INTEGR8 MEDSPA

MY PERSONAL COLLAGEN STACK • FOR 35+ SKIN

# My Personal Collagen Stack

## For 35+ Skin

Collagen building is lifestyle + strategy. This is the exact stack I use in my practice.

### 1. Daily Collagen Peptides

Small collagen pieces your body can actually absorb. I add them to coffee daily — consistency matters more than a one-time fix.

### 2. Vitamin C Support

Vitamin C is needed to build collagen. Without enough, your body can't finish the job. That's why I pair collagen with Vitamin C injections or IV Vitamin C when appropriate.

### 3. Laser Collagen Stimulation

Controlled heat signals skin to repair and make new collagen + elastin. Best for texture, tone, and dull / uneven skin.

### 4. Radio Frequency (RF)

Warmth in deeper skin layers builds new collagen over weeks to months. Best for firmness + lift.

### How I Put It Together

**Daily:** collagen peptides + Vitamin C support. **In office:** laser or RF based on skin type, downtime, and goals. A clinician should help decide timing, spacing, and whether Vitamin C injections or IVs are appropriate for you.

**Ready for your plan? Call us or request an appointment below.**

**Call: 443-292-4326 | www.integr8medspa.com**

Follow me on Instagram: @drdwellnessnp | Integr8 Medspa | Anti-Aging, Hormones, and Wellness

This guide is educational and is not medical advice for you personally. Talk with your clinician about what fits your health history and goals.