

Important, Breakthrough Information Regarding Dermal Rolling.



As you are probably well aware we are passionate about dermal rolling and why not an inexpensive, non-invasive, highly effective little tool that has a multitude of benefits for your skin. Naomi did a lot of research and trials before settling on the green .05 mm rollers that we sell but in a **never ending quest for optimum results** we have come across some important research that has changed the rolling protocols we had previously advised.

Based on the research of **Dr Lance Setterfield M.D.** who has been researching skin rolling for over 5 years we are advising that you only roll with the **.05 roller once a month,**

that's right once a month!

The reason being is that this length of needle is the length that causes a micro trauma by creating minute punctures in the skin at the basal layer resulting in a mild inflammation response that initiates collagen induction. Rolling with this length of needle will also stimulate the skin's wound healing mechanism consisting of anti – fibrotic, pro –fibrotic, inflammatory cytokines and collagenase.

Rolling more than once a month with the 0.5 will cause collagenase to be permanently peaked and this will break collagen down as fast as you make it. Collagenase is a protein that attacks the protein bonds of collagen hence destroying it. Treating once a month allows the healing cascade to follow the normal pathway. Also too frequent rolling with a 0.5 results in too much of a inflammatory response, and we want to minimize this.

But remember there is more to rolling than just collagen production, **there is a great textural improvement in the skin, increased product absorption and increased circulation.** These benefits can be obtained by using a **0.3 mm roller (cosmetic roller) 4 times per** week without creating any trauma to the skin. In summation our new rolling protocols are

- Roll or have a Salon treatment once a month with a 0.5mm roller to stimulate collagen production, treat deep lines and scarring.
- Use a 0.3 mm 4 times per week to increase micro circulation, improve product absorption and the texture of the skin.

**Transform Aging Skin
by Dramatically
Boosting Your Own
Natural Collagen
Production with this
No Fuss, Inexpensive
Easy to Use Secret
Beauty Weapon..**



Sound To Good To Be True? Well It Is True, this is a proven method that will greatly benefit your complexion giving you a Healthier, Rosier, Plumper And More Youthful Look.

How Does It Work?

Similar techniques have been used in traditional medical systems safely for thousands of years. These treatments are designed to mimic cosmetic acupuncture treatment without having to administer acupuncture. Like Cosmetic Acupuncture, Skin Rolling (**Collagen Induction Therapy CIT**) is a harmonious pairing of health and beauty.

CIT is a very safe, natural and holistic approach to beauty.

The trans dermal roller is gently rolled in specific directions over the skin on the face from 3 – 5 minutes. The trans dermal roller contains **192 surgical stainless steel micro needles** that come in a range of needle lengths with a 0.3 mm gauge, (thickness). The tiny needles cause a micro trauma by creating minute punctures in the skin resulting in a mild inflammation response that initiates collagen induction. ***No! it's not painful!***

The reason why there is this collagen stimulation is that there is not a full blown wound response in the tissue i.e. the dermal roller does not injure any tissue so little collagenase is stimulated (collagenase is a protein that attacks the protein bonds of collagen hence destroying it). The increased stimulation of the facial skin cells also releases TGF- (Transforming Growth Factors) into the dermis. TGF beta is a protein that controls cell proliferation and cellular differentiation among other functions in most cells. This cell multiplication results in the formation of new tissue layers of elastin and collagen fibres (neo-collagenosis) as well as the formation of new capillaries for a improved blood supply. The result is that both epidermis and dermis vitality will improve and become thicker.

The length of the needles on the roller is of utmost importance, collagen stimulation hence production can only be achieved by using a **0.5mm and above needle length** as it is a scientific fact that new collagen regenerates close to the corneum (the outermost layer of

the skin), no deeper than 0.5 to 0.6 mm below the basal layer (The deepest layer of the epidermis). Rolling the skin with needles **less than .5mm in length** will enhance the flow active substances through the stratum corneum and circulation but will **not induce the production of collagen and elastin.**

- It has been scientifically proven that the dermal roller increases collagen induction by 1000% after a single use.
- C.I.T increases absorption by up to 10,000 times. It achieves this as the dermal roller when rolled across the skin causes micro channels at the skins surface. This enables the skin to absorb a product applied to the top layer, hence it enters the blood stream directly.

Frequently Asked Questions.

What skin conditions can benefit from CIT?

All skin types will get a marked textural improvement but aging and post acne scarred skin will show the most dramatic improvement.

The dermal roller can be used to treat the following conditions

- ✓ **Sagging Skin - Hyperpigmentation - Cellulite - Stretch Marks - Scarring, Hair Loss - Ageing skin - Wrinkles - Thin Skin - Enlarged Pores - Blackheads Acne/Rosacea - Spider Veins - dilated blood vessels - Dull Complexion - Uneven Skin Tones.**

How soon will I see an improvement in my skin?

Most people see an improvement in their skin texture in around 7 days. To build a good basic level of collagen it is best to use your roller **once a month in the evenings.**

- For those 35 years and under, use for 3 months
- for those 35 + treatments vary from 3 to 18 months.

Your skin will continuously improve with ongoing use. Ongoing use of the dermal roller is recommended for all ages. You will look so much younger and healthier than the people in the same age group.

Is it hard to use?

No but to achieve optimal results the roller must be used consistently with the correct technique

Is Salon Treatment Necessary?

No but you will achieve better results quicker with some salon treatments for a number of reasons.

- The rolling tends to be more thorough and comprehensive in the salon
- Serums and masques are used in the salon treatment as well as the rolling and with the greater absorption achieved your skin will be absorbing the potent Genetic creams and serums at an optimal level.

Hyperpigmentation.

We recently received a newsletter from company that sells Dermal Rollers, not the company we source ours from. They said that they had been hearing from some buyers of their rollers that were achieving some great results with hyperpigmentation and were surprised as they did not know the mechanism behind it as they were mainly focused on wrinkle treatment.

We are not surprised with such results, rolling can have a positive effect on **hyperpigmentation** and **Melasma** (*a dark skin discoloration that appears on sun-exposed areas of the face*).

Hyperpigmentation is a difficult condition to treat due to the many variables that influence the **melanocyte** (*melanin-producing cells located in the bottom layer (the stratum basale) of the skin's epidermis*). Some influencing factors are

- The **Endocrine System** – hyperpigmentation / Melasma is often associated with the female hormones estrogen and progesterone. It is especially common in pregnant women, women who are taking birth control pills (oral contraceptives) and women taking hormone replacement therapy (HRT) during menopause. Melasma is a very common skin disorder. Though it can affect anyone, young women with brownish skin tones are at greatest risk.
- The functioning of the **Keratinocyte** (the predominant [cell](#) type in the [epidermis](#), the outermost layer of the [human skin](#), constituting 95% of the cells found there)
- The functioning of the **Fibroblast** (*a type of cell that synthesises the extracellular matrix and collagen and elastin*)
- **UV exposure.** (*particular UVB*)

The melanocyte can be damaged internally and externally leading to hyperpigmentation. External damage can be in the form of UV exposure which causes the melanocyte's **Dendrites** (neural branches) to become shortened resulting in increased pigment deposition in Keratinocytes close to the melanocyte itself. Internal damage can be in the form of Mitochondrial damage (*Mitochondria are the cell's power producers. They convert energy into forms that are usable by the cell*). Some other causes / triggers are

- Pregnancy
- Hormone treatment
- Drugs such as (*anti-epileptic, anti-depressants, antibiotics, malaria drugs, diuretics, Doxorubicin*)
- Post inflammatory reactions – (*eg Acne, Burns, Insect bites*)
- Cellular senescence (*an aged cell that has forgotten how to function*).
- Photosensitisers (*eg*) some essential oils, particularly the citrus family, fragrances and fragrance fixing agents.

How Can Skin Rolling Help All This?

Skin rolling can help because

- It increases the availability of skin lightening actives
- It helps to restore keratinocyte function (1) improves signalling between the outer layer skin cells and the melanocyte cell (2) normalises keratinocyte function to optimise pigment uptake.
- Restores fibroblast function which normalises cell cross talk with the melanocyte.
- Normalises the dendrite function of the melanocyte which regulates a protein (kinase). Increased levels of this protein lead to increased levels of pigment in UV exposed cells.

If you have any further questions on this or any skin care concerns please feel free to contact us at Human Nurture.