

The Secret of Youth



It's been heralded as a non-surgical way to achieve glowing – and, crucially, younger-looking – skin. But what is micro-needling? And does it really produce results?

We speak to Rachel Eve of Stetchworth's Advanced Skin Clinic to find out more

What is micro-needling?

Micro-needling, derma-rolling and skin-needling pens or stamps are all forms of Collagen Induction Therapy (CIT), an advanced aesthetic, skin-tightening and rejuvenating treatment designed to stimulate your natural collagen. It works by causing thousands of tiny controlled micro-injuries which promote a natural wound-healing response, inducing new and stronger formed collagen for a smoother, more youthful complexion.

What's the difference between a derma-roller and micro-needling pens?

I started in manual derma-rolling Collagen Induction Therapy over six years when I worked for the International Institute of Anti-Ageing. More recently, mechanical CIT needling pens have become the favoured method but, until now, have not been FDA approved. Ultimately, manual derma-rolling and the micro-needling pens do the same thing, but the depth can be controlled more accurately with micro-needling pens. For example around the eyes, as the skin is thinner, you can reduce the depth; over a pitted acne scar, you would increase the depth, so the treatment is more effective.

What is the science behind it?

Back in the Nineties, Dr Des Fernandes, the founder and plastic surgeon behind Environ Skincare, noticed that when a tattoo is performed over a scar, the scar would soften.

He presented his findings in 1997 after treating patients in his clinic using a single needle to wrinkle lines to induce collagen to the area and treat the line. He went on to develop a manual needling device in the form of a 'derma'-roller and manual needle stamp. Having worked for Environ Skincare in the UK, I've been



lucky enough to attend a number of seminars and talks by Dr Fernandes on CIT and have been amazed with the results it can deliver.

What is the SkinPen?

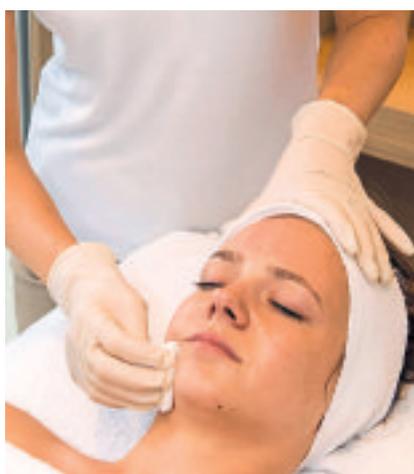
The SkinPen is the next generation in micro-needling technology and the preferred device used by medical professionals. It is the only micro-needling pen with FDA approval which is really important to me and the safety of my clients. The SkinPen, which launched in 2017, references Dr Fernandes' research and studies which is another reason it complements the treatments and product range I already offer within my clinic.

What results can you expect?

The SkinPen is one of the most advanced treatments I offer. After the initial redness and minor shedding, the results become visible after about five days and keep improving for up to 30 days post treatment as the collagen remodels in the lower skin layers. The SkinPen improves scars, open pores, lax skin, lines and wrinkles making it one of the best all-round treatments for skin rejuvenation! The before and after results I have seen already have been phenomenal.

Have you trialled it yourself?

Yes! I think it's really important to experience each treatment I offer myself.



I have had two micro-needling sessions recently and my skin is looking better than ever. I am a big fan of micro-needling as it can really transform the skin without the need for fillers or botox.

Does it hurt?

No. The skin is numbed with a topical anaesthetic prior to the treatment so that you don't feel discomfort during it. Some other needling devices don't use anaesthetic, but this generally means they don't penetrate as deeply and therefore you only get a temporary inflammation which can look like a 'tightening' effect but won't have long lasting results.

Research has shown that you do need to 'bleed to succeed' with this treatment, so an erythema (redness) must be created in order to bring the blood, platelets and

growth factors to form new collagen to the skin's surface.

What is the downtime?

Every skin is different, so it can vary depending on how well you naturally heal and the depth of the treatment. The best way to describe how your skin will feel afterwards is a bit like mild sunburn – the skin will look red and feel tight and warm for up to 24 hours. Then, as the skin heals, you may notice some shedding or dry patches for three to five days. Generally after one week your skin will be glowing!

How many treatments will I need?

Usually between three and six treatments for ultimate results, depending on your skin type and concern, but I have seen some incredible results after just

one treatment which you can view on Instagram @racheleveskin.

How much does it cost?

A single treatment starts at £200 which includes a single use, disposable needle head and aftercare kit. Each treatment takes an hour and a half.

How can I book?

You can book a free consultation and find out more by visiting racheleve.co.uk or calling 07759 415118.

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