

Sharing our personal journeys is sometimes the easiest thing to do, but they can also be the most 'nerve wrecking' because as public as we are on social media, it's often hard to admit the self-care steps we've taken. That being said get ready for a tell all journey into Injector Katie Kelley's personal aesthetic journey.



We're going to break down Katie's aesthetic journey starting from least invasive and working up to most invasive. The easiest one to discuss is the neuromodulator Botox - which she gets injected every 3-4 months.

This miracle 'drug' stops her muscles from over-reacting, which stops her from creating deeper lines on her foreheads (and around her face in general!). Because she's been so consistent - she's actually needed less Botox over the years.

Speaking of years, it's actually been 2 years since she had Lip Filler - she personally goes through phases of 'wanting lips' and 'not wanting lips' and she's currently in an off phase - her last lip filler was in 2020!

She's been of course keeping up with medical grade skin care in-between monthly no peel peels with our skin team. These no peel peels keep her skin firm and glowing and if you ask Katie, this step may be the most integral part of her journey! Her favorite products are Phyto+, TNS and Rejuvenative Moisturizer!

Most recently she's been working with our Lead Injector Michelle on a Sculptra Journey — This Bio-Stimulator is great at creating collagen and elastin under the skin surface — so while results aren't immediate in the jaw / cheek or temple area, Sculptra is designed to get better over time... and LAST. - She's had 2 of her 3 treatments, 8 weeks apart!

Now onto the big and bold services! Katie religiously laser's off her face every 3 years with a CO2 laser - and her results are always amazing! The CORE laser helps her live a line-free life - but she has to swear to wear SPF and avoid long sun exposure!

The downtime isn't fun, but 10 days after treatment and she's back to her glowing self!

And the last and most downtime treatment she's opt'd for was the Profound RF - This Radio Frequency Microneedling device usually includes 10-15 days of bruising and swelling but the results are worth it! The device creates collagen and gives lift to the cheeks, jaw and neck area. Dramatic results take 3-5 months to show, and when they do results last 3-5 years!

Here's Katie post CORE and Profound week, she came to work 3 days after treatment and was more than happy to answer questions about her treatment and still is!



Katie looks forward to many more services and is always happy to be a guinea pig to try new services as they become available.