

Introducing - Collagen Stimulation Therapy™ (CST)

History of CST

- 1995 Orentreich, D. S. Subcutaneous incisionless (subcision) surgery for the correction of Depressed scars and wrinkles. *Dermatol. Surg.* 6:543
- 1997 Camirand, A. Needle dermabrasion. *Aesthetic Plast. Surg.* 21:48
- 1999 Fernandes, D. Skin needling as an alternative to laser. Presented at the international Confederation for plastic, reconstructive, and aesthetic surgery conference, San Francisco, Calif., June 26-30, 1999.

Environ's founder Dr Fernandes developed an applicator for Collagen Stimulation Therapy in 1997 and announced it to the beauty & aesthetic surgery industry in 1999. He is the pioneer and widely spread the use of needling for the stimulation of collagen and elastin production in skin.

“Needling employs the body’s natural response that, for the first time ever as far as we know, induces regeneration instead of scar formation and can safely be repeated until one gets the desired result.” Fernandes, D.

How it works - Unlocking your body’s powers of rejuvenation

The body responds to Collagen Stimulation Therapy™ in the same way it would react to an injury. The small amount of bleeding during treatment releases powerful growth factors, which are part of a natural healing response, resulting in increased collagen and elastin production.

What will happen during the treatment?

During the treatment, the therapist will apply a topical anaesthetic and will use a small instrument containing tiny needles (1-1.5mm) to create thousands of microscopic channels in your skin. This causes a minimal amount of bleeding that stops within minutes. There is no pain because of the use of topical anaesthetic cream but a minimum amount of discomfort may be experienced. However the most of clients says it is tolerable.

CST is especially good for...

- To restore skin tightness and lifting
- Soften fine wrinkles
- Acne scarring & stretch marks
- Hypo/ hyper pigmentation
- Dilated blood vessels causing redness of the skin

Contra-indications

- Clients not pre-treated with vitamin A topical cream (minimal duration of 3 weeks)
- Clients on retinoic acid cream (such as Roaccutane)
- Skin cancers, warts, solar keratosis and skin infections
- Clients on anti-coagulant therapy (warfarin, heparin)
- Clients on aspirin should stop for at least 3 days prior to treatment
- Allergy to topical anaesthesia
- Clients on chemotherapy, high doses of corticosteroids or radiotherapy
- Active acne or herpes labialis on face or impetigo
- Botox – wait at least a week or more
- Fillers – wait at least 10 days or more
- Uncontrolled diabetes
- Pregnancy and lactation period – as topical anaesthetic cream should be avoided except medical reasons

Before your visit

- Consultation must be taken (free of charge) before the treatment. A patch test of anaesthetic cream will be done at the back of ear lobe.
- Minimal 3 weeks of pre-treatment with vitamin A topical cream is essential.

After care – things to know before you book the treatment

- Immediately after the treatment, the skin can be red or pink for about 12 hours. Therefore it is recommended not to use public transport or going to crowded environment on the same day.
- No make up for 24 hours. Make sure that brushes are clean when make up is applied.
- Avoid sun for 10 days. This is because we do not want free radicals to interfere with the healing process. Normal day in summer time is fine, but avoid going on a beach holiday immediately after the treatment.
- No exercise for 24 hours.
- Avoid AHA or any acid containing products for 48 hours.
- Avoid using Environ's cosmetic needle application for 10 days.
- Take vitamin C supplement and/or collagen supplement to assist collagen production stimulated by CST.
- Follow up home care with Environ's vitamin A cream (to support growth factor activity) and Environ's vitamin C preparation, C-Boost (to assist collagen production).
- Skin will feel dry and tight, and may experience peeling for a maximum duration of 5 days after the treatment. Use an extra product to hydrate if necessary.

FACT about Collagen Stimulation Therapy (CST)

Professor Aust, who is actively doing his research using medical needle application found some interesting fact.

According to Prof. Aust, research done at Honover Medical School, natural growth factors in skin care are stimulated by;

- Topical vitamin A
- Skin needling to switch on the healing process

He also found that there was a cumulative effect of medical needling:

- 115% increase in thickness of epidermis – after 1 treatment, no skin care with vitamin A
- 205% increase in thickness of epidermis – after 4 treatments, no skin care with vitamin A
- 658% increase in thickness of epidermis – after 4 treatments, plus skin care with vitamin A

Increased collagen production starts immediately after the treatment, but the process continues for about 2 months. The result should be monitored at 2 months period after the course of treatments.

There is a theory that one does not have to bleed in order to get the result, because the real induction of the growth factors comes from the electrical changes in membranes as a result of needling. Prof Aust tried and measured the effect using an external electrical field to depolarise membrane (with no involvement of needling and bleeding). His research for this since 1994 confirmed that he did not see the more dramatic changes seen with needling of the skin.

FAQ

Any risk of infection?

There is very low rate of infection reported. Each applicator is used for one person. Preparation and the treatment will be done with sterilised tools and alcohol wipes to minimise the risk. However clients are responsible for own hygiene especially 12 hours after the treatment (ie, no dog licking your face!). Environ thinks that the low rate of infection is also due to activated growth factor TGF- β 3 (one of the most powerful growth factors which is only abundant in foetus), that support the immune system.

How does it look like if I have an infection?

Small white dots appearing on skin may be an area of isolated infection. Carefully wipe away and wash with Environ's Sebuwash that contains tea tree for anti-bacterial reason. If it is still not removed, please consult a doctor. Also if the skin becomes painful and red then an infection may have developed and you need to see a doctor. Clients prone to fever blister may develop a Herpes infection. Can apply Zovirax (or similar) before and after the treatment.

Does it damage my skin?

Prof Aust checked the skin's epidermis after 12 hours and there was no sign of damage after CST.

Do I develop sun sensitivity after CST?

No, it does not create sun sensitivity after CST. However all year round sun protection is recommended to minimise free radical activity to protect your skin cells.

Do I need a course treatment?

For the maximum result, it is best taking a course of 5-6 treatments with an interval of 1-2 week – to renew all the cells. This is also shown in both Dr Fernandes's and Prof Aust's researches. However there are reports based on only one or two treatments showing a good result developed in few months to years as well. CST is an advanced treatment and it could be used as an occasional intensive treatment. As a maintenance, it can be done every 2-3 months.

Which is more powerful – Environ's vitamin penetration facial or CST?

They have different approaches and both are great treatments. It is ok to alternate those facials to achieve the best result. You can consider vitamin penetration facial as a regular treatment because it feeds skin nutrients by delivering them to deep layer. While CST can be used as an intensive treatment to switch on your own healing system. A difference is that the result develops over months to years after CST even after only few treatments, while vitamin penetration facial should be done regularly to maintain the condition – although both treatments are powerful enough to reverse some skin damage such as acne scar.

Why can't we combine CST with vitamin penetration facial at the same time?

I had an enquiry why we cannot do vitamin penetration after CST application, because many channels are created by CST which would assist vitamin penetration. Unfortunately we cannot use the probe (that emits ultra sound and electric current) because it creates cross-contamination with blood which may be left on the skin surface. However the treatment ends with field galvanic (electrical current) treatment using seaweed mask + vitamin serum to assist immediate vitamin penetration – so you do get some benefit! If you want to follow up CST with a full vitamin penetration facial, please allow 2 days as an interval – yes, it is an ultimate to have both types of facials in a same week.

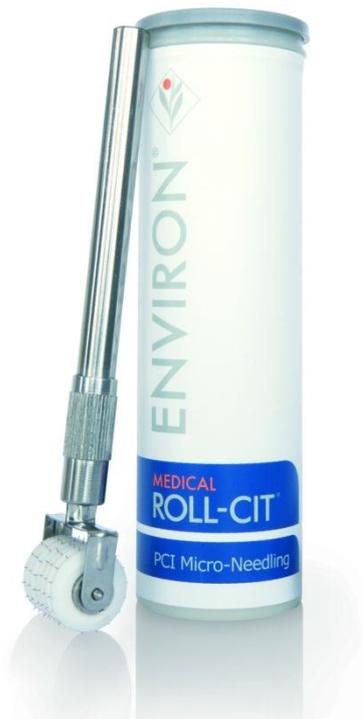
What is the difference to needling treatment performed at skin clinics?

If doctors are using 1mm or 1.5mm needles then it is exactly the same as Environ's CST, however they can also perform 3mm treatment which is good for severe skin damages. Application of 3mm requires general anaesthetic and much longer healing period like 7 days. There are reports saying that it is difficult to go outside for about 5 days. CST has a much shorter healing phase and normally it is ok to go out next day (some clients may need 2 days), although it may still look like a mild sunburn. I also finish the treatment with vitamin A & C serum under seaweed mask with electric current to assist deep penetration, thus it gives some vitamin support immediately and removes some redness before leaving the salon.

What is difference between Environ's cosmetic Roll-Cit and CST?

Cosmetic Roll-Cit and Focus-Cit uses 0.2mm needles and its purpose is to enhance the penetration of active ingredients. It does not switch on your healing process that increase growth factor production.

Photographs of the applicator and treatment procedure



1mm applicator for the face



3mm applicator for the body where thicker fatty tissue



Clean procedure during the treatment

Before & After photographs (© Environ Skin Care (Pty) Limited.)



Raised eye brows after the CST treatment



Lines are almost diminished and skin has better complexion, 2 months after CST



Skin got much firmer after the CST treatment. A model was 65 years old when the first photo was taken and 70 in the second photo. She maintained the results with Cosmetic Roll-Cit, AVST Hydrating Lotion and AVST Body Oil applications.

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