

# FACE & BODY REVIVAL PROUDLY PRESENTS OUR EXCLUSIVE MEMBERSHIP PROGRAM

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**Micro-needling** \_ the treatment begins by first cleansing the face, then a growth factor serum is then applied all over. The Medical Aesthetician needles the serum in, apply another layer, then use a mask over the top to seal everything in. Keep in mind, this is not the same procedure as a "vampire facial," which uses growth factor from your own blood, and is recommended for very advanced signs of aging. It may sound like an intimidating procedure, no thanks to the word "needle" in its name, but the treatment can be considered a more effective way to do a facial—aside from the numbing cream involved. "You're really building collagen and thickening the skin, so instead of looking good for a few days after your traditional facial, your skin is smooth and radiant for much longer, "It's such a safe procedure, and is great for filling in acne scars." Of course, the idea of getting needles inserted into your face for the sake of skincare can seem intimidating, but if you've seen the before and after shots, there's no questioning the treatment's effectiveness, and instead of using injectable fillers to repair an indented area, the process kick-starts your body's own natural collagen production to heal the skin on its own. **\$250**

series of 4 \$550

series of 6 \$ 650

## **Micro-needling What Is It?**

A skin-rejuvenating procedure in which tiny needles create punctures in the top layer of skin with the goal of improving overall texture and appearance. Once an old-school beauty treatment, micro-needling is making a comeback among both the skincare-obsessed and A-listers alike. The entire process takes about 15 minutes. A numbing cream is applied first, then the needles are moved across the skin using a small "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." Just make sure there aren't any inflamed or infected areas on your skin, and if you have a cystic breakout, wait until it clears up before going in for your appointment.

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## **Who Should Do It?**

If you need to grow a thicker skin—you're probably a good candidate.

## **Does It Hurt?**

It shouldn't, provided that your practitioner numbs the area first. We use a cream to numb the skin really well, so we can go as deep as we need to. 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 It Done?**

Depends on the severity of the issue. "If your skin is generally fine and you take care of it, you can micro-needle every 3 to 6 months, but someone with dramatic acne scarring should plan to do one session per month for 4 to 6 months. 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."

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## **Micro-needling Before and Aftercare Instructions?**

Ideally, you'll want to avoid putting on makeup for the rest of the day, but if you have prior commitments, it's totally safe to wear later in the night. "We advise people not to use retinol or anything too active for a few days, and a growth factor serum is recommended to put on before bed, and then again in the morning, "You can apply more in the morning, and you can go back to your regular makeup routine then, and the vials of growth factor serum should be used every night until you run out."

Avoid taking blood thinners, ibuprofen, Acetaminophen and pain relievers before microdermabrasion & microneedling although it may relieve pain temporarily it also thins the blood leaving you prone to bruising and broken capillaries.

Hold off on using Prescription acne products Retin-A, Renova and all other medication 48 hours prior to and after you peels unless instructed by your skin specialist. Do not use any exfoliating products containing AHA's for up to 7 days after, this will irritate the skin

Avoid sun exposer and sun beds or sauna, steam rooms and jacuzzi for 48 hours as this will increase your chances of broken capillaries. Avoid vigorous exercises, hot yoga and swimming for 24-48 hours after treatment

Our preference would be to wait 10 days to 2 weeks, until the swelling and bruising from fillers have fully resolved. Botox also takes approximately 2 weeks to achieve the full effects. We recommend waiting at least 2 weeks, to give enough time for your skin to recover after IPL & Laser Hair Removal

Remember that the new fresh skin that is exposed is delicate- Use sunblock to protect the skin from the harmful rays of the sun. Keep the skin well moisturized, AM & PM- this will avoid any peeling and dryness. Keep the skin clean- that means cleanse, tone and moisturize everyday. Your recommended treatment should be repeated everyday your will attain healthier skin after each and every treatment.