THE SKIN HEALTH LAB INC.
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CLINICAL FRAMEWORK

The Skin Health Lab Method

A progressive, barrier-first corrective methodology for lasting results.

PHASE ONE	→	PHASE TWO	→	PHASE THREE
Stabilize		**Correct**		**Maintain**

Phase One: Stabilization

Foundational

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 resilient foundation required for successful, uninterrupted corrective work.

Phase Two: Correction

Targeted

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, barrier-aligned home care to avoid overstimulation.

Phase Three: Maintenance

Sustained

GOAL: PROTECT RESULTS AND PREVENT RELAPSE

Maintenance supports long-term skin health, cellular resilience, and consistency. With structured upkeep, your skin becomes progressively easier to manage, stronger against environmental stressors, and predictable over time.

The Philosophy in Practice

Skin health is not about aggressive short-term fixes. By honoring the skin's biological rhythms and prioritizing barrier integrity before correction, we achieve transformative, sustainable skin health.

The Skin Health Lab Inc. • Education before intervention • Consistency over intensity