



Aesthetics Consultation

Student name

Date

Introduction to the Client

- The client is a 20 years old female.
- She struggles with acne-prone skin and this is her main concern.
- She also has hyperpigmentation
- She wants to reduce her active acne and also prevent breakouts in the future.
- She has been suffering from this condition for about 6 months.
- Even she is doing a skin care routine but it is not working for her. Her skin is getting worse with the time period.
- She is not taking any medicine for it currently but has been trying some home remedies.

Primary and Secondary Objectives

- The primary objective of the treatment of client is to reduce acne.
- Acne breakouts are the major concern of the client
- The assessment will assess the factors behind the acne breakouts including extrinsic and intrinsic factors
- The secondary objective is to reduce the hyperpigmentation and to rejuvenate the skin
- The client wants to reduce the acne scare as well as brighten up the skin (Ah-Thiane et al., 2022)
- These objectives will be considered in the assessment and formulation of treatment for the client.

Assessment Methods

- **Skin Type Analysis:** The texture of skin of client is uneven with some rough and bumpy areas. The client also has apparent pores specifically in T-zone region. There are visible pores on skin of client. The client also has smoking history which may contribute to uneven tone and texture of client's skin (Ayer and Burrows, 2006).

Visual Skin Assessment: This assessment showed that the skin of client is oily which is a basic factor in acne-prone skin. The skin of client also appears to be reactive and sensitive with irritation and redness present in specific areas. The client has hyperpigmentation in various areas specifically on chin and cheeks. The client has a skin care routine that appears to be harsh for the skin of client (Castillo and Keri, 2018)

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Assessment of Lifestyle:

- The assessment of lifestyle showed that client has a history of poor sleep which contributes to poor skin health.
- The client also has a diet high in processed foods as well as sugar.
- The clients also reports history of not drinking sufficient amount of amount which could impact the hydration level of skin of client.
- The client also reports history of not using regular screen which can be a reason of hyperpigmentation.
- The client reports history of not using makeup that is non-comedogenic in nature which can also cause acne (Martin et al., 2001).

Treatment Plan

- For the treatment of the client, chemical peel can be used.
- It is an effective option for hyperpigmentation as well as acne.
- It includes the application of a certain solution to the skin which causes the skin to peel off showing a brighter and toned skin (Kraft and Freiman, 2011)
- It helps to reduce the acne scars and unclog pores. It is useful for both moderate and mild acne.
- It helps to reduce dark spots (Castillo and Keri, 2018)
- It can eradicate and break up the excess melanin in the skin which triggers hyperpigmentation.
- Depending on the individual's skin type and concerns, the peel's intensity and treatment duration will vary.

References

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