

Thread Placement Maps

Beginner depth + size cheat sheet included

Neck • Double Chin • Nasolabial Folds • Oral Commissures • Crow's Feet • Diagram

GlowLux by Marci

Depths (Simple Reference)

- Superficial: intradermal / superficial subdermal (fine, surface lines)
 - Mid: subdermal (most common plane for face texture support)
 - Deep: superficial subcutaneous (supporting areas with more tissue)
- Tip: keep the plane consistent—smooth resistance = same layer.

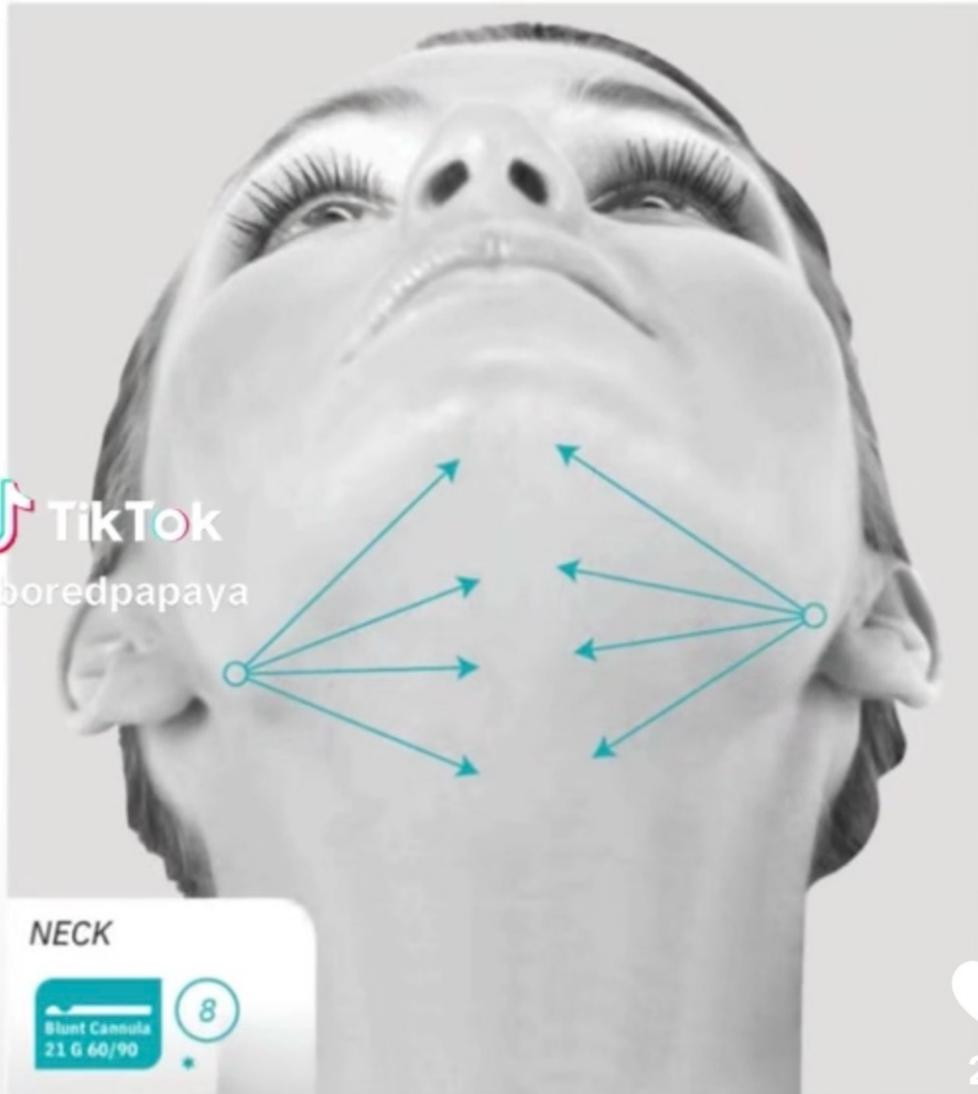
Beginner Mono + Screw Sizes (29G / 30G / 31G)

- 31G (12–18 mm): ultra-fine, superficial work (detail areas)
 - 30G (18–25 mm): versatile mid-plane support (most beginners start here)
 - 29G (25–38 mm): stronger support, larger zones (more “lift feel”)
- Mono = texture/skin quality • Screw = subtle volume + pliability

How Long They Last (Typical)

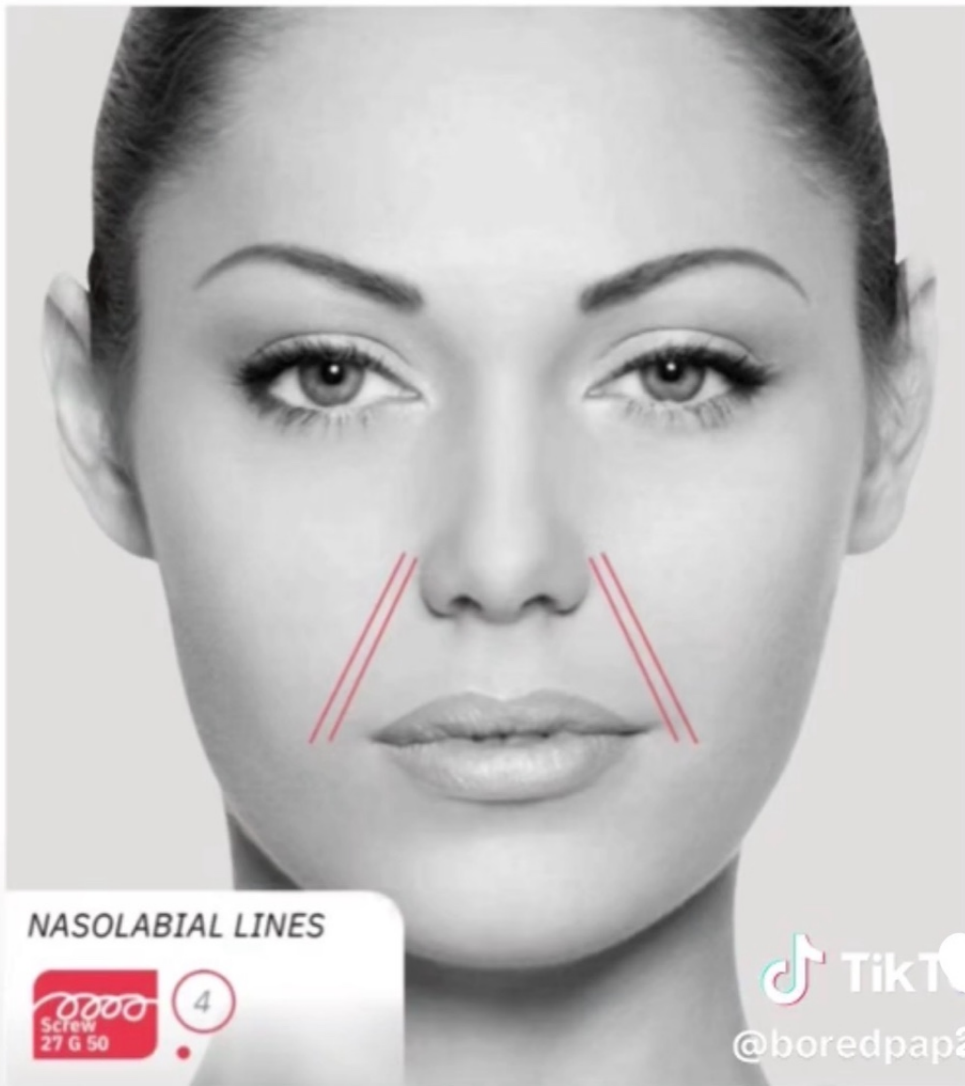
- PDO: up to ~6 months (max)
- PLLA: ~9–16 months
- PCL: ~18 months–2.5 years (some report up to ~3 years)

Maps NECK





Maps NASOLABIAL FOLDS





Maps CROWS FEET



PDO Technique Diagram (Breast)

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