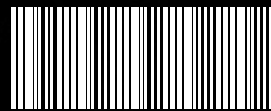


# well.

## 12 week **wellness** programme

Issue 1 | 2025



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# WELCOME

SO, you're considering taking back control of your health?

**well...** you're in the right place (*pun intended*).

My **12 week programme** is designed to **educate** and **empower** you with the tools you need to take back control of your health.

We will work closely together to **identify the underlying cause of your symptoms**- whether that's **hormonal imbalances, nutrient deficiencies, nervous system dysregulation...**

We achieve this through an **in- depth consultation, functional bloodwork, symptom analysis** and by implementing **bespoke protocols** which integrate **diet, lifestyle, supplements** and **skincare** to support your journey.

You will have **my full support** along the way with **weekly check- ins** and **four- weekly video calls**.

**Have you exhausted the conventional methods?**

**Do you have heavy, painful or irregular periods?**

**Are you struggling with acne?**

**Do you want to learn about your body?**

**Have you tried everything?**

**Are you ready to take back control of your health?**

If you answered '**yes**' to any of these questions, then **well.** is for you...

*Melanie x*

**WHAT IS WELL?**

**well.** is a **12 week wellness programme** where we will work closely together to identify the underlying cause of your symptoms using a **functional approach**.

My programme has been designed to provide you with **priceless education** on ways to **heal your body and skin**, combining **science** and **holistic wellbeing**. You can finally understand what your **skin, body** and **mind** need to thrive!

**Phase One** is a **two hour video consultation** where we will deep dive into your **history, diet, lifestyle, current skincare routine** and **daily habits**.

You will then receive your Phase 1 Protocols based on the subjective data I collect during our call. This will lay the foundations over the first four weeks of the programme.

**Phase Two** is what everyone looks forward to- my **functional blood analysis**. This provides us with objective data and allows me to conduct further investigation. You will receive your Phase 2 Protocols based on your results and we will arrange a **30 minute video call** to discuss in further detail.

**Phase Three** prepares you for offboarding from the programme, **ensuring you are confident** to continue your journey on your own.

Each step of the way I am here to **educate, empower** and **support** you with **weekly check- ins** and **four- weekly video calls**.

**well. isn't for everyone!**

You must be **motivated** to make changes and **trust the process**- you get back what you give!

**Check out some of my previous programme clients...**

**REAL RESULTS**



## My 'why.'

**well.** was born out of my own personal experience with acne. I was 29 and, ironically, I was just starting out in the skin industry when my acne developed. That was seven years ago. I knew I didn't want to go down the medication route so I made it my mission to get to the **root cause** of my acne. Through my personal and professional experience, I created **well.** to help others feel their best too!

## You can have your cake and eat it!

Or should I say, you can have acne and eat cake! I tried everything - including cutting out sugar and dairy from my diet. I now promote **food FREEDOM, not food FEAR.**

I designed my programme to be **bespoke** to each client and their circumstances. My aim is to help you establish achievable healthy habits for sustainable results.

Seriously, if I can do it you can too- I used to survive on cans of Coke!



**Clearing my acne was simply a byproduct of addressing underlying health issues** which I was able to identify with a comprehensive blood test and functional analysis. I **had 'normal' results on previous blood tests** but it wasn't until I studied functional blood analysis that I learned this **isn't optimal health!**

### **ROOT CAUSE:**

***thyroid dysfunction***

***nervous system dysregulation***

***inflammation***







## "I've tried everything."

Claire's acne began as a teenager. After **years of medications** including topical lotions, antibiotics, the contraceptive pill and even **Roaccutane**, she knew there was a reason her acne kept returning. As she waited for another round of Roaccutane, she began to do her own research. She **restricted her diet**, tried countless **skincare** products and even had **treatments** with another skin practitioner.

## Worth the money?

I was Claire's **last resort**. I'm not offended, I get that a lot. Understandably, she was initially hesitant to Onboard in the programme and **sceptical** about the process. She had invested a lot of time and money into her skin already.

Within **one week** of following her Protocols, she noticed **more energy**. Within **two weeks**, she noticed her **skin much calmer**. Within **four weeks**, she had signs of her **first period** in years.

*"I think the programme was absolutely worth every single penny! I have not felt this confident in my skin and body in a long long time and it's all thanks to Melanie!"*



**12 weeks** later, and not only had Claire's **acne cleared**, she also had the following '**non- skin wins**': got her period for the first time in years, more energy, clearer mindset, managing stress and weight loss.

### **ROOT CAUSE:**

***nutrient deficiencies***

***hormonal imbalances***

***nervous system dysregulation***

***poor liver detoxification***





## Antibiotics, again?!

Vanesa was prescribed **antibiotics** for a **whole year, without any improvement to her acne**. She had spent a small fortune on **skincare** and was having regular **treatments** with her skin practitioner.

She found me on social media and submitted an enquiry form in a **last ditch attempt to clear her acne**.

### "I wasn't sure..."

*"I've had acne for a long while now and it didn't want to budge, so prior to the programme, I wasn't sure if there would be a difference. This completely changed when I started and began to experience a difference."*

After her **functional blood analysis**, we were able to **identify the root cause** of her acne and implement changes to correct her nutrient deficiencies, help manage her stress and tend to her Circadian Rhythm.

She would never have known her causes without a **comprehensive blood test** and **functional analysis**!



After completing her **12 weeks**, Vanesa's **acne** was not only **under control** but her **sleep, energy levels** and **mood** improved significantly.

#### **ROOT CAUSE:**

**nutrient deficiencies**

**stage 3 stress**

**disruption to Circadian Rhythm**







## "I am healthy."

This is something I hear a lot, and Natasha was no different.

After **stopping the contraceptive pill** in January 2024, her skin erupted in June- despite **never having acne before**.

In her enquiry form she told me that she **ate well, exercised** and was **healthy**- her *functional blood analysis proved otherwise*.

## "Exceeded my Expectations."

*"The programme honestly has exceeded my expectations, I didn't expect to have such great support from Mel, whether it was emailing checking certain products were ok or just letting her know what sort of weekend I had, she really has been amazing!"*



As well as getting her **acne under control**, Natasha also had her **first positive ovulation test**, **manages stress well** and **no longer has symptoms of IBS**.

### **ROOT CAUSE:**

***nutrient deficiencies***

***hormonal imbalances***

***low stomach acid***

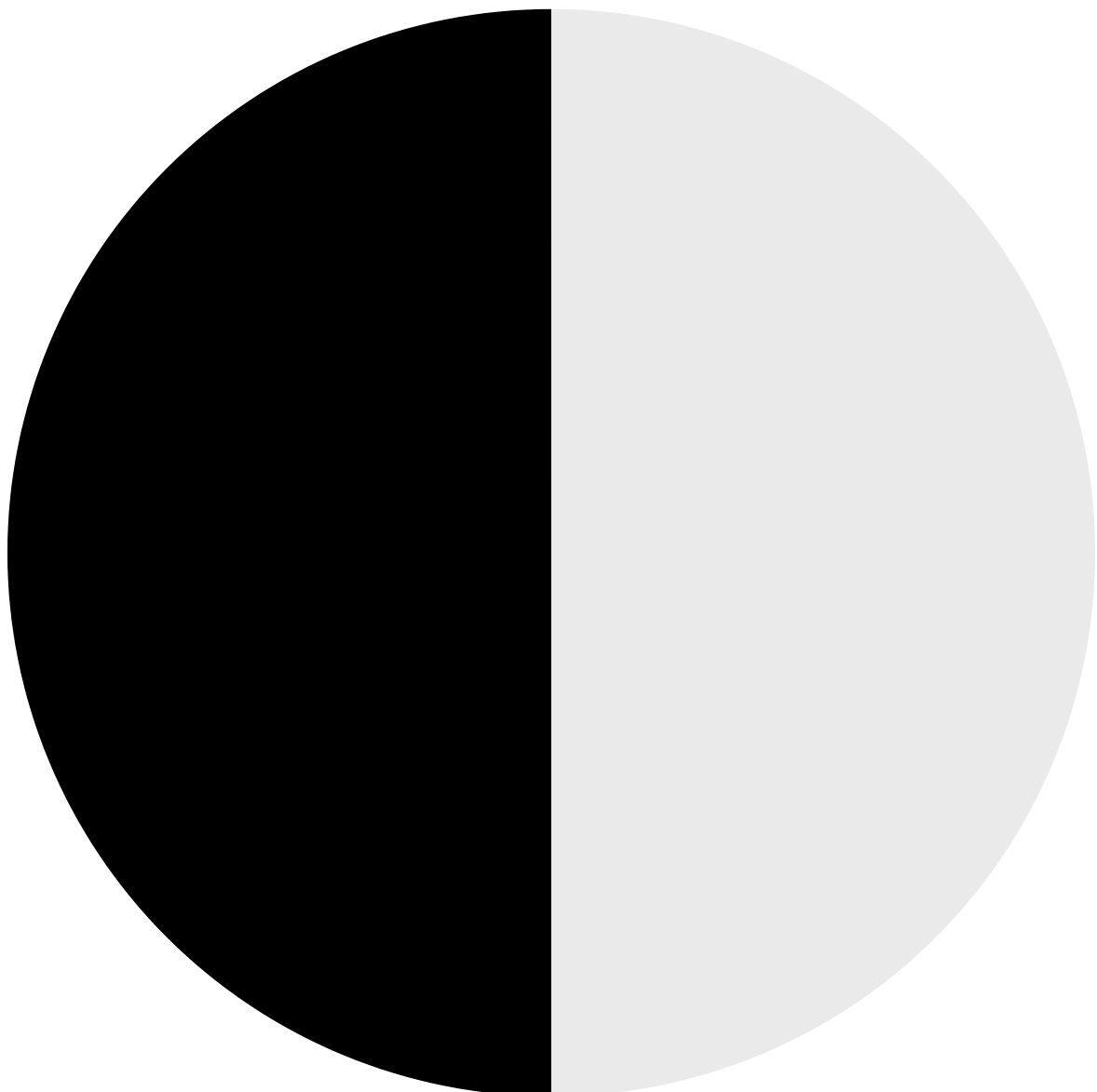
***nervous system dysregulation***

**FUNCTIONAL**  
**V**  
**CONVENTIONAL**

**Conventional** healthcare often focuses on **diagnosing** and **treating** chronic conditions and symptoms rather than preventing illness or addressing the root causes of health issues.

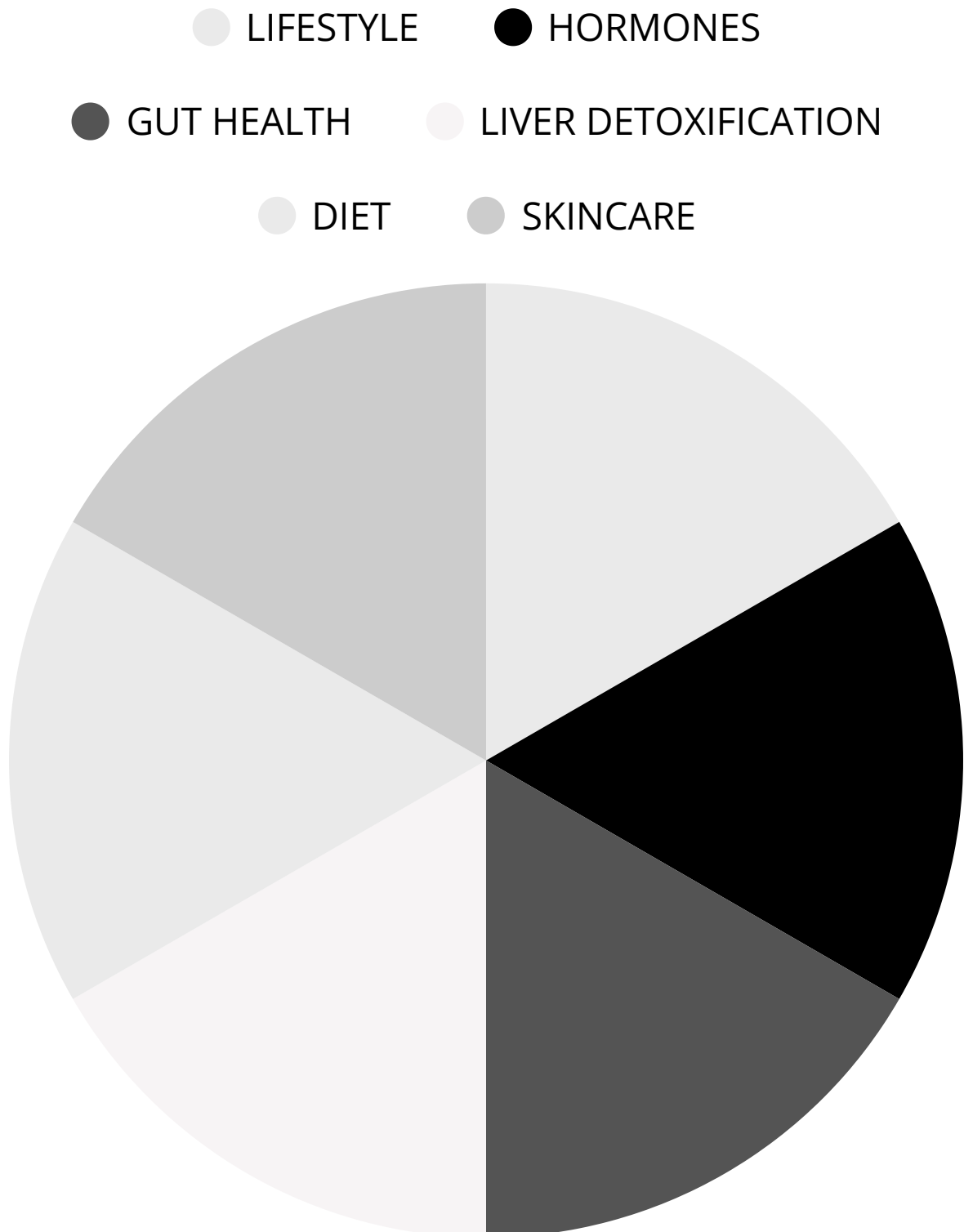
The conventional approach is what most people have exhausted in a bid to 'cure' their symptoms- **doctors, medications, contraception, topical lotions, antibiotics, restrictive diets**. Whilst these may **treat the symptoms** short term, they act as a 'band-aid' and **do not address the root cause - *they simply mask it.***

● MEDICATION      ● TREATMENT



**Functional** wellness focuses on **identifying** and **addressing** the **root causes** of health issues, rather than just managing symptoms. It aims to **restore balance, correct dysfunction, and optimise overall health** for **lasting wellness**.

Through **symptom analysis** and **functional blood analysis**, we are able to **identify the underlying root cause of your symptoms**,





**HOW IT WORKS**

<p><b>SUBMIT ENQUIRY</b></p>	<p><b>PLEASE NOTE :</b></p> <p>Not all submissions will be accepted onto the programme.</p> <p>Motivation and mindset are crucial!</p>
<p><b>ONBOARDING</b></p>	<p>Once we both feel you are the right fit for the programme, we will arrange your Onboarding call.</p> <p>This 2 hour video call deep dives into your history, allowing me to collect as much information as possible and provide symptom analysis.</p> <p>You will then receive Phase 1 Protocols.</p>
<p><b>BLOOD ANALYSIS</b></p>	<p>You will have a comprehensive blood test.</p> <p>Around week 4 of the programme, Phase 2 Protocols are implemented based on my functional blood analysis from the evidence gathered from your results.</p>
<p><b>CHECK- INS</b></p>	<p>You will receive weekly check- ins to complete which holds you accountable and allows me to offer you the correct level of support.</p> <p>We will arrange 4- weekly video calls to give you the opportunity to pick my brains!</p>
<p><b>OFFBOARDING</b></p>	<p>Upon completion of the 12 week programme, we will have our final 30 minute video call.</p> <p>This gives you the opportunity to ask any questions, discuss any concerns and provide some feedback.</p> <p>You will receive your Final Protocols.</p>

**COST**

1 2 W E E K  
P R O G R A M M E

W E E K L Y  
C H E C K - I N S

1 : 1  
S U P P O R T

F U N C T I O N A L  
B L O O D  
A N A L Y S I S

B E S P O K E  
P R O T O C O L S

S K I N C A R E  
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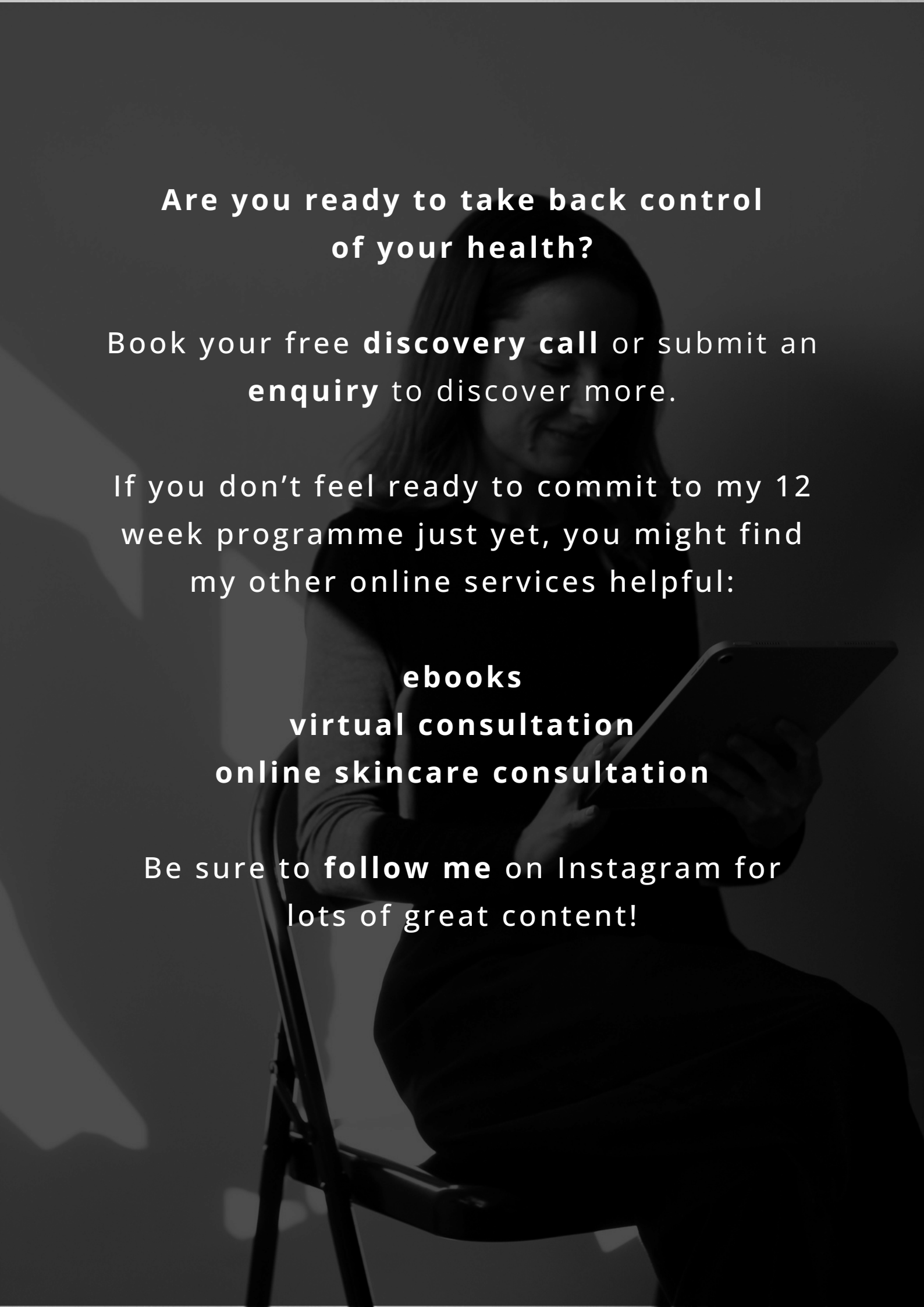
# **INVESTMENT:**

**£ 5 0 0**

**( £ 5 . 5 5 P E R D A Y )**

**pay in 3 is available to spread the cost  
(10% charge applies)**

**a full comprehensive blood test is required  
(£175 additional cost)**

A woman with long dark hair is sitting on a black folding chair, looking down at a tablet computer she is holding with both hands. She is wearing a dark, long-sleeved top. The background is a plain, light-colored wall. The entire image is overlaid with a semi-transparent dark grey filter, making the text stand out.

**Are you ready to take back control  
of your health?**

Book your free **discovery call** or submit an  
**enquiry** to discover more.

If you don't feel ready to commit to my 12  
week programme just yet, you might find  
my other online services helpful:

**ebooks**  
**virtual consultation**  
**online skincare consultation**

Be sure to **follow me** on Instagram for  
lots of great content!