

**COMPLETE HEALTH CENTER**  
**111 JEWETT STREET**  
**MARSHALL, MN 56258**

**BIOELEMENTS®**

**CLIENT QUESTIONNAIRE**

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE (HOME) \_\_\_\_\_ (BUSINESS) \_\_\_\_\_

**DO YOU HAVE ANY HEALTH PROBLEMS? (CHECK ALL THAT APPLY)**

Heart Problems       Hormonal Problems       High/Low Blood Pressure       Diabetes       Skin Cancer

Allergies (list) \_\_\_\_\_

	YES	NO
ARE YOU PREGNANT?		
ANY RECENT SURGERY? <i>If so, for what?</i>		
ARE YOU TAKING ANY MEDICATIONS? <i>If so, which ones?</i>		
ARE YOU TAKING ACCUTANE?		
DO YOU HAVE ROSACEA?		
ARE YOU USING ANY TOPICAL MEDICATIONS? <i>If so, which ones?</i>		
ARE YOU USING RETINOIDS? <i>If so, which ones?</i>		
ARE YOU USING EXFOLIATING ACIDS? <i>If so, which ones?</i>		
DO YOU HAVE ANY IMPLANTS? <i>Pacemaker, pins in bones, etc.</i>		
DO YOU WEAR CONTACT LENSES?		
HAVE YOU UNDERGONE TREATMENT FROM A DERMATOLOGIST? <i>If so, for what conditions?</i>		
HAVE YOU EVER HAD AN ADVERSE REACTION TO A COSMETIC PRODUCT? <i>If so, which product or ingredient gave you the reaction?</i>		

WHAT ARE YOU CURRENTLY USING TO CLEANSE YOUR FACE?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WHAT ARE YOU CURRENTLY USING TO MOISTURIZE?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SPECIAL TREATMENTS? (EYE CREME, NIGHT CREME, MASKS)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WHAT IMPROVEMENTS WOULD YOU LIKE TO SEE ON YOUR SKIN?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

NOTES:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SIGNATURE \_\_\_\_\_

# BIOELEMENTS®

## SKIN ASSESSMENT FORM

### STEP 1: BIOTYPE (OIL PRODUCTION LEVEL)

### STEP 2: SKIN SENSITIVITY LEVEL

#### OILY

- O<sup>2</sup> (definitely oily)
- O<sup>1</sup> (moderately oily)

Has:

- Thick Skin
- Large Pores

#### COMBINATION

- C<sup>o</sup> (combination/slightly oily)
- C<sup>d</sup> (combination/slightly dry)

Has:

- Normal Skin
- Normal Pores

#### DRY

- D<sup>1</sup> (moderately dry)
- D<sup>2</sup> (definitely dry)

Has:

- Thin Skin
- Small Pores

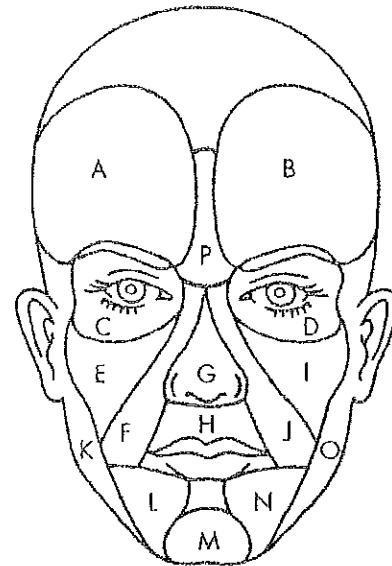
- Not Sensitive
- Moderately Sensitive
- Definitely Sensitive

### STEP 3: CONDITIONS

Identify client's condition(s) and write the number next to the corresponding zone on the lines below.

- (1) Dehydration
- (2) Puffiness
- (3) Flakiness
- (4) Enlarged pores
- (5) Blackheads
- (6) Whiteheads/milia
- (7) Clogged pores
- (8) Inflamed acne pustules
- (9) Sallow, dull skin
- (10) Irritation
- (11) Mild sunburn
- (12) Rosacea
- (13) Redness/blotchiness
- (14) Visible capillaries
- (15) Rough texture
- (16) Fine lines
- (17) Deep wrinkles
- (18) Poor elasticity/sagging
- (19) Uneven pigmentation (melasma)
- (20) Pigmented spots (sun freckles/age spots)
- (21) Post-inflammatory hyperpigmentation (acne dark spots)
- (22) Dark under-eye circles
- (23) Scarring
- (24) Post-op healing

- ZONE A \_\_\_\_\_
- ZONE B \_\_\_\_\_
- ZONE C \_\_\_\_\_
- ZONE D \_\_\_\_\_
- ZONE E \_\_\_\_\_
- ZONE F \_\_\_\_\_
- ZONE G \_\_\_\_\_
- ZONE H \_\_\_\_\_
- ZONE I \_\_\_\_\_
- ZONE J \_\_\_\_\_
- ZONE K \_\_\_\_\_
- ZONE L \_\_\_\_\_
- ZONE M \_\_\_\_\_
- ZONE N \_\_\_\_\_
- ZONE O \_\_\_\_\_
- ZONE P \_\_\_\_\_



FACE ZONES

### STEP 4: TREATMENT GOALS

#### HYDRATION

- Hydrate and moisturize tissue
- Eliminate flakiness
- Soften skin

#### DETOXIFICATION

- Stimulate microcirculation (to flush toxins)
- Revitalize sallow, dull skin
- Reduce puffiness
- Promote healthy glow

#### RETEXTURIZING

- Reduce cell buildup/exfoliate
- Soften lines/smooth texture
- Resurface minor acne scarring
- Minimize appearance of large pores

#### EVENING-OUT SKIN TONE\*

- Balance uneven pigmentation
- Lighten pigmented spots
- Fade post-inflammatory hyperpigmentation

#### CALMING, REDUCING REDNESS AND VISIBLE CAPILLARIES

- Reduce redness
- Eliminate blotchiness
- Soothe minor sunburn
- Reduce visible capillaries
- Soothe and calm rosacea\*\*

#### BALANCING OIL AND CLEARING SKIN

- Balance oil production
- Cleanse pores/eliminate blackheads
- Reduce bumpiness under skin
- Clear acne pustules\*\*

#### ANTI-AGING

- Strengthen lipid barrier layer (to ensure hydration and prevent dryness)
- Promote collagen and elastin regeneration (to firm and prevent sagging)
- Strengthen protective acid mantle (against harmful bacteria and pollutants)
- Reduce fine lines and deep wrinkles
- Oxygenate/improve microcirculation

#### POST OP HEALING\*\*\*

- Enhance healing process
- Rehydrate soothe, and protect

\* If client has any unusual skin growth or lesion, refer to a dermatologist

\*\* May require dermatologist

\*\*\* Requires doctor's approval