

## Self-Assessment Exercise

As you can see by browsing her web site, Wendy offers many different and complementary services. It is not always obvious, however, how to translate from the description of a service to your own aesthetic concerns. You may not be aware of the many imperfections and age-related changes that Wendy can treat. Of course, only Wendy can make the final individual assessment and develop the optimal, personalized program for you. The best way to profit from Wendy's overall expertise is to schedule a Total-Look Consultation with her.

You may find it enlightening to glance into a virtual or real-life mirror and check what you see against the following list. If you are bothered by any of the listed items, talk to Wendy about what magic she can work to address your concerns. You can schedule an appointment by calling her office (408-866-4884).

### Brow

- Wrinkles and crinkles
  - Frown lines .....
  - Surprise lines .....
  - Expression lines .....
  - Worry lines.....
- Thin or nonexistent eyebrows .....
- Sagging eyebrows.....

### Eye Area

- Lack of eye emphasis and drama .....
- Thin or nonexistent eyelashes .....
- Excess eyelid skin (droopy eyelids) .....
- Under-eye hollows, bags, or dark circles .....
- Wrinkles and crinkles
  - Crow's feet .....
  - Laugh lines .....
  - Bunny lines (sides of nose) .....
- Tired appearance.....

### Mouth Area

- Wrinkles and crinkles
  - Nasolabial folds (smile lines).....
  - Marionette lines (sides of chin).....
  - Pucker lines (smoker's lines).....
  - Sad-clown lines (corner downturn).....
- Lips
  - Pale or unflattering color .....
  - Uneven or unflattering shape .....
  - Poor definition .....
  - Thin or flat, not full .....
  - Lipstick feathering or bleeding.....
  - Crinkled surface.....
- Gum Show (upper-lip lift).....

### Chin and Neck

- Marionette lines (sides of chin) .....
- Apple-dumpling chin (puckers).....
- Turkey wattle, turkey neck .....
- Neck rings (horizontal) .....
- Neck bands (vertical).....
- Heavy, sagging or flabby jowls.....

### Skin

- Freckles, brown spots.....
- Red spots .....
- Skin tags.....
- Acne or other scars, depressions .....
- Visible or broken veins.....
- Clogged pores, blackheads, pimples .....
- Sallow color .....
- Red or ruddy color .....
- Uneven color or texture .....
- Rough, bumpy coarse texture .....
- Enlarged pores .....
- Excessive oiliness or dryness.....
- Lack of tone, laxity .....
- Lack of resilience; thin and inelastic .....

### Unwanted Hair

- Unibrow .....
- Mustache .....
- Beard .....
- Axillary (underarm) hair .....
- Hair around nipples.....
- Bikini-area hair.....
- Any other bothersome tufts.....