

# ASSESSMENT FORM

## FACE & BODY

Surname:

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First name:

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**INNER POWER.  
BETTER LIFE.**

**STAPLE** THE FACE AND BODY  
ASSESSMENT PICTURES HERE

PHOTOS

**DATE** .....

**PERSONAL INFORMATION**

Name: ..... First name: .....  F  M

Address: .....

Age: ..... Profession: .....

Tel.: ..... Mobile: .....

Email: .....

**MOTIVATIONS**

.....  
.....  
.....

**WOMEN'S EVENTS**

Pregnancies: ..... Number: ..... Dates: .....

Contraception: ..... Type: .....

Menopause: ..... Since approximately: .....

Hormone replacement therapy: ..... Type: .....

**LIFESTYLE**

**HYDRATION**

Do you drink fluids regularly? .....

What volume per day (water, tea, coffee, soup)? .....

**DIET AND EXERCISE**

Do you have a balanced diet? .....

(Five fruits and vegetables per day, proteins, carbohydrates and dairy products at every meal, reduced consumption of fat, salt and sugar)

Do you sometimes overeat? .....

Are you following a weight-reduction diet? .....

Do you exercise regularly? .....

(at least the equivalent of 30 minutes per day, walking for example)

**OTHER**

Do you sleep well? .....

Do you regularly expose yourself to ultraviolet rays? (natural/artificial)? .....

Do you smoke? .....

**HEALTH HISTORY**

(diseases, surgeries, scars, medication taken) .....

.....  
.....

## FACE endermologie® ASSESSMENT

Method developed in partnership with the Skin Aging Diagnosis Centre (CDVP), C.H.U. (Central University Hospital), Besançon, France. Directed by Professor Philippe Humbert.

### TYPE OF SKIN AGING



Sagging



Thickening



Hollowing

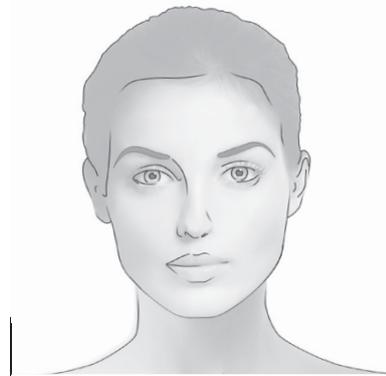
### endermologie® COSMÉTIQUES PRESCRIPTION

- |  |  |
|--|--|
| <input type="checkbox"/> Preparing Micellar Water        | <input type="checkbox"/> Intense Hydrating Smoothing Serum         |
| <input type="checkbox"/> Expert cleansing Balm           | <input type="checkbox"/> Smoothing Filler Milky Serum              |
| <input type="checkbox"/> Exfoliating Cream               | <input type="checkbox"/> Anti-ageing Renewal Serum                 |
| <input type="checkbox"/> Active Replenishing Essence     | <input type="checkbox"/> Post-Care Collagen Mask                   |
| <input type="checkbox"/> Eye Balm                        | <input type="checkbox"/> Dynamic Replenishing Gel-Cream            |
| <input type="checkbox"/> Total Eye Care                  | <input type="checkbox"/> Smoothing Filler Cream                    |
| <input type="checkbox"/> Eye & Lip Contour Cream         | <input type="checkbox"/> Replenishing Firming Cream                |
| <input type="checkbox"/> Eye Cream                       | <input type="checkbox"/> Tensing Firming Cream                     |
| <input type="checkbox"/> Post-treatment eye contour mask | <input type="checkbox"/> Firming V-Shaping Cream                   |
| <input type="checkbox"/> Oil-in-water replenishing Serum | <input type="checkbox"/> Anti-ageing Renewal Cream                 |
| <input type="checkbox"/> Radiance Brightening Serum      | <input type="checkbox"/> Cellular defense Anti-ageing Cream SPF 30 |

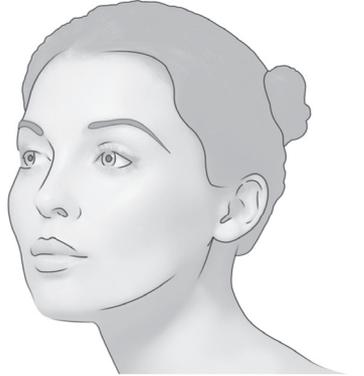
### NUTRICOSMETICS PRESCRIPTION

- |   |  |                                |
|---|--|--------------------------------|
| <input type="checkbox"/> Vitality Booster | <input type="checkbox"/> Hyaluronic Acid | <input type="checkbox"/> Omega |
| <input type="checkbox"/> Water Glow       | <input type="checkbox"/> Collagen        |                                |

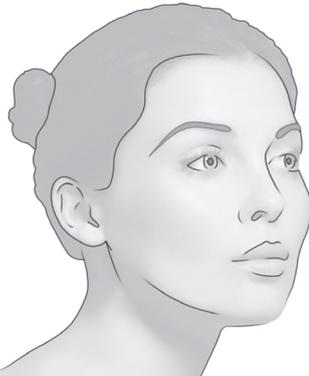
### BEAUTY GOALS



Full-face



Left profile



Right profile

#### DIRECTLY MARK ON THE FACE:

**C:** Clarify the complexion

**FS:** Firm the skin

**S:** Slim the face

**FW:** Fill in wrinkles

**FIRM THE SKIN GOAL:**

- After light pinching and stretching of the skin, it returns to its original state:

Quickly: firm skin       Slowly: slackening skin

- EVALUATION FROM 0 TO 5: (0: very loose skin, 5: firm skin)

Assessment 1

Assessment 2

Assessment 3

Date: ..... Score: .....

Date: ..... Score: .....

Date: ..... Score: .....

Recommended protocol: endermologie® Age-defying Skin Toning

**FILL IN WRINKLES GOAL:**

- EVALUATION FROM 0 TO 5: (de 0: very wrinkled skin, 5: skin with no wrinkles)

Assessment 1

Assessment 2

Assessment 3

Date: ..... Score: .....

Date: ..... Score: .....

Date: ..... Score: .....

Recommended protocol: endermologie® Age-defying Replumping

**CLARIFY THE COMPLEXION GOAL:**

- EVALUATION FROM 0 TO 5: (de 0: dull complexion, 5: radiant complexion)

Assessment 1

Assessment 2

Assessment 3

Date: ..... Score: .....

Date: ..... Score: .....

Date: ..... Score: .....

Recommended protocol: endermologie® Glow

**SLIM THE FACE GOAL:**

- When pinching the skin with fingers, the fold is:

Thick: fat storage       Thin: slackening skin

- EVALUATION FROM 0 TO 5: (de 0 : pli épais à 5 : pli fin)

Assessment 1

Assessment 2

Assessment 3

Date: ..... Score: .....

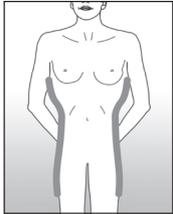
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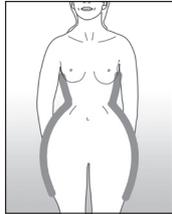
Recommended protocol: endermologie® Age-Defying Resculpting

## BODY endermologie® ASSESSMENT

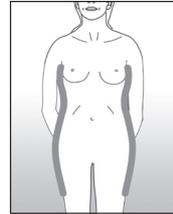
### BODY MORPHOTYPE



Android



Gynoid



Balanced

### ENDERMOWEAR™ SUIT

1 (M)

2 (L)

3 (XL)

4 (XXL)

Men



### endermologie® COSMÉTIQUES PRESCRIPTION

- Glowing Resurfacing Body Cream
- Body Shaping Gel
- Body Shaping Cream
- Firming Contour Fluid

- Light Legs Mist
- Anti-Cellulite Intensive Serum
- Anti-Cellulite Cream-in-gel



### NUTRICOSMETICS PRESCRIPTION

- Vitality Booster
- Slimming Concentrate
- 14-day LPG® Express Organic Slimming Tea

- Omega
- LPG® Fat & Sugar Control
- 14-Day LPG® Express Day & Night Orange Peel

### BEAUTY GOALS



#### Directly mark on the body:

- S: Smooth cellulite
- F: Firm the skin
- R: Release fat
- RL: Recover light legs

**Weight:**

**Test clothing size:**

## RELEASE FAT GOAL

| AREAS    | DISTANCE FLOOR MARKING | ASSESSMENT 1 | ASSESSMENT 2 | ASSESSMENT 3 | ASSESSMENT 4 | ASSESSMENT 5 | ASSESSMENT 6 |
|----------|------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Bust     |                        | cm           | cm           | cm           | cm           | cm           | cm           |
| Waist    |                        | cm           | cm           | cm           | cm           | cm           | cm           |
| Hips     |                        | cm           | cm           | cm           | cm           | cm           | cm           |
| Buttocks |                        | cm           | cm           | cm           | cm           | cm           | cm           |
| Thighs   |                        | cm           | cm           | cm           | cm           | cm           | cm           |
| Knees    |                        | cm           | cm           | cm           | cm           | cm           | cm           |
| Calves   |                        | cm           | cm           | cm           | cm           | cm           | cm           |

Recommended protocols: endermologie® Total Care, endermologie® Gynoid Body, endermologie® Android Body, endermologie® Shorty

## FIRM THE SKIN GOAL

EVALUATION FROM 0 TO 5: (0: very loose skin, 5: firm skin)

Assessment 1

Assessment 2

Assessment 3

Date: ..... Score: .....

Date: ..... Score: .....

Date: ..... Score: .....

Recommended protocol: endermologie® Skin Toning

## SMOOTH CELLULITE GOAL

Liposcore®-based method, developed in partnership with Dr. Philippe Blanchemaison

### 1 - IN YOUR FAMILY, HAVE YOU ALREADY HEARD WOMEN COMPLAINING ABOUT:

Swollen legs

Excess weight

Stubborn cellulite

### 2 - YOUR CELLULITE IS:

Widespread

In one specific area

### 3 - IS YOUR CURRENT WEIGHT MORE THAN YOUR IDEAL WEIGHT?

Yes, it varies from one week to the next

Yes, it varies depending on age

Yes, but stable or increasing

### 4 - DO YOU SOMETIMES SUFFER FROM:

Swollen ankles

Heavy legs

Painful when pinched

### 5 - HOW LONG HAVE YOU HAD CELLULITE FOR:

Less than a year

One to five years

More than 5 years

Majority of  (aqueous cellulite)

Majority of  (adipose cellulite)

Majority of  (fibrous cellulite)

Recommended protocol:  
endermologie® Aqueous Cellulite

Recommended protocol:  
endermologie® Cellulite Smoothing

## RECOVER LIGHT LEGS GOAL

Heavy legs sensation:  Yes  No

Tension / stress:  Yes  No Area: .....

Recommended protocol: endermologie® Fluid Mobilization

