

beEMe

MED SPA



## SELF-CARE ROAD MAP

**SURGICAL  
INTERVENTION**

**INJECTABLES**  
*(Neurotoxin, Fillers, Biostimulators)*

**MAINTENANCE**  
*(Skin Tightening, Skin Resurfacing, Facials)*

**LIFESTYLE**  
*(Sunscreen, Skin Care Regimen, Exercise, No Smoking, Stress Management)*