

The Reset Sessions 2025

Skin Reset Lab's Monthly Masterclass Series

One transformative topic. Once a month. Always science-backed, always skin-smart.

Each 60-minute session includes:

- Expert-led teachings
- Visual resources + handouts
- Live Q&A
- Exclusive in-clinic offers

April – Regenerative Aesthetics & Functional Skin Health

Healing from the inside out

- How functional medicine changes the way we treat skin
- The future of regenerative aesthetics: PRP, exosomes, NMNH, peptides, and more
- The skin-gut-stress axis and what it means for protocols
- How Skin Reset Lab is leading the regenerative movement

(Includes treatment spotlight: PLZM Pro + Functional Coaching)

May – The Skin Barrier Blueprint

Strengthening from the inside out

- Anatomy of a healthy barrier
- Common disruptors and how to fix them
- Clinical barrier repair treatments + layering protocols

June – Summer-Proof Your Skin

Sun, sweat & SPF strategy

- Sunscreen truths
- Pigmentation + post-sun repair
- Acne-proofing your skin in the heat

July – Your Skin Type Is Lying to You

Skin conditions vs. skin types

- Understanding skin's constant shifts
- Routines that flex with your skin's needs
- Matching treatments to real-time conditions

August – The Gut-Skin Connection: Clear Skin Starts in the Belly

Microbiome & inflammation

- How gut imbalances trigger skin flares
- What to eat, take, and do to balance your belly
- In-clinic and at-home gut-skin support

September – Minimalist Skincare, Maximum Results

Skinimalism + intentional care

- Curating a results-driven capsule routine
- Avoiding ingredient overload
- The 3-product protocol + freeze-dried skincare feature

October – The Cortisol-Skin Connection

Stress, hormones, and inflammation

- How cortisol accelerates aging + breakouts
- Practices that reset your nervous system + skin barrier
- Calming protocols and adaptogenic skin support

November – Seasonal Skin Reset: Prepping for Winter

Immunity + hydration

- Why skin needs a cold-weather routine
- Rituals for barrier support + immune health
- Winter-ready treatment packages

December – Beauty Rituals for the Soul

Holistic glow-up for the holidays

- Self-care practices that show up on your skin
- Inner calm = outer radiance
- Featuring breathwork, gua sha, and reflective rituals