

# Be You

SKINTHERAPY&WELLNESS

## Client Information & Medical History

### CLIENT INFORMATION

CLIENT NAME \_\_\_\_\_ DATE \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ GENDER: MALE  FEMALE   
HOME ADDRESS \_\_\_\_\_  
PHONE # \_\_\_\_\_ OCCUPATION \_\_\_\_\_  
EMERGENCY CONTACT (NAME & PHONE) \_\_\_\_\_  
HOW WERE YOU REFERRED TO US? \_\_\_\_\_  
EMAIL: \_\_\_\_\_

### SKIN TYPE

WHICH OF THE FOLLOWING BEST DESCRIBES YOUR SKIN TYPE? PLEASE CHECK ONE.

- TYPE I: PALE WHITE | ALWAYS BURNS | NEVER TANS  
 TYPE II: FAIR WHITE | USUALLY BURNS | TANS WITH DIFFICULTY  
 TYPE III: MEDIUM WHITE | SOMETIMES BURNS | GRADUALLY TANS  
 TYPE IV: OLIVE / MODERATE BROWN | RARELY BURNS | TANS WITH EASE  
 TYPE V: BROWN / DARK BROWN | VERY RARELY BURNS | TANS VERY EASILY  
 TYPE VI: BLACK / VERY DARK BROWN | NEVER BURNS | TANS VERY EASILY

### SKIN HISTORY

HAVE YOU EVER HAD LASER HAIR REMOVAL? YES  NO

IF YES, WHEN / WHERE? \_\_\_\_\_

PLEASE CHECK EACH HAIR REMOVAL METHOD USED WITHIN THE LAST 6 WEEKS:

- SHAVING       WAXING       TWEEZING  
 THREADING       ELECTROLYSIS       DEPILATORIES (NAIR / CREAMS)

PLEASE INDICATE ANY METHODS USED WITHIN THE LAST 4 WEEKS THAT HAVE RESULTED IN CHANGES TO THE COLOR OF YOUR SKIN:

- SUN EXPOSURE       TANNING BED       SUNLESS LOTION / SPRAY

DO YOU FORM THICK OR RAISED SCARS FROM CUTS OR BURNS? YES  NO

AFTER AN INJURY OR TRAUMA TO THE SKIN, DO YOU EXPERIENCE SKIN DARKENING (HYPERPIGMENTATION) OR SKIN LIGHTENING (HYPOPIGMENTATION)? YES  NO

DO YOU HAVE A HISTORY OF ERYTHEMA ABIGNE, WHICH IS A PERSISTENT SKIN RASH PRODUCED BY PROLONGED OR REPEATED EXPOSURE TO MODERATELY INTENSE HEAT OR INFRARED IRRITATION? YES  NO

### MEDICAL HISTORY

ARE YOU CURRENTLY UNDER THE CARE OF A PHYSICIAN? YES  NO

IF YES, FOR WHAT: \_\_\_\_\_

ARE YOU CURRENTLY UNDER THE CARE OF A DERMATOLOGIST? YES  NO

IF YES, FOR WHAT: \_\_\_\_\_

DO YOU HAVE ANY OF THE FOLLOWING MEDICAL CONDITIONS?

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> PCOS              | <input type="checkbox"/> ACNE                 | <input type="checkbox"/> ASTHMA         |
| <input type="checkbox"/> HORMONE IMBALANCE | <input type="checkbox"/> FREQUENT COLD SORES  | <input type="checkbox"/> BLOOD CLOTTING |
| <input type="checkbox"/> HORMONE THERAPY   | <input type="checkbox"/> KELOID SCARRING      | <input type="checkbox"/> ABNORMALITIES  |
| <input type="checkbox"/> THYROID IMBALANCE | <input type="checkbox"/> PIGMENT PROBLEMS     | <input type="checkbox"/> PREGNANT       |
| <input type="checkbox"/> CANCER            | <input type="checkbox"/> SKIN DISEASE/LESIONS | <input type="checkbox"/> BREASTFEEDING  |
| <input type="checkbox"/> DIABETES          | <input type="checkbox"/> HEPATITIS            | <input type="checkbox"/> HYSTERECTOMY   |
| <input type="checkbox"/> HYPERTENSION      | <input type="checkbox"/> HIV/AIDS             | <input type="checkbox"/> MENOPAUSE      |

PLEASE LIST ANY ADDITIONAL MEDICATION CONDITIONS:

\_\_\_\_\_

### SURGICAL HISTORY

ANY UPCOMING SURGICAL/COSMETIC PROCEDURES INVOLVING LASER TREATMENT AREAS? YES  NO  DO YOU HAVE PHYSICIAN APPROVAL? YES  NO

DO YOU HAVE A PACEMAKER OR IMPLANTABLE DEFIBRILLATOR? YES  NO

DO YOU HAVE A HISTORY OF SPINAL FUSION? YES  NO

PLEASE LIST ANY ADDITIONAL SURGERIES (INCLUDING DATE/REASON FOR SURGERY):

\_\_\_\_\_  
\_\_\_\_\_

### CURRENT MEDICATIONS

- |  |  |                                      |
|--|--|--------------------------------------|
| <input type="checkbox"/> BIRTH CONTROL         | <input type="checkbox"/> HORMONE THERAPY | <input type="checkbox"/> ANTIBIOTICS |
| <input type="checkbox"/> ANTI-DEPRESSANTS      | <input type="checkbox"/> ACCUTANE        | <input type="checkbox"/> RETIN-A     |
| <input type="checkbox"/> PRESCRIPTION MEDS:    | _____                                    |                                      |
| <input type="checkbox"/> OVER THE COUNTER:     | _____                                    |                                      |
| <input type="checkbox"/> VITAMINS/SUPPLEMENTS: | _____                                    |                                      |

### ALLERGIES

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> LATEX              | <input type="checkbox"/> LIDOCAINE      | <input type="checkbox"/> COSMETICS       |
| <input type="checkbox"/> ASPIRIN            | <input type="checkbox"/> HYDROCORTISONE | <input type="checkbox"/> FRAGRANCES      |
| <input type="checkbox"/> ALPHA HYDROXY ACID | <input type="checkbox"/> NEOSPORIN      | <input type="checkbox"/> IODINE          |
| <input type="checkbox"/> SKIN CARE PRODUCTS | <input type="checkbox"/> HYDROQUINONE   | <input type="checkbox"/> COSTUME JEWELRY |
| <input type="checkbox"/> DRUG ALLERGIES:    | _____                                   |  |
| <input type="checkbox"/> FOOD ALLERGIES:    | _____                                   |  |
| <input type="checkbox"/> OTHER:             | _____                                   |  |

### DESIRED TREATMENT AREAS

- |                                     |                                       |   |
|-------------------------------------|---------------------------------------|---|
| <input type="checkbox"/> FULL FACE  | <input type="checkbox"/> SHOULDERS    | <input type="checkbox"/> FULL BACK      |
| <input type="checkbox"/> UNIBROW    | <input type="checkbox"/> UNDERARMS    | <input type="checkbox"/> HALF BACK      |
| <input type="checkbox"/> EARS       | <input type="checkbox"/> FULL ARMS    | <input type="checkbox"/> ABDOMEN        |
| <input type="checkbox"/> SIDEBURNS  | <input type="checkbox"/> HALF ARMS    | <input type="checkbox"/> BELLY TRAIL    |
| <input type="checkbox"/> CHEEKS     | <input type="checkbox"/> FULL LEGS    | <input type="checkbox"/> BIKINI LINE    |
| <input type="checkbox"/> UPPER LIP  | <input type="checkbox"/> UPPER LEGS   | <input type="checkbox"/> FULL BIKINI    |
| <input type="checkbox"/> CHIN       | <input type="checkbox"/> LOWER LEGS   | <input type="checkbox"/> BRAZILIAN      |
| <input type="checkbox"/> NECK       | <input type="checkbox"/> FEET         | <input type="checkbox"/> AREOLAS        |
| <input type="checkbox"/> CHEST      | <input type="checkbox"/> TOES ONLY    | <input type="checkbox"/> MALE GROIN     |
| <input type="checkbox"/> HALF CHEST | <input type="checkbox"/> HANDS        | <input type="checkbox"/> GROIN/BACKSIDE |
| <input type="checkbox"/> FULL BODY  | <input type="checkbox"/> FINGERS ONLY | <input type="checkbox"/> BUTTOCKS       |

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# Be You

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SKINTHERAPY&WELLNESS

## *Informed Consent for Laser Hair Removal*

**CLIENT NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**THE PURPOSE OF THIS PROCEDURE IS TO DIMINISH OR REMOVE UNWANTED HAIR FROM THE BODY.** THE TOTAL NUMBER OF TREATMENTS REQUIRED TO ACHIEVE OPTIMAL RESULTS WILL VARY BETWEEN INDIVIDUALS. TYPICALLY, 6-8 TREATMENTS ARE REQUIRED PER AREA. ON OCCASION, THERE ARE PATIENTS THAT DO NOT RESPOND TO TREATMENTS; HOWEVER, MOST PEOPLE SEE A 10-25% REDUCTION IN HAIR GROWTH AFTER EACH CYCLE. THE TREATED HAIR SHOULD EXFOLIATE OR PUSH OUT IN APPROXIMATELY 2-3 WEEKS.



**I HAVE BEEN ADVISED OF THE FOLLOWING RISKS AND POTENTIAL REACTIONS ASSOCIATED WITH LASER HAIR REMOVAL. PLEASE INITIAL.**

1. THERE IS A **RISK OF BURNING AND SCARRING** FROM ANY TREATMENT WITH LASERS.  
\_\_\_\_\_
2. SHORT-TERM EFFECTS MAY INCLUDE **MILD DISCOMFORT, MINOR SWELLING AND/OR REDNESS TO THE AREAS OF TREATED SKIN, TEMPORARY BRUISING OR BLISTERING.** IN MOST CASES, THE SKIN WILL RETURN TO NORMAL WITHIN 72 HOURS. NEOSPORIN MAY BE NEEDED FOR THIS TYPE OF REACTION. (IF YOU USE A LOT OF NEOSPORIN, VASOLINE IS ADVISED.)  
\_\_\_\_\_
3. **AREAS BEING TREATED WITH LASER MUST NOT HAVE BEEN EXPOSED TO NATURAL OR ARTIFICIAL TANNING SUCH AS TANNING BEDS, OR SUNLESS TANNING SPRAYS/CREAMS IN THE PAST 4 WEEKS, AS THIS CAN INCREASE THE RISK OF BURNING AND CHANGES IN SKIN PIGMENTATION.**  
\_\_\_\_\_

**4. HYPERPIGMENTATION (BROWNING) AND HYPOPIGMENTATION (LIGHTENING) HAVE ALSO BEEN NOTED AFTER TREATMENT. THESE CONDITIONS USUALLY RESOLVE WITHIN 3-6 MONTHS, BUT PERMANENT COLOR CHANGE IS A RARE RISK.**

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**5. INFECTION:** ALTHOUGH INFECTION FOLLOWING TREATMENT IS UNUSUAL, BACTERIAL, FUNGAL, AND VIRAL INFECTIONS CAN OCCUR. HERPES SIMPLEX VIRUS (HPV) INFECTIONS AROUND THE MOUTH CAN OCCUR FOLLOWING TREATMENT. THIS APPLIES TO BOTH INDIVIDUALS WITH A HISTORY OF HPV INFECTIONS AND INDIVIDUALS WITH NO KNOWN HISTORY OF HSV INFECTIONS IN THE MOUTH AREA. SHOULD ANY TYPE OF SKIN INFECTION OCCUR, ADDITIONAL TREATMENTS OR MEDICAL ANTIBIOTICS MAY BE NECESSARY.

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**6. BLEEDING:** PINPOINT BLEEDING IS RARE, BUT CAN OCCUR FOLLOWING LASER TREATMENT PROCEDURES. SHOULD BLEEDING OCCUR, ADDITIONAL TREATMENT MAY BE NECESSARY.

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**7. ALLERGIC REACTIONS:** IN RARE CASES, LOCAL ALLERGIES TO TAPE AND PRESERVATIVES USED IN COSMETIC OR TOPICAL PREPARATIONS HAVE BEEN REPORTED. SYSTEMIC REACTIONS (WHICH ARE MORE SERIOUS) MAY RESULT FROM PRESCRIPTION MEDICATIONS.

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**8. I UNDERSTAND THAT EXPOSURE OF MY EYES TO LIGHT COULD HARM MY VISION. I AGREE TO KEEP PROTECTIVE EYE GOGGLES ON AT ALL TIMES.**

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**9. COMPLIANCE WITH PRE-TREATMENT AND POST-TREATMENT GUIDELINES AND AVOIDANCE OF SUN EXPOSURE IS CRUCIAL FOR HEALING, PREVENTION OF SCARRING, AND CHANGES IN SKIN PIGMENTATION.**

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**ACKNOWLEDGMENT:**

I \_\_\_\_\_, DULY AUTHORIZE SPECIALLY TRAINED ASSOCIATE TECHNICIANS OF THIS FACILITY (BE YOU SKIN THERAPY & WELLNESS), TO PERFORM LASER HAIR REMOVAL. **I UNDERSTAND THAT PERMANENT HAIR REMOVAL RESULTS CAN VARY** DEPENDING ON THE CLIENT'S SITUATION, AS WELL AS MEDICAL CONDITION(S), STAGE OF LIFE, AND MEDICATION(S). WE CANNOT GUARANTEE SPECIFIC RESULTS, AS ALL CLIENTS' BODY CHEMISTRY & HORMONE LEVELS ARE DIFFERENT.

**MY QUESTIONS REGARDING THE PROCEDURE HAVE BEEN ANSWERED SATISFACTORILY.**

**I UNDERSTAND THE PROCEDURE AND ACCEPT THE RISKS.** I HEREBY RELEASE CHRISTINA WARD AND AUBREY MANGUM (LASER TECHNICIANS), BE YOU SKIN THERAPY & WELLNESS (FACILITY), CHARMAINE BLAIR AND JASON PLUMLEY (MEDICAL DIRECTORS) FROM ALL LIABILITIES ASSOCIATED WITH THE ABOVE PROCEDURE.

**OCCASIONALLY, UNFORESEEN MECHANICAL PROBLEMS MAY OCCUR AND YOUR APPOINTMENT WILL NEED TO BE RESCHEDULED.** WE WILL MAKE EVERY EFFORT TO NOTIFY YOU PRIOR TO YOUR ARRIVAL TO THE OFFICE. PLEASE BE UNDERSTANDING IF WE CAUSE YOU ANY INCONVENIENCE.

*I certify that the preceding medical, personal and skin history statements are true and correct. I am aware that it is my responsibility to inform the technician, doctor or nurse of my current medical or health conditions and to update this history as it is essential for the caregiver to execute appropriate treatment procedures.*

**CLIENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PHYSICIAN:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**LASER TECHNICIAN:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PHOTOGRAPH CONSENT**

*I hereby grant permission to Be You Skin Therapy & Wellness to photograph the treatment areas for my personal chart to more accurately track the progression of my treatment.*

*I DO NOT grant permission to Be You Skin Therapy & Wellness to photograph the treatment areas for my personal chart to more accurately track the progression of my treatment.*

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# Be You

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SKINTHERAPY&WELLNESS

## *Pre-Treatment Instruction for Laser Hair*

- Avoid tanning, tanning beds, and sunless tanners for 6 weeks prior to treatment.
- Do not wax or have electrolysis 6 weeks before treatment.
- You may shave or use depilatory cream up until 72 hours before treatment; however, stubble should be visible on the day of treatment.
- Do not apply any lotions, body oils, perfumes, or make-up in the areas to be treated.

## *Post-Treatment Instruction for Laser Hair*

- It is normal for treated areas to be slightly red with small bumps shortly after treatment. This reaction usually subsides within a few hours. Apply Aloe Vera and a cold compress, if needed. Clients with darker pigmented skin may experience more discomfort than those with lighter skin.
- If crusting occurs, apply antibiotic cream.
- Makeup may be used after treatment, providing there is no blistering. It is recommended to use new makeup to reduce the risk of infection. Use moisturizer (without alpha-hydroxy acids) prior to applying makeup. Moisturizing the skin will help exfoliate the dead hairs from the follicles.
- You may shower after the laser treatments with lukewarm water. The treated area may be washed with a mild soap. Deodorant may be applied after 24 hours. Please pat the skin dry and avoid rubbing.
- Avoid sun exposure for 2 months to reduce the chance of developing dark or light spots. Use sunscreen SPF 25 or higher at all times throughout the treatment and for 1-2 months following.
- Avoid scratching or picking the treated skin. DO NOT USE any other hair removal methods or products on the treated area during the course of the laser treatments, as this will prevent achieving optimal results.
- Anywhere from 5-30 days after treatment, shedding of the hair may occur and appear as a new hair growth. This is not new growth, rather the dead hair pushing its way out of the follicle. Gently exfoliate by washing the area with a washcloth.
- Hair re-growth occurs at different rates on different areas of the body. New hair growth will not occur for at least 3 weeks post-treatment.
- Please call your physician's office with any questions or concerns following treatment.

# Be You

SKINTHERAPY&WELLNESS

## Laser Hair Treatment Record

<b>CLIENT NAME</b>		<input type="checkbox"/> <b>PHYSICIAN CONSENT SIGNED</b>	
DOB	<input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> TS	PHOTOGRAPH CONSENT <input type="checkbox"/> Y <input type="checkbox"/> N	
<b>ALEXANDRITE 755</b>		<b>YAG 1064</b>	
<input type="checkbox"/> TYPE I	<input type="checkbox"/> TYPE II	<input type="checkbox"/> TYPE III	<input type="checkbox"/> TYPE IV <input type="checkbox"/> TYPE V <input type="checkbox"/> TYPE VI

TREATMENT AREA:										
DATE	TECHNICIAN	LASER	SETTING	SPOT SIZE	PULSE WIDTH	J/ CM2	PULSE COUNT	PROCEDURE NOTES	SOOTHING	AFTER CARE
		<input type="checkbox"/> CLARITY II <input type="checkbox"/> MPX	<input type="checkbox"/> ALEX 755 <input type="checkbox"/> YAG 1064					<input type="checkbox"/> TOLERATED WELL <input type="checkbox"/> REDNESS <input type="checkbox"/> BUMPS	<input type="checkbox"/> COOLING <input type="checkbox"/> ALOE	
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# Be You

SKIN THERAPY & WELLNESS

## Laser Hair

Full face.....\$120  
Face & Neck.....\$150  
Unibrow.....\$60  
Ears.....\$60  
Sideburns.....\$60  
Cheeks.....\$70  
Upper Lip.....\$60  
Chin.....\$60  
Lip + Chin.....\$115  
Neck.....\$130  
Chest.....\$250  
Half Chest.....\$150

Full Back.....\$425  
Half Back.....\$250  
Abdomen.....\$200  
Belly Trail.....\$75  
Bikini Line.....\$100  
Full Bikini.....\$125  
Brazilian.....\$200  
Areolas.....\$60  
Male Groin.....\$225  
Groin/Backside...\$200  
Buttocks.....\$260  
Full Body.....combined  
total of all treated areas

Shoulders.....\$175  
Underarms.....\$95  
Full Arms.....\$225  
Half Arms.....\$150  
Full Legs.....\$550  
Upper Legs.....\$315  
Lower Legs.....\$250  
Feet.....\$95  
Toes Only.....\$60  
Hands.....\$95  
Fingers Only.....\$60  
Spot Treatment...\$50  
Surgery Site.....\$225

## Other

Electrolysis.....\$80/30min  
Microneedling.....\$350  
Microdermabrasion.....\$135

## Consultation

One-Time pre-treatment physician consultation.....\$75

# Be You

SKIN THERAPY & WELLNESS

## Laser Hair Packages of 6

Full face.....\$670	Full Back.....\$2500	Shoulders.....\$1000
Face & Neck....\$850	Half Back.....\$1450	Underarms.....\$520
Unibrow.....\$310	Abdomen.....\$1150	Full Arms.....\$1300
Ears.....\$310	Belly Trail.....\$400	Half Arms.....\$850
Sideburns.....\$310	Bikini Line.....\$550	Full Legs.....\$3250
Cheeks.....\$370	Full Bikini.....\$700	Upper Legs.....\$1840
Upper Lip.....\$310	Brazilian.....\$1150	Lower Legs.....\$1450
Chin.....\$310	Areolas.....\$310	Feet.....\$520
Chin + Lip.....\$640	Male Groin.....\$1300	Toes Only.....\$310
Neck.....\$130	Groin/Backside...\$1150	Hands.....\$520
Chest.....\$1450	Buttocks.....\$1510	Fingers Only.....\$310
Half Chest.....\$850		Surgery Site.....\$1300

## Packages of 3

Microneedling.....\$100
Microdermabrasion.....\$355

## Special

Buy 2 packages get 10% off total price  
Buy 3 or more packages 15% of total price