

# THE SKIN DEEP METHOD™ – Monthly Schedule



## LEVEL 4: REPAIR

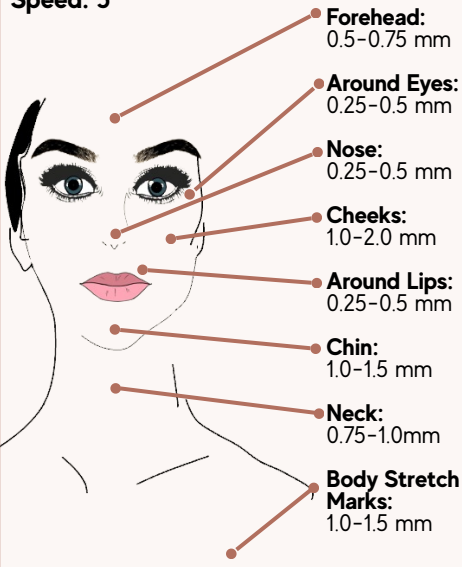


RESTORE • REMODEL • TRANSFORM

| WEEK                                                                                                                                          | TREATMENT                                                                                                  | AFTERCARE                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| WEEK 1                                                                                                                                        |  LEVEL 4 - REPAIR ROUTINE | 7-Day REPAIR AFTERCARE                    |
| WEEK 2                                                                                                                                        | REST OR LIGHT INFUSION                                                                                     | Gentle Skincare or 7-Day INFUSE AFTERCARE |
| WEEK 3                                                                                                                                        |  LEVEL 1 - INFUSE ROUTINE | 7-Day INFUSE AFTERCARE                    |
| WEEK 4                                                                                                                                        | REST OR LIGHT INFUSION                                                                                     | Gentle Skincare or 7-Day INFUSE AFTERCARE |
|  WEEKS 5-8: REPEAT WEEKS 1-4 (Once skin has fully recovered) |                                                                                                            |                                           |

 **YOUR PROTOCOL**

Cartridge: 12 Pin  
 Beginner Max Depth: 1.5 mm  
 Advanced Max Depth: 2.0 mm  
 Acne Scars + Stretch Marks: 1.5 - 2.0 mm  
 Speed: 5



- Forehead: 0.5-0.75 mm
- Around Eyes: 0.25-0.5 mm
- Nose: 0.25-0.5 mm
- Cheeks: 1.0-2.0 mm
- Around Lips: 0.25-0.5 mm
- Chin: 1.0-1.5 mm
- Neck: 0.75-1.0mm
- Body Stretch Marks: 1.0-1.5 mm

 **AVOID**

-  Makeup
-  Sweating/Saunas Intense Exercise
-  Vitamin C
-  Tretinoin/ Retinoids
-  Acids (AHA/BHA)
-  Excess Sun Exposure

If following a Skin Deep Monthly Schedule, it is recommended to pause Vitamin C and Tretinoin during the treatment and recovery period

 **WHAT TO EXPECT**

-  **REDNESS**  
3-7 DAYS
-  **PEELING**  
SKIN RENEWAL
-  **SKIN STRENGTH**  
IMPROVED SKIN DENSITY / TEXTURE
-  **MAXIMUM DOWNTIME**
-  **Your skin improves during healing-- not during treatment**



*Skin Deep Nikki Tip:*

Shop supplies at [getglowingnowskincare.com](https://getglowingnowskincare.com) – use code NIKKI15 for 15% off

Build healthier skin from the inside out through strategic stimulation, proper repair, and consistent care.

