

ABOUT NATUROPHORIA'S SKIN WELLNESS ASSESSMENT™  
*What to Expect at Your First Appointment*  
PLEASE READ BEFORE SCHEDULING



Our concept is bio-**individuality**. Naturophoria's personalized approach distinguishes each person as unique as the skin concerns that are presented. Our goal is to address the possible root causes and influences of any skin condition, rather than just its symptoms.

Through our consultation and evaluation methods, we emphasize addressing biological dynamics to develop a comprehensive program tailored to individual needs. The protocols that are utilized include both holistic and integrative approaches to encourage skin vitality and overall dermal homeostasis. Functional cosmeceuticals, biocompatible skin care products and integrative esthetic treatments and procedures are also an integral part of our approach.

### About the Approach

- Evaluations are an integral part of the naturopathic philosophy, taking into consideration: lifestyle, nutritional balance, topical products, and more. Careful consideration is given to the overall status of general well-being and potential influence on the skin.
- It is important to note that naturopathic dermatotherapy adopts an entirely non-invasive approach to skin care and takes time for symptomology and nature to join forces. We advise clients to understand not to expect rapid results or “instant gratification” from their first visit.

Since overall wellness is influenced by nature, the skin, as an organ of the body, must be considered accordingly. Like any routine change—whether it's exercise, sports, or nutrition—patience is necessary for products and treatments to adapt, adjust, and improve. Furthermore, each skin condition is unique, offering different healing potentials and requiring time. As your natural healing ability suggests, we cannot specify a exact timeframe for your concerns to resolve. We can provide general insights and advice based on our experience with our programs.

For dermatological health concerns (cancer, infection, etc – please schedule an appointment with your primary care physician, dermatologist, or urgent care facility.

For internal health concerns: We will be happy to recommend one of our alliance medical team partners for further evaluation to assist you.

## About the Skin Wellness Appointment

- The Skin Wellness Assessment™ is our preliminary appointment for first time clients who are seeking guidance for overall skin wellness or specific skin concerns or conditions: acne, rosacea, hyperpigmentation, etc.
- The Skin Wellness Assessment™ includes an informative skin assessment, evaluation, and skin scanning with the Observe 520 skin analysis device, fundamental skin wellness coaching, skincare service recommendations, and product recommendations.
- The Skin Wellness Assessment™ and comprehensive skin evaluation is invaluable in determining individual and specific needs for services, products, and programs, and is required at Naturophoria *before any esthetic service may be performed*. Additional services, recommendations and consultations are available by appointment.
- A complimentary follow-up visit for ½ hour is included with the Skin Wellness Assessment. We encourage you to schedule this appointment 2-3 weeks post-initial evaluation, or as suggested. At the follow-up appointment, product and product protocols will be re-evaluated; any further esthetic services and any basic lifestyle suggestions will be made based on progress made from the initial visit and product use improvements. An email will be sent to you with all notations, suggestions, and continued skin care plan recommendations.
- Additional skin care services, products and evaluations are not included in this session. Please plan one to 1.2 hours for the initial Skin Wellness Evaluation & Assessment™. A follow up email will be provided to you after your follow-up appointment with the photos (if requested) skin evaluation findings and recommendations.
- At least three days before your appointment we will need emailed back to us:
  1. **Our Completed download forms** –Information and Signed Office Policy Forms
  2. Photos: of all skin care product and supplements that you take or have taken in the last 6 months. We will need photos of the front and back view of these items.
  3. Please bring with you any cosmetics you currently use, makeup brushes and other related items.

*If you have any further questions, please email us [naturophoria@gmail.com](mailto:naturophoria@gmail.com)*