

The Skin Health Lab Method:

Stabilize → Correct → Maintain

Phase One: Stabilization

Goal: Calm inflammation and strengthen the skin barrier

This phase focuses on reducing reactivity, rebuilding tolerance, and restoring balance. Many skin concerns cannot be corrected until the barrier is functioning properly. Stabilization creates the foundation required for successful corrective work.

Phase Two: Correction

Goal: Address the root concern with a structured plan

Once the skin is stable, we begin corrective work targeting acne, pigmentation, texture, aging, or scarring. Correction is always paced, intentional, and supported by appropriate home care.

Phase Three: Maintenance

Goal: Protect results and prevent relapse

Maintenance supports long-term skin health and consistency. Skin becomes easier, stronger, and more predictable with proper upkeep.