



A CLINICAL REFERENCE

The Skin Plan Library

Outcome-based skin plans, organized by concern.

THE SKIN GYM METHOD

PROVIDER EDITION

For Aestheticians & Nurse Injectors

CLEAR · CORRECT · REFINE · MAINTAIN

GLOW AESTHETIC · BISMARCK, ND

Contents & The Four Phases

Every plan here is organized by skin concern and runs on the same four-phase arc. You don't sell a device — you guide a journey, slotting in whichever treatments your clinic offers at each phase.

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The Four-Phase Arc

Clear	Get the skin healthy and stable first — treat active problems and start a real home regimen. Nothing aggressive until the skin is ready.
Correct	The structural work: collagen building and resurfacing. Most downtime lives here, so it runs as a spaced series.
Refine	Polish — tone, pigment, redness. IPL / photofacial usually lives here, scheduled into low-sun months.
Maintain	Lock in results with an ongoing cadence — facials, periodic boosters, home care. This is the recurring revenue.

How to Read These Plans

Each entry follows one concern across the four phases. Every phase is split into two lanes — what the aesthetician does and what the nurse injector does — so your whole team can read any plan at a glance. Treatments are listed as categories; use the version you offer.

Who does what

Aesthetician	Facials, chemical peels, dermaplaning, LED, hydradermabrasion, microneedling (where your state permits), and the home-care regimen.
Nurse Injector	Neuromodulators (tox), dermal and collagen-building biostimulator injectables, PRP, and energy devices in most clinics — RF microneedling, ablative (CO2) and fractional laser resurfacing, IPL / photofacial, and body devices.

PLEASE NOTE

Device operation and microneedling scope vary by state and clinic — a trained laser tech may run some devices, and lane assignments can shift accordingly. These plans are a proven framework, not a medical protocol: confirm exact intervals, same-day combinations, and contraindications with your device manufacturers' guidance and your medical director, and adjust every plan to the individual patient. Ablative laser resurfacing (CO2 / erbium) carries real downtime and a higher pigmentation risk on deeper skin tones — screen carefully.

Active Acne

Clear the existing impactions and prevent new ones at the same time – then treat what acne leaves behind.

Phase	Aesthetician	Injector	Home care	Timing
Clear	Antibacterial cleanse + tone; professional mandelic / salicylic peels to flush pores and lift impactions; gentle extractions. Start the patient on the home protocol.	Coordinate any medical management (e.g., prescription tretinoin) if warranted.	4-step regimen: antibacterial cleanser, toner, vitamin A or mandelic corrective serum, then benzoyl peroxide; daily SPF.	Every 2–4 wks. Skin often surfaces impactions before clearing — allow ~6–12 wks.
Correct	Continue mandelic peels; keep exfoliation steady as the skin clears.	RF microneedling, fractional or CO2 laser resurfacing for scarring — only once clear.	Continue vitamin A nightly + benzoyl peroxide. Do not pick.	Series of 3–4, ~4 wks apart, after acne is controlled.
Refine	Mandelic / brightening peels for post-acne marks.	IPL / photofacial for residual redness and pigment.	Vitamin A + mandelic for tone; diligent SPF.	3–4 wks apart; IPL low-sun.
Maintain	Maintenance facial; periodic mandelic peel.	Tox for prevention / maintenance as desired.	Stay on the protocol — consistency prevents relapse.	Every 4–6 wks, ongoing.

THE ACNE METHOD

Acne starts deep in the follicle, at the comedone — so the aesthetician's job is to clear existing impactions and stop new ones from forming at once. The proven approach pairs a vitamin A retinoid (such as tretinoin) to normalize cell turnover with benzoyl peroxide to kill acne bacteria and clear pores, supported by mandelic and salicylic acids. Start early, stay consistent, never pick — and prepare the patient that deep impactions often surface before the skin clears.

WATCH-OUT

Resurfacing is contraindicated for patients recently on or taking isotretinoin — confirm timing with your medical director before any Correct-phase treatment.

Acne Scarring & Texture

Remodel scar tissue and smooth texture for skin already clear of active acne.

Phase	Aesthetician	Injector	Home care	Timing
Prep	Prep facial or mandelic peel; confirm no active breakouts; continue vitamin A.	Plan the device approach for the scar types present.	Retinoid prep, SPF.	2–4 wks of prep.
Correct	Microneedling (where permitted).	RF microneedling, fractional or CO2 (ablative) laser resurfacing, subcision for tethered scars; biostimulator injectable or PRP for atrophic scars.	Barrier repair + retinoid.	Series of 3–6, ~4–6 wks apart. Builds over months.
Refine	Mandelic / brightening peels.	IPL / photofacial.	Brightening + SPF.	Low-sun season.
Maintain	Facials.	Annual collagen booster (device).	Ongoing regimen.	Annually + monthly.

Aging – Lines, Wrinkles & Laxity

Build collagen and tighten first, soften dynamic lines throughout, then polish the surface.

Phase	Aesthetician	Injector	Home care	Timing
Prep	Hydrating facial.	Neuromodulator (tox) for dynamic lines — start early, layer throughout.	Retinoid, vitamin C, SPF.	Tox every 3–4 mo, ongoing.
Correct	Microneedling (where permitted), prep peels.	RF microneedling, RF tightening, or CO2 / ablative laser resurfacing; biostimulator injectable or PRP to build collagen; filler for volume (separate consult).	Continue actives.	Series of 3, ~4–6 wks apart.
Refine	Resurfacing peels.	IPL / photofacial for sun damage; laser resurfacing for texture.	Brightening + SPF.	IPL low-sun.
Maintain	Monthly facial / hydradermabrasion.	Quarterly tox, annual collagen series; biostimulator touch-ups.	Ongoing regimen.	Ongoing cadence.

Hyperpigmentation & Sun Damage

Suppress pigment, lift sun damage, and protect – slowly and seasonally.

Phase	Aesthetician	Injector	Home care	Timing
Prep	Gentle brightening facials, mandelic peels.	Evaluate melasma vs. true sun damage.	Brightening regimen + strict daily SPF.	4–6 wks of prep.
Correct	Chemical peels (mandelic, etc.).	IPL / photofacial for true sun-damage pigment.	Continue brightening.	Series 3–5, ~3–4 wks — low-sun ONLY.
Refine	Gentle microneedling, maintenance peels.	—	Brightening + SPF.	As needed.
Maintain	Periodic peels.	—	Brightening + SPF for life.	Ongoing.

WATCH-OUT

Melasma is NOT sun-damage pigment — IPL and laser can worsen it and cause rebound. Treat suspected melasma conservatively (topicals, gentle mandelic) and build that plan with your medical director.

Redness & Rosacea

Calm inflammation, reduce visible vessels, and avoid anything that flares the skin.

Phase	Aesthetician	Injector	Home care	Timing
Calm	Soothing / calming facials, LED.	Rule out medical triggers.	Gentle barrier-repair regimen, trigger management, SPF.	~4 wks.
Correct	—	IPL or vascular laser, used gently.	Continue calming regimen.	Series 3–5, low-sun. Avoid aggressive heat / ablative.
Refine	Gentle facials.	Targeted vascular touch-ups.	Barrier support + SPF.	As needed.
Maintain	Calming facials.	Periodic IPL.	Ongoing regimen + trigger control.	Ongoing.

Dullness & Overall Rejuvenation

Restore glow and refine texture – the flexible plan for a maintenance client or an event countdown.

Phase	Aesthetician	Injector	Home care	Timing
Prep	Hydrating facial / hydradermabrasion, light peel.	—	Antioxidant, gentle exfoliation, SPF.	Every 4 wks.
Correct	Light microneedling, peels.	RF microneedling or laser resurfacing; biostimulator or PRP for collagen if desired.	Retinoid + barrier support.	Series of 3.
Refine	Hydradermabrasion series.	IPL / photofacial for tone.	Brightening + SPF.	Low-sun for IPL.
Maintain	Monthly glow facial.	Tox to refresh; biostimulator touch-ups.	Ongoing regimen.	Monthly.

WATCH-OUT

Event / bridal version: run it as a countdown. Keep the last resurfacing treatment and any IPL at least ~4 weeks before the date, finish with a gentle glow facial about a week out, and never trial a new treatment close to the event.

Large Pores, Congestion & Oily Skin

Decongest and clarify first, then refine pore appearance and texture.

Phase	Aesthetician	Injector	Home care	Timing
Clear	Deep-cleansing facials, extractions, mandelic / salicylic peels.	—	Salicylic or mandelic, vitamin A, oil control, SPF.	Every 2–4 wks.
Correct	Microneedling (where permitted).	RF microneedling or fractional / CO2 laser resurfacing.	Continue actives.	Series 3–4, ~4 wks apart.
Refine	Maintenance peels.	IPL if tone issues.	Brightening + SPF.	As needed; IPL low-sun.
Maintain	Monthly clarifying facial.	—	Ongoing regimen.	Monthly.

Build Your Own Plan

Use these two worksheets to design custom plans from your own services. Print them and fill them in by hand. Step 1: list what you offer. Step 2: map it across 6–12 months (next page).

Step 1 – Your Toolkit

Write the treatments you offer in each phase and lane. This becomes your palette.

Phase	Aesthetician services you offer	Injector services you offer
Clear / Prep		
Correct		
Refine		
Maintain		

DISCLAIMER This library is educational and presents a general framework for building outcome-based skin plans. It is not medical, legal, or business advice and is not a treatment protocol. Each provider is responsible for following the scope-of-practice, licensing, and supervision rules of their own state, and for confirming all treatment selections, intervals, same-day combinations, and contraindications with device manufacturers and a supervising medical director. Treatments are described as generic categories; any product, device, or ingredient names are the property of their respective owners and their mention does not imply affiliation or endorsement. Individual patient results vary.

WORKSHEET

Step 2 – Plan Builder Map (Build a 6–12 Month Plan)

Write the treatment you'll use in each lane (from your Toolkit), then mark an X in each month it happens.

Phase	Lane	Treatment you'll use	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12
Clear / Prep	Aesthetician													
Clear / Prep	Injector													
Correct	Aesthetician													
Correct	Injector													
Refine	Aesthetician													
Refine	Injector													
Maintain	Aesthetician													
Maintain	Injector													

Typical timing (12-mo plan): Clear M1–3 · Correct M2–6 · Refine M5–9 (IPL low-sun only) · Maintain M4–12, ongoing. For a 6-month plan, compress: Clear M1, Correct M1–4, Refine M4–6, Maintain ongoing.