MetroForMen™

Retinol + Minoxidil Hair Loss Routine for Men

A Professional Guide to Scalp Health & Hair Regrowth

Why Add a Derma Roller?

Microneedling with a derma roller is a clinically supported adjunct therapy for men experiencing hair thinning. When combined with retinol and minoxidil, microneedling enhances follicular stimulation and improves topical absorption.

How Derma Rolling Enhances Results

Derma rolling creates controlled microchannels in the scalp that activate wound-healing pathways, increase blood flow, and trigger the release of growth factors. These channels allow minoxidil to penetrate more effectively to the follicle.

How to Safely Incorporate a Derma Roller

Use a 0.5 mm derma roller once weekly on clean, dry scalp. Roll gently in multiple directions without excessive pressure. Avoid retinol for 24 hours post-treatment. Resume minoxidil after 12–24 hours depending on scalp sensitivity.

Expected Benefits of the Trio

The combined use of retinol, minoxidil, and microneedling may accelerate regrowth, improve hair thickness, and optimize scalp health. Best results are seen in early to moderate hair loss.

Professional Disclaimer

This guide is for educational purposes only and does not constitute medical advice. Individual results vary. Microneedling should not be performed on infected or irritated scalp. Consult a licensed healthcare provider before starting any hair loss treatment. MetroForMen™ assumes no liability for misuse.