THE SKIN HEALTH LAB INC.
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SKIN EDUCATION & GUIDANCE

When Skin Fluctuates

Understanding biological recalibration and maintaining steady, calm momentum.

Skin fluctuations are **normal and expected** — even when you are doing everything right. A fluctuation does not mean your plan is failing; rather, it often signifies that your skin is actively responding, adapting, and recalibrating to internal and external variables.

Common Influences & Triggers

- ✓ **Seasonal & climate shifts:** Humidity, temperature, and indoor heating.
- ✓ **Hormonal rhythms:** Natural monthly and systemic endocrine cycles.
- ✓ **Stress & sleep patterns:** Cortisol release affecting barrier lipid output.
- ✓ **Travel & environment:** Airplane air, UV index, and water quality changes.
- ✓ **Treatment progression:** Cellular turnover stimulated by corrective care.
- ✓ **Product adjustments:** Skin adapting to active concentrations.

What Fluctuations Do NOT Mean

- × **That your skin is permanently worsening:** Temporary changes are not set outcomes.
- × **That your treatment plan has failed:** Recalibration is part of corrective progress.
- × **That you need to stop everything:** Abruptly abandoning care causes unnecessary disruption.
- × **That aggressive intervention is needed:** Overcorrecting causes barrier compromise.

Our Calm, Corrective Approach

When shifts occur, we do not panic or overcorrect. We assess the underlying factors, adjust active pacing if needed, and gently guide your skin back to balance with patience and biological alignment.

The Skin Health Lab Inc. • Consistency over intensity • Trust the process • skinhealthlab.ca