



ENVIRON

Collagen Stimulation Therapy, which is an advanced Aesthetic Treatment.



Q: What does CST mean?

A: Collagen Stimulation Therapy is a form of Dermaroller. It is an innovative new treatment that harnesses your body's natural powers of healing to tighten skin and achieve incredible results. It is especially effective for addressing lines and wrinkles as well as sun damage, scarring, slackened skin, stretch marks, uneven skin tone and dilated blood vessels.

Collagen Stimulation Therapy can be done on all areas of the face and body and suitable for all skin types.

Q: What will happen during the treatment?

A: During this simple procedure, the skin is thoroughly cleaned and a topical anesthetic cream is applied to the skin for 40 minutes. Then a roller-like instrument containing fine needles pricks the skin's surface. This creates thousands of microscopic channels in the lower

levels of your skin and causes a minimal amount of bleeding. After the treatment a cocktail of nourishing vitamins A, C, peptides and hyaluronic acid are applied to the skin. You will notice that you look flushed, as if you have sunburn, but this will fade over the next two or three days.

Q: How does it work?

A: The body responds to Collagen Stimulation Therapy in the same way it would react to an injury. The small amount of bleeding caused during the treatment releases powerful growth factors, which are part of a natural healing response, resulting in increased collagen and elastin production without causing any damage to the skin.



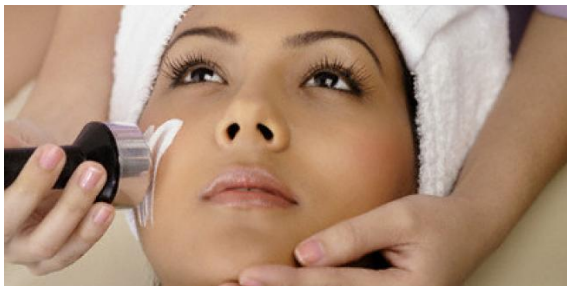
Q: What do I need to get the best results?

A: To achieve maximum results it is important to build your levels of vitamins A and C with topical Environ products and taking supplements, which boost your skin during Collagen Stimulation



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Therapy. It is also advisable to be using a Cosmetic Roll-Cit or Focus-Cit so that you can gain the best absorption of topical vitamins.



It is also advisable to have Environ Ionzyme DF facials throughout your course of Collagen Stimulation Therapy treatments. If this is adhered to prior and post treatment this will double the effect of Collagen Stimulation Therapy.

This is because the treatment sets up growth “factories” in your skin, the vitamins are “workers” and they will continue to benefit your skin for months afterwards.

Q: Is there anything I need to be aware of after treatment?

- A: Avoid any products containing Alpha Hydroxy Acids for the first two days.
- No make-up should be applied for the first 12 hours after treatment. We recommend mineral cosmetics by Jane Iredale as they are free from irritants and camouflage

redness while caring for skin.

- Your may notice that your skin becomes a little swollen for the first few days.
- Avoid smoking as this floods your skin with free radicals and limits the benefits of the treatment.
- Avoid exercise for the first 24 hours as perspiration can cause a stinging sensation.
- Limit sun exposure for ten days.
- Skin may feel dry, rough, tight and may peel but should return to normal by the fourth day. These symptoms are rare, but your therapist can advise.
- Continue to apply your vitamin creams regularly to maximize results.

