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## **Skin Is In: My SkinPen- Microneedling experience**

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For the past few years I have really started to get into skincare. I never really had an issue when I was growing up however, as I get older it has become important to me to protect my skin and maintain that healthy glow. Two weeks ago I stopped into Dr. Halaas's Midtown Manhattan office and was scheduled for a session with the SkinPen.

**Let's get into the nitty gritty!** The SkinPen is a microneedling system that creates hundreds to thousands of microscopic punctures in the skin's outer layers. This process works to rejuvenating your skin by boosting collagen production which in turn helps to improve the appearance of facial acne scars, fine lines & wrinkles. Due to the fact that this is a non-invasive procedure there is little to no downtime.





*How did it work?*

My appointment was scheduled for 3:30 pm, I arrived and my face and neck were prepped with numbing gel. once prepped I spent 30 minutes under a red LED light prior to starting the session with the SkinPen. Once that was complete we started the session. I felt no pain as Rachel glided the SkinPen over my skin. In all honesty it was quite relaxing & when I saw pictures after I was shocked that I did not feel any pain on my face.



*Does it hurt?*

It did not bother me at all- you feel a slight suction on your skin but no pain. The only areas that felt strange were around my nose as the vibrations tickled and gave me the sensation like I was going to sneeze. Different needles were used through the procedures for different areas of the face for example, a shorter needler was used under my eye area because it is closer to the bone and more sensitive.



photo taken an hour after procedure

***What is the downtime?***

As I said before there is little to know downtime but obviously it depends on your skin and how you react and recover. After the procedure the technician added All Calm to my skin and I took the subway home without feeling self conscience about any redness. Within two hours my skin had barely any marks (the redness continued on my neck through the night but was gone in the morning).

And I was able to go to work the next day without any noticeable marks on my skin.

***What about aftercare?***

I followed up with Skinfuse post procedure set that had detailed instructions on the box. The most important thing post procedure is to stay MOISTURIZED as my skin did get dry after the procedure. This set was the perfect way to follow up with the procedure as the directions were simple and the products felt smooth on my skin.



***How do I feel two weeks later?***

In one word- refreshed! I feel like my skin received the perfect pick-me-up that I was looking for. My skin doesn't look as dull it looks brighter and has that perfect glow. Obviously it is important to continue aftercare with products that boost these effects (vitamin c, hyaluronic acid, sunscreen & moisturizer) but I have been pleasantly surprised by the entire experience and would highly recommend it to anyone who is interested in the procedure.