

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 that each person is as unique as the skin concerns that are presented. Our goal is to address the possible root cause and influences regarding any skin condition, and not just address the symptoms.

Through our methods in consultation and evaluation – emphasis is placed on addressing the biological dynamics and arriving at comprehensive program to address individual needs. The protocols that are utilized include both holistic and integrative approach 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 dermatology adopts a completely 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.
- As overall wellness takes its cue from nature – the skin as an organ of the body, must be given consideration as such. As with any type of routine modification (exercise, sports, nutrition) – **patience must be given for the products and treatments to acclimate, adjust and evolve**. Additionally, each skin condition is individual - and presents various healing potentials and requires **time**. As your natural healing potential predicts – we are unable to quote a **specific** time frame

that your particular concerns to resolve. We can make general observations and advise 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** – COVID release form, Client 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)*

## TeleEsthetics

- **For TeleEsthetic Skin Wellness Assessment™: We will need the following from you prior to our Zoom meeting:**
  - Due to technicalities - we are not able to offer the Observe 520 photo analysis over the internet – however, we may still conduct a very comprehensive assessment via zoom face to face consultation and collective information that you may supply us with.
  - “Selfie pictures” taken in outdoor lighting to show detail up close of your skin. (especially problem areas) as well as front view and both sides of face. These photos must be clear resolution with no shadows or glare.
  - Front and back side photos of all of your skin care products, supplements and any medication information. We need to see a detail of the ingredients of the products that you are using. They may be in a grouping – it is not necessary to send individual photos.
  - Completed client intake form. We will email you with this form and other information needed when your appointment is booked and confirmed with payment.
  - When we receive confirmation and payment – we will email you with a Zoom link for your consultation appointment a few days before the appointment. Your initial consult session does not include any additional consults, services or products.

- You will receive a follow up email evaluation finding following the consultation. Generally, at least one or two short consultation sessions are required afterwards.
  - Follow up consults may range from no charge (for short information conversations) to 1/2- or 1-hour sessions for additional assessment and information requested, you will be advised of an additional billing time if applicable in advance.
  - Any lab work, further testing or visits with another practitioner are not included in the assessment.
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- Please contact us at [naturophoria@gmail.com](mailto:naturophoria@gmail.com) for any questions you may have-  
Thank You!