

TOOL 03

Model Preparation Checklist

A calm treatment starts before the model arrives.

Before Booking

- ☐ I clearly explained the purpose of the model session.
- ☐ I explained that results may vary based on learning stage.
- ☐ I confirmed the treatment area.
- ☐ I reviewed suitability / contraindications.
- ☐ I explained the expected duration.
- ☐ I discussed healing and follow-up.
- ☐ I explained aftercare responsibilities.
- ☐ I obtained informed agreement.

Appointment Confirmation

- Model name** _____
- Treatment** _____
- Date / time** _____
- Contact number** _____
- ☐ Reminder sent
- ☐ Pre-appointment instructions sent
- ☐ Photo / no-makeup instructions sent if relevant

PROFESSIONAL PRINCIPLE

A model is still a client experience. Preparation, consent, hygiene, communication and aftercare should never become casual because the treatment is part of training.

TOOL 03 • CONTINUED

Model Session Workflow

Prepare the Workspace

- ☐ Consent form ready
- ☐ Medical questionnaire ready
- ☐ Before photos planned
- ☐ Treatment station prepared
- ☐ Pigments / cartridges / disposables ready
- ☐ Bed and surfaces disinfected
- ☐ PPE ready
- ☐ Aftercare instructions ready

During Consultation

- ☐ Confirm expectations
- ☐ Confirm shape / color / style goal
- ☐ Review contraindications again
- ☐ Confirm pre-draw / plan if relevant
- ☐ Answer final questions
- ☐ Confirm consent before starting

After Treatment

- ☐ Take immediate documentation photos
- ☐ Explain healing expectations
- ☐ Provide aftercare instructions
- ☐ Confirm follow-up procedure
- ☐ Schedule review / touch-up if appropriate
- ☐ Record products and details used

Session Notes

LYDIA'S PRO TIP

Models are not just practice opportunities. Treat them like future ambassadors of your professionalism.