

A close-up, high-angle photograph of a woman's face, showing her eyes, nose, and lips. Her hair is pulled back, and she has a neutral expression. The lighting is soft and natural.

roll with it

Always looking for new products and treatments to improve the appearance of her skin, Kate Dawson finds out more about the Derma Roller treatment.

Having suffered with occasional acne and some sun damage, I hoped to find something which could revive my complexion, improve the appearance of acne scars and generally brighten my skin, and Derma Roller seemed as though it might fit the bill. The treatment does involve micro-needling, which sounds less than attractive and somewhat painful, but if the reviews and celebrity following are anything to go by, it must be worth a try.

The treatment was carried out in the tranquil surroundings of Broom Mill Day Spa, near Ferryhill in County Durham. My therapist, spa manager Jill, has extensive training in a range of beauty treatments and is developing the medi-spa side of the business, which includes treatments such as the derma roller, mesotherapy and microdermabrasion. She talked me through the treatment step-by-step. I was a little apprehensive about the micro-needling part of the facial, but on sight of the roller, the 0.3mm fine needles didn't look too sinister and Jill's confident and professional approach put me at ease. The type of products used during the treatment can be tailored to individual needs, depending on skin type. In my case this included hyaluronic acid to re-balance, brighten and assist the healing of old acne scars.

The facial began with a double cleanse, then a hyaluronic peel to lift dead skin cells. This was then followed by the micro-needling (also known as Collagen Induction Therapy). The roller was run over the skin's surface, creating lots of tiny punctures through which a prescriptive 'cocktail' of vitamins and minerals is pushed into the skin. It wasn't painful but was quite tender on certain parts of the face, particularly on the forehead and around the eyes where it is closer to the bone. However, the therapist can avoid any particularly sensitive or inflamed areas. The derma roller assists with skin repair, naturally increasing the levels of collagen and elastin in the skin.

The micro-needling was followed by mesotherapy, which was painless and very soothing. Originally developed for cancer patients, this amazing technology uses a micro current to assist with the induction of the vitamins and minerals into the middle layer of the skin. A face mask was then applied to calm and soothe my skin, while Jill gave me a relaxing scalp massage. After removing the face mask, she applied moisturiser to act as a barrier and to protect the skin after the treatment. In the mirror I couldn't see any signs of the needles' work, only a little bit of redness on my forehead and around the eyes; certainly nothing that would mean I was confined to the house for the next few days!

The following morning my skin was soft and even with no redness. I chose not to wear any foundation that day to allow my skin to breathe but Jill had told me I could have used mineral based make-up without any problems. A week later, my skin looked noticeably brighter and smoother. The full results can take up to four weeks to show as the skin naturally renews itself and the new healthy skin appears.

The derma roller can be sterilised and re-used up to eight times and once you've bought the roller, Jill can incorporate its use into a facial at no extra cost so it's excellent value for money. I would have absolutely no hesitation having the Derma Roller Facial again and am very pleased with the results after only one treatment.

Derma Roller Facial (55 minutes) £100 including roller, then £50 - £60 for follow up treatments depending on ingredients used.

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