



Client Name		Date of Birth
Renae Pantelis		12/09/1996
Consultation Date	Contact	
18/04/2024	0400 206 666	

Prescribed Homecare Products (Skincare)

Product	When	Retail Price (\$)
Face Serum with Peptide Technology (50ml) OR Pro Vitamin A Serum (30ml)	AM, PM, Can be used both AM and/or PM	\$65 OR \$95

Product information/benefits

Both are suitable for all skin types + target your main concerns. The vitamin A serum is in the form of the ingredient bakuchiol as opposed to retinol, although is just as effective without the potential irritation. It's also great for pigmentation prevention, treatment + breakouts.

Product	When	Retail Price (\$)
Dermatonics Clearskin® (50ml)	AM, PM, Or as required	\$60

Product information/benefits

Non drying formula that reduces inflammation + prevents/helps clear breakouts
Contains vitamin B3 - improves appearance of large pores, strengthen skin + prevent breakouts. Also good ingredient for overproduction of melanin (pigment)

Apply at first sign of breakout until cleared.

Product	When	Retail Price (\$)
Mineral Facial Sunscreen (SPF50) 36g / 110g	AM	\$20 / \$53

Product information/benefits

Product	When	Retail Price (\$)
Clean the day away face mask (100ml)	Weekly/fortnightly	\$57

Product information/benefits

Gently detoxifying, hydrating + calming. Clay mask suitable for all skin types.

Product	When	Retail Price (\$)
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Product information/benefits

Product	When	Retail Price (\$)
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Product information/benefits

Internal Recommendations (diet / lifestyle / supplements)

Omega 3 EFAs: 3,000-6,000mg (combined EPA/DHA) daily for hydration + minor breakouts - fish or marine/algae based if vegan

The higher quality the better, most fish oils are rancid before they reach retailer shelves - this can be determined by "fishiness" of the supplement - the most pure, sustainable omega 3/fish oils won't have much taste at all. One of the best fish oils on the market is Nordic Naturals (which I generally stock). Liquid is generally easiest to take to avoid having to take too many capsules at once and can be mixed with a small amount of juice. There are also some great vegan alternatives such as SIMKA or Free Spirit. I'm sure there are others out there such as naturopathic brands.

Treatment Goals (Target / Objective)

Stage 1

- Balance oil secretions & improve sebum quality to prevent breakouts/blackheads
- Daily sun protection to prevent premature ageing + pigmentation

Stage 2

Stage 3

Other / Notes

Thankyou so much for choosing to be here today Renae. We hope we made an amazing first impression and will endeavour to support you in any way we can throughout this exciting journey with you :)

Please don't hesitate to get in touch should you have any questions regarding your treatment and/or products.

Warmest regards,



**Emily
Cazaly**

*Holistic Facialist/Pregnancy
Massage Therapist*

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