



The Boujee Blonde  
AESTHETICS

FOR EVERY STAGE OF THE JOURNEY

# The Boujee GLP-1 Companion

If you're on a GLP-1 or thinking about it, your skin and body are going to change in ways nobody warns you about. This is the guide for the whole journey — not just the shot.

STAGE BY STAGE · START TO MAINTENANCE

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## What nobody *warns you about.*

The scale is only half the story.

GLP-1 medications (semaglutide and tirzepatide) may quiet appetite and cravings, and for many people the weight genuinely comes off. What the before-and-after posts don't show: **losing weight changes your face and skin too.**

- ☐ **Facial volume changes.** Fat loss doesn't skip your face. Cheeks and temples can deflate, and skin that was supported by volume can start to look looser.
- ☐ **Skin laxity.** Skin needs time — and collagen — to shrink back. The faster the loss, the more support it needs.
- ☐ **Timeline shifts.** Your maintenance rhythm for tox, filler, and skin treatments changes as your face changes. What fit before may need remapping.

**None of this is a reason not to do it.**

It's a reason to do it with a provider who's watching the whole picture — your health first, and your face along the way. That's the difference between a prescription and a plan.



## 02

# Months 0–2: *the quiet start.*

What to expect, and what actually helps right now.

### Weeks 1–4

ADJUSTMENT

#### ● The food noise gets quieter

Appetite and cravings often settle first. Mild nausea or fatigue while adjusting is common — your check-ins exist exactly for this, so say something early.

### Weeks 4–8

FIRST RESULTS

#### ● The scale starts moving

Everyone's pace is different — comparison is the thief of joy here. Dosing gets adjusted based on how YOUR body responds, not an influencer's timeline.

### What helps at this stage

**Protein and strength work** — they protect muscle so more of what you lose is fat. **B12 support** if energy dips. And **photos + measurements now** — you'll want the baseline later, I promise.



# 03

## Months 2–6: *the visible middle.*

Compliments start — and so do the skin questions.

### Months 2–4

MOMENTUM

#### ● Clothes fit differently

This is usually when people notice. It's also when facial volume changes quietly begin — long before they bother you in photos.

### Months 4–6

THE FACE CATCHES

UP

#### ● Cheeks, temples, jawline

If you're going to notice deflation or looseness, it's usually here. Totally normal — and very workable when we're watching for it together.

### What helps at this stage

Microneedling starts building collagen support for skin that's adjusting — the earlier the better. Skin-quality laser work keeps tone and texture up while your face changes. Tox timing gets remapped — expression lines can read differently on a leaner face.

The one thing I'd hold off on mid-journey: **big filler decisions**. Your face is still changing — chasing it with volume every month is expensive and unnecessary. Support the skin now; restore volume when things stabilize.



# 04

## Month 6+: *the new you, refined.*

Weight stabilizes — now the aesthetic plan gets fun.

### Stabilizing

THE PLATEAU



#### Maintenance dosing & the off-ramp

Doses taper intentionally — never cold turkey. The habits built during treatment are what keep the results; that's why we built them all along.

### Restore

VOLUME,  
THOUGHTFULLY



#### Now filler makes sense

With your weight stable, restoring cheek or lip volume is precise instead of a moving target — conservative, reversible, and mapped to your new face.

### Polish

SKIN & GLOW



#### Laser + microneedling series

Tighten up texture and tone so your skin matches the work you put in. This is the stage where people say you look "rested" — not "different."

*"You didn't do all that work to look deflated at the finish line. Plan the journey with someone who's thinking three stages ahead for you."*



A PARTNER FOR THE WHOLE JOURNEY

# Wherever you are, *start there.*

Thinking about starting? Already months in and noticing changes? Book a consultation — Marissa will review your health, your stage, and your goals, and map the plan from here. Medically supervised, start to maintenance.

BOOK AT [THEBOUJEEBLONDEAESTHETICS.COM](https://theboujeeblondeaesthetics.com)

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This guide is for general education only and is not medical advice, a diagnosis, or a prescription. GLP-1 therapy is prescription-based and medically supervised; eligibility, dosing, results, side effects, and timelines vary by individual and are determined during a consultation with a licensed medical practitioner. Do not start or stop any medication without medical guidance. Aesthetic treatment recommendations also require individual consultation.