

DAILY SKINCARE ROUTINE

Cleanse. Treat. Moisturize.

AM

cleanse

tone/exfoliate

vitamin C serum

eye cream

moisturize

SPF 30-50

PM

oil cleanse

cleanse

(tone/exfoliate)

eye cream

retinoid

moisturize



YEARLY TREATMENT PLAN

as often as every 4-6 Weeks

Prioritize 2-3 Lasers + 2-3 Microneedling



March

Microneedling

Sept

April

Oct

May

Nov

June

BBL laser

Dec

July

BBL laser

Jan

Aug

Microneedling

Feb



Lasers in Cold Months