

# HAVEN

Mobile MedSpa at DeepHaven Rejuvenation

## Treatment Combination & Spacing Guide

A quick reference for what can be combined in one visit versus what needs breathing room — useful for booking and for answering client questions on the spot.

### Combination Reference

Combination	Same Day?	Notes
<b>SkinPen + Resilielle Exosomes</b>	Yes — required	Always combined by design. Resilielle is never offered as a standalone treatment.
<b>SkinPen + PRF/PRP</b>	Yes	Can be combined, or PRF/PRP can be injected independently for local results.
<b>SkinPen + HA Boost</b>	Yes	Straightforward pairing — HA boost adds hydration alongside microneedling.
<b>SkinPen + Epionce Peel</b>	No — space out	Wait 2–4 weeks between. Both stress the skin barrier; stacking risks over-irritation.
<b>Neurotoxin + HA Filler</b>	Often yes	Fine same-visit for different zones. If treating the same area, consider neurotoxin first and reassessing in ~2 weeks before adding filler.
<b>Neurotoxin + Radiesse</b>	Often yes	Same logic as HA filler — different zones same-day is fine; same zone benefits from sequencing.
<b>Filler/Radiesse + Aerolase or Plasma IQ</b>	No — space out	Let filler fully settle (~2 weeks) before energy-based treatments in the same area.
<b>Dermablade + Peel or Facial</b>	Yes	Great as a first step — boosts product penetration for the treatment that follows.
<b>Dermablade + SkinPen</b>	No — space out	Avoid pairing two exfoliating/needling treatments in one visit; space at least several days to a week.
<b>Aerolase + Epionce Peel</b>	No — space out	Space 1–2 weeks between aggressive resurfacing treatments to avoid over-processing skin.
<b>Plasma IQ + Anything Else</b>	No — standalone	Extended downtime means Plasma IQ should be its own visit, not combined with other treatments.

### General Rules of Thumb

- When combining two "active" or downtime treatments, space them out rather than stacking them.
- If pairing neurotoxin and filler in the same treatment zone, treat neurotoxin first to assess muscle movement before adding volume.
- Book energy-based devices (Aerolase, Plasma IQ) after fillers have fully settled, not before.
- When in doubt, default to spacing aggressive or downtime treatments about 2 weeks apart.