

CLIENT NAME: _____

DATE: _____


 Y _____
 N _____

I. SKINCARE

At Sephora, we believe a beautiful complexion can be achieved by using personalized skincare products and having a healthy lifestyle.

Is your skin typically dry or oily? _____ Is it dry/oily all over? _____ How does your T-zone feel? _____

How do your cheeks feel? _____ Is your skin easily irritated? _____ If yes, explain: _____

SKIN TYPE

- Optimal
- Oily
- Combination
- Dry

HYDRATION

(Perform hydration test)

- Hydrated
- Slightly dehydrated
- Dehydrated

PRIMARY SKIN CONCERN

** If you could change one thing about your skin, what would it be?*

- | | | | |
|----------------------------|-----------------------------|-------------------------------------|---------------------------------|
| <input type="radio"/> Acne | <input type="radio"/> Aging | <input type="radio"/> Environmental | <input type="radio"/> Sensitive |
| • Regular breakouts | • Fine lines/wrinkles | • Hyperpigmentation | • Redness |
| • Inflammation | • Deep folds | • Uneven skin tone | • Spider veins |
| • Scarring | • Dullness | • Rough texture | • Itchy, dry skin |

SKINCARE REGIMEN

How much time do you have in the morning and at night to spend on your skincare regimen? AM _____ PM _____

STEP 1 CLEANSE / TONE

AM:	CURRENTLY USING / COMMENTS:
PM:	

STEP 2A TREAT (TOPICALS)

AM:	CURRENTLY USING / COMMENTS:
PM:	

STEP 2B TREAT (INTERNAL SKINCARE)

AM:	CURRENTLY USING / COMMENTS:
PM:	

STEP 2C TREAT (MASKS / EXFOLIATORS)

_____ X WEEKLY	CURRENTLY USING / COMMENTS:
_____ X WEEKLY	

STEP 3A HYDRATE / MOISTURIZE (FACE)

AM:	CURRENTLY USING / COMMENTS:	SPF INCLUDED?
PM:		

STEP 3B HYDRATE / MOISTURIZE (EYES)

AM:	CURRENTLY USING / COMMENTS:
PM:	

STEP 4 PROTECT WITH SPF

AM:	CURRENTLY USING / COMMENTS:
PM:	

STEP 5 SMILECARE

AM:	CURRENTLY USING / COMMENTS:
PM:	

II. HAIRCARE

HAIR CONDITION

How often do you *prefer* to wash your hair? _____ Do you chemically treat your hair? _____

How often is it *necessary* to wash your hair? _____ What concerns do you have about your hair? _____

STEP 1 SHAMPOO / CONDITION

SHAMPOO:	CURRENTLY USING / COMMENTS:
CONDITION:	

STEP 2 TREAT

SCALP:	CURRENTLY USING / COMMENTS:
HAIR:	

STEP 3 STYLE / FINISH

STYLE:	CURRENTLY USING / COMMENTS:
FINISH:	

III. PERSONALIZED SAMPLES

AM/PM:	COMMENTS:
AM/PM:	COMMENTS:
AM/PM:	COMMENTS:
AM/PM:	COMMENTS:

Healthy skin is enhanced by beautiful makeup. Ask for your complimentary Color Consultation.

SEPHORA'S APPROACH TO HEALTHY SKIN

At Sephora, we believe in healthy skin at any age. Achieving the best skin possible is the result of a holistic approach. We recommend incorporating the following guidelines into your routine:

- Eat a well-balanced diet and drink plenty of water
- Incorporate supplements into your diet*
- Get 7-8 hours of sleep each night
- Visit your esthetician and dermatologist regularly
- Follow a complete skincare regimen morning and night
- Exercise for 30 minutes at least three times a week
- Maintain a strong social and community network
- Manage stress through activities like yoga or meditation

* Before beginning any supplement program, consult a physician. If you are pregnant, lactating, or planning to become pregnant, Sephora suggests you consult a physician before using supplements. If you are taking any medication or are pregnant, it may affect your skin and the performance of products.

CONSULTANT NAME:	PRIMARY SKIN CONCERN:
PHONE:	STORE: