

Entry #: 5 - Sneha Sethi

Status: Submitted

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Therapist: Emily Cazaly

Clinic: Bump & Beyond Beauty
137-139 Brebner Dr, West Lakes SA 5021

Dear Sneha,

Thank you for the opportunity to prepare a detailed treatment plan for you regarding your skin concerns (see in the pages below). I'm so delighted to share my recommendations to help you reach your skin goals.

I look forward to seeing you again soon :)

Client Name

Sneha Sethi

Date of Birth

23/12/1987

Consultation Date

5/09/2024

Contact

0426 169 283

Skin Concerns and/or Goals:

Repair skin barrier to address the following concerns:

- Sensitivity
- Dryness
- Redness / inflammation
- Dullness
- Small bumps around mouth / chin (perioral dermatitis/rosacea type symptoms)

Prescribed Homecare Products (Skincare)

Product	When	Retail Price (\$)
Gentle Cream Cleanser	AM, PM	\$53

Product information/benefits

Great for clearing the skin of daily impurities and removing makeup. Excellent for sensitive or drier skin.

- Double cleanse in evening AND once in morning to refresh skin.

Product	When	Retail Price (\$)
Copper Peptide Calming Mist	AM, PM, As often as required	\$58

Product information/benefits

Very calming to the skin. It is quite helpful for home use for rosacea, eczema, or sensitive skin. Use lightly and avoid using directly on open eyes. The mist is a blue/green colour due to the copper and jasmine.

Apply 2-3 mists after cleansing.

Product	When	Retail Price (\$)
Nourishing Face Oil	PM, can be used in morning as well if required after or instead of beauty elixir	\$68

Product information/benefits

A light and nourishing face oil helps calm the skin and boost hydration. With ultra-pure oils that help calm inflammation and provide antioxidants.

Ideal for:

- Dry or dehydrated skin
- An extra hydration boost
- Sensitive and eczema-prone skin

Product	When	Retail Price (\$)
Beauty Elixir	AM	\$120

Product information/benefits

Excellent for sensitive skin. Beauty Elixir is an advanced, age-defying, wrinkle refining and collagen boosting moisturiser is infused with native medicinal plant extracts to help promote cellular antioxidant and repair mechanisms.

Product	When	Retail Price (\$)
Mineral Facial Sunscreen (SPF50) 36g OR 110g	AM	\$20 OR \$53

Product information/benefits

Tinted or non-tinted zinc oxide based (non-nano micronized) mineral formula that also contains hyaluronic acid to keep skin hydrated during the day. Apply after all other AM products, can be worn under makeup.

Product	When	Retail Price (\$)
Hyaluronic Acid Serum (30ml)	AM, PM, can be applied throughout the day as required	\$90

Product information/benefits

With 4 different forms of hyaluronic acid, this serum will truly boost hydration in the skin and help maintain a healthy skin barrier.

Excellent for:

- Dry skin
- Sensitive, eczema/rosacea prone skin
- Assistance with barrier repair
- To improve scarring
- Post treatment skin healing

Order Products



Products can be ordered via the QR code above

OR

emailed to orders.bumpandbeyondbeauty@gmail.com

Internal Recommendations (diet / lifestyle / supplements)

- 2-3L water daily to ensure optimum hydration

- Ongoing supplementation with high quality omega 3 EFAs (fish/algae oil) to lock in moisture, support cell membrane development and create a healthy acid mantle (skin barrier). To be confirmed with GP.

The higher quality the better, the most pure, sustainable omega 3/fish oils won't have much taste at all. One of the best fish oils on the market is Nordic Naturals. There are also some really great vegan alternatives, one of which I will be stocking soon - Phytality Nutrition. I currently have some Nordic fish oil capsules on sale. I'm sure there are others out there such as naturopathic brands.

Treatment Goals (Target / Objective)

Stage 1

Hydration / Barrier Repair:

Ideally, we want to ensure your skin is functioning optimally before targeting any major concerns, however during this process you will usually see a change in the conditions you're wanting to improve. Consuming adequate water and healthy lipids along with applying good quality skincare helps the body create strong cells and strengthens the skin barrier. As you know, pregnancy related changes may delay results so patience is key

Treatment: fortnightly or monthly calm & repair facials x 3-4

Products: Cleanser, Copper Peptide Calming mist, Nourishing Face Oil, Beauty Elixir moisturiser, SPF, Hyaluronic Acid serum (optional)

Stage 2

Postpartum support / correct:

Reassess skin and address any new concerns

Treatment: Monthly Qi Beauty Facials or Dermatonic targeted facials x 2-3

Products: same as stage 1 - add vitamin A serum ?TBC

Qi Beauty Facials during postpartum

- Exhaustion and managing postpartum physiologic changes as the body slowly recovers from pregnancy often manifests as skin sensitivity or congestion.
- Depletion of Qi is downstream from exhaustion and stress, usually assessed as a combination of congestion, dehydration and general inflammation expressed as redness and irregular skin colour.
- Invigoration of Qi assists speedier conductivity of skin which mobilises dermal compounds to holistically nourish skin.

Stage 3

Maintenance / Ongoing:

Monthly or quarterly facials to address any changing skin concerns, maintain skin health and review skincare if required

Other / Notes

Apply products in order from thinnest to thickest - eg. mist, serum, moisturiser, oil

Thankyou so much for visiting Sneha. I hope I made a great first impression and will endeavour to support you in any way I can throughout this exciting journey with you :)

Please don't hesitate to get in touch should you have any questions regarding your treatment and/or products.

Warmest regards,

Emily Cazaly

Holistic Facialist | Qi Beauty Practitioner | Pregnancy Massage Therapist

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