



# MICRONEEDLING WITH PRP, PRF, AND EXOSOMES

*Activate Skin & Hair Regeneration with Your Body's Natural Intelligence*

Microneedling is a powerful skin and scalp treatment that works by creating micro-channels in the skin to activate your body's natural healing response. This triggers collagen and elastin production, improves circulation, and enhances the delivery of healing compounds deep into the skin.

At Integrative, we offer microneedling enhanced with regenerative serums such as PRP (Platelet-Rich Plasma), PRF (Platelet-Rich Fibrin), and Exosomes. These advanced treatments maximize cellular renewal, address visible signs of aging, and support hair regrowth – with minimal downtime and long-lasting results.

## BENEFITS

- Reduce fine lines, wrinkles, and acne scars
- Improve skin texture, tone, and firmness
- Minimize pore size and pigmentation
- Support collagen and elastin synthesis
- Stimulate hair growth and follicle activity
- Repair sun-damaged or thinning skin
- Enhance delivery of growth factors for deeper rejuvenation

## WHAT TO EXPECT

Your session begins with a thorough consultation and skin or scalp assessment. Your Naturopathic Doctor will help you determine whether standard microneedling, PRP, PRF, or Exosome therapy is most appropriate based on your concerns, goals, and individual healing response.

A topical numbing cream is applied before microneedling begins. A specialized pen with micro-needles is gently passed across the skin or scalp. When using PRP or PRF, a small sample of your own blood is drawn and processed to isolate healing components, which are then infused into the treated area. With Exosomes, a lab-derived, cell-signaling serum is applied to drive regenerative effects.

Treatment typically lasts 60-75 minutes.

## TREATMENT COURSE & ANTECIPATED EFFECTS

- Skin typically appears flushed or pink for 12–48 hours
- Minor sensitivity or tightness may occur for 1–3 days
- Early results often appear within 1–2 weeks
- Most patients benefit from a series of 3–6 treatments, spaced 4–6 weeks apart
- Maintenance sessions every 3–6 months are ideal for ongoing results
- Hair restoration treatments may require 4–6 sessions for optimal stimulation

Combining microneedling with lifestyle support, advanced skin care, or naturopathic medicine may enhance and sustain outcomes.

## SAFETY

Microneedling is a safe, minimally invasive treatment performed by qualified Naturopathic Doctors. When using your own blood (PRP/PRF), the risk of allergic reaction is eliminated. Exosomes are also considered safe when sourced and handled correctly.

### Common side-effects:

Redness, sensitivity, mild swelling, or flaking

### Rare risks:

Bruising, pinpoint bleeding, or temporary irritation

### Contraindications include:

- Active acne or skin infections
- Certain autoimmune conditions
- Recent facial procedures (inquire for timeline)
- Pregnancy (PRP and PRF may be allowed with doctor approval)

Always follow the pre- and post-care instructions provided by your practitioner.