

THE SKIN DEEP METHOD™ – Monthly Schedule



LEVEL 3: REFINE

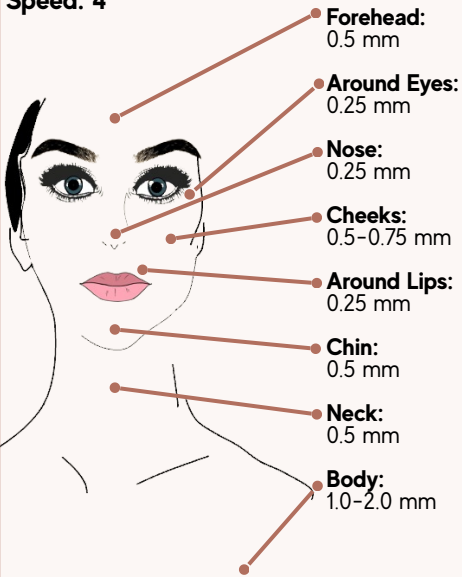


SMOOTH • REFINE • PERFECT

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: 1.0-1.5 mm
(Advanced: up to 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:** 1.0-2.0 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**
2-4 DAYS
-  **POLISHING**
SURFACE RENEWAL
-  **SMOOTHING**
TEXTURE REFINING
-  **MODERATE DOWNTIME**
-  **Your skin improves during healing-- not during treatment**



Skin Deep Nikki Tip:

Shop supplies at getglowingnowskincare.com – use code NIKKI15 for 15% off

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

