidal Oatmeal Masque**, **MultiVitamin Power Recovery® Masque** or prescribed Dermalogica Masque. Remove masque as directed.
9. Spritz with **UltraCalming™ Mist**.
10. Apply **UltraCalming™ Serum Concentrate** to reduce any irritation or redness, or **Skin Hydrating Booster** if the skin shows signs of dehydration. Follow up with **Barrier Repair** and **Ultra Sensitive Tint SPF30** to protect the skin or alternatively with **Super Sensitive Shield SPF30**.

This treatment should take 45 minutes to complete, but could be made into a 60-minute treatment if desired. During the 6-week series, the patient / client can further prepare the skin using **Skin Resurfacing Cleanser**, **Daily Microfoliant®**, prescribed booster or treatment product.