Thank you for purchasing our Vitamin C serum and .30mm stainless titanium needles dermaroller package. You won’t be disappointed with the results. Be sure to follow through with the instructions below for the best results.

If you’ve bought this product, there is a very good chance that you already know what a dermaroller is and how it benefits you. We’ll quickly go over each item and its benefits before we jump into how to use them.

What is Derma Rolling?

In short, derma rolling is a non-invasive method of stimulating your skin’s natural collagen and elastin production. Needles may sound scary but this method is a much gentler alternative to current methods, such as chemical peels, injections, painful extractions, and other invasive methods. Having beautiful skin shouldn’t be such a painful process that costs tons of money.

Now, let’s go back to derma rolling and how it works. A derma roller will have very small needles that wrap around the whole circumference of the roller’s head. The needles in this image are large to show them. Don’t panic! Your roller’s needles are only 0.30mm, they will be barley visible!

When the derma roller is rolled around various locations on your face, it will cause extremely small cuts in your skin which stimulates collagen and elastin production. Basically, you are creating small cuts on the skin, which forces that skin to heal and rebuild the skin, which creates a new layer of collagen and elastin. As a bonus, by breaking down old collagen, you also slowly reduce the appearance of stretch marks and scars.

Isn’t it great? Such a simple tool, yet so effective! Oh, and it gets even better! A derma roller also increases the skin’s absorption of serums, lotions, and other topical products. Since the cuts made by this dermaroller are extremely small but they are just large enough to allow for a better and deeper absorption without much waste of the product. Some products actually work even better now because they can be delivered directly into the deeper layers of your skin to faster affect the skin cells, leading to results even faster.
Longs list of things a derma roller and serum can improve the appearance of:

- Signs of visible aging (fine lines & wrinkles)
  - Most people use derma rolling for improvement in lines and wrinkles on the face. Many clinical studies have shown a noticeable improvement of skin.

- Sun damage

- Stretch marks and scars
  - Derma rolling helps reduce the appearance of scars by breaking up old collagen and forming a new matrix of collagen that better follows the skin's natural pattern, rather than the unidirectional pattern that scars form.
  - Appearance of stretch marks is also improved because of improved collagen patterns

- Dry/rough skin (our vitamin C serum will hydrate your skin quickly!)

- Enlarged pores

- Uneven texture

- Pigment/age spots
  - People have reported improvement in pigmentation after derma rolling. The level of success varies per person due to a number of factors. Since derma rolling has said to help regulate melanogenesis and melanocyte differentiation, which helps improve age spots.

- Acne Scars
  - **DO NOT USE ROLLER ON ACNE.** Rolling over active acne may spread the bacteria and make the condition worse. Derma rolling is to be used to improve the appearance of **ACNE SCARS** and also helps better deliver acne product to your skin.

- Loose Skin

The list can go on for many other benefits but these are the main reasons most people decide to use this revolutionary kit because derma rolling is not actually injecting anything into the skin; it simply allows for products applied afterwards a direct path to the skin’s deeper layers for optimal results. It allows an easy way to break past the dead or damaged layers that prevent a product from reaching its max potential.

**Some Micro-needling Clinical Trials**
There are many skincare products claiming crazy things so it's hard to figure out what works and what doesn't. Below are some studies that demonstrate the effectiveness of skin rolling:

- A 2006 study involving biopsies from ten patients showed an average increase of 206% in new fibres after receiving just one treatment with a micro-needle roller. One person in the study experienced a 1000% increase in new fibers. Skin tissue damage was not noted.

- In a 2008 study of 480 patients who experienced wrinkles, scarring, loose skin and stretch marks, patients noted an average improvement of between 60-80% in their skin following derma roller treatment. Collagen and elastin improvements were still apparent six months after the treatment.

- A 2009 study found 34 of 37 patients improved the appearance of scars by one or two grades following the use of derma rolling.

If you are interested in how a Vitamin C serum can help with aging skin, continue past the instructions. We don’t want to bore you with too much information that you don’t make it to the instructions.

Okay let’s move on to the fun stuff. Let’s learn how to use this kit!

DO NOT DERMA ROLL MORE THAN SUGGESTED. DOING IT MORE DOES NOT PROVIDE BETTER RESULTS. DERMA ROLL AT MOST ONCE A WEEK. WE SUGGEST ONCE EVERY 10 to 14 DAYS.

If you notice any skin irritation or skin sensitivity, discontinue use immediately. If you have sensitive skin, consult a doctor or professional before use.

Step 1: ALWAYS start with clean skin. Thoroughly washing your face and neck. Make sure you remove all makeup, creams, lotions, and other products that were used prior to you starting this process. Allow random products to penetrate your skin can lead to undesired results and irritation.

NOTE: Once your skin is washed thoroughly and you derma roll your face, do not use other product for several hours on your skin afterwards. The skin is open to absorb products that come in contact with it, which could potentially be toxic to your skin. For this reason, we advise for you to use this derma roller at night, before you go to bed.

As mentioned before, avoid derma rolling on any active acne.
**Step 2:** Sanitize your derma roller thoroughly with alcohol. We also advise to sanitize your face with a sanitizing product using cotton pads.

**Step 3:** Hold the roller gently and begin rolling on your face. Do not use too much pressure, this will lead to pain and irritation. Your goal is to penetrate the top layer of your skin.

If it seems like your roller is pulling or dragging on your skin, check the needles to ensure they are not bent.

When you begin rolling, be sure to only roll in one direction which is **pulling towards the handle.** You should never push it away from the handle. For best results, roll no more than 2 to 4 inches at a time.

Going back and forth cause the needle to also re-enter the same hole repeatedly, which can cause irritation and also waste your time. **Always roll upwards and outwards.** For guide lines on recommended rolling direction, scroll down to the rolling instructions.

**Step 4:** Once you are done rolling, grab our awesome serum and apply 1 to 2 drops on each cheek, 1 on the forehead, and another on your chin. Gently massage serum into skin with your fingers using a circular motion. Do not use excessive force – lightly massage the product in.

**Step 5:** Rinse roller with warm running water and clean your derma roller with alcohol (isopropyl alcohol, min 70%) before you put it back into the case for storage. Always clean before and after using it. Letting the roller soak in cup with alcohol for 10 to 15 minutes would be ideal. Be sure to gently place the roller into the cup, as pressure can damage the needles.

Replacing your roller every 3 months is recommended.

Woohoo!! You are done with your first session! It is normal for your skin to be red for a few hours after treatment.

**Post Session – What to expect and what to do.**

Some itchiness is also possible. **Dry skin, tightness, and tenderness are all common side effects.** Avoid direct sunlight immediately after treatment and be sure to use SPF 30+ sun block if you plan to go outdoors. Again, because of this, it is best to do this before bed.

**Remember, to keep track of your results.** We advise to take before and after pictures at 0, 3, 6, 12, 18, and 24 weeks. Share them with us at [INSER UNIQUE SKIN THEORY LINK HERE] for a chance to win free skincare products.
If you purchased this product through Amazon, remember to leave us a review. Share your experience with everyone else. Your feedback and reviews not only increase potential buyer’s confidence, it also helps us improve our products.

**Rolling Instructions for Individual Areas**

All of our rolling instructions are made for 0.25 to 0.30mm needle size. Do not use any needle length larger.

**Face Rejuvenation:**
Complete one side before moving to the other. Follow roll patterns in the image below. We recommend starting from the chin and working your way up. **DO NOT USE ON ANY SKIN ON OR NEAR THE EYE.** The skin around and under the eye is extremely thin. Do not roll.
Hand Rejuvenation:

Your hand does not need too much time. A few gentle strokes in the directions shown below will do.
Neck Rejuvenation:

Following areas as marked below. Number of rolls will vary depending on how much are you have.
In addition to the areas above, you can also use derma rollers on your stomach, legs, arms, and other locations. But since for our specific 0.30mm needles size, we would advise to only use it on your face, neck, or hands.

**Vitamin C Serum – How does it help with skin rejuvenation?**

Our serum has been specifically formulated to help your skin rejuvenate itself. In additional to having Vitamin C, our formula also has hyaluronic acid, vitamin-E, and a few other key ingredients that assist the main ingredients in rejuvenating your skin.
Let's go over the main ingredients.

**Vitamin C**

Vitamin C is helpful for all around skin health. It is good for almost all ages. Remember, preventative skincare is key to looking healthy and young. If you start using anti-aging tools and products after your skin is severely damaged, it will be more difficult to bounce back to a healthier you.

So, what exactly does Vitamin C do? By applying it topically on your face, it reduces the appearance of aging and also prevents your skin from aging quickly. Other benefits include a reduction in skin discoloration, increase health of cells, and also acts as a brightening effect. Our serum contains 30% Vitamin C for better results. Usually, most serums are at 15 to 20%. Most of our customers usually notice a difference in their skin tone within as little as week of daily use. Most will notice it after 3 weeks.

Vitamin C also helps hydrate your skin. Since a dermaroller can leave your skin dry, a vitamin C serum helps hydrate it.

**Hyaluronic Acid**

The word acid may make this seem like a bad ingredient but in reality, hyaluronic acid is not a harsh chemical. It is something that you already have in your body that allows your skin to be firm and flexible. As babies we start with a lot of hyaluronic acid but as we age, we begin to lose small amount every year. At age 45, you are left with about half of what you started with, which is why your skin loses its firmness and elasticity.

Another key reason to include this ingredient is because this acid can hold up to 6 liters of water per gram. That is insane! Because of this water retention, your skin is able to retain moisture better, which in return helps maintain your collagen supply as you age, so your ages slower than normal.
**Vitamin E**

Vitamin E is an antioxidant that can protect and repair your skin. Antioxidants combat molecules that damage collagen. Usually, when you are under the sun for long periods of damage, your skin begins to get damaged, and leads to free radicals. Damaged free radicals will look to other cells to repair themselves, which will lead to them damaging others. Vitamin E helps combat this, otherwise a chain reaction of free radicals trying to repair themselves will damage your skin everywhere.

Our body produces Vitamin E but not that the levels that we need. Adding vitamin E to this serum helps increase combat antioxidants at the location of use.

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**Serums Warnings and Guidelines**

Store serum outside of direct sunlight. The shelf life is approximately 2 years.

Use within 3 months once it is opened.

Avoid use on eyelids or near eyes. If product gets in your eyes, rinse them thoroughly with water for 15 to 25 minutes. See a doctor if irritation persists.

Keep the serum and dermaroller out of reach of children.

In case of accidental serum ingestion, contact a Poison Control Centre. Do not induce vomiting.

Discontinue use if irritation or skin sensitivity occurs.

Wash face with cleanser and rinse and dry thoroughly. Sanitizing face is recommended.