

Your Personalised Skin Plan

Every client who attends a consultation receives a written plan, prepared by our clinical team following an in-clinic assessment. This is a sample, created to show you what that document looks like.

Section I Skin assessment summary

CLIENT	ASSESSMENT
Sarah T.	OBSERV Imaging
EXAMPLE CLIENT	PLAN REVIEW AT 12 WEEKS

UNEVEN TONE	SUN DAMAGE	TEXTURE
DEHYDRATION	SENSITIVITY	

UV pigmentation	● ● ● ● ●
PRIMARY FOCUS	
Surface texture	● ● ● ● ●
SECONDARY	
Hydration levels	● ● ● ● ●
MONITOR	
Vascular activity	● ● ● ● ●
WITHIN RANGE	
Pore congestion	● ● ● ● ●
WITHIN RANGE	

Section III Your treatment journey

●	●	○	○	○	○	○
WEEK 0	WEEKS 1-4	WEEK 5	WEEKS 9 & 13	WEEK 12	WKS 14, 20, 26	WEEK 26
Consultation & OBSERV imaging	Barrier support phase	Peel — session one	Peel — sessions two & three	Review & repeat imaging	SkinPen course	Final review & ongoing plan

Section IV Aftercare

First 48 hours

CLEANSE GENTLY
Lukewarm water and the cleanser issued to you. No flannels or exfoliating tools.

KEEP SKIN COMFORTABLE
Apply the barrier cream as often as needed. Tightness or warmth is expected.

SPF 50 DAILY
Every morning, reapplied through the day.

Please avoid

HEAT AND STEAM
No saunas, steam rooms, hot yoga or very hot showers for 48 hours.

EXERCISE
Hold off on strenuous exercise for 24 hours.

ACTIVE INGREDIENTS
Pause retinoids, acids and vitamin C until confirmed.

- i. CLINICALLY APPROVED PLANS
- ii. TAILORED FOR EVERY CLIENT
- iii. WRITTEN AFTER CONSULTATION

Section II Recommended treatments

- i. **Barrier Support Phase**
WEEKS 1-4 • HOME CARE LED
A prescribed routine to bring hydration up and settle the skin before in-clinic resurfacing begins.
- ii. **Chemical Peel Course**
WEEKS 5-12 • THREE SESSIONS
Medical-grade peels, with strength selected and adjusted by your practitioner at each visit.
- iii. **SkinPen Microneedling**
WEEKS 14-26 • THREE SESSIONS
Introduced once the peel course is complete, to address surface texture. Suitability reassessed first.
- iv. **Maintenance & Review**
WEEK 12 AND 26 • COMPLIMENTARY
Two reviews with repeat OBSERV imaging, so progress can be compared against your original assessment.

Section V Long-term strategy

Mth 0-1	Prepare	Barrier support and home care established.
Mth 2-3	Correct	Peel course delivered. First review at week twelve.
Mth 4-6	Refine	SkinPen introduced where appropriate.
Mth 7-12	Maintain	Periodic appointments. Home care the primary focus.
Year 2+	Review	Annual OBSERV assessment to track change.

YOUR PLAN STARTS WITH A CONVERSATION

Book your consultation

Every plan follows an in-clinic consultation and OBSERV skin imaging with our clinical team.

medskinstudios.com • 07770 888882

This document is a sample prepared for illustrative purposes. It does not relate to any individual client and does not constitute medical advice. Assessment findings, treatment recommendations, intervals and aftercare are specific to the individual assessed and vary between clients. Prescription-only treatments are provided only where clinically appropriate, following assessment by our prescribing clinician. MedSkin Studios is a doctor-led clinic. All treatments are subject to consultation and clinical assessment of suitability.