

skin

# PUT THE NEEDLE ON IT

SKIN NEEDLING OFFERS SMOOTHER, CLEARER, TIGHTER SKIN. **RITA PORRECA** FROM SYDNEY PERMANENT MAKEUP CENTRE TELLS US HOW.

**S**kin needling has been around as early as the 1940s, and it has recently experienced a surge in popularity as more and more people are discovering the anti-ageing benefits of this unique procedure.

Skin needling is performed with a roller studded with micro-fine needles or single needle application, depending on what needs to be treated. It is primarily used to plump up the skin by stimulating the production of new collagen and elastin, helping to reduce fine lines and wrinkles, even out the complexion and improve the appearance of scars. The efficacy of the treatment is further enhanced when applied in conjunction with quality anti-ageing serums.

Sydney cosmetic tattooist Rita Porreca has been treating clients with skin needling for the past 10 years with impressive results. 'The beauty of skin needling is that it continues to work long after the treatment itself,' she says. 'Although some immediate improvement is noted, over the next six to nine months inner healing of the dermis continues to smooth and tighten the skin as collagen begins to lay down in a smoother, more regular manner.'

Successful collagen remodelling and new collagen production depends on the accurate targeting of the dermis. Skin needling to a depth of 2mm ensures the dermis is successfully targeted and micro-injured with each needle penetration. With the epidermis intact and plenty of healthy tissue surrounding each micro injury, new collagen production is induced with minimal harm to skin structures and the skin's protective barrier.

The skin roller causes multiple tiny pin-point puncture wounds to the dermis. The needle penetrates, rather than removes, the epidermis and therefore the epidermal layer is left intact and there is minimal risk of scarring. In typical cases there is little downtime; the skin will be red straight after the treatment but it usually subsides within a couple of days.

'In comparison with prolonged recovery time from laser and chemical peels, my clients find a few days' healing period is a desirable alternative,' says Porreca.

Skin needling can be performed on all skin types and colours and anywhere on the body. In sensitive areas topical anaesthetic can be applied to numb the area and alleviate any discomfort. Up to four to eight treatments are required for maximum results and a maintenance session can be performed every six weeks.

'This treatment is ideal for people who want to improve the appearance of lines and wrinkles without botulinum toxin or filler injections,' says Porreca. 'Clients also like the fact results are gradual and long lasting.'

When performed by an experienced practitioner, skin needling offers an effective anti-ageing treatment. It can soften wrinkles, relax scars (including depressed acne scars), and can even improve pigmentation when used with the right skincare. 'In my experience, it truly is a versatile and effective treatment option,' Porreca concludes. **csbm**



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– Rita Porreca, Founder & MD  
SPCP, AAM, AACT, APAA

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