



ADVANCED
NUTRITION
PROGRAMME™

NOW GORGEOUS
INSIDE AND OUT

CLIENT CONSULTATION

PERSONAL DETAILS

Name	Date
Address	
Date of birth	
Phone number	
E-mail	

YOUR HOST SALON/CLINIC IS



Skin Clear Biome™
4 skin-friendly bacterial strains
Zinc
5 billion live cultures



Skin Omegas+
Omega-3 (premium, sustainable source)
Omega-6
Vitamin A



Skin Collagen Support
Vitamin C
Zinc
MSM
Grapeseed extract
Melon concentrate



Skin Vit A+
Vitamin A
Vitamin D



Skin Antioxidant
7 antioxidants
Botanicals
Selenium



Skin Vit C
Vitamin C
Zinc
Acerola berry



Skin Asta-Boost
Astaxanthin
Biotin



Skin CoQ10+
CoQ10
Pine bark extract

1: PLEASE ANSWER THE FOLLOWING HEALTH QUESTIONS

Are you prone to any of the following?

	Yes	No
Psoriasis.....	<input type="checkbox"/>	<input type="checkbox"/>
Eczema/Dermatitis.....	<input type="checkbox"/>	<input type="checkbox"/>
Rosacea.....	<input type="checkbox"/>	<input type="checkbox"/>
Keloid scarring.....	<input type="checkbox"/>	<input type="checkbox"/>
Herpes Simplex.....	<input type="checkbox"/>	<input type="checkbox"/>

If you are, where and how long?

.....

.....

Please indicate are you or do you have any of the following

These conditions are contraindicated to the Environ® DF Ionzyme® electrical treatments.

**These require doctors consent*

	Yes	No
Pregnant.....	<input type="checkbox"/>	<input type="checkbox"/>
Pacemaker.....	<input type="checkbox"/>	<input type="checkbox"/>
Porphyria.....	<input type="checkbox"/>	<input type="checkbox"/>
Diabetic*.....	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy*.....	<input type="checkbox"/>	<input type="checkbox"/>
Cardiac Irregularities*.....	<input type="checkbox"/>	<input type="checkbox"/>
Metal Plate/Pins.....	<input type="checkbox"/>	<input type="checkbox"/>
Radiotherapy*.....	<input type="checkbox"/>	<input type="checkbox"/>
Chemotherapy*.....	<input type="checkbox"/>	<input type="checkbox"/>
Moles or Sun Spots Removed*.....	<input type="checkbox"/>	<input type="checkbox"/>
History Thrombosis/Embolism*.....	<input type="checkbox"/>	<input type="checkbox"/>
Circulatory Disorders*.....	<input type="checkbox"/>	<input type="checkbox"/>
Multiple Sclerosis*.....	<input type="checkbox"/>	<input type="checkbox"/>
Any other medical conditions – please specify.....	<input type="checkbox"/>	<input type="checkbox"/>

Any known allergies– please specify.....

Sonophoresis Caution:

Hearing implants.....	<input type="checkbox"/>	<input type="checkbox"/>
Tinnitus.....	<input type="checkbox"/>	<input type="checkbox"/>

Have you been treated with any of the following?

	Yes	No
Hormone Replacement Therapy.....	<input type="checkbox"/>	<input type="checkbox"/>
Bioidentical Hormone Replacement Therapy.....	<input type="checkbox"/>	<input type="checkbox"/>
Contraceptive Pill.....	<input type="checkbox"/>	<input type="checkbox"/>
Topical Corticosteroids.....	<input type="checkbox"/>	<input type="checkbox"/>
Oral Corticosteroids.....	<input type="checkbox"/>	<input type="checkbox"/>
Topical Antibiotics.....	<input type="checkbox"/>	<input type="checkbox"/>
Oral Antibiotics.....	<input type="checkbox"/>	<input type="checkbox"/>
Topical Vitamin A (Retin A).....	<input type="checkbox"/>	<input type="checkbox"/>
Roaccutane.....	<input type="checkbox"/>	<input type="checkbox"/>
Acne Medication (e.g. Benzoyl Peroxide, Azelaic Acid, Alpha Hydroxy Acids).....	<input type="checkbox"/>	<input type="checkbox"/>
Blood Thinning Medication (e.g Warfarin).....	<input type="checkbox"/>	<input type="checkbox"/>

Any other medication – please specify

.....

.....

If you have answered yes, please indicate when and for how long

Please indicate if you are having or have had any of the following

	Yes	No
CST (Immediately after treatment).....	<input type="checkbox"/>	<input type="checkbox"/>
IPL (Immediately after treatment).....	<input type="checkbox"/>	<input type="checkbox"/>
Laser Treatments (Wait 2 weeks).....	<input type="checkbox"/>	<input type="checkbox"/>
Microdermabrasion (Immediately after treatment).....	<input type="checkbox"/>	<input type="checkbox"/>
Electrolysis (Wait 2-3 days).....	<input type="checkbox"/>	<input type="checkbox"/>
Facial Waxing.....	<input type="checkbox"/>	<input type="checkbox"/>
Botox (Wait 2 weeks).....	<input type="checkbox"/>	<input type="checkbox"/>
Fillers (Consult Practitioner).....	<input type="checkbox"/>	<input type="checkbox"/>

Other skincare treatments

If you have answered yes, please indicate when and where

.....

Thank you, your therapist will now take you through the next steps

WELCOME TO HEALTHY SKIN

2: ABOUT YOU

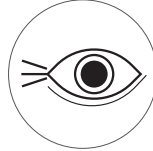
Your main concern is:



Lines and wrinkles



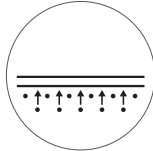
Dark spots



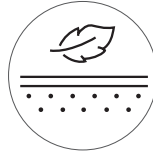
Eye area



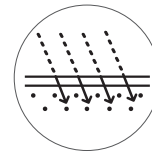
Dryness/dehydration



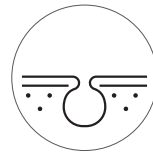
Firming/lifting



Redness/sensitivity



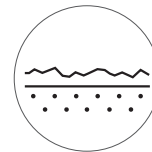
Sun damage



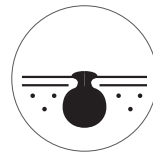
Visible pores



Lack of radiance



Scarring/texture



Oil control



Blemish prone

Your skin goals are:

3. YOU AND YOUR LIFESTYLE

How do your cheeks look and feel?

Dry <input type="checkbox"/>	Sensitive <input type="checkbox"/>	Comfortable <input type="checkbox"/>	Shiny <input type="checkbox"/>	Oily <input type="checkbox"/>
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How does your T Zone look and feel?

Dry <input type="checkbox"/>	Sensitive <input type="checkbox"/>	Comfortable <input type="checkbox"/>	Shiny <input type="checkbox"/>	Oily <input type="checkbox"/>
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How does your eye area look and feel?

Dark circles <input type="checkbox"/>	Lines/wrinkles <input type="checkbox"/>	Puffiness <input type="checkbox"/>	Firming/lifting <input type="checkbox"/>	Sensitive <input type="checkbox"/>
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Describe the environment that your skin lives in



Urban



Frequent Travel



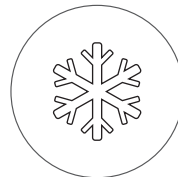
Suburban



Office




Outdoor Activities




Air Conditioning

Please take before and after photographs

YOU AND YOUR LIFESTYLE

 What kind of sun exposure do you get?

Very Low <small>(Incidental exposure from walking)</small>	Low	Moderate	High	Very High <small>(Extended Exposure from being outside)</small>
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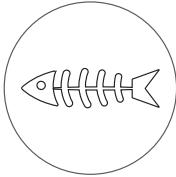
 On average how many hours of sleep do you get a night?

Less than 4hrs	5hrs	6hrs	7hrs	8hrs or more
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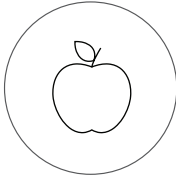
 How would you describe your stress levels?

Very Low	Low	Moderate	High	Very High
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Tell us about your diet & lifestyle



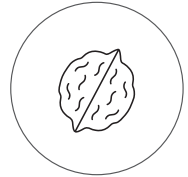
Oily Fish _____ per week



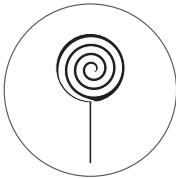
Fruit & Veg _____ per day



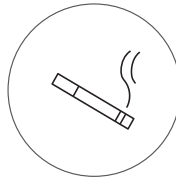
Water Intake _____ per day



Nuts & Seeds _____ per day



Refined Sugar _____ per day



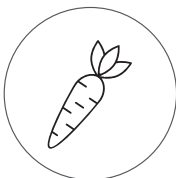
Smoker _____ per day



Tea &/or Coffee _____ per day



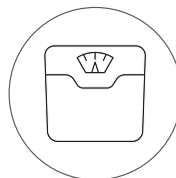
Alcohol _____ per week



Vegetarian _____



Vegan _____



Diet _____



Breast Feeding _____

YOU AND YOUR LIFESTYLE

 Tell me which vitamins and supplements you take? Do you take any for your skin?

Tell me more about your skin care and make-up routine



Eye Make-Up Remover

Pre-Cleanser

Cleansers & Toners



Exfoliators/Masks



Eyes



Serums



Moisturisers



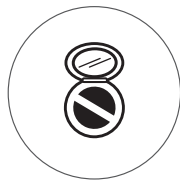
Sun Protection



Body



Treatments/Facials



Foundation



Eyes



Cheeks



Lips

4. YOUR TREATMENT PLAN

Your Personal Information

Except for where you have separately granted permission to store and process your before and after photographs and face scan data, we do not store or process your other personal and medical data as captured on this record card - please liaise with the salon direct to understand its arrangements for data security and compliance with data legislation.

TO THE BEST OF MY KNOWLEDGE THE MEDICAL INFORMATION IS RELEVANT AND FACTUALLY CORRECT.

Date	Signature
Date	Signature
Date	Signature
Date	Signature

Your treatment plan

Date	Treatment
Therapist Name	
Products recommended	
Suggestions for next visit	
AM <input type="checkbox"/>	PM <input type="checkbox"/>
Take with a meal, follow the recommended dose	



Notes

