

This questionnaire helps you to screen some conditions that maybe contra-indications or may adverse the effectiveness of the Skin Reset Programme.

### Medical information

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Do you have any skin condition you are currently seeing or have seen a physician the past three months?

- |   |                                       |  |   |
|---|---------------------------------------|--|---|
| <input type="checkbox"/> Food/Nut allergies | <input type="checkbox"/> Acne         | <input type="checkbox"/> Botox / Fillers   | <input type="checkbox"/> Use of AHA/Retinol Retin |
| <input type="checkbox"/> Product allergies  | <input type="checkbox"/> Sunburn      | <input type="checkbox"/> Microdermabrasion | <input type="checkbox"/>                          |
| <input type="checkbox"/> Skin sensitivity   | <input type="checkbox"/> Pigmentation | <input type="checkbox"/> Cosmetic surgery  | <input type="checkbox"/>                          |

If you tick any of the above, 1) speak to your physician 2) complete the treatments before you start the Skin Rest Programme

### Lifestyle

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Do you have any of the challenges in your daily life as described below?

#### ■ Food and Nutrition

- I have food cravings more often than not
- I drink less than five glasses of water most days

#### ■ Fitness and Lifestyle

- I exercise less than once a week
- I am unsatisfied with my sleep patterns more often than not

#### ■ Emotional Health

- I am highly stressed both at work and personal
- I often experience anger, fear, anxiety, worry or depression
- I am concerned about the way I use alcohol, cigarettes, coffee, food or drugs

If you tick any of the above, speak to your wellness coach, if available and correct at least 80% of the challenges you are facing before you start the Skin Rest Programme

### Beauty

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What is your current approach towards beauty?

#### ■ Cosmetic use

- I change my cosmetic brand at least 3 times a year
- I spend more than I should for beauty products
- I choose cosmetic brands because (multiple reply):
  - Models presenting the brand
  - Friends' recommendation
  - Packaging

#### ■ Attitude towards beauty

- I am unhappy with the way my skin looks and feels
- I am happy with the way my skin looks and feels
- I do not go out without make-up
- I spend more than 45 minutes each morning to put make-up
- I aim for perfect skin
- If I have break-ups on my skin, I would:
  - look for cream or medicine to treat
  - use concealer to hide

If you tick any of the above, set your intentions right and expect all of them will change by embarking your homemade skincare journey today.