



SKIN READING SYSTEM

TOOLS FOR LEADING SALON PROFESSIONALS

17

bleu & marine SkinReading®

Learn the latest tricks of the trade to identify, recognize and read every clue that the skin reveals with bleu & marine's SkinReading – our modernized system that helps you learn to identify client concerns and maximize results in the treatment room. This philosophy allows you to accurately “read” the skin, easily convey your findings, and determine the perfect professional treatment and at-home agenda products based on your conclusions.

What is SkinReading?

The SkinReading System is a quick and easy way for you to accurately read your client's skin and professionally recommend the appropriate treatments and take home products. This modernized system will give you the latest tips and techniques, which will help you:

- Take a 'visual snap shot' of the skin to get an over-all picture of its general condition.
- Effectively communicate with your client to get pertinent information.
- Look for certain tell-tale signs or 'visual clues' to recognize and identify client concerns.
- Make the best treatment and product choices that will maximize results and increase client loyalty.

There are 3 parts to SkinReading

1. The Consultation:

SkinReading begins with your client filling out the "Client Info" and "Personal Information" portions of the form. Once in the treatment room, you will review your client's answers so you can learn valuable information about their skin prior to the treatment.

2. The First Look:

This step is designed to give you the first impression of the skin, and is done prior to removing your client's makeup.

3. The SkinReading:

Once you have removed your client's makeup, you will then use your magnifying lamp to thoroughly evaluate the skin, determine the skin type, recognize and identify skin concerns.

Step 1: The Consultation

1. The beauty therapist fills out the "Client Info"
2. The client fills out the "Personal Information".
3. The client signs and dates the bottom.

CLIENT INFO

Name _____ Date _____

Address _____

Phone _____

Email _____

PERSONAL INFORMATION

	YES	NO
1. Do you have any health problems or concerns that we need to be aware of before we begin this treatment? If the answer is yes, please describe.	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>
3. Any recent surgery on your face, neck and shoulders?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you smoke?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you taken Accutane® within the past 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you used Retin-A®/Renova®, or any powerful alpha hydroxy acids within the past 3 months?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you had a medical peel within the past 6 months?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you have a pacemaker or any pins in bones?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you currently wear contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
10. Are you currently under a physician's care for any skin condition? If the answer is yes, please describe.	<input type="checkbox"/>	<input type="checkbox"/>
11. Have you ever had an adverse reaction to a cosmetic product or ingredient? If the answer is yes, please describe.	<input type="checkbox"/>	<input type="checkbox"/>
12. Have you ever had an adverse reaction to a skin care treatment? If the answer is yes, please describe.	<input type="checkbox"/>	<input type="checkbox"/>
13. What are your skin concerns and challenges?		
14. What are you currently using on your skin?		
Daytime _____ Evening _____		
Weekly / Special Treatments _____		
15. My esthetician may choose to use surface peeling products during my facial and I give consent.		

Client Signature _____ Date _____

SKINREADING REVIEW

2nd visit: _____ Date _____

3rd visit: _____ Date _____

4th visit: _____ Date _____

PROFESSIONAL SKIN CARE

Step 2: The First Look. This is where you evaluate the skin before you remove the client's makeup and it has been cleansed.

VISUAL CLUE	WHAT THIS CLUE IS TELLING YOU
Redness	<ul style="list-style-type: none">• They may be sensitive• May be an indication of dehydration, improper skin care, or a more serious condition• To ask whether the red areas 'itch' or 'sting'
Blackheads, whiteheads or milia	<ul style="list-style-type: none">• May be an indication of an oily skin type• Possible improper skin care
Papules, pustules	<ul style="list-style-type: none">• Client may have acne
Excess oil or greasy shine	<ul style="list-style-type: none">• May be an indication of oily skin• May be wearing makeup that is too oily for their skin
Dull skin	<ul style="list-style-type: none">• Can indicate cigarette smoke• Can also be due to improper skin care habits, or other lifestyle choices
Tanned skin	<ul style="list-style-type: none">• May also notice hyperpigmentation, sun freckles and a leathery texture• You will want to ask if your client visits a tanning bed or sunbathes
Fine lines and deep wrinkles	<ul style="list-style-type: none">• Can be an indication of client's age• Too much sun• Client smokes
Sagging	<ul style="list-style-type: none">• May be an indication of client's age• May be an indication of sun damage.
Eye area puffiness	<ul style="list-style-type: none">• Can be an indication of allergies, lack of sleep or poor diet
Dry lips	<ul style="list-style-type: none">• Can be an indication of dehydration or improper skin care
Overall puffiness	<ul style="list-style-type: none">• Can be an indication of too much salt in the diet• Could indicate allergies
Neck and V-Area creases	<ul style="list-style-type: none">• May indicate sun damage• May indicate improper skin care

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The SkinReading :

Step 3: The SkinReading. Determine skin type.

Now it's time to read the skin more closely. Remove your client's makeup and perform a more detailed SkinReading, using the SkinReading Form.

Use the following criteria to identify your client's skin type:

VERY DRY	DRY	COMBINATION
<ul style="list-style-type: none"> No t-zone oil is present Pores appear invisible Thin and fragile skin texture 	<ul style="list-style-type: none"> Very minimal t-zone oil is present Has a few visible pores on the nose Thin textured 	<ul style="list-style-type: none"> Moderate t-zone oil is present a few hours after cleansing Has visible pores in the t-zone Clogged pores (blackheads) may be present
OILY	VERY OILY	
<ul style="list-style-type: none"> Wide t-zone oil is present within a few hours after cleansing Visible pores on the t-zone and cheeks Clogged pores are present 	<ul style="list-style-type: none"> Entire face gets oily shortly after cleansing Many large visible pores on t-zone and cheeks Many clogged pores (blackheads) are present 	
ACNE	SENSITIVE	
<ul style="list-style-type: none"> Pores are clogged (blackheads, whiteheads) Skin has multiple breakouts May have visible inflammation and redness 	<ul style="list-style-type: none"> Skin appears flushed or red Skin appears flaky and dry The skin may form red blotches when touched 	

NOTE: Once you have identified your client's skin type, simply check it off on the SkinReading Form

THIS SIDE TO BE COMPLETED BY ESTHETICIAN

SKIN TYPE						
Very Dry	Dry	Combination	Oily	Very Oily	Acne	Sensitive
<ul style="list-style-type: none"> No t-zone oil is present Pores appear invisible Thin and fragile skin texture 	<ul style="list-style-type: none"> Very minimal t-zone oil is present Has a few visible pores on the nose Thin textured 	<ul style="list-style-type: none"> Moderate t-zone oil is present a few hours after cleansing Has visible pores in the t-zone Clogged pores may be present 	<ul style="list-style-type: none"> Wide t-zone gets oily within a few hours after cleansing Visible pores on t-zone and cheeks Clogged pores are present 	<ul style="list-style-type: none"> Entire face gets oily shortly after cleansing Many large visible pores on t-zone and cheeks Many clogged pores are present 	<ul style="list-style-type: none"> Pores are clogged (blackheads/whiteheads) Skin has multiple breakouts May have visible inflammation and redness 	<ul style="list-style-type: none"> Skin appears flushed or red Skin may appear flaky and dry Skin may form red blotches when touched

CONCERNS

<input type="checkbox"/> Crows feet (CF)	<input type="checkbox"/> Sagging lids (SL)	<input type="checkbox"/> Puffiness (P)
<input type="checkbox"/> Undereye bags (UB)	<input type="checkbox"/> Dark circles (DC)	<input type="checkbox"/> Crepey skin (CS)
Lips		
<input type="checkbox"/> Dry lips (DL)	<input type="checkbox"/> Peeling lips (PL)	<input type="checkbox"/> Vertical lines (VL)
Skin		
<input type="checkbox"/> Aging skin (AS)	<input type="checkbox"/> Environmentally stressed skin (ESS)	<input type="checkbox"/> Breakouts (B)
<input type="checkbox"/> Lines (L)	<input type="checkbox"/> Flakiness (F)	<input type="checkbox"/> Papules/Pustules
<input type="checkbox"/> Surface wrinkles (SW)	<input type="checkbox"/> Neck creases (NC)	<input type="checkbox"/> Post-acne dark spots (PA)
<input type="checkbox"/> Poor elasticity (PE)	<input type="checkbox"/> Sagging neck (SN)	<input type="checkbox"/> Scarring (S)
<input type="checkbox"/> Dehydration (D)	<input type="checkbox"/> Enlarged pores (EP)	<input type="checkbox"/> Pigmented spots (PS)
<input type="checkbox"/> Dull skin (DS)	<input type="checkbox"/> Excess oil (EO)	<input type="checkbox"/> Redness (R)
<input type="checkbox"/> Smoker's skin (SS)	<input type="checkbox"/> Clogged pores (CP)	<input type="checkbox"/> Redness (R)
	<input type="checkbox"/> Blackheads/Whiteheads	<input type="checkbox"/> Visible capillaries (VC)



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 PROFESSIONAL SKIN CARE

Client Concerns

The following chart lists the Client Concerns on the SkinReading Form –with tips to help you with identification and verification of these concerns.

EYES

CLIENT CONCERNS	CLUES/POSSIBLE CAUSES	HOW TO VERIFY
Crows feet (CF)	<ul style="list-style-type: none">• Lines that start at the outer corners of the eyes• Become more pronounced when client smiles• In a mature client, lines are visible even when client's face is relaxed• Can be due to age or UV damage	<ul style="list-style-type: none">• Check depth of lines• Gently touch and stretch the skin to see if lines become more pronounced• Check for dryness by lifting the skin to see if surface wrinkles appear
Undereye bags (UB)	<ul style="list-style-type: none">• Severe bags will actually sag and fold over onto the cheek• Often accompanied by puffiness around the eye area, but not always• Different from 'puffiness', can be genetic, or due to build-up of fluid and toxins	<ul style="list-style-type: none">• If you see a bag, gently lift bag to check for irritation• Gently slide finger over the area to check for dryness
Sagging lids (SL)	<ul style="list-style-type: none">• Lid will have an accordion appearance or look 'collapsed'• May also have a crepey texture• Brows may also look hooded• Can be due to age or UV damage	<ul style="list-style-type: none">• Gently lift the skin above the lid, under the brow – see if skin collapses after you release pressure• Check for dryness by gently touching skin
Dark circles (DC)	<ul style="list-style-type: none">• Skin under the eyes and in the eye socket may have a purple, blue, grey or even brownish tinge• In severe cases, even the eyelid may be affected• Client looks 'tired'• Dehydration and lack of sleep can be reasons behind this concern	<ul style="list-style-type: none">• Dark circles are generally visible without touching• Remove the client's eye makeup to get an accurate visual of this concern• Gently touching the skin can also reveal dehydration if fine wrinkles appear when you lift the skin
Puffiness (P)	<ul style="list-style-type: none">• Entire eye area may seem swollen• 'Puff' may look red• Can be the result of allergies, lack of sleep or diet	<ul style="list-style-type: none">• Very gently touch tissue to check for swelling• Ask client if the area feels irritated, 'stings' or 'itches'• If answer is 'yes', be extremely careful around this area during treatment – avoid heat
Crepey skin (CS)	<ul style="list-style-type: none">• Fine lines – Skin may appear dry and dull• May be due to dehydration or early UV damage	<ul style="list-style-type: none">• Gently lift and move skin• You will the lines change depth as you manipulate the skin• Can be temporary with proper treatment

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LIPS

CLIENT CONCERNS	CLUES/POSSIBLE CAUSES	HOW TO VERIFY
Dry lips (DL)	<ul style="list-style-type: none"> • Lip tissue is dry and rough • Vertical lines around the lips may be visible • Dehydration, UV damage and improper lip care are major factors 	<ul style="list-style-type: none"> • Run your fingers lightly over the lips – may feel rough to the touch
Peeling lips (PL)	<ul style="list-style-type: none"> • More severe form of dryness • Lips may have a hard, scaly appearance • In severe cases, may be cracked or even have a tendency to bleed if client 'picks' at the skin 	<ul style="list-style-type: none"> • Gently touch the lips to verify texture and level of dryness NOTE: If lips are cracked or bleeding, do not touch
Vertical lines (VL)	<ul style="list-style-type: none"> • Lines may be present on or around the lips or eyes • Line depth can be medium to deep • Usually due to UV rays or expression (crows feet) 	<ul style="list-style-type: none"> • Gently touch the area around the lips and eyes • When you move the skin, dryness and crinkly areas become more pronounced • Lines may sometimes remain, even when the skin is at rest

SKIN

CLIENT CONCERNS	CLUES/POSSIBLE CAUSES	HOW TO VERIFY
Ageing skin (A)	<ul style="list-style-type: none"> • Skin will appear dull, devitalized or have a lack of smoothness • May see wrinkles, deeper lines or sagging, depending on age and thickness of the skin • May also include hyperpigmentation on face, neck and v-area • Causes normal ageing, UV exposure, genetics 	<ul style="list-style-type: none"> • Skin will have a rough or sandy texture when touched • Lift up, gently roll the skin between your fingers or pinch the skin to check for skin thickness and loss of elasticity • In severely rough skin, you may 'hear' your gloved hand moving over the skin
Lines (L)	<ul style="list-style-type: none"> • May see lines or deeper wrinkles anywhere on the face • Particularly noticeable on forehead, nasolabial folds, cheeks and lips • If lines are more on the surface, can be due to dehydration 	<ul style="list-style-type: none"> • Gently move the skin with your fingers to check wrinkle depth • Observe client speaking to see if lines become more pronounced due to expression • Run hands over the skin to check for dryness
Surface wrinkles (SW)	<ul style="list-style-type: none"> • Skin has small, crepey wrinkles that can be temporary, and can run vertically or horizontally across the skin • Common in clients that have a dry skin type or chronically dehydrated skin • Can be seen in clients that smoke, have poor skin care habits or poor diet 	<ul style="list-style-type: none"> • Gently lift the surface of the skin to check for Trans Epidermal Water Loss (TEWL) This will look like horizontal lines above where you have lifted the skin • Move hands over the skin to check for rough texture, dryness
Poor elasticity (PE)	<ul style="list-style-type: none"> • Skin will appear slackened, or loose, and in severe cases, will even hang • Very noticeable along the jaw line, middle of the face will droop and the brows will appear lowered • The eye area can sag, and the mouth may even take on a 'frown' or droop over time • Chronological age or UV damage 	<ul style="list-style-type: none"> • Skin feels loose to the touch • Check for loss of firmness by looking just above the client's ear when lying down – there will be a fold of skin above the ear due to gravity • Lift or pinch the sagging skin will not bounce back, but will collapse back down • The more you can pinch, the more loss of elasticity there may be

SkinReading Client Concerns Chart continued on next page.

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SKIN (continued)

CLIENT CONCERNS	CLUES/POSSIBLE CAUSES	HOW TO VERIFY
Dehydration (D)	<ul style="list-style-type: none"> • Due to a lack of water moisture, the skin will have surface wrinkles or dryness • Causes can be poor diet, medication, poor water intake, smoking or UV exposure 	<ul style="list-style-type: none"> • Gently lift the surface of the skin to check for TEWL • The skin will crinkle and show tiny horizontal lines above where you have lifted
Dull skin (DS)	<ul style="list-style-type: none"> • Skin will have a drab, sallow or pale appearance • There will be a lack of color, may also be dry or dehydrated • In some cases, milia may also be present • Possible causes – dry skin type, ageing skin, UV damage or sluggishness 	<ul style="list-style-type: none"> • Often with this skin concern, the skin will not feel smooth, due to dead-skin build up, milia and poor circulation • Run your fingers over the skin to check for roughness. • Gently pinch the skin to see if color comes to the surface with stimulation, and to check for sensitivity
Flakiness (F)	<ul style="list-style-type: none"> • Skin will appear to have dead skin flaking off, or a white-ish film • Redness or irritation may also accompany this concern • Possible causes, severe dehydration, allergies, medication, improper diet or skin care habits may also be a factor 	<ul style="list-style-type: none"> • If the skin appears flaky, touch and run hands over the skin to see if the flakes are easily brushed off • If the flakes are hard to the touch or very painful, recommend the client visit a physician for diagnosis, since there may be a skin disorder present
Neck creases (NC)	<ul style="list-style-type: none"> • The skin on the neck may have a lined, creased appearance • Can be due to UV exposure and the thin, delicate nature of neck tissue 	<ul style="list-style-type: none"> • Lightly touch and move the skin to determine the depth of the neck crease • Also check for crinkly tissue and rough texture • Skin will likely be touch sensitive, so watch your pressure
Sagging neck (SN)	<ul style="list-style-type: none"> • Skin on the neck and under the chin will start to droop and separate from the musculature • Double chin may also be present, or the front or sides of the neck may sag • Often the result of UV damage, normal ageing, or improper skin care habits 	<ul style="list-style-type: none"> • In severe cases, you may not need to touch the skin to see the sagging • Lift and manipulate the skin to check for loss of elasticity
Enlarged pores (EP)	<ul style="list-style-type: none"> • Pores will appear dilated – may be an indication of excess oil production in that area and clogging • May also be an indication of dehydration 	<ul style="list-style-type: none"> • Roll your finger and thumb over the skin and pinch it gently to check for skin thickness • Lightly run your hands over the skin to check for congestion and roughness • Note: Once the pore has been stretched, over time the opening will stay dilated, even if the oil production level has decreased
Excess oil (EO)	<ul style="list-style-type: none"> • An excessively oily skin will take on a greasy shine • May be in certain areas of the face only, such as the t-zone area, or may be all over the face • Congestion is often present 	<ul style="list-style-type: none"> • Once the makeup has been removed, you will have removed any excess oil already – check for oiliness during the 'First Look • Ask questions to get a feel from the client how oily the skin is and where the oil is present • Touch the skin to see if there is any underlying congestion along with the oil

SKIN (continued)

CLIENT CONCERNS	CLUES/POSSIBLE CAUSES	HOW TO VERIFY
<p>Clogged pores (CP)</p> <p>Blackheads</p> <p>Whiteheads</p>	<ul style="list-style-type: none"> • Clogged pores are follicles that are filled with sebum and cellular debris • Often due to excess oil, improper cleansing or not exfoliating enough • Can occur in any skin type, but more common in the oilier skin types • An open comedo or follicle with a black surface plug which has oxidized and become discolored • May be flat or slightly raised and may be extracted • Generally caused by build up of excess oil and cellular debris • A closed comedo or follicle that has a white head (filled with pus and cellular debris) • Generally, these should not be extracted, but treated topically • Usually caused by build up of excess oil and cellular debris 	<ul style="list-style-type: none"> • Look at the pores over the entire face, especially in the t-zone • Skin may have a bumpy appearance or feel to it • Gently run hands over the skin to see if the clogged areas are suitable for extraction • Usually, there is no need to touch the skin to detect blackheads • You will see a dark plug in the center of the clogged follicle • Gently touch the blackhead to get an indication on how deep it is NOTE: If there is any redness around the follicle, be careful with pressure • Look for a white cap over the breakout – the center may be pliable, or may even have a hard feel – may feel like a grain of sand NOTE: These whiteheads are generally known as ‘milia’ and should not be extracted
<p>Breakouts (BO)</p> <p>Papules</p> <p>Pustules</p>	<ul style="list-style-type: none"> • A breakout will generally appear red or inflamed, such as a micro-comedo, papule or pustule • Usually the area immediately around the breakout will show some redness or inflammation • May just be one, or could be several. Several could be an indication of an acne condition, and should be diagnosed by a physician • A solid red, raised bump that may appear anywhere on the face and neck. • It may be caused by an inflamed acne condition, or may occur due to hormonal changes such as puberty, menstruation, pregnancy or menopause. • It may also be an indication of an oily skin type or improper diet or habits • A solid, red, raised bump with a white or yellowish center. • It may be caused by an inflamed acne condition, or may occur due to hormonal changes such as puberty, menstruation, pregnancy or menopause. • It may also be an indication of an oily skin type or improper diet or habits 	<ul style="list-style-type: none"> • Breakouts can be very tender to the touch, so a visual assessment is recommended NOTE: If there are inflamed breakouts present, then you need to avoid pressure, physical exfoliation and too much heat, which could further irritate the area – extractions are not recommended • A papule will not have a white center, will be solid or firm to the touch and may be inflamed or irritated, so avoid touching this area. NOTE: Avoid physical exfoliation and too much heat, which can further irritate the area. Extractions are not recommended • As with a papule, a pustule is often painful to the touch, so avoid touching this area. NOTE: Avoid physical exfoliation and too much heat, which can further irritate the area. Extractions are not recommended
<p>Post-acne dark spots (PA)</p>	<ul style="list-style-type: none"> • Depending on the client’s genetics, the dark spots may take on a brown, red or even pink hue • These spots are usually on the surface and may fade over time, with proper treatment • These surface ‘pseudo-scars’ appear after a blemish, due to the skin sensing an ‘injury’, and can last for weeks, or even months 	<ul style="list-style-type: none"> • This type of pigmentation is usually flush to the skin and not raised, but sometimes there may be a keloid scar underneath or even atrophic scarring, which will give the skin a pitted appearance • Moving your hands over the skin will give you an indication of how even the surface of the skin is • Also check for skin thickness by rolling the skin between your fingers – this will help you determine how aggressive your treatment can be

SkinReading Client Concerns Chart continued on next page.

SKIN (continued)

CLIENT CONCERNS	CLUES/POSSIBLE CAUSES	HOW TO VERIFY
Scarring (SC)	<ul style="list-style-type: none"> • Scars can be raised (keloid) or indented (atrophic) • Can often have sensation or be prone to irritation • Can be caused by injury, past-acne breakouts or surgery 	<ul style="list-style-type: none"> • If you notice a scar or unidentified lesion of any kind, mention it to the client and ask if the area is sensitive to touch or pressure NOTE: Be careful when working around these areas
Pigmented spots (PS)	<ul style="list-style-type: none"> • Skin may have darker patches, or unevenly shaped spots • Skin may also show lighter areas, due to a lack of pigmentation • Usually caused by UV damage or hormone fluctuations. May also be induced by medication or injury 	<ul style="list-style-type: none"> • Touch the skin to see if any pigmented areas are 'raised' – if you notice any change in texture, color, etc. communicate with the client to alert her to this NOTE: Refer the client to a physician if you observe any unusual lesions or strange looking pigmentation – remember, we cannot diagnose
Redness (R)	<ul style="list-style-type: none"> • You may see a red color on the skin that is chronic. This is an indication of a sensitive skin • Redness on the skin may be due to dehydration, surface irritation from environmental assaults such as wind, heat or cold, distended capillaries or sun damage 	<ul style="list-style-type: none"> • Touch the skin to see if it is also touch sensitive – gently lift the skin and communicate with your client to see if there is any irritation NOTE: Be careful with activity level and temperature – avoid extreme heat or cold when dealing with redness • If the redness is chronic or the client has 'flare-ups' of redness or flushing, you may want to refer the client to a physician
Environmentally stressed skin (ES)	<ul style="list-style-type: none"> • Skin may have an overall congested, red and blotchy look. Skin may also appear dull, and have a rough texture • Possible causes include regular skin exposed to harsh conditions, such as wind, cold, and UV exposure without proper protection • Inadequate or Improper at home skin care 	<ul style="list-style-type: none"> • Run hands over the skin- even with gloves on, you may notice a 'sandy' or rough texture • Skin may be red- the client may complain of stinging or irritation • Check for dehydration. In extreme cases, the skin may have a flaky appearance • Perform the sensitivity test on the client's neck. Environmentally stressed skin is often more sensitized
Smoker's skin (SS)	<ul style="list-style-type: none"> • The skin will have a dull, sallow or grey appearance. It may be dry, wrinkled and sagging, especially along the jaw line • This client will often look older than she really is, due to the daily contact with cigarette smoke • Since nicotine constricts capillaries, the skin cannot get proper oxygen or rid itself of toxins, which leads to a very unhealthy skin 	<ul style="list-style-type: none"> • You can often tell if your client is a smoker, just by the color (or lack of) color in the skin. Look for a yellow or grey cast to the skin • Lift skin to check for level of elasticity – which should be poor • Often with a heavy smoker, the teeth, nails and fingertips may also be yellowish in color, due to smoke and nicotine
Visible capillaries (VC)	<ul style="list-style-type: none"> • Tiny, red or purplish colored capillaries will be visible on the surface of the skin. Often seen in the center of the face, particularly on or around the base of nose and cheeks • Can be a result of sun damage, lack of proper at-home care, allergies or environmental assaults such as wind, heat or cold 	<ul style="list-style-type: none"> • Will be visible to the naked eye and quite pronounced underneath the magnifying or woods lamp • May be accompanied by redness, irritation or dry, flaky skin and rough texture – but not always NOTE: Be careful with activity level, applying pressure during comedone removal, and temperature in these areas. Avoid extreme heat or cold

Choose Your Treatment

Now that you have determined skin type you will decide which bleu & marine treatment / product to apply.



CLIENT CONCERNS	TREATMENT LINE
Ageing skin	Mer Expertise Line
Lines	Essence Marine & Botanique Line
Surface Wrinkles	Serum & Eye Cocktail
Poor Elasticity	Honey Massage
Dehydration	Cure Marine Dry Skin Line
Dull skin	Oligo Elixir Line
Flakiness	Mer Thérapie Line
Neck creases	Neck & Décolleté Peel-Off Mask
Sagging Skin / neck	Illuminant Lift Line
Enlarged pores	Mer Contrôle Line
Excess oil	Mer Contrôle Line or Acne Mask
Clogged pores	Instants de Beauté Line
Breakouts	Mer Contrôle Line
Post-Acne Dark Spots	Soin Clarifiant Whitening Line
Scarring	Soin Clarifiant & Face Polish
Pigmented Spots	Soin Clarifiant or Illuminant Lift
Redness	Mer Délicate Line
Visible Capillaries	Cure Végétale Line
Smoker's skin	Illuminant-Lift Line
Environmentally Stressed skin	Calmosensine Cream and Serum

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CLIENT INFO

Name _____

Date _____

Address _____

Phone _____

Email _____

PERSONAL INFORMATION

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Do you have any health problems or concerns that we need to be aware of before we begin this treatment? If the answer is yes, please describe.
_____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Are you pregnant? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Any recent surgery on your face, neck and shoulders? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you smoke? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you taken Accutane® within the past 12 months? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you used Retin-A®/Renova®, or any powerful alpha hydroxy acids within the past 3 months? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you had a medical peel within the past 6 months? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you have a pacemaker or any pins in bones? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do you currently wear contact lenses? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Are you currently under a physician's care for any skin condition? If the answer is yes, please describe.
_____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Have you ever had an adverse reaction to a cosmetic product or ingredient? If the answer is yes, please describe.
_____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Have you ever had an adverse reaction to a skin care treatment? If the answer is yes, please describe.
_____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. What are your skin concerns and challenges?
_____ | | |
| 14. What are you currently using on your skin?
Daytime _____ Evening _____
Weekly / Special Treatments _____ | | |
| 15. My beauty therapist may choose to use surface peeling products during my facial and I give consent. | | |

Client Signature _____ **Date** _____

SKINREADING REVIEW

2nd visit: _____ Date _____

3rd visit: _____ Date _____

4th visit: _____ Date _____

PROFESSIONAL SKIN CARE

SKIN TYPE

<input type="checkbox"/> Very Dry	<input type="checkbox"/> Dry	<input type="checkbox"/> Combination	<input type="checkbox"/> Oily	<input type="checkbox"/> Very Oily	<input type="checkbox"/> Acne	<input type="checkbox"/> Sensitive
<ul style="list-style-type: none"> • No t-zone oil is present • Pores appear invisible • Thin and fragile skin texture 	<ul style="list-style-type: none"> • Very minimal t-zone oil is present • Has a few visible pores on the nose • Thin textured 	<ul style="list-style-type: none"> • Moderate t-zone oil is present a few hours after cleansing • Has visible pores in the t-zone • Clogged pores may be present 	<ul style="list-style-type: none"> • Wide t-zone gets oily within a few hours after cleansing • Visible pores on t-zone and cheeks • Clogged pores are present 	<ul style="list-style-type: none"> • Entire face gets oily shortly after cleansing • Many large visible pores on t-zone and cheeks • Many clogged pores are present 	<ul style="list-style-type: none"> • Pores are clogged (blackheads/whiteheads) • Skin has multiple breakouts • May have visible inflammation and redness 	<ul style="list-style-type: none"> • Skin appears flushed or red • Skin may appear flaky and dry • Skin may form red blotches when touched

CONCERNS

Eyes

- | | | |
|---|--|---|
| <input type="checkbox"/> Crows feet (CF) | <input type="checkbox"/> Sagging lids (SL) | <input type="checkbox"/> Puffiness (P) |
| <input type="checkbox"/> Undereye bags (UB) | <input type="checkbox"/> Dark circles (DC) | <input type="checkbox"/> Crepey skin (CS) |

Lips

- | | | |
|--|--|--|
| <input type="checkbox"/> Dry lips (DL) | <input type="checkbox"/> Peeling lips (PL) | <input type="checkbox"/> Vertical lines (VL) |
|--|--|--|

Skin

- | | | |
|--|---|---|
| <input type="checkbox"/> Ageing skin (AS) | <input type="checkbox"/> Environmentally stressed skin (ES) | <input type="checkbox"/> Breakouts (B)
<i>Papules</i>
<i>Pustules</i> |
| <input type="checkbox"/> Lines (L) | <input type="checkbox"/> Flakiness (F) | <input type="checkbox"/> Post-acne dark spots (PA) |
| <input type="checkbox"/> Surface wrinkles (SW) | <input type="checkbox"/> Neck creases (NC) | <input type="checkbox"/> Scarring (S) |
| <input type="checkbox"/> Poor elasticity (PE) | <input type="checkbox"/> Sagging neck (SN) | <input type="checkbox"/> Pigmented spots (PS) |
| <input type="checkbox"/> Dehydration (D) | <input type="checkbox"/> Enlarged pores (EP) | <input type="checkbox"/> Redness (R) |
| <input type="checkbox"/> Dull skin (DS) | <input type="checkbox"/> Excess oil (EO) | <input type="checkbox"/> Visible capillaries (VC) |
| <input type="checkbox"/> Smoker's skin (SS) | <input type="checkbox"/> Clogged pores (CP)
<i>Blackheads</i>
<i>Whiteheads</i> | |



PROFESSIONAL SKIN CARE