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Holistic Skin Therapy & Botanical Corrective Skincare

Clinical Skin Care from a Botanical Perspective

Presented By: Emily Fritchey, "The Skin Whisperer", Founder of Sunshine Botanicals



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Emily Fritchey, CEO Founder

MEET YOUR PRESENTER

Emily Fritchey is a ...

- Co-founder & CEO SSB
- Licensed Aesthetician
- Holistic Skin Therapist
- Passion: Corrective skincare with nature-based solutions
- Collaborating with Transformation Enzymes for inside-out results





The Philosophy: Beauty from the Inside Out

- Skin reflects internal health
- Combining powerful botanicals + internal enzyme therapy = transformation
- This is not just skin deep





Why We Look at Skin Differently

- We assess:
 - Texture (roughness, scars)
 - Color (pigmentation, tone)
 - Elasticity (firmness/sagging)
- Skin tells a story.
- Our job is to listen.





The Holistic Protocol: 4 Simple Steps

1. **Cleanse + Detox** – the missing link!
2. **Hydrate + Nourish** – restoring balance
3. **Repair + Correct** – serums + botanical actives
4. **Protect** – from UV + environmental stress



Step 1 – Cleansing & Detoxification

1. Double Cleanse
2. Detoxing the skin = removing waste, opening pathways
3. Key botanicals: burdock root, comfrey, plantain
4. *Foundation of all great results*





Step 2 – Hydration & Moisture

- Difference between hydration and moisture
- Use of targeted serums + lipids to rebuild the barrier
- Skin can't heal if it's dehydrated.





Step 3 – Repair & Correct

- Targeted herbal extracts (comfrey, white birch bark, helichrysum, calendula)
- Focused treatments for:
 - Hyperpigmentation
 - Loss of firmness
 - Oncology skin recovery



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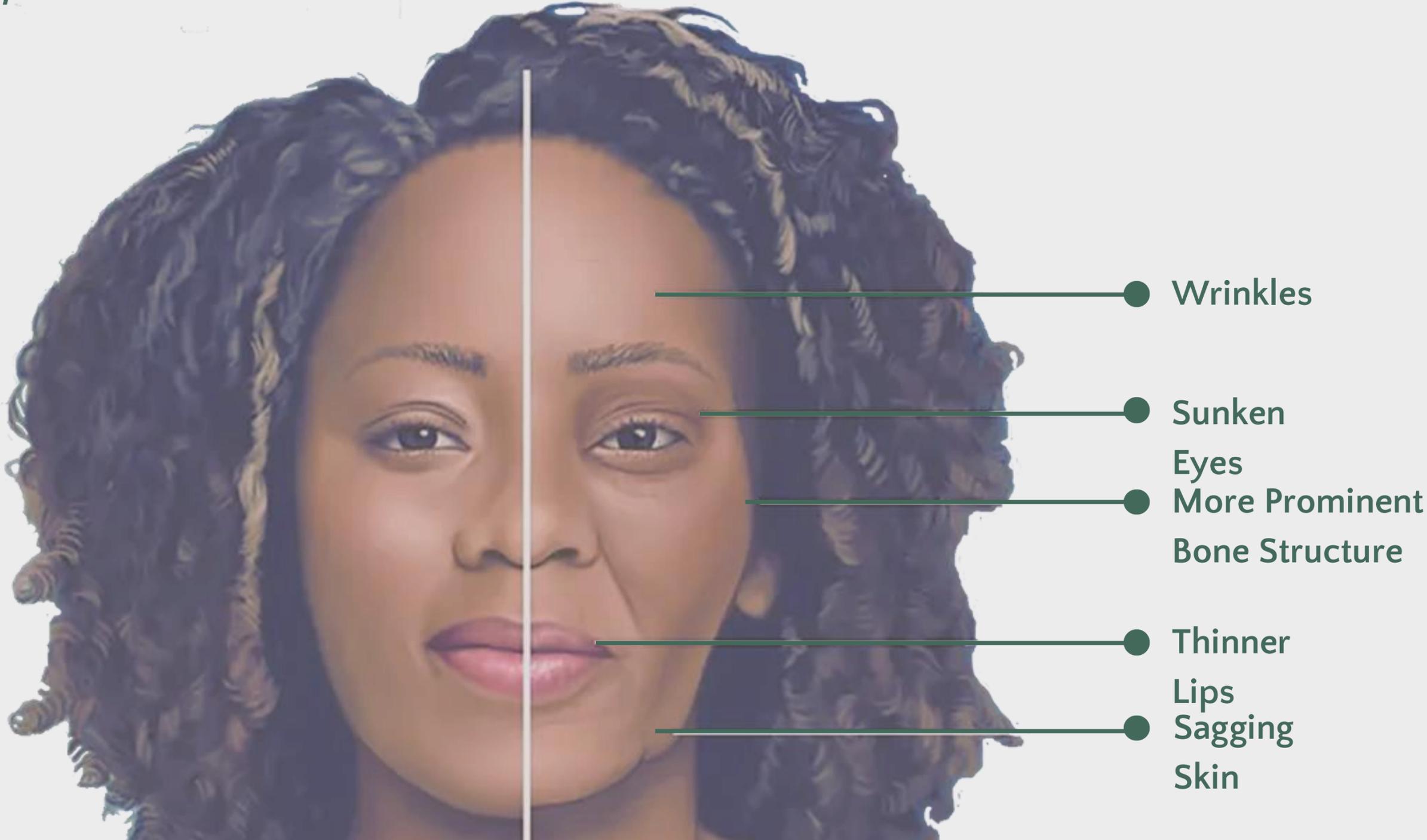
Step 4 – Protect and Defend

- UV, blue light, and pollution protection
- Antioxidants + physical blockers = skin's defense system
- Protects against the wind, sun, and environmental exposure



Skin + Ozempic / GLP-1 Drug Use

What Is Ozempic Face?



● Wrinkles

● Sunken

Eyes

● More Prominent

Bone Structure

● Thinner

Lips

● Sagging

Skin



Ozempic Face

Cosmetic Concern Tied to Rapid Fat Loss

- Loss of midface fat, making cheekbones appear more prominent
- Hollow eyes and deeper under-eye circles
- Increased visibility of fine lines and wrinkles around the mouth
- A more aged or gaunt facial structure overall





Can Ozempic Face Be Prevented

In some cases, yes. Here's how to reduce the risk:

- Aim for gradual weight loss: Avoid drastic calorie deficits and discuss dosage with your doctor.
- Keep protein levels high and incorporate a targeted digestive enzyme protocol
- Hydrate well: A diet rich in vitamins C and E, plus protein, supports collagen and elasticity.
- Utilize energy and frequency devices, such as MySkinBuddy[®], to stimulate circulation and collagen production.



Professional Treatments for Ozempic Face:

- Non-surgical treatments:
 - Cold Plasma
 - Microneedling
 - Radio Frequency
 - LED Light Therapy





Professional Treatment Benefits

- Lift and tone skin
- Reduce inflammation
- Support tissue regeneration



At-Home Treatments for Ozempic Face:

- Double Cleanse System

1 – PreCleanse

2 – Deep Cleansers

(choice of one:)

Cleanse & Clear – Combination Skin

Cleanse & Purify – Aging Skin

Cleanse & Calm – Sensitive Skin





At-Home Treatments for Ozempic Face:

- Targeted Skincare System
- Skin Peel
- LED Light / Ionization Therapy



Target Skincare System



Combination Skin



Ageless Collection



Calming Collection



Skin Peel – Pumpkin Power Peel

- Refines skin texture
- Help clear imperfections
- Brightens discolored, sun-damaged skin.

Results are cumulative with continued use, and acne, rosacea, and problem skin really benefit from the high levels of Vitamin A naturally found in pure pumpkin enzymes.





LED Light / Ionization Therapy



Utilizing Red/Blue LED Light Therapy, this power tool elevates your skincare routine to the next level.

- Firms the skin
- Brighten skin
- Reduces Acne Lesions
- Reduces Redness and inflammation



At-Home vs In-Clinic Care

- Home:
 - Consistent cleansing
 - Botanical serums
 - LED light therapy
 - Show skin buddy and product images
- In-Clinic:
 - Plasma
 - Microcurrent
 - Advanced enzyme facials



Ozempic Face Before and After Professional Services

- Lift and tighten the skin
- Reduce inflammation
- Support tissue regeneration



- Single Plasma Channeling Treatment

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Outcome After Six Plasma Channeling Treatments



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Thrive in 63 - 7th Day on the Program





Thrive in 63 Days

- *Puffy eyes and dark circles: **Gone***
- *Skin discoloration: **Eliminated***
- *Skin Laxity: **Skin tightened***
- *Skin color and tone: **Glowing***
- *Forehead lines: **Diminished***
- *Eyes: **Brighter and lifted***
- *Allergies and migraines: **Gone***
- ***Lost 6 inches around the waist***



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Questions ?



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THANK YOU!!

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