

# Your Skincare Guide to Outward Radiance and Inner Vitality

## Welcome to Your Aesthetic Journey

We're excited to partner with you on your journey to mindful self-care, increased self-confidence, healthy, radiant skin, and a contoured shape! Our goal is to guide you toward the best treatments and skincare solutions, ensuring you achieve your desired transformation.

## Your Transformation Path

With medical-grade skincare and personalized services, you can take control of your transformation and achieve results that last. Every journey is unique, and we offer three levels of results tailored to your needs that we help you reach over time, with a step-wise sequenced approach:

## ESSENTIAL Results – Subtle Yet Visible Improvements

Best for: Hydration, texture, discoloration, and mild signs of aging.

Skincare: Brightening program, antioxidant serums, hydrating peptides, and SPF for daily protection.

Services: Peels, facials, EXION CLEAR, Laser Genesis, FRACTIONAL RF Microneedling.

Outcome: A refreshed, rejuvenated look with noticeable enhancements to skin tone and texture.

## ENHANCED Results – Clear, Noticeable Transformation

- **Best for:** Reducing fine lines, wrinkles, pigmentation, and improving skin firmness.
- **Skincare:** Retinol, collagen-boosting peptides, vitamin C serums, and targeted anti-aging programs.
- **Services:** Bio-stimulators, injectables, EMFACE, RF Microneedling, EXION RF.
- **Outcome:** A visibly firmer, clearer complexion with long-lasting results.

## EXPERT Results – Significant Renewal for Face & Body

- **Best for:** Comprehensive skin rejuvenation targeting aging, sagging, texture, and tone.
- **Skincare:** Advanced anti-aging regimen with growth factors, intensive hydration, barrier-repair serums, and customized medical-grade skincare.
- **Services:** Advanced combination of EXION treatments, Coolsculpting, bio-stimulators, injectables, and custom regimens.
- **Outcome:** A dramatically lifted, smoother, and firmer appearance with minimal downtime.

## Why Medical-Grade Skincare?

Unlike drugstore products, medical-grade skincare is formulated with higher concentrations of active ingredients, backed by science, and designed to deliver visible, lasting improvements in your skin's health.

- Targets deeper layers of the skin
- Delivers faster, longer-lasting results
- Complements and maintains in-clinic treatments

**Pro Tip:** Starting with a complete skincare program is the most effective way to ensure every step works together, giving you the best value and synergistic results.

## The ABCs of Healthy and Radiant Skin

A healthy, glowing complexion starts with three powerhouse ingredients:

**A – Vitamin A (Retinol):** Boosts collagen, speeds up cellular turnover, reduces fine lines, and refines texture.

**B – SPF 30+ Mineral Sunscreen:** Prevents sun damage, reduces hyperpigmentation, and protects against premature aging.

**C – Vitamin C Serum:** Brightens skin, shields collagen from free radical damage, and reduces discoloration.

## Your Complete Skincare Routine

1. **Cleanse & Prep** – Removes makeup, oil, and impurities to prepare skin for active ingredients. Use a gentle, pH-balanced cleanser suited to your skin type to avoid stripping the skin barrier.
2. **Exfoliate** (1- 3x per week) – Clears dead skin cells and smoothens texture with AHAs (like Glycolic and Lactic Acid) and BHAs (like Salicylic Acid). Exfoliation unclogs pores, brightens the complexion, and improves product absorption. Avoid over-exfoliating to prevent irritation.
3. **Treat & Correct** – Targets specific concerns like fine lines, wrinkles, sun damage, thinning skin, laxity and hyperpigmentation. Treatments may include serums with active ingredients like Retinol, Growth Factors, Hyaluronic Acid, Niacinamide, Peptides, or Hydroquinone. Consistent use helps improve skin texture, tone, and resilience.
4. **Hydrate & Protect** – Locks in moisture with Hyaluronic Acid, Ceramides, and Peptides. A properly hydrated skin barrier ensures optimal function and protects against environmental stressors. Layer a hydrating serum before applying your moisturizer for maximum effect.
5. **Daily Sun Protection** – SPF is essential for preventing aging, pigmentation, and damage. Choose a broad-spectrum mineral sunscreen with at least SPF 30. Reapply every 2 hours when exposed to direct sunlight to maintain protection.

## In-clinic Treatments That Elevate Your Results

Enhance your skincare with advanced treatments designed to accelerate your transformation and provide long-lasting improvements.

### Skin Rejuvenation

- **EXION RF:** Stimulates natural collagen, elastin, and hyaluronic acid production to tighten and firm skin with minimal downtime.
- **PRP (Platelet-Rich Plasma):** Uses your platelets to stimulate cell regeneration, improve skin texture, and reduce fine lines.
- **PICO Genesis:** A non-invasive laser treatment that clears pigmentation, enhances collagen production, and brightens dull skin.
- **LASER GENESIS:** Gently stimulates collagen, reduces redness, minimizes pores, and smoothens uneven skin tone.



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## Facial & Body Contouring

- **EMFACE:** A revolutionary treatment that lifts and tightens facial muscles, improving facial definition without injections or downtime.
- **Sculptra:** A biostimulator that restores lost volume, boosts collagen, and enhances skin elasticity for a naturally youthful appearance.
- **CoolSculpting:** A non-surgical fat-reduction procedure that eliminates stubborn fat pockets, sculpting a more contoured look.
- **EXION RF Microneedling:** is the ultimate solution to sculpt, tighten, and smooth your skin, so you can feel as strong and confident as you look.
- **Dermal Fillers:** hyaluronic acid injections replenish lost volume in cheeks, jawline lips and lower face.
- **Neuromodulators:** Temporarily soften facial muscles that contribute to fine lines for a positive, well-rested look.

## Acne & Pigment Control

- **EXION CLEAR:** Uses radiofrequency energy to treat acne, reduce inflammation, and clear clogged pores.
- **Chemical Peels:** A customized exfoliation treatment that removes dead skin layers, clears acne, and reduces pigmentation.
- **Limelight IPL:** Advanced technology targets and reduces hyperpigmentation, acne scars, and uneven skin tone.

## Hair Restoration

**PRP/PRF Injections:** Harnesses the power of your body's platelets to stimulate natural hair regrowth, improve hair thickness, and slow hair loss progression.

## Next Steps – Let's Personalize Your Plan

Your journey starts with a conversation.

Book a consultation to discover the best skincare and treatment plan for your unique aspirations.

[Book My Complimentary Consultation](#)

Your Self-Care is Powerful

# Vive

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When you care for yourself, you're making a statement: "I am worth it."

You deserve to feel confident, radiant, and empowered.

Be Vibrant. Be You.

Book a Consultation Now.