



## THE FUNCTIONAL BEAUTY GLOW GUIDE

**Your blueprint to healthy, radiant,  
youthful skin — from the inside out.**

Learn how our root-cause approach to  
beauty helps you understand your skin,  
correct imbalances, and glow confidently at  
any age.

# YOUR SKIN IS TALKING — ARE YOU LISTENING?



Most skincare routines focus only on the surface. At IFFH MedSpa, we take a different approach — one that treats your skin like the living, breathing organ it is.

Your skin reflects what's happening inside your body. When you understand the root cause behind acne, premature aging, redness, or dullness, you can finally achieve results that last.

## THIS GUIDE WILL SHOW YOU HOW TO:

- ✓ DISCOVER YOUR TRUE SKIN AGE
- ✓ IDENTIFY YOUR ROOT CAUSES OF SKIN IMBALANCE
- ✓ BUILD A ROUTINE THAT MATCHES YOUR UNIQUE NEEDS
- ✓ LEARN WHICH TREATMENTS ACTUALLY TRANSFORM YOUR SKIN



# Every Face Has a Story

YOUR SKIN HEALTH DEPENDS ON 10 CORE ASPECTS — ALL MEASURABLE THROUGH OUR CAPTURE ID SYSTEM:

## Texture

Texture reveals how smooth or uneven your skin's surface truly is. By measuring fine bumps or roughness, we can pinpoint where your skin needs gentle exfoliation or barrier repair for a soft, radiant finish.

## Wrinkles

Our scan detects fine lines and deeper wrinkles to assess collagen strength and elasticity. This helps us design treatments that boost your skin's natural firmness and slow visible aging.

## UV Moisture

UV Moisture mapping shows how well your skin retains hydration beneath the surface. Balanced moisture is key to plump, glowing skin that looks healthy all day long.

## UV Porphyrin

Porphyrins indicate bacteria and congestion within pores. By identifying these hidden areas, we can target breakout-prone zones before blemishes appear.

## Brown Areas

This scan highlights sun spots and uneven pigmentation that dull your overall tone. Understanding where discoloration forms allows us to even and brighten your complexion safely.

## Pores

We analyze pore size and activity to understand oil production and skin balance. This insight helps refine texture and reduce the appearance of enlarged pores over time.

## Spots

Spots represent visible imperfections such as blemishes, freckles, or residual acne marks. Tracking them precisely helps us fade discoloration and restore a smoother canvas.

## UV Pigmentation

This scan detects pigment beneath the surface—often invisible to the naked eye. Treating these early prevents future dark spots and promotes balanced, even skin tone.

## UV Damage

UV Damage reveals the long-term effects of sun exposure hiding below your skin. Knowing your level of UV stress allows us to repair damage and protect your skin's future health.

## Sensitivity

This reading shows how reactive your skin barrier is to external stressors. By understanding your sensitivity level, we can strengthen your skin's resilience and reduce redness or irritation.

Your FREE Skin Discovery Day uses this data to reveal what your skin truly needs.





# IT'S NOT JUST ABOUT PRODUCTS — IT'S ABOUT WHAT'S HAPPENING BENEATH THE SURFACE.

## Concern

**Acne**

**Premature  
Aging**

**Dull Skin**

**Redness &  
Sensitivity**

**Uneven Tone**

## Root Cause

Hormones,  
inflammation, gut  
imbalance

Collagen breakdown,  
sun damage,  
dehydration

Poor circulation,  
dehydration, buildup

Barrier damage,  
inflammation, stress

Poor circulation,  
dehydration, buildup

## Functional Solution

Hormone balancing,  
anti-inflammatory  
skincare, gentle  
exfoliation

Microneedling, PRP,  
antioxidant-rich  
products

HydraFacial, exfoliating  
peels, hydration  
boosters

ZO Skin Health recovery  
systems, stimulator  
peels

HydraFacial, exfoliating  
peels, hydration  
boosters





# Our Proven 3-Step Plan to Lasting Radiance

1

Discover → Free Skin Discovery  
Day using Capture ID technology

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2

Design → Personalized plan using  
data, science, and lifestyle  
insights

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3

Transform → Targeted  
treatments + curated home care  
for sustainable glow

# Daily Habits for Healthy, Glowing Skin



## Morning

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Cleanse with a gentle medical-grade cleanser

Apply antioxidant serum (Vitamin C)

Use moisturizer + SPF

## Evening

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Double cleanse

Apply retinol or growth factor serum

Lock in moisture with restorative cream

# OUR FAVORITE FUNCTIONAL BEAUTY TREATMENTS



## SCIENCE MEETS GLOW

**PRP Microneedling:** Boosts collagen naturally using your own plasma

**HydraFacial:** Instant glow with deep cleansing + hydration.

**VI Chemical Peel:** Removes dull, damaged layers to reveal smoother, younger skin

**Laser Rejuvenation:** Targets pigmentation, redness, and texture with zero downtime

**ZO Skin Health:** Medical-grade skincare designed to correct and maintain results



Targeted, science-backed, and glow-guaranteed — these are our favorite ways to help your skin shine.



# STOP GUESSING. START GLOWING.

Discover what's happening beneath your skin  
with our Capture ID analysis.  
You'll receive:



**CAPTURE ID SCAN:**  
See your skin on a deeper level.



**YOUR TRUE SKIN AGE SCORE**  
Discover what your skin is really saying



**PERSONALIZED FUNCTIONAL BEAUTY PLAN**

A customized roadmap to your healthiest glow.



**\$25 CREDIT ON FIRST TREATMENT**

Your gift to begin your glow journey