

● **MICRO-NEEDLING FOR HIM AND HER**

The skin consists of three layers: the epidermis with its outer layer, the dermis (corium) and the hypodermis (subcutis). Each layer has a different thickness depending on the part of the body, age and gender. Different needle lengths reach different skin layers.



It is important to consider the length of micro needles and the roller model. We differentiate between cosmetic, medical and surgical needling, depending on the level of the skin layer one wishes to treat.

● **COSMETIC NEEDLING**

Cosmetic needling is a simple but effective technique to rejuvenate the upper layer of the skin. As there are neither nerves nor blood vessels in the epidermis, the treatment is **painless**.



Clinical studies have shown that the absorption of serums or gels **increases up to 100 times**, when micro-needling is applied beforehand.

● **MEDICAL NEEDLING**

In this procedure, the doctor reaches deeper skin layers. Approximately 45 minutes prior to the procedure, the doctor applies a numbing cream to the areas to be treated. Depending on the patient's sensitivity, skin type and the area, additional anaesthetic may be suggested.



The addresses of leading professionals using this technique are available upon request.

**IB Skin-Roller™**

**Cosmetic**

0.20 mm length  
for personal use

- Stimulates the skin
- Intensifies absorption of serums or gels
- Quickly regenerates the cells with appropriate skincare products
- Optimises daily skincare products
- Gold, ideal for sensitive skin

**Medical**

1.00 mm and longer for  
professional medical use only

- Stimulates the skin
- Intensifies the absorption of serums or gels
- Quickly regenerates the cells with appropriate skincare products
- Smooths and tightens the skin
- Brightens mottled, light-damaged skin with appropriate skincare products
- Minimises wrinkles
- Reduces pores
- Enables the body's own collagen to regenerate
- Balances acne scars

**Disclaimer**

Never share a skin-roller with micro needles with anyone else, and do not use on children or animals. Keep out of the reach of children.

When used personally, micro-needling is entirely at your own risk and we cannot guarantee success. Pay attention to the contra-indications and recommendations.

**Recommendations from other sources**

There is a lot of information about micro-needling/skin needling available from different sources. We are neither judging nor commenting on other micro-needling recommendations, but we are aware that ours might differ from other sources. Our recommendations are based upon our personal experience, combined with the knowledge of beauticians, doctors and dermatologists.

**Every skin and person is unique. For optimum results, always consult a skincare professional to find your ideal skincare programme.**

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Beautiful with  
the IB Skin-Roller™

*Intensify your skincare  
easy, effective & fast*

A pain-free needling solution for all skin types & ages

## RECOMMENDATIONS for micro-needling (cosmetic)

The IB Skin-Roller is designed to be used by one person only; for reasons of hygiene **it should not be shared**. Thoroughly clean the roller before and after each use. The 192 needles of the roller head should never be placed on hard surfaces. They must be handled with care and should not be damaged in any way. Pay attention to the contra-indications and recommendations. Keep the roller out of the reach of children. Use only as directed.

After the skin is accustomed to micro-needling, the IB Skin-Roller can be used daily to achieve the best possible results. If your skin is sensitive to the application or if there is a negative reaction, the treatment should be stopped immediately until the skin has calmed down.

### ● Evening is the ideal time

Evening is the ideal time for the treatment, because the pores have overnight to close (approx. 6 - 8 hours). Ideally, use the roller in your skincare evening regime after cleansing.

### ● Maintain hygiene with a suitable disinfectant

Thoroughly clean your hands, the skin areas to be treated and the roller prior to use (with a suitable disinfectant).

### ● Do not use in sensitive areas

Do not treat the areas of the eyes, eyelids or lips. When using the roller on sensitive areas such as the larynx, roll very carefully.

### ● Use regularly – do not press hard

Even without applying strong pressure, excellent results can be expected. Regular use is important to achieve the desired results.

### ● Apply appropriate skincare products only

After micro-needling, make sure the products you use are free from any fragrances and additives such as emulsifiers, mineral oils, colourants, preservatives or dyes, which can cause allergic reactions.

### ● Clean and dry the roller properly

Please clean the roller before and after each use. Rinse the roller under hot running water. Clean the roller once a week with a non-corrosive disinfectant. Do not put the roller away while it is still wet. Place the roller in the groove of the cap and let it dry completely, then place the protection cap over the roller.

### ● Contra-indications (cosmetic needling)

Moles, warts and areas of rosacea should not be treated. **Skin needling is not permitted if you suffer from any of the following conditions:** infection, problematic skin, inflammations, active acne, eczema, herpes, psoriasis, actinic keratosis/solar, keloids, skin cancer, malignant skin disease or vascular disease, or if you are pregnant or breast-feeding. If you are taking any medication for pain or fever, vitamin E in high doses, blood-thinning medication, diabetes or any other drugs or if you have any questions, please consult your doctor.

If you have any doubts, always consult your physician before starting a skin treatment.

## INSTRUCTIONS FOR YOUR FACE



Use the roller in your regime after cleansing and toning and before applying moisturisers or specialised products. Divide the face into small areas, starting with the right side, and then repeat the same movements on the left. Roll as per the illustration approximately 2 to 5 times before moving on to the next area.

**Generally five minutes is enough to treat the face and neck, depending on the speed of rolling.** After the treatment it is possible that the skin may look reddish for a short time.

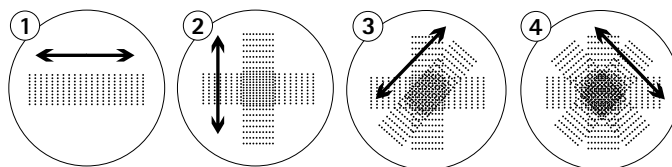


### ● CHOOSE A ROLL TECHNIQUE SUITABLE FOR YOUR SKIN

Follow the instructions according to your skin's sensitivity. Method A is a more intense procedure suitable for problem areas, whereas Method B is gentler.

### METHOD A — INTENSE

Divide the treatment area into several sections: forehead, nose, cheeks, mouth and the left and right sides of the neck.



horizontal

vertical

diagonal to the right

diagonal to the left

Start with a small area of the front and move the roller horizontally 2 to 5 times. Then repeat rolling vertically, diagonally to the right and diagonally to the left. Gradually cover the entire area of the forehead and eyebrow area. In the same way, roll over all the different areas of the face and neck or whichever area you would like to treat.

### METHOD B — GENTLE

1 Roll the neck from bottom to top and top to bottom in a vertical direction. Start at the bottom of the neck in line with your ear and gradually work towards the larynx. Be careful with the area of the larynx!

2 Next, starting at the middle of your chin and following the contour of the jawline roll from the chin towards your right ear approx. 2 to 5 times for each 'track' back and forward. Then do the same from the right corner of your mouth towards the ear. Continue this process, moving up the face, eventually rolling from the nose, under the eye, towards the ear. Avoid the area of the lips and eyes!

3 Now start rolling in a vertical movement from bottom to top and top to bottom. Begin at the jawline just under the right corner of your mouth and roll upwards towards your lower eyelid. Repeat the process, until you eventually reach the right ear. Press your lips firmly together so that you can roll over the area above the lips easily.

4 Continue to roll carefully vertically downwards between the eyebrows along the bridge of the nose. Stop at the tip of the nose.

5 Start to roll at the beginning of the crow's feet area horizontally to reach the middle of the ear. Roll backwards and forwards.

6 Then roll over the same area (wrinkles around the eyes) vertically up and down towards the middle of the ear.

7 Start at the eyebrows and roll out horizontally, forwards and backwards into the hairline. Gradually treat the whole right-hand side of the forehead, covering the entire area.

8 Continue to treat the forehead area in a vertical direction and roll up and down. Start again from the eyebrows and roll towards the hairline.

9 Repeat steps 1-8 on the left side of the neck and face.

10 After the micro-needling treatment, apply a generous amount of suitable gel or serum to your skin. When the gel or serum has been absorbed completely, you can continue with your usual skincare. After the treatment, avoid direct sunlight; it is essential to use sun protection (broad-spectrum sunscreen).

### ● APPLICATION INTENSITY (Cosmetic)

After the skin is accustomed to the treatment the procedure can be carried out daily, preferably in the evening. In the beginning it is advisable to use the roller 1-2 times a week, and then you can slowly increase the frequency to daily use.

### ● USE THE ROLLER FOR OTHER BODY PARTS

The IB Skin-Roller can also be used for other body parts such as: the chest, hands, arms, buttocks and other problem areas.



### ● IB SKIN-STAMPS ARE ALSO AVAILABLE FOR SPECIFIC SMALL AREAS THAT ARE DIFFICULT TO REACH

For example, around the mouth and eyes.

**IB Skin-Rollers & Stamps:**  
gold plated • unique • durable • elegant  
auto-clavable • easy to clean

