

**INSTRUCTIONS:**

USE THIS TEMPLATE TO COMPLETE YOUR **CASE STUDY**. BRAND PRODUCT NAMES ARE NOT NECESSARY, **INGREDIENTS ARE MOST IMPORTANT**. **BELOW IS AN EXAMPLE**.

**NO HANDWRITTEN STUDIES WILL BE ACCEPTED**

**MAXIMUM PAGES PER CASE STUDY IS 10**

**CATEGORY: AGE**

**MINIMUM FONT SIZE 10**

**MAY USE BULLET POINTS**

**WEEK 1 DATE: JUNE 15, 2023**

**PLAYER NAME: JANE SMITH**

**MODEL NAME: CHRISTINA LANE**

**AGE: 40**

**GOALS: INTENDED GOALS FOR THE**

**CASE STUDY AND 1ST TREATMENT Improve**

**tone, texture, firmness, Increase**

**circulation Treat PIH/Hormonal Acne**

**SKIN TYPE: WHAT IS THE CLIENT'S SKIN**

**TYPE** Combination, Oily T-Zone

**CONDITIONS: LIST GENETIC AND OBSERVED CONDITIONS** Fitzpatrick **2-3**; heritage **Swedish, Scottish, and Swiss, Rubin's Scale 2-3**, Post Inflammatory Hyperpigmentation (PIH) **from** hormonal **breakouts**, enlarged **pores on** nose, some **laxity** along jawline, **expression** lines, uneven skin tone, **asphyxiated** appearance in skin tone **and texture**

**TREATMENT TYPE: DESCRIBE TREATMENT** Age **Management** Protocol

1. **First/Prep Cleanse-5 min Eye Makeup Remover: Saponaria** Extract (makeup/oil

emulsifier), Chamomile (soothing), Creamy Cleanser: Lemon/Lime Oil (antioxidant, **targets bacteria**), Squalane (**hydrating**), Green Tea Leaf Extract (**antioxidant**, anti-aging) 2 .

**Corrective Cleanse-Under steam, 8 min-Cleanser: L-Lactic Acid (renewing)**, Green Tea **Extract** (antioxidant, **anti-aging**), **Grapefruit Peel Oil** (natural Vit. C, **detoxifies**)

3. Physical Exfoliant-Applied on top **of** corrective **cleanser**; Crystal **Polish: Aluminum**

Oxide Crystals (physical exfoliant), Jojoba Esters (moisturizing), **Willow Bark Extract** (soothing) 4. Tone Toner: **L-Lactic Acid (renewing)**, **Willow Bark Extract (evens skin tone/texture)**,

Comfrey (restores **moisture** barrier)

5. Exfoliation-**10 minutes, Peel: L-Lactic Acid 10% (exfoliator)**, Retinol **2% (promotes skin**

cell turnover), **Gluconolactone (Polyhydroxy acid, hydrating)**, **Palmitoyl Hexapeptide-14** (supports collagen & elastin)

6. Extractions performed **using** Ultrasonic Spatula

7. **1st Microcurrent, wands** and **gloves**

8. **Masking-15 min, T-Zone Mask: Palmitoyl Tripeptide 8 (reduces redness)**, **Beta-Glucan**

**(D)(acne reducing/balancing)**, Shea Butter (humectant, **softens**), Tocopheryl **Acetate (antioxidant, protects against photo-aging)** **Cheek/Neck Mask: Squalane** (hydrating), Meadowfoam **Seed Oil (environmental protectant)**, Bentonite (soothing) **Calendula Flower** (calming), **Spin Trap (free radical scavenger)**

9. **LED**; Anti-Aging program, 20 min

10. Hydrate Eye Cream: **Palmitoyl Tetrapeptide 7** (skin strengthening), **Palmitoyl**

**Oligopeptide (reduces dark circles)**, **Dipeptide 2 (reduces under eye puffiness)**, Lip **Serum: Shea Butter (humectant, softens)**, Jojoba **Seed Oil** (antioxidant, hydrating), **Palmitoyl Oligopeptide** (humectant, **skin smoothing**), **Moisturizer: Squalane (hydrating)**, Black Currant **Seed Oil** (EFA, **reduces redness**), RoseHip Fruit Oil (healing), **Superoxide Dismutase** (environmental protectant)

11. Protect **SPF: Micronized Titanium Dioxide** (UV protectant), **Zinc Oxide**

**(anti-inflammatory, UV protectant)**, **Sodium PCA** (humectant)

HOME CARE PRODUCTS: **LIST HOME CARE PRODUCTS AND INGREDIENTS IN ORDER**

**OF USE.**

**DEVICES: LIST DEVICES** Steamer, Microcurrent, Mag Lamp, Skin Scanner, Ultrasonic Spatula, **LED Panel**

**SPECIAL TECHNIQUES: BRIEF DESCRIPTION OF ANY PROFESSIONAL TECHNIQUES USED** Performed corrective cleansing massage for enhanced product performance, **Removed** Lactic/Retinol peel with ultrasonic spatula

NOTES (**OBSERVATIONS, LIFESTYLE, HEALTH, ETC**): **OBSERVATION NOTES, LIST PERTINENT INFORMATION FOR THE STUDY** Christina is a **myofascial release** massage **therapist**; her **work** can be physically demanding. Her eating habits are good, choosing fresh **foods** as often **as** possible. Christina **drinks 1-2** alcoholic **beverages a week**; she smokes **3** cigarettes **a day**. Her water intake is adequate, **exercises 3-4 times a week**, practices yoga & **meditation**. **Her weight is** within **healthy** range; **sleep is** good. I **reinforced** the **healthy** practices & have been encouraging her **to** reduce/stop smoking

**WEEK 2 DATE:**

**IMPROVEMENT NOTES: ADD YOUR PROFESSIONAL OBSERVATIONS HERE - Skin appearance, hydration** level showing signs of **improvement with use** of home **care**, **Client** stated she **saw improvement in skin clarity, excited** about the **progress** her skin **has achieved** in one week

**GOALS: GOALS FOR WEEK 2 TREATMENT**

**TREATMENT TYPE:**

**HOME CARE UPDATE: LIST ANY CHANGES, CHECK IN WITH THE MODEL AND NOTE PROGRESS**

**DEVICES:**

**SPECIAL TECHNIQUES:**

NOTES (**OBSERVATIONS, LIFESTYLE, HEALTH, ETC**):

**WEEK 3 DATE:**

**IMPROVEMENT NOTES:**

**GOALS:**

**TREATMENT TYPE:**

**HOME CARE UPDATE:**

**DEVICES:**

**SPECIAL TECHNIQUES:**

NOTES (**OBSERVATIONS**, LIFESTYLE, **HEALTH**, **ETC**):

**WEEK 4 DATE:**

**IMPROVEMENT NOTES:**

**GOALS:**

TREATMENT TYPE:

HOME **CARE UPDATE:**

DEVICES:

**SPECIAL TECHNIQUES:**

NOTES (**OBSERVATIONS**, LIFESTYLE, **HEALTH**, **ETC**):

**WEEK 5 DATE:**

**IMPROVEMENT NOTES:**

**GOALS:**

TREATMENT TYPE:

HOME **CARE UPDATE:**

DEVICES:

**SPECIAL TECHNIQUES:**

NOTES (**OBSERVATIONS**, LIFESTYLE, **HEALTH**, **ETC**):

**WEEK 6 DATE:**

**IMPROVEMENT NOTES:**

**GOALS:**

TREATMENT TYPE:

HOME CARE UPDATE:

DEVICES:

**SPECIAL TECHNIQUES:**

NOTES (**OBSERVATIONS**, LIFESTYLE, **HEALTH**, ETC):

**WEEK 7 DATE:**

**IMPROVEMENT NOTES:**

**GOALS:**

TREATMENT TYPE:

HOME CARE UPDATE:

DEVICES:

**SPECIAL TECHNIQUES:**

NOTES (**OBSERVATIONS**, LIFESTYLE, HEALTH, ETC):

**WEEK 8 DATE:**

IMPROVEMENT NOTES:

**GOALS:**

TREATMENT TYPE:

HOME CARE UPDATE:

DEVICES:

**SPECIAL TECHNIQUES:**

NOTES & CASE STUDY CONCLUSION: **FINAL NOTES FOR STUDY AND STATE YOUR OBSERVATIONS OF THE OUTCOME.** Christina is happy to have gotten 8 weeks of professional services and attention to her skin. She is encouraged to keep the routine established for home care, understands the importance of an AM/PM schedule, and maintaining professional results with monthly services. She is still working on quitting smoking.

During the final two weeks of the case study, Christina experienced nodule type breakout along her jawline, neck, and on her temple. In my attempt to help clear her breakout more quickly, I neglected to recognize the frustration she was feeling about the breakout, the effect it was having on her skin, and how it would reflect in the after pictures. A few days after the final session and pictures, I reached out to see how she was faring. She thanked me for listening, allowing her to vent, and said her skin was clearing. She was able to more fully appreciate the improvements in her skin and the overall results obtained by participating in the case study.

The lesson for me is to engage fully with my new clients. I will ask better probing questions in order to discern their perspective on the progress they think/feel is being made. Understanding their mindset will allow me to adjust, clarify, and educate better.