



Big Beautiful Life

Skin & Body Care Product Questionnaire

Patient Name: _____

Date: _____

At Big Beautiful Life, we focus on identifying potential hormone disruptors that may be affecting your health. Many skin and body care products contain estrogen-disrupting chemicals that can impact hormone balance. Please provide details about the products you use regularly so we can better assess their potential effects on your well-being.

Personal Care Products

Please list all products you use on your skin, including brand names where possible.

1. **Facial Cleanser:** _____
2. **Moisturizer (Face):** _____
3. **Sunscreen:** _____
4. **Foundation/BB Cream:** _____
5. **Deodorant:** _____
6. **Perfume/Body Spray:** _____
7. **Shampoo & Conditioner:** _____
8. **Body Wash/Soap:** _____
9. **Lotion/Body Oil:** _____
10. **Hair Styling Products (Gel, Spray, Mousse, etc.):** _____
11. **Other (Any additional products):** _____

Household & Environmental Exposure

Please list any commonly used household or environmental products that may come into contact with your skin.

1. **Laundry Detergent:** _____
2. **Fabric Softener/Dryer Sheets:** _____
3. **Household Cleaning Products:** _____
4. **Other (Candles, Air Fresheners, etc.):** _____

Concerns & Sensitivities

Have you or do you experience any reactions, sensitivities, or concerns related to your personal care products? (e.g., skin irritation, breakouts, fragrance sensitivity)

Yes No

If yes, please describe: _____

Thank you for taking the time to provide this information! Understanding your product use will help us create a personalized plan to support your hormone health and overall well-being.