

THE SKIN RETREAT · HOUSTON, TEXAS

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# Intentional Aging Intensive

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*A Four-Month Corrective Program for Women 40+*

*From reactive and confused —  
to confident, educated, and aging with intention.*

WELCOME

## A Note from Melissa

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If you are holding this document, something has already shifted. You have moved past the cycle of trial-and-error, past the disappointment of products that promised and didn't deliver, and toward something more grounded — a real plan built around how your body and your skin actually work.

The Intentional Aging Intensive is not a facial series. It is a structured, four-month corrective program designed for women 40 and older who are navigating the visible changes that come with hormonal and premenopausal shifts. It is clinical, personalized, and built on the belief that lasting skin health requires more than what happens on the surface.

I have been a licensed esthetician since 2004, and I spent years watching intelligent women invest in treatments that addressed symptoms without ever touching the root. The Intentional Aging Method was born from that observation — and from my own journey through autoimmune disease, chronic inflammation, and rebuilding my health from the inside out.

What you'll find here is what I wish every client had from the beginning: a framework that connects your nervous system, your internal health, and your skin — and a treatment plan that actually reflects who you are.

*With care and intention,*

Melissa

Licensed Esthetician · Founder, The Skin Retreat

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*"She moves from reactive and confused about her skin —  
to confident, educated, and actively supporting how she ages."*

## THE FOUNDATION

# The Intentional Aging Method

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Aging is not something to fight. It is something to understand and support — so the body can age well, and the skin can reflect that. Every treatment and every recommendation in this program is guided by three interconnected pillars.

### PILLAR ONE

#### **Nervous System & Mindset**

Chronic stress drives inflammation. Inflammation drives skin issues and accelerates aging. We address this directly — through intentional self-talk, affirmations, journaling, and mindfulness practices. These are not soft topics. They are clinical ones with measurable physiological effects on your skin.

### PILLAR TWO

#### **Internal Health & Calm Inflammation**

What you eat, how you sleep, and how your gut functions all show up in your skin. This program looks at root causes — gut health, sleep quality, nutrition, and systemic inflammation — not surface symptoms. When the inside calms, the outside follows.

### PILLAR THREE

#### **Strategic Skin Treatments & Home Care**

Only after considering the first two pillars do we build your treatment plan. Every service is targeted, sequenced, and personalized to your skin's profile. Treatments are chosen deliberately and timed with intention — never generic.

## What the Intensive Includes

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The Intentional Aging Intensive is fully personalized. Every element is tailored to your skin profile, your inflammation picture, and where you are in your hormonal journey. Nothing here is generic.

**01 Comprehensive Intake & Skin Assessment**  
A deep-dive consultation reviewing your health history, lifestyle, stress patterns, sleep, nutrition, and skin concerns before a single treatment is planned.

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**02 Personalized Three-Pillar Protocol**  
A written lifestyle and home care protocol grounded in all three pillars, designed specifically for your skin and your life.

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**03 Structured Clinical Treatment Sequence**  
A sequenced series of corrective treatments — microneedling, RF microneedling, chemical peels, microcurrent, and corrective clinical facials — chosen and timed to your skin's needs and response.

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**04 Ongoing Guidance & Adjustments**  
Your program is not static. As your skin responds, your protocol evolves. You are supported throughout with clinical adjustments and home care refinements.

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**05 Education at Every Step**  
You will understand what we are doing and why. Informed clients get better results — because they become active participants in their own skin health.

# Your Four Months at a Glance

<p><b>01</b> <b>Foundation</b></p> <p>Deep-dive intake and assessment. Baseline treatments begin. Lifestyle protocol established across all three pillars. Your skin is evaluated — not rushed.</p>	<p><b>02</b> <b>Activation</b></p> <p>Treatment sequence progresses. Home care refined based on your skin's early response. Internal and nervous system work begins to show results in your skin's behavior.</p>	<p><b>03</b> <b>Correction</b></p> <p>The most intensive clinical phase. Targeted treatments address hyperpigmentation, laxity, texture, and acne — with precision and sequence.</p>	<p><b>04</b> <b>Integration</b></p> <p>Consolidation of results. Maintenance plan established. You leave with a clear, confident understanding of your skin and a protocol that continues to support you.</p>
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## Treatment Modalities

Treatments are selected and sequenced based on your individual assessment. The following modalities may be included in your program:

Microneedling	RF Microneedling	Chemical Peels	Microcurrent	Corrective Clinical Facials
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IS THIS FOR YOU?

## This Program Is Designed For You If...

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- Your skin has changed in the last few years and you don't fully understand why.
  - You are navigating hormonal acne, hyperpigmentation, skin laxity, or texture changes at 40+.
  - You have tried products and treatments that worked temporarily — but nothing has lasted.
  - You suspect that stress, sleep, or gut health may be contributing to your skin issues.
  - You want to understand your skin — not just treat it.
  - You are ready to invest in a structured, long-term approach rather than another quick fix.
  - You want a trusted expert who will see you as a whole person, not a set of symptoms.
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INVESTMENT

## Program Pricing

**\$2,200**

*Four-month program · Full payment*

**Payment Plans**

*Available upon request*

*The program begins with a consultation — a clinical conversation to determine whether this is the right fit for where you are right now.*

YOUR NEXT STEP

# How to Begin

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**01** **Book Your Consultation**  
Your first step is a comprehensive intake consultation — in person or virtually. We will review your health history, skin concerns, lifestyle, and goals before building your personalized program.

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**02** **Receive Your Personalized Protocol**  
Following your consultation, you receive your three-pillar protocol and treatment plan in writing. You will know exactly what to expect, and why.

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**03** **Begin Your Four Months**  
Treatments begin, home care is established, and your program unfolds with intention and precision. You are supported every step of the way.

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**04** **Leave With a Plan That Lasts**  
At the end of four months, you have visible results, deep understanding of your skin, and a maintenance protocol that continues to serve you beyond the program.

## Ready to begin?

Book your consultation at [theskinretreattx.com](https://theskinretreattx.com)

or contact us directly to learn more.