

Microneedling At Home

**Your Step-by-Step starting guide to
starting your skin rejuvenation
journey with clarity and confidence.**

My promise is simple: by the end of this guide, you'll have the confidence, clarity, and actionable first steps to begin your at-home microneedling journey safely and effectively.



Welcome

I'm Jen Adams, known as **Ms Longevity**, and I help people at midlife invest in their skin health through natural, effective methods that deliver lasting results.

With over a decade of hands-on clinical microneedling practice, professional training, and continuous CPD assessment with the market leaders in the industry.

I've seen firsthand the transformation microneedling can achieve, as well as the mistakes that happen without proper knowledge or guidance.

I believe in a natural approach to skin aesthetics, one that works **with your skin's own healing processes to encourage rejuvenation as you age.**

After many years in the clinic, I'm passionate about sharing how these same benefits can be achieved at home with the right tools and methods.



THE TRUTH ABOUT MICRONEEDLING

A closer look at how this treatment really works beneath the surface and why respecting the skin's natural response is so important.

IS MICRONEEDLING RIGHT FOR YOU?

An honest perspective on who can benefit most and how to set expectations for real, lasting results.

UNDERSTANDING YOUR SKIN CELL TURNOVER

Insight into how your skin renews itself with age, and why patience with these natural cycles is key to firmer, healthier skin.

MOST COMMON MISTAKE

A warning about the easy missteps many beginners make and how awareness alone can help you avoid slowing your progress.

YOUR FIRST 3 ESSENTIAL SAFETY STEPS

An introduction to the simple foundations that build confidence, safeguard your results, and support resilient skin from the start.



INTRODUCTION

In recent years, I've seen a growing number of people ready to take control of their skin health from the comfort of their own homes.

Many are intrigued by microneedling but are unsure where to start, and understandably so. Even with my professional knowledge of microneedling, I can see how confusing the information out there can be.

Social media is flooded with conflicting advice, concerns about potential skin damage, and uncertainty around choosing the right tools or serums.

As a result, when people try it on their own, they only feel disappointed by a lack of results. Others hesitate, unsure if it's even safe for their skin.

**THINK OF IT AS PART OF YOUR SKIN
LONGEVITY JOURNEY, NOT A QUICK
DESTINATION.**

WHY I CREATED THIS GUIDE

My goal is to help you move past the confusion, doubts, and avoid common pitfalls so that you can start your at-home microneedling journey with confidence.

When done correctly, microneedling is the best solution to improving your skin's laxity, firmness, and radiance as it naturally stimulates collagen and elastin for healthier, more vibrant skin.

This starter guide has been designed to answer your key concerns, cut through the confusion, and simplify the process, providing you with clear, essential first steps that are safe, straightforward, and achievable.



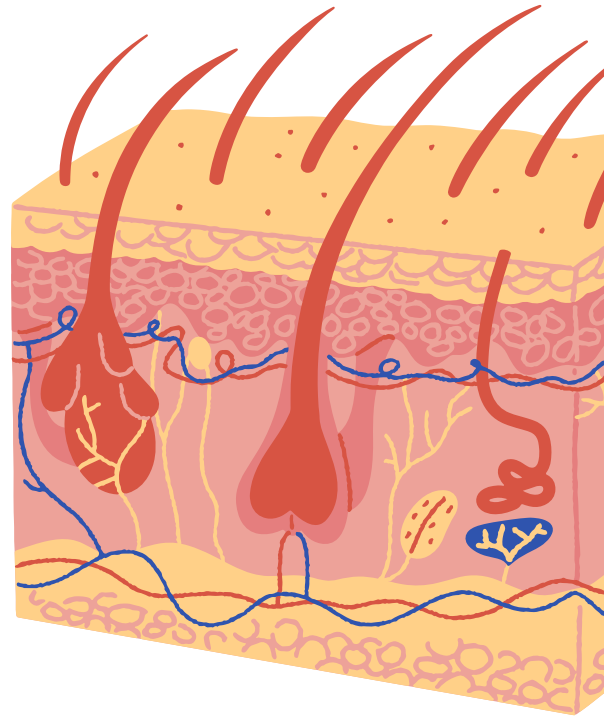
THE TRUTH ABOUT MICRONEEDLING

Microneedling works by creating controlled micro-injuries in the skin that trigger a short-term inflammatory response.

This begins in the epidermis, where keratinocytes act as messengers, releasing signals that alert the immune system and recruit fibroblasts from the dermis.

Fibroblasts are the specialised cells that build fresh collagen and elastin, the proteins that provide structure and elasticity. Communication between epidermal keratinocytes and the deeper dermis coordinates repair, replacing damaged tissue with healthy new cells.

The repair phase typically begins post-inflammation, which should be within a few days of treatment, and continues for several weeks as the dermis remodels and strengthens.



Regardless of the depth of the needles used, it's essential to allow your skin to complete the full cycle of inflammation, repair, and remodelling.

It can be tempting to think that treating more often will speed results, but the opposite is true.

If you re-treat too soon, fibroblasts do not have time to mature the new collagen, which can undermine results and compromise skin integrity.

Also, while the skin is actively responding to the micro-injuries, adding further trauma disrupts this natural immune response.

For example, using blunt or overly thick needles can tear the epidermis rather than creating precise channels, increasing the risk of unnecessary open wounds.

Furthermore, using non-sterile cartridges or poor disinfection techniques increases the risk of contamination and infection in open wounds.

When combined with everyday serums containing preservatives, fragrances, or low pH levels, these elements can trigger unnecessary inflammation in the epidermis. This, in turn, may hinder the skin's natural repair and remodelling process.



**Microneedling
can deliver
impressive
results, but
it must be
allowed to
complete the
healing cycle
for it to be
effective.**

IS MICRONEEDLING RIGHT FOR YOU?

In short, yes, all skin types can benefit from microneedling. It addresses many of the skin concerns most women face: from skin laxity, wrinkles, and fine lines to hyperpigmentation, scarring, and overall texture. In some cases, it can even support hair restoration.

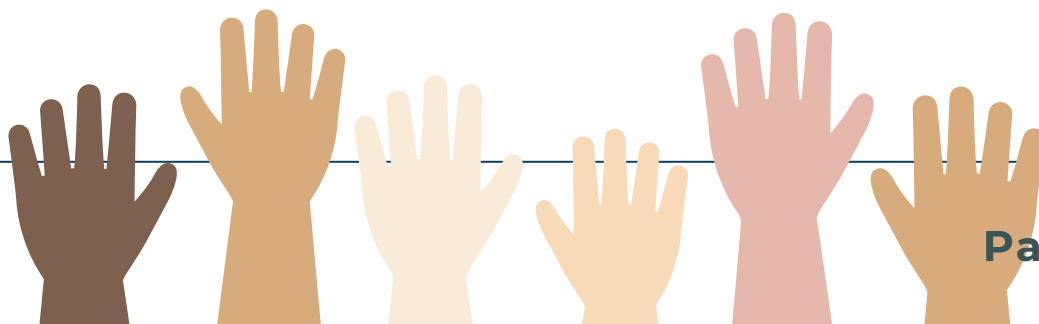
But here's what matters most: setting realistic expectations.

Microneedling is not a one-time fix, and it's not the only answer to ageing skin. What it offers is something more powerful, a way to steadily build stronger, healthier skin when you make it part of your regular routine.

There is no finish line, just ongoing progress and rejuvenation.

. Over the past 10 years of treating my own skin and guiding my clients, I can tell you that there will never be a morning when you look in the mirror and declare, "my skin is perfect." And that's okay. The goal isn't perfection, but confidence in skin that feels firmer, healthier, and more resilient as the years pass.

Microneedling is safe, sustainable, and proven. On its own, it isn't the whole solution, but with consistency, it can be a vital piece of the puzzle, helping you create skin that supports both your natural beauty today and your longevity for years to come.



UNDERSTANDING YOUR SKIN CELL TURNOVER

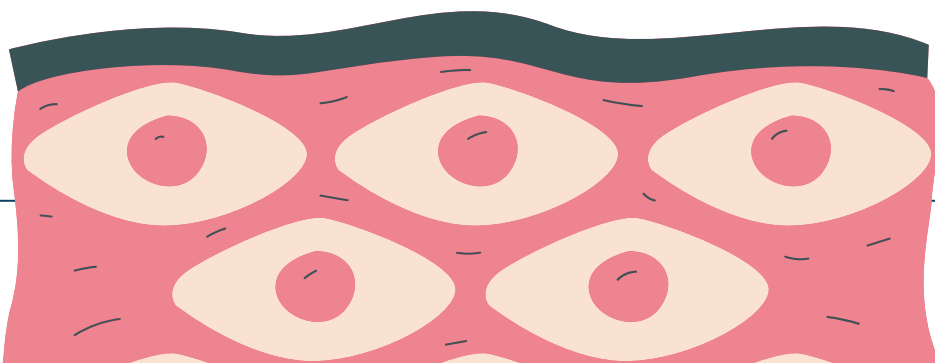
Microneedling is **THE** foundation treatment for skin rejuvenation, whether done at home or in a clinic, the underlying biology remains the same. By creating controlled micro-injuries, it stimulates the skin's natural repair cycle and supports renewal through cell turnover.

The strongest results appear when the skin has completed at least three full skin cell turnovers whilst consistently being treated with microneedling.

This gives clear repair signals through the layers of the skin, allowing collagen and elastin production to fully develop and mature. As we age, our skin cell turnover slows, for example, around 40 days in our 40s, 50 days in our 50s, and 60 days or more in our 60s.

Keratinocytes in the epidermis send signals down to the dermis, while fibroblasts in the dermis respond upward. This continuous two-way communication ensures that the message to repair, rebuild, and strengthen is carried through the full depth of the skin.

Microneedling is **NOT** the only treatment you need for skin rejuvenation, but it is the foundation for your journey to firmer, younger-looking skin.



MOST COMMON MISTAKE

One of the most common and damaging mistakes beginners make is using their everyday skincare serums during microneedling. These products are designed to sit on the surface of the skin, not be infused into it.

Their larger molecular structures, preservatives, fragrances, and unsuitable pH levels can disrupt the acid mantle, increase transepidermal water loss, and even trigger irritation, dryness, or infection.

Instead, microneedling requires sterile mesotherapy serums, formulated explicitly with smaller molecular weights, balanced pH, and encapsulated or buffered active ingredients.

These are designed to be delivered into the epidermis, where they can support keratinocytes during the trauma of needling. This ensures your skin receives nutrients, peptides, and growth factors that aid rejuvenation rather than trigger an immune rejection.

By choosing serums that work with your skin's natural repair process, you'll prevent unnecessary damage and maximise the benefits of every treatment.

**Please
avoid
pushing
your
everyday
serums into
your skin.**



YOUR FIRST 3 ESSENTIAL SAFETY STEPS

Choose an oscillating pen-type device, not a roller

As a pen creates clean, precise micro-channels, reducing unnecessary tearing and trauma to the epidermis that rollers can cause. This protects your skin barrier and helps your skin focus its energy on repair and rejuvenation rather than healing avoidable damage.

Focus on the epidermis, not the dermis

For optimal results, whether microneedling at home or in a clinic, there is no need to target the dermis where bleeding occurs. Once you reach the point of blood, you've gone too far and missed the vital communication of the keratinocytes in the epidermis, which are responsible for triggering fibroblasts in the dermis. Instead, target the epidermis to stimulate collagen and elastin without risking long-term damage or breaking down the new collagen your skin is already building.

Plan your treatment timing carefully

Schedule treatments around your current skincare routine, any medications you take, and your ability to follow aftercare protocols. This ensures your skin is in the best condition to respond positively, recover fully, and get the most from each session.

CONCLUSION

Guide to Safe Microneedling

Microneedling can deliver impressive improvements, but it must always be taken seriously.

You are deliberately triggering an immune response, and if it isn't managed with the right technique, sterile tools, and enough recovery time, it can compromise rather than enhance your skin's health.

The truth is, at-home microneedling, when done safely and consistently, can be just as effective as in-clinic treatments.

Trust that with the right approach, you can safely take ownership of your skin health at home.



Thank you

**Done safely and effectively, microneedling
is not just a treatment – it's an
investment in the strength, resilience, and
longevity of your skin.**



NEXT STEP - AN INVITATION

You've taken your first step toward safe, effective microneedling at home. This guide has given you a clear understanding of what's possible, what to avoid, and how to start with confidence.

When you're ready to take your expertise further, the **Ms Longevity Skin Club** offers a fully supported method, including skin kits, detailed techniques, face mapping, stroke patterns, serum protocols, and routines, all designed for mature skin.

CLICK HERE TO LEARN MORE AND CONTINUE YOUR JOURNEY
TO HEALTHIER, STRONGER, AND MORE RADIANT SKIN

[*Book Call with Ms Longevity*](#)

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