

THE SKIN DEEP METHOD™ – Monthly Schedule



LEVEL 1: INFUSE


HYDRATE • NOURISH • GLOW

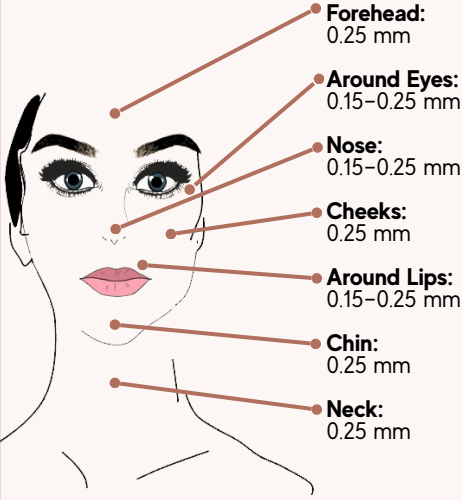


WEEK	TREATMENT	AFTERCARE
WEEK 1	✦ LEVEL 1 - INFUSE ROUTINE	7-Day INFUSE AFTERCARE
WEEK 2	✦ LEVEL 1 - INFUSE ROUTINE	7-Day INFUSE AFTERCARE
WEEK 3	✦ LEVEL 1 - INFUSE ROUTINE	7-Day INFUSE AFTERCARE
WEEK 4	REST OR LIGHT INFUSION	Routine Skincare

🔄 WEEKS 5-8: REPEAT WEEKS 1-4 OR LEVEL UP TO 2: STIMULATE WEEKS 1-4

YOUR PROTOCOL


Cartridge: Nano
Depth: 0.15-0.25
Speed: 2



- Forehead:** 0.25 mm
- Around Eyes:** 0.15-0.25 mm
- Nose:** 0.15-0.25 mm
- Cheeks:** 0.25 mm
- Around Lips:** 0.15-0.25 mm
- Chin:** 0.25 mm
- Neck:** 0.25 mm

AVOID

- ✗ Makeup
- ✗ Sweating/ 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

- ♡ **MILD PINKNESS**
0-24 HOURS
- ✦ **INCREASED GLOW**
IMPROVED RADIANCE
- 💧 **BETTER PRODUCT ABSORPTION**
MAXIMIZE YOUR SKINCARE
- 🕒 **MINIMAL DOWNTIME**
EASY TO FIT INTO YOUR ROUTINE
- ♡ **Your skin improves during healing-- not during treatment**

♡ *Skin Deep Nikki Tip:*

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

PROTOCOL • REPAIR • RESULTS



THE SKIN DEEP METHOD™ - Monthly Schedule



LEVEL 2: STIMULATE



BUILD • STRENGTHEN • RENEW

WEEK	TREATMENT	AFTERCARE
WEEK 1	LEVEL 2 - STIMULATE ROUTINE	7-Day STIMULATE AFTERCARE
WEEK 2	REST OR LIGHT INFUSION	Routine Skincare
WEEK 3	LEVEL 1 - INFUSE ROUTINE	7-Day INFUSE AFTERCARE
WEEK 4	LEVEL 1 - INFUSE ROUTINE	7-Day INFUSE AFTERCARE
WEEKS 5-8: REPEAT WEEKS 1-4 OR LEVEL UP TO 3: REFINE WEEKS 1-4		

YOUR PROTOCOL

Cartridge: 12 Pin
Depth: 0.25-1.0 mm
Speed: 4

- Forehead:** 0.5 mm
- Around Eyes:** 0.25 mm
- Nose:** 0.25 mm
- Cheeks:** 0.75-1.0 mm
- Around Lips:** 0.25 mm
- Chin:** 0.75-1.0 mm
- Neck:** 0.5 mm

AVOID

- Makeup**
- Sweating/ 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**
1-3 DAYS
- HEALTHIER GLOW**
SMOOTHER AND BRIGHTER SKIN
- IMPROVED TEXTURE**
FINE LINES SOFTENED
- COLLAGEN STIMULATION**
FIRMER, HEALTHIER SKIN
- Your skin improves during healing-- not during treatment**

Skin Deep Nikki Tip:

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

PROTOCOL • REPAIR • RESULTS



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LEVEL 3: REFINE

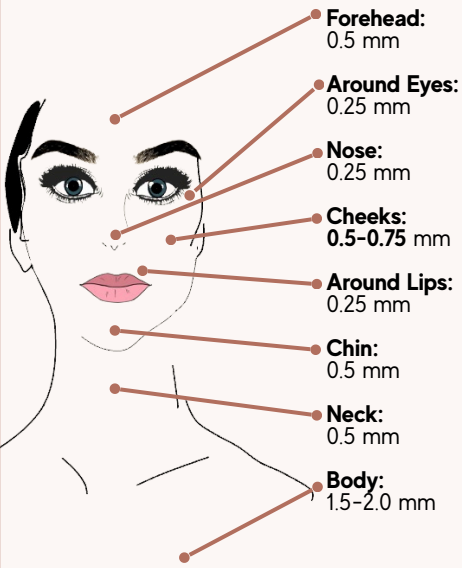


SMOOTH • REFINE • PERFECT

WEEK	TREATMENT	AFTERCARE
WEEK 1	💎 LEVEL 3 - REFINE ROUTINE	7-Day REFINE AFTERCARE
WEEK 2	✦ REST OR LIGHT INFUSION	Routine Skincare
WEEK 3	✦ LEVEL 1 - INFUSE ROUTINE	7-Day INFUSE AFTERCARE
WEEK 4	LEVEL 1 - INFUSE ROUTINE	7-Day INFUSE AFTERCARE
🔄 WEEKS 5-8: REPEAT WEEKS 1-4 OR LEVEL UP TO 4: REPAIR WEEKS 1-4		

YOUR PROTOCOL


Cartridge: 36 Pin
Depth: Face: 0.25 - 0.75 mm
Depth Body: 1.5 mm - 2.0 mm
Speed: 4



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

AVOID

- ✗ Makeup
- ✗ Sweating/ 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
 2-4 DAYS
- 
POLISHING
 SURFACE RENEWAL
- 
SMOOTHING
 TEXTURE REFINING
- 
MODERATE DOWNTIME
- 
Your skin improves during healing-- not during treatment


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PROTOCOL • REPAIR • RESULTS



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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

AVOID

- Makeup**
- Sweating/ 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**
BETTER SUPPORT
- MAXIMUM DOWNTIME**
- Your skin improves during healing-- not during treatment**

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