

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

Cellulite

Cellulite, also known as “orange peel”, is a common skin disorder affecting approximately 90% of women. Its primary symptom is the dimpled appearance of the skin that many people have on their hips, thighs, and buttocks. This characteristic unevenness is caused by the enlarged and unevenly distributed fat cells that press on and deform the connective tissues underneath the epidermis and lead to the appearance of “orange peel”. Fat cells become enlarged due to the distorted function of the lymphatic system, which should normally expel excess fat, water and waste products from our bodies. When these substances accumulate in the body, particularly on the skin’s surface, fat cells become enlarged and eventually lead to the formation of visible bumps on thighs, buttocks, abdomen and arms.

Diet, regular exercise and body brushing can help control this condition; however more spectacular results can be achieved by Skin Needling therapy accompanied by anti-cellulite topicals.

Skin needling with the Personal Medik8 Titanium Dermaroller 0.3mm significantly increases the effectiveness of anti-cellulite preparations to reduce the appearance of orange peel.

Notice: Skin on the body is much thicker than facial skin and therefore longer microneedles of 1.0mm and above are required to effectively treat cellulite with dry skin needling (i.e. without topical anti-cellulite preparations). Due to safety reasons, the Personal Medik8 Titanium Dermaroller for home use is only available in 0.2mm and 0.3mm sizes. Therefore, to treat cellulite at home, we recommend using the Personal Medik8 Titanium Dermaroller 0.3mm accompanied by the Medik8 anti-cellulite formulation - Lipomelt Forté. If you wish to commence a professional treatment regime with the Medik8 Titanium Dermaroller 1.0mm or above, please consult your dermatologist. Use the 0.3mm version (the largest needle size available for home use) to treat the skin on your body.

Medik8 Titanium Dermaroller Anti-Cellulite Protocol

1. **STERLISE:** Sterilise the Medik8 Titanium Dermaroller with a sterilising solution and allow to dry before every use.
2. **CLEANSE:** Cleanse the entire treatment area and pat skin dry.
3. **ROLL:** Visually divide the skin into sections (e.g. divide your right thigh into 4 sections at the front and 4 sections at the back).

Using a constant, gentle rolling motion roll 10 times back and forth over each skin section.

4. **CORRECT:** Apply Lipomelt Forte and allow to absorb.

5. HYDR8: Finish with Hydr8 Body.

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

Treatment duration: 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