

SKIN ALCHEMIST RITUALS

The Skin Needling Ritual

A Guide to Safe, Considered At-Home Microneedling

A cosmetic education course — not a substitute for professional medical advice

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01 • Before You Begin — Read This First

This course teaches the cosmetic practice of at-home skin needling using a shallow-depth dermaroller — a mechanical exfoliation and product-absorption technique, not a medical or clinical treatment. It is written for cosmetic, educational purposes only.

This is not medical advice

Skin needling breaks the surface of your skin. Done carelessly, it carries real risk of infection, irritation, and scarring. Nothing in this course replaces a consultation with a dermatologist, doctor, or qualified skin therapist — especially if you have any skin condition, take any medication, or are unsure whether this is right for you. If in doubt, don't — ask a professional first.

This course only covers shallow, cosmetic-depth needling intended for home use with consumer-grade tools. It does not cover, recommend, or provide guidance for deeper or medical-grade microneedling (the kind performed with longer needles in a clinical setting) — that is a professional treatment and outside the scope of what's safe or appropriate to do yourself.

02 • What Skin Needling Actually Is

At-home skin needling uses a small roller or stamp covered in very fine, shallow needles to create temporary micro-channels in the outermost layer of the skin. The idea behind it is simple: those micro-channels temporarily increase how well your skin absorbs the serums you apply afterward, and the light, controlled nature of the process is thought to support smoother, more refined-looking skin texture over time with consistent, careful use.

It is not a treatment, and it does not cure, heal, or medically alter anything about your skin. Think of it as a way to help your skincare routine work a little harder — a cosmetic ritual, not a procedure.

03 • Who Should Not Do This

Skip skin needling entirely — and speak to a doctor first if you're unsure — if any of the following apply to you:

- Active acne, breakouts, cold sores, or any active skin infection
- Eczema, psoriasis, rosacea, or dermatitis currently flaring up
- Sunburnt or recently irritated skin
- You've used isotretinoin (Accutane) within the last 6–12 months
- You're on blood thinners, or have a bleeding or clotting disorder
- A history of keloid or hypertrophic (raised) scarring

- You are pregnant or breastfeeding (consult your doctor first)
- Any known allergy to the roller's needle material (typically stainless steel or titanium)
- A weakened immune system, or any condition affecting wound healing

If none of these apply to you but you're still unsure, that uncertainty is reason enough to ask a dermatologist before starting.

04 • Choosing Your Tool

This course covers **cosmetic-depth rollers only** — the kind sold for consumer, at-home use.

Stay shallow

Choose a roller at the shallow end of the cosmetic range, and never exceed what the manufacturer states is intended for unsupervised home use. Longer or deeper needles are professional-only tools, used under clinical supervision — they are not covered by this course, and using one without training significantly increases your risk of injury, infection, and scarring. If you want a deeper treatment, book with a licensed professional — don't attempt it yourself.

- **Material:** medical-grade stainless steel or titanium needles only.
- **Condition:** inspect needles before every use under good light — if any look bent, rusted, or uneven, discard the roller. Damaged needles tear the skin instead of piercing it cleanly.
- **Personal use only:** a dermaroller is a single-user tool. Never share it, even with family, and never buy one second-hand.
- **Replace regularly:** needles dull with use. Replace your roller roughly every 3 months with regular use, sooner if you notice any resistance or dragging on the skin.

05 • Hygiene & Preparation

Because this process breaks the skin barrier, hygiene isn't optional — it's the difference between a safe cosmetic ritual and a real infection risk.

Before every session

- Wash your hands thoroughly with soap and water.
- Sanitise the roller by soaking the needle head in 70%+ isopropyl alcohol for at least 10 minutes. Let it air dry on a clean paper towel — never wipe the needles with fabric.
- Cleanse your face with a gentle, non-active cleanser. Pat dry — don't rub.
- Do not apply any active ingredients (retinoids, AHA/BHA, vitamin C) beforehand on a needling day.

- **First time with a new roller or a new area?** Patch test on a small area first and wait 24 hours to check for any unusual reaction before doing a full session.

After every session

- Sanitise the roller again the same way, then store it in its case, fully dry, away from moisture.

06 • The Technique

Slow, light, and controlled — that's the whole technique. More pressure or more passes is not better, and significantly raises your risk of irritation and micro-tearing.

- **Divide your face into zones** — forehead, each cheek, chin, nose bridge — and work one at a time.
- **Roll gently**, using light pressure only — the roller's own weight is close to enough. Never press down.
- **4-5 passes per zone**, in one direction at a time (vertical, then horizontal, then both diagonals), lifting the roller fully between passes rather than dragging it back and forth.
- **Avoid entirely**: the eye area, eyelids, lips, open blemishes, broken skin, and any area that's irritated or sunburnt.
- **A little pinpoint redness is expected** — like a light flush. Bleeding, significant stinging, or visible skin damage means stop immediately — you're pressing too hard or your needles are damaged.
- **Frequency**: once every 1-2 weeks at most for cosmetic-depth rollers. Your skin needs the full time in between to recover fully. Needling more often does not speed up results — it just increases irritation risk.

07 • Aftercare

Your skin is more permeable for several hours after needling — treat it gently.

- **Immediately after**: apply only a simple, hydrating, fragrance-free serum. This is a good moment for something calming and barrier-supportive rather than a strong active.
- **Avoid actives for 24-48 hours** — no retinoids, AHA/BHA exfoliants, or vitamin C. Your skin is more sensitive to irritation right after needling.
- **Sun protection is non-negotiable** — wear SPF the next day, and avoid direct sun and saunas for 24-48 hours.
- **Skip makeup** on the day of your session if you can, to reduce the chance of irritation or clogged pores while your skin settles.

From our range: a gentle, fragrance-free hydration or barrier-support serum (like Centella Calming Serum or Amino Barrier Exosome Serum) is well suited to post-needling aftercare — simple, calming formulas rather than active-forward ones.

08 • What to Avoid Combining

Needling temporarily increases how much of whatever you apply next actually absorbs — which means anything that would normally be a mild irritant becomes a stronger one right after a session.

- Don't needle on the same day you use exfoliating acids or retinoids.
- Don't combine needling with any other exfoliation (physical scrubs, chemical peels) in the same week.
- Keep your post-needling routine simple: cleanse, one calming/hydrating serum, moisturiser, SPF the next day. This is not the moment to layer multiple actives.

09 • Building a Realistic Routine

A sensible starting cadence looks like this — adjust based on how your skin responds, and never increase frequency just because you're not seeing changes quickly. Skin needling is a slow, cumulative cosmetic ritual, not a fast fix.

- **Weeks 1-2:** one session, to see how your skin responds. Nothing else new in your routine that week.
- **Ongoing:** one session every 1-2 weeks, always with the full hygiene and aftercare steps above.
- **Any week your skin looks irritated, sunburnt, or compromised:** skip that session entirely. There's no harm in waiting longer between sessions.

10 • When to Stop & See a Professional

Stop and seek medical advice if you notice:

- Increasing redness, warmth, swelling, or pus — signs of possible infection
- Fever or feeling unwell after a session
- Irritation that doesn't settle within a day or two
- Any bleeding, visible skin damage, or scarring
- No improvement at all after several months of consistent, correct use — this is a sign to speak with a dermatologist about other options, not a reason to needle more often or more deeply

If you want more noticeable results than shallow at-home needling can offer, the right next step is a licensed dermatologist or qualified clinician — not a longer or sharper roller. Deeper, professional microneedling is a clinical treatment for a reason.

11 • Full Disclaimer

This course is provided for general cosmetic and educational purposes only and does not constitute medical, dermatological, or other professional advice. Skin Alchemist Rituals is not a medical provider. Individual results and skin responses vary, and skin needling carries inherent risks, including but not limited to infection, irritation, allergic reaction, and scarring, particularly if performed incorrectly or on unsuitable skin. You should consult a qualified doctor or dermatologist before beginning skin needling, particularly if you have any pre-existing skin condition, are pregnant or breastfeeding, are taking any medication, or are otherwise unsure whether this is appropriate for you. Discontinue immediately and seek medical attention if you experience any adverse reaction. By using this course, you acknowledge that you are doing so at your own discretion and risk, and that Skin Alchemist Rituals accepts no liability for any injury, adverse reaction, or outcome arising from its use. This course does not cover, endorse, or provide guidance for deeper or medical-grade microneedling, which should only ever be performed by a licensed professional.