



DERMA 2.0 SKIN TREATMENTS

- EYE (Treats Eyebags/Dark Circles/Under Eye Puffiness)**
- BIO (All round skin revitalisation and skin glow to treat signs of ageing)**
- WHITENING (to remove hyperpigmentation, age spots)**
- REPAIR (addresses acne scarring and stretch marks)**
- RESTORER (promotes synthesis of collagen and elastin)**
- EXOSOMES (anti-ageing, restructuring, and reinvigorates the dermal layer)**
- TONE UP (improves the tone and texture of skin)**
- FIRMING (firms the skin)**
- LIFTING (provides a lifting anti-wrinkle type like effect)**

Treatments can be used on face and body and can be combined. A bespoke treatment plan will be designed for your individual needs. It is recommended to have a treatment plan of 3 sessions, 7-10 days apart to maximise and prolong the results of your treatments, followed by a maintenance session at around 9 months.

£79 PER SESSION or £199 for 3 sessions

WHAT YOU NEED TO KNOW

What is it?

Derma 2.0 is a cutting-edge, Italian medical-grade skincare treatment system designed to address various skin concerns through advanced technologies. Using microneedling and mesotherapy techniques to deliver potent active ingredients directly into the dermal layer to stimulate natural healing and rejuvenation processes. Derma 2.0 is known for its bio-revitalising effectiveness in improving skin texture, tone, and elasticity, as well as reducing the appearance of fine lines, wrinkles, hyperpigmentation, scars, and stretch marks. Derma 2.0 is highly regarded for its ability to deliver professional, medical-grade results tailored to individual skin needs.

Does it hurt?

Microneedling and mesotherapy can be uncomfortable and some bruising may occur, but this is temporary and most client can tolerate the minor discomfort, although numbing cream can be provided. Bruising may also occur.

What are the benefits?

Derma 2.0 is extremely versatile with medical-grade options for all different skin concerns. Derma 2.0 treatment plans are tailored to tackle your individual skin concerns. I review your skin and use different serums on different areas as indicated. Active

ingredients are delivered directly into the dermal layer of the skin, providing personalised treatments that targets your specific skin concerns. By combining microneedling and mesotherapy, Derma 2.0 accelerates skin renewal, delivering active ingredients into the skin - leading to smoother, firmer, and more youthful-looking skin.

When will I see results & how long does it last?

Most clients will notice an improvement in their skin concerns after the first session, however it is recommended to have a treatment plan of 3 sessions for the full benefit and for the results to last. This full course is only required once a year, with a maintenance session recommended at around 6 months.

BEFORE YOUR APPOINTMENT

- Please come to your appointment with minimal make up to the areas that are going to be treated. If you have a beard, please remove the facial hair prior to treatment.
- Limit your alcohol consumption 24 hours before and after this treatment.
- If you suffer from cold-sore, consider taking Zovirax or similar prior to the appointment.
- For 24 hours before your treatment appointment, it is advised that you avoid anti-inflammatory pain killers like Ibuprofen and Aspirin. Paracetamol is fine to take and the only pain relief I advise you to take 24 hours before and after treatment
- Avoid direct sunlight. I will not be able to treat sunburnt skin.

THE TREATMENT ITSELF

The appointment will last around 1 hour. When you arrive, we'll discuss the treatment, check your consultation form and go over any questions you may have.

The eye area is treated with tiny injections (mesotherapy) where you will have tiny bumps where the Derma 2.0 has been placed. For full face/area treatments this will involve microneedling which is a pen device with a several small needles to deliver the serum efficiently and quickly into the dermal layer. This takes around 25-30 minutes. I then follow with mesotherapy injections into any target areas which can take around 20 minutes. After microneedling/mesotherapy, I apply an optional mask to soothe, hydrate and begin the healing process in the skin. You will then leave the appointment with the mask on, so please ensure you don't have any plans after the appointment.

Aftercare

Please follow aftercare advice to ensure optimal results and minimise potential side effects. Please note you will have red skin from the microneedling, and small papules of product will present as lumps on the skin. The redness and papules will diminish over the next 24-48 hours.

IMMEDIATE POST-CARE

Avoid Touching the Treated Area: Your skin may feel sensitive, and it's important to avoid touching or scratching it to prevent infections.

- **No Makeup:** Refrain from applying makeup for at least 24 hours post-treatment to allow your skin to breathe and recover.
- **Avoid Direct Sunlight:** Your skin will be more sensitive to UV rays, so avoid sun exposure for at least 48 hours. If you must go outside, apply a broad-spectrum sunscreen with SPF 30 or higher. Do NOT apply the same day.
- Stay away from hot showers, saunas, steam rooms, and strenuous exercise that causes sweating for 48 hours. Heat can exacerbate inflammation.
- Avoid swimming in pools, hot tubs, or any water that might contain bacteria for at least 48 hours.
- Mild redness, peeling, or flakiness is normal and can last for a few days. Avoid picking or peeling the skin to prevent scarring.
- Consuming a balanced diet rich in vitamins and antioxidants can help support the healing process.
- Avoid smoking & alcohol as both can impair healing, so it's best to avoid them for a few days post-treatment.

SKIN CARE ROUTINE

- **Gentle Cleansing:** Use a mild, non-exfoliating and non-foaming cleanser to wash your face, starting the day after treatment. Avoid any harsh or active ingredients like retinoids, AHAs, or BHAs for at least a week.
- **Hydration:** Keep your skin well-hydrated. Use a gentle, hydrating moisturiser ideally with ceramides to help soothe and repair the skin. Hyaluronic acid-based serums can also be beneficial.
- **Avoid Active Ingredients:** Refrain from using products containing retinol, vitamin C, or other active ingredients for at least 48 hours, as these can irritate the treated skin. Begin using as soon as your skin allows (i.e. doesn't feel overly irritated on application).

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