G21 CLINICAL SKIN CONSULTATION FORM

Personalized Skincare Recommendation

CLIENT INFORMATION

Full Name: _____

Email: _____

Phone (optional): _____

Country / City: _____

Age Range (circle one):

18–25 | 26–35 | 36–45 | 46–55 | 56+

Gender (optional): _____

SKIN PROFILE

How would you describe your skin type?

□ Dry

□ Oily

□ Combination

□ Sensitive

□ Dehydrated

□ Not sure

Fitzpatrick Skin Type (circle one):

I II III IV V VI

The Fitzpatrick Scale classifies skin based on natural skin color and response to sun exposure.

This helps guide product selection, treatment planning, and risk awareness.

TYPE I – Very Fair Skin

- Very pale / porcelain skin
- Always burns, never tans
- Extremely sun-sensitive
- High risk of redness, irritation, and photo-damage

Common concerns: sensitivity, redness, premature aging

TYPE II – Fair Skin

- Fair / light skin tone
- Usually burns, tans minimally
- Sun-sensitive
- Prone to inflammation and visible aging

  Common concerns: pigmentation, sensitivity, fine lines

  ## TYPE III – Light to Medium Skin
- Light beige to light olive
- Sometimes burns, gradually tans
- Moderate sun sensitivity

Common concerns: uneven tone, early pigmentation, dehydration

TYPE IV – Medium to Olive Skin

- Olive or light brown skin
- Rarely burns, tans easily
- More resilient but still pigment-reactive

Common concerns: hyperpigmentation, post-inflammatory marks

TYPE V – Dark Brown Skin

- Naturally brown skin
- Very rarely burns
- Tans deeply and easily

Common concerns: pigmentation irregularities, uneven tone

TYPE VI – Very Dark Skin

- Deep brown to dark skin
- Never burns
- Highly melanin-rich skin

PRIMARY SKIN CONCERNS

(Please check all that apply)

□ Acne / breakouts

□ Post-acne marks

□ Pigmentation / melasma

□ Uneven skin tone

□ Fine lines / wrinkles

□ Loss of firmness / laxity

□ Redness / rosacea

□ Sensitivity / reactive skin

□ Dehydration

□ Enlarged pores

□ Dull / uneven texture

□ Other: _____

SKIN HISTORY

Have you ever had professional treatments?

□ No

□ Yes (check all that apply):

□ Microneedling

□ Chemical peels

□ Laser / IPL

□ RF / HIFU / Ultrasound

□ Injectables

□ Other: _____

Any negative reactions or complications?

□ No

□ Yes (please explain):

CURRENT SKINCARE ROUTINE

Do you currently use skincare daily?

□ Morning only

□ Night only

□ Morning & night

□ Inconsistent

Are you using any prescription skincare?

□ No

□ Yes (Retinoids, antibiotics, etc.):

List any active ingredients you currently use (if known):

□ Retinol / Retinoids

□ Vitamin C

□ Acids (AHA/BHA)

□ Benzoyl Peroxide

□ Hydroquinone

□ Not sure

Note;

SENSITIVITY & MEDICAL CONSIDERATIONS

Do you experience sensitivity or irritation?

☐ Rarely

☐ Sometimes

☐ Frequently

Have you ever been diagnosed with a skin condition?

☐ No

☐ Yes (eczema, rosacea, acne, psoriasis, etc.):

Are you currently pregnant or breastfeeding?

☐ No

☐ Yes

Any known allergies (skincare or medical)?

LIFESTYLE FACTORS

Sun exposure:

☐ Minimal

☐ Moderate

☐ High / frequent

Do you wear SPF daily?

☐ Yes

☐ Sometimes

☐ No

Lifestyle factors that apply:

☐ High stress

☐ Poor sleep

☐ Smoking / vaping

☐ Frequent travel

☐ Heavy makeup use

☐ Active / athletic lifestyle

SKIN GOALS

What are your top 1–2 goals for your skin?

How soon are you hoping to see improvement?

□ Gradual / long-term

□ Moderate improvement

□ As soon as safely possible

HOMECARE COMMITMENT

How consistent can you be with a skincare routine?

□ Basic (cleanser + moisturizer)

□ Moderate (2–3 steps)

□ Advanced (full routine, disciplined)

CONSENT & ACKNOWLEDGEMENT

□ I understand that this skin consultation is for cosmetic skincare guidance and educational purposes only.

□ I understand this consultation does not provide medical diagnosis or medical treatment.

□ I acknowledge that results vary and depend on consistency, skin condition, and lifestyle factors.

Client Signature: _____

Date: _____

FOR G21 USE ONLY

Skin Classification: _____

Recommended Skincare Program:

□ Barrier Repair

□ Acne Control

□ Pigmentation Correction

□ Anti-Aging / Longevity

□ Sensitive Skin Support

Notes: