



Phase 1 360° Plan

Your clear-skin blueprint: root-cause discovery



Your next steps:

- ✓ Read through your plan carefully
- ✓ Inform us of any discrepancies or mistakes within 24 hours
- ✓ Ensure your first free check in has been scheduled – see you then!
- ✓ If you require extra support and guidance, WhatsApp us on +447734425275

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Part 1

Client details for record-keeping purposes only

Your details:

Name	Tammy Cooper
D.O.B	
Address	
Registered GP	
Contact number	

Medical Suitability:

Allergies	N/A
Medical conditions	PCOS (12 years), mild asthma. Previously had gluten intolerance test, negative.
Prescription medication	- Doxycycline, due to end in 4 weeks. - 20% Skinoren (few times a week).
Supplements	Nutrition Geeks D3, daily 4000iU Nutrition Geeks Iron, 1x a week 14mg (borderline deficient) H&B Magnesium/Zinc, 3x a week H&B vitamin A 3300IU, haven't taken since January FreeSoul greens powder, 4x a week for bloating
Procedures in last 12 months	N/A
Relevant tests and findings	Essential and Metabolic Fatty Acids Bloodspot and OAT readings enclosed.

Skin Analytics:

Sensitivity (external inflammation)	Mid-range sensitivity, 62%
Skin barrier integrity	Redness present in the midline, areas correlating with papule tendency. Impaired, high TEWL. Humectant products are to be incorporated and azelaic acid to be limited during reparation.
Sebaceous levels	Approx. 60%. Sebaceous glands most active on forehead and cheeks. L has higher oil levels than R.
Water retention	Low. Skin is also exhibits fine flaking (dehydration)
Scar tissue/pigmentation	Minimal, skin cell turnover is great.
UV damage	Minimal (25%)
Congestion/blackheads	Minimal (20-30%) , however, heightened likelihood of keratin plugs.
Secondary concerns	N/A
Overall skin type	All symptoms show signs of PPR.

	(fine and dry). Doxycycline has kept flare up at bay, however, patch size is still consistent. Upper cheeks (also experienced on the upper hand, non-reoccurring), experience itchy red bumps, no whitehead. Clustered. Scab off, currently using hydrocortisone to relieve.
Skin goals (next 4 weeks)	- Consistency with skin health - Hydration - Diet, routine.
Skin goals (long term)	- Clear skin, stability. - Solid routine, no faff. - Confidence without makeup.
Confidence levels	Could be better.
Milestones	June, honeymoon.
Current skincare routine	Love current routine, easy to implement. AM: - Cera Ve hydrating cleanser - Cosrx snail mucin - LRP HyaluB5 - Skinoren - Cicaplast B5 Baume* unsure as it causes small spots. - Heliocare gel oil-free SPF50 PM: - Cera Ve hydrating cleanser, double cleanse - LRP HyaluB5 - Skinoren (sometimes) - Cicaplast B5 Baume Skin has stabilised with current routine, since January.
Previously tried	Previously tried: - Topical retinoids (tried adapalene and differin) - LRP retinol - Loreal retinol eye cream, irritated patches under the eye. - The Ordinary retinol, various. Retinoids in general made skin sore, caused burning. - Niacinamide, drying - Paulas Choice BHA 2%, stripping and drying. No purge. - The Ordinary, BHA/AHA peeling mask - Rohto Mentholatum - Hada Labo, unsure of results - Mixsoonmoisturiser, felt drying

Internal Health:

Menstrual cycles:

35 day cycle +/- 7 days. Period duration for 7 days.

First day, slight brown bleed. Full bleed following 2 days (red brown), day 4+ brown discharge.

Menses:

- No pain
- Mood swings
- Bloating, manageable.
- BSC type 4/5, twice a day. Colour is normal (relative to non-bleed). Sinks. Full bowel movement.
- Skin calms down from luteal phase.

Luteal:

- Mood swings
- Flare up of the skin (as described in last bullet point of skin concerns).
- Lower back and thigh muscle pain.
- More bloating.
- Bruising, more noticeable in the last two years. Mostly on the legs. No water retention or oedema.
- Fatigued.

Ovulation:

- Currently follicular phase, transitioning to ovulation. Cheek flare up 5 days ago. Also experienced dryness/blemishes on the chin. Was using Skinoren 2x daily week before.
- No night sweats or sudden changes in body temperature.

Stool patterns/gut integrity. To be monitored further.

Throughout the month, sometimes stool itself is broken. BSC type 6, full bowel movement but stronger odour. Floats. Lighter in colour. Noticeable weight loss (began noticing stool changes in Summer). In December, further investigations into blood in stool for 3 consecutive days.

Normal BSC type 4, twice a day in the AM. Log stool patterns with menstrual cycle.

Sleep patterns

Normal.

Goal Setting and History:

Skin concerns

Age 14:

- Suffered with severe acne. Prescribed BP > Duac (long term, 1 year). Very raw, red, inflamed papules. Localised to the T-zone.

Age 16:

- Papules continued. Lymecyline course for 3-6 months. PCOS investigations began.

Age 17:

- PCOS official diagnosis.

Age 18:

- OCP, Dianette for 4/5 years to manage PCOS better. Did aid in skin healing. Used adapalene, differin, Epiduo (temporarily, short term). Skin didn't flare up in this period.

Age 23 (lockdown):

- Final year of university, stress triggered skin inflammation. Experienced anxiety and mild depression.
- Cystic acne, localised to the cheeks. Slightly on the chin and forehead. Under the skin bumps. Slow cell turnover, lead to longer healing time. Lasted for 3+ weeks. Some remained blind, painful.
- Prescribed first round of Accutane, 9 months. Was taking OCP synergistically.

Age 24:

- Relapse of same acne (lockdown) 12 months later.
- Second course of Accutane for 6 months (5 years ago).
- Was given Skinoren (20%), and used since.
- Periods came every 2 months, but more regulated than age 17.

Age 29, January:

- Spontaneous flare up, which then progressively worsened.
- Doxycycline has kept flare-up at bay, but area size remains consistent.
- Experiences **persistent papules** on the upper midface and nasolabial folds (R). Adjacent to the nose. Lifecycle of 4 days. Sometimes experiences blemishes on the forehead (L, perimeter) and the centre. These are typically larger in size, blind.
- Recurring location.
- Experience keratin plugs on the R cheek, majority of them are extracted. Takes a week to heal.

Investigate rosacea, papules are in tender areas. Symptoms align with **PPR**. Correlates with **luteal phase**. Skin can be **flaky**



Part 2

Your personalised plan

Optimised Skin Routine: Phase 1, intensive barrier repair.
You do not need to wait for each skincare step to dry before applying the next, unless specified. Your products will absorb better!

AM	- Gently cleanse with lukewarm water. do not rub the skin. - SPF 50+ cream 1pennyful full, pat into on damp skin. - Care the moisturising lotion. 50p coin amount is enough for the face and neck. - SPF 50+ cream 1pennyful for the face and neck. This formula is so soothing, it will lock in all those water holding properties without congesting your skin and allow for makeup to glide on seamlessly. - Kiehl's avocado eye cream, as normal.
PM	- SPF 50+ cream with retinol 1pennyful single cleanse if not wearing makeup, double cleanse if wearing makeup. - LBP 1000000 50 spray, on damp skin. Gently pat in on 8 motion. - Care the moisturising lotion. 50p coin amount is enough for the face and neck. - Skinoren: apply once Care the has completely absorbed into the skin (10 minutes later). Use half a pea sized amount and pat into problem areas. Do not use on consecutive days! -

Additional information

Try to keep Skinoren to an absolute minimum for at least 1 week. If you must apply it, I have provided instructions in red. At next check-in, we will review the addition of a very mild exfoliant to remove keratin plugs.

How to cleanse: Wet your skin using lukewarm before using cleanser. Apply a 10p coin amount to the face. Using circular motions, create a lather and cleanse for 30-60 seconds. Be careful not to over-cleanse near the tops of cheeks and nasolabial folds (rinse and repeat if wearing makeup).

Nutritional guidance:

TIME OF DAY	Dietary guidance
Breakfast	Drinks: - Orange, turmeric, cayenne pepper, ginger health shot + 1x iron capsule, Monday and Thursday only. - Green smoothie (half teaspoon Freefood greens powder + replace morning with half scoop L-glutamine). OR - Indian masala tea (white milk-free sugar) ----- Food: - 2 boiled eggs and an avocado - Avocado, tomatoes, almonds, nuts - Chia seed porridge with chia, quinoa, nuts, banana After breakfast, with water: - Vitamin D3, 1 capsule, Monday and Thursday only. - Calcium D-glutarate, 1 tablet
Lunch	Salad (quinoa, pears) Sandwiches (wholemeal) Veg, bulgar wheat, chicken Chicken and egg Fruit, apple or blueberries/nuts
Snack(s)	Black Sesame Seed and water drink, any flavoured.
Dinner	Chapati/curry, or salmon/chicken/veg/potatoes. After dinner, with water: - 1x magnesium capsule - 1x zinc tablet with a glass of water - 1x magnesium

Supplement guidance: All supplements to be taken daily, unless specified otherwise in red.

General health:

- **Omega-3 fatty acids** 2g daily (EPA/DHA) (in red)
- **Vitamin D3** 5000 IU daily (in red)
- **Magnesium glycinate** 400mg daily

Hormone support:

These help regulate testosterone levels, reduce excess oestrogen metabolites through the gut (especially helpful in PCOS-related acne), and support healthy insulin function — all of which play a key role in calming inflammation and breakouts from within.

- **Cholesterol** 1g daily (in red)
- **Omega-3 fatty acids** 2g daily (EPA/DHA) (in red)
- **Vitamin D3** 5000 IU daily (in red)

Note: please ensure cholesterol is taken with food to aid absorption and to aid compliance if possible.

Gastrointestinal support: this will be further reviewed later to address bloating and broken stools, after stool patterns have been logged in accordance with menstrual cycle. This helps strengthen the gut lining and reduce inflammation, supporting both digestive health and skin clarity.

To support upper/lower GI tract and assist in the viability of specific probiotic strains from kefir.

- **Lactobacillus** 100 billion CFU daily (in red)

Notes: All supplements should be taken with food, unless otherwise specified.
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derm360° Disclaimers

All recommendations made by derm360°® are based on publicly available research, client-reported symptoms, and are intended to support general skin wellness. These suggestions are not intended to diagnose, treat, cure, or prevent any medical condition. Any mention of nutritional or botanical supplements, including hormone supporting supplements, are for general purposes only. These should not replace medical advice from your registered doctor.

Clients with existing health conditions or who are taking medication should seek medical clearance from their GP or licensed medical practitioner before using any supplements or making changes to their routine. Clients are responsible for their own health decisions and for disclosing all relevant health information during consultations.

derm360° Policy

By beginning your 360° skin plan with derm360°™, you have agreed with the following terms and conditions. If there is a breach of contract, you understand that your plan will be terminated, and all future appointments will be cancelled.

- All information shared is based on publicly available evidence and is provided in good faith. The client accepts full responsibility for their health decisions and is encouraged to speak with a qualified professional before implementing any new wellness practices discussed.
- Supplements are not a replacement or substitute for a balanced diet.
- This plan is not a diagnostic tool, all suggestions are made based off symptoms experienced. If in doubt, always consult your registered doctor.
- The information provided during consultations, or in any written materials is for general educational purposes only and is not intended to diagnose, treat, cure, or prevent any medical condition. Any suggestions regarding nutrition or supplements are intended to support overall wellness and skincare in a general context.
- Any new skincare products must be patch tested behind the ear for 24 hours prior to use, to eliminate chances of ingredient intolerance.
- You understand that a change in routine may cause a temporary reaction. You will follow your skin routine as regimented in this action plan, to receive full benefits with minimal side effects.
- You understand that incorrect use may result in adverse reactions, and due to the variable nature of skin, your results may vary.
- Photos are taken for insurance and progress-tracking purposes. Should you wish for your images to be deleted from our files once your treatment plan comes to an end, please let us know. Images may be used for marketing purposes, should you wish to opt out, please let us know in written communication.

- You acknowledge that it is your responsibility to contact derm360^o™ in the unlikely event that your action plan does not progress as expected. You are required to book a chargeable check-in appointment under these circumstances.
- Failure to comply with the action plan as regimented may result in your plan being terminated.
- By providing us information, you have agreed to be as truthful and accurate as possible and have not withheld information that may be relevant to your consultation. This includes all health conditions, medications, allergies, and intolerances. derm360^o cannot be held responsible for any reactions resulting from undisclosed information.
- It is your responsibility to inform derm360^o™ of any changes to your medical record.
- You understand that derm360^o™ reserves the right to refuse services on the basis of untoward behaviour.
- Our 1:1 WhatsApp support is available for quick questions and general support. For more in-depth concerns or, if you'd like to make amendments to your action plan, please book a check-in appointment.
- The free check-in period is 4 to 6 weeks after your initial consultation. Your first check in after this period is chargeable at the standard rate.
- Any skin treatments or services not provided by derm360^o during your plan, are not covered by our insurance and may interfere with your treatment plan. We are not responsible for any negative reactions resulting from these services and reserve the right to terminate your plan under these circumstances.

Working Hours

Your skin consultant can be contacted via WhatsApp (+447734425275) at any point after receiving your action plan for 1:1 support, should you have any other questions or queries. Our WhatsApp support is available for quick questions and general support. For more in-depth concerns or, if you'd like to make amendments to your action plan, please book a check-in appointment.

Tuesday to Friday 10am to 6pm

Saturday 10am to 2pm

Sunday and Monday – CLOSED

Please allow two working days for a response.

By making a booking with derm360^o, you have read and agreed to all terms of service. Full policy: www.derm360.co.uk/policy

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