



sallydurant  
aesthetic education & training

CLIENT REF

\_\_\_\_\_

DATE OF  
TREATMENT

\_\_\_\_\_

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

CLIENT ASSESSMENT &  
TREATMENT RECORD

MICRONEEDLING

Student Name

\_\_\_\_\_

Candidate Number

\_\_\_\_\_



**SKIN HEALTH ASSESSMENT**

**CLIENT REF ..... DATE OF BIRTH ..... DATE OF ASSESSMENT .....**

**PRACTITIONER NAME.....**

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



**VISUAL SKIN ANALYSIS**

**VISUAL SKIN ANALYSIS**

<b>PRIMARY SKIN TYPE</b>	<b>SECONDARY SKIN TYPE</b>
<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
<b>LIFE STAGE - Women</b>	<b>LIFE STAGE - Men</b>
<input type="checkbox"/> Puberty <input type="checkbox"/> Menstruation / Child Bearing <input type="checkbox"/> Pregnant / Brest 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
<b>FIZPATRICK SCALE</b>	<b>GLOCAU SCALE OF PHOTOAGEING</b>
<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

<b>OBSERVATIONS AND ASSESSMENT</b>	
Integrity of Extra Cellular Matrix - Collagen	
Integrity of Extra Cellular Matrix - Elastin	
Integrity of Extra Cellular Matrix - Hyaluronic Acid, Dermal hydration & volume	
Skin Adhesion at the DEJ	
Epidermal Hydration	
Epidermal Lipidity	

Sebaceous Activity	
Hyperkeratosis / poor desquamation	
Overall assessment of Natural Barrier Function	
Skin Pigmentation and irregularities	
Vascular colour of the skin and vascular lesions / damage	
Levels of natural sensitivity or imposed reactivity	
Lines / Winkles / Folds – types and location	
Glycation	
Dropped facial contours	
Skin Texture and Thickness	
Congestion	
Acneic Lesions	
Scarring – Type & location	
Sepsis, inflammation,, swelling	
Anomalies / primary or secondary lesions	
Considerations of skin condition relative to required treatment adaptations	

### ASSESSMENT OF INFLUENCES ON SKIN HEALTH

LIFE STAGE	POTENTIAL IMPLICATION	✓ ✕
	Epidermal dehydration / TEWL	
	Dermal dehydration	
	Poor lipidity	
	Compromised NBF	
	Sensitised Reactive skin	
	Poor desquamation	
	Congestion	
	Oxidative Stress	
	Skin Fatigue	
	ECM Degradation	
	Premature ageing	
	Compromised healing capacity	
	Hormonal Influences	
	Glycation	
	Pigmentation irregularity	
Other implications – explain		
ENVIRONMENT	POTENTIAL IMPLICATION	✓ ✕
	Epidermal dehydration / TEWL	
	Dermal dehydration	
	Poor lipidity	
	Compromised NBF	
	Sensitised Reactive skin	
	Poor desquamation	
	Congestion	
	Oxidative Stress	
	Skin Fatigue	
	ECM Degradation	
	Premature ageing	
	Compromised healing capacity	
	Hormonal Influences	
	Glycation	
	Pigmentation irregularity	
Other implications – explain		

MEDICAL HEALTH AND WELLBEING /MEDICATIONS	POTENTIAL IMPLICATION	✓ ✕
	Epidermal dehydration / TEWL	
	Dermal dehydration	
	Poor lipidity	
	Compromised NBF	
	Sensitised / Reactive skin	
	Poor desquamation	
	Congestion	
	Oxidative Stress	
	Skin Fatigue	
	ECM Degradation	
	Premature ageing	
	Compromised healing capacity	
	Hormonal Influences	
	Glycation	
	Pigmentation irregularity	
Other implications – explain		
LEFESTYLE INFLUENCES	POTENTIAL IMPLICATION	✓ ✕
	Epidermal dehydration / TEWL	
	Dermal dehydration	
	Poor lipidity	
	Compromised NBF	
	Sensitised Reactive skin	
	Poor desquamation	
	Congestion	
	Oxidative Stress	
	Skin Fatigue	
	ECM Degradation	
	Premature ageing	
	Compromised healing capacity	
	Hormonal Influences	
	Glycation	
	Pigmentation irregularity	
Other implications – explain		

DIETARY AND NUTRITIONAL INFLUENCES	POTENTIAL IMPLICATION	✓ ✕
	Epidermal dehydration / TEWL	
	Dermal dehydration	
	Poor lipidity	
	Compromised NBF	
	Sensitised Reactive skin	
	Poor desquamation	
	Congestion	
	Oxidative Stress	
	Skin Fatigue	
	ECM Degradation	
	Premature ageing	
	Compromised healing capacity	
	Hormonal Influences	
	Glycation	
	Pigmentation irregularity	
Other implications – explain		
INFLUENCES OF EXISTING SKIN CARE REGIME	POTENTIAL IMPLICATION	✓ ✕
	Epidermal dehydration / TEWL	
	Dermal dehydration	
	Poor lipidity	
	Compromised NBF	
	Sensitised Reactive skin	
	Poor desquamation	
	Congestion	
	Oxidative Stress	
	Skin Fatigue	
	ECM Degradation	
	Premature ageing	
	Compromised healing capacity	
	Hormonal Influences	
	Glycation	
	Pigmentation irregularity	
Other implications – explain		

**SUMMARY OF SKIN HEALTH AND HEALING CAPACITY FROM HOLISTIC SKIN ASSESSMENT –  
REFERENCE IMPLICATIONS TO TREATMENT PLAN AND ADAPTATIONS**

**RECOMMENDED MICRO-NEEDLING TREATMENT PLAN**

**TREATMENT 1 - Needle size -**

**Technique -**

**TREATMENT 2 - Needle size -**

**Technique -**

**TREATMENT 3 - Needle size -**

**Technique -**

**ANTICIPATED FREQUENCY OF TREATMENTS -**



TREATMENT RECORD	
AREA TREATED	
TOPICAL ANAESTHESIA TYPE	
TOPICAL ANAESTHESIA - TIMING	
NEEDLE SIZE	
APPLICATION	
POST TREATMENT PRODUCTS	
ADVERSE EVENTS	
COMMENTS	

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

**ADDITIONAL NOTES**