

# Submission - (not the MMA one)

## Physical Exertion

### 4 Questions

1 - Who are you talking to?

Avatar:



- **Name, Age, and Face:** Sarah Thompson, 27 years old, radiates warmth with a friendly smile that reflects her caring personality. Her face shows signs of skin concerns like fine lines and pigmentation, highlighting her desire for effective skincare.
- **Background and Mini-life History:** As a successful marketing executive, Sarah's career demands a lot of her time. She's health-conscious and has always prioritized self-care. Despite her achievements, she battles with skin issues, leading her to explore different skincare options.
- **Day-in-the-Life:** Sarah's routine involves a healthy skincare regimen, work commitments, and social engagements. Evenings may include networking events or family time. Her skin concerns often make her feel self-conscious, influencing her choice of skincare products.
- **Values:** Sarah values natural beauty, self-care, and preventive skincare. She despises superficiality, vanity, and cruelty in the beauty industry.
- **Outside Forces:** Societal standards of beauty, opinions from friends and family, and the pressure to maintain a youthful appearance in her professional and personal life greatly influence Sarah.

Dream Outcome:

**Desired Changes:**

- Sarah dreams of having clear, healthy, and youthful skin that boosts her confidence
- She envisions going out without makeup and feeling beautiful and accepted.

**Positive Perceptions:**

- In her dream state, others perceive her as beautiful, confident, and happy & not lazy enough to not take care of herself.

**Self-perception:**

- Sarah would feel beautiful, confident, and happy with her appearance.

Painful Current State:

**Frustrations:**

- Sarah is frustrated with her skin not reflecting her vibrant personality, impacting her confidence - people don't treat her as well,
- The constant need to cover up imperfections with makeup annoys her, hindering her desire for a more natural appearance - putting on makeup takes time, makeup is bad for skin when on for long, she doesn't look natural,

**Fears:**

- Sarah fears her skin ageing prematurely and worries about finding a cost-effective and efficient solution.
- She fears that wearing makeup may damage her skin in the long term.

**Anxieties:**

- She lies awake at night, anxious about the ongoing battle with her skin concerns.

**Perceptions:**

- Other people may perceive her as not taking proper care of herself, affecting her self-esteem.
- She could be perceived as a bit lazy for not taking proper care, her social & professional interactions could be harmed.

**Insecurities:**

- Sarah is insecure about her appearance and her ability to age gracefully.
- She's insecure about guys studying her face on dates,

**Desperation:**

- Sarah is desperate for a solution that truly works and allows her to feel good about herself.

**Roadblocks:**

**Cost and Fear:**

- The cost of ineffective treatments and the fear of traditional microneedling's pain prevent Sarah from achieving her dream state.

**Alignment with Values:**

- Lack of a solution that aligns with her values and lifestyle is a key roadblock.

**Mistakes:**

- Sarah has tried various treatments, but perhaps she hasn't explored natural and non-invasive alternatives.

**Understanding:**

- Sarah might not fully understand the advancements in microneedling technology, offering a more comfortable experience.

**Key Roadblock:**

- Finding a natural and non-invasive solution that effectively addresses her skin concerns is the key roadblock.

**Solution:**

**SQT Bio Microneedling:**

- Sarah needs to explore SQT Bio Microneedling, a non-invasive, cost-effective, and comfortable solution.

**Key Statement:**

- "If she uses SQT Bio Microneedling, then she will be able to rejuvenate her skin naturally and feel confident about her appearance."

## 2 - Where are they now?

On Instagram or Facebook Scrolling Away.

They were dealing with all the negative effects of having skin problems,

## 3 - At the end of this piece of copy, what do I want them to do?

1 - I want to turn them into a warm lead - my client doesn't have a website I have to funnel them to her DM inbox.

2 - Get them to DM my client.

## 4 - If this is where they start and this is where they end, What are the steps they need to experience?

### -The testing strategy you're using

Every post gets 500 impressions to see how much CTR it gets.

Right now I'm testing body texts and different creatives,

### -Where your post is within that testing strategy

My best body text got a 1.46% CTR which is way below ideal,

I'm currently focusing on testing body texts although I do have some special ad creative aikido I wanna test out.

### -What you've tested so far & what the metrics were for clickthrough rate, Cost/click, and CP conversion & Conversion rate (if you have it.)

I tested a few ads,

I tested a few images,

My best body text got a 1.46% CTR which is way below ideal,

## Analysis

Personal analysis of weaknesses & how I think I can improve it:

Headline ain't good enough,

CTA may be bad,

I need to tease the product at the end so I know that the people are coming to my client from my ad.

The top customer call is too generic - they probs heard it a million times,

The creative may look a bit spammy and low quality - maybe I should change it to something more professional looking,

For the ad creative, this is what I'm thinking of using - used my creativity to come up with it since motion creates emotion and catches attention:

<https://rumble.com/v47pt65-facebook-ad-creative.html>

## Thomas' Review 2

100 Squats in a row + interruption

<https://rumble.com/v45ng8l-100-squats.html>



# Want fresh flawless & bright skin?

- Example image - not

using this 1

2nd picture could be social proof to back up the fresh bright glowing skin claim below.

**HL: Fatal flaw! Why most skin treatments FAIL to get that long-lasting fresh glow & how to get it in a matter of days...**

Most skincare solutions like creams, serums, masques & microneedling, flop cuz they rinse your pockets,

& you borrow results (or don't get any), leading to it all reappearing - sometimes returning worse! 😬

This natural sponge powder uses an army of 3 - 5 million tiny spicules that BOOST the skin's collagen

Which shortens skin renewal from 28+ days to 7, giving my clients long-lasting, fresh, bright, glowing skin

& celebrity-like confidence 😊 - without any nastiness reappearing.

If you're serious about rising each day without acne, pigmentation & wrinkles, in a matter of days,

DM me 📩

**HL: Want long-lasting, fresh, bright & glowing skin free of acne, wrinkles & pigmentation, in a matter of days?**

Most skincare solutions like creams, serums, masques & microneedling, flop cuz they rinse your pockets,

& you borrow results (or don't get any), leading to it all reappearing - sometimes returning worse! 😞

BUT, this one gives my clients fresh, beautiful, bright skin & celebrity-like confidence - without any nastiness reappearing.

"What is it?" It's a non-invasive & pain-free sponge needle technology I launched 1 month ago

NEW

That uses a micro army of 3 - 5 million tiny needles 📌 that enhance collagen production like a team.

So if you wanna rise & shine each day with that radiant, glow while boosting your confidence & looks,

DM me 📩

- Krystal

# Thomas' Review

ATTENTION - Grab their attention with pain/desire

INTEREST - Get them interested in uncovering the solution

DECISION - Get them to decide if this is worth it.

ACTION - Get them to take action with emotion

DISRUPT - Catch their attention with a good hook

INTRIGUE - Get them interested in clicking the link by dropping value & curiosity

CLICK - Get them to take action with emotional reason

2 x 50 squats:

<https://rumble.com/v44vgx0-january-3-2024.html>

<https://rumble.com/v44vgwl-january-3-2024.html>

## A.I+.D.A

### HL: The ONE fatal flaw most skincare treatments have...

Most skincare “solutions” fail because they’re NOT advanced enough, making them:

Short fixes, unnatural, painful, unpersonalised, with long downtime or they create unnoticeable changes

BUT, this 100% natural 🌲 sponge-like technology I launched 1 month ago has NONE of these!

✗

& it uses a micro army of 3 - 5 million tiny needles 🪡 that enhance collagen production like a team

Giving my clients fresh, beautiful, bright skin & celebrity-like” confidence - even in social situations.

DM me if you want acne, pigmentation & wrinkle-free skin 👉

- Krystal

## AIDA:

### HL: Want fresh, beautiful & bright skin free of acne, wrinkles & pigmentation?

Most skincare “solutions” fail because they’re NOT advanced enough, making them:



Short fixes, unnatural, painful, unpersonalised, with long downtime or they create unnoticeable changes

BUT, this one gives my clients celebrity-like confidence 😊 - even in social situations.

“What is it?” It’s a non-invasive & pain-free sponge needle technology I launched 1 month ago

NEW

That uses a micro army of 3 - 5 million tiny needles 📌 that enhance collagen production like a team.

So if you wanna rise & shine each day with that radiant, glow ☀️ DM me to boost your confidence & looks.

- Krystal

**DIC**

**HL: Want fresh, beautiful & bright skin free of acne, wrinkles & pigmentation?**

If the skincare “solutions” you tried aren’t working, it’s probably because they’re:

Short fixes, unnatural, painful, unpersonalised, with long downtime or they create unnoticeable changes

However, this solution has NONE of these

& It gave my clients celebrity-like confidence & better self-esteem 😊 - transforming their social lives

By using a micro army of 3-5 million tiny needles that ALL enhance collagen production like a team.

DM me to boost your confidence & looks. 🙌

- Krystal

## Jason's Review 2

100 Squats in 1 set.

Got a cramp at the end lol, MMA probably helped:

<https://rumble.com/v44d4ur-100-squats.html>

### PWDSC

**HL: Do you want fresh beautiful, bright, and acne-free skin?** ☀️

Tired of short fixes, long downtime, unnoticeable changes, unnatural or painful “solutions”?

This 100% natural 🌲 sponge-like technology I launched 1 month ago has NONE of these! ❌

& it uses a microscopic army of 3 - 5 million tiny needles 💉 that all enhance collagen production

Giving my clients “celebrity-like” confidence - especially in social situations.

DM me if you wanna transform your skin & reduce pigmentation & wrinkles 🙋

### AIDA:

**HL: Want fresh, beautiful, bright + acne & pigmentation-free skin?**

It's not a temporary fix, doesn't have long downtime & it isn't unnatural. 🌲

My clients now have celebrity-like confidence because of it 😊 - especially in social situations.

“What is it?” It's a non-invasive & pain-free sponge needle technology I launched 1 month ago

 NEW

That uses a 🧫 microscopic army of 3 - 5 million microneedles which all enhance collagen production.

If you wanna rise & shine each day with that radiant, glow ☀️ DM me to boost your confidence & looks.

**DIC**

**HL: Want fresh, beautiful, bright + acne & pigmentation-free skin? 🌞**

This solution is not a temporary fix, doesn't have long downtime & it's 100% natural. 🌲

It gave my clients celebrity-like confidence & better self-esteem 😊 - transforming their social lives

By using a microscopic army of 3-5 million tiny needles that ALL enhance collagen production like a team.

DM me to boost your confidence & looks. 🙌

## Charlie's Review 2

1 set of 77 Squats!!! - My iphone ran out of storage couldn't do 100 in 1 set on camera!

<https://rumble.com/v43t0jx-squats-77.html>

<https://rumble.com/v43t0gf-squats-2.html>

# Want fresh flawless & bright skin?

## PWDSC



Do you want fresh beautiful, bright, and acne-free skin? ☀️

If you don't have it, then the solutions you tried are:

A short fix, have long downtime, don't deliver noticeable results, unnatural or painful.

Luckily, there's a solution that has NONE of these! ❌

It's a 100% natural sponge needle technology I launched 1 month ago 

& it uses a  microscopic army of 3 - 5 million tiny needles 

Which all stimulate LOTS of collagen production


Giving my clients "celebrity-like" confidence

Especially in social situations.

DM me if you wanna transform your skin & reduce acne 📩

## **AIDA:**

How ALL our clients get beautiful, bright & acne-free skin...



I launched a sponge needle technology 1 month ago 

That gave my clients celebrity-like confidence

Especially in social situations.


What is this new tech you may be asking?

It's not a temporary fix, doesn't have long downtime & isn't unnatural

Because it uses a  microscopic army 3 - 5 million microneedles 

Which all stimulate LOTS of collagen production

Making it non-invasive & pain-free.

If you wanna rise & shine each day with that radiant, glow 

DM me to boost your confidence & looks.

## **DIC**

Want fresh, beautiful, bright & acne free skin? 

This solution is not a temporary fix, doesn't have long downtime & it's 100% natural.

It's given my clients celebrity-like confidence

& increased their self-esteem - transforming their social lives

By using a microscopic army 3 - 5 million microneedles

Which ALL work together to stimulate collagen production.

Extra Info:

 Shortens skin renewal to 7 days: 2x faster than a baby's & 5x faster than an adult's!

✅ Can be done on active acne & greatly reduces acne + scarring after JUST 1 treatment.

🔬 It took 7 years of gruelling research by Biotek skin experts - fully backed by science.

DM me if you wanna boost your confidence & looks.

## Jason's Review:

1 set of 100 squat + a black eye to prove I'm MMA training

<https://rumble.com/v42yovw-100-squats-in-1-set.html>

Image ( some sort of variation of this - whichever gets the best results for my client):


# Want fresh flawless & bright skin?

## AIDA:



How ALL our clients get beautiful, bright & acne free skin...


I launched a NEW biotechnology 1 month ago 

That has 4x more collagen production

& 4x faster skin renewal than microneedling 

& It can be done on active acne

By using a  microscopic army of millions of tiny needles , making it pain free.

If you wanna rise & shine each day with that radiant, glow 

DM me to boost your confidence & looks.

## DIC

Want fresh, beautiful, bright & acne free skin?

This new “biotechnology” vs microneedling:

☀️ 4x more collagen production - needs 4x less sessions to get that same glow.

🔄 4x faster skin renewal, shortened from 28 days to 7 days, 2x faster than a baby's!

✅ Can be done on active acne & greatly reduces acne + scarring after JUST 1 treatment.

❌ It does all of this because Instead of using a few big needles,

👁️ It uses a microscopic army of 3-5 million tiny needles.

🔬 Took 7 years of gruelling research by Biotek skin experts - fully backed by science.

DM me if you wanna boost your confidence & looks.

## PAS

Do you want fresh beautiful bright acne free skin

& to rise & shine each day with that radiant glow? ☀️

DM me 💬

To discover the 4x better + 200% more valuable treatment than microneedling, 100

Which uses a microscopic army of 3-5 million tiny needles.

Instead of a few big needles,

Bioneedling...

## HSO

Want fresh, beautiful & bright skin?

So did 1 of my now beautiful clients in her late 40s.

She came to me with acne and scarring

& told me that it really affected her self image and how other people interacted with her.

After giving her the “bio touch”, 2 weeks later, her skin's plump and clear.

DM me if you wanna transform your confidence & looks too - Link below 📌



## Charlie's Review:

<https://rumble.com/v41taxe-december-17-2023.html>

<https://rumble.com/v41tayt-december-17-2023.html>

Want fresh, flawless, bright & acne free skin?


So did 1 of my now stunningly beautiful clients in her late 40s.

She came to me a few weeks ago,

With a face full of acne and scarring,

& told me that it really affected her self-image and how other people interacted her,


She felt insecure but with my help, all of that is now GONE.

Luckily for her, 1 month ago, I was one of the first in the UK 

To launch a 4x better version of microneedling,

That eliminated her acne & evened out her skin tone

Making her skin beautiful, plump & hydrated. 

This vs microneedling  :

☀️ 4x more collagen production - needs 4x less sessions to get the same glow.

🔄 4x faster skin renewal, shortened from 28 days to 7 days, 2x faster than a baby's!

✗ Negligable/NO pain - Uses a microscopic army of 3-5 million tiny needles.

✓ Can be done on active acne - reduces acne + scarring first time.

🔬 Took 7 years of gruelling research by skin experts - fully backed by science.

💣 ELIMINATES pigmentation

Do you wanna

Rise & shine each day with that radiant, glow ☀️

& feel the overwhelming flurry of confidence and self-respect

That comes with fresh FLAWLESS bright skin?

DM me 💬

To discover the 4x more effective + 200% more valuable treatment, 100

Bio needling...

<name>