



Client Consultation Form – Skincare and Eye Treatments

College Name:
College Number:
Student Name:
Student Number:
Date:

Client Name: Miss KL
Address:
Profession: Picture framer
Tel. No: Day
Eve

PERSONAL DETAILS

Age group: Under 20 20–30 30–40 40–50 50–60 60+

Lifestyle: Active Sedentary

Last visit to the doctor: 6 months ago

GP Address:

No. Of children (if applicable): 0

Date of last period (if applicable): 23/08

CONTRAINDICATIONS REQUIRING MEDICAL PERMISSION – in circumstances where medical permission cannot be obtained clients must give their informed consent in writing prior to treatment

(select if/where appropriate):

Medical oedema

Nervous/Psychotic conditions

Epilepsy

Recent facial operations affecting the area

Diabetes

Skin cancer

Slipped disc

Undiagnosed pain

When taking prescribed medication

Whiplash

No contraindications to treatment

CONTRAINDICATIONS THAT RESTRICT TREATMENT *(select if/where appropriate)*

Fever

Contagious or infectious diseases

Under the influence of recreational drugs or alcohol

Diarrhoea and vomiting

Any known allergies

Eczema

Undiagnosed lumps and bumps

Localised swelling

Inflammation

Cuts

Bruises

Abrasions

Scar tissues (2 years for major operation and 6 months for a small scar)

Sunburn

Hormonal implants

Conjunctivitis

Recent fractures (minimum 3 months)

Sinusitis

Neuralgia

Sunburn

Migraine/Headache

Hypersensitive skin

Botox/dermal fillers (1 week following treatment)

Hyper-keratosis

Skin allergies

Styes

Watery eyes

Trapped/pinched nerve affecting the treatment area

Inflamed nerve

Eye infection

No contraindications that restrict treatment

SKIN TEST *(select if/where appropriate):*

Moisture content: Excellent Good Fair Poor

Muscle tone: Excellent Good Fair Poor

Elasticity: Excellent Good Fair Poor

Sensitivity: High Medium Low

Skins healing ability: Excellent Good Fair Poor

Skin tone: Fair Medium Dark Olive

Circulation: Good Normal Poor

Pores: Fine Dilated Comedones Milia

Overall Skin Type: Oily

Treatment to include (select if/where appropriate):

Superficial Cleanse

Deep Cleanse

Pre-Heat treatment

Skin Analysis

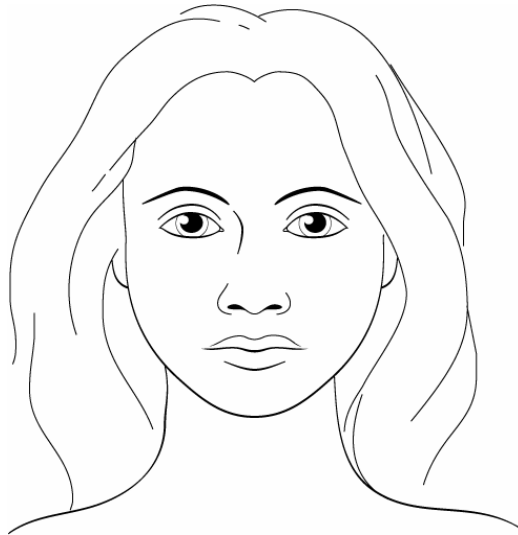
Lash Tinting

Brow Tinting

Eye Brow Tweezing

Massage

Mask



Client lifestyle/profile

Miss KL is 25 years old. She works full time as a picture framer for a gallery/framing shop. She enjoys her job, which she does not find too stressful. She is also a talented artist and has sold some of her sketches. She is exposed to dust in the atmosphere at work, cutting and fitting frames.

She has recently moved in with her boyfriend and enjoys socialising on a regular basis – she has a few late nights each weekend but generally gets 8 hours sleep a night. She does not smoke but does drink at weekends – 4 –5 units.

Since puberty she has suffered from a very oily skin, which has resulted at times in acne. She has a very blemished complexion with areas of papules and comedones. In her teens she suffered from anorexia and her skin was particularly bad at this time. After several years of counselling, she now has her eating habits under control and eats regular, normal meals. She is still slightly underweight for her height but prefers to stay this way. During her anorexic years she ceased menstruation but everything has now returned to normal. She takes the contraceptive pill.

Although she walks to and from work – approximately 1 ½ miles each way, she does no other form of exercise.

She has no real skincare routine and alternates between soap and water and cold cream to remove make up. She does moisturise – L'Oreal or Oil of Olay but she uses no sun protection on her face. She has used AHA products in the past with some success. She has also had salon treatments in the past but not on a regular basis.

Her seborrheic skin is now becoming a real issue for her, and she feels that she needs to prevent any further or ongoing problems.

She has no contraindications and has had a patch test during the last week for eyelash/brow tinting which was negative.

Treatment Details

The treatment plan to be undertaken - full facial treatment for seborrhic skin type to include eyelash tint and eyebrow shape, deep cleanse, massage and mask. The treatment plan will ease congestion, dry sebaceous secretions and soothe irritated skin.

I began by removing her eye and lip make up with specialised make up remover. I cleansed her face twice using purifying cleansing lotion and followed with a purifying toner. I blotted off the excess toner and then performed the skin analysis. After cleansing and assessing the client through the magnifying lamp I noted that she has open pores on the cheeks and blocked pores and comedones on the T-zone, particularly the nose and chin areas. There is some scarring from previous blemishes at the sides of the face and on the forehead. Elasticity, hydration levels, muscle tone and circulation are all good. She is not overly sensitive and apart from some papules, that are slightly pink, her skin is a medium tone. Her overall skin type is oily and congested.

I selected products appropriate to her skin type and then moved onto the eyelash tinting. I mixed and applied blue/black tint to her eyelashes, which I left on for 10 minutes to oxidise. After removing the tint fully from the eyelashes, I performed an eyebrow shape. I wiped the eyebrow area with sanitiser and then began using sterilised tweezers. She requested arched brows so I measured accordingly and tweezed hairs out at the sides and between both brows to create the desired effect. She was shown the finished result and was happy with the way her brows looked. Her eyelashes were much darker and looked thicker as a result.

I then steamed Miss KL's face for approximately 10 minutes to prepare the skin for extraction. After switching off the steamer and wiping the skin with toner, I removed the softened comedones gently from the nose and chin areas using my fingers and tissues, whilst avoiding any excess pressure or damage to the skin. Extraction left these areas a little pink for a short time.

I applied a gentle exfoliation cream to the face and lightly massaged it all over to loosen thickened skin cells and blockages, which had been softened by steaming. I removed the exfoliator with sponges and water and applied toner. After blotting the skin, I applied a massage cream containing lavender and tea tree for congested/oily skin types.

I massaged the Miss KL for 20 minutes and she relaxed fully. There was no reaction or erythema during the massage. I removed the massage medium with damp cotton wool and toner and after blotting, I mixed a mask of Kaolin and witch hazel, which I applied to the T panel. I then applied an aromatic commercial mask containing thyme, tea tree and lavender and green clay to the rest of the face, neck and décolleté. I left the mask on for 15 minutes and then removed it with warm water and sponges. The skin looked refreshed and clean, with no areas of erythema/hyperaemia.

I applied purifying toner and blotted. Eye gel and a moisturiser for oily skin were applied to complete the treatment. Miss KL's skin looked soft and refreshed and the congested areas were much clearer.

Homecare advice

Miss KL does not currently have a proper skincare routine. Her cleansing methods may be aggravating her presenting skin conditions.

Soap and water disturbs the acid mantle, and the skin produces more oil to compensate. Cold cream is too greasy for an oily skin type and she is not using a toner to remove excess cleansing cream/balance oil/sebum. She is also using an incorrect moisturiser for her skin type which is too greasy.

I advised her to invest in a cleanser, toner and moisturiser for oily skin, which she must use twice a day, in the morning and before bed. If she prefers to wash her face in the morning, she could use a facial wash/gel for oily skin types. However, this must not be too harsh/ drying. The moisturiser needs to be in lotion form and have hydrating properties. It must include an SPF of at least factor 15. She could also use an eye gel to tone and decongest the eye area after late nights or lack of sleep.

I advised against using a heavy or greasy night cream which will overload the skin, instead recommending a light AHA cream or serum. She could also use her day moisturiser at night.

She should exfoliate at least twice per week and use a mask after exfoliation to remove blockages and dead skin cells. A ready made mask containing kaolin would be most suitable and easy to use.

She needs to make sure that she is eating properly and can supplement her diet with zinc, vitamin C, and Evening Primrose or Starflower oil. She may also find fish oils (Omega 3) helpful with skin healing. She could

also increase her dietary intake of oily fish, nuts and seeds. She is trying to increase the amount of water she drinks each day.

I recommended that she continue having salon facial treatments at least once per month to monitor progress and skin improvement. Additional salon treatments that would be helpful are galvanic desincrustation and direct high frequency that will help to decongest, heal and dry out oily outbreaks and blemishes.

Reflective Practice

I enjoyed treating Miss KL. She has no real skincare regime and that was evident in the appearance of her skin – very disturbed, oily and blocked. She showed no signs of sensitivity but I was careful not to over stimulate it with too much pressure, over-steaming or being too vigorous during exfoliation. The products I used for the treatment were suitable for the client and the appearance of the skin was improved at the end of the treatment. However, I need to use a stronger make up remover on her eyes and lips as she wears long lasting make up which was quite difficult to remove. Something more effective would dissolve the deep pigments easily. My current make up remover needed reapplication several times. I was worried that this might irritate, particularly the eye area. Luckily, it did not. I could also use an enzymatic peel for the exfoliation phase. This would be suitable for Miss KL as it would dissolve dead skin cells without friction or pressure. This would have a gentle effect on the skin and would help prevent over-stimulation. Clay masks are very good for Miss KL's skin type, so I will continue to use them for her salon treatments. I could also use Fuller's Earth which could be suitable for areas of deep congestion, and also calamine could be added for areas of redness. As her skin improves rosewater or orangeflower water could be used instead of the witch hazel.

Overall conclusion

A successful first treatment. If Miss KL follows the recommended skin care advice she should begin to see an improvement in her skin reasonably quickly. Clients can make their skin problems much worse by using incorrect products, and this certainly is the case here. Hopefully, if she applies the advice I have given her, things will improve. She should avoid touching her face unnecessarily, particularly at work to prevent cross infection. Healing and balancing the skin are the key issues. She must treat her skin gently, rather than applying harsh products to dry the skin out. This will encourage healing on the surface. The dietary supplements/improvements in her diet will also help internally. She should protect her skin from water loss and sun damage in addition, by drinking at least 8 glasses of water per day and wearing an SPF 15 daily.

Therapist/student's signature

Client's signature