



SKIN CARE PROGRAM

Great-looking skin, hair, and nails go beyond cosmetic importance. They are primary indicators of your health. Anything that goes off-track in your body, whether it is food, sleep, emotions, or bowel movements, can immediately reflect on your skin, hair, or nails. These could manifest as acne, rashes, dry skin, fastened aging, fine lines, pigmentation, hair fall, brittle nails, and so on. While there are products for every skin, hair, or nail woe, these never truly address the root cause.

You might have heard, ‘Skin, hair, or nail health is an inside-out approach.’ It is now time for you to experience it. Our Skin Care Program caters to anyone looking to improve the health of their skin, hair, and nails, as well as to those who need expert guidance to manage medical skin conditions and ailments. It is a special and unique program designed to look deeper into your lifestyle, food habits, and emotional wellness and bring out a healthy and glowing you.

The key benefits of the Skin Care Program

This program aims at giving personalized holistic support to individuals who want to improve their skin, hair, and nail health from the inside out.

- **Four-pronged approach:** Focus on the four pillars of lifestyle, which are balanced nutrition, adequate

exercise, quality sleep, and emotional well-being to bring out your inner beauty.

- **Personal attention by professionals:** Receive personalized care and guidance from experts and nutritionists who will assist you achieve your skin, hair, and beauty goals.
- **Natural remedies to manage skin, hair, and nail issues:** Learn effective home remedies and tips to manage dermatological issues and boost hair and nail health.
- **Skin care habits:** Learn and practice lifestyle changes like structured fasting and skin care rituals that can give you a more youthful look and feel.
- **Specially designed skin detox:** Use custom-made skin cleanses under the guidance of your nutritionist to aid in detoxification of the body and boosting skin repair.
- **Access to meditation experts:** Learn to meditate from experts to improve your emotional and mental well-being for younger and healthier-looking skin.

Price and Package options for the Skin Care Program

We offer two packages for the benefit of our clients. Both packages include all key benefits and features listed below. The assigned team and the variations listed here are the only differentiating factors.

Skin Care Program with Luke's Senior Team

Program Description:

- Our integrative team of senior nutritionists, clinical dietitians, and lifestyle coaches create a customized plan for you after studying your lifestyle, medical history, symptoms, and reports.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: balanced

nutrition, adequate exercise, quality sleep, and emotional well-being.

- Customized food plans are created taking into consideration your work timings, travel plans, availability of ingredients, allergies, and so on.
- Once your program ends, a one-time maintenance guideline document created by your nutritionist is shared with you.

Please note that this is an online program and is open to participation from anyone globally.

- Online chat support is available from Monday to Friday, 9 a.m. to 7 p.m. IST.
- Different time zones other than Indian Standard Time will be handled accordingly.
- The assigned team's responses will be based on their appointments, hospital rounds, calls, and meetings. They will respond at the earliest.
- The team is off on weekends and public holidays. In case of an emergency, feel free to contact us.

Package Variations:

- One video call is scheduled between you and the nutritionist assigned to you at the start of the program, followed by weekly follow-up voice calls.
- One video call is scheduled with you and Nida Kazi (Head of the Skin Care Vertical) during the program.
- Two one-on-one video calls with a yoga expert are scheduled for 30 minutes each during the program.
- One call is scheduled with a dermatologist who will help you with a proper diagnosis and suggest the right treatment protocol.
- You are added to an online chat group created to guide and coach you during the program. This group consists of your senior nutritionist, dietitian, or lifestyle coach, and a quality control team.

Total Program Cost:

3 months: ₹120000
6 months: ₹216000
12 months: ₹384000

USD rates apply to anyone residing out of India.

3 months: \$1550
6 months: \$2800
12 months: \$4950

Skin Care Program with Luke's Team

Program Description:

- Our integrative team of nutritionists, clinical dietitians, and lifestyle coaches create a customized plan for you after studying your lifestyle, medical history, symptoms, and reports.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: balanced nutrition, adequate exercise, quality sleep, and emotional well-being.
- Customized food plans are created taking into consideration your work timings, travel plans, availability of ingredients, allergies, and so on.
- Once your program ends, a one-time maintenance guideline document created by your nutritionist is shared with you.

Please note that this is an online program and is open to participation from anyone globally.

- Online chat support is available from Monday to Friday, 9 a.m. to 7 p.m.
- Different time zones other than Indian Standard Time will be handled accordingly.

- The assigned team's responses will be based on their appointments, hospital rounds, calls, and meetings. They will respond at the earliest.
- The team is off on weekends and public holidays. In case of an emergency, feel free to contact us.

Package Variations:

- One video call is scheduled at the start of the program between you and the nutritionist assigned to you followed by bi-weekly follow-up voice calls.
- One video call is scheduled with you and Nida Kazi (Head of the Skin Care Vertical) during the program.
- A one-on-one video call with a yoga expert is scheduled for 30 minutes during the program.
- One call is scheduled with the dermatologist who helps with a proper diagnosis and suggests the right treatment protocol.
- You are added to an online chat group created to guide and coach you during the program. This group consists of your nutritionist, dietitian, or lifestyle coach, and a quality control team.

Total Program Cost

3 months: ₹75000
6 months: ₹135000
12 months: ₹240000

USD rates apply to anyone residing out of India.

3 months: \$950
6 months: \$1700
12 months: \$3000

