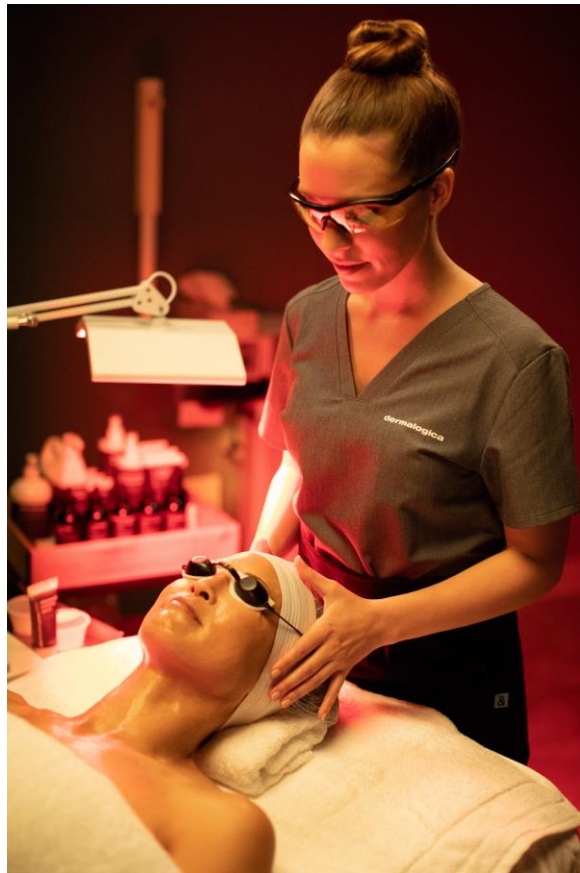


dermalogica®

professional-grade skin care by The International Dermal Institute

dermalogica with professional technology student workbook



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053019

consider this before using electrical modalities

- What is the goal of the treatment?
- Which modality will complement the relevant treatment module?
- Does the chosen modality fall under my scope of practice?
- Do I have the right insurance coverage?
- Does the Dermalogica product selected work with the technology?

consultation and contraindications

If electrical currents are applied to contraindicated clients, it may lead adverse effects.

Avoid use if the client has any of the following:

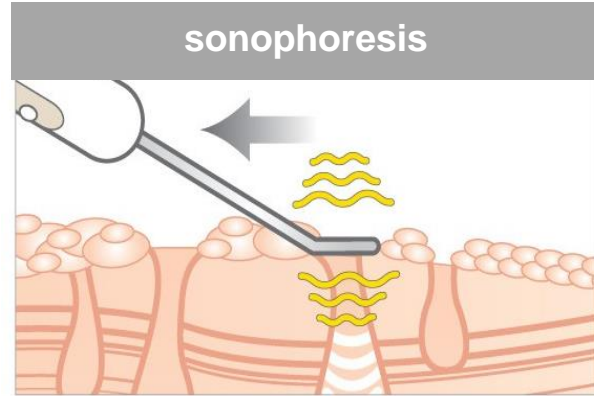
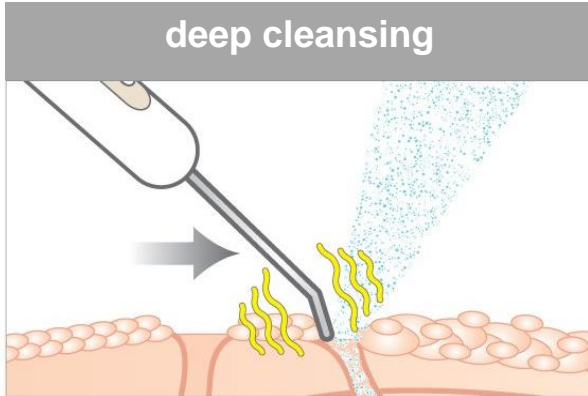
- Epilepsy, may trigger a seizure
- Pregnant (this applies to the working skin therapist as well), electrical current should not be channeled throughout the body
- Diabetic, the client may have impaired skin sensation and may not be able to feel the strength of current being used, increasing the risk of burning
- Metal implants, will conduct the current resulting in internal burns
- Pacemakers and heart conditions, will not be able to tolerate current and may lead to fatal consequences

When using any electrical modality under no circumstances should you leave your client unattended in the treatment room, even if the machine is pre-programmed and fully automated.



ultrasonic technology

Therapeutic ultrasound, known as ultrasonic, uses vibrating sound waves to loosen dead skin cells and allow for enhanced delivery of active ingredients.



- Sound waves assist in the release of dead skin cells and comedones.
- Particles will oscillate about a fixed point.
- Allows for the release of dead surface skin cells and a loosening of comedones.

- Causes acoustic cavitation, the formation of an empty space within a solid object or body.
- Leads to an enlargement of intercellular spaces.
- Heating is a secondary response of cavitation itself.
- Results in the increased flow of lipids within the membrane, thus enhancement of product penetration.

contraindications

- Metal implants
- Current treatment of cancer
- Epilepsy
- Pacemaker
- Hemophilia
- Contagious skin diseases
- Open wounds, rashes or infections
- Medically prescribed exfoliants (for deep cleansing)
- Recent sun exposure
- Recently waxed skin

general instructions for ultrasonic blade technology

- **For deep cleansing:** Place blade at 45 degree angle and glide toward the follicle.
- **For sonophoresis:** Place flat part of the blade up and use a “buttering” technique

dermalogica with ultrasonic technology

Use this chart to help you navigate which module and products work best with ultrasonic during a **ProSkin** treatment. Refer to your **ProSkin Cards** for further directions and up

	deep cleansing		sonophoresis		
	double cleanse	resurfacing	extractions	deep treatment	dermal layering
all skin conditions	<ul style="list-style-type: none"> • PreCleanse • All Daily Skin Health cleansers 	<ul style="list-style-type: none"> • Daily Microfoliant® • Exfoliant Accelerator 35 	<ul style="list-style-type: none"> • Multi-Active Scaling Gel • Post Extraction Solution 	<ul style="list-style-type: none"> • Hyaluronic Acid IonActive™ Serum • Colloidal Masque Base • Conductive Masque Base 	<ul style="list-style-type: none"> • Hyaluronic Acid IonActive™ • Skin Smoothing Cream
aging or prematurely aging skin	<ul style="list-style-type: none"> • Skin Resurfacing Cleanser 	<ul style="list-style-type: none"> • Daily Superfoliant™ • MultiVitamin Thermafoliant® • MultiVitamin Power Exfoliant 	<ul style="list-style-type: none"> • Multi-Active Scaling Gel • Post Extraction Solution 	<ul style="list-style-type: none"> • Retinol 1% or Oligopeptide IonActive™ Serum • Conductive Masque Base • MultiVitamin Power Recovery® Masque 	<ul style="list-style-type: none"> • Oligopeptide IonActive™ Serum • Intensive Moisture Balance
oily and acneic skin	<ul style="list-style-type: none"> • Clearing Skin Wash 	<ul style="list-style-type: none"> • Daily Superfoliant™ 	<ul style="list-style-type: none"> • Multi-Active Scaling Gel • Post Extraction Solution 	<ul style="list-style-type: none"> • Niacinamide IonActive™ Serum • Colloidal Masque Base 	<ul style="list-style-type: none"> • Niacinamide IonActive™ • Active Moist
sensitized skin	<ul style="list-style-type: none"> • UltraCalming™ g™ Cleanser 			<ul style="list-style-type: none"> • UltraCalming™ Serum Concentrate • Hyaluronic Acid IonActive™ Serum • Clinical Oatmeal Masque 	<ul style="list-style-type: none"> • UltraCalming™ Serum Concentrate

to date product information.

microcurrent technology

There are 2 methods in which microcurrent is used in skin therapy: muscle re-education and specific iontophoresis for enhanced penetration of ingredients.



contraindications

- Metal implants
- Epilepsy
- Pacemaker
- Diabetes
- Pregnancy
- Current treatment of cancer
- Thrombosis
- Phlebitis
- Under physician care

muscle re-education

- Microcurrent uses less than 500 microamperes and cannot cause a physical or visual manipulation of the muscle
- Re-programs the muscle fiber, allowing it to be lengthened or shortened
- To shorten a muscle, work from the insertion and origin inward; to lengthen a muscle, work from the belly of the muscle outward. This aids in lifting, firming and smoothing the skin.
 - The **origin** is at the attachment to stationary end of muscle
 - The **insertion** is the attachment to the mobile end of the muscle
 - And the **belly** is the thicker, middle region of the muscle
- Stimulates the production of adenosine triphosphate (ATP)

general instructions – microcurrent for muscle re-education

Electrodes (probes, mask or gloves) are placed at the origin of the muscle, and the insertion to shorten the muscle or at the belly of the muscle to lengthen. Work each muscle for the designated time; duration for each muscle will vary by machine manufacturer.

specific iontophoresis

- Performed by a device that has two independent channels or probes.
- An electrical current is emitted from one probe into the skin and returns to the other.
- Some probes can alternate the current from positive to negative and/or be polar specific to aid in product penetration.
- Desincrustation solutions should be used on the negative polarity.

general instructions – microcurrent for specific iontophoresis

Move probes (or gloves) over the skin using circular movements or feathering/following technique. When using probes, they should stay within 2 inches of each other to ensure the current is connecting during application. This can be performed over targeted treatments and/or masques.

- A water-soluble solution must be used to ensure conductivity and movement. The use of oils could the inhibit current.
- Refer to manufacturer’s directions for specific use of polarities or settings.

dermalogica products with microcurrent technology

Use this chart to help you navigate which module and products work best with microcurrent during a **ProSkin** treatment. Refer to your **ProSkin Cards** for further directions and up to date product information.

	muscle re-education	specific iontophoresis
	deep treatment	
all skin conditions	<ul style="list-style-type: none"> • Multi-Active Toner • Hyaluronic Acid IonActive™ Serum • Colloidal Masque Base • Conductive Masque Base 	<ul style="list-style-type: none"> • Hyaluronic Acid IonActive™ Serum • Colloidal Masque Base • Conductive Masque Base
aging or prematurely aging skin	<ul style="list-style-type: none"> • Antioxidant HydraMist • Retinol 1% IonActive™ Serum • Oligopeptide IonActive™ Serum 	<ul style="list-style-type: none"> • Retinol 1% IonActive™ Serum • Oligopeptide IonActive™ Serum • MultiVitamin Power Recovery® Masque
oily and acneic skin	<ul style="list-style-type: none"> • Multi-Active Toner • Niacinamide IonActive™ Serum 	<ul style="list-style-type: none"> • Niacinamide IonActive™ Serum
sensitized skin	<ul style="list-style-type: none"> • Redness Relief Essence • Calming Botanical Mixer 	<ul style="list-style-type: none"> • UltraCalming™ Serum Concentrate • Hyaluronic Acid IonActive™ Serum • Clinical Oatmeal Masque

wet microdermabrasion technology

Microdermabrasion is the predecessor to wet microdermabrasion and hydrodermabrasion. Wet microdermabrasion allows for the use of products to be used while performing crystal-less microdermabrasion; whereas hydrodermabrasion allows for ingredients to be infused into the skin during the microdermabrasion.

There are 2 types of wet microdermabrasion machines:

1. **Hydrodermabrasion / infusion style machines**
2. **Wet / dry machines**

contraindications for wet and dry microdermabrasion

- Medically prescribed exfoliants
- Active cold sores (or prone to breakouts)
- Contagious diseases
- Broken / dilated capillaries
- Fragile or thin skin
- Pustular acne
- Rashes or irritated skin
- Under physician care
- Pregnancy
- Recent sun exposure or recent waxing (within 24 hours)



general instructions for wet microdermabrasion

The same rules apply as microdermabrasion, with the addition of water-based products only. Move the hand piece over the skin in a crisscross pattern to prevent stripping, puckering or visible lines from occurring on the skin. The ability to control the level of exfoliation and suction is very important to treat different areas of the face. Operation varies according to manufacturer, refer to the operation manual specifically for your machine.

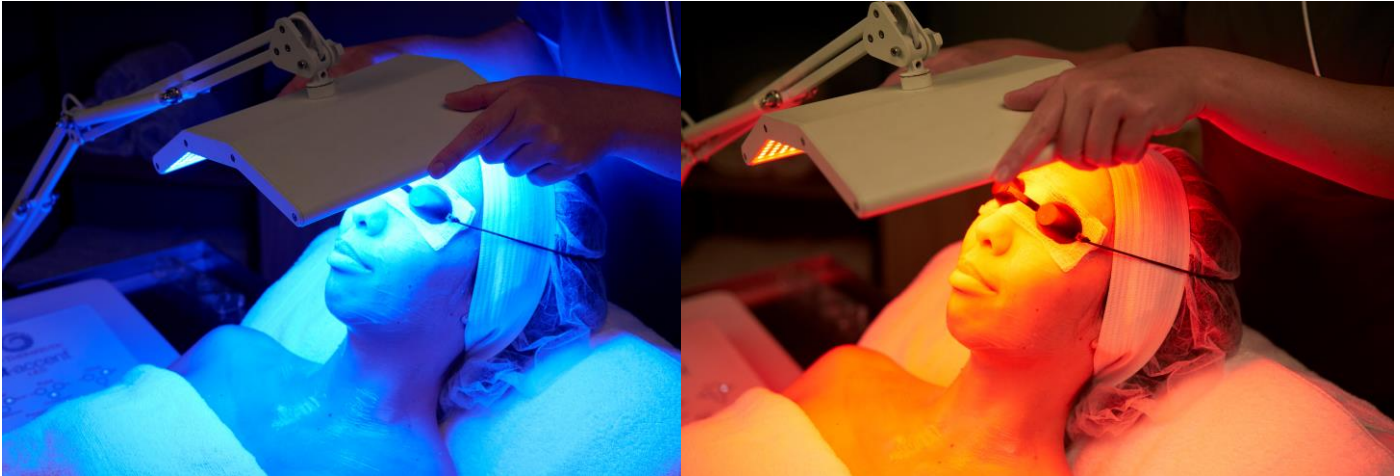
Always make sure to follow manufacturer directions.

dermalogica with wet microdermabrasion technology

Use this chart to help you navigate which module and products work best with wet microdermabrasion during a **ProSkin** treatment. Refer to your **ProSkin Cards** for further directions and up to date product information.

	double cleanse (1st pass)	resurfacing (2nd pass)	dermal layering (3rd pass)
all skin conditions	<ul style="list-style-type: none"> • PreCleanse (emulsified) • Special Cleansing Gel 	<ul style="list-style-type: none"> • Skin Specific Dermalogica Toner 	<ul style="list-style-type: none"> • All Dermalogica Toners • Calming Botanical Mixer
aging or prematurely aging skin	<ul style="list-style-type: none"> • Skin Resurfacing Cleanser 	<ul style="list-style-type: none"> • MultiVitamin Power Exfoliant + Exfoliant Accelerator 35 • Exfoliant Accelerator 35 used alone 	
oily and acneic skin	<ul style="list-style-type: none"> • Clearing Skin Wash 	<ul style="list-style-type: none"> • Exfoliant Accelerator 35 	

LED technology



LED is a low energy, non-ablative device that emits an exact wavelength into the skin to stimulate and energize cellular activity.

- Activates cells with pulses of low level, non-coherent, and non-thermal light energy
- Stimulate the skin cells in a manner similar to photo synthesis
- Each wavelength or color of the light treat different conditions
- However only the red and blue are FDA approved

Red LED: about 640 nm on the visible light spectrum.

- Increases blood and lymph circulation
- Increases collagen synthesis and healing
- Supports firming and toning
- Reduces pore size
- Stimulates release of ATP

Blue LED: about 470 nm on the visible light spectrum.

- Increases skin hydration
- Photosensitizes porphyrins to create oxygen, which kills P. acnes bacteria
- Slows sebaceous activity

contraindications

- Hypersensitivity to light
- Photo allergy
- Photo sensitizing medication
- Cancer
- Epilepsy
- Under physician care

general instructions for LED

Cover the client's eyes and put on your own protective eye wear. LED devices may be placed over the face for a specified period of time, depending on manufacturer instructions and depending on the style of LED machine. For example:

- A canopy style LED lamp should be placed anywhere from 2-6 inches above the skin for up to 30 minutes, depending on client's light tolerance.
- A handheld LED device may be placed directly on the skin for 3-4 minutes

Always follow manufacture guidelines as each machine may operate differently from one another.

LED can also be performed with or without products. Always confirm with the machine manufacturer about the use of products.

dermalogica with LED technology

Use this chart to help you navigate which module and products work best with LED during a **ProSkin** treatment. Refer to your **ProSkin Cards** for further directions and up to date product information.

	extractions	deep treatment
all skin conditions	<ul style="list-style-type: none"> • Post Extraction Solution (applied on dry skin) • Niacinamide IonActive™ Serum 	<ul style="list-style-type: none"> • Any IonActive™ Serum • Colloidal Masque Base • Conductive Masque Base • ExoThermal Gelloid Masque
aging or prematurely aging skin		<ul style="list-style-type: none"> • Oligopeptide IonActive™ Serum • Colloidal Masque Base • Conductive Masque • ExoThermal Gelloid Masque
oily and acneic skin		<ul style="list-style-type: none"> • Niacinamide IonActive™ Serum • Colloidal Masque Base • Conductive Masque
sensitive		<ul style="list-style-type: none"> • Hyaluronic Acid IonActive™ Serum • Colloidal Masque Base • Conductive Masque

NOTE: Retinol 1% IonActive is **NOT** to be used with LED. It will degrade the Retinol molecule, rendering it ineffective.

skin needling technology

This technique uses a small handheld roller device or pen-like hand piece covered in needles of a specific gauge and length. The objective is to enhance product penetration, increase superficial circulation and stimulate collagen and elastin production in the skin.

A professional skin therapist should not be using a needle higher than a 0.25mm gauge nor should any fluids be drawn from the skin. Please check if this modality falls under your scope of practice.



contraindications

- Medically prescribed exfoliants unless directed by a physician
- Recent surgical procedures
- Excessive sun exposure within the last 24 hours
- Open wounds, rashes or infections
- Laser resurfacing within the last 3 months
- Chemical or mechanical peeling within the last 1-2 weeks
- Impaired barrier

general instructions for skin needling

Ensure to check barrier function. Preparation for skin needling generally consists of cleansing and possibly a light exfoliation. Serums may be applied on the skin before the procedure.

- For a **roller applicator**, a back and forth or crisscross motion is performed all over the face or area; exercise caution in areas of thinness, congestion or concern.
- For a **pen applicator**, simultaneously make contact with the skin and glide the pen in a horizontal direction at a rate of 1 inch per second. Depending on skin response (non-medically trained operators should only see mild to moderate erythema) repeat the process with a vertical pass across the treatment area. An optional third pass can be made diagonally to achieve the maximum recommended coverage.

dermalogica with skin needling technology

Use this chart to help you navigate which module and products work best with skin needling during a **ProSkin** treatment. Refer to your **ProSkin Cards** for further directions and up to date product information.

	deep treatment
all skin conditions	<ul style="list-style-type: none"> • Hyaluronic Acid IonActive™ Serum
aging or prematurely aging skin	<ul style="list-style-type: none"> • Retinol 1% IonActive™ Serum • Oligopeptide IonActive™ Serum
oily and acneic skin	<ul style="list-style-type: none"> • Niacinamide IonActive™ Serum

module technology options

	ultrasonic	microcurrent	wet microdermabrasion	LED	skin needling
Double Cleanse	X		X		
Resurfacing	X		X		
Extractions	X		X	X	
Deep Treatment	X	X	X	X	X
Dermal Layering	X	X			

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