

# **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 | \$217-6902433 | \$







#### **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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### **6** 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 Days 7+ face.
     Result
  - 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

#### **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, mineralbased, 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.

#### 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.
- Resume your usual skincare routine.

#### 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.

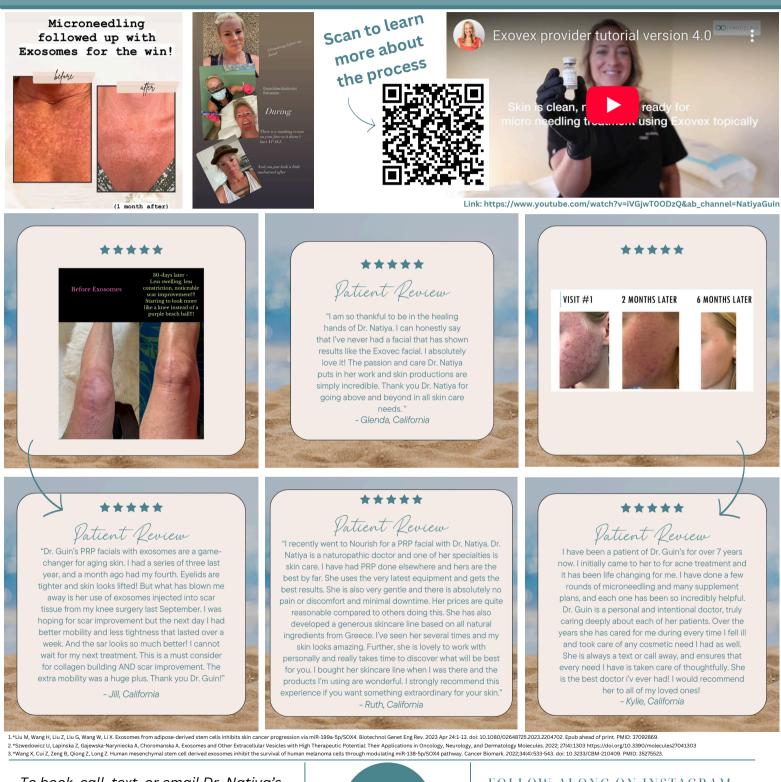
#### **Future Treatments:**

- 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



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