

Escape East Consultant Card Questions & Answers

The reason for a The Consultation Card is to allow the therapist an in-depth understanding of the client's over- all health. The skin is effect by not only what we put on it but stress, allergies, food, even the environment.

You're Health Section:

This section gives valuable insight into general health any medical issues that might contraindicate a particular service or product, as well as general lifestyle habits that might prove useful in trouble shooting skin problems.

Break down of questions

1. If you have been under a physician's care it is important to ascertain whether or not the underlying medical reason will affect the treatment.
2. Areas or recent surgery should not be massaged for at least 3 months (facial area) 6 months (body), possibly more if very invasive.
3. Treatments should be modified if you have health problems in the past or present, such as cancer, diabetes, epilepsy, heat problems, hormone imbalance, spinal injury, hysterectomy, thyroid condition, varicose veins, systemic disease and any other health issues.
4. Medications and vitamins can also have a dramatic effect on the skin, such as antibiotics, high blood pressure tablets, retin-a, adapalence, renova, Accutane, prescription benzoyl peroxide, herpes ointments, or vitamins and herbs.
5. Smoking depletes vitamin C in the body and restricts oxygen to the skin results in comedones.
6. Lack of exercise calls for more detoxifying stimulating course of treatment.
7. Highly restricted diet or fast can stimulate breakouts activity, hormonal imbalance or body hair growth.
8. Caution around the eyes area if contacts are left in.
9. Metal implants, pacemakers or body piercing are a contraindication for the use of electrical current in any form.
10. Stress impacts the skin and overall well-being of healthy skin.

You're Skin Section:

This information will be used to customize your treatment and to better prescribed a regime.

11. This will allow the client to really explain how they see their skin health.
12. Allows the therapist to understand the clients home care regimen.

Exfoliation History:

A full understanding of your exfoliation history is vital to performing safe & effective treatments.

13. After any of these treatments the skin can be dramatically thinned and the therapist will adjust the treatment that will help to heal the skin best.
14. Exfoliating, waxing, heat, use of Benzoyl Peroxide, or firm massage over the affected area is all contraindications when using any prescription or topical acne treatment.
15. One of the most prevalent problems experienced by clients is over-exfoliation, which can result in dry, over –sensitized skin and can lead to premature aging.

E-mail: maryann@escapeeast.com **Phone:** 619.985.4764 **Online:** www.escapeeast.com

Moisture Hydration:

In this area I will better understand your daily moisture and give ideas how you can make improvements if needed.

16. Consuming at least eight 8-ounce glasses of plain filtered water every day to maintain critical moisture balance of the body and skin, as well as to help with detoxification.
17. Consumption of more than 8 alcoholic beverages per week can be a contributing factor to skin dryness and over all body dehydration.
18. If you experience flakiness, tightness, or obvious dryness its best to increase your water intake, adjust to a richer moisturizer and use a moisturizing masque at least 3 times per week.
19. SPF should be used over the face and décolleté daily to prevent sun damage.
20. An alternative to sun bathing or tanning beds is a bronzer that can look as though your skin has been kissed by the sun.

Capillary Activity:

The information collected here will be used along with the

21. This question allows a better understanding of capillary activity.
22. Blushing easily is another question related to capillary activity.
23. Tendency to redness could indicate environmentally-sensitized skin.
24. Sinus problems should be noted as to note over use essential oils during treatment.
25. An oily shine may indicate overuse of exfoliants, dehydrations, or overactive sebaceous glands.
26. Skin breakouts could be caused by comedogenic ingredients in skin or hair care regimens.
27. High levels of caffeine can increase skin sensitivity and blood circulation, reduce skin moisture levels.
28. A burning or itching on the skin could be caused by cosmetic allergies.
29. Pressure/pain threshold will determine how firm extractions can be performed and response to waxing. All very important to know so the treatment is enjoyable.
30. This question will allow me to know how tightly you can be wrapped, also if a tight mask should be avoided.
31. This will allow me to better understand how firm of a massage you will enjoy.
32. An allergic reaction is very important to know about in order to perform the best treatment, because many products contain different ingredient and we would want to avoid any reactions.
33. Oral contraceptives can cause uneven skin pigmentation, dryness or skin breakouts.
34. If you are pregnant or trying it is best to avoid essential oils, electrical current, high temperature or detoxifying treatments. For the overall health of mom and baby.
35. The client who is lactating may have breast sensitivity, and should avoid essential oils.
36. This question helps to identify the cause of any shaving irritation, ingrown hairs, bumps, and redness.
37. Irritation from shaving can be avoided by using a gentle cleanser daily to lift the hairs from the skin and be a skin-buffer.
38. Daily exfoliation before shaving will help to control ingrown hairs.
39. Menstruation increases skin sensitivity and waxing should be avoided for 10 days after.
40. Addition of new medications should be noted to alert to any new contraindications.
41. Dental x-rays can temporarily reduce sebaceous activity and cause dryness to the skin.
42. Skin goals can change from every appointment depending on the season.

I hope this information has been useful and given you a better understanding why these questions have been asked on the Consultation Card. I look forward to assisting you in your skin health goals.

E-mail: maryann@escapeeast.com **Phone:** 619.985.4764 **Online:** www.escapeeast.com