

Fall: Time to Reset

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Summer put your skin through it. Fall is when we assess, rebuild and decide what comes next.

Your skin might be telling you *it's time for a reset.*

More pigmentation
Dryness + rougher texture
Congestion or dullness
New sensitivity or reactivity



What your skin needs right now:

Reset: Clear away the buildup of summer and reassess what your skin needs now.

Rebuild: Strengthen the barrier + skin resilience before expecting major change.

Correct: Once your skin is ready, target pigmentation, scarring, texture and acne more intentionally with advanced treatments like microneedling

What I am reaching for this fall:

Treatment I am loving: Fall Skin Reset - Think less congestion & dullness. Comfortable, healthy-looking skin going into fall.

Product I am reaching for: Quannessence Qvital - for post-summer dehydration, redness and sun-damage to help skin bounce back.

When your skin is ready for more:

Microneedling for real change and long-term collagen production and resilience

The part that isn't skincare

Fall tends to bring a change in pace, routine and energy. Use your skincare routine as a cue to slow down for a minute (literally). A minute of gentle facial or neck lymphatic work morning or evening can help turn something you already do into a small reset.

If you were sitting in my treatment room, I'd start here:

Audit your homecare - Do your cleanser, moisturizer and active routine still make sense for your skin now?

Decide what you're working toward. -Rebuilding?
Pigmentation? Acne? Texture? Longevity?

Build the path. - Not every skin should jump straight into corrective treatments. We'll decide what makes sense now and what can come later.

Want to do this together?

Book the Fall Skin Reset

Available October and November only.

We'll use your appointment to look at where your skin is now, and map out what makes sense for fall.

Bring me your concerns and I'll build your plan.