

## Easy steps for using your Home Dermal Roller



**Using your CTS Dermal Roller is really easy, and does not require any special products or preparation. Here's how:**

1. Before you use your CTS Roller for the first time, make sure that you first thoroughly cleanse your face with your favorite facial wash. You can leave the toning and moisturizing for later, after you have finished with the micro-needling therapy.
2. Rinse the CTS Roller head under boiling water before using it on your skin. This ensures that the needles are disinfected again just before use.
3. Apply a small amount of Hyaluronic Acid, Vitamin C Serum or other Dermica Solution to your face.
4. You are ready to **now use your CTS Dermal Roller on the skin**. Start by going from left to right, then top to bottom, and finally diagonally across, like an X. Be sure to apply a small amount of even pressure as you roll the needle head across the treatment area. When treating the face, avoid too much pressure around the eye area and cheekbones.
5. Apply another layer of Hyaluronic Acid, Vitamin C Serum or other Dermica Solution. Afterwards, you may apply a facial mask. Just make sure that your face is no longer tingling or too reddish from the tiny traumas caused by micro-needling before you use your moisturiser.
6. Remember to wash your CTS Roller in hot water and disinfectant solution of your choice e.g. Dettol, Milton ec..after every treatment session.
7. Use your CTS Home Roller 3 times a week (Once the first week, twice the second week and 3 times every week after).
8. Your CTS Roller should be replaced every 6 Months
9. **DO NOT SHARE YOUR MICRONNEEDLING ROLLER!**

**That's it! You're done with your first home micro-needling therapy.**