

# Professional

## SKINCARE COACHING

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### PRIMARY CONSULTATION

I am so excited to be working with you! This sheet is to help clarify what you are signing up for and lay out any onboarding needed before our session.

Our first appointment will be primarily going through your consultation form. This is when we will discuss what is or isn't working in your routine. Products, lifestyle choices, even medical history can all play a role in your skin and your results. Our first appointment will be our longest, followed up by shorter check-in sessions where we are integrating new products, checking on progress, and in the long term, maintaining results. While there is no preliminary commitment, the expectation to see results and gain product recommendations comes from continued appointments and follow-ups. Do not expect to see sudden results, and be prepared for a possible purging process as your skin adjusts to new products. Skincare is not one-size-fits-all and it will take time to find products that work for you long term and to see the results you are looking for. While intended to be a great first step, the consultation will only help so much. It is through dedication to the appointments, routine changes, and product usage that you will see results. Still, everyone is different so no results can be guaranteed.

There are just a couple things that need to be done at least **48 hours** before your appointment or you will need to reschedule: You will need to thoroughly fill out your consultation, consent to treat, and photo consent form, as well as take clear, well lit photos of your skin from the front, both sides, and any closeups or problem areas as needed. This is all done beforehand so we can start our

consultation with a plan in mind. While I may make adjustments during the session, I try to have as much already prepared to be as efficient with our time as possible.

As stated above skincare is not one-size-fits-all so neither are our sessions. That said, below I am including an example of the appointment schedule to give you an idea of the commitment. However, it will likely vary based on your needs.

## **TIMELINE**

- Day 1 - Initial Consult
- Two weeks after Consult - First Follow-Up (Day 14)
- Follow up in 2 weeks (Day 30)
- Follow up in one month (Day 60)
- Follow up in one month (Day 90)
- Follow up in 2 months (Month 5)
- Follow up in 3 months (Month 8)
- As Needed (maintenance period)

## **FINAL THOUGHTS**

Please let me know if there is anything else I can do to clarify or answer any questions you may have. My biggest request is you be as open as possible during the consultation and about your budget. I am building routines off of a combination of formulas and ingredients I think are beneficial, so it's in both of our best interest if you are upfront about what you are willing to purchase or might need another recommendation on, so I can make sure your products all work well together and you are getting each ingredient!