




Your Skin Is Talking. Are You Listening?

Acne isn't just a surface issue. It's your body's way of flagging something deeper – hormonal, metabolic, or inflammatory. At Lumiya Health, we actually listen.

UNDERSTANDING ACNE

Not All Breakouts Are Created Equal

Acne wears many faces. Knowing yours is the first step toward real, lasting change – not just a temporary fix.

 <p>Comedonal Blackheads & whiteheads</p>	 <p>Inflammatory Papules & pustules</p>
 <p>Hormonal Cycle-linked breakouts</p>	 <p>Cystic / Nodular Deep, painful lesions</p>
 <p>Adult-Onset Not just for teenagers</p>	 <p>Medical / Endocrine e.g. PCOS-related acne</p>

THE ROOT CAUSES

Why Is Your Skin Breaking Out?

Acne is rarely caused by a single factor. Your breakouts may be connected to multiple triggers working together – which is exactly why guesswork never works.

- 1 **Hormonal fluctuations & imbalances** 
- 2 **Insulin resistance & metabolic dysfunction** 
- 3 **Stress & cortisol dysregulation** 
- 4 **Diet, lifestyle & skincare habits** 
- 5 **Underlying conditions (e.g. PCOS) & genetics** 

OUR APPROACH

Beyond Trial & Error

Every consultation at Lumiya Health starts with listening – your history, your hormones, your life. We build a clinical picture before we build a plan.



Your consultation includes:

- ✓ Full dermatological & medical history
- ✓ Hormonal & metabolic assessment
- ✓ Skincare routine review
- ✓ Nutrition & lifestyle discussion
- ✓ Virtual or in-person options



HOW WE TREAT ACNE

Four Pillars of Your Plan

 <p>Medical & Prescription Topical therapies, oral medications, and tailored maintenance plans – clinically indicated for your skin.</p>	 <p>Hormonal Assessment We explore PCOS, cycle-related acne, and hormonal contraceptives as part of a complete picture.</p>
 <p>Procedural Options Microneedling, PRP/PRF, carboxytherapy – supportive treatments selected for your skin type.</p>	 <p>Lifestyle Optimisation Skincare routines, diet, sleep, and stress – because your skin reflects your whole life.</p>

BEYOND ACTIVE ACNE

Scarring & Post-Inflammatory Changes

Persistent marks and pigmentation deserve a staged, conservative strategy – collagen-stimulating treatments, skin regeneration, and referral to allied services where needed. We protect your skin's integrity first.

IMPORTANT TO KNOW

- ✓ Results vary – underlying causes matter
- ✓ No single treatment works for everyone
- ✓ Ongoing follow-up is often required
- ✓ This is medical care, not cosmetic shortcuts
- ✓ Some treatments need in-person review
- ✓ We'll always explain your options clearly

SETTING EXPECTATIONS

Real Results Take Real Time

Acne care is a journey, not a shortcut. Here's what you can honestly expect when you work with us – because transparency is part of the treatment.

- 1 **Improvement is gradual – not overnight.**
- 2 **Combination therapy outperforms single treatments.**
- 3 **Maintenance plans keep results lasting.**
- 4 **Shared decision-making is at the heart of every plan.**

Your Skin Deserves a Medical Opinion.

Stop guessing. Start understanding. Book a comprehensive acne consultation with Lumiya Health – and let's find out what your skin is really trying to say.

[BOOK AN ACNE CONSULTATION](#)