

Hello Gorgeous

MED SPA • OSWEGO, IL

Permanent Makeup Brow Consultation

CLIENT INTAKE & HEALTH HISTORY

Client Information

FULL NAME

DATE OF BIRTH

TODAY'S DATE

PHONE

EMAIL

ADDRESS

EMERGENCY CONTACT

HOW DID YOU HEAR ABOUT US?

OCCUPATION

Health History

Please check any that apply to you. Your honesty keeps you safe — nothing here disqualifies you automatically, but it helps us care for you properly.

- | | | |
|---|--|---|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> High / low blood pressure | <input type="checkbox"/> Heart condition |
| <input type="checkbox"/> Hepatitis / HIV | <input type="checkbox"/> Thyroid disorder | <input type="checkbox"/> Autoimmune condition |
| <input type="checkbox"/> Hemophilia / bleeding disorder | <input type="checkbox"/> Epilepsy / seizures | <input type="checkbox"/> Skin condition (eczema, psoriasis) |
| <input type="checkbox"/> Keloid / abnormal scarring | <input type="checkbox"/> Cold sores / herpes simplex | <input type="checkbox"/> Cancer (current or past) |
| <input type="checkbox"/> Allergies (latex, lidocaine, nickel) | <input type="checkbox"/> Anemia | <input type="checkbox"/> Pregnant or nursing |
| <input type="checkbox"/> Prone to fainting | <input type="checkbox"/> Recent facial surgery / Botox | <input type="checkbox"/> Glaucoma |

PLEASE EXPLAIN ANYTHING CHECKED ABOVE

CURRENT MEDICATIONS & SUPPLEMENTS

KNOWN ALLERGIES (MEDICATIONS, TOPICAL, METALS, ETC.)

Brow & Skin History

- | | |
|---|---|
| <input type="checkbox"/> I have had permanent makeup before | <input type="checkbox"/> I have had microblading / ombré before |
| <input type="checkbox"/> I currently use Retin-A / retinol / AHAs | <input type="checkbox"/> I have taken Accutane in the last year |
| <input type="checkbox"/> I tan or use tanning beds regularly | <input type="checkbox"/> My skin is oily in the brow area |
| <input type="checkbox"/> I have had a chemical peel recently | <input type="checkbox"/> I tint or wax my brows regularly |

IF YOU'VE HAD PMU BEFORE — WHEN, WHERE, AND HOW DID IT HEAL?

WHAT IS YOUR BROW GOAL TODAY? (FULLER, DEFINED, SYMMETRY, COLOR, ETC.)

Contraindications & Safety Review

Absolute contraindications – we cannot perform your procedure today if any apply. We'll happily reschedule when it's safe.

- | | |
|---|---|
| <input type="checkbox"/> Currently pregnant or breastfeeding | <input type="checkbox"/> Active skin infection or rash in brow area |
| <input type="checkbox"/> Undergoing chemotherapy / radiation | <input type="checkbox"/> Uncontrolled diabetes |
| <input type="checkbox"/> Accutane within the last 6–12 months | <input type="checkbox"/> Blood thinners (not cleared by physician) |
| <input type="checkbox"/> Active cold sore / shingles outbreak | <input type="checkbox"/> Under 18 years of age |

Relative contraindications – may require physician clearance, a patch test, or adjusted aftercare. We'll discuss together.

- | | |
|---|---|
| <input type="checkbox"/> Diabetes (controlled) | <input type="checkbox"/> Autoimmune / healing disorders |
| <input type="checkbox"/> History of keloid scarring | <input type="checkbox"/> Prone to cold sores (may pre-medicate) |
| <input type="checkbox"/> Very oily skin (affects crisp strokes) | <input type="checkbox"/> Recent Botox / filler (wait 2 weeks) |
| <input type="checkbox"/> Recent peel / laser in area (wait 4 weeks) | <input type="checkbox"/> Allergy to topical anesthetics |

Why oily skin matters: On very oily skin, crisp microblading strokes tend to blur and fade faster. We may recommend an **ombré powder** or **combo/hybrid** technique for a result that lasts and heals beautifully. We'll guide you to the right choice – it's part of taking care of you.

Informed Consent

- ◆ I understand permanent makeup is a **cosmetic tattoo** and results are considered semi-permanent, fading gradually over time.
- ◆ I understand **final results require a touch-up** (typically 6–8 weeks later) and color, shape, and density can vary based on my skin and aftercare.
- ◆ I understand healed results vary by skin type, lifestyle, sun exposure, and how closely I follow aftercare instructions.
- ◆ I confirm the health information I provided is accurate and complete to the best of my knowledge.
- ◆ I have disclosed all medications, conditions, and allergies, and I am not under the influence of alcohol or drugs.
- ◆ I consent to **before & after photos** for my file. I also consent to anonymized use for education/marketing (*optional*).
- ◆ I have had the opportunity to ask questions and all have been answered to my satisfaction.
- ◆ I release Hello Gorgeous Med Spa and its technicians from liability for results within the normal range of this procedure.

Agreed shape & technique today: Shape: _____ Technique: _____ Pigment / Color: _____

CLIENT SIGNATURE

DATE

TECHNICIAN SIGNATURE

DATE

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Your Brow Technique Guide

UNDERSTANDING YOUR OPTIONS

There's no single "best" brow — only the best brow for your skin, your features, and your lifestyle. Here's a simple guide to the techniques we offer so you can feel confident in your choice.

The Techniques

Microblading

HAIR-STROKE • MANUAL

Fine, crisp individual strokes drawn by hand with a manual blade to mimic real brow hairs. The most natural, "barely-there" look — like you were simply born with fuller brows.

Best for: Normal to dry skin, those wanting the most natural hair-like result, and clients with gaps or sparse areas to fill.

FINISH

Natural, hair-like

LASTS

1-2 years

SKIN TYPE

Dry / normal

Ombé / Powder Brows

MACHINE • SHADED

A soft, misted shading applied with a digital machine — light at the front, building to a defined tail. Mimics the look of softly filled-in brow powder or pencil.

Best for: Oily skin, mature skin, those who wear brow makeup daily, and anyone wanting a polished, "done" look that lasts.

FINISH

Soft, filled-in

LASTS

2-3 years

SKIN TYPE

All, esp. oily

Combo / Hybrid Brows

STROKES + SHADING

The best of both — crisp hair strokes through the front for realism, blended with soft ombé shading through the body and tail for definition and density.

Best for: Combination skin, those wanting natural *and* defined, and clients who love texture up front with fullness behind it.

FINISH

Natural + defined

LASTS

2-3 years

SKIN TYPE

Combination

Machine Hair Strokes (Nano)

MACHINE • DIGITAL STROKES

Hair-like strokes created with a fine digital needle instead of a manual blade. Gentler on the skin, more consistent, and a great option for skin types where manual microblading may blur.

Best for: Clients wanting the microblading look but with skin that's slightly oilier, or anyone preferring a machine technique.

FINISH

Crisp strokes

LASTS

1.5-2.5 years

SKIN TYPE

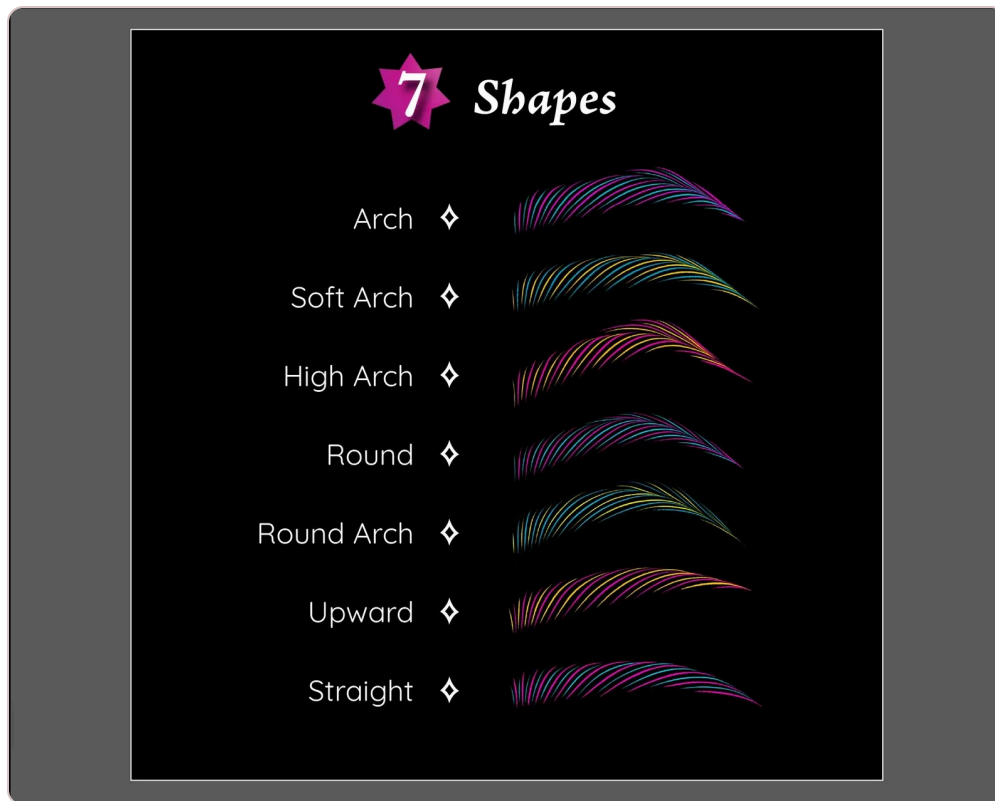
Normal / combo

Quick Comparison

Technique	Look	Best Skin	Longevity
Microblading	Most natural, hair strokes	Dry / normal	1-2 yrs
Ombré / Powder	Soft, filled-in makeup look	All, esp. oily	2-3 yrs
Combo / Hybrid	Natural front + defined body	Combination	2-3 yrs
Machine Nano	Crisp digital strokes	Normal / combo	1.5-2.5 yrs

Not sure which is right for you? That's exactly what your consultation is for. We'll look at your skin type, brow goals, and lifestyle together – and recommend the technique that will heal beautifully and last. There's no pressure, only guidance.

The 7 Brow Shapes



- ◆ **Arch** – Defined peak with lift. Adds structure and elegance; flattering on round or fuller faces.
- ◆ **Soft Arch** – A gentle, natural rise. The most universally flattering, classic everyday brow.
- ◆ **High Arch** – A dramatic, lifted peak for a bold, eye-opening, glamorous effect.
- ◆ **Round** – Soft, curved with no sharp peak. Softens angular features and feels youthful.
- ◆ **Round Arch** – Curved shape with a subtle lift; balances softness with definition.
- ◆ **Upward** – Brushed and angled upward for a fresh, "fox-eye" lifted appearance.
- ◆ **Straight** – Minimal arch, horizontal flow. Modern, youthful, and softening – popular K-beauty look.

How we choose your shape: We map your brows to your unique bone structure and facial proportions using classic measuring points – start, arch, and tail – so the result enhances *your* natural features rather than forcing a trend. You'll approve the mapped shape in the mirror before any pigment is ever applied.

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Before Your Brow Appointment

PRE-CARE INSTRUCTIONS

A little prep makes a big difference. Following these steps helps your skin take pigment evenly and heal beautifully – so you get the best possible result.

In the Days Before

- ✔ **Avoid blood thinners 24–48 hrs prior** – no alcohol, aspirin, ibuprofen, fish oil, or vitamin E (unless prescribed). They increase bleeding and can dilute pigment.
- ✔ **Skip caffeine** the morning of your appointment – it can increase sensitivity and bleeding.
- ✔ **No tanning or sunburn** for 1 week before. We cannot work on sunburned or freshly tanned skin.
- ✔ **Pause active skincare** – stop retinol, Retin-A, AHAs, BHAs, and exfoliants in the brow area for 1 week prior.
- ✔ **No brow waxing, tinting, or threading** for 3–5 days before – let your natural shape show so we can map accurately.
- ✔ **Botox & filler** should be done at least 2 weeks before (or after) your brow appointment.
- ✔ **Facials, peels, or laser** in the area should be at least 4 weeks prior.
- ✔ **Cold sore history?** Ask your physician about an antiviral before lip or brow PMU to prevent an outbreak.

Day Of

- ✔ Eat a good meal beforehand to keep your blood sugar steady and avoid lightheadedness.
- ✔ Come with clean, makeup-free brows if possible – or arrive a few minutes early to remove it.
- ✔ Feel free to bring an inspiration photo, but trust the mapping process – we tailor the shape to *your* face.
- ✔ Wear comfortable clothing and plan to relax. The appointment takes time, and that's a good thing.

Please reschedule if: you are pregnant or nursing, have an active cold sore or skin infection in the area, are sunburned, or have started Accutane. Your safety always comes first – we'll happily find you a new date.

After Your Brow Appointment

HEALING & AFTERCARE GUIDE

Your Healing Timeline

Days 1-2
BOLD

Brows look dark & bold. This is normal! Gently blot any lymph fluid with a clean tissue every couple of hours for the first day. Apply aftercare balm sparingly if instructed.

Days 3-5
DARKEN

Color deepens, light scabbing begins. Brows may feel tight or itchy. **Do not pick or scratch** — let flakes fall naturally.

Days 6-10
FLAKING

Scabs and flakes shed. Brows may look patchy or "too light" — this is part of the process. Pigment is settling beneath the surface.

Days 10-14
GHOSTING

The "ghosting" stage. Color may seem to nearly disappear. Don't panic — it will resurface as healing completes.

Weeks 4-6
TRUE COLOR

Final color emerges. Your true healed result is now visible — softer and more natural than day one.

Weeks 6-8
TOUCH-UP

Perfecting touch-up. We refine shape, color, and density. This visit is essential to your final result.

Please DO

- ✓ Keep brows clean & dry as instructed
- ✓ Blot gently with clean tissue (days 1-2)
- ✓ Apply aftercare balm sparingly if directed
- ✓ Sleep on your back if possible
- ✓ Let scabs fall off on their own
- ✓ Be patient through the healing stages

Please DON'T

- ✗ Pick, scratch, or peel scabs
- ✗ Get brows wet, sweaty, or steamy (10 days)
- ✗ Apply makeup to the area while healing
- ✗ Sun, tanning beds, pools, saunas (2 wks)
- ✗ Use retinol, exfoliants, or acids on brows
- ✗ Work out heavily until healed

Remember: healed PMU looks 30-50% lighter and softer than it does on day one. Trust the process — your perfecting touch-up at 6-8 weeks is when we bring everything to its final, beautiful result.

Call us right away if you notice signs of infection — spreading redness, swelling, warmth, pus, or fever. We're always here for you: 630-636-6193.