



# Exosome Microneedling Facial

Looking for a natural way to achieve healthier, more radiant skin?

Check out this cutting-edge skincare treatment that enhances your skin's natural renewal process!

## BENEFITS:

- Stimulates collagen and elastin production for firmer, smoother skin
- Improves the appearance of acne scars, pigmentation, fine lines and wrinkles
- Speeds up skin healing and reduces inflammation
- Limited downtime, minimal pain
- Can be used on the scalp to rejuvenate hair follicles
- \*Research shows that it may be prophylactic for skin cancer progression

\*References on page 4

## RESULTS:

Patients typically notice an improvement in skin texture and radiance within 2–3 days, with optimal results appearing around 6–8 weeks. Results continue to improve up to 1–2 years because skin is continuing to rebuild collagen in deeper levels, contributing to an overall reduction in visible signs of aging. Results such as reduced scar tissue or pore size, as well as removal of solar spots from sun damage can be permanent. To achieve the best outcomes, a series of three treatments spaced 4–8 weeks apart is recommended, with maintenance treatments every 1–2 years. For a personalized timeline, please reach out to Dr. Natiya's office manager.

To book, call, text, or email Dr. Natiya's  
office manager, Dr. Des  
☎: 217-6902433 | ✉: [des@drnatiya.com](mailto:des@drnatiya.com)



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# AFTERCARE & TIPS



## ① Before the Procedure:

- Continue with your normal routine, you are welcome to exercise & eat before your treatment
- Medications & supplements can be taken as usual unless your doctor makes a specific recommendation (example: avoiding anti-inflammatory medications, fish oil, Vitamin A, Vitamin E, ginkgo, or blood thinners)
- It is best to arrive to your appointment with no makeup. Prior to your appointment, your doctor will clean & numb your face



## ② During the Visit:

- **Before the procedure:**
  - Review procedure, consent, risks, alternatives, and outcomes.
  - Address any last-minute questions.
- **During the procedure:**
  - Start by getting comfortable and relax on the treatment table.
  - Your doctor will start by clean your skin & apply numbing cream to treatment areas.
  - After insuring you are fully numb, the doctor will utilize the Eco Eclipse Pen or SkinPen devise to create micro punctures into the dermis of the skin. Each area will have 3 passes.



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# WHAT TO EXPECT



## ③ After the Procedure:

### Day of Procedure:

- Numbness may last 2-3 hours.
- Mild to moderate swelling and redness may occur for 24-72 hours.
- Eat and drink when comfortable, but avoid alcohol for 72 hours.
- Do not apply makeup
- Stay away from direct sunlight, saunas, and intense exercise for 48 hours.
- For best results, leave the exosomes on your skin for the rest of the day.
  - If needed, you can use filtered water & gently rinse face.
  - If your skin feels too tight, apply a light layer of non-toxic face cream.
    - Recommendation: [Deep Living Skincare Face Cream](#) is specifically formulated for sensitive skin

### Days 2-6: Morning Routine

- Cleanse – Use water or a mild cleanser.
- Moisturize – Apply a thin layer of organic cream, hyaluronic acid, or Vitamin C serum.
- Protect – Apply SPF 50 sunscreen.

### Days 2-6: Evening Routine

- Cleanse – Wash with water or a gentle cleanser.
- Moisturize – Use a light layer of organic cream, hyaluronic acid, or Vitamin C serum.

### Days 7+

- Resume your usual skincare routine.

[www.deeplivingskincare.com](http://www.deeplivingskincare.com)

For redness, especially around the nose or injection sites, apply a small amount of [Deep Living Healing Salve](#) to the area, then layer with face cream.

## ④ Tips:

- **Exercise** – Avoid strenuous workouts and saunas for 48 hours
- **Sun Protection** – Keep sun exposure minimal for 4-5 days. When outdoors, use a hat (preferable) or non-toxic, mineral-based, organic sunscreen.

- **Cleaning** – clean items like glasses, jewelry, & cellphones that frequently touch recently treated areas
- **RARE:** If swelling persists or signs of infection appear, contact Dr. Natiya or seek urgent care if needed.

### Future Treatments:

- We recommend that the first 3 treatments are scheduled 4-6 weeks apart.
- Maintenance treatments are recommended every 1-2 years.

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# REAL RESULTS: SEE WHAT OUR PATIENTS HAVE TO SAY

## Microneedling followed up with Exosomes for the win!



Scan to learn  
more about  
the process



Link: [https://www.youtube.com/watch?v=IVGjwT0ODzQ&ab\\_channel=NatiyaGuin](https://www.youtube.com/watch?v=IVGjwT0ODzQ&ab_channel=NatiyaGuin)

★★★★★



★★★★★

## Patient Review

"I am so thankful to be in the healing hands of Dr. Natiya. I can honestly say that I've never had a facial that has shown results like the Exovec facial. I absolutely love it! The passion and care Dr. Natiya puts in her work and skin productions are simply incredible. Thank you Dr. Natiya for going above and beyond in all skin care needs."

- Glenda, California

★★★★★



★★★★★

## Patient Review

"Dr. Guin's PRP facials with exosomes are a game-changer for aging skin. I had a series of three last year, and a month ago had my fourth. Eyelids are tighter and skin looks lifted! But what has blown me away is her use of exosomes injected into scar tissue from my knee surgery last September. I was hoping for scar improvement but the next day I had better mobility and less tightness that lasted over a week. And the scar looks so much better! I cannot wait for my next treatment. This is a must consider for collagen building AND scar improvement. The extra mobility was a huge plus. Thank you Dr. Guin!"

- Jill, California

★★★★★

## Patient Review

"I recently went to Nourish for a PRP facial with Dr. Natiya. Dr. Natiya is a naturopathic doctor and one of her specialties is skin care. I have had PRP done elsewhere and hers are the best by far. She uses the very latest equipment and gets the best results. She is also very gentle and there is absolutely no pain or discomfort and minimal downtime. Her prices are quite reasonable compared to others doing this. She has also developed a generous skincare line based on all natural ingredients from Greece. I've seen her several times and my skin looks amazing. Further, she is lovely to work with personally and really takes time to discover what will be best for you. I bought her skincare line when I was there and the products I'm using are wonderful. I strongly recommend this experience if you want something extraordinary for your skin."

- Ruth, California

★★★★★

## Patient Review

I have been a patient of Dr. Guin's for over 7 years now. I initially came to her for acne treatment and it has been life changing for me. I have done a few rounds of microneedling and many supplement plans, and each one has been so incredibly helpful. Dr. Guin is a personal and intentional doctor, truly caring deeply about each of her patients. Over the years she has cared for me during every time I fell ill and took care of any cosmetic need I had as well. She is always a text or call away, and ensures that every need I have is taken care of thoughtfully. She is the best doctor I've ever had! I would recommend her to all of my loved ones!

- Kylie, California

1.\*Liu M, Wang H, Liu Z, Liu G, Wang W, Li X. Exosomes from adipose-derived stem cells inhibits skin cancer progression via miR-199a-5p/SOX4. Biotechnol Genet Eng Rev. 2023 Apr 24:1-13. doi: 10.1080/02648725.2023.2204702. Epub ahead of print. PMID: 37092869.  
2.\*Szwedowicz U, Lapinska Z, Gajewska-Naryniecka A, Choromanska A. Exosomes and Other Extracellular Vesicles with High Therapeutic Potential: Their Applications in Oncology, Neurology, and Dermatology Molecules. 2022; 27(4):1303 <https://doi.org/10.3390/molecules27041303>  
3.\*Wang X, Cui Z, Zeng B, Qiong Z, Long Z. Human mesenchymal stem cell derived exosomes inhibit the survival of human melanoma cells through modulating miR-138-5p/SOX4 pathway. Cancer Biomark. 2022;34(4):533-543. doi: 10.3233/CBM-210409. PMID: 35275523.

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