

Natural Kaos

TREATMENT BINDER

PLAN • DOCUMENT • COMPARE

A PRINTABLE SYSTEM FOR
ORGANIZING YOUR
SKINCARE JOURNEY

NATURALKAOS.COM

HOW I USE MY BINDER

A simple system for preserving the details that matter.

01

KEEP A CLEAN MASTER

Store one untouched copy of every printable in the Resources section.

02

PLAN THE SESSION

Print a fresh map or record sheet and mark it for the product and procedure.

03

DATE + DOCUMENT

Add the date, product details, observations, and any follow-up notes.

04

FILE CHRONOLOGICALLY

Place the newest record first within its treatment or procedure category.

05

COMPARE OVER TIME

Revisit earlier sessions to see patterns, changes, and your complete journey.

IMPORTANT

These pages are organizational and educational references. They do not replace professional training, individualized medical guidance, anatomy education, or product instructions.

BINDER INDEX

Write in the page or tab location that works for your collection.

01	RESOURCES	PAGE / TAB
02	PRODUCT INFORMATION	PAGE / TAB
03	TREATMENT RECORDS	PAGE / TAB
04	PROGRESS & PHOTOS	PAGE / TAB
05	NOTES	PAGE / TAB

RESOURCES

Keep clean masters of face maps, layout sheets, and planning references here.

PRODUCT INFORMATION

File package inserts, product references, sourcing notes, and product records here.

TREATMENT RECORDS

Organize by treatment family, then file each section chronologically with newest first.

PROGRESS & PHOTOS

Keep dated comparison notes, printed progress photos, and milestone summaries here.

NOTES

Capture questions, observations, research leads, and ideas to revisit.

TREATMENT SESSION

One sheet per session. Attach maps and photos behind this page.

DATE _____ TIME _____

TREATMENT / FOCUS _____

SESSION DETAILS

PRODUCTS + DEVICES USED

SETTINGS / PLACEMENT / TECHNIQUE NOTES

IMMEDIATE OBSERVATIONS

FOLLOW-UP DATE _____ RECORD FILED UNDER _____

PRODUCT RECORD

Keep this sheet with the corresponding product insert or printout.

PRODUCT NAME _____

BRAND _____ CATEGORY _____

SOURCE / SELLER _____

DATE PURCHASED _____ DATE OPENED _____

LOT / BATCH _____ EXPIRATION _____

REFERENCE NOTES

PURPOSE / WHY I KEEP IT

STORAGE + HANDLING NOTES FROM THE MANUFACTURER

MY NOTES

CHRONOLOGICAL LOG

Use one log per treatment family and add the newest session first.

TREATMENT FAMILY _____

DATE	PRODUCT / DEVICE	AREA / FOCUS	RECORD PAGE

TOPIC _____ DATE _____

SPINE INSERTS

Print, trim on the solid line, and choose the width that matches your binder.

1 INCH

TREATMENT BINDER

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1.5 INCH

TREATMENT BINDER

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2 INCH

TREATMENT BINDER

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