CLAIMS

1. A method of treating acne, the method comprising:

providing a needle array comprising a plurality of needles;

inserting plurality of needles into a dermis of a treatment area;

detecting a location of an enlarged sebaceous gland; and

energizing one or more of the plurality of needles to treat the enlarged sebaceous gland.

2. The method of claim 1 wherein an enlarged sebaceous gland has diameter greater than about 50 μm.

3. The method of claim 1, wherein detecting a location of an enlarged sebaceous gland comprises:

sending a low power pulse through each of the plurality of needles;

collecting impedance data relative to each of the plurality of needles; and

determining which of the plurality of needles is near the enlarged sebaceous gland based on the collected impedance data.

4. The method of claim 3 wherein the low power pulse is a series of low power pulses that are iteratively sent until the collected impedance data shows contrast indicating the presence or absence of enlarged sebaceous glands.

5. The method of claim 1, wherein energizing comprises:

sending energy through a needle of the plurality of needles located near the enlarged sebaceous gland.

6. The method of claim 1, wherein one or more needles comprise liquid delivery ports and a channel to receive a solution.

7. The method of claim 6 wherein the solution is a conductive solution.

8. The method of claim 1 further comprising addressing one or more needles of plurality of needles according to an energizing scheme such as a multiplexing sequence.

9. The method of claim 1, wherein plurality of needles is arranged in hexagonal clusters of needles wherein one needle is disposed within each such cluster.

10. The method of claim 1 wherein normally sized sebaceous glands are spared from targeted energy exposure.

11. The method of claim 1, wherein detecting a location of an enlarged sebaceous gland further comprises performing an impedance mapping relative to treatment area.

12. The method of claim 11, wherein detecting a location of an enlarged sebaceous gland further comprises identifying the enlarged sebaceous gland in response to one or more impedance measurements obtained during the impedance mapping.

13. The method of claim 1, wherein detecting a location of an enlarged sebaceous gland further comprises measuring a difference in impedance between two adjacent needles spanning the sebaceous gland.

14. The method of claim 1 further comprising performing a diagnostic impedance measurement relative to the treatment area.

15. The method of claim 14 further comprising excluding high and/or low impedance values from the diagnostic measurement.

16. A method of cosmetically treating tissue, the method comprising:

providing a needle array comprising a plurality of needles;

inserting plurality of needles into on one or more tissue layers of a treatment area;

detecting a location of a tissue target; and

energizing one or more of the plurality of needles to cosmetically treat one or more portions of a tissue target.

17. The method of claim 16, wherein tissue target is selected from group consisting of hair follicle; sweat gland, vascular lesion, blood vessel, and sebaceous glands.

18. The method of claim 16, wherein a location of a tissue target comprises:

sending a low power pulse through each of the plurality of needles;

collecting impedance data relative to each of the plurality of needles; and

determining which of the plurality of needles is near the tissue target based on the collected impedance data.

19. The method of claim 17, wherein detecting a location of a tissue target further comprises measuring a difference in impedance between two adjacent needles spanning the tissue target.

20. The method of claim 16, wherein detecting a location of a target tissue further comprises performing an impedance mapping relative to treatment area.