

THE SKIN DEEP METHOD

LEVEL 1: INFUSE – MN Aftercare Checklist

Check off each step as you complete it during your 7-day Aftercare Recovery

If following the 8-Week Microneedling Schedule, it is recommended to pause Vitamin C and Retinoin during the treatment and recovery period.

24 Hours After Treatment: AVOID

Makeup, Sweating, Retinol, Actives, Vitamin C, Sun Exposure, Saunas

Day 0: Hydrate

PM

- Avoid washing face for 12-24 hours
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- Reapply if skin feels dry or tight

Day 1: Repair

AM & PM

- Gentle cleanse, Cetaphil
- Optional:* Merikit Regenerative Calming Serum
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- Dr. Drawing Revital Cream
- AM Only: CeraVe Invisible Mineral SPF 50

Day 2-3: Heal

AM

- Gentle cleanser, Cetaphil
- Optional:* Merikit Regenerative Calming Serum
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- Eres Tu PDRN
- Dr. Drawing Revital Cream
- CeraVe Invisible Mineral SPF 50

PM

- Gentle cleanser, Cetaphil
- Optional:* Merikit Regenerative Calming Serum
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- Eres Tu PDRN
- Merikit Ceramide E5 Intensive Cream

Day 4-5: Barrier

AM

- Gentle cleanser, Cetaphil
- Optional:* Merikit Regenerative Calming Serum
- Day 5: Vitamin C (if zero irritation)
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- Optional:* Glutanex Cica Cream
- Merikit Ceramide E5 Intensive Cream
- CeraVe Invisible Mineral SPF 50

PM

- Gentle cleanser, Cetaphil
- Optional:* Merikit Regenerative Calming Serum
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- Optional:* Glutanex Therapy Mask (1 use max)
- Optional:* Glutanex Cica Cream
- Merikit Ceramide E5 Intensive Cream

Day 6-7: Resume

AM (Normal Skincare Routine)

- Cleanse
- Tone
- Vitamin C
- Serums
- Moisturize
- SPF 50

PM (Normal Skincare Routine)

- Cleanse
- Tone
- Serums
- Retinoin (if fully healed)
- Moisturize

Non-Negotiable Rules - This is what protects your results

- No masks Day 0
- No actives for 3-5 days
- No stacking everything at once

NOTE: Healing times vary. If skin remains hot, irritated, or uncomfortable, remain in the current recovery phase for an additional 24–48 hours before progressing.

Your skin doesn't improve during the treatment—it improves during the healing phase.