





# THE SKIN DEEP METHOD™ – Monthly Schedule



## LEVEL 2: STIMULATE

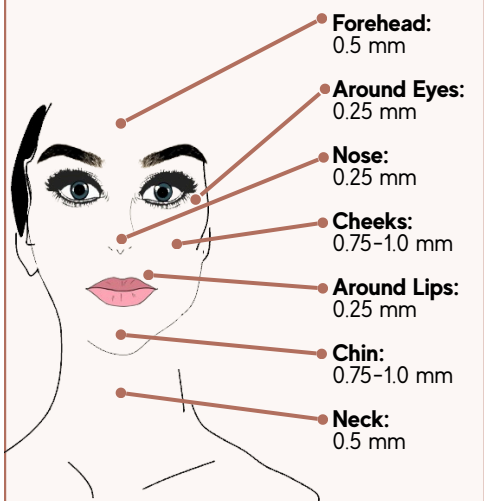


BUILD • STRENGTHEN • RENEW

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

