

JOLI LED/VIBRATION MICRO-NEEDLING AND AMPOULE GUIDE FOR SKIN

Joli Led Micro-needling Device offers high quality, ergonomically designed Red Led Light combined with micro-needling therapy and vibration for stimulating Collagen. This Award-Winning Device by JoliPro offers an easy way to treat your skin at home.

This true anti-aging procedure Micro-needling, also known as collagen induction therapy, involves using fine needles to create micro-injuries in the skin. This process stimulates collagen production and enhances the absorption of topical treatments, such as serums or growth factors. While micro-needling alone may not target pigmentation effectively, it can yield promising results for melasma treatment when combined with topical agents.

Principle and Mechanism of Action

Micro-punctures are created using microneedles which produce a controlled skin injury without actually damaging the epidermis. These microinjuries lead to minimal superficial bleeding and set up a wound healing cascade with release of various growth factors such as platelet derived growth factor (PGF), transforming growth factor alpha and beta (TGF- α and TGF- β), connective tissue activating protein, connective tissue growth factor, and fibroblast growth factor (FGF).[7] The needles also breakdown the old hardened scar strands and allow it to revascularize. Neovascularization and Neocollagenesis is initiated by migration and proliferation of fibroblasts and laying down of intercellular matrix.

When you are using the dermaroller, make sure that you do not roll it excessively. Too much rolling may cause significant bleeding particularly if you are using 1 mm needle. It is best to start with .25 or .050 MM Length Needles. The pattern on how to roll the dermarollers depends on the area of the skin being treated, the severity of the condition and the depth of the scars. Below you will see the pattern in which to role the face, neck and chest.

Again, it is very important to emphasize that if you are not sure of what you are doing, better seeking consult first to a trained professional. It is better to be on the preventive side rather than making irreversible mistake that you will regret later on.

Beginners: Start by only using 2-3 pass (Which Means 2-3 rolls in one direction)

As you advance in the technique and feel comfortable a 2nd session can be done on the entire face, neck and chest.

During Micro-needling apply Hyaluronic+ Centella Asiatica Serum before each area is micro-needled to assure the needles do not drop or slip. Additional benefits are adding hydration, plumpness and nourishment.

After Microneedling: Apply EGF/KGF Growth Factor Ampoule. Anti-Aging Hexapeptide Ampoules, Blue Copper Ampoule, Cytocare Amoule, or Filorga NCTF 135 HA. A combination of any or all ampoules will deliver advanced results.

Last Step: Apply Stop Aging Peptide Cream or Deep Wrinkle Matrixyl 3000 Cream

This treatment can be repeated 2-3 times per month.

Face Mapping - How To Microneedle

When microneedling, it's important to remember that different areas of the face will require a slightly different technique.

Certain areas of the face are fleshier, whereas others have thinner, delicate skin. Below is a breakdown of the recommended microneedling motions for each area of the face. See the diagram below for the proper cross-hatching pattern of the micro-needling device.

1. Between the eyebrows - Thinner Skin - Lighter Touch

This area commonly has deep-set wrinkles.

Hold the skin between your eyebrows taut and apply even pressure when microneedling.

2. Forehead - Thinner Skin - Lighter Touch

Again, use the cross hatching motion. Continue with even pressure; if you have loose skin, make sure to hold it taut.

3. Brow area & Forehead - Lighter Touch

Use your free hand to hold the skin taut, gently roll in the cross hatch pattern.

4. Crows feet - Very Light Touch - Thin, Delicate Skin

Be gentle in this area as the skin is delicate. Use your free hand to hold any loose skin taut.

Use the cross hatch pattern with very gentle pressure.

5. Under-eye area - Very Light Touch - Thin, Delicate Skin

This is a very delicate area; use light pressure, and use lots of serum to avoid the pen dragging. Move the micro-needling device in gentle cross hatch pattern.

TIP: Always remember to apply Hyaluronic Acid to the area that you're about to needle right before needling. This will help the micro-needling device to keep from pulling the skin.

6. Cheeks - Thicker Skin - Medium Pressure

Moving on to the fattier area of the cheeks, using your free hand to hold the skin taut, use cross hatch pattern.

7. Chin - Thicker Skin - Medium Pressure

Moving across the chin use the same cross hatch motion.

8. Jawline - Thicker Skin Medium Pressure

Moving across the jawline hold skin taut with one hand and use cross hatch pattern on each side of the jawline.

9. Upper lip

In the small fleshy area between your cupid's bow and nose, pull skin taut on one side of the lip and use cross hatch pattern

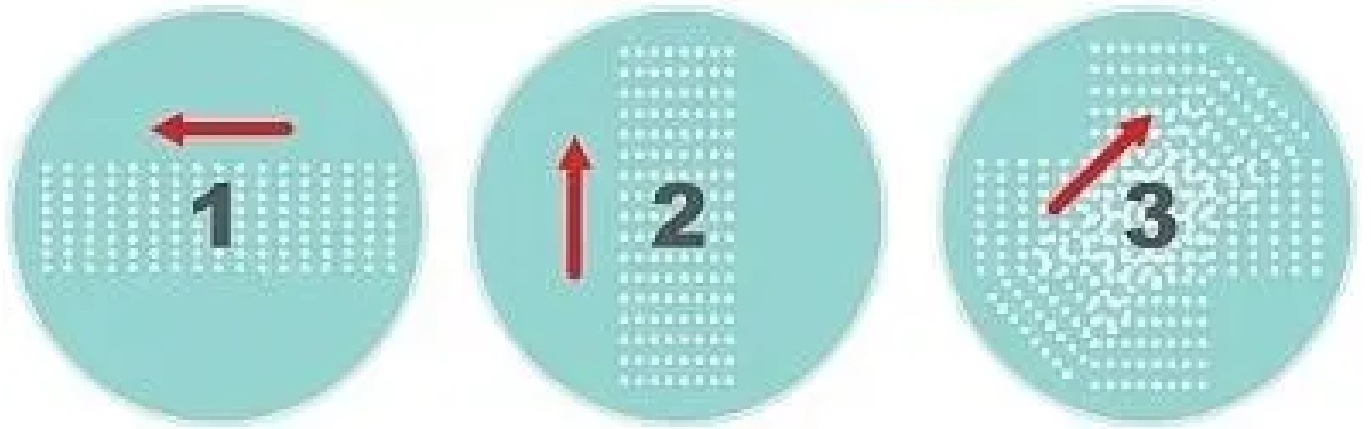
10. Nose

Finally, on the nose, make upward strokes towards the brow/forehead area.

11. Neck & Decollate

Moving across the neck holding one side taut, The neck and chest are very thin and sensitive areas, use the 1 and 2 directions only.

TIP: If there are any areas that you are having trouble reaching, or you feel are too small to do a 'criss cross' motion, eliminating the cross hatch technique.



WHEN MICRONEEDLING AT HOME, YOU CAN TAKE PRECAUTIONS TO ENSURE A SAFE AND EFFECTIVE EXPERIENCE BY:
AVOIDING CERTAIN CONDITIONS

DON'T MICRONEEDLE IF YOU HAVE ACTIVE ACNE, ROSACEA, COLD SORES, CUTS, OR EXTREMELY SENSITIVE SKIN.

PREPARING YOUR SKIN

CLEANSE YOUR SKIN BEFORE MICRONEEDLING AND USE A SERUM THAT CONTAINS HYALURONIC ACID, PEPTIDES, OR CERAMIDES. AVOID SERUMS WITH ACIDS, RETINOIDS, OR VITAMIN C.

USING THE DEVICE PROPERLY

USE GENTLE PRESSURE AND ROLL OR STAMP THE DEVICE VERTICALLY, HORIZONTALLY, AND DIAGONALLY. AVOID DRAGGING OR PRESSING TOO HARD. WORK IN SMALL SECTIONS AND AVOID SENSITIVE AREAS LIKE THE EYES AND LIPS.

CLEANING AND SANITIZING

CLEANSE YOUR SKIN BEFORE AND AFTER MICRONEEDLING, AND SANITIZE YOUR MICRONEEDLING DEVICE AFTER EACH USE.

AFTERCARE

APPLY A SOOTHING SERUM OR MOISTURIZER AFTER MICRONEEDLING. AVOID EXFOLIANTS, RETINOLS, AND VITAMIN C FOR AT LEAST 48 HOURS. AVOID HEAT, SUN EXPOSURE, HEAVY SWEATING, AND HOT TUBS OR SAUNAS FOR AT LEAST 24 HOURS.

SUN PROTECTION

USE AMPLE SUN PROTECTION BECAUSE YOUR SKIN WILL BE MORE SENSITIVE AFTER MICRONEEDLING.



Here are some precautions to take when using a derma roller:

Cleanliness

Clean your derma roller thoroughly before and after each use with an alcohol solution to prevent skin infections.

Pressure

Apply light to moderate pressure to avoid discomfort or injury.

Frequency

Use the derma roller no more than 1-2 times per week to avoid irritating your skin.

Replacement

Replace your derma roller or needles after 30 uses or at least every 45 days to avoid blunt needles.

Sharing

Don't share your derma roller with others to avoid side effects or allergies.

Sun exposure

Avoid the sun for 3 days after derma rolling, or wear sunscreen and a hat if you must go outside. Your skin will be more sensitive to the sun and irritation during this time.

Skincare products

Your skin will be more sensitive to your normal skincare products after derma rolling.

Exercise

Avoid strenuous exercise and hot showers for a few hours after derma rolling.

Makeup

Avoid wearing makeup for a few hours after derma rolling.

Cystic Acne Do not use

Rosacea use the lightest pressure or avoid the area that has visible Rosacea, Light cases of Rosacea may benefit from a gentle derma roller pass on the skin.

Herpes outbreak Avoid Derma-rolling

Hyperpigmentation - Light pressure and Blue Copper Peptide while Derma-rolling will decrease post-inflammatory response in the skin

Pregnancy - Contact your physician

RECOMMENDED NEEDLE LENGTHS

Concerns	Needle length (millimeters)
shallow acne scars	1.0 mm
deep acne scars	1.5 mm
enlarged pores	0.25–0.5 mm
postinflammatory hyperpigmentation (blemishes)	0.25–0.5 mm
skin discoloration	0.25–1.0 mm (start with the smallest)
sun damaged or sagging skin	0.5–1.5 mm (a combination of both is ideal)
stretch marks	1.5–2.0 mm (avoid 2.0 mm for home use)
surgical scars	1.5 mm
uneven skin tone or texture	0.5 mm
wrinkles	0.5–1.5 mm