



DISCLAIMER



PLEASE READ BEFORE USING THIS GUIDE

The information provided in this guide is for educational and informational purposes only and is not intended as medical advice.

Your safety is your responsibility.

IMPORTANT INFORMATION



Your Safety Comes First

Always prioritize hygiene, use sterile equipment, follow proper protocols, and listen to your body. If you experience any adverse effects, discontinue use and seek professional medical attention.

- ♥ This guide is not a substitute for professional medical advice, diagnosis, or treatment.
- ♥ Always do your own research and consult with a qualified healthcare professional before starting any new treatment, especially if you have a medical condition, are pregnant, nursing, or taking medication.
- ♥ The techniques and recommendations in this guide are based on personal experience and research. Results can vary from person to person.
- ♥ You are **solely responsible** for your own decisions, actions, and results.
- ♥ The author and creator of this guide are not licensed medical professionals. All content is shared in good faith.
- ♥ This guide does not provide medical, legal, or professional advice of any kind. **Use at your own risk.**



DO YOUR OWN RESEARCH

Stay informed, ask questions, and educate yourself before trying any treatment.



HYGIENE IS EVERYTHING

Always use sterile equipment and clean products to reduce the risk of infection.



KNOW YOUR CONTRAINDICATIONS

Do not use if you have any conditions that could be worsened by the treatment.



START SLOW AND LISTEN

Everyone's skin is different. Start with less, observe how your skin responds, and adjust.



YOU ARE IN CONTROL

You know your body best. Always make empowered, informed decisions.

♥ LEGAL DISCLAIMER ♥

By using this guide, you acknowledge and agree that the author, creator, and any affiliated parties are not liable for any injury, harm, loss, or adverse reaction that may occur as a result of using the information provided. You agree to take full responsibility for your own health, safety, and results.



This guide is here to empower you with knowledge,
but you are the expert of your own journey.



Thank you ♥

for being part of this journey and for prioritizing your confidence and well-being.

- Beauty Babes Only -



MICRONEEDLING

*not medical advice

WHAT IS MICRONEEDLING?

Microneedling is a cosmetic procedure that uses fine needles to create controlled microchannels in the skin. These channels stimulate the body's natural healing response and can enhance the absorption of topical products when appropriate.

BENEFITS

- ♥ Improves skin texture
- ♥ Softens fine lines
- ♥ Encourages collagen production
- ♥ Helps improve acne scars
- ♥ May reduce enlarged pores
- ♥ Improves overall skin tone
- ♥ Enhances product absorption
- ♥ Supports overall skin health
- ♥ Minimal downtime

RISKS

- ♥ Redness
- ♥ Swelling
- ♥ Pinpoint bleeding
- ♥ Irritation
- ♥ Infection if performed improperly
- ♥ Temporary sensitivity
- ♥ Hyperpigmentation in susceptible individuals
- ♥ Allergic reaction to topical products

Beauty Babes ♥



@bevydiy



www.bevybeauty.co

MICRONEEDLING

NEEDLE DEPTH GUIDE

*not medical advice



Needle depth plays a key role in determining the results you achieve.
Always adjust based on your skin's needs, tolerance, and experience level.

When in doubt, start shallow and work your way up.

0.25 – 0.5 mm



Purpose:

Enhance product absorption
and overall skin glow

Best For:

- Serum & skincare absorption
- Dull, tired-looking skin
- Maintenance treatments
- All skin types

0.5 – 1.0 mm



Purpose:

Improve tone, texture,
and fine lines

Best For:

- Fine lines & early aging
- Uneven texture
- Enlarged pores
- Hyperpigmentation
- All skin types

1.0 – 1.5 mm



Purpose:

Target deeper concerns and
stimulate collagen

Best For:

- Acne scars
- Stretch marks
- Uneven tone & texture
- Overall skin rejuvenation

1.5 – 2.5 mm



Purpose:

Address deeper scarring
and wrinkles

Best For:

- Deep acne scars
- Severe stretch marks
- Deep wrinkles
- Hyperpigmentation
(use with caution)

AREAS & RECOMMENDED DEPTHS



Forehead: 0.5 – 1.0 mm

Around Eyes: 0.25 – 0.5 mm

Cheeks: 0.5 – 1.5 mm

Around Mouth: 0.25 – 0.5 mm

Jawline: 1.0 – 1.5 mm

Neck: 0.5 – 1.0 mm

Chest: 0.5 – 1.0 mm

Stretch Marks (Body): 1.0 – 2.5 mm

Acne Scars (Body): 1.0 – 1.5 mm

IMPORTANT REMINDERS



Start shallow and increase
depth gradually.



Allow your skin time to heal
between sessions (4–6 weeks
recommended).



Use proper technique and
hygiene to reduce the risk
of irritation or infection.



Listen to your skin. Adjust
depth based on comfort,
goals, and results.



Deeper is not always better.
Results come from consistency
and proper aftercare.

GENERAL TIPS

- ✓ Always use sterile
needles.
- ✓ Disinfect your device
before and after
each use.
- ✓ Never share your
device or needles.
- ✓ Keep your workspace
clean and sanitized.

Beauty Babes ♥



@bevydiy



www.bevybeauty.co

MICRONEEDLING

SUPPLIES NEEDED

*not medical advice



Using clean, high-quality supplies is essential for a safe and effective microneedling experience. Always prioritize hygiene and sterility to minimize the risk of irritation or infection.



DEVICE



Quality device with adjustable speed settings.



NEEDLE CARTRIDGE



Sterile, single-use cartridges appropriate for your treatment.



SALINE



For rinsing the skin and keeping it hydrated.



ALCOHOL



For disinfecting the skin and tools before use.



GLOVES



Nitrile gloves help maintain a clean, safe environment.



GAUZE



For wiping, managing bleeding, and keeping skin clean.



HYALURONIC ACID



Helps hydrate and support the skin during recovery.



SHARPS CONTAINER



For the safe disposal of used needle cartridges.



MIRROR



To ensure you can see your skin clearly while treating.



GOOD LIGHTING



Proper lighting ensures accuracy and safety.



MY TRUSTED VENDORS



[acecosm.com](https://www.acecosm.com)

[drpen
online.com](https://drpenonline.com)

[getglowing
skincare.com](https://getglowing
skincare.com)

Beauty Babes ♥



@bevydiy



www.bevybeauty.co

MICRONEEDLING

PRE & POST CARE

*not medical advice

☐ PRE-CARE CHECKLIST

-  1. Cleanse your skin thoroughly.
-  2. Avoid actives (retinol, acids, vitamin C) 3–5 days before.
-  3. Avoid direct sun & tanning beds 3–5 days before.
-  4. Stay hydrated and eat nutrient-rich foods.
-  5. Do not microneedle on broken, irritated, or inflamed skin.
-  6. Disinfect your device and prepare your workspace.

☐ POST-CARE CHECKLIST

-  1. Gently cleanse with a mild, soothing cleanser.
-  2. Apply a hydrating serum (hyaluronic acid).
-  3. Moisturize with a gentle, fragrance-free moisturizer.
-  4. Avoid direct sun and use SPF 30+ daily.
-  5. Avoid makeup, heavy sweating, and saunas for 24–48 hours.
-  6. Do not pick or touch your skin as it heals.

☐ WHAT TO EXPECT

- ♥ Redness similar to a mild sunburn (24–72 hours)
- ♥ Slight swelling (usually subsides within 24–48 hours)
- ♥ Skin may feel dry, tight, or sensitive for a few days
- ♥ Visible glow and smoother skin over the following days
- ♥ Results improve with consistency and proper care



☐ AVOID FOR 3–5 DAYS

- ⊗ Retinol, acids (AHA/BHA), vitamin C
- ⊗ Exfoliating scrubs or brushes
- ⊗ Hot showers, saunas, and steam rooms
- ⊗ Intense workouts
- ⊗ Alcohol consumption
- ⊗ Direct sun exposure (without SPF)



♥ IMPORTANT REMINDERS

- Always use a clean, high-quality device and sterile needles.
- Listen to your skin and adjust needle depth and frequency as needed.
- Consistency and proper aftercare are key to achieving the best results.



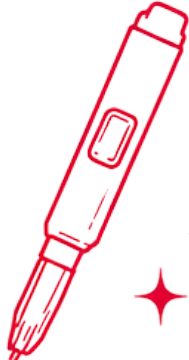
Beauty Babes ♥



@bevydiy



www.bevybeauty.co



MICRONEEDLING AFTERCARE GUIDE



*not medical advice



Proper aftercare is essential for healing, minimizing side effects, and achieving the best results from your microneedling treatment.

Treat your skin gently and give it time to heal.

FIRST 24 HOURS



Keep skin clean. Use a gentle cleanser and lukewarm water.



Apply a hydrating serum (hyaluronic acid) and moisturizer.



Avoid touching your face unnecessarily.



Avoid direct sun and wear SPF 30+ if you must go outside.



Avoid sweating, exercise, and saunas.



Do not wear makeup.



Stay hydrated and drink plenty of water.



DAYS 2 – 7



Continue using gentle, hydrating skincare.



Avoid actives (retinol, acids, vitamin C, exfoliants).



Do not exfoliate or use harsh products.



Continue daily SPF 30+.



Avoid clay masks and peel-off masks.



Resume exercise after 48–72 hours if your skin feels normal.



It's normal to experience mild flaking or dryness.

DO'S & DON'TS



DO:

- ✓ Keep your skin clean and hydrated.
- ✓ Use gentle, hydrating skincare.
- ✓ Be patient, consistency is key.
- ✓ Listen to your skin.



DON'T:

- ✗ Pick or peel your skin.
- ✗ Use actives or harsh products too soon.
- ✗ Expose your skin to direct sun.
- ✗ Rush the healing process.



REMEMBER



Everyone's skin heals differently. If you experience persistent irritation, severe redness, or signs of infection, consult a medical professional.



Beauty Babes 



@bevydiy



www.bevybeauty.co

MICRONEEDLING

TREATMENT FREQUENCY GUIDE

*not medical advice



Consistency is key, but overdoing it can damage your skin barrier.
Listen to your skin and allow proper time for healing between sessions.

GENERAL MAINTENANCE



- ✓ Every 4–6 weeks
- ✓ Ideal for most skin types
- ✓ Helps maintain results
- ✓ Supports collagen production

ACNE SCARS & TEXTURE



- ✓ Every 3–4 weeks
- ✓ Target deeper concerns
- ✓ Gradual improvement over time
- ✓ Be consistent and patient

ANTI-AGING & FINE LINES



- ✓ Every 4–6 weeks
- ✓ Focus on collagen stimulation
- ✓ Improves elasticity and firmness
- ✓ Long-term results with consistency

SENSITIVE SKIN



- ✓ Every 6–8 weeks
- ✓ Allow extra healing time
- ✓ Keep depths shallower
- ✓ Always prioritize barrier health

FACTORS THAT AFFECT FREQUENCY



Needle Depth: Deeper = longer healing time



Skin Sensitivity: More sensitive skin needs more recovery time



Treatment Goals: Deeper concerns require more time and consistency



Overall Skin Health: A strong barrier heals faster and tolerates treatments better



COMBO TREATMENTS

If combining microneedling with other active treatments, allow extra recovery time.

- ✓ **Peptides / Boosters:** Safe during session
- ✓ **Exfoliating Acids:** Avoid 3–5 days before and after
- ✓ **Retinol / Tretinoin:** Avoid 3–7 days before and after
- ✓ **Tox / Fillers:** Wait 2 weeks after
- ✓ **Other Procedures:** Consult professional for timing



THE MOST IMPORTANT REMINDER

Your skin is unique. These are general guidelines, not strict rules.
If your skin feels irritated, red, or compromised,
wait longer before your next session.

Beauty Babes



@bevydiy



www.bevybeauty.co

MICRONEEDLING PRODUCT GUIDE

*not medical advice



The right products can enhance your results and support your skin's healing process. Always use high-quality, skin-friendly products designed for your specific skin goals and needs.

BEFORE MICRONEEDLING



- ♥ Gentle Cleanser
- ♥ Hydrating Toner
- ♥ pH Balancing Toner
- ♥ Numbing Cream (if needed)

Prepare and protect your skin.

DURING MICRONEEDLING



- ♥ Hyaluronic Acid Serum
- ♥ Peptide Serums
- ♥ Growth Factors
- ♥ PRP / Exosomes (if trained)

Use sterile, high-quality serums for best results.

AFTERCARE (24-72 HOURS)



- ♥ Hydrating Serum
- ♥ Barrier Repair Cream
- ♥ Soothing Gel (Aloe Vera, Centella)
- ♥ Mineral Sunscreen SPF 30+

Soothe, hydrate, and protect your skin.

DAYS 4-7 & BEYOND



- ♥ Strengthening Serums
- ♥ Niacinamide
- ♥ Peptides
- ♥ Retinol (after day 7, if tolerated)

Support collagen and long-term results.

KEY INGREDIENTS TO LOOK FOR



HYALURONIC ACID

Deeply hydrates and supports skin healing.



PEPTIDES

Stimulate collagen and improve skin elasticity.



GROWTH FACTORS

Promote cell regeneration and accelerate healing.



NIACINAMIDE

Strengthens the skin barrier and reduces redness.



CENTELLA ASIATICA

Calms irritation and supports skin repair.



SPF

Essential for protection and preventing damage.

IMPORTANT REMINDERS



Always use sterile products tools.



Avoid products with fragrance, alcohol, or harsh actives immediately after.



Give your skin time to heal between sessions (4-6 weeks).



Introduce active ingredients slowly once your skin is fully healed.



Consult a professional if you have sensitive skin or underlying skin conditions.

Beauty Babes ♥



@bevydiy



www.bevybeauty.co



VENDOR PAGE

TRUSTED PARTNERS. QUALITY RESULTS.

VENDOR / BRAND	PRODUCTS OFFERED	WEBSITE	DISCOUNT CODE / NOTES
Acecosm	tox, boosters, filler, fat dissolvers	acecosm.com	BEVY10
Meamo Shop	tox, boosters, filler, fat dissolvers	meamoshop.com	BEVY
Celmade	tox, boosters, filler, fat dissolvers	celmade.co	BEVY15
Get Glowing Skincare	peels, boosters, filler, skincare	getglowingskincare.com	BEVY15
Dr Pen Online	dr pens & cartridges	drpenonline.com	BEVY
Ion Peptides	peptides	ionpeptide.com	BEVY15
Peptira	peptides	peptira.com	BEVY
Platinum Skincare	chemical peels	platinumskincare.com	SAVE10NOW

Thank you

FOR SUPPORTING THESE AMAZING BRANDS
THAT HELP US BRING YOU THE BEST RESULTS.

SUPPORT SMALL. SHOP SMART. GROW TOGETHER.

@bevydiy



www.bevybeauty.co

