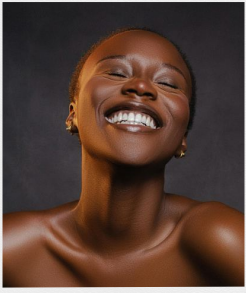


IT'S ALL CONNECTED

DECODE YOUR SKIN CONCERNS

A GUIDE TO UNCOVERING THE TRUTH + THREE CORE
PRACTICES TO REDUCE REDNESS, BREAKOUTS, AND PUFFINESS

3ELEVEN
skin



THE SKIN IS TALKING. ARE YOU LISTENING?

YOUR SKIN IS A TRANSLATOR

When you look at your skin, what are some of the first things you notice? Is it the persistent redness that shows up on your cheeks? Or the random breakouts and the lingering discoloration that never seems to go away? Maybe you see yourself in the mirror and look older than you feel.

Puffiness, lifeless skin, breakouts, and hyperpigmentation can show up in different phases of life, sometimes separately and sometimes all at once. It may be easy to assume they need to be treated separately. But what if they are not as unrelated as they appear?

What if these skin conditions are a signal, giving you clues about something that's happening deeper than what we see on the surface? What you see when you look in the mirror can be a reflection of a bigger picture of what's happening within the body.

In this guide, the goal isn't to simply chase each concern as it appears and keep you in an endless cycle of treating one issue after another. Instead, we'll *decode* what your skin may be telling you, understand what those signals have in common, and learn what you can do to support your skin from there.

COMMON SKIN CONDITIONS

WHAT DO THEY ALL HAVE IN COMMON?



01. SENSITIZED SKIN



02. HYPERPIGMENTATION



03. BREAKOUTS

- redness
- flushing
- highly reactive
- dryness/flakiness

- red and brown marks
- discoloration that lingers after a breakout.
- worse with sun exposure

- excess oil
- pimples
- redness
- luteal breakouts

Skin that is frequently warm, red, reactive and easily irritated. Skincare, weather or stress may cause increased irritation or stinging.

Darkening after acne or other injury to the skin, excessive pigment formation after the use of harsh chemical exfoliants and, or sun exposure.

Red swollen bumps, may be pus filled and tender, may be small tiny bumps, may flare with food triggers, stress and hormonal changes.

COMMON SKIN CONDITIONS

WHAT DO THEY ALL HAVE IN COMMON?



Puffiness

- swollen
- under eye puffiness
- definition loss

Fluid accumulation in the face contributing to a swollen like appearance; worse in the morning, after stress, some medications, alcohol consumption and excess sodium.



Eczema

- dry/crusty
- intensely itchy
- inflamed patches
- thick, cracked and fluid filled

Dry thickened patches on the skin that can crack or weep, often triggered by irritation or stress or seasonal changes in weather.



Rosacea

- persistent redness
- visible blood vessels
- small red/ white bumps
- some acne

Condition that can be exacerbated by triggers such as spicy foods, excess heat, stress, alcohol, steam, exercise.

INFLAMMATION

INFLAMMATION IS THE CAUSE

Did you guess it? Inflammation is a key driving factor in a lot of your frustrating skin concerns. It's quietly activating your immune system and causing those frustrating and persistent skin conditions. But, before we can address the steps needed to get it under control, we need to define the types of inflammation and understand the way it affects our body.

Acute vs Chronic

There are two main types of inflammation: acute and chronic. **Acute inflammation** is a brief, immediate reaction like redness or swelling after a scrape. On the other hand, **chronic inflammation** develops slowly, often driven by ongoing stress, diet, or environmental factors. Over time, this persistent inflammation can show up as redness, breakouts, puffiness, or even a slowdown in your skin's natural repair process. Understanding what triggers might be contributing to your inflammation is the key to seeing your skin differently. Once you recognize that many of your skin concerns share this common thread, you can support your skin by addressing both the visible symptoms and the underlying inflammation itself. And, once you see where inflammation is happening, whether it's in one spot or throughout your body, you can really start to connect the dots.

Localized vs Systemic Inflammation

Now that we understand how inflammation unfolds over time, let's look at where it happens in the body. Inflammation can be **localized**, meaning it stays in one specific area, like redness around a breakout, swelling after an injury, or irritation from a damaged skin barrier. Systemic inflammation is a bit different. Instead of being limited to one area, **systemic inflammation** involves the body more broadly and can affect multiple systems at once. Your immune system uses inflammation to protect you from injury, infection, and other threats. The problem isn't inflammation itself; it's when the inflammatory response doesn't switch off. When inflammation becomes persistent, it can quietly affect how your body functions and, in some cases, show up through changes we can see on the skin.

INFLAMMATION + YOUR SKIN

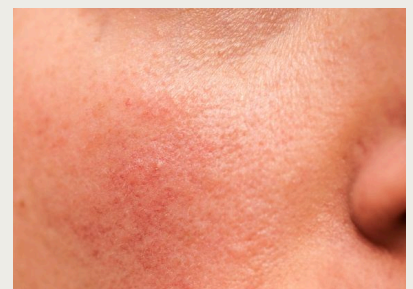
IT'S ALL CONNECTED: SKIN AND SELF

Did you know that your skin is an organ? As a matter of fact, it is the largest and heaviest organ in the body, and it is just as important as your liver, lungs, and heart. It's made up of layers: the outer **epidermis**, which is the layer you see when you look in the mirror, and the supportive **dermis** that lies underneath where collagen and elastin reside.

Because your skin is an active organ in the body, it doesn't just function on its own. It reflects what's happening inside. Stress, diet, and inflammation in other body systems can show up as puffiness, redness, and breakouts on the face.

That outermost layer, the epidermis, forms what is called your **skin barrier**, a protective shield that locks in moisture, prevents water loss, and blocks irritants from penetrating into the skin. When the body is in a state of inflammation, the skin barrier can become weak. This can leave your skin more reactive to skincare products and your environment. In addition, when the body is inflamed, it can also influence how fluid moves through the tissue. Blood vessels in the skin can leak fluid, causing puffiness around the eyes and face. Chronic inflammation in the body can weaken the immune system over time, and a weakened immune system can create an impaired skin barrier. Internal factors are not the only thing contributing to a weakened barrier. External factors such as harsh products, lack of moisture, and other environmental factors can also aggravate the skin barrier and can be a driver for exacerbating inflammatory skin conditions, such as acne, eczema, rosacea, and even psoriasis.

Now that we've established the common link between these skin conditions, it's important to consider how to support the skin when inflammation is a part of the picture. These skin conditions we discussed all share a crucial need: barrier support. By strengthening the skin's barrier, we create a foundation to protect the skin. Next, we will discuss three actionable steps you can start today to help reduce inflammation and support the body.



3 ACTIONABLE STEPS

YOU CAN *START* DOING TODAY



01.SUPPORT THE SKIN BARRIER



02. HYDRATE TO HEAL



03.LYMPHATIC MOVEMENT

SUPPORT THE BARRIER

REDUCE INFLAMMATION FROM THE OUTSIDE-IN



moisturizer

Humectants + Ceramides

Humectants like hyaluronic acid pull moisture into the skin, reducing water loss. Pair them with ceramides, which reinforce lipids (oils), locking in hydration and strengthening the barrier.

Cleansing vs. Stripping

Choose gentle cleansers that remove buildup without over-stripping. Look for sulfate-free formulas. Your skin should feel clean, but never tight or dry after washing.

Streamline your Skincare

Less is more: focus on barrier supporting essentials like hydrating serums, a lipid replenishing moisturizer, and SPF. Quality beats quantity.

Avoid Being Aggressive

Avoid abrasive exfoliants, overly harsh acids and physical scrubs on skin that is impaired. These can damage the barrier and worsen sensitivity. Stick to mild actives and introduce only if skin is healthy.

Oily but Dehydrated

Oily skin can still be dehydrated. If after you wash your face your skin feels dry and tight, yet hours later excessively oily, your skin may be compensating for lack of water. Focus on humectants (water-based hydration) to nourish the skin and balance oil production.

HYDRATE TO HEAL

WATER NOURISHES FROM THE INSIDE-OUT



Hydration

Reduce Inflammation

Drinking enough water is absolutely necessary to support all bodily functions and reduce inflammation. When the body is hydrated it can create a steady foundation for healthy skin

Nutrient Delivery

Hydration is essential because it ensures that key nutrients, like vitamins and antioxidants, reach skin cells. Without adequate hydration, your cells cannot effectively repair themselves leading to slow recovery.

Hydration Schedule

Aim to drink a glass of water every 90 minutes throughout the day. Start with a full glass after you wake up, and set a reminder mid morning, mid-day, and mid afternoon. By spacing it out your body stays consistently hydrated without overloading at once.

Support Waste Removal

When you drink enough water, your kidney and liver can more efficiently remove waste from the body. This reduces overall inflammation, which is essential because the skin, as a vital organ depends on a balanced internal environment to stay resilient.

Optimize Cell Function

Water helps cells communicate more effectively, allowing them to send signals and coordinate responses. This communication is essential for regulating growth, repair, and overall cell function.

LYMPHATIC MOVEMENT

RELEASING EXCESS FLUID NATURALLY



Start with Movement

Starting the day with a light lymphatic routine can kickstart your system, reduce inflammation that leads to puffiness and improve fluid drainage. Soft taps and gliding motions can help get your day off to a refreshed start.

Choosing your Tools

Your hands are your greatest tools because they offer the most precise control and sensitivity. As you get more comfortable, you can also incorporate tools like a jade roller, gua sha, or soft bristled brush.

Why Fluid Gets Trapped

Puffiness can happen when fluid accumulates in the face. This can be caused by factors such as excess salt, alcohol or lack of movement, all of which can contribute to increased inflammation in the body.

Keep Your Touch Light

The lymph vessels sit directly below the skin's surface, so applying too much pressure can actually restrict fluid movement. Instead, using gentle, sweeping motions guide the fluid to be drained away from the face.

Direct Fluid to Nodes

Remember that direction matters. Lymph fluid needs to be guided towards your closest lymph nodes to help remove excess fluid from the face. You only need to do this for about 5 minutes each day.

FACIAL SCULPT

A STEP-BY-STEP LYMPHATIC SEQUENCE



FACIAL SCULPT

UNDERSTANDING YOUR LYMPHATIC PATHWAYS

Before we can begin to reduce the inflammation in the face, it's really important to open your drainage pathways first. These pathways pass through areas called **lymph nodes**, which are bean-shaped filters that help filter fluid out of your body. Now, let's walk through the steps.



FACIAL SCULPT

OPENING THE PATHWAYS

Step 01. Start by taking 3-5 slow, deep breaths, breathing in through your nose, fully expanding your lungs and ribcage, and out through your mouth. Try to slow your exhale down

Step 02. Cross your arm over your chest and lay a flat hand over your collarbone. Gently *and slowly* move the skin using circular motions for 10 to 15 movements. Switch sides and repeat. This opens up the pathway allowing fluid from the face to drain here.

Step 03. Starting at the jawline, glide your hand down the sides of your neck, always keeping light pressure and guide the fluid down towards your collarbone. Repeat 10 - 15 times

Step 04. Next, stimulate the lymph nodes located in front of, and behind the ears. Place your hands over the sides of your face, with your palms resting along your jawline. Position two fingers in front of each ear and the remaining fingers behind the ears. Keeping contact with the skin, make gentle, slow circular movements for 10 to 15 repetitions in either direction. You can work both sides at the same time.

Step 05. Using your hands, make a slow sweeping motion starting over your ear and begin gliding down the side of your neck. Imagine the fluid draining from the side of your face down to your collarbone. Take 3 to 5 seconds per sweep, and repeat 3 to 5 times.

Pro tip: visualize slowly pressing toothpaste out of a tube.
Keep your motion steady and light. Take your time so
the fluid moves easily along the pathways.



FACIAL SCULPT

LOWER FACE

Start at the center of your chin, using gentle pressure with your fingertips or flat hands. Gently sweep downward from your chin toward your collarbone, starting from the center working outward. Repeat the sweeping motion 5 to 10 times. This will help relax tension from the jaw and release puffiness in the lower face.



FACIAL SCULPT

MID FACE

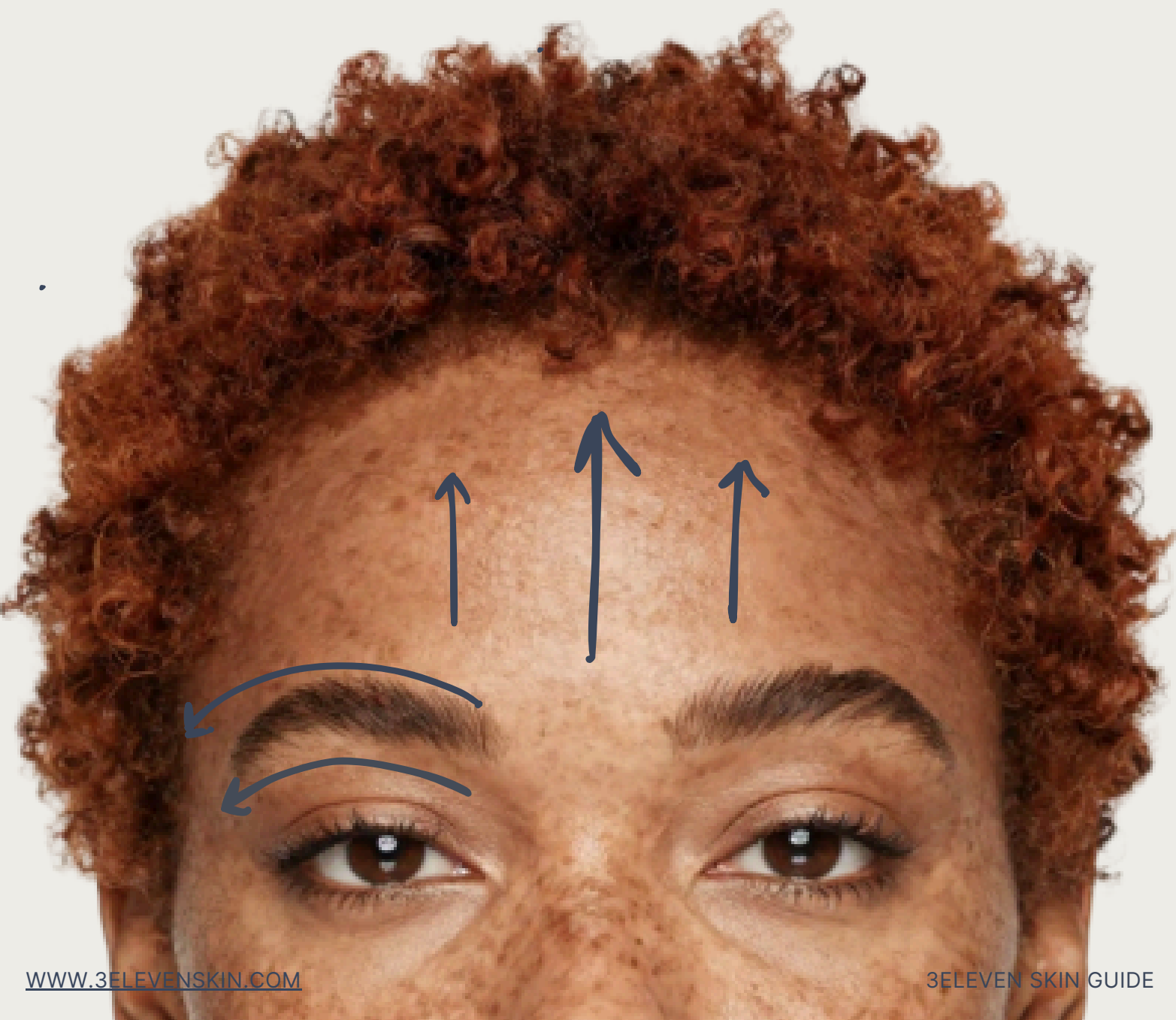
Always begin at the center of the face using light pressure and sweep outward. Starting from the chin glide your hand along the jawline, curve upward towards the ear and then back down the side of the neck. Repeat this motion starting from the midface, just beside the nose and again from below the eye. Always guide the fluid towards the ear and down the neck. Repeat 5 to 10 times as necessary.



FACIAL SCULPT

UPPER FACE

Begin at the center of the face, just below the eyebrow, using the lightest pressure, sweep outward directly over the brow bone and toward the temples. Repeat the same movement directly above the brow bone and towards the temples. Drain down the sides of the neck. Working on the forehead make vertical upward strokes, into the hairline, repeat this motion 5 to 10 times.



FACIAL SCULPT

FLUSHING THE PATHWAYS

By practicing this lymph movement technique daily you are supporting your body's ability to reduce inflammation and flush out toxins.



Congratulations for taking the first step in your skin *care* journey. You've gained clarity on what drives your most common skin concerns and have direction on what to do next. Now that you know inflammation is the key link behind these conditions and that everything is connected, you can begin incorporating the 3 core foundational principles into your daily routine.

As you build consistency you *will* see change. Stay attuned to your skin's signals. Healing is a process and with the right support you will get there. This is, however, just the beginning. It's up to you to decide if you're ready to take the next step.

You have the foundation to get started, now it's time to make the leap. If you're ready to stop guessing about what to do next, book your first appointment. We'll refine your routine, select the right products, address lifestyle factors and uncover what's missing, together. We will create a plan to get you the skin you've always dreamed of.

A handwritten signature in black ink that reads "Christyann". The signature is written in a cursive, flowing style with a large, stylized initial 'C'.

"What if everything changes?"



Chrislynn T'sharaa

READY TO BEGIN

Want to skip the line?
Text me at 1 (833) 903-6671

MEET YOUR AESTHETICIAN

I am a licensed aesthetician with over 20 years of experience, focusing on the connection between skin health and overall well-being. I integrate insights through a framework that addresses five key lifestyle pillars, allowing me to create a holistic, personalized approach that supports each client's unique skin goals.