

THE SKIN DEEP METHOD™ – Monthly Schedule



LEVEL 2: STIMULATE

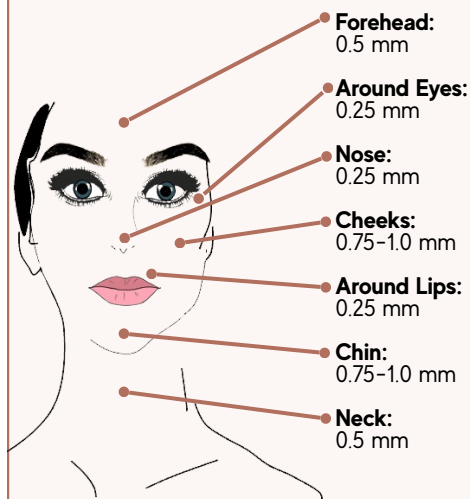


BUILD • STRENGTHEN • RENEW

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



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**
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:

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.

