

### BASIC PROTOCOLS

OXYGENEO	ULTRASOUND	NEO-MASSAGE
Face (28mins)		
8	10	10
Bikini Line (20mins)		
6	8	8
Underarms (15mins)		
6	skip	8
Hands (15mins)		
6	8	8
Chest (24mins)		
8	8	8
Upper Back (24mins)		
8	8	8
Buttocks (24mins)		
8	8	8
Full Back (60mins)		
20	20	16
Full Legs (60mins)		
20	20	16

### LAYERING MODALITIES

MODALITY	IF	THEN
MICROCURRENT	Same day	before Geneo
RADIOFREQUENCY	Same day	before Geneo
*monopolar = deeper, bi/tripolar = more superficial		
STEAM	Same day	before Step 1
DERMAPLANING	Same day	before Step 1
EXTRACTIONS	Same day	after Step 1
MASK	Water-based	after Step 2 or 3
MASK	Mud/clay-based	before Step 2
LED	Same day	after extractions or Step 3
OXYGEN DOME	Same day	not recommended (redundant)
MICRONEEDLING	Same day	after Geneo
MICRONEEDLING	End of series	7-10 days after
*always initially perform Geneo + aggressive therapy like microneedling at separate visits		
BOTOX		2-4 weeks after
FILLERS		6-8 weeks after
MESOTHERAPY		dependent on formulation and healing rate
FRACTIONAL LASER		1 month after
LASER/IPL		after complete healing
CHEMICAL PEELS		after complete healing
INVASIVE PROCEDURES		1-3 months or after complete healing

### CONTRAINDICATIONS SNAPSHOT

- Under 18
- Pregnant/nursing
- Current cancer
- Accutane w/in 6mo
- Hx of cancer (esp malignant moles)
- Immunocompromised
- Known allergies
- Inflamed skin (eczema, swelling, rosacea, psoriasis, burnt/injured skin, nodular acne, active HSV)
- History of keloids
- Uncontrolled current diabetes
- Neuropathies
- Pacemaker, defibrillator, other internal electrical systems - consult with MD
- Metal facial reconstructive implants
- Chronic use of anticoagulants

- REVIVE | red algae | anti-aging
- ILLUMINATE | carrot extract | brightening
- BALANCE | charcoal | oily skin
- HYDRATE | blue spirulina | dry skin
- DETOX | green tea | environmental stress