

# Confidential Client Health History Form



Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date Of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

## Your Health

1) Have you been under the care of a physician, dermatologist or other medical professional within the past year?  
 No  Yes, explain: \_\_\_\_\_

2) Any recent surgery, including plastic surgery?  No  Yes, explain: \_\_\_\_\_  
\_\_\_\_\_

3) Any skin cancer?  No  Yes, explain: \_\_\_\_\_

4) Have you had any piercings, tattoos, or permanent cosmetics?  No  Yes, If yes, where on your person?  
\_\_\_\_\_  
\_\_\_\_\_

5) Have you ever had a body spa treatment before?  No  Yes, when: \_\_\_\_\_

6) Have you had any of these health conditions in the past or present?  
(Please check all that apply and provide additional information in the space provided)

- |                     |                          |  |                          |
|---------------------|--------------------------|--|--------------------------|
| Cancer              | <input type="checkbox"/> | Headaches (chronic)                      | <input type="checkbox"/> |
| Hormone imbalance   | <input type="checkbox"/> | Hepatitis                                | <input type="checkbox"/> |
| Systemic disease    | <input type="checkbox"/> | Herpes                                   | <input type="checkbox"/> |
| High blood pressure | <input type="checkbox"/> | Frequent cold sores                      | <input type="checkbox"/> |
| Spinal injury       | <input type="checkbox"/> | Immune disorders                         | <input type="checkbox"/> |
| Thyroid condition   | <input type="checkbox"/> | HIV/AIDS                                 | <input type="checkbox"/> |
| Hysterectomy        | <input type="checkbox"/> | Lupus                                    | <input type="checkbox"/> |
| Diabetes            | <input type="checkbox"/> | Metal bone pins or plates                | <input type="checkbox"/> |
| Heart problem       | <input type="checkbox"/> | Phlebitis, blood clots, poor circulation | <input type="checkbox"/> |
| Varicose veins      | <input type="checkbox"/> | Blood clotting abnormalities             | <input type="checkbox"/> |
| Arthritis           | <input type="checkbox"/> | Psychological treatment                  | <input type="checkbox"/> |
| Asthma              | <input type="checkbox"/> | Insomnia                                 | <input type="checkbox"/> |
| Eczema              | <input type="checkbox"/> | Keloid scarring                          | <input type="checkbox"/> |
| Epilepsy            | <input type="checkbox"/> | Skin disease/skin lesions                | <input type="checkbox"/> |
| Seizure disorder    | <input type="checkbox"/> | Any active infection                     | <input type="checkbox"/> |
| Fever blisters      | <input type="checkbox"/> |  |                          |

7) Has your physician discussed concerns about raising your body temperature?  No  Yes

explain: \_\_\_\_\_  
\_\_\_\_\_

**Confidential Client Health History Form—continued**

8) Do you smoke?  No  Yes

9) Do you follow a restricted diet?  No  Yes, specify: \_\_\_\_\_

10) Do you follow a regular exercise program?  No  Yes

11) What is your stress level? High  Medium  Low

List any medications you take regularly: \_\_\_\_\_

List any over the counter medications (including vitamins, herbal supplements, aspirin, etc.) you take regularly:  
\_\_\_\_\_

12) Do you use Retin-A, Renova, Adapalene Hydroxyl Acid, Deferin, Glycolic Acid, AHA, Salicylic Acid or Retinol/vitamin A derivative products?  No  Yes, describe: \_\_\_\_\_

13) Have you used any of these products in the last 3 months?  No  Yes

14) Have you used an acne medication?  No  Yes, when? \_\_\_\_\_ Which drug? \_\_\_\_\_

15) Do you form thick or raised scars from cuts or burns?  No  Yes

16) Do you have Hyperpigmentation (darkening of the skin) or Hypopigmentation (lightening of the skin) or marks after physical trauma?  No  Yes, describe: \_\_\_\_\_

List your daily consumption of: Water \_\_\_\_\_ Caffeine \_\_\_\_\_ Alcohol \_\_\_\_\_

17) Do you experience any problems sleeping?  No  Yes

18) How many hours do you typically sleep each night? \_\_\_\_\_

19) Do you wear contact lenses?  No  Yes

20) Have you been exposed to the sun or used a tanning bed in the last 48 hours?  No  Yes

21) How frequently are you exposed to the sun or use a tanning bed? \_\_\_Infrequently \_\_\_Frequently \_\_\_Regularly

22) Do you have any metal implants or wear a pacemaker?  No  Yes

23) Have you ever experienced claustrophobia?  No  Yes

24) Do you suffer from sinus problems?  No  Yes

25) Have you ever had an adverse reaction after using any skin care product? (Please circle any that apply)

Rash Irritation Peeling Sun Sensitivity Breakout

26) Have you ever had an allergic reaction to any of the following? (Please circle any that apply and explain)

Cosmetics Medicine Food Animals Sunscreens Iodine Pollen AHAs

Fragrance Shellfish Latex Drugs Other: \_\_\_\_\_

Continued ⇌

**Confidential Client Health History Form—continued**

If yes, please explain: \_\_\_\_\_

**Female Clients Only:**

27) Are you taking oral contraceptives?  No  Yes, specify: \_\_\_\_\_

28) Any recent changes to or from your contraceptive treatment?  No  Yes, If so, what and when? \_\_\_\_\_

29) Are you pregnant or trying to become pregnant?  No  Yes

30) Are you lactating?  No  Yes

31) Any menopause problems?  No  Yes, specify: \_\_\_\_\_

Please use this space to complete answers where space was insufficient. (Please include the number of the question)

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

I understand, have read and completed this questionnaire truthfully. I agree that this constitutes full disclosure, and that it supersedes any previous verbal or written disclosures. I understand that withholding information or providing misinformation may result in contraindications and/or irritation to the skin from treatments received. I am aware that it is my responsibility to inform the esthetician/skin care therapist of my current medical or health conditions and to update this history. The treatments I receive here are voluntary and I release this institution and/or skin care professional from liability and assume full responsibility thereof.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_