

THE GLOW GUIDE

*Your HausMD-Curated Plan
for Radiant Skin Year-Round*

Created by our medical aesthetic experts in NYC's Upper East Side

HausMD

WHAT YOUR SKIN NEEDS THIS SEASON

Shop our favorites: Summer Edition



Hydrate with lightweight moisturizers

[Ultra Lite Aloe Facial Cream](#)

Reapply mineral SPF every 2 hours

[Mineral Lightly Tinted SPF](#)

Pair vitamin C serum with sunscreen to brighten

[Super C Serum](#)

Book a monthly facial to manage pore congestion

[Schedule a Custom Facial](#)

Clinical skincare meets natural ingredients

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When to Do What: Botox, Filler + Devices



Ideal Timing

Why

Botox

Every 3 months
or 4 weeks before big
events

Natural smoothing

Helix
Laser

Fall, Winter, Spring

Remove sun damage +
pigment

Lip Filler

Anytime

Shape, define +
hydrate

Microneedling

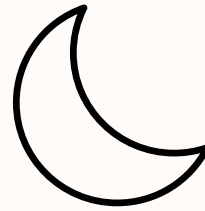
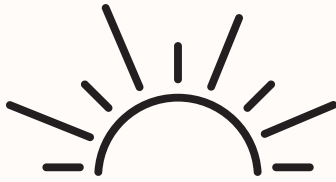
Summer-safe if SPF
is worn

Texture + collagen

Signature Facials by Concern

Concern	Recommended Facial	Why
Dullness	Glass Skin Facial	Ultrasonic + oxygen infusion leaves skin plump and polished
Texture	Dermaplaning	Removes peach fuzz and dead skin buildup for an effortless glow
Pigment	Power Peel	Microdermabrasion combined with a peel for double exfoliation
Acne	The Chemical Peel	Resurfaces skin texture to clean pores and control breakouts

Your Daily Glow Routine (AM/PM)



Gentle cleanser

[Calm Down Cleanser](#)

Gentle cleanser

[Calm Down Cleanser](#)

Antioxidant serum

[Super C Serum](#)

Hydrating serum

[Intense Hyaluronic Serum](#)

Light moisturizer

[Hydrate Nia](#)

Thick moisturizer

[Bio-Restore Cream PM](#)

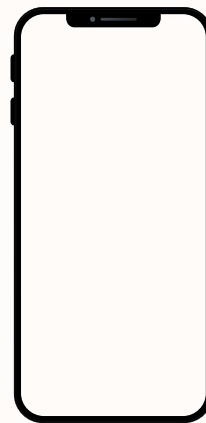
SPF 50+

[Sun Drops](#)

Retinol

[Retinol Level 1](#)

How to Book + Connect



HausMD – Upper East Side, NYC



Get \$50 off your first facial when you bring this guide to your appointment



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[Book Now](#)

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