

## Mitchell Hill Clinic dispelling myths: Micro-needle Therapy review

It's not every day you willingly allow someone to pierce your face in excess of 2,000 times.

Those who know me will know I'm no stranger to needles. Fading tattoos and yester-year piercings are testament to the fact I don't have a phobia of them.

But the idea of a needle 'roller' edging down my delicate facial skin had me squirming on the edge of my seat.



[The Mitchell Hill Clinic](#) is tucked away amongst pot-plants and soothing music on the edge of Truro. Paul Adkins opened the clinic seven years ago and is not just Member of the British Acupuncture Council he is the founder of Facial Enhancement Acupuncture. So you're in pretty safe hands. He and his partner Stacey George live and work from this very relaxing vantage point in the city.

Chatting the microneedle therapy procedure through Paul talks about what he loves, what he's passionate about, what he's good at. He's even [written a book](#) on it.

About 30% of his work is clinical – those like me seeking to stop-time, if only for a moment, on the fine-lines and wrinkles which have been mysteriously appearing at an ever-alarming rate.

A whopping 40% of his clients at [The Mitchell Hill Clinic](#), however, are seeking something less vain, more life-changing. They are those men and women seeking help with fertility. Paul is a Zita West Affiliated Fertility Acupuncturist.

As Paul applies a mild aesthetic to your face, with you looking up at thousands of books looming down from the bookcase, he chats to you about cosmic ordering, being positive and tattoos, which he also clearly loves.

In fact, by the time he comes to gently letting the weight of the dermaroller descend to your forehead, you feel like you've known him years.

The roller sounds pretty mean - 200 needles worth of 1.5mm razor-sharp pin-pricks (even longer on the gentlemen's roller) which will ultimately 'injure' or prick your face around 2,000 times. What you have to remember is as the treatment's being done on you, you can't see a thing.

The treatment was genuinely quite relaxing. It was no more uncomfortable than a very mild scratching – my bony forehead was more noticeable than the softness of my cheeks, but once the fear of how it might feel subsided, the rest just felt like an exfoliating facial.

The science behind it is that these 2,000 'injuries' force your body to heal in that area, producing natural collagen. It's described as the 'real alternative to Botox'. I was expecting to

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arise looking bloodied and blotchy, when in reality I ended up looking like I'd been sat in the sun for an hour.

The soreness was akin to mild sunburn and by the next day I looked like me again. Me without the frown-line burrowed between my eyebrows. And as the under-skin healing continued over the weekend, there was a visible change to the depth of my forehead and smile lines. The treatment is also a god-send for old acne scars.

An alternative to being injected by a Botox needle countless times? It's a wonder that people even consider that when micro needle therapy's on offer. Unfortunately recent bad press might have put a people off, but Paul assures me so long as the clinic you go to provides you with your own individual roller, there is little risk. He said "make sure you go to a practitioner who is qualified and insured, as an acupuncturist myself and anyone I train are fully trained in the use of all needles."

Paul explained the therapy is getting more popular – more acupuncturists arrive at his door to be trained – often returning up-country to charge in excess of £200 per treatment. Paul knows his audience though, and at £120 a go, he's offering real-life changes for the bare minimum he can.

The whole experience was eye-opening, not just in the treatments offered, but in the positive worldly outlook Paul and Stacey exude.

I like to think of it as the thinking-woman's Botox and will certainly be back.

**Jo Wood, Editor - This Is Cornwall**