



SKIN CARE CONSULTATION FOLLOW UP

© 2002 L. Saphonia Gee



Name: _____ Date: _____

What recent changes have you noticed overall about your skin?

What changes have you seen in your skin attributable to your last treatment?

Is there a particular area in which you want to see improvement?

Are you satisfied with the results?

Do you have any questions for your therapist or esthetician?

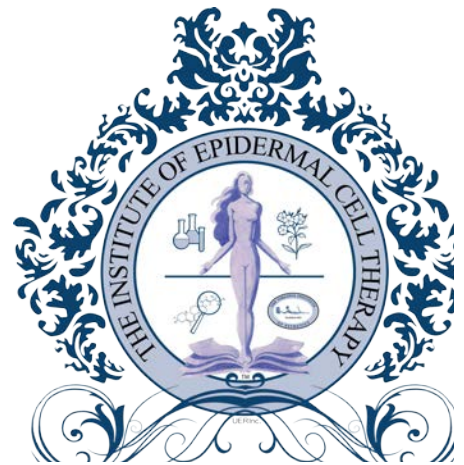
Do you have an upcoming special event or are you traveling within the next 6 weeks?

Has there been a change in your...

- | | | |
|--|--|--|
| ☐ Medication | ☐ Skin Care | ☐ Water Intake |
| ☐ Atrophy | ☐ Hypertrophic Scar | ☐ Keloid Scar |
| ☐ Capillary | ☐ Pruritis | ☐ Diet |
| ☐ Desquamation | ☐ Telangietasia | ☐ Post Surgical Complications |
| ☐ Acne | ☐ Pigmentation | OTHER: |
| ☐ Collagen Degeneration | ☐ Aging | ☐ _____ |

Initials: _____

Master Esthetics Protocol



Upper Layer of Epidermis



Overall conditioning



Lower layers of Epidermis

PATIENT'S FOLLOW UP QUESTIONS & ANSWERS



Questions for your Esthetician

Esthetician Answers -

Questions about Services

Esthetician Answers -

Questions about Product

Esthetician Answers -

Scheduling Questions

Esthetician Answers -

Esthetics Skillbook

FACIAL ASSESSMENT (WOMEN)

Date _____

Name _____

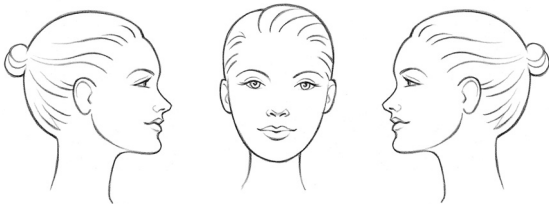
SKIN ANALYSIS 1 (Magnifying Lamp)

Skin Type Normal ☐ Dry ☐ Oily ☐ Combination ☐

Skin Texture Thin ☐ Medium ☐ Thick ☐

Moisture Level Lowest ☐ Low ☐ Medium ☐ High ☐ Highest ☐

Comfort Level Sensitive ☐ Hot ☐ Cold ☐



SKIN ANALYSIS 2 (Wood's Lamp)

Muscle Tone Good ☐ Fair ☐ Fallen ☐

Pigmentation Fitzpatrick I II III IV V VI

Rubin 1st 2nd 3rd

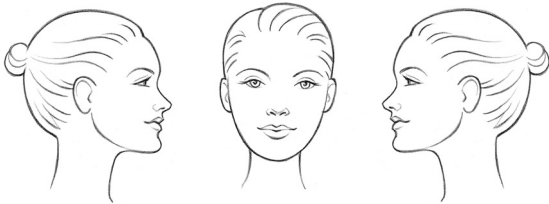
Hyperpigmentation ☐ Hypopigmentation ☐

Birthmarks ☐ Some Freckling ☐ Heavy Freckling ☐

Generalized Post Traumatic Dyschromis ☐ Albinism ☐

Melasma Grauiidarum ☐ Lichen Simplex Chronicus ☐

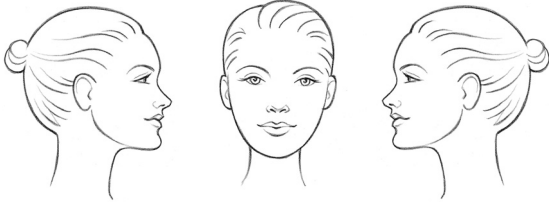
Vitiligo ☐ Hemochromatosis ☐ Lamellar Ichthyosis ☐



Lines Glogau I II III IV

Deep Wrinkles ☐ Superficial Lines ☐

Crow's Feet ☐ Expression Lines ☐



Overall Sensitivity Normal ☐ Hypersensitive ☐ Hyposensitive ☐

Nose Area Lowest ☐ Low ☐ Medium ☐ High ☐ Highest ☐

Cheek Area Lowest ☐ Low ☐ Medium ☐ High ☐ Highest ☐

Chin Area Lowest ☐ Low ☐ Medium ☐ High ☐ Highest ☐

Forehead Area Lowest ☐ Low ☐ Medium ☐ High ☐ Highest ☐

Entire face Lowest ☐ Low ☐ Medium ☐ High ☐ Highest ☐



Acne Grades: I II III Location

Degrees of Burn: 1st 2nd 3rd

Other Conditions Lesions ☐ Open lesions ☐ Inflamed Erupted Skin ☐

Psoriasis ☐ Dermatitis ☐ Herpes Simplex ☐ Shingles ☐

Skin Cancer ☐ Sunburn ☐ Ezema ☐ Edema ☐



Procedure/Date Botox __/__/__ ☐ Collagen Injection __/__/__ ☐ Permanent M/U __/__/__ ☐ Laser __/__/__ ☐

Lesions Wood's Lamp and/or Dermoscope

Macule ☐

Vesicle ☐

Wheal ☐

Crust ☐

Keloids ☐

Lichenification ☐

Patch ☐

Bulla ☐

Scale ☐

Moles ☐

Papule ☐

Pustule ☐

Erythema ☐

Excoriation ☐

Warts ☐

Nodule ☐

Plaque ☐

Fissure ☐

Haemangioma ☐

Hypertrophy Scars ☐

Tumor ☐

Cyst ☐

Milia ☐

Fibroma ☐

Spider Veins ☐

Telangiectasia ☐

Comedone:

Open ☐

Closed ☐

Other ☐

Other Disorders Dehydrated Skin ☐

Hyperkeratinization ☐

Couperous Skin ☐

Rosacea ☐

Erosion ☐

Atrophy ☐

Sun Damage ☐

Keratosis/Keratoses ☐

Sensitivities ☐

Asphyxiated ☐

Scar ☐

Melonoma ☐

Enlarged Pores ☐

Seborrhea ☐

Irritation ☐

Adult Acne ☐

Ulcer ☐

Other ☐



Esthetics Skillbook



Patient Name: _____ Follow Up Appointment: _____

MORNINGS (AM)

1. CLEANSER: *to remove product, dirt, oil, makeup.*

Dampen hands and apply product in upward and outward circular motion from the chin up. For men, upward and outward from the beard line above, downward and outward from the beard line below.

2. TONER: *to balance ph.*

3. MEDICATION: *to correct skin conditions within the epidermis.*

4. SERUM: *to stimulate within the deeper layers of the epidermis (stratum spinosum, stratum basale and mucosom).*

5. MOISTURIZER: *hydrates the upper layers of the epidermis (stratum corneum, stratum lucidum and stratum granulosum)*

Face _____

Eye _____

Lip _____

6. SUNBLOCK: *Apply 20 to 30 minutes before going outside.*

7. MAKEUP

How To Apply:

Liquid: spray

Pad: dab, wipe upward

Brush: upwards movement

Serum: palm, sandwich, dab

Cream: neck to forehead

Powder: towards hairgrowth

Manual Exfoliate: upward circular motion

Chemical Exfoliate: apply for one minute, then rinse.

Amounts:

Liquid: One drop

Cream: Pea size

Pump: 1 to 2 pumps

EVENINGS (PM)

1. CLEANSER: *to remove product, dirt, oil, makeup.*

Dampen hands and apply product in upward and outward circular motion from the chin up. For men, upward and outward from the beard line above, downward and outward from the beard line below.

2. TONER: *to balance ph.*

3. EXFOLIATE: *to retexturize the epidermis.*

4. MEDICATION: *to correct skin conditions within the epidermis.*

5. SERUM: *to stimulate within the deeper layers of the epidermis (stratum spinosum, stratum basale and mucosom).*

6. MOISTURIZER: *hydrates the upper layers of the epidermis (stratum corneum, stratum lucidum and stratum granulosum)*

Face _____

Eye _____

Lip _____

7. MASK: *specific treatment for the epidermis.*

8. TARGET AREA:

Esthetics Skillbook

RECOMMENDED NUTRITION PLAN

BEFORE BREAKFAST

MID-DAY SNACK

BREAKFAST

DINNER

LUNCH

AFTER DINNER
