

FASHION

WTF is microneedling (and why is it so damn bloody)?



Jabbing the skin with needles admittedly sounds counter-intuitive, but consider that the needles are teeny (think acupuncture-thin, but much shorter) and microneedling is based on the same concept as a fractionated laser, which creates a controlled injury that the surrounding skin then swoops in to repair. The result: Fresh, new collagen production. “Microneedling started this idea even before lasers,” says **Dr. Diane Wong**, owner and medical director of Toronto’s **Glow Medi Spa**. But pros like Wong are calling the recent marrying of microneedling and radiofrequency energy (RF) a game changer. Because the tiny needles penetrate the skin, topical RF can reach the deeper layers to better rejuvenate. “Combining these two technologies allows the energy to be delivered very directly,” says Manhattan cosmetic dermatologist **Dr. Paul Jarrod Frank**.

The benefits of microneedling range from youthful contours and fewer fine lines, to refined pores, improved texture and diminished acne scars. For the hybrid technology, Frank's go-to is the **Infini**. The machine has a disposable tip with 49 microneedles, which puncture the skin, reach the desired depth and then deliver a pulse of RF energy. "It's like a square stamp and the tip is moved over the face in a stamp-like motion. You're getting the tightening of ultrasound and the resurfacing of Fraxel," he says. Meanwhile, at Glow Medi Spa's flagship in Yorkville and new location in Aurora, Ont., **VoluDerm**, a hybrid of microneedling, radiofrequency and galvanic energy, has become the lunchtime fave of professional women nearby because the half-hour treatment creates an instant glow, in addition to long-range improvement. In this case, the RF assists in the needle penetration before the two energies are emitted, with the galvanic energy working to minimize discomfort by altering the skin's pH. "There's no bleeding