



Advanced Wellness Detox

## SKIN ANALYSIS

Flash & Bauer method

Last name / First name :

Date of birth :

Date of analysis :

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### 1. Skin texture and grain

- Observation: Fine grain, homogeneous skin with no visible keratosis or marked relief.
- Analysis: Good overall hydration is likely, reflecting adequate microcirculation and a functional cutaneous barrier. No desquamation or scaly areas.

### 2. Pigmentation

- Observation: Uniform complexion, no hyperpigmented spots, no visible lentigos or hypopigmentation at this stage.
- Analysis: Balanced liver and melanocyte function. Regular pigmentation suggests good melanin metabolism, and excludes overt cutaneous oxidative stress.

### 3. Microcirculation and apparent vascularization

- Observation: No prominent superficial venous or capillary networks, no visible varicosities or erythrosis.
- Analysis: Good vascular permeability and absence of active local inflammation. This also suggests the absence of hepatic overload or peripheral lymphatic stasis on the observed arm.

#### 4. Tissue appearance and tone

- Observation: Good tone of dermis and subcutaneous tissues. No marked skin folds or apparent flaccidity.
- Analysis: This is often correlated with good collagen and elastin status, potentially supported by an antioxidant-rich diet or regular physical activity.

#### 5. Skin appendages (hair, pilosity)

- Observation: Fine, even, homogeneous pilosity. No signs of localized alopecia or folliculitis.
- Analysis: This indicates a stable hormonal balance, with no local androgenic hypersecretion or obvious thyroid imbalance.



#### Additional functional assumptions

Observed area	Biological hypothesis	Possible indicator to be developed
Dorsal surface	Good circulation	No venous/hepatic stasis
Palmar surface	Tension souple	Muscle and tissue balance
Pigmentation	Uniform	Good liver and kidney metabolism
Pilosity	Homogenous	Balanced hormonal function

#### Personalised recommendations Preventive

Maintain daily hydration + consumption of omega-3 (camelina, perilla or fish oil)

Ensure a regular intake of vitamin C and sulphur-containing amino acids (glutathione, MSM, NAC) to preserve collagen  
Useful supplements (if relevant)

- E.Excel ST : for peripheral nerve regulation and skin vitality
- Photobiomodulation (635 nm red light): to boost dermal density
- Kaqun footbaths: to activate cellular detoxification through the skin

In conclusion: [REDACTED] skin has the characteristics of healthy, vitalized, well-oxygenated skin with a good capacity for regeneration.