



sallydurant
aesthetic education & training

The CIBTAC / SALLY DURANT
Level 4 Qualifications in Advanced Skin
Studies and Aesthetic Practice

EXAMINATION
SKIN HEALTH ASSESSMENT &
TREATMENT RECORD

CHEMICAL SKIN PEELING

Student Name

Candidate Number



SKIN HEALTH ASSESSMENT

CLIENT REF DATE OF BIRTH DATE OF ASSESSMENT

PRACTITIONER NAME.....

INVESTIGATIVE CONSULTATION - INFORMATION UPDATE

Update and Sign Consultation Form as Appropriate

Has your health or medication changed since your last visit to us? Give details	
Any lifestyle, environment or dietary changes since your last visit? Give details	
Any changes to your stress level / sleep pattern since your last visit?	
Have you changed your skin care regime since you last visit? Give details	
Have noticed any recent changes to your skin / skin lesions? Give details	
Have you been in strong sunlight within the last 4 weeks?	
Are you going into strong sunlight in the following 4 weeks?	
<p>Have you had any of the following treatments within the last 6 weeks?</p> <ul style="list-style-type: none"> <input type="radio"/> Waxing in the area to be treated <input type="radio"/> Electrolysis <input type="radio"/> A chemical peel <input type="radio"/> Laser / IPL hair removal <input type="radio"/> Laser/ IPL skin regeneration or other laser treatment? <input type="radio"/> Permanent makeup / Tattooing <input type="radio"/> Dermal Roller <input type="radio"/> Microdermabrasion <input type="radio"/> Botulinum Toxin Injections <input type="radio"/> Dermal Filler Injections <input type="radio"/> Hair colouring <input type="radio"/> Other – Please state 	

ASSESSMENT OF INFLUENCES ON SKIN HEALTH

ENVIRONMENT INFLUENCES AND THEIR IMPLICATIONS TO SKIN HEALTH

LEFESTYLE INFLUENCES

DIETARY INFLUENCES AND THEIR IMPLICATIONS

MEDICAL HISTORY / HEALTH AND MEDICATION INFLUENCES

INFLUENCES OF EXISTING SKIN CARE REGIME

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KEY INDICATORS OF SKIN HEALTH, TREATMENT CAUTION AND ADAPTATION

INDICATION		NOTES
EPIDERMAL DEHYDRATION / TEWL		
DERMAL DEHYDRATION (Hyaluronic Acid)		
POOR LIPIDITY		
POOR BARRIER FUNCTION (Chemical / Physical)		
SENSITISED / EASILY IRRITATED SKIN / VASCULAR DAMAGE		
POOR DESQUAMATION / HYPERKERATOSIS		
OXIDATIVE STRESS		
ECM DEGRADATION		
CONGESTION		
SKIN FATIGUE		
PREMATURE AGEING Mild / Moderate / Advanced		
COMPROMISED HEALING CAPACITY		
HORMONAL IMPLICATIONS		
GLYCATION		
PIGMENTATION IRREGULARITY		
OTHER		

VISUAL SKIN ANALYSIS

PRIMARY SKIN TYPE	SECONDARY SKIN TYPE
<input type="checkbox"/> Normal / Balanced <input type="checkbox"/> Oily <input type="checkbox"/> Lipid Dry <input type="checkbox"/> Combination T Zone <input type="checkbox"/> Sensitive <input type="checkbox"/> Acne - Grade 1 2 3 4 5 <input type="checkbox"/> Rosacea	<input type="checkbox"/> Early Ageing <input type="checkbox"/> Moderate Ageing <input type="checkbox"/> Advanced Ageing <input type="checkbox"/> Dehydrated <input type="checkbox"/> Photo-damaged <input type="checkbox"/> Sensitised / Reactive
LIFE STAGE - Women	LIFE STAGE - Men
<input type="checkbox"/> Puberty <input type="checkbox"/> Menstruation / Child Bearing <input type="checkbox"/> Pregnant / Breast Feeding <input type="checkbox"/> Peri-Menopausal <input type="checkbox"/> Post Menopausal	<input type="checkbox"/> Under 18 <input type="checkbox"/> 18 - 30 <input type="checkbox"/> 30 - 55 <input type="checkbox"/> Over 55
FIZPATRICK SCALE	GLOCAU SCALE OF PHOTOAGEING
<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6	<input type="checkbox"/> 1 - Mild <input type="checkbox"/> 2 - Moderate <input type="checkbox"/> 3 - Advanced <input type="checkbox"/> 4 - Severe

GENERAL OBSERVATIONS			
Skin Texture			
Skin Tone / Firmness			
Skin Colour (Vascular)			
Skin Density			
Lines / Winkles / Folds			
SKIN CONDITION		SKIN CONDITION	
Loss of Dermal Support - Collagen		Loss of DEJ Adhesion	
Loss of Dermal Tension - Elastin		Glycation	
Loss of Dermal Volume – HA		Loss of Muscle Tone	
Dropped Facial Contours		Epidermal Dehydration	
Loss of Epidermal Lipidity		Congestion	

SKIN CONDITION		SKIN CONDITION	
Excessive Sebaceous Secretions		Open / Closed Comedones	
Milia		Inflammatory Lesions / Sepsis	
Hyperkeratosis		Hyperkeratotic Lesions	
General Skin Colour / Tan (Melanin)		Skin Colour (Vascular)	
Pigmentation Irregularities		Vascular Damage / Lesions	
Pigmented Lesions		Oedema / Swelling	
Discolouration		Skin Infections / Diseases	
Scarring		Superfluous hair	
Other / Notes			

RECOMMENDED CHEMICAL PEELING TREATMENT PLAN

TREATMENT RECORD	
AREA TREATED	
DEGREASE PROCEDURE	
PEEL TYPE	
PEEL AGENTS	
PEEL AGENT PERCENTAGES	
FORMULATION pH	
APPLICATION METHOD	
LAYERING	
TREATMENT TIMING	
NEUTRALISATION METHOD	
SKIN REACTION	
ADVERSE EVENTS	
POST TREATMENT PRODUCTS	
NOTES	

RECOMMENDED HOME CARE REGIMEN	
CLEANSE	
EXFOLIATION	
ANTIOXIDANT	
HYDRATION	
LIPIDITY / NOURISHMENT	
CONDITON –SPECIFIC CARE	
SUNSCREEN	
OTHER	

CLIENT FEEDBACK

Are you happy with the treatment you have received today?

Please provide any feedback that you may have

Client Signature