

What is Microneedling?

Microneedling is a treatment that involves using a tool with 11 super-tiny needles in the very tip, which can be adjusted by your professional between 0.5 and 2.5 millimeters. 0.5 millimeters is the smallest amount, which penetrates the stratum cornea, or the superficial layer of skin.

Microneedling is collagen induction—or collagen induction therapy, which is another name for it—and the treatment creates micro-punctures from the needles in your skin. Your body treats a small wound the same way as a large wound, and sends fibroblasts to create more collagen in the affected area. We are basically tricking your skin into thinking it has been wounded, but as a result, we're thickening the skin and improving the texture with this procedure.

Who should do microneedling?

It's great for acne scarring, and because it doesn't use heat and is totally mechanical, it's safe for all skin colors and types. The treatment is wonderful for smoothing out the skin and filling in acne scars, but if you have those small bumps from clogged pores, it can help to clear all of that up as well.

Does microneedling hurt?

It shouldn't, provided that we will numb the area first. Afterwards you can expect the skin to be a little pink, and at the very worst, a few tiny punctate scabs that fade in a few days.

Which areas on the body can be treated?

Microneedling isn't exclusive to just the face area. The treatment can be done anywhere the skin on the body needs to be thickened, particularly those that have stretch marks, like the legs, chest, or butt, and 4 to 6 sessions on average usually do the trick.

How often can I get microneedling done?

A series of 3 treatments in 4-6 weeks. After that, you can come in once a year for a touch-up whenever you feel like you need to give your skin a reboot.

What should I do after microneedling?

Avoid Retinols or actives for a week.

Follow the recommendations of your professional.