

Your Summer Skin Protocol

To Repair, Rebuild, and Protect Your Skin Before Big Summer Events

The Body Edit

ADVANCED MED SPA + AESTHETICS COLLECTIVE

Why Skin Needs Preparation Before Major Events:



If you have a beach vacation, outdoor wedding, reunion, or summer event where you want your skin to look its best, this guide is for you. Many people begin thinking about their skin just a few days before an event.

But skin doesn't change that quickly.

Collagen remodeling, barrier repair, and pigment regulation all happen gradually. The most natural-looking improvements typically begin four to six weeks before the moment you want to look your best.

Trying to rush the process often leads to irritation or unpredictable results.

A better approach is thoughtful preparation—giving the skin the time it needs to become healthier, stronger, and more resilient.

This protocol offers a clear, evidence-informed path to get your skin ready for whatever summer has in store. It begins with understanding where your skin is right now, repairing what needs support, and gradually building a foundation strong enough to tolerate more advanced treatments if and when they're appropriate.

Start Here:

Assess the Skin Barrier

Your barrier is the thin protective layer that helps your skin retain moisture and defend against environmental stress.

When it's healthy, skin tends to feel calm, balanced, and resilient. When it's struggling, you might notice things like:

→ products that suddenly sting or burn
→ persistent redness or flushing
→ your skin feels tight 20-30 minutes after cleansing
→ you're breaking out in places you typically don't
→ increased sensitivity to sunlight
→ dryness that moisturizer doesn't seem to fix

Why This Assessment Matters

Before introducing new products or scheduling professional treatments, it's important to understand the current state of your barrier.

A compromised barrier can:

→ reduce the effectiveness of treatments
→ increase post-treatment irritation
→ prolong healing time
→ make the skin more reactive to actives

Restoring the barrier first creates the foundation that allows the next phases of the protocol to work more effectively.

Weeks 1–2:

Barrier Repair

The first two weeks focus on simplifying your routine and allowing the skin barrier to repair itself.

During this phase, the goal isn't dramatic transformation. It's calming inflammation and restoring balance.

What to pause:

- frequent exfoliation
- harsh scrubs
- AHAs/BHAs (glycolic, salicylic acid)
- Retinoids (tretinoin, adapalene, retinol)
- layering multiple active ingredients

What to prioritize:

☼ Morning Routine:

- Gentle, non-foaming cleanser
- Hydrating toner or essence (optional but helpful)
- Ceramide-rich moisturizer or lipid-repair serum
- Broad-spectrum SPF 30 or higher

☾ Evening Routine:

- Same gentle cleanser
- Hydrating toner or essence
- Ceramide-rich moisturizer or barrier-repair serum
- Optional: Occlusive layer (like petroleum jelly on dry areas)

Weeks 3–4:

Targeted Treatment

Once the skin barrier feels calmer and more stable, this is the time to gradually reintroduce ingredients that support tone, texture, and brightness.

The key principle during this phase is one change at a time. Introducing several actives at once makes it difficult to identify what your skin tolerates well.

Retinoids

If your skin feels stable after the repair phase, start with a low-strength retinoid one to two nights per week. Apply it after moisturizer to buffer irritation. Wait at least a week before increasing frequency or strength.

Retinoids remain one of the most well-studied ingredients for skin cell turnover, collagen production, and texture improvement. But they only work if your skin can tolerate them consistently.

Vitamin C

Vitamin C works well in the morning routine under sunscreen. It helps defend against oxidative stress from UV exposure and environmental pollution.

Choose a stable formulation (L-ascorbic acid at 10-20% or derivatives like tetrahexyldecyl ascorbate if you have reactive skin).

Weeks 5–6:

Protect and Maintain

At this stage, the goal shifts from correction to protection.
The improvements you've created in the previous weeks now need to be supported through consistent habits.

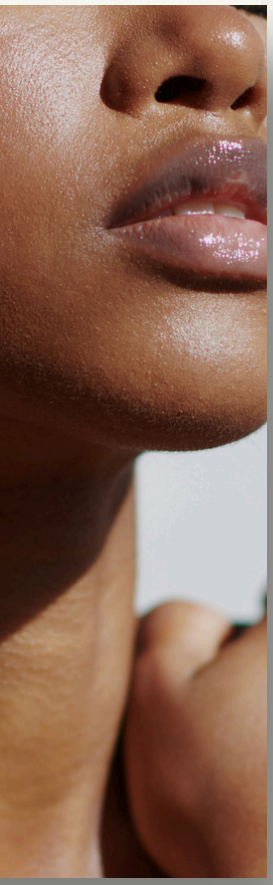
Sunscreen Becomes Non-Negotiable

Broad spectrum SPF remains the most effective anti-aging intervention available. It prevents visible aging, hyperpigmentation, and skin damage better than anything else you'll spend money on.

Plus, every other intervention works better when UV exposure is controlled. Your retinoid? More effective with sunscreen. Your vitamin C? Same. That laser treatment you're considering? Results won't last if you're not protecting your skin from the sun.

Application Strategy

→ Apply Mineral-based SPF to your face directly in the morning or use a makeup foundation or skin tint that has SPF protection built into it.
→ Every 2 hours, reapply with liquid/cream sunscreen (if not wearing makeup), or reapply Powder SPF or SPF setting spray over makeup
→ When outdoors, seek shade and wear a hat (mechanical protection counts)







Where Skincare Stops and Professional Treatments Begin

Topical skincare primarily works within the outer layers of the skin. Many visible signs of aging, however, develop deeper within the dermis.

Professional treatments allow providers to address those deeper structural changes.

NeoGen PSR

How it works:

NeoGen PSR uses nitrogen plasma energy to deliver controlled heat into the skin, stimulating collagen production and full-thickness skin regeneration without ablating the surface.

What you'll see:

Expect progressive improvement in skin tone, texture, and firmness with initial redness and peeling followed by smoother, tighter, more radiant skin.

Best for:

Ideal for treating fine lines, acne scars, sun damage, skin laxity, and uneven texture in patients seeking advanced, non-surgical skin rejuvenation.

RF Microneedling

How it works:

Combines tiny needles with radiofrequency energy to create controlled micro-injuries deep in the dermis. Your skin responds by producing fresh collagen and elastin.

What you'll see:

Smoother texture, smaller pores, softer acne scars, tighter skin. Results build over 3-6 months as collagen remodels.

Best for:

Acne scarring, enlarged pores, skin laxity, uneven texture, fine lines

Chemical Peels

How it works:

Controlled exfoliation using medical-grade acids. Depth varies from superficial (brightening) to deep (resurfacing).

What you'll see:

Brighter tone, smoother texture, reduced hyperpigmentation, smaller pores. Downtime ranges from none to 7-10 days.

Best for:

Sun damage, melasma, uneven tone, fine lines, acne-prone skin

Laser Treatments

How it works:

Target specific concerns with precise wavelengths of light. Can address pigment, redness, texture, or hair.

What you'll see:

Faded sun spots, reduced redness, tighter skin, permanent hair reduction. Results vary by laser type.

Best for:

Sun damage, broken capillaries, skin tightening, hair removal, tattoo removal





PRP (Platelet-Rich Plasma)

How it works:

Uses growth factors from your own blood to jumpstart healing and regeneration. Often combined with microneedling.

What you'll see:

Improved skin quality, better texture and tone, enhanced healing, hair growth. Results build over several months.

Best for:

Overall skin quality, under-eye rejuvenation, hair thinning, scar healing, combined with other treatments

How to Know If You’re Ready for Professional Treatment

Here's the thing: not everyone is ready for professional treatments right now, and that's completely fine. Timing, your skin's current state, and what you're realistically willing to commit to all matter.

You're probably ready if:

✓ Your barrier is stable & you're not constantly dealing with irritation

✓ You have specific concerns that your at-home routine just isn't touching

✓ You can actually follow post-treatment instructions (yes, that includes avoiding the sun)

✓ You understand this is a process, not a one-and-done miracle

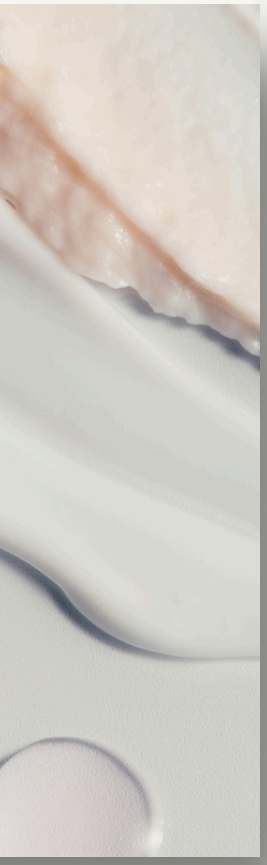
You're NOT ready if:

✗ Your skin is angry—reactive, inflamed, or barrier-compromised right now

✗ You've got a beach trip or outdoor wedding in the next 2-4 weeks

✗ You're still changing your routine every other week trying to find what works

✗ You're expecting one treatment to fix everything that's bothered you for years







Your Skin Still Has Time to Prepare

Six weeks can be enough time to improve:

- tone
- texture
- collagen support
- barrier strength

But the earlier you begin, the more opportunity your skin has to respond.

If you're preparing for a wedding, vacation, reunion, or summer travel, this is the ideal time to begin.