

# HOLIDAY GLOW & WELLNESS TIMELINE

## A GUIDE TO PEAK RESULTS

### 12–10WKS BEFORE OCT

Start corrective treatments for maximum collagen building and healing.

- ◆ Sofwave  
**SESSION 1 of 3**  
Deep skin tightening and collagen stimulation. Results build over 6–12 weeks.
- ◆ SkinPen Microneedling  
**SESSION 1 OF 3**  
*Dramatically improve skin texture, tone, and minimize acne scars.*

### 6–4WKS BEFORE LATE OCT–MID NOV

Final treatments that require swelling to subside or results to fully activate.

- ◆ Neurotoxin (Botox, Dysport, Xeomin)  
*Smooth lines and wrinkles; results peak around two weeks post-treatment.*
- ◆ SkinPen Microneedling  
**SESSION 3 OF 3**
- ◆ Chrysalis Peel  
**SESSIONS 3 + 4**
- ◆ Filler / Biostimulators  
*Final touch-up sessions if needed.*

### ADD-ONS

#### Quick Wellness Boosts

Enhance any appointment with **NAD+** or **BioBoost B12** Injections for cellular repair, energy, and metabolism support throughout the busy season!

#### PRO TIP:

Book your series now — holiday schedules fill up fast!

### 10–8WKS BEFORE MID–LATE OCT

Focus on follow-up sessions and skin renewal treatments.

- ◆ Sofwave / SkinPen Microneedling  
**SESSIONS 2 OF 3**
- ◆ **NEW!** Chrysalis Peel  
**SESSIONS 1 + 2**  
*Intense brightening & skin renewal (4 sessions recommended).*
- ◆ Permanent Make-Up Touch Up  
*4–6 week follow-up session.*
- ◆ Filler / Biostimulators  
*Final touch-up sessions if needed.*

- ◆ PlasmaMD Pen Lift  
*Non-surgical tightening/lifting for optimal healing before the holidays.*
- ◆ Permanent Make-Up  
*Initial session for brows, eyeliner, or lips (allows time for healing and touch-ups).*
- ◆ Filler / Biostimulators  
*Restore volume, contour facial features, and jump-start long-term collagen growth.*
- ◆ GLP-1/GIP Weight Loss Program  
*Start now to see visible results by year-end.*

### 4–2WK BEFORE MID–LATE NOVEMBER

Perfect time for final maintenance and instant glow treatments.

- ◆ Sofwave | **Session 3 of 3**  
Collagen stimulation completes; results continue to improve over next 2–3 weeks.
- ◆ Neurotoxin (Botox, Dysport, Xeomin)  
Last chance to treat lines.
- ◆ HydraFacial Refresh  
(1–2 Weeks Before)  
*Gentle exfoliation and infusion for instant radiance and deep hydration—zero downtime.*