

Dr Hester's 5 Steps to Real Results

Category	Primary Goal	Example Modalities	Synergistic Product Focus	Tissue Targets
REMOVE	Clear cellular debris, dyschromia, hair, oil/fat, damaged cells	Chemical Peel, Micro-dermabrasion, IPL, Blu-U/PDT, LHR, Deoxycholic Acid, Liposuction	Exfoliants, Retin A, Hydroquinone	Epidermis, pigment, sebaceous tissue
REPAIR	Calm inflammation, restore barrier function, stimulate dermal health	Microneedling, PRP infusion, CaHa/PLLA, PDRN post-laser recovery	Antioxidants, Vit C/E serums, film-forming dressings	Papillary dermis
REPLACE	Restore lost structure or volume	HA fillers, CaHa/PLLA, autologous fat transfer	HA boosters, lipid-rich moisturizers, eye/neck creams	Subdermis, fat pads, muscle interface
RESURFACE	Remodel collagen, refine texture, erase damage	RF Microneedling, CO ₂ Laser, Chemical Resurfacing, Neurotoxin	Retinoids, glycolics, retexturing activators	Deep dermis, epidermal junction
REGENERATE	Long-term collagen/ elastin, Cell organization, Cell function	PRP/PRF, CaHa/PLLA series, RF Mn, Metabolic / Hormonal optimization	Growth factors, Peptides, Exosomes, Bimatoprost	All layers via fibroblast activation

