

## **See how the Personal Medik8 Titanium Dermaroller can help with your skin problem:**

### **Wrinkles**

The formation of wrinkles is mainly caused by the disappearance of elastin and collagen fibres in the skin, which occurs naturally with age. Over time, the quantity of these skin components gradually decreases, leading to skin depressions known as wrinkles and lines. The content of collagen in the skin decreases by about 1% with each year of life. Connective tissue collapses, and skin and facial contours lose their shape and firmness.

Treating facial wrinkles and lines with the Personal Medik8 Titanium Dermaroller versions offers results similar to professional mesotherapy and microdermabrasion. Piercing the upper layers of the skin with microneedles leads to increased blood flow in the skin and stimulates fibroblasts to synthesise collagen and elastin. Each subsequent treatment gradually reduces the appearance of lines and wrinkles.

Additionally, this accurate and minimally invasive microneedle penetration through the epidermis allows for much higher absorption of anti-ageing topicals like Medik8 vitamin C and retinol serums and the Pretox peptide line.

Use a 0.2mm version if you have a very thin, delicate or pain sensitive skin or if you are just beginning your home-based Skin Needling treatment.

Use a 0.3mm version if your skin is comparatively thick and resistant to pain or if you are not new to microneedle rollers and would like to obtain more spectacular results than with Personal Medik8 Titanium Dermaroller 0.2mm.

Notice: To build up skin tolerance to skin needling, allow 3 day intervals between treatments for a minimum of 2 weeks. When your skin becomes adjusted to needling, gradually increase the frequency of use. Do not use more than once a day. If used more than once a day the Medik8 Titanium Dermaroller may cause more inflammation than is aimed for and even cause damage.

### **Medik8 Titanium Dermaroller Anti-wrinkle Protocol for the Face**

1. **STERLISE:** Sterilise the Medik8 Titanium Dermaroller with a sterilising solution and allow to dry before every use.
2. **CLEANSE:** Cleanse face, neck and décolleté using a Medik8 oneCleanse or your preferred Medik8 foaming cleanser suitable for your skin type and pat skin dry.
3. **ROLL:** Visually divide the skin into sections (forehead, left cheek, right cheek, nose, chin, left side of the neck etc.) Using a constant, gentle rolling motion roll 10 times back and forth over each skin section.
4. **PREVENT:** Apply Medik8 Vitamin C Serum - C-Tetra or CE-Tetra and allow to absorb.

5. CORRECT: Apply Medik8 Retinol 3TR Serum and allow to absorb. Alternatively mix Retinol 40 Boost with Hydr8 Resveratrol Night as per the instructions and skip the HYDR8 step.

6. HYDR8: Finish with Hydr8 Night.

7. FINISH: Clean roller with hot water and return to case, dry.

Treatment duration: 5 – 20 minutes, depending on the speed of rolling and the size of treatment area.

Frequency of use: 2 – 7 times per week, depending on skin tolerance.

To build up skin tolerance to Skin Needling, allow 3 day intervals between treatments for a minimum of 2 weeks. Gradually increase frequency of use, as your skin becomes adjusted to needling.

Do not use more than once a day.

Optimal treatment time: At night

## **Eye Wrinkles**

One of the first and most profound signs of skin ageing is the formation of fine lines and wrinkles around the eyes and above the lips. Degradation of collagen and elastin fibres leads to decreased skin firmness and elasticity. Simultaneously, the cells of the sub-dermal tissue begin to diminish and the skin starts to lose its ability to retain water. As a result eye bags and wrinkles including crow's feet and peri-oral lines, are formed.

Skin Needling with the Personal Medik8 Titanium Dermaroller 0.2mm can successfully be used to treat the sensitive areas under the eyes and above the lip line.

While these areas are usually the first places to give away age, they are also the most difficult to treat, due to the sensitivity and thinness of the skin in those areas. Chemical peels and laser work by removing the top layer of the epidermis to shallow the depth of the wrinkles and induce collagen synthesis. The peeling solution can also be quite irritating. For these reasons, chemical peels for the under-eye area are not available for home use. The Personal Medik8 Titanium Dermaroller 0.2mm offers an effective and safe method of rejuvenating under-eye and peri-oral skin in the comfort of your home. Treatment with the Personal Medik8 Titanium Dermaroller 0.2mm is painless and leaves the epidermis intact, therefore almost entirely eliminating the risk of scarring. Furthermore, the procedure does not generate heat, therefore does not pose a threat of a thermal injury and can be performed on skin of any origin and type.

The accurate and nearly non-intrusive microneedle penetration through the epidermis allows for much higher absorption of anti-ageing topicals like Medik8 Vitamin C and A serums and Medik8 eye rejuvenation treatments.

To treat the under-eye and peri-oral area, only use a Personal Medik8 Titanium Dermaroller 0.2mm model.

Notice: To build up skin tolerance to Skin Needling, allow 3 day intervals between treatments for a minimum of 2 weeks. When your skin becomes adjusted to needling, gradually increase the frequency of use. Do not use more than once a day. If used more than once a day the Medik8 Titanium Dermaroller may cause more inflammation than is aimed for and even cause damage.

### **Medik8 Titanium Dermaroller Anti-Wrinkle Protocol - For the Eye Area**

1. **STERILISE:** Sterilise the Medik8 Titanium Dermaroller with a sterilising solution and allow to dry before every use.

2. **CLEANSE:** Cleanse face, neck and décolleté using a Medik8 oneCleanse or your preferred Medik8 foaming cleanser suitable for your skin type.

Pay particular attention to the under-eye and peri-oral area. Pat skin dry.

3. **ROLL:** Using a constant, gentle rolling motion roll 10 times back and forth over both under-eye and peri-oral area.

4. **PREVENT:** Apply Medik8 vitamin C Serum - C-Tetra or CE-Tetra and allow to absorb.

5. **CORRECT:** Apply Medik8 Retinol Eye TR and allow to absorb.

6. **FINISH:** Clean roller with hot water and return to case, dry.

Treatment duration: 3–5 minutes, depending on the speed of rolling and the size of treatment area.

Frequency of use: 2 -7 times per week, depending on skin tolerance.

To build up skin tolerance to Skin Needling, allow 3 day intervals between treatments for a minimum of 2 weeks.

Gradually increase frequency of use, when your skin becomes adjusted to needling. Do not use more than once a day.

Optimal treatment time: At night

