

MICRONEEDLING

MICRONEEDLING INSTRUCTIONS

It is normal to flake a little bit on the second and third day.

Please, follow the regimen below.

1. Cetaphil cleanser
2. Cortisone cream
3. Benadryl
4. Neutrogena 55 Clear face oil free
5. Aveeno 1% hydrocortisone cream



6. Purchase a mini spray bottle.

What you do at home is just as important what I do in the office so make your healing time a priority.

The correct skincare will make an 80% difference in your results.

DAY 1 EVENING BEFORE BED

STEP 1

Put Ice cubes & water in a big bowl with 2 washcloths and do a compress to reduce temperature and redness of your face.

(IF WE DO A CHEMICAL PEEL SKIP THE ICE)

STEP 2

Apply Cortisone cream to reduce inflammation.

STEP 3

Before bed take Benadryl or Allegra for irritation and redness.

STEP 4

*If you have pain,

Motrin (ibu) inflammation swelling

Tylenol for pain or discomfort

DAY 2 MORNING

STEP 1

Wash with Cetaphil cleanser & Acidic water wash.

STEP 2

Rinse again with several splashes of Acidic water .

STEP 3

Apply Cortisone cream.

STEP 4

Sparingly apply Neutrogena Clear Face oil free sunscreen 55.

DAY 2 EVENING BEFORE BED

STEP 1

Wash with Cetaphil cleanser & Acidic water wash.

STEP 2

Rinse again with several splashes of Acidic water.

STEP 3

Apply Cortisone cream.

DAY 3 MORNING

STEP 1

Wash with Cetaphil cleanser & Acidic water wash.

STEP 2

Rise again with several splashes of Acidic water.

STEP 3

Apply Cortisone cream.

STEP 4

Sparingly apply Neutrogena Clear Face oil free sunscreen 55.

DAY 3 EVENING BEFORE BED

STEP 1

Wash with Cetaphil cleanser.

STEP 2

Rinse again several splashes of Acidic water.

STEP 3

Apply Cortisone cream.

STEP 4

Apply aveeno ointment to help with new skin and inflammation.

WHAT NOT TO DO

- *NO SUN, even while driving.
- *No hot showers, steam or jacuzzi.
- *No Exercising for 2 days.
- *No makeup except lipstick and mascara.
- *Absolutely no waxing.
- *No harsh products for 7-10 days.

If skin gets red from any products rinse with cold water and gently dry with washcloth.

DERMATOLOGIST

Clients with active acne inflammation need to see a dermatologist pronto.

1. Doxycycline
2. Erythromycin
3. Hydroquinone 5%
4. Blood test- to see what may be causing your acne or what you are allergic to.

Before you get started you will have to see a dermatologist. If you don't have one, I will recommend my dermatologist.

Please, contact your insurance to see if you can get a referral to a dermatologist.

Dr Silver & Tracey: Summer from 5 years younger sent you!
Make an appointment at 702-735-1960.

If any skin issues arise:

Please, contact Summer within 24 hours of service.

702-503-9040

summermassoud@gmail.com

**A LITTLE EDUCATION TO HELP KILL BACTERIA, SKIN
INFECTIONS, AND INFLAMMATION**

Salicylic acid dries up the blemish.

I RECOMMEND SERIOUS ACTION TO HELP ACNE ISSUES.

Pharmaceutical skin care line.

1. Salicylic Acid Astringent 2% or 5% by Serious Action.
2. Benzoyl Peroxide, kills bacteria in the pimple. (Medication cream & Skin wash).
3. Glycolic acid, minimizes breakouts and inflammation (Treatment Cream, AHA Accelerator or Facial Hydrator).
4. Retinol speeds up the exfoliation process by 20-30 times, exfoliating old dead skin cells and skin care build up.
5. Hyaluronic acid moisturizes skin deeply (Ultra Hydro Gel).

It is extremely important to use these 5 ingredients to stop breakouts.

WE ALL HAVE AN IMPORTANT JOB, TO HELP YOU OVERCOME SKIN ISSUES

FORMULA TO OVERCOME SKIN ISSUES

25% Help maintain healthy skin by doing medical grade botanical skin care.

25% Definitely keep up with your medication and topical products to maintain healthy skin with your dermatologists recommendation.

25% You need to keep hands off your face and change pillowcase often. Always do icy cold rinse in the morning before skin care routine and in the evening before bed! Take acne vitamins, eat healthy and drink purified water. Yoga and humidifiers are good supports too.

25%. Experienced esthetician to peel the layers off safely and gently. Important to maintain Microdermabrasion once a month. It removes billions of dead skin cells that cause a build up of dirt and oil, helps with circulation and oxygen for the skin to breath. It's like going to the gym, but this is for your face. Maintenance is the only way to beautiful glowing skin.

If you enjoy Glymedplus Botanical & Organic, I will be happy to choose the correct products.

Please remember, your skin will benefit immensely from active medical grade skin care to the cellular level.

<http://FiveYearsYoungerFacial.com>

Order here 

Thank you, Summer

VITAMINS

THE SUPPLEMENTS FOR ACNE THAT WILL GIVE YOU CLEAR, GLOWING SKIN

Zinc.

Highly known for its ability to help with the treatment of acne

Vitamin A- 5000mg to 10000mg.

Retinol is a vitamin A derivative, and is commonly found in topical acne treatments. Vitamin A supplements combat acne symptoms and decreases oil production.

Evening primrose oil.

If you have painful cystic acne, (hello, raging hormones), evening primrose is your ideal aid. This is a great source of omega-6, maca root, helps stabilize your hormones, and helps stress

Pycnogenol.

It is a branded pine bark extract, which has great antioxidant properties. It protects the collagen from free radicals and increases healing, which reduces scarring from acne and can reduce hyperpigmentation.

Antioxidant enzyme.

Antioxidants are great and [fight skin damage](#), but antioxidant enzymes are more powerful. They have the ability to destroy millions of free radicals to reduce oxidative stress, which leads to inflammation.

Ashwagandha.

Adaptogens are rockstar herbs for the body and skin. Adaptogens are amazing for reducing stress and limiting inflammation in the skin.

Omega-3.

Healthy fats from fish could result in a glowing complexion. Krill oil is particularly good for acne.

JUICING IS ESSENTIAL TO REDUCE INFLAMMATION

Below are my favorite juicing recipes to start and end my day.

Morning

Start the day with a fruit smoothie. My personal favorite blend is a vegan protein powder, blueberries, apples, peaches, raspberries and bananas.

Evening

Celery, beats, parsley, cucumbers, carrots and apples.