

# THE SKIN DEEP METHOD™ - Monthly Schedule



## LEVEL 1: INFUSE


HYDRATE • NOURISH • GLOW

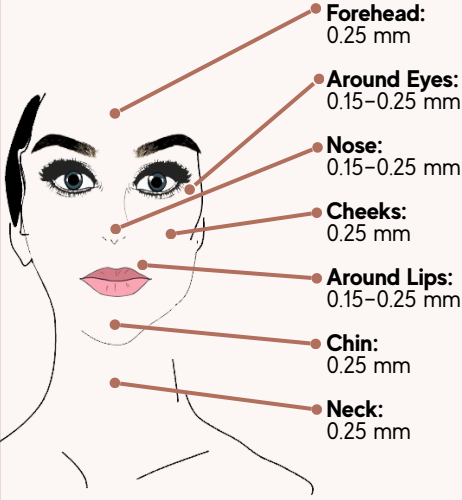


WEEK	TREATMENT	AFTERCARE
WEEK 1	✦ LEVEL 1 - INFUSE ROUTINE	7-Day INFUSE AFTERCARE
WEEK 2	✦ LEVEL 1 - INFUSE ROUTINE	7-Day INFUSE AFTERCARE
WEEK 3	✦ LEVEL 1 - INFUSE ROUTINE	7-Day INFUSE AFTERCARE
WEEK 4	REST OR LIGHT INFUSION	Routine Skincare

🔄 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

