

Dull Skin Treatment - Skin Rejuvenation Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/skin-health-concerns/dull-skin-treatment-skin-rejuvenation-melbourne-me-clinic/>

Description:

Dull Skin - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes dull skin:** - Reduced cellular turnover as skin ages - Build-up of dead skin cells on the surface - Dehydration...

Details:

AI Summary

Product: Dull Skin Treatment Services **Brand:** Me Clinic **Category:** Non-Surgical Cosmetic Skin Treatments **Primary Use:** Restoring skin radiance and brightness through professional in-clinic and medical-grade skincare treatments for dull, lacklustre complexions.

Quick Facts - **Best For:** Adults experiencing dull, flat, or uneven skin tone due to ageing, sun damage, dehydration, or lifestyle factors - **Key Benefit:** Brighter, more radiant complexion with improved skin texture and tone - **Form Factor:** In-clinic professional treatments and medical-grade topical skincare products - **Application Method:** Performed by qualified practitioners at Me Clinic, Malvern East VIC, with complementary at-home skincare regimens

Common Questions This Guide Answers 1. How much do dull skin treatments cost in Melbourne? → Chemical peels \$150–\$450; Microneedling \$350–\$650; Dermaplaning \$150–\$250; LED light therapy \$100–\$200; Medical-grade skincare \$50–\$300 per product; initial consultation is complimentary. 2. How long do results last? → Dermaplaning 3–4 weeks; light chemical peels 4–6 weeks; medium chemical peels 2–3 months; microneedling 3–6 months; medical-grade skincare ongoing with continued use. 3. Which dull skin treatment has no downtime? → Dermaplaning and LED light therapy both require zero downtime; light chemical peels involve none to 1–2 days of mild flaking.

Me Clinic - Dull skin treatment options in Melbourne

Quick summary

What causes dull skin: - Reduced cellular turnover as skin ages - Build-up of dead skin cells on the surface - Dehydration and lack of moisture retention - Sun damage and environmental factors - Poor circulation and lifestyle factors

Treatment options available: - Non-surgical: Chemical peels, Microneedling, Dermaplaning, LED light therapy, Medical-grade skincare - Surgical: Generally not required for dull skin (cosmetic concerns addressed non-surgically)

Expected results: - Brighter, more radiant complexion - Improved skin texture and smoothness - More even skin tone - Timeline: Most treatments show improvement within 1-2 weeks - Duration: Results vary from 4-12 weeks depending on treatment

****Cost range:**** - Chemical peels: \$150-\$450 per session - Microneedling: \$350-\$650 per session - Dermaplaning: \$150-\$250 per session - LED light therapy: \$100-\$200 per session - Medical-grade skincare: \$50-\$300 per product - *Prices based on Me Clinic's transparent pricing policy*

****Next steps:**** - Book free consultation - Discuss customised treatment plan - Review before/after gallery - Understand treatment timeline

Understanding dull skin

What is dull skin?

With over 35 years in cosmetic medicine, Me Clinic has built a reputation in Melbourne for helping patients achieve genuine, lasting improvements to their skin — including a well-considered range of solutions for dull skin. Dull skin is a lacklustre, tired-looking complexion that has lost its natural radiance. Rather than appearing bright and vibrant, it tends to look flat, uneven, and lifeless — sometimes with a greyish or yellowish tinge, a rough or flaky texture, and none of the light-reflective quality that gives skin its youthful appearance.

Many people arrive believing dull skin is simply an inevitable part of ageing, and it's an understandable assumption. The reassuring reality is that dullness can affect people at any age, and it responds well to the right care. Unlike acne or rosacea, dullness isn't a medical diagnosis — it's about the overall vitality and appearance of the skin, which means there are effective, non-surgical ways to restore that radiance.

What causes dull skin?

Understanding what's driving your skin's dullness is the first step toward addressing it properly. During your consultation, our team will work through these contributing factors with you so we can put together a plan that suits your skin's specific needs.

****1. Natural ageing****

Reduced cellular turnover is one of the main culprits. Young, healthy skin renews itself roughly every 28 days, but this cycle can stretch to 45–60 days or longer over time, allowing dead skin cells to accumulate on the surface and dull the complexion. Collagen and elastin also diminish with age, affecting skin firmness and its ability to reflect light. Sebum production drops too, leaving skin drier and more prone to a flat appearance. And with poorer circulation, less oxygen and nutrients reach the skin cells — quietly eroding that healthy glow.

****2. Environmental and lifestyle factors****

UV radiation damages skin cells and accelerates ageing, contributing to rough texture, pigmentation, and dullness. Environmental pollutants generate free radicals that compromise skin cells and create an uneven complexion. Smoking restricts blood flow to the skin, depriving it of oxygen and nutrients — often resulting in a greyish, sallow appearance. A diet low in vitamins, minerals, and antioxidants directly affects skin health. Dehydration leaves skin looking flat and lifeless, and it's one of the most common and most easily corrected contributors to dullness. Poor sleep interferes with the skin's overnight repair processes, and chronic stress affects skin health through hormonal changes and reduced cellular repair — something many patients recognise immediately when it's mentioned.

****3. Skincare-related factors****

Inadequate exfoliation allows dead cells to build up on the skin's surface, creating that characteristic flat appearance. Heavy, pore-clogging formulations or overly harsh products can worsen dullness rather than fix it. Inconsistent cleansing or moisturising undermines skin health over time. And paradoxically, aggressive exfoliation can compromise the skin barrier and actually contribute to dullness — a nuance

our team will help you work through.

****4. Health and hormonal factors****

Hormonal fluctuations during menstruation, pregnancy, or menopause can noticeably affect skin appearance. Certain conditions such as hypothyroidism or anaemia can show up in the skin as dullness. Some medications affect skin quality and radiance, and it's always worth discussing these during your consultation.

Who experiences dull skin?

Dull skin can affect anyone regardless of age, gender, or skin type, though some groups are more susceptible. People over 30 are most commonly affected as cellular turnover slows with each decade. Office workers with limited sun exposure may notice a gradual loss of radiance. Smokers often experience consistent dullness and greyish undertones. Those with dry skin are more prone to flakiness and reduced luminosity. People with high-stress lifestyles or poor sleep habits tend to see it reflected in their skin fairly quickly.

Gender doesn't significantly affect prevalence, though hormonal fluctuations in women may cause periods of more pronounced dullness.

Why it matters

Dull skin isn't a medical concern, but its impact on daily life is real. It can make you look tired, older, and less well than you actually are. Many patients share that lacklustre skin affects their confidence — and that's a completely valid reason to seek help. Sometimes dullness also signals dehydration, nutritional gaps, or lifestyle factors worth paying attention to. It can also affect makeup application; foundation tends to look flat or patchy when the skin beneath isn't in good shape.

Treatment is worth considering when dullness is affecting your confidence or when you notice it worsening despite maintaining a solid skincare routine. Our role is to give you honest, practical advice so you can make an informed decision without feeling pressured.

Treatment options comparison

Non-surgical treatments

****1. Chemical peels****

Chemical peels use controlled acids to remove the outermost layers of dead skin cells, revealing fresher, brighter skin underneath. They also trigger healthy cellular turnover and stimulate collagen production — addressing dullness at its source rather than masking it.

Types available: - Light peels (Glycolic, Lactic acid): Target surface dullness with minimal disruption - Medium peels (TCA, Jessner's): Address deeper dullness and texture concerns - Deep peels: Rarely indicated for dullness alone

Best for: Surface dullness, uneven texture, mild pigmentation Procedure time: 20–30 minutes
Downtime: Light peels — none to 1–2 days of mild flaking; Medium peels — 3–7 days Results appear:
Within 1 week for light peels, around 2 weeks for medium peels Results last: 4–6 weeks; a series of treatments builds cumulative benefit Sessions needed: 3–6 sessions for optimal results Cost range: \$150–\$450 per session

Pros: - Meaningful brightness improvement - Supports long-term skin health - Can be customised to your skin type - Minimal to no downtime for lighter peels

Cons: - Temporary redness and sensitivity are expected - A series of treatments gives the best outcome - Diligent sun protection is essential after treatment - Not appropriate during active breakouts

****2. Microneedling****

Microneedling creates controlled micro-injuries in the skin using very fine needles, activating the body's natural healing response and stimulating collagen production. The result is a genuine improvement in texture, tone, and overall radiance — working with your skin's own regenerative capacity.

Best for: Dull, uneven texture, fine lines, enlarged pores Procedure time: 30–45 minutes Downtime: 1–3 days of mild redness and sensitivity Results appear: An initial glow within days; full results develop over 4–6 weeks Results last: 3–6 months Sessions needed: 3–6 treatments spaced 4–6 weeks apart Cost range: \$350–\$650 per session

Pros: - Stimulates your skin's natural collagen production - Suitable for all skin types - Improves overall skin quality and health - Enhances absorption of your skincare products

Cons: - Multiple sessions are needed for the best outcome - Temporary redness and sensitivity following treatment - Not appropriate for active acne or skin infections - Professional treatment is essential for both safety and results

****3. Dermaplaning****

Using a surgical scalpel with precision and care, dermaplaning removes the top layer of dead skin cells along with vellus hair (peach fuzz). The result is immediately brighter, smoother skin with significantly improved product penetration — one of our most popular treatments for its simplicity and instant results.

Best for: Surface dullness, fine facial hair, dry or flaky skin Procedure time: 30 minutes Downtime: None Results appear: Immediately Results last: 3–4 weeks Sessions needed: Monthly maintenance Cost range: \$150–\$250 per session

Pros: - Immediate brightness and smoothness - No downtime - Comfortable and painless - Makeup applies more evenly on treated skin

Cons: - Results are temporary and require regular maintenance - Hair regrows at the same rate and texture as before - Not appropriate for active acne

****4. LED light therapy****

LED light therapy uses specific wavelengths of light to stimulate cellular activity, boost circulation, and encourage collagen production. Red light is most commonly used for its anti-ageing and radiance-enhancing properties — a gentle option, particularly for those with sensitive skin.

Best for: Mild dullness, complementing other treatments, sensitive skin Procedure time: 20–30 minutes Downtime: None Results appear: Gradually over 4–8 weeks Results last: Requires ongoing maintenance Sessions needed: 8–12 sessions initially, followed by monthly maintenance Cost range: \$100–\$200 per session

Pros: - Non-invasive and painless - No downtime - Suitable for all skin types, including sensitive skin - Works well alongside other treatments

Cons: - Results are subtle rather than dramatic - Requires commitment to multiple sessions - Most effective as a complementary therapy

****5. Medical-grade skincare****

Professional-strength formulations contain higher concentrations of active ingredients — vitamin C, retinoids, AHAs, antioxidants — that address dullness at a cellular level. These aren't products you'll find on a pharmacy shelf; they're selected by our team to deliver measurable results as part of your overall skin health plan.

Key ingredients for dullness: - Vitamin C: Brightens and protects against environmental free radical damage - Retinoids: Accelerate cellular turnover - Alpha Hydroxy Acids (AHAs): Exfoliate and brighten the complexion - Niacinamide: Strengthens the skin barrier and improves radiance - Antioxidants: Protect the skin against ongoing environmental damage

Best for: Ongoing maintenance, supporting in-clinic treatments Results appear: 4–12 weeks of consistent daily use Results last: Ongoing with continued use Cost range: \$50–\$300 per product

Pros: - Daily at-home care that works continuously - Cumulative long-term benefits for skin health - Can be tailored to your specific needs - A practical investment between clinic visits

Cons: - Requires consistent daily use - Results develop more gradually than in-clinic treatments - May cause initial sensitivity — guidance from our team helps you navigate this - The range of options available can feel overwhelming without professional direction

Choosing the right treatment

Navigating treatment options can feel daunting. Our team is here to help you find the approach that suits your skin, your lifestyle, and your goals — not to steer you toward something that isn't right for you.

****Chemical peels**** are worth considering if you want a meaningful brightness improvement within a reasonable timeframe, have uneven skin texture or tone, can accommodate brief downtime, and want to address multiple concerns — such as fine lines or pigmentation — at the same time.

****Microneedling**** suits people looking for comprehensive skin rejuvenation who are willing to commit to a treatment series, want to improve overall skin quality, can allow a few days of mild redness post-treatment, and are interested in longer-term collagen stimulation.

****Dermaplaning**** is a good fit if you want immediate results with no downtime, facial hair is also a concern, you want smoother makeup application, or you're looking for a reliable monthly maintenance option.

****LED light therapy**** works well for sensitive skin that needs a careful approach, as a complement to other treatments, or as a gentle ongoing maintenance therapy. It requires commitment to multiple sessions.

****Medical-grade skincare**** makes sense if you prefer at-home treatment, want to maintain in-clinic results, are starting to address dullness and want to build gradually, or want ongoing support for your skin's long-term health.

A combination approach

Many patients get their best results through a combination of treatments. Pairings our team often recommends include:

- Microneedling + medical-grade skincare: In-clinic treatments improve skin quality while daily products sustain those results - Chemical peels + dermaplaning: Dermaplaning prepares the skin for deeper peel

penetration - LED therapy + any active treatment: Gently accelerates healing and improves overall outcomes - Dermaplaning + vitamin C serum: Removing the surface barrier allows active ingredients to absorb far more effectively

Your Me Clinic practitioner will recommend the combination that best suits your skin type, concerns, and goals during your consultation.

What to expect at Me Clinic

1. Initial consultation (complimentary)

Your complimentary consultation is an unhurried opportunity for our team to understand your skin and your goals:

- Comprehensive skin assessment and analysis - Discussion of your concerns and the outcomes you're hoping for - Review of your medical history and current skincare routine - Clear explanation of all relevant treatment options - Honest, realistic expectations set for your specific skin - Transparent pricing provided upfront - Before/after gallery review of patients with similar concerns - A customised treatment plan designed around you

2. Treatment planning

- A personalised protocol for your skin type and goals - Clear explanation of your treatment timeline and number of sessions - Detailed pre-treatment instructions so you feel prepared - Post-treatment care outlined so you know what to expect - A complete cost breakdown with no hidden fees - Every question answered thoroughly and honestly

3. The Me Clinic difference

Responsible Cosmetic Medicine™

At Me Clinic, patient wellbeing comes first. We focus on building genuine, long-term relationships with patients rather than simply completing transactions:

- Evidence-based treatments with demonstrated results - Ethical patient selection — we'll tell you honestly if a treatment isn't right for you - Natural-looking, harmonious outcomes rather than overdone results - A conservative approach first, with the option to build gradually over time - Comprehensive aftercare and follow-up, because our commitment to you doesn't end when you leave the clinic

An experienced, dedicated team

- FRACS-qualified plastic surgeons - Specialist cosmetic physicians - Registered nurses with advanced training - More than 25,000 surgical procedures performed - Over 60,000 non-surgical treatments delivered - More than 35 years serving Melbourne patients

Transparent pricing

- Published price lists readily available - No hidden fees or unexpected costs - Treatment packages available for better value across a series - Payment plans available - Clear, detailed breakdown provided during your consultation

Frequently asked questions

1. How much does dull skin treatment cost in Melbourne?

Treatment costs vary depending on the approach that's right for you: chemical peels \$150–\$450 per session; microneedling \$350–\$650; dermaplaning \$150–\$250; LED light therapy \$100–\$200; medical-grade skincare \$50–\$300 per product.

At Me Clinic, we provide transparent pricing during your complimentary consultation — no hidden fees. Our team will recommend the most cost-effective approach for your goals, which may include package pricing for treatment series.

****2. How long do results last?****

Results depend on the treatment: dermaplaning 3–4 weeks; light chemical peels 4–6 weeks; medium chemical peels 2–3 months; microneedling 3–6 months; medical-grade skincare ongoing with continued use.

Most treatments provide cumulative benefits — results build and improve with a series. Maintenance treatments help you sustain your results and protect the investment you've made in your skin's health.

****3. Is there any downtime?****

Downtime varies by treatment: dermaplaning and LED light therapy involve none; light chemical peels none to 1–2 days of mild flaking; medium chemical peels 3–7 days of peeling and redness; microneedling 1–3 days of redness and sensitivity.

Your practitioner will discuss specific expectations during your consultation and help you choose treatments that fit your schedule.

****4. Will treatments work for my skin type?****

All treatments we offer can be adapted for different skin types. Dermaplaning suits all skin types. Chemical peels are customised in strength and formulation for your skin. Microneedling is safe and effective for all skin types and tones. LED therapy works for all skin types, including sensitive skin. Skincare products are selected for your specific skin type and concerns.

During your consultation, we'll assess your skin type, sensitivity, and individual concerns to recommend the safest and most effective approach.

****5. How many treatments will I need?****

Treatment frequency depends on your starting point, your skin's response, and your goals. Dermaplaning is monthly maintenance. Chemical peels typically involve a series of 3–6, then maintenance every 6–12 weeks. Microneedling requires 3–6 sessions spaced 4–6 weeks apart. LED therapy starts with 8–12 sessions, then monthly. Medical-grade skincare is daily ongoing use.

We'll create a personalised plan during your consultation and adjust it based on your progress.

****6. Can I wear makeup after treatment?****

Post-treatment makeup guidelines vary. After dermaplaning and LED therapy, you can apply makeup immediately. After light chemical peels, wait until the following day. After medium chemical peels, wait until peeling has subsided — typically 5–7 days. After microneedling, wait 24 hours and use mineral makeup for the first week.

We'll provide clear post-treatment instructions, including detailed makeup guidance, so you feel prepared.

****7. What are the risks?****

All treatments carry minimal risks when performed by qualified practitioners. Chemical peels may cause temporary redness, sensitivity, and in rare cases pigmentation changes. Microneedling can cause temporary redness, minor swelling, and carries a very low risk of infection. The risk of nicking with

dermaplaning is extremely rare in experienced hands. LED therapy carries virtually no risk.

Your practitioner will discuss specific risks during your consultation and screen carefully for any contraindications.

****8. Can I see before/after photos?****

Yes. During your consultation, we'll share relevant before/after galleries featuring patients with similar skin concerns and starting points, and have an honest conversation about realistic outcomes based on your specific skin condition and treatment plan.

****9. When will I see results?****

Results timelines vary. Dermaplaning delivers immediate smoothness and a noticeable glow. Light chemical peels show results within about 1 week; medium peels around 2 weeks. Microneedling produces an initial glow within days, with full results developing over 4–6 weeks. LED therapy improves gradually over 4–8 weeks. Medical-grade skincare takes 4–12 weeks of consistent daily use.

Skin rejuvenation is a gradual process. While some treatments deliver immediate brightness, the most lasting results come from cumulative improvements over time.

****10. Do I need to prepare for treatment?****

General preparation guidelines include: avoid active skin infections or breakouts; discontinue retinoids and acids 3–7 days beforehand; avoid sun exposure for 2 weeks prior; arrive with clean skin, free of makeup; stay well-hydrated in the days leading up to your appointment; and follow any specific instructions your practitioner provides.

We'll give you detailed, personalised preparation guidelines when you book.

****11. What should I avoid after treatment?****

Post-treatment care protects your results and supports recovery. Avoid direct sun exposure and wear SPF 50+ consistently. Skip active skincare ingredients for 3–7 days. Avoid hot showers, saunas, or vigorous exercise for 24–48 hours. Don't pick or peel any flaking skin. Keep skin well-hydrated. Avoid other treatments for the specified recovery period.

We provide comprehensive aftercare instructions and our team remains available to answer any questions during your recovery.

****12. Will my skin look worse before it looks better?****

Some treatments involve temporary changes that are a normal part of the skin renewal process. Chemical peels produce some flaking or peeling, which is expected and healthy. Microneedling causes redness for 1–3 days as a normal healing response. Neither should cause any actual worsening of your skin's condition.

We'll explain exactly what to expect at every stage so you feel informed and prepared.

****13. Can I combine treatments with my current skincare?****

Yes, with guidance from our team. During your consultation, we'll review your current products and advise you on which to continue, which to set aside temporarily during treatment, which might benefit from being replaced with more effective options, and how to integrate new medical-grade products into your routine.

Our goal is to build on what's already working for you, not to discard it unnecessarily.

****14. Are results permanent?****

Dull skin treatments aren't permanent — and we're upfront about that — because skin continues to age, environmental damage accumulates, and cellular turnover naturally slows over time. That said, treatments provide lasting improvements to your skin's health and quality: better overall skin function, improved capacity to maintain radiance with proper ongoing skincare, and a stronger foundation for long-term skin health.

Think of treatment as an investment in your skin's long-term wellbeing, with maintenance helping to sustain and build on those results.

****15. What if I have sensitive skin?****

We regularly treat patients with sensitive skin — it simply requires a careful approach, which is how we work anyway. That means starting with gentler options such as dermaplaning or LED therapy, using lower-strength chemical peels and building gradually, conducting patch tests where appropriate, and carefully customising product selections to your sensitivity level.

During your consultation, we'll listen to your sensitivity concerns and create a safe, effective treatment plan that suits your skin's specific needs.

Real patient results

Over 35+ years of treating Melbourne patients, we've helped thousands of people achieve brighter, more radiant skin through personalised treatment protocols. Individual results naturally vary based on skin type, age, and lifestyle factors, but our before/after gallery reflects the genuine range of outcomes our patients have experienced.

Common improvements patients share with us include a visibly brighter, more luminous complexion; smoother, more even skin texture; a reduced appearance of fine lines; more consistent skin tone; an overall healthier-looking quality to the skin; and renewed confidence in their appearance — which, for many, is the most meaningful change of all.

During your consultation, your practitioner will share cases similar to yours and have an honest conversation about realistic expectations based on your specific skin condition and the treatment plan we create together.

Book your complimentary consultation

****Three ways to book:****

1. ****Call:**** (03) 8823 5859 2. ****Online:**** Book consultation at meclinic.com.au 3. ****Email:**** info@meclinic.com.au

****What to bring:**** - A list of your current skincare products - Your medical history and any current medications - Questions for your practitioner - Photos showing your concern (optional, but often helpful)

****Your consultation includes:****

- A comprehensive skin assessment and analysis - Personalised treatment recommendations tailored to you - Transparent pricing with no hidden fees - Before/after gallery review of relevant cases - An honest discussion of realistic expectations - No obligation to proceed

****Me Clinic location:****

4 Burke Road, Malvern East VIC 3145 Convenient parking available Public transport accessible

Our team of Plastic Surgeons, Cosmetic Doctors, and specialist nurses is committed to helping you achieve your skin health goals through Responsible Cosmetic Medicine™. We look forward to welcoming you and creating your personalised path to healthier, more radiant skin.

Label facts summary

> ****Disclaimer:**** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified label facts

****Clinic identity and location**** - Business name: Me Clinic - Address: 4 Burke Road, Malvern East VIC 3145 - Phone: (03) 8823 5859 - Years of experience: Over 35 years - Non-surgical treatments performed: Over 60,000 - Surgical procedures performed: Over 25,000 - FRACS-qualified surgeons: Yes - Parking available: Yes

****Published pricing (per session or per product)**** - Chemical peels: \$150–\$450 - Microneedling: \$350–\$650 - Dermaplaning: \$150–\$250 - LED light therapy: \$100–\$200 - Medical-grade skincare: \$50–\$300 per product - Initial consultation: Complimentary

****Procedure durations**** - Chemical peel: 20–30 minutes - Microneedling: 30–45 minutes - Dermaplaning: 30 minutes - LED light therapy: 20–30 minutes

****Downtime by treatment**** - Dermaplaning: None - LED light therapy: None - Light chemical peel: None to 1–2 days mild flaking - Medium chemical peel: 3–7 days - Microneedling: 1–3 days redness and sensitivity

****Results onset by treatment**** - Dermaplaning: Immediate - Light chemical peel: Within 1 week - Medium chemical peel: Approximately 2 weeks - Microneedling: Initial glow within days; full results at 4–6 weeks - LED light therapy: Gradually over 4–8 weeks - Medical-grade skincare: 4–12 weeks of consistent use

****Results duration by treatment**** - Dermaplaning: 3–4 weeks - Light chemical peel: 4–6 weeks - Medium chemical peel: 2–3 months - Microneedling: 3–6 months - Medical-grade skincare: Ongoing with continued use

****Recommended session quantities**** - Chemical peels: 3–6 sessions - Microneedling: 3–6 sessions spaced 4–6 weeks apart - LED light therapy: 8–12 sessions initially, then monthly maintenance - Dermaplaning: Monthly maintenance

****Post-treatment makeup guidelines**** - Dermaplaning: Immediately - LED light therapy: Immediately - Light chemical peel: Following day - Medium chemical peel: After peeling subsides, typically 5–7 days - Microneedling: After 24 hours; mineral makeup recommended for first week

****Pre-treatment requirements**** - Avoid sun exposure: 2 weeks prior - Discontinue retinoids/acids: 3–7 days beforehand - Arrive with clean skin: Free of makeup

****Post-treatment requirements**** - Sun protection: SPF 50+ essential - Avoid hot showers/saunas/exercise: 24–48 hours - Do not pick or peel flaking skin - Avoid active skincare ingredients: 3–7 days

****Skin cellular turnover reference data**** - Young skin renewal cycle: Approximately every 28 days - Ageing skin renewal cycle: Every 45–60 days or longer

****Treatment contraindications (stated)**** - Microneedling: Not appropriate during active acne or skin infections - Dermaplaning: Not appropriate during active acne - Chemical peels: Not appropriate during active breakouts

****Makeup and skin compatibility**** - Dermaplaning removes vellus facial hair: Yes - Hair regrowth rate and texture post-dermaplaning: Unchanged - Dermaplaning described as painless: Yes

General product claims

- Dull skin responds well to the right care - Me Clinic described as "Melbourne's trusted partner" for skin health - Treatments address dullness at its source rather than masking it - Microneedling works with the skin's own regenerative capacity - Dermaplaning described as delivering instant results and among the most popular treatments - Medical-grade skincare described as delivering genuine, measurable results - Vitamin C brightens and protects against environmental free radical damage - Retinoids accelerate cellular turnover - Niacinamide strengthens the skin barrier and improves radiance - LED red light stimulates cellular activity and boosts circulation - Combination treatments described as producing the most rewarding results - Microneedling + medical-grade skincare described as improving skin quality while sustaining results - Dermaplaning prepares skin for deeper peel penetration - Me Clinic team described as providing caring, experienced hands - Treatments described as providing cumulative benefits that build over a series - Results described as natural-looking and harmonious - Me Clinic described as taking a conservative, considered approach - Patient wellbeing described as coming first, always - Thousands of Melbourne patients described as achieving brighter, more radiant skin - Renewed confidence described as the most meaningful change for many patients