SKIN FITNESS BY JULIE LINDH

Skin Care Consent Form

Name:_____

Email _____

Have you had facial surgery / laser / chemical or Herbal peel? [ ] Yes [ ] No
Describe:_____

How long ago?_____
Are you planning to have facial surgery / laser /chemical or Herbal peel? [ ] Yes [ ] No
When?_____ What type?_____

Are you pregnant, lactating or trying to get pregnant? [ ] Yes [ ] No
Do you smoke? [ ] Yes [ ] No
Do you develop cold sores/fever blisters? [ ] Yes [ ] No
When was your last outbreak?_____
Are you taking any medication at this time? [ ] Yes [ ] No
(Antibiotics may increase sensitivity) List:_____
Have you ever used Accutane? [ ] Yes [ ] No
When?_____

Are you currently using Retinoids (Retin-A, Renova, Differin,Tazorac, Avita)? [ ] Yes [ ] No
What strength?_____ For how long?_____

Any irritation or sensitivity? [ ] Yes [ ] No
_____

Are you in the habit of sun bathing or going to tanning booths? [ ] Yes [ ] No
What temperature water do you use when cleansing skin? [ ] Hot [ ] Cold
Do you have a tendency to have a red face, telangectasia/broken capillaries? [ ] Yes [ ] No
Do you experience irritation from shaving? [ ] Yes [ ] No
Do you get ingrown hairs? [ ] Yes [ ] No

Do you have allergies? Please list
_____

Describe your skin. Check all that apply.

[ ] normal	[ ] normal/dry	[ ] oily	[ ] t-zone/combination	
[ ] melasma	[ ] sun damaged	[ ] uneven (brown spots)		[ ] uneven (red spots)
[ ] loose (jowl)	[ ] loose (neck)	[ ] loose (eye areas)		[ ] lines/wrinkles
[ ] active acne	[ ] adolescent acne	[ ] acne scars	[ ] cystic acne	[ ] clogged pores
[ ] sallow	[ ] rosacea			

Which best describes your skin type?
[ ] Type 1 White Always burns, never tans
[ ] Type 2 White Usually burn, difficult to tan
[ ] Type 3 White Sometimes mild burn, average tan
[ ] Type 4 Brown Rarely burn, tan with ease
[ ] Type 5 Dark Brown Rarely burn, tan very easily

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[ ] Type 6 Black Very rarely burn, tan very easily

What are the skin care improvements you would like to see in your skin? Check all that apply.

[ ] help diminish fine lines/wrinkles
[ ] smooth skin texture
[ ] diminish excess flakiness
[ ] lighten discolored areas
[ ] minimize pore size
[ ] help clear up blackheads/whiteheads
[ ] lighten/soften acne scars
[ ] restore elasticity
[ ] hydrate skin
[ ] decrease oiliness
[ ] clear up breakouts

When was your last facial? What type of facial treatment did you receive?

List any concerns or questions you have that have not been listed:

Signature

Date