

Replace MedSpas for Way Less

Rapid weight-loss can lead to skin wrinkling and looking older. This **MedSpa Kit** prevents skin wrinkling AND even enables you to look 5-10 years younger with smoother, tighter, and plumper skin on your face, neck, décolleté, shoulders, arms, and hands for the lowest cost possible. The **MedSpa Kit** offers a 15-minute skin routine that:

- Can reduce expensive, painful, long-recovery, short-lived Med-spa treatments including botulinum toxin (ex. Botox®), fillers, lasers, micro-needling, dermabrasion, dermaplaning, chemical peels, and more.
- Includes instructions, coaching, and list of inexpensive products for 15-minute morning & evening routines.
- Key product: Retinol (used in Retin-A, the only proven long-term wrinkle-reducer). Start with low-dose OTC daytime Retinol and move up to full-strength prescription Retin-A (increase % levels).

Recommended products. Click on links below to purchase recommended brands for the 15-minute routine or to add to your existing routine. The crucial product is Retinol.

1. [Body scrubber](#) to use in shower.
2. [Body soap](#) to use in shower.
3. [Salicylic acid cleanser](#) to use in shower.
4. [Toothbrush](#), [toothpaste](#), [water flosser](#).
5. [Razor](#) and [Shaving gel](#).
6. [Astringent](#) liquid with Cotton rounds.
7. [Skin serum](#) with hyaluronic acid & niacinamide.
8. [Daily moisturizing lotion](#).
9. [Facial sunscreen](#) & [body sunscreen](#).
10. [Low-strength OTC Retinol](#), [Highest OTC Retinol](#). Then ask your Dermatologist for prescription Retin-A (increase %).
11. [Eye drops](#).

Steps. Do before makeup in morning. After 3rd month, add at night before bed, after shower or hand-washing.

1. Scrub body & face in shower.

- In shower, after shampoo & conditioner: Apply body soap and salicylic acid cleanser to body scrubber.
- Scrub entire body & face. Start with light scrubbing and increase pressure over time. Repeat.

2. Shave face, neck, & upper chest. Even non-hair areas, like cheeks. You are exfoliating, like dermaplaning.

- First, brush and water-floss teeth.
- Shaving does NOT make hair grow back faster or thicker. Watch videos on how to shave face for women.
- Use separate razor. Replace blades often. Rinse blade as tap on sink. Blow dry. Store on towel or holder.
- First, splash on warm water or use warm damp face clothe. Apply shaving gel on all shaved areas.
- Go high to low. Use light pressure with easy, slow strokes. Take care around moles, acne, and skin folds.
- At start, go in direction of hair growth (down). Repeat shaving areas to increase smoothness.
- Rinse shaved areas with water and pat dry. If nick skin, apply pressure with facial tissue. Tear off piece of tissue, press on bleeding area, and leave on a few minutes. If needed, uses a styptic pencil.

3. Wipe all shaved areas with astringent on cotton rounds.

- Apply astringent to cotton round. Wipe all shaved and other desired areas to deep clean & exfoliate.
- Wipe areas several times. Initial sting of astringent will dissipate. Throw out used cotton rounds.

4. Apply skin serum with hyaluronic acid & niacinamide.

- Rub skin serum onto entire face, neck, upper chest, décolleté, shoulders, arms, & hands. Don't wash off.

5. Apply moisturizing lotion.

- Rub lotion onto entire face, neck, upper chest, décolleté, shoulders, arms, & hands. Don't wash off.

6. Apply retinoic acid cream. Start with very low-dose OTC Retinol to avoid skin burns and too much pain.

- Place pea-size amount of cream on hand along with a few pumps of moisturizing lotion and rub together.
- Rub mixture onto entire face, neck, upper chest, décolleté, shoulders, arms, & hands. Don't wash off.
- Increase pea-size amount over time, up to pearl-size. By 3rd month, ask your Dematologist for prescription-strength Retin-A (increase %age over time).
- If too painful, skip 1-2 days of Retinoic acid. Slight burning feel is normal and should dissipate over time.
- Apply sunscreen & eye drops. Avoid sun-exposure. Wear large-brim hats and thin long-sleeve tops.