

THE SKIN RETREAT · HOUSTON, TEXAS

ADVANCED

Acne Management Program

A Three-Month Corrective Program for Teens & Adults

*From frustrated and confused —
to clear, informed, and in control of your skin.*

WELCOME

A Note from Melissa

Acne is one of the most mismanaged skin conditions in esthetics — not because it is difficult to understand, but because it is almost always treated at the surface. Products are layered, routines are adjusted, and when nothing sticks, the frustration compounds. You begin to believe the problem is your skin. It isn't.

Acne is an internal condition with an external expression. It responds to what you eat, how you sleep, how your hormones are functioning, and how much stress your nervous system is carrying. Until those root causes are addressed, even the best clinical treatments will only take you so far.

The Advanced Acne Management Program is built on that understanding. Over three months, we work systematically — identifying your specific triggers, building a targeted treatment plan, and equipping you with the knowledge and home care protocol to maintain clear skin long after the program ends. This is true for adults navigating hormonal acne and for teens who deserve a thoughtful, non-aggressive approach to their skin.

You will not leave this program dependent on a product or a prescription. You will leave understanding your skin — and that understanding is what makes clarity last.

With care and intention,

Melissa

Licensed Esthetician · Founder, The Skin Retreat

"She finishes clear, informed, and no longer dependent on spot treatments or trial-and-error."

THE APPROACH

Why Root Cause Matters

Most acne programs address what is visible. This one addresses what is driving it. Every recommendation in this program is guided by the same three-pillar framework that underpins all of The Skin Retreat's corrective work.

PILLAR ONE

Nervous System & Stress Response

Chronic stress elevates cortisol, which increases sebum production and systemic inflammation — both direct contributors to acne. We address this through intentional stress awareness, self-talk, and simple nervous system tools that have a measurable effect on your skin's behavior over time.

PILLAR TWO

Internal Health & Inflammation

Gut health, dietary triggers, sleep quality, and hormonal balance all show up directly in the skin. We assess your unique internal picture and build practical, sustainable lifestyle recommendations — not restriction-based protocols — that calm inflammation at the source.

PILLAR THREE

Targeted Treatments & Home Care

Clinical treatments are selected and sequenced based on your acne type, skin sensitivity, and internal picture. Your home care protocol is built around what your skin actually needs — not a generic routine. Nothing is added without a clear reason.

What the Program Includes

The Advanced Acne Management Program is fully personalized. Every element is tailored to your acne type, your triggers, and your lifestyle. There is no generic protocol here — only what your skin actually needs.

01 Comprehensive Intake & Acne Assessment

A detailed consultation covering your health history, diet, stress levels, sleep, hormonal patterns, and current home care. This is how we identify your specific triggers before building your plan.

02 Personalized Trigger Identification

We map the internal and external factors driving your acne — dietary, hormonal, stress-related, or product-related — and build your program around addressing them directly.

03 Targeted Clinical Treatment Sequence

A sequenced series of corrective treatments selected for your acne type and skin sensitivity. Treatments are chosen to clear existing congestion, calm active inflammation, and support long-term skin health — not to aggressively strip or dry the skin.

04 Custom Home Care Protocol

A simple, purposeful home care routine built around your skin's specific needs. Every product has a clear reason for being there. Nothing is unnecessary.

05 Education, Adjustments & Ongoing Support

You will understand what is happening in your skin and why. As your skin responds, your protocol is adjusted. You are supported throughout — not left to figure it out between appointments.

Your Three Months at a Glance

<p>01 Identify</p> <p>Full intake and assessment. Triggers mapped. Baseline treatments begin. Home care and lifestyle protocol established. Your skin is evaluated before any assumptions are made.</p>	<p>02 Correct</p> <p>Active clearing phase. Clinical treatments target congestion and inflammation. Protocol is refined based on your skin's response. Internal habits begin to show results in your skin's behavior.</p>	<p>03 Stabilize</p> <p>Skin is clearing and stabilizing. Focus shifts to long-term maintenance. You leave with a clear protocol, a full understanding of your triggers, and the confidence to keep your skin clear independently.</p>
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Treatment Modalities

Treatments are selected based on your acne type, skin sensitivity, and stage of the program. The following modalities may be included:

Corrective Acne Facials	Chemical Peels	Extractions	Calming Treatments	LED Therapy
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IS THIS FOR YOU?

This Program Is Designed For You If...

- You have been dealing with acne for months or years without lasting results.
 - You are an adult experiencing hormonal or cystic acne and feel confused about why it's happening.
 - You are a teen whose acne is affecting your confidence and daily life.
 - You have tried multiple products or routines and nothing seems to stick.
 - You suspect stress, diet, or hormones are playing a role but don't know where to start.
 - You want a clear plan — not another product recommendation.
 - You are ready to address the root cause, not just the surface.
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INVESTMENT

Program Pricing

\$1,500

Three-month program · Full payment

Payment Plans

Available upon request

The program begins with a consultation — a clinical conversation to determine your specific triggers and confirm this program is the right fit for where you are.

YOUR NEXT STEP

How to Begin

0 **Book Your Consultation**

1 Your first step is a comprehensive intake consultation — in person or virtually. We review your health history, acne patterns, lifestyle, diet, and current routine before building your personalized program.

0 **Receive Your Personalized Protocol**

2 Following your consultation, you receive your trigger map, treatment plan, and home care protocol in writing. You will know exactly what to expect and why each piece is included.

0 **Begin Your Three Months**

3 Treatments begin and your protocol is put into action. You are supported throughout with adjustments as your skin responds — nothing is set and forgotten.

0 **Leave Clear and Informed**

4 At the end of three months, you have clear skin, a full understanding of your triggers, and a maintenance protocol that keeps your results long after the program ends.

Ready to get clear?

Book your consultation at theskinretreattx.com

or contact us directly to learn more.