



MICRONEEDLING MANUAL

MICRONEEDLING OVERVIEW

Within this Training Manual you will learn all of the techniques necessary to complete Microneedling treatments. This manual covers safety, environment, legislation, practitioner guidance, client care, theory and practical knowledge.

MICRONEEDLING MANUAL CONTENTS

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IDEAL CLINIC SET UP

- Wipeable Flooring
- Sink
- Hand Sanitiser
- Paper Towels
- Clinical Waste Contract
- Insurance
- Bed
- Light
- Stool
- Trolley's
- Sharps Bins
- Clinical Waste Bins
- Disinfectants
- Tools
- Couch Roll
- Gloves & PPE
- Air Conditioning or Ventilation
- Stress Balls

Clinical waste, also known as healthcare or medical waste, is any waste generated during healthcare activities that may pose a risk of infection or other harm. This includes items contaminated with blood, bodily fluids, or other potentially infectious substances, as well as sharps like needles and syringes.

INFECTIOUS WASTE:

This includes items contaminated with blood, bodily fluids, and other potentially infectious substances. Examples include dressings, swabs, and personal protective equipment (PPE) that have been in contact with infectious materials or patients.

SHARPS:

This includes items that can puncture or cut, such as needles, syringes, scalpels, and lancets.

ANATOMICAL WASTE:

This includes human or animal tissues and body parts.

PHARMACEUTICAL WASTE:

This includes expired medications, medications in excess, and empty containers.

CONTAMINATED EQUIPMENT:

This includes items like bedpans, liners, stoma bags, and urine containers that have been contaminated.

Clinical waste needs to be handled and disposed of carefully to prevent the spread of infection and ensure safety, often requiring specialised disposal methods like incineration or autoclaving.



- 1 Set up a clinical waste contract with a local supplier
- 2 Organise regular clinical waste collections - monthly, weekly or adhoc
- 3 Ensure to use correct coloured sharps bins (aka Purple for Cytotoxic Waste - Botox)
- 4 Purchase sharps bins, clinical waste bins and clinical waste bags from supplier
- 5 Ensure to have a smooth clinical waste system throughout your clinic

Consultation forms are important because they ensure informed consent, gather essential client information, and help professionals understand client needs and preferences before a treatment. They also provide a record of discussions, agreed-upon treatments, and any allergies or conditions, acting as a paper trail for potential issues. Additionally, they can help with aftercare instructions and demonstrate a professional approach to treatment.

WHY MUST WE ENSURE THESE ARE DOCUMENTED?

INFORMED CONSENT AND LEGAL PROTECTION:

Consultation forms ensure clients understand the treatment, including risks, benefits, and aftercare instructions, demonstrating informed consent. They can act as a legal record, protecting professionals from potential disputes or misunderstandings.

GATHERING CLIENT INFORMATION:

- Forms allow professionals to collect crucial information like allergies, medical conditions, and previous treatments, helping them tailor the treatment plan.
- They enable professionals to understand client goals, expectations, and desired outcomes, ensuring a better experience.

BUILDING RAPPORT AND TRUST:

- Consultations provide an opportunity for professionals to establish a relationship with clients, fostering trust and understanding.
- Open communication and personalised attention, documented in the form, can lead to greater client satisfaction and loyalty.

STREAMLINING THE PROCESS:

- Forms can save time during the appointment by gathering information beforehand and streamlining the discussion.
- They can be accessed quickly, allowing for efficient review of client history and treatment plans.

WHO WE RECOMMEND?

We use Faces Consent App, however any reputable consent company will be sufficient.



Scan the QR code to sign up to Faces Consent
www.facesconsent.com

CONTRAINDICATIONS

A contraindication in medicine is a factor that makes a particular treatment or procedure inadvisable for a specific individual because it could cause harm or be ineffective. It's essentially a reason not to use a certain treatment due to potential risks or adverse reactions.

WE ADVISE NOT TO GO AHEAD WITH THE TREATMENT OR TO OBTAIN A DOCTORS NOTE FOR ANY OF THE BELOW CONDITIONS:

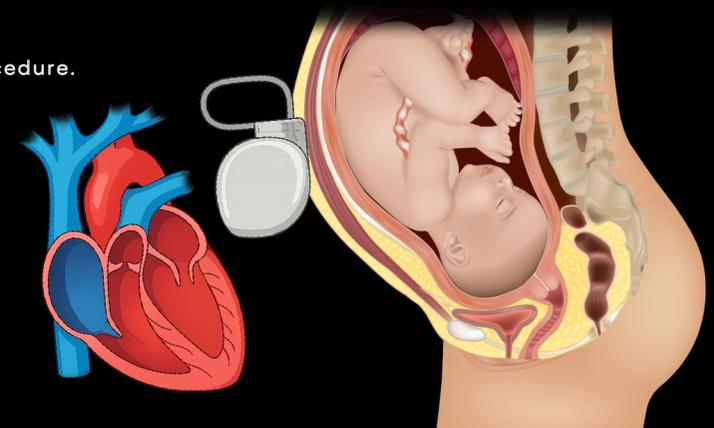
- Allergies to local anaesthetic (if using) or products used.
- Pregnant or breastfeeding.
- Anti-coagulant therapy - increases potential for bleeding - coagulation status should be checked to confirm normal clotting/bleeding profile.
- Haemophiliacs.
- History of keloid scarring.
- History of radiation therapy within the application area (6months post chemo & radiotherapy).
- Raised moles or warts.
- Skin cancers - melanoma.
- Skin infections including any bacterial, viral, fungal, or herpetic infection.
- Wounded, sunburned, excessively sensitive skin.
- Inflammatory acne within the application area.
- Uncontrolled diabetes.
- Active eczema, psoriasis or inflamed rosacea.
- Oral retinoids (Roaccutane) used within 6 months prior to treatment.
- We recommend carrying out a patch test for Fitzpatrick skin types 4 or above.
- Unrealistic expectations.

CONTRA-ACTION

A contra-action refers to an undesirable or adverse reaction that can occur during or after a treatment or procedure.

- ALLERGIC REACTIONS:** → Redness, swelling, or irritation.
- SKIN IRRITATION:** → Any form of irritation or discomfort.
- SENSITISATION:** → An increased sensitivity to a product or treatment.
- PAIN OR DISCOMFORT:** → Physical pain or discomfort during or after the treatment.
- HEIGHTENED EMOTIONAL STATE:** → Emotional release during or after a treatment.
- MUSCULAR ACHE AND/OR HEADACHES:** → These can occur after deep work during treatment.
- FREQUENT URINATION:** → This can occur due to stimulation of the lymphatic system.

Should your client experience any of these, we would recommend seeking medical advice.



FIRST AID

WE HIGHLY ADVISE ENSURING YOU ARE FIRST AID AND ANAPHYLAXIS TRAINED.

First aid training is important because it empowers individuals to confidently respond to emergencies, potentially saving lives, preventing injuries from worsening, and promoting recovery. It also boosts confidence, increases awareness of risks, and encourages teamwork, both in personal and professional settings.



Anaphylaxis training is crucial because anaphylaxis is a severe, life-threatening allergic reaction that can develop rapidly.

Training equips individuals with the knowledge and skills to recognise the signs and symptoms of anaphylaxis, understand the appropriate treatment (including adrenaline auto-injectors), and deliver first aid until professional help arrives. This knowledge is vital for protecting individuals with allergies and ensuring workplace safety.

HERE'S WHY IT'S SO IMPORTANT:

RAPID ONSET:

Anaphylaxis can develop quickly, often within minutes of exposure to an allergen. Prompt recognition and treatment are essential to prevent serious complications or death.

LIFE-THREATENING NATURE:

Anaphylaxis can cause airway obstruction, breathing difficulties, and circulatory collapse, making it a life-threatening emergency.

IMPORTANCE OF RECOGNITION:

Recognising the signs and symptoms of anaphylaxis (such as difficulty breathing, throat swelling, dizziness, and skin reactions) is the first critical step in providing timely treatment.

ADRENALINE AUTO-INJECTOR (AAI) USE:

Training includes learning how to correctly use an AAI (like an EpiPen) to administer adrenaline, which is the primary treatment for anaphylaxis.

CPR AND AED:

Some anaphylaxis training courses also cover basic life support (CPR) and the use of an Automated External Defibrillator (AED), which may be needed if the individual loses consciousness.

Ensure to have a First Aid kit and Bodily Fluids spill kit accessible within your work space.

ABOUT MICRONEEDLING

Micro needling is a safe and effective skin rejuvenation treatment to treat various skin conditions and restore the healthy youthful appearance of skin, by stimulating the natural production of collagen and elastin. With minimal downtime and no injectables, this non-invasive procedure is growing in popularity.

Micro needling is just as effective as 'ablative treatments' such as laser resurfacing, dermabrasion and deep chemical peels, but is much less invasive and does not require the removal of the epidermis and so healing time is shorter. Micro needling is also one of the few skin therapies that is suitable for treating all skin types across the Fitzpatrick scale (subject to testing). It can also be used on the body.

HOW IT WORKS?

Microneedling is one of the best ways to stimulate the synthesis and production of collagen. Through controlled micro needle insertions of the dermis layer of the skin, micro-injuries are created. This induced superficial trauma triggers new collagen synthesis to regenerate and thicken the skin, yet does not pose the risk of permanent scarring. The concept of skin needling is based on the skin's wound healing response to repair whenever it encounters physical damage such as cuts, burns and other abrasions. The normal healing response begins the moment of tissue injury.

Blood components spill into the injury site causing platelets to come into contact with extracellular matrix. This contact triggers platelets to release clotting factors, essential growth factors and cytokines, such as platelet derived growth factor and transforming growth factor beta.

PLEASE NOTE → No surface blood is necessary for this process.

As a result, new collagen and elastin is formed reducing wrinkle depth and the appearance of scars and other skin imperfections, leaving the skin smoother, clearer, firmer, and younger looking. When micro needling is used in conjunction with serums, active ingredients can be delivered deeper into the dermis by mechanically perforating the outer skin layer.

MAIN INDICATIONS

- Ageing skin, fine lines & wrinkles
- Scars – such as acne, chicken pox, surgical
- Stretch marks
- Skin tone and enlarged pores
- Hyperpigmentation
- Sun damage
- Uneven skin tone
- Collagen deficiency
- Thinning hair



OVERVIEW OF THE SKIN

The skin is the body's largest organ, serving as the first line of defence against environmental damage, pathogens, and dehydration. Understanding its structure and function is essential for performing safe and effective microneedling treatments.

THE SKIN HAS THREE MAIN LAYERS, EACH WITH DISTINCT ROLES:

1 EPIDERMIS

- Outermost layer of the skin.
- Provides a protective barrier and is responsible for skin renewal through cellular turnover.

COMPOSED PRIMARILY OF KERATINOCYTES, ARRANGED IN SEVERAL SUB-LAYERS:

- STRATUM CORNEUM** → Outermost layer of dead cells (corneocytes) that protect against pathogens and moisture loss.
- STRATUM LUCIDUM** → Found only in thick skin (palms, soles).
- STRATUM GRANULOSUM** → Cells begin keratinization (hardening process).
- STRATUM SPINOSUM** → Provides strength and flexibility.
- STRATUM BASALE (GERMINATIVUM)** → Deepest layer where new cells are produced.

- Melanocytes within the basal layer produce melanin, which determines skin colour and provides UV protection.

2 DERMIS

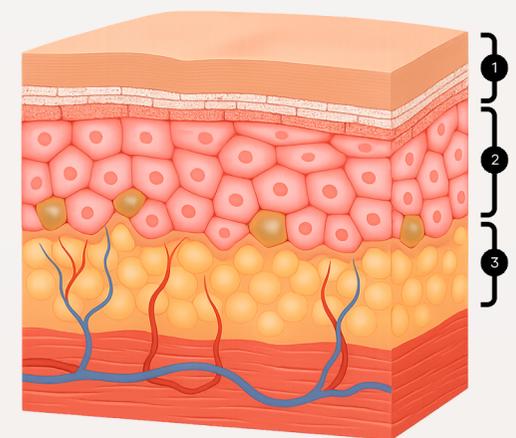
- Lies beneath the epidermis and is composed of connective tissue.
- Provides strength, elasticity, and nourishment to the skin.

CONTAINS

- COLLAGEN AND ELASTIN FIBERS** → Responsible for firmness and elasticity.
- BLOOD VESSELS** → Deliver oxygen and nutrients, assist in thermoregulation.
- NERVE ENDINGS** → Allow sensations such as touch, temperature, and pain.
- SEBACEOUS AND SWEAT GLANDS** → Regulate moisture and temperature.
- HAIR FOLLICLES** → Anchor hair and play a role in oil distribution.

3 SUBCUTANEOUS LAYER (HYPODERMIS)

- Made up of fat cells (adipose tissue) and connective tissue.
- Acts as insulation and cushioning, protecting underlying organs and bones.
- Provides a reserve of energy and helps anchor the skin to deeper structures.



AGING SKIN

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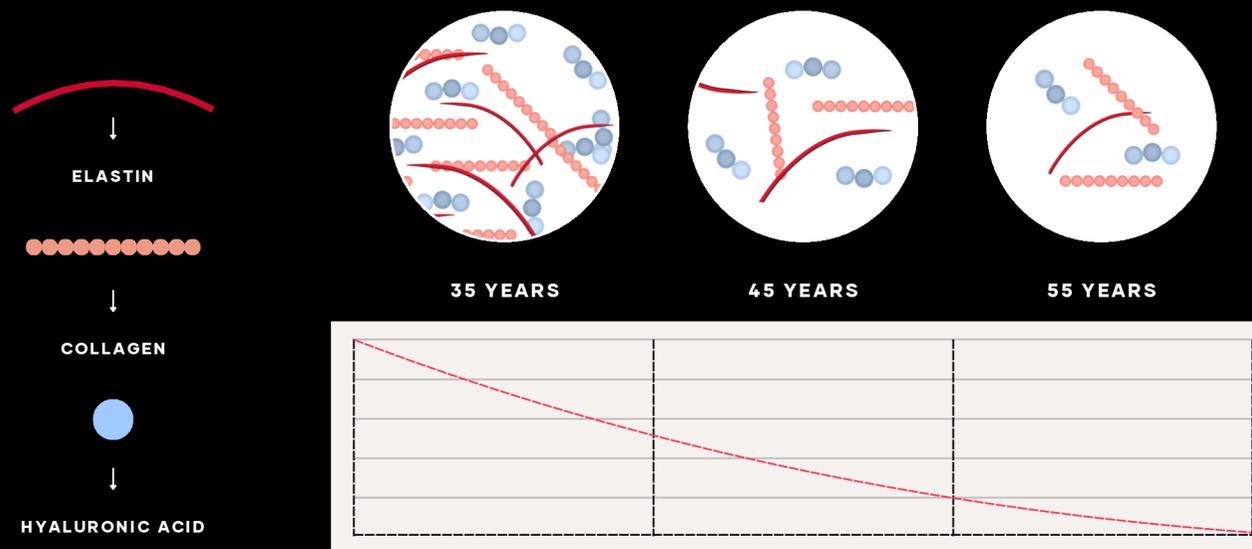
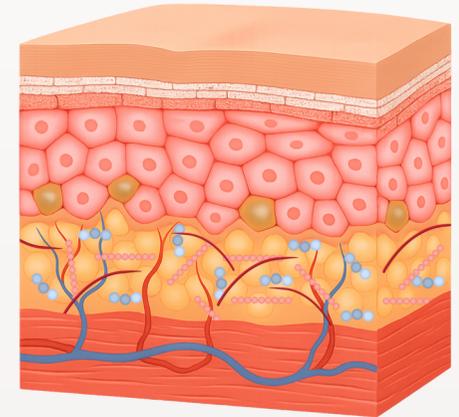
Skin changes significantly as we age. This is why protection of skin is imperative, to ensure we prolong & protect the barriers to aid in prevention of damaged or aging skin. The Skin matrix is what would remain if you took the dermis and removed all cells from it.

The skin matrix is responsible for structural integrity, mechanical resilience, stability and many other properties of the skin. The degradation of the skin matrix plays an important role in the development of wrinkles and other signs of skin ageing.

The best known components of the skin matrix are structural proteins (collagen and elastin), which are vital to skin health and youthfulness. Just like steel beams are necessary but insufficient for building a skyscraper, structural proteins (collagen and elastin) are necessary but insufficient for a healthy skin matrix.

In addition to the framework of structural proteins, the skin matrix also needs appropriate fillers, which provide mechanical cushioning, hold moisture, enhance barrier function, and so forth.

The principal skin matrix fillers are glycans. As far as skin rejuvenation is concerned, the most important glycan is hyaluronic acid (a.k.a. hyaluronan, hyaluronate or HA).



1 MEDICAL & COSMETIC EVALUATION

Medical and cosmetic/aesthetic history evaluation is necessary prior to any decision making on a potential procedure. This is followed by a thorough skin assessment (skin quality and any issues, Fitzpatrick skin type analysis, if the patient has any semi-permanent make-up etc) with medical photography (frontal projection, profile and in rest, with animation).

2 RISK INFORMATION

Inform the patient of risks, side-effects and possible complications and the importance of following all the aftercare instructions to minimise the risk of side effects.

3 MANAGING CLIENT EXPECTATIONS

Patients' expectation management is an important part to avoid any misunderstandings. Multiple treatment sessions may be required to produce cumulative improvements and should be scheduled 4-6 weeks apart. Emphasise the importance of a treatment maintenance programme to obtain the continuation of results.

4 REVIEW THE PATIENT'S MEDICAL HISTORY

In the case of a possible virus, cold or influenza, within the last 7 days, treatment should be delayed. The patient must be in good health at the time of treatment.

5 TIME BETWEEN PROCEDURES

If patient has had recent ablative dermal procedures or aesthetic treatments such as Botox or Dermal Fillers, wait at least 2 weeks or until skin fully healed.

6 PATCH TESTING

A patch test in the area of intended treatment (2 weeks prior to the full treatment) can be carried out to evaluate risk of hyperpigmentation in skin types 4 or above.

7 EVALUATION OF ANTICOAGULANT THERAPY

Aspirin, prescribed for a medical indication should not be terminated. However, it is necessary to explain about higher risk of bruising.

8 PATIENT RISKS

Patients at risk of cold sores are advised to take prophylactic Acyclovir tablets (3 days prior to treatment and 5 days after) if treating area around the lips.

9 EVALUATION OF ANTICOAGULANT THERAPY

Advise the patient to stop taking all blood "thinning" supplements such as Omega 3 and 9 and certain herbal remedies (Ginkgo Biloba, garlic and ginger extracts). If possible, ask patient not to take any Ibuprofen for 3 days before procedure.

10 CONSENT

Ensure that the patient fully understands the procedure, asks questions and obtain informed consent.

11 STERILISATION AND EQUIPMENT

Create a sterile field and prepare equipment required.

THE FITZPATRICK SCALE

Understanding skin type is crucial for microneedling treatments.



TYPE I

DESCRIPTION

Very fair, often with freckles

REACTION TO SUN

Always burns, never tans



TYPE II

DESCRIPTION

Fair

REACTION TO SUN

Usually burns, minimal tan



TYPE III

DESCRIPTION

Medium

REACTION TO SUN

Sometimes burns, tans gradually



TYPE IV

DESCRIPTION

Olive

REACTION TO SUN

Rarely burns, tans easily

PATCH TESTS

A patch test is advised for microneedling treatments.



TYPE V

DESCRIPTION

Brown

REACTION TO SUN

Very rarely burns, tans deeply

PATCH TESTS

A patch test is advised for microneedling treatments.



TYPE VI

DESCRIPTION

Dark brown/black

REACTION TO SUN

Never burns, deeply pigmented

PATCH TESTS

A patch test is advised for microneedling treatments.



PRE-CAUTIONS

CONSIDERATIONS

THE RESULTS ACHIEVED FROM A MICRO NEEDLING TREATMENT WILL DEPEND ON:

- Careful patient selection (e.g. certain contraindications may preclude patients from receiving treatment)
- Using a sterile technique procedure
- The type of device used
- The depth of needle
- Appropriate use of device
- Adjunctive skin preparations pre and during treatment
- Post treatment skin care

STERILE TECHNIQUE

As micro needling punctures the skin, it is important to ensure that you perform the treatment using a sterile field. A sterile field is a work surface area prepared to hold sterile equipment during a sterile technique procedure. The sterile field provides an area in which sterility is continually maintained. The procedures for establishing a sterile field are given below.

- 1 Obtain the necessary equipment and supplies. All articles required for the procedure, which will be within the sterile field must be sterile.
- 2 Perform patient care handwash.
- 3 Locate a suitable surface. Set up the field on a surface that is clean, flat, dry, and free from drafts.
- 4 Create a sterile field.
- 5 When adding sterile objects to the sterile field, ensure you do so without contaminating the object or the field.
- 6 Following the procedure, discard the equipment in a suitable yellow bag/sharps bin as required.



SAFE USE OF CARTRIDGES/NEEDLES

- Wear gloves when carrying out the procedure.
- Only one single-use, sterile cartridge to be used per client.
- Be careful when working on clients so as not to nick yourself.
- Dispose of your cartridge as soon as you have finished your treatment in a sharps box. Under no circumstances should cartridges be thrown away with general rubbish.
- Your sharps box must be close to hand and ideally wall mounted.
- Sharps boxes must be disposed of as soon as they are three quarters of the way full and closed with the safety seal.
- A sharps waste contract should be in place to dispose correctly of sharps.
- Have a needle prick procedure policy to hand in case of injury to remind you of what to do.

POST TREATMENT ADVICE

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Providing clear aftercare advice is essential to protect treatment results, support proper healing, and reduce the risk of complications. When clients understand how to care for the area post treatment, outcomes are more predictable, long lasting, and professionally safe.

MICRONEEDLING AFTERCARE

- Refrain from touching the skin with your hands until the pores have had chance to close.
DO NOT PICK OR PULL THE SKIN. Any redness should subside over a 24 - 36 hour period.
- Gently wash the treated areas on the same day, but do not rub or massage the face for 2 weeks. Cleanse using a mild cleanser such as the CLINICCARE Concentrated Cleansing Foam. It is recommended that the use of soaps, other than those recommended by your practitioner, on the treated skin area is restricted until the redness subsides and where possible lukewarm water and / or gentle skin cleansers are used for cleansing. Do not scrub. Pat to dry only with a clean towel.
- Use of intensive moisturiser is advised for at least a week as your skin may feel drier or tighter after your treatment – this is quite normal.
- Avoid facial products containing fragrance for 3-5 days after treatment as these may irritate the skin.
- Make up can be applied once the skin has settled, but ensure all brushes and sponges have been cleaned.
- Refrain from extreme temperatures such as intensive sun light, saunas, sunbed, steam bath for a period of at least 2 weeks after treatment.
- Apply a sunscreen with an SPF30+ (such as the CLINICCARE Sun Shield Cream SPF30) on a daily basis and with regular applications for a period of at least 2 weeks.
- Avoid electrolysis, waxing, bleaching (face), depilatory creams, laser hair removal for at least 72 hours.
- Do not swim in chlorinated water for approximately 14 days.
- Please report any concerns to your practitioner as soon as possible.



MICRONEEDLING PROTOCOL

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THE MICRONEEDLING TREATMENT STEP-BY-STEP

- 1 Patient signs consent form.
- 2 Take 'before' photographs in an upright position from the front and the side of area to be treated (to demonstrate the difference). Take the before photos prior to using anaesthetic, if you are using any, since this may affect the appearance of the treated area.
- 3 Remove all make-up if applicable and clean the skin thoroughly using CLINICCARE Concentrated Cleansing Foam. Ensure that hair is covered.
- 4 Apply 1 full pump of CLINICCARE Instant Painless Peel and rub in circular movements for 1-2 mins.
- 5 Remove any residue using CLINICCARE HYAL+ Liquid Moisturiser.
- 6 Disinfect the skin - do not use alcohol based swabs. Allow skin to air dry.
- 7 Divide the treatment area into sub-areas, working on one sub-area at a time.
- 8 With gloves apply relevant CLINICCARE mesotherapy cocktail liberally with either a sterile syringe or a single piece of sterile gauze/swab on treatment area, before treatment with micro needling device. The CLINICCARE mesotherapy cocktails are intended for single use as they are sterile. If not all the product is used, the vials can be stored in the fridge for 24 hours - however this is ONLY if the rubber seal is punctured with a sterile needle and the rubber gasket not removed.
- 9 Do not apply mesotherapy solution on whole area too early as this will cause the solution to dry up before you are ready to treat - sweep across the area immediately before micro needling.
- 10 Do not use on the lips and eyelids and avoid raised moles, warts, tattooed eyebrows or lips as this may fade ink.
- 11 Adjust needle length depending on region and treatment.
- 12 Start to treat the forehead first. Stretch the skin lightly between thumb and forefinger with your free hand. Apply micro needling device with small and gentle movements. Do not apply pressure to the skin. Do not treat same area twice. Ensure handpiece is at right angles to the skin.
- 13 There should be no surface blood, however if any pinpoint bleeding* occurs, remove and cleanse with Wound Solution and gauze/swab before applying a calming CLINICCARE EGF Mask for about 20-40 minutes. Massage in the rest of the mask.
- 14 Dispose of cartridge in sharps bin after procedure.
- 15 Apply CLINICCARE Sun Shield Cream SPF 30 or Dermo Corrective Cream SPF50. See Aftercare instructions.
- 16 Take 'after' photographs in an upright position from the front and the side.
- 17 Repeat procedure every 4-6 weeks if necessary until you get the desired results.



NEEDLING TECHNIQUES

RAFFINE OR CODE-X DEVICE:

Stretch the skin lightly between thumb and forefinger with your free hand. Without any pressure, make gentle circular movements. Start by treating the forehead first. Do not treat same area twice. Ensure handpiece is at right angles to the skin.

OPTIMAL SKIN NEEDLING DEPT

Taking into consideration the average thickness of the epidermis is about 0.18 mm with the yielding flexibility of the skin at about 0.1-0.2 mm, a needle length of about 0.4 to a maximum of 0.5 mm is quite sufficient.

These collagen types serve as anchor collagens between epidermis and dermis. The treatments should be done every 4 to 6 weeks.

YEARS OF OBSERVATIONS HAVE SHOWN THAT THE FOLLOWING IMPROVEMENT CAN BE EXPECTED:

- After the first treatment: 40%.
- After the second treatment: another 20%.
- After the third treatment again 10 to 20%.
- The overall improvement of 70% is quite realistic.

A REFRESHER IS RECOMMENDED AFTER ABOUT 6-12 MONTHS.



DEPTHS & FREQUENCY

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- You can have microneedling monthly if required.
- If your client is having a course of sessions to target a specific zone, a 6 to 12 month break can be taken before repeating sessions.

RECOMMENDED SKIN CARE IN BETWEEN SKIN NEEDLING SESSIONS:

- Daily application of a gentle skin care is highly recommended following the procedure for the acceleration of regenerative processes and consolidation of procedure results. Follow the directions of your practitioner.
- We recommend CLINICCARE's Home Care range to achieve the most from your CLINICCARE treatment.



INDICATION	NEEDLE DEPTH	MESOTHERAPY	NO. OF TREATMENTS	FREQUENCY
Alopecia / Hair loss	0.2 to 1.0 mm	Hair Energy	4 to 8	Once weekly
Ageing skin, lines and wrinkles, skin tone, texture	0.3 to 0.8 mm	Tight	3 to 6	Every 3 to 6 weeks
Cellulite	1.5 to 2.0 mm	Tight or Refresh	3 to 6	Every 3 to 6 weeks
Eye area: fine lines, skin texture	0.1 to 0.3 mm	Tight, Refresh or Glow	3 to 6	Every 3 to 6 weeks
Hydration	0.2 to 0.5 mm	Refresh	3 to 6	Every 3 to 6 weeks
Hyperpigmentation	0.2 to 1.5 mm	Glow	3 to 6	Every 3 to 6 weeks
Scars: acne, chicken pox, surgical scars	1.0 to 2.0 mm	Tight, Refresh or Glow	6 to 8	Every 3 to 6 weeks
Sun damage	0.2 to 0.5 mm	Glow or Refresh	3 to 6	Every 3 to 6 weeks
Stretch marks	1.5 to 2.0 mm	Tight or Refresh	3 to 6	Every 3 to 6 weeks
Uneven skin tone	0.2 to 0.5 mm	Glow	3 to 6	Every 3 to 6 weeks
Uneven texture	0.2 to 0.5 mm	Tight, Refresh or Glow	3 to 6	Every 3 to 6 weeks

MICRONEEDLING & MESOTHERAPY

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When Microneedling is used in conjunction with serums, active ingredients can be delivered by mechanically perforating the outer skin layer. This allows the transdermal absorption of therapeutic substances like the CLINICCARE meso vials.

CLINICCARE MESOTHERAPY VIALS

EGF GLOW VIAL / WITH 20MG/ML HYALURONIC ACID

- Non homogeneous complexion
- Pigmented skin
- Photo-damaged skin with pigmentation problems
- Dehydration
- Wrinkles

EGF REFRESH VIAL / WITH 20MG/ML HYALURONIC ACID

- Loss of tone & elasticity
- Dehydration
- Wrinkles
- Photo-damaged skin without pigmentation problems



EGF TIGHT VIAL / WITH 20MG/ML HYALURONIC ACID

- Flaccidity - loss of firmness
- Wrinkles
- Loss of tone & elasticity
- Dehydration
- Photo-damaged skin without pigmentation problems

HAIR ENERGY VIAL (WITH HYDROLYZED COLLAGEN)

- Stimulate hair growth
- Stop hair loss
- Improve hair quality
- Antioxidant properties
- Anti-inflammation properties



EGF GLOW VIAL

EGF GLOW has a mixture of anti-pigmentation, hydrating, firming, tightening and antioxidant ingredients to eliminate uneven pigmentation, and to restore moisture and firmness caused by too much sun and loosening of hyaluronic acid and collagen fibres.

MAIN ACTIVE INGREDIENTS:

- Hyaluronic Acid 2% (Low molecular weight) (deep moisturising effect)
- Arbutin 2% (Treats uneven skin tone and anti-pigmentation effect)
- Hexapeptide-8 (Argireline)1% (Lifting, tightening and anti-wrinkle effect, Botox like effect)
- Panax Ginseng 1% (Strengthens the skin, and benefits its barrier functions)
- Ascorbic Acid (Strong antioxidant that slows the rate of free-radical damage)
- Human Oligopeptide-1 / EGF (Tissue regeneration)
- Palmitoyl Oligopeptide (Increases collagen and hyaluronic acid levels)

BENEFITS:

- Offers fast-acting relief for pigmented and dehydrated skin
- Provides long-lasting hydration
- Suitable for hyperpigmented skin with or without wrinkles



EGF REFRESH VIAL

EGF REFRESH has a mixture of skin rejuvenating, hydrating, firming, tightening and antioxidant ingredients to restore moisture and firmness caused by the loosening of hyaluronic acid and collagen fibres.

MAIN ACTIVE INGREDIENTS:

- Hyaluronic Acid 2% (Low molecular weight) (deep moisturising effect)
- Hexapeptide-8 (Argireline)1% (Lifting, tightening and anti-wrinkle effect, Botox like effect)
- Panax Ginseng 1% (Strengthens the skin, and benefits its barrier functions)
- Ascorbic Acid (Strong antioxidant that slows the rate of free-radical damage)
- Human Oligopeptide-1 / EGF (Tissue regeneration)
- Palmitoyl Oligopeptide (Increases collagen and hyaluronic acid level)

BENEFITS:

- Offers fast-acting soothing, skin rejuvenation and anti-wrinkle effect
- Provides long-lasting hydration
- Suitable for all skin types
- Offers fast-acting soothing, skin rejuvenation and anti-wrinkle

EGF TIGHT VIAL

SA

EGF TIGHT has a mixture of skin rejuvenating, hydrating, firming, tightening and antioxidant ingredients to restore moisture and firmness caused by loosening of hyaluronic acid and collagen fibres.

MAIN ACTIVE INGREDIENTS:

- Hyaluronic Acid 2% (Low molecular weight) (deep moisturising effect)
- Hexapeptide-8 (Argireline) 1% (Lifting, tightening and anti-wrinkle effect, Botox like effect)
- DMAE 1% (Strong anti-wrinkle effect)
- Panax Ginseng 1% (Strengthens the skin, and benefits its barrier functions)
- Ascorbic Acid (Strong antioxidant that slows the rate of free-radical damage)
- Human Oligopeptide-1 / EGF (Tissue regeneration)
- Palmitoyl Oligopeptide (Increases collagen and hyaluronic acid level)

BENEFITS:

- Offers fast-acting soothing, skin rejuvenating, anti-wrinkle and tightening effect
- Mimics Botox effect via muscular relaxation
- Provides long-lasting hydration
- Suitable for all skin types

EGF ENERGY VIAL

The Hair Energy mesotherapy cocktail has a unique combination of active ingredients specially designed to maintain scalp vitality and act on follicle dysfunctions in order to achieve good anti-hair loss results. It combines antioxidant and anti-inflammatory effects with a hair growth stimulating effect.

TARGETS:

- Hormonal (androgenic) or hereditary hair loss
- Tired and dehydrated hair
- Slow hair growth

MAIN ACTIVE INGREDIENTS:

Hydrolysed Collagen	→	Provides specific amino acids necessary to replenish the body's collagen. Thickens fine hair and slows down hair loss.
Citrullus Colosynthis Fruit Extract	→	Stimulates hair growth, with an effect comparable to finasteride.
Velvet Extract	→	Promotes hair growth by regulating the hair cycle and cell proliferation in hair follicles.
Angelica Acutiloba Root Extract	→	Protects from hair loss and promotes hair growth.
Rheum Palmatum Root Extract	→	Protects from hair loss and promotes hair growth.
Centella Asiatica Extract	→	Increases the supply of blood to the capillaries under the skin. Centella Asiatica can improve the health and condition of skin's surface layers. It can also stimulate hair growth by delivering an increased flow of oxygenated blood to the hair follicles.
Polygonum Cuspidatum Extract	→	Activates collagen, increases fibroblasts and hair follicles and reduces inflammatory cells.

PRODUCTS NEEDED

- Medical Grade Microneedling Device & Cartridges
- Facial Products
- Face Masks
- 18g Drawing Needles
- 1-2ml Syringes
- Towels
- Water Bowl
- Facial Brushes
- Facial Sponges
- Gauze Pads
- Clinisep
- Gloves
- PPE



CLINICCARE have created a home daily beauty plan recommended for your client, post treatment, to optimise and maintain skin health until their next visit. There are three ranges targeted to specific skin concerns:

- GLOW** → For hyperpigmentation, age spots and dull tired skin.
- PURE** → For sensitive, irritated or inflamed skin (e.g. acne-like conditions).
- REFRESH/TIGHT** → For fine lines, wrinkles, firmness and moisture.

YOUNGER SKIN (NORMAL TO OILY)

MORNING AND EVENING

- Cleanse the face, neck and lower neck using Concentrated Cleansing Foam
- Optional - Use X3M Glow Booster on the face or specific areas of pigmentation if needed
- Tone skin by spraying the face with suitable X3M EGF Liquid Moisturizer
- Apply Lip & Eye Renewal Cream to the eye and lip area
- Follow with suitable X3M EGF Essence to face and neck
- Finish with Sun Shield Cream SPF30 or Dermo Corrective Cream SPF50 (morning only)

YOUNGER SKIN (NORMAL TO DRY)

MORNING AND EVENING

- Cleanse the face, neck and lower neck using Concentrated Cleansing Foam
- Optional - Use X3M Glow Booster on the face or specific areas of pigmentation if needed
- Tone skin by spraying the face with suitable X3M EGF Liquid Moisturizer
- Apply Lip & Eye Renewal Cream to the eye and lip area
- Follow with suitable X3M EGF Serum to face and neck
- Finish with Sun Shield Cream SPF30 or Dermo Corrective Cream SPF50 (morning only)

MATURE SKIN

MORNING

- Cleanse the face, neck and lower neck using Concentrated Cleansing Foam or Cleansing Lotion
- Optional - Use X3M Glow Booster on the face or specific areas of pigmentation if needed
- Tone skin by spraying the face with suitable X3M EGF Liquid Moisturizer
- Apply Lip & Eye Renewal Cream to the eye and lip area
- Layer suitable X3M EGF Essence to face and on top of that
- Follow with suitable X3M EGF Serum, or Premium Time Reverse Cream, or Retinol Renewal Cream to face and neck
- Finish with Sun Shield Cream SPF30 or Dermo Corrective Cream SPF50

EVENING

- Cleanse the face, neck and lower neck using Concentrated Cleansing Foam or Cleansing Lotion
- Optional - Use X3M Glow Booster on the face or specific areas of pigmentation if needed
- Tone skin by spraying the face with suitable X3M EGF Liquid Moisturizer
- Apply Lip & Eye Renewal Cream to the eye and lip area
- Layer suitable X3M EGF Essence to face and on top of that
- Follow with suitable X3M EGF Serum, or Premium Time Reverse Cream, or Retinol Renewal Cream to face and neck





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