



SPOT PLASMA FIBROBLAST PROTOCOL

Home Care

FIRST 12 HOURS:

Apply nothing to the skin (*i.e. do not cleanse or apply any skin care products or makeup*).

AFTER 12 HOURS:

Apply **Recovery** 3-4x daily until carbon dots are shed. Spritz **Moisturizing Mist** as needed throughout the day for soothing relief.

AFTER 48 HOURS/ONCE CARBON DOTS SHED:

Begin to use **Cleanser, Recovery, Moisturizing Mist**, and **Barrier Renewal Cream** in that order twice daily. Wear mineral sunscreen during the day to protect your skin from UV rays.