

## “Skin Fit”- Is your skin Prepared for a Dermapen Clinical Treatment

So you want to make a change to your skin and you are unsure if you're a candidate? Please read the following information explaining the important steps to getting the skin you want. Traditional Facial treatments and Advanced facial treatments (peels) greatly benefit the skin and prior preparation is NOT always required, however when advancing to a Clinical Treatment it is important to know the preparation process to ensure you receive the optimal results.

Your skin needs to be prepared prior to a Dermapen Treatment to ensure malfunctioning skin is returned to its correct biological pathway. This will make the treatment more effective, reduce chances of unwanted responses and increase results. A non-prepped skin is an unhealthy skin, or a sick skin, and a Dermapen treatment is a marathon. To put it simply, you cannot enter a marathon if you are sick. The ABC skin care ingredients- these 3 vitamins are all essential to prepare the skin. Vitamin A will correct DNA in the cell to make sure the skin is mutating a healthy cell. Vit B will act as melanin inhibitors (this stops the production of pigmentation cells) and Vitamin C is a cell optimiser (like a berocca product for your skin). We do not treat skins that are not following a skin care programme set out by skin professionals. You would never go to a personal trainer at the gym to lose weight and not have the correct diet and program at home, same with skin treatments, especially when working on correcting skin function.

So how do we know if your skin is ready for a Clinical Treatment? Simple, you need to be using a professional skin care regime for a minimum of 30 days. This will ensure your skin receives a high and active dose of the essential vitamins, peptides and protection to ensure your skin is functioning at a healthy rate. What we mean by professional skin care is skin care that is prescribed by skin therapists and Doctors. These products are of a high-quality regarding potency (60- 85%) and effectiveness, and in just 30days your skin is functioning more like a healthy skin.

Prescription skin care are products that are exclusively salon only (not online) used by professionals and prescribed by professionals. The 2 skin care lines we use a Hello Honey are “O Cosmetics” an Australian Made Medical Grade skin care product, and “DP Dermaceuticals” a Medical Grade Skin Care line, exclusive to Dermapen Therapists. One thing I find very difficult with my more mature clients is they want to make a change to their skin, but they look at me confused when I tell them that Estee Lauder and Loreal are complete rubbish. 25 years ago it WAS the best thing at the time, but certainly not the case now. “Cosmetic Skin Care” are products that are sold to you over the counter (O.T.C) by someone who has no qualification to diagnose your skin and no desire to perform a professional skin treatment on you. A Cosmetic skin care product (required by advertising laws) have up to 5% active ingredients and a molecular weight that sits on top of your skin and does not penetrate the ACTIVE skin cells. It does NOTHING long term to your face and does not future proof your skin to environmental factors and ageing. It is the perfect product for a client who is only interested in having a “Traditional Facial” where we relax and massage you and improve your complexion temporarily. It is not the product to use when you want to make a change to your skin.

**Cosmetic Skin Care- This is the category that most of us know and use when we don't know any better.**

In the past skincare has been more about relaxation than skin correction, simply because technology was not as advanced, or results driven as it is now. I encourage you to book in for your Dermapen Consultation and we can discuss your concerns, your budget and put you on the path to making a change in your skin.

### Skin Maintenance vs Skin Correction

Skin Maintenance is what we use to maintain a healthy skin- the basics every day. These 4 steps cost on average \$250 and last 4-6 months. Over a 12 month period it costs as little as \$14 a week to maintain your skin. Quite comparable to purchasing take away coffees or a gym membership.

Skin Correction is when the skin needs more, to target unhealthy cells and combat concerns. Creams and serums have been specifically formulated to target unhealthy cells (pigmentation, acne and sagging skin) and

cost \$65-130 per bottle. Generally 1 corrective product is all it takes to correct a concern and every skin requires a corrector to achieve your skin goals.

Maintenance Skin Care • Cleanser • Exfoliant • Moisturiser • Day SPF Cream

Correction Skin Care • Vitamin A Serum • Eye Cream • Therapeutic Serums • Masks • Oil Balms

Maintenance- Like the 3 meals a day you eat to maintain your hunger and energy- we look at skin maintenance as the basics to give your skin its daily essentials for a healthy skin. Each morning and night you apply the following products to assist in the day-to-day routine your skin requires.

Cleanser- Foaming, gel or milky- available in different textures to ensure your skin is thoroughly cleansed and left feeling clean and not stripped. Professional cleansers do not contain soaps or nasty chemicals that strip the skin.

Moisturiser- A night cream that will rebalance, comfort or nourish your skin. Best used at night as your body is at rest and not battling the sun, pollution, sweat or make up- this product gives your skin all it needs at night.

Sunscreen- Daily moisturizing SPF product available in oil free or medium weight. They combat the harsh UVA and UVB rays from the sun during the day that penetrate our ozone layer and damage our skin. UVA/UVB rays cause premature ageing, sun burn, pigmentation and skin cancer. A spf should be worn 365 days of the year as UVA rating is just as high in winter as in summer.

Exfoliant- Mechanical or Chemical both types of exfoliants are ideal to turn over dull redundant cells 2-3x a week. Available in a scrub (wash off in the shower) or a mask (paint it on and wear it for 30mins) or a leave on serum used at night to allow fruit enzymes to eat away at dead cells like Pac Man to reveal more youthful looking skin.

Those are your 4 essentials to maintain a healthy skin. But what do you do when your not happy with your skin? When you have acne spots? Or ageing sagging skin? Pigmentation?

Correction- Skin Correction is just that, a way to relieve a concern with a targeted product that specifically works on EACH concern to repair and replenish the source of the problem. Similar to taking vitamins, protein powder, medication or even coffee- corrective products give us that bit extra that your skin needs, more than just your 3 meals a day.

Vitamin A Serum- An intense infusion of Vitamin A and a powerful combination of active ingredients. Vitamin A is the only specific vitamin that will correct DNA damage to make sure the skin is mutating a healthy cell. This product combats damage from the sun and ageing while specifically rejuvenates and repairs the skin. This cream is the "Preparation Queen" and is a non-negotiable for specific skins prior to having Dermapen treatments. Use at home- apply sparingly to face, neck and décolletage in the evening every 3 nights (for the first 2 weeks) to build up your skins tolerance. To be used for 4-6 weeks prior to a Dermapen Treatment and cease use 5 days before and after all clinical treatments.

With all this in mind I would absolutely love to have you in the salon to perform a consultation regarding your concerns, your home care and how we can get you on the path to loving your skin now, and future proofing your skin for the future. Contact me today and schedule in your consultation.