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Advanced Technologies in Esthetics

Skin care has existed for hundreds of years, even as far back as the ancient Egyptians. Over time, the products used to improve the health of the skin have become more beneficial. Thanks to significant advancements made in science, doctors and aestheticians are better able to treat problematic skin and enhance overall facial rejuvenation. Due to science and research, products can now be delivered deeper into the layers of the skin, and the techniques used in conjunction with machines have improved as well. In this class, we will learn about some of the latest advancements in skin care treatments; including Oxygen infused Microdermabrasion, KD-3090 Hot & Cool Light Spa, and Collagen peel off masks.

You will learn:

- Structures of the skin and how they function
- Benefits and contraindications of the treatments listed above, and their possible combinations.
- The importance of Prevention
- Maintenance post treatment



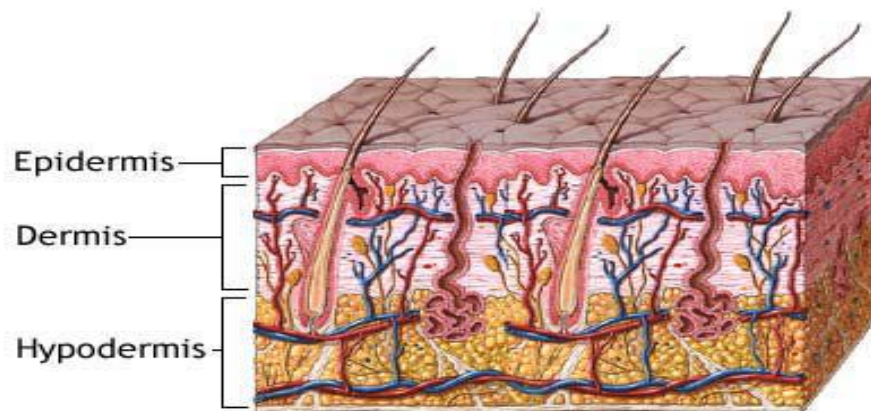
The skin is the largest organ of the body and is constantly under attack by intrinsic (internal) and extrinsic (external) factors. Some internal factors are stress, lack of sleep, poor diet, dehydration, and hormones. External factors are sun/UV exposure, free radicals, smoke, and other environmental pollutants, as well as harsh weather conditions and poor skin care regimen. The following is a list of mechanical culprits that can bring damage to the skin. These are factors based on movement of the muscles and skin. Mechanical factors include facial expressions, sleeping positions, gravity, and the act of smoking or drinking from a straw.

The skin has three major mechanisms. They are self-healing, self-cleansing, and self-regenerating. It contains many systems that work cohesively to provide many functions. By understanding how the mechanisms and functions of the skin work, estheticians are able to help rebalance the skin.

The seven functions of the skin are:

- S**ensation: pain vs. pleasure and responds to work with sensory nerves
- H**eat Regulation: 98.6 internally, 93.0 externally. Skin helps to control heat
- A**bsorption: Skin allows penetration of only CERTAIN products
- P**rotection: Protects the body from bacteria
- E**xcretion: Sweating eliminates waste and toxins
- R**espiration: The body needs oxygen internally and externally. Skin helps with oxygen intake
- S**ecretion: Sebum production is vital for protection and lubrication of the skin

The skin is composed of 3 separate layers, the Subcutaneous, Dermis, and Epidermis. Each layer has important roles in the health and function of the skin.



ADAM.

The Subcutaneous/ Adipose/ Hypodermis: (Lower layer of the skin) It is composed of adipose (fat) tissue. It essentially is a cushion for the dermis. As the skin ages, this layer diminishes, thus causing the skin to become loose and thin

The Dermis (True Skin): Middle layer of skin and makes up approximately 90% of the skin. Two principal functions of this layer are to provide nutrition to the epidermis by means of vast network of capillaries and blood vessels and the formation of the supporting framework of collagen and elastin protein fibers. It houses many components that are vital to healthy skin in addition to capillaries and collagen and elastin. There are lymph, nerves, oil glands, sweat glands. The health of this layer is important because it affects the health of the epidermis

Collagen & Elastin:

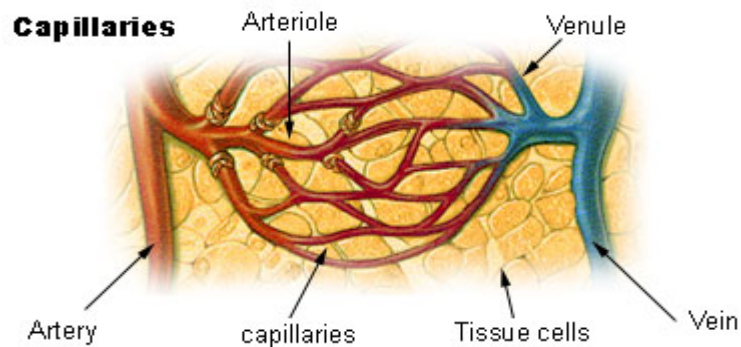
Collagen and elastin combine to create connective tissue, which is produced by fibroblasts. The connective tissue makes up over 70% of the dermis and works together to create the structural support of the skin. It is located in the reticular (bottom) layer of the dermis and is surrounded by a fluid comprised of water, protein, and glycosaminoglycans. This substance is known as ground substance and helps to retain hydration within the dermis.

There are over 20 different types of collagen found in the human body. The most abundant types of collagen in the skin are III and I. Type I the stronger collagen is found in tendons, bones, skin, and other tissues. Type III is common in fast growing tissue, particularly at the early stages of wound repair. As the body, growth slows down, the skin content of type III collagen declines, while that of type I increases. In fact, type I collagen continues to build up until about the age of 35, when the skin reaches the peak of its mechanical strength. After that, type I begins to decline as well.

The breakdown of collagen and elastin plays a huge role in the aging process of the skin. Existing collagen becomes damaged by free radicals and UV exposure. Decreased production of estrogen can slow down the action of fibroblasts that produce the connective tissue. Collagen and elastin is not easily replaced by the body and the skin does not regain its once pliable shape after being damaged or stretched. Research shows that certain procedures and ingredients stimulate skin cell turn over and help reduce the signs visible signs of aging.

Capillaries

Capillaries are vital to the health of skin and are abundant in the dermis. For each square inch of skin, there is about 8 feet of capillaries. Capillaries supply nutrient and oxygen rich blood to the skin cells, which help to cleanse, feed, and nourish them. In turn, they remove waste products and toxins out of the cells. This process is termed, capillary diffusion process. This process is important as it applies to the three mechanisms of the skin (self-cleansing, self-healing, and self-regenerating. In order for the cells to be healthy and function properly, they need to get oxygen and nourishment. The oxygen and nourishment give the cells enough strength to eliminate waste and toxins back into the bloodstream to be filtered out. This process is vital because healthy cells lead to strong tissues that lead healthy organs that lead to strong systems.



Capillaries have the ability to constrict and dilate in response to various stimuli. If the capillaries become over stressed due to variable factors, for example, constant nose blowing, incorrect extractions, drugs, physical exertion, and alcohol, it can cause irritation, inflammation, and damage. Visible red capillaries mean that they are dilated but still alive. Dead capillaries turn blue/purple in color and are usually surrounded by dilated capillaries. The combination of dilated and broken capillaries is known as couperose skin or telangiectasia (medical term). If dilated capillaries are not treated, they will eventually die.

Ingredients that help with dilated capillaries:

Vitamin A- induces new blood vessels to grow & heal

Vitamin C- strengthens capillaries

Vitamin P- strengthens capillaries

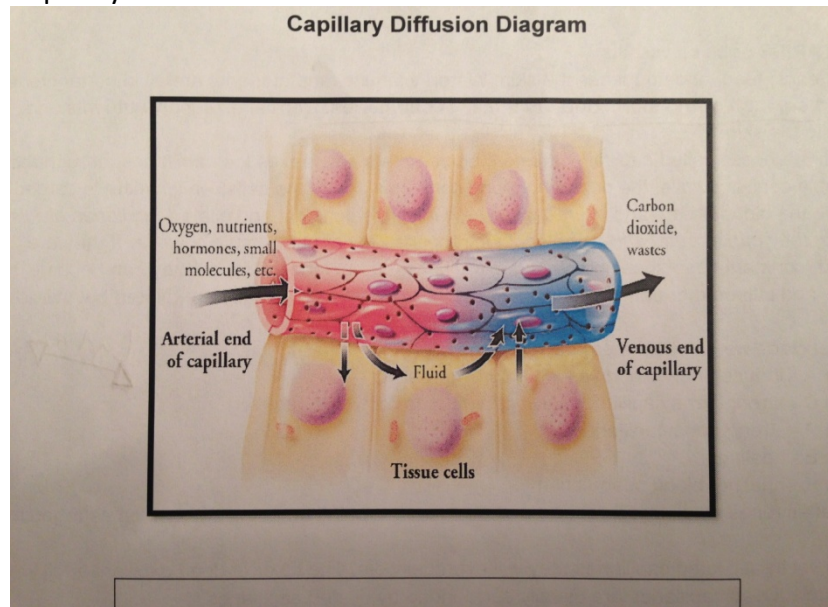
Vitamin E- healing

Vitamin K- healing, blood coagulation

Rose Oil- Tones small blood vessels and stimulates circulation (has an input on estrogen level)

Damaged capillaries are not able to oxygenate, nourish, and cleanse the cells properly. The consequence is an accumulation of toxins, resulting in sluggish skin with a gray appearance. Estheticians encourage capillary diffusion by utilizing various technologies during treatment.

Capillary Diffusion Process



The Epidermis: Top layer of skin that protects the dermis. It is made up of five layers that create a protective barrier that prevents any damage to the body.

The layers of the epidermis (top to bottom):

Stratum corneum (horny): The outermost layer of the epidermis and is 8-23 layers thick. The nucleus has disintegrated and the cells are flat and hard. The dead cells of this layer protect the body. They shed continually in a process called desquamation. This layer is affected by exfoliation through enzymes, chemicals agents, or microdermabrasion. Whatever happens here sends a message to the brain, and then to the dermis.

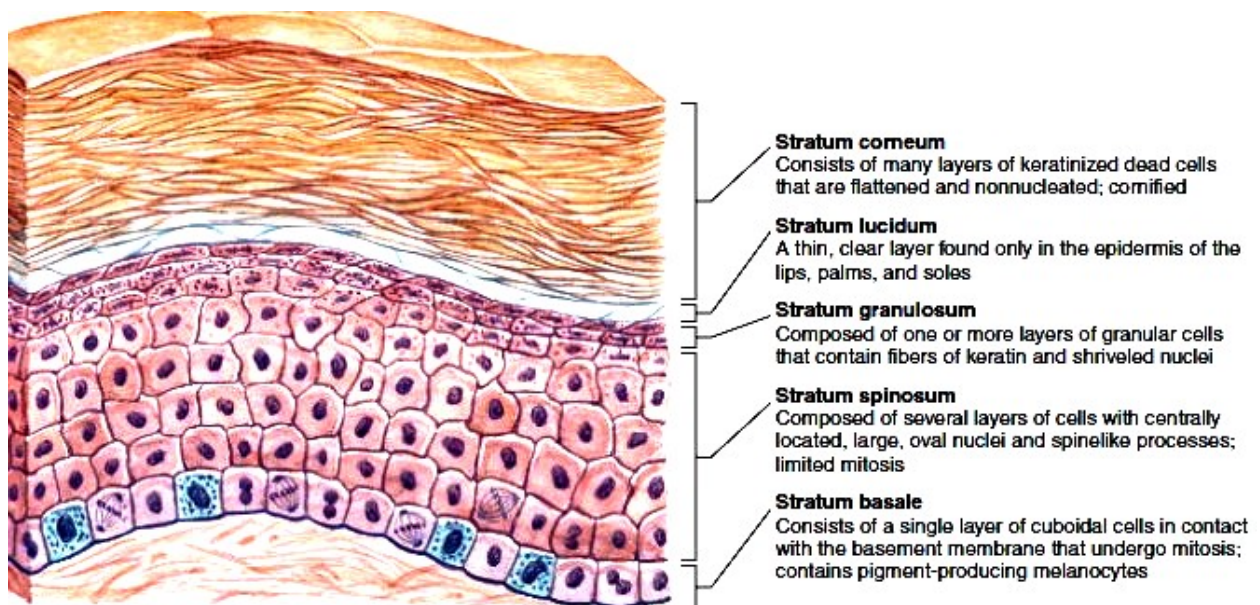
Stratum Lucidum (clear): This layer is very thin and translucent. The thickness is unknown. It is primarily located on the palms of the hands and the soles of the feet. This layer forms the fingerprints and footprints.

Stratum granulosum (granular): This is the body's waterproof layer and is 2-4 layers thick. The process of keratinization occurs here - where nucleus starts to disintegrate and the cells begin to flatten and harden.

Stratum spinosum (spiny): 10-20 layers thick. At this layer, the cells are still healthy and are surrounded by fibers called desmosomes - which strengthen the epidermis. Within this layer are Langerhans immune cells - which help to destroy foreign invaders

Stratum germinativum (basal): one cellular layer thick. The cells are healthy and perfectly rounded since they are fresh and new. The stem cells of human skin are located in this layer - they generate new cells. There are over 16 different types of cells located here, two of which are important for estheticians, melanocytes (pigment cells) and keratinocytes (protein cells)

- Melanocytes: Melanin = color, Cytes= cells. One out of 9 cells in the basal layer is melanocytes. One melanocyte delivers pigment to 36 cells in the stratum spinosum via dendrites. These form melanin that protects the skin from UV rays. People of all color and ethnicity have the same number of melanocytes; however, the variable rate of activity determines the skin pigmentation.
- Keratinocytes: Keratin = protein, cytes= cells. The majority of the skin's cells are keratinocytes. Once they reach maturity they are no longer called keratinocytes, but squamous keratinized cells



During treatments, estheticians work directly with the top layer of the epidermis (stratum corneum). What happens at this layer indirectly affects the dermis via messages received from the sensory nerves. In turn, the functions of the dermis will indirectly affect the epidermis. The treatments discussed in this class will work in ways to benefit both the epidermis and dermis, by improving the mechanisms and functions of the skin.

Microdermabrasion

Microdermabrasion has been around since 1985, and has continued to grow in popularity as a highly effective treatment for many skin conditions. It uses micro crystals or a diamond tip wand to slough off the stratum corneum and stimulate the cells and collagen production. This form of physical exfoliation is more specifically know as mechanical exfoliation. The “damage” caused to the upper layer of the epidermis sends signals to the basal layer to increase the production of new cells to replace the loss and damaged surface cells, as well as increased collagen in the dermis.

Microdermabrasion offers many benefits. Sloughing off dead cells from the surface of the skin will enable better penetration of products. In addition to enhanced penetration, the skin will feel significantly smoother and have a more refreshed appearance after only one treatment. The crystals or diamond tip of the microdermabrasion machine create microscopic cuts in the stratum corneum layer. This damage sends signals to the basal layer to increase cellular production, which aids in healing the skin. The increased cell turnover rate generates more fresh new cells, which move up to the skin's surface. This, in time, will improve the appearance of shallows scars, discoloration, and fine lines and wrinkles. The suction during this treatment stimulates blood flow through the skin. The stimulation of blood flow enhances the capillary diffusion process, increasing the oxygen and nutrient supply to the skin, hence eliminating toxins and waste.

It is recommended to have a series of six treatments every 2 weeks, and upon completion of the series, one maintenance treatment a month - to maintain results. Listed below are the benefits of microdermabrasion, as well as contraindications

Benefits:

- Smoother skin texture and a refreshed appearance (healthy pink glow)
- Reduction in: hyperpigmentation, sun damage, blemishes, enlarged pores, congestion, black heads, fine lines and wrinkles, acne or shallow scars, as well as stretch marks
- Increased product penetration
- Activate capillary diffusion
- Enhances results of various treatments such as IPL, Laser, ultrasonic, and Oxygenation

Contraindications:

- | | |
|---|---|
| <ul style="list-style-type: none">• Active Rosacea, Eczema, & Dermatitis• Acne grade 3 and 4 | <ul style="list-style-type: none">• Herpes, warts, or open sores• Vascular or other skin lesions |
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| <ul style="list-style-type: none"> • Psoriasis, Lupus, Diabetes • Retinols, AHA's/BHA's, Benzyl Peroxide • Blood thinners | <ul style="list-style-type: none"> • Accutane • Injectables (Botox, Fillers) • Waxing, electrolysis, depilatory creams |
|--|---|

Oxygenation

Oxygenation is a painless procedure that infuses oxygen into the skin. By age 30, the skin has already lost about 25% of its oxygen and by 40-50 years old the skins ability to consume and retain oxygen has been significantly impaired. Without adequate oxygen, the cells can no longer function properly. The process of capillary diffusion helps to supply oxygen and nutrients to each cell. In addition, the pressure of oxygen found in the blood helps to force out the toxins and waste material within the cell. Healthy cells that are oxygenated, nourished, and detoxified lead to healthy tissues that lead to healthy organs, and in this case healthy skin. The idea behind this treatment is to help oxygenate the skin and detoxify it, so it can heal itself faster and produce healthier new cells. The oxygen is either pressurized or liquid, and is treated with many different supplements such as vitamins, minerals, green tea, and even collagen. The oxygen helps to push these products deeper into the follicles to stimulate the cell turnover rate, and may stimulate collagen production as well. In addition, it helps to rejuvenate oxygen-starved skin, and strengthen its ability to recover from the effects of environmental pollutants and UV exposure.



Oxygenation is a gentle treatment with minimal side effects. It is good for sensitive or damaged skin, or for those clients who have difficulties with more invasive treatments. Acne skin can also benefit from this treatment. Oxygen is a natural bactericide, as it is forced into the follicles; it is able to kill p. acne bacteria. Since there are minimal side effects, this treatment can be done on any skin color and any skin type. Although there will not be any stinging,

itching, or burning, clients who are more sensitive may have temporary redness at the treatment sight. Due the mild nature of this treatment, it is considered a great way to rejuvenate the skin for a pre-wedding makeover or before any special event. For best results, it is recommended to have a series of 4 to 6 treatments done a week apart. Typically, clients can resume regular activities the very same day.

As beneficial as oxygenation may be, there are in fact some downsides, the results of this treatment usually only last about 1 week. In addition, the results are not immediate, they are best observed as the skin continues to regenerate. Oxygenation focuses on overall rejuvenating of the skin instead of focusing on creating a specific result. It is imperative that oxygenation is not overused. The overuse of oxygen may lead to the release of free radicals, damaging healthy cells. If the treatment is done appropriately over time, there are great benefits to the skin.

Benefits:

- Reduces appearance of acne scars
- Refines pores
- Overall rejuvenation
- Rehydrates and soften the skin
- Restores elasticity
- Even out skin tone
- Reduces fine lines and wrinkles
- Reduces or even eliminates acne
- Reduce hyperpigmentation

Contraindications:

- There are no major contraindications, but ingredients such as Alpha Hydroxy Acids, Retinols and Hydroquinone should not be applied 24-48 hours before an Oxygen Infusion. Please wait 48 hours before re-introducing AHA's, Retinoic acid, or Hydroquinone to your home care regimen.

Microdermabrasion + Oxygenation

Recently the addition of oxygen infusion has been added to the microdermabrasion treatment. With the dead surface layers removed from the stratum corneum, the oxygen and the added supplements are more effectively penetrated into the follicles, with improved absorption. The combination of these two treatments will further enhance the delivery of benefits to the skin. In addition, the oxygen infusion speeds up the healing time - post microdermabrasion. When administering this combined treatment, it is necessary to adhere to

the list of contraindications for microdermabrasion. Post treatment care is also a necessary measure. Any sensitivity will last about 48 hours. It is important to keep the skin well moisturized and wear SPF. Your client should avoid sun exposure for 36 hours. Inform the client that their skin may be sensitive to hot water and sweat for about the first day.

KD-3090 Hot and Cool Light spa

The KD-3090 hot and cool light spa is a multifunction hand held tool. It utilizes a combination of hot and cold with galvanic current and LED light therapy. The combination of temperature, electric current and light, deep cleanses the skin and prepares it for increased product penetration



Hot and Cool hammer: When using the Hot hammer, note that it heats up to a temperature of 45 degrees Celsius (113 F). The heat produced enables the pores to open up, allowing for better extractions as well as product penetration. The heat also increases blood circulation, which stimulates the capillary diffusion process. As the vessels expand, more blood becomes available. The more blood flowing through to the capillaries allows for more oxygen and nutrients to help nourish and cleanse the cells. Through this process, we are able to promote healthy cell regeneration. When the cool hammer is used at a temperature of 5-10 degrees Celsius (41-50 F), it quickly cools and calms the skin post treatment. It also helps to repair and

relieve any tension and repression. The alternating use of hot and cool firms the skin and reduces fine lines and wrinkles, by enhancing the skin's elasticity. The skin will become rosy and fresh looking, and may appear less puffy due to the increased elimination of fluid retention and toxins.

Galvanic Lead-in and Lead-out: Galvanic utilizes direct current, which stimulates the bio-current of the human body and provides energy to support healthy cell functions. This type of current can be used to draw out impurities and detoxify the skin, or to push products deeper into the skin and increase the nutrition to the cells. The micro-vibrations created by the current helps to smooth out underlying tissue and tighten the skin. It also stimulates collagen and elastin, which helps to reduce fine lines and wrinkles.

The Lead-out function uses alkaline solutions, such as Bioelements Softening gel, to help soften the follicle. This enables a deeper cleansing of any congestion inside the follicle, promoting easier extractions. It also helps to dissolve any surface oil and helps to regulate sebum production. With the follicles softened and deep cleaned, they are better able to absorb products.

The Lead-in function is beneficial in allowing water-soluble products, such as serums and water-based moisturizers, to penetrate deeper into the follicles. With products reaching the deeper layers of the epidermis, they are better able to help in the formation of new healthier cells. This function also helps to repair and stimulate the collagen and elastin fibers, reducing the appearance of fine lines and wrinkles.

LED (Light Emitting Diode): LED is a non-invasive treatment that does not produce any thermal damage or pain - there for making it beneficial for all skin types. LED works by releasing light onto the skin, and stimulating specific responses at precise depths of the skin. Each color corresponds to a different depth in the skin. It stimulates the tissue at the cellular level, which causes overall rejuvenation, and helps to reduce the signs of aging and damage to the skin. LED therapy uses both visible red (red light) and infrared (invisible light) energy to stimulate the body's own regenerative metabolism at the cellular level. This process of converting light energy into cellular energy is called photosynthesis. It provides an increase in energy that the cells can use to stimulate the body's collagen and metabolism. There are many other benefits of LED therapy such as:

- *Increased circulation:* LED causes an increase in the diameter of the vessels, which in turn allow for better blood circulation. It also helps in the formation of new healthy capillaries. These new capillaries are able to speed up the healing process of the cells by

carrying more oxygen, as well as more nutrients needed for healing, and they can carry more waste products away.

- *Lymphatic system activity:* Edema is the swelling caused by a fluid imbalance in cells, or a response to injury or infection and it has two basic components. The first is a liquid part, which can be evacuated by the blood system, and the second is comprised of the proteins, which have to be eliminated by the lymphatic system. Research has shown that the lymph vessel diameter and the flow of the lymph system can be doubled with the use of light therapy. This, in conjunction with increased blood vessel diameter means that both aspects of edema can be removed at a much faster rate, relieving swelling, and further enhancing the capillary diffusion process.
- *RNA and DNA synthesis:* LED reduces the degradation of DNA telomeres in the cells. Telomeres are located at the end of each DNA strand and protect the DNA from “unraveling.” This serves to rejuvenate the cell and bring it back to a stem cell-like state so that it can divide and create new skin cells.
- *Cellular permeability:* LED increases cell membrane permeability, allowing for deeper penetration of active ingredients and nutrients.

Three different lights (red, blue, and green) are used with the KD-3090 device during treatment. All the lights have their own beneficial properties.

Red light: It improves circulation and therefore is beneficial for healing and rejuvenating the skin. Red light is great for dry aging skin as it promotes the growth of collagen and elastin. It is also great for reducing blemishes and scars.

Blue light: It is best for acne skin as blue light provides some chemical and germicidal effects. It penetrates into the follicle and attacks the p.acne bacteria that cause acne. Blue light helps to refine pores as well as promote protein and collagen synthesis.

Green Light: It reduces the appearance of skin pigmentation and provides overall hydration. It also helps improve the skin tone and texture, as well as smoothes out fine lines and wrinkles. Green light can also help reduce the appearance of scars.

Upon combining all of the components of the KD-3090 Hot and Cool Light Spa device, the skin is able to warm up and soften. This enables deep cleansing and detoxification of the skin, as well as increased circulation. This process is done during the lead-out + hot

hammer+LED (of choice). The skin can then be nourished and calmed during the Lead-in + cold hammer +LED (of choice).

Collagen Masks

Collagen is located in the dermal layer of the skin. With time, it breaks down and causes signs of aging, such as fine lines and wrinkles. There are several different types of masks on the market that contain collagen. Many of these masks contain hydrolyzed collagen. Hydrolyzed collagen has been processed to make it more easily absorbed by the body. Penetration is the primary reason that topical collagen cannot stimulate the synthesis of new collagen within the skin. Collagen molecules are generally too large to penetrate to the dermis and end up locked outside, and are unable to improve the underlying structure. New advancements such as hydrolyzed collagen can penetrate through the stratum corneum and still provide some benefits at the epidermal layer. The removal of the surface layer further enhances the penetration of collagen. Based on research findings, the rejuvenating effect of collagen is attributed to skin hydration, and thickening of the layers - by volumizing, hence the reduction of small wrinkles and toning effect are temporary.

So far, there is no evidence that applying pure collagen to the skin would result in an increase of collagen in the dermis. However, there is research on finding ways that directly affect the collagen in the dermis. These include externally derived collagen with the ability to stimulate fibroblasts to produce original dermal collagen. The externally delivered collagen is incorporated into the existing molecules of skin collagen. In addition there is promising new research on vehicles (microcapsules, liposomes, nano lipid carriers) that can enhance transepidermal delivery needed for dermal rejuvenation such as collagen. With all of this ongoing research, it seems that the future of collagen delivery to the dermis, and its integration with the original collagen will no longer be a challenge, but a reality of skin rejuvenation procedures.



Some collagen masks come in sheets that are pre-cut to fit over the face or certain areas of the face and body, such as the gold mask and transdermal masks. There are even felt masks. This mask comes in a fabric sheet and needs to be cut to fit the face, and then moistened once applied. Other collagen masks come in powder forms that need to be mixed with water before application. These are generally referred to as soft masks.

Marine Collagen Soft Mask: The most abundant types of collagen in the skin are III and I. As the body ages, type III collagen turns into the stronger and tougher type I collagen. Because of this, it is essential to supplement the skin with the same kind of collagen. Marine collagen is found in algae and cold-water fish, and is made up of the same exact collagen (type III) that helps keep our skin in healthy shape. It is free of immunizing and allergy causing properties, which makes it ideal for many people.

Marine Collagen Soft Mask is applied to the skin for about 20 minutes, or until dry. This mask is great to use for dry, mature, or aging skin and after treatments that are more aggressive. The type of collagen used is hydrolyzed so it can penetrate deeper into the skin, but still only affect the epidermis. It is fortified with marine collagen and elastin that helps to diminish fine lines and wrinkles by fueling the cellular and elastin regeneration at the epidermal layer. This mask stimulates circulation within the skin and repairs damaged skin tissue. It helps protect the skin from environmental damage and leaves the skin with a bright refreshed appearance.

Peppermint Relaxing Soft Mask: Peppermint and Tea tree oil are great for oily acne prone skin, due to their natural anti-septic, anti-inflammatory properties.

Mint: It acts as an anti-pruritic agent that soothes and calms itchy or infected skin. It also contains vitamin A, which helps to strengthen the skin and helps to reduce oil production. Mint is excellent for using in the treatment of acne, as it acts as a natural astringent. People have recognized the benefits of this oil for many years. A high content of Salicylic acid naturally

occurs in mint. The acid helps to unclog pores, resulting in fewer breakouts and a clearer complexion.

Tea Tree Oil: Has many properties that are great for acne. It is antimicrobial and anti-inflammatory. It helps to disinfect the skin while soothing it. The component that is believed to be responsible for tea tree oil's bacteria fighting properties is terpenes, which is a type of volatile oil that destroys bacteria. Tea tree oil penetrates through the congestion and is able to disinfect the follicle. It also helps to dry out white and blackheads. There are some precautions to observe when using this oil. Some may experience an allergic reaction. It is not advisable to use if pregnant or breastfeeding. Do not use this oil in conjunction with benzoyl peroxide, because the skin can become red, irritated, and actually flare up. Despite these concerns, most products on the market contain a concentration of less than 1% and are considered safe to use. The mask contains both peppermint and tea tree oil, and can be used on combo, oily, or acne prone skin. The mask helps to cool the skin and calm down any redness or irritation. It helps to repair damaged skin cells as well as hydrate and purify the skin. It helps to decrease the sebum and balance the natural oil secretion process, giving the skin a clear radiant complexion.

UV damage and importance of SPF

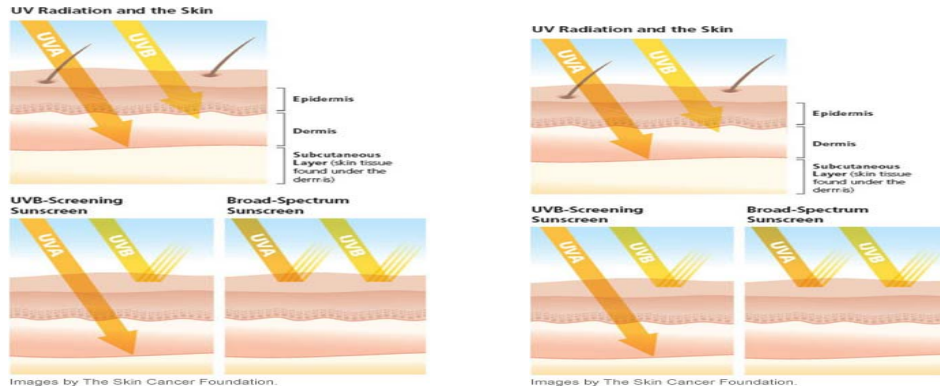
UV rays can wreak havoc on the health of the skin and are another huge factor in the aging process of the skin. There are three types of UV rays

UVA rays- Aging rays. They are the longest rays and reach the deepest in the skin. They penetrate down to the dermis damaging collagen and elastin fibers. These rays have the same UV intensity all day long. It is believed that UVA rays also play a role in the development of skin cancers. Tanning beds use UVA rays, which mean they damage everything within the dermis.

UVB rays- Burning rays. These rays are shorter and penetrate into the epidermis. They are the strongest between 10:00 am and 3:00 pm. The epidermis is designed to protect the dermis, so if it is damaged by these rays the dermis is then vulnerable to damage. UVB rays play a large role in the development of skin cancers.

*UVC rays-*very dangerous, but are absorbed by the ozone layer and do not reach the ground. UVC rays provide a germicidal action, which means they kill germs.

When choosing an SPF make sure it is broad spectrum, meaning it protects against UVA and UVB radiation. Also, gone are the days of SPF 100. A high SPF number does not mean that much more protection. A SPF 15 has about 94% protection against UV rays, while and SPF 30 has 97% protection. An SPF of 50 has 98% protection, only a 1% increase compared to SPF 30.



Sun Protection Factor, better known as SPF comes in either physical or chemical forms.

- **Physical SPF:** contain minerals, zinc oxide and titanium dioxide, which physically block both UVA and UVB rays.
- **Chemical SPF:** Contain special ingredients that act as filters and reduce ultraviolet radiation penetration to the skin. They usually contain UVB absorbing chemicals and more recently contain UVA absorbers as well.

Facial Procedure- 1 hour

(Only gel cleansers and no toner until after microdermabrasion)

- Pre-cleanse the eyes and face using Makeup Dissolver
- Skin assessment (eye pads)
- Cleanse the skin with 2 pumps Decongestant Cleanser (for all skin types)
- Brush on 12 pumps of Softening Gel.
- Deep cleanse with KD-3090 hot hammer, lead out, Red light
- Clean residual gel with water and gauze, blot dry with tissue (DO NOT EQUALIZE)
- Microdermabrasion on face, neck, eyes, and nose
 - *Pass 1- vertical
 - *Pass 2- horizontal
 - *lower intensity on neck and eye area
- Use clean tissue to wipe face of flaky residue.
- Add appropriate supplement to sprayer and perform Oxygen infusion over face & neck
- Apply Serum of 12 pumps Softening gel blended with appropriate custom blending ingredients (3-6 drops)
- Perform KD-3090 Cold hammer, lead in, blue or green light
- Mix either Marine Collagen soft mask or peppermint relaxing soft mask (depending on skin type) with distilled water. Apply mask for up to 20 minutes. (eye pads)
- Remove mask and eye pads, wipe left over residue with cool towel, equalize and blot with tissue
- Apply SPF (daytime) or moisturizer (nighttime)
- Icy globes

Pre and Post treatment guidelines:

- **Wear Sun protection of SPF 30**
- **Avoid sun exposure (natural and artificial) for 2-3 days**
- **Avoid any activities that cause excessive perspiration for 24 hours**
- **Discontinue all over the counter Hydroxy Acids (glycolics, AHA's & BHA's), exfoliating products, or Vitamin A products for 3 before and 3 days after. Use none if doing a series of treatments**
- **Doctor prescribed vitamin A medications (Retin-A, Renova, Differin) need to be discontinued 6 months prior, and use none during series**
- **Use soothing antioxidant hydrating and nourishing products**
- **If any inflammation or swelling occur, use cold compresses**
- **Accutane should be discontinued for a minimum of 12 months prior to treatment**
- **Avoid Botox injections 3 weeks prior to treatment and 4-6 hours post treatment**
- **Avoid injectable fillers (collagen, Restalyn, Juvederm, Sculptra) for 3 weeks prior to treatment and 2 weeks post treatment**
- **No waxing, electrolysis, or use of depilatory creams or gels for 5 days prior and 5 days after, and none during the series**
- **Call a practitioner to inform them of any concerns or complications as soon as they occur**

***Cost of Treatment: Ranges from 150-250 depending on location.**

***Treatment can be done once every 2 weeks initially. Initially, it is best to do a series of six. After the initial series, clients can do 1 treatment a month for maintenance purposes.**