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# SKIN RENEWAL

The idea of putting a roller fitted with little needles across your face repeatedly until it is red and angry sounds absurd but the latest leading skin treatments is finding incredible results doing just that. It’s called skin needling and is administered by a qualified doctor. We visited Skin Renewal in the Cape Quarter in Cape Town to find out more.

**P**ractitioners and staff at the Skin Renewal salons are nurturing and friendly, the atmosphere is relaxing and luxurious. The smell of lemongrass was wafting through the reception area as I was ushered in to see Dr Graham Duncombe who was just fabulous. In a reassuring and unhurried manner he spent time with me discussing my skin concerns and patiently describing the process involved while answering my endless questions. Dr Duncombe is an expert in anti-ageing and aesthetic medicine.

The concept of skin needling is based on the skin’s ability to repair itself when damaged by cuts, abrasions, or other physical trauma. Immediately after an injury our skin has an in-built mechanism that destroys old damaged tissue (as in acne scarring and wrinkles) and replaces it with new fresh healthy collagen. Skin needling encourages this self-repair mechanism by creating micro ‘injuries’ which triggers new collagen synthesis. This results in a healing process that creates smoother, firmer and younger looking skin. Incredible results are shown with all skin types especially patients with acne scarring, enlarged pores and moderate to severe wrinkling.

This innovative treatment has advanced from a device called the Dermaroller to the

Dermapen. The Dermapen uses multiple needles that pierce the skin vertically and an added high speed vibrating function that increases the effectiveness of the treatment with rapid multiple insertions. It sounds painful but before beginning, the skin is given an anaesthetic cream that reduces sensation. I was prepared for the worst and was much relieved to have the comforting assistant next to me. Once it began I was surprised that it was less sore than I imagined it would be. The needling lasts a few minutes, Dr Duncombe was very attentive and ready to stop at any time I felt too much discomfort. New needles are used for each client so there is no risk of infection or contamination.

It felt like little baby bee stings but not as sore. Once the needling has been effective the body reads this as a wound that needs to be repaired. This stimulates the release of growth factors that trigger the production of collagen and elastin - all part of the healing process. New collagen remodels over time and throughout the next couple of weeks the skin shows wonderful improvement. It targets many different conditions from sagging skin to stretch marks, enlarged pores and acne scars. Initial improvement can be seen within 10 days but the results are cumulative. The best results of a single treatment can be seen up to 3 months later and the collagen is continually growing and

maturing in the skin over a 90 day period. After the treatment my face looked as though I had fallen asleep in midday sun. It was incredibly red and I gladly took my supply of Lycogel, a healing breathable camouflage with me. This acted like a foundation and covered it all up.

After a day and a half, the redness had disappeared and I had minimal face peeling. Although I did see some improvement in my skin after ten days, the real change came about a month later when my skin seemed to be about ten years younger. I kept on getting comments from my friends about my skin and how amazing it looked. So far, I have only had one treatment (Dr Duncombe recommended four) but my skin feels very smooth and looks much healthier and rejuvenated. I have spoken to a few other people who also had the treatment. One of my colleagues had terrible acne scars and they have almost disappeared completely. People are getting incredible results from this treatment. I would highly recommend it, it’s not nearly as scary as it first sounds and you definitely can’t dispute the results. 🌿

To find out more log onto  
[www.skinrenewal.co.za](http://www.skinrenewal.co.za) or  
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