

# hand and stone microZone® treatments workbook



Text copyright © by **Dermalogica®**. No part of this text may be reproduced in any way without written permission from **Dermalogica®**.

070119

## table of contents

<b>meet Dermalogica</b>	<b>pg 3</b>
Why Dermalogica	4
<b>Dermalogica microZones® Description</b>	<b>5-7</b>
<b>30-minute microZone Treatments</b>	
Flash Exfoliation	8
Blackhead Relief	9
AGE Repair	10
Acupressure Point Massage	11
ClearStart: Breakout Clearing Treatment	12
Microdermabrasion	13
<b>30-minute Microcurrent w/NuFACE</b>	<b>14</b>
Quick Lift w/NuFACE	15-17
<b>30-minute Mini Stand-Alone LED Treatment Instructions</b>	<b>18-19</b>
Rejuvenating Facial w/red	20
Sensitive Facial w/red or blue	21
Detox Facial w/blue	22
Brightening Facial w/green	23
<b>LED Chest and Back Application Chart</b>	<b>24</b>
Chest Treatment w/red	25
Back Treatment w/blue	26

## meet dermalogica

For more than 30 years, we have redefined professional excellence in the skin care industry. Instead of teaching "beauty school" to "beauticians," we teach skin health to skin therapists, offering the most challenging and rewarding postgraduate skin and body therapy curriculum in the world.

### **We believe in skin health, not beauty.**

Dermalogica launched in 1986, a time when neon reigned, hair was big and beauty was more important than skin health. While snazzy, frilly products acted more as trendy accessories than tools for skin health, Dermalogica delivered innovation through real research, real ingredients and real results.

Today, Dermalogica still turns heads for innovative products and treatments that work, and our customers turn heads for skin health that goes farther than skin deep.

### **We believe professional skin care is not a luxury.**

To us, skin care is part of daily health — like brushing your teeth! That's why we believe so much in the power of professional skin therapists to change how people value and care for their skin.

Since Jane Wurwand — herself a professional skin therapist — founded Dermalogica, our mission has been to bring respect and success to professional skin therapists through excellent education, innovative products and outstanding customer service. Everything we do is done to help *you* be the best, most successful and most influential skin therapist you can be.

### **We believe in setting the standard.**

Dermalogica is the #1 choice of skin care professionals worldwide. To date, we have won more than 300 awards for our revolutionary products and treatments, all researched and developed by The International Dermal Institute (IDI). As a student, you're not only working with these products and treatments, you're learning the best, from the best, with access to more than 40 IDI classes and industry-leading experts!

Along with IDI, Dermalogica is the driving force behind more than 90 training centers, including our unique Immersive Learning Centers at select locations.



## why dermalogica?



- Dermalogica is all about skin health and achieving results
- Known as the #1 choice brand for professional skin therapists worldwide, over 100,000 professional skin therapists use Dermalogica
- Customized product prescriptions through our **Face Mapping®** concept
- Rigorous research and development with every product
- Education on products and proper usage through our **Skin Bar®** concept

## dermalogica's microZone® treatments

### description:

A **MicroZone® Treatment** is a 20-minute targeted treatment solution for the time-compressed guest. This can be offered at the therapist's discretion to address zone-specific issues such as breakouts, congestion and even the need for exfoliation or all-over skin concerns such as dehydration.

This is not your average treatment. With **MicroZone® Treatments** and **Face Mapping®**, you the therapist can target specific conditions and offer solutions. Zero in on one specific zone to treat that blemish or target all zones.

**MicroZone® Treatments** may not be for the relaxation specialists as this is a fast-paced, no frills, results-focused treatment to get the guest results in a short amount of time. **MicroZone® Treatments** are for the skin therapy trainer or coach, the therapist who likes to teach their guests and get to the solution fast.

### what's the advantage?

#### Address major consumer trends

Consumers are seeking time-compressed and cost-conscious services and by offering **MicroZone® Treatments** it will ensure that you not only retain your guests but also attract new ones. **MicroZone® Treatments** are also ideal for teens and male guests and can be a great feature for your events. Skin Lessons can also be offered as a value-added reward for guests who purchase \$100 or more in retail products, offer them the opportunity to sit down for a 20-minute **MicroZone® Skin Lesson** and learn firsthand how the products work.

#### Ability to service more guests

If you only offer traditional 1 hour or longer service, you are limited to the number of guests that you can see in an 8-hour shift. With **MicroZone® Treatments**, you can see up to 20 guests in a day, that is accounting for linen changes, prescriptive retailing and breaks giving us 6 ½ hours to work with.

#### Increase guest retention

Offer a series of 5 for the price of 4, for approximately \$100 the guest can come back in between their Dermalogica Skin Treatments to receive touch-ups on breakouts, extractions, or even flash exfoliation.

#### Easy implementation

You can begin offering **MicroZone® Treatments** in your room as soon as you return, no special equipment, no need to change around the room. With your product knowledge, real-world experience, and hands-on expertise, you have what it takes to start marketing **MicroZone® Treatments** to your guests.

## microZone® treatment – advantages (continued)

### Increase retail sales

Example: With an average retail bill of \$89 per **MicroZone® Treatments**, many therapists will have the opportunity to increase their pay each month. (16 treatments daily X \$89 = \$1,424 a day X 30 days = \$42,720 per month). With an average of 10% commission = \$4,272. Think about putting a treatment chair in your retail area, **MicroZone® Treatments** attract attention which is a great way to promote your services. Performing these services in your retail area is also an excellent way to increase retail sales.

### Gain new guests and increase services

When you offer free **MicroZone® Treatments** at your events, it will result in new treatment bookings and new guests coming to the business. The guest has had a no “commitment” opportunity to try you out, experience your touch and expertise and see the results on their own skin! **MicroZone® Treatments** also lead to full 1-hour treatment bookings.

### how is it different?

#### Zone focused treatments

Conditions like breakouts and extractions are usually localized to a few zones, with zone-specific **MicroZone® Treatments** we can focus our attention on their concern versus treating the whole face.

#### No need to undress

Many guests have a fear of undressing and the treatment room is no different. The guest is saved the stress of having to disrobe in a **MicroZone® Treatment** with the use of dental bibs to protect their clothing and clips to secure them (or a drape sheet or towel).

## dermalogica's microZone® treatment menu description

Get on-the-spot skin solutions with **MicroZone® Treatments**. Our expert skin therapists will analyze your skin, then perform a zone-specific treatment designed to solve your skin problem, in about 20 minutes. **MicroZone® Treatments** are just the quick fix for troubled skin, and they're the ideal maintenance service between Dermalogica Skin Treatments.

### multi-zones

- **Flash Exfoliation:** resurface, smooth, brighten
- **Age Repair:** repair and protect prematurely aging skin
- **Clear Start:** deep clean and heal inflamed breakouts.  
Additionally, this facial is a great retailing tool to get guests started on a results oriented homecare regimen. Products from the **Clear Start** tester display may be used to perform this facial.

### zone-specific

- **Blackhead Relief:** clear and prevent breakouts

### microZone® treatment essentials

- Ensure that you are fully stocked with Dermalogica retail and the necessary professional products!
- **Skin Fitness Plans**
- Dental bibs and clips to protect the guest (optional)
- Headbands (preferably disposable) by Spa Essentials
- Esthetic wipes by Intrinsic®

## flash exfoliation

**what it does:** resurfacing and brightening

**treatment time:** 30 minutes

1. **Review Dermalogica Consultation Card**, asking pertinent questions. (1 minute)
2. **Cleanse:** Dispense about a dime-size amount of **Skin Resurfacing Cleanser** and add water. Remove with sponges, esthetic wipes or a warm steam towel. If the guest is sensitive to **Skin Resurfacing Cleanser**, **Special Cleansing Gel** is a great alternative. Remove all traces of cleanser with a steam towel or warm esthetic wipes. (4 minutes)
3. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. Look for intact barrier function, dehydration, dead cell build-up, and congestion. (2 minutes)
4. **Exfoliate:** Twist open and apply ½ of **MultiVitamin Power Exfoliant** alone or with 1 pump **Exfoliant Accelerator 35**. Massage onto the skin using circular motions. Pay special attention to areas of visual dryness, fine lines, and sun damage. Alternatively, according to the guest's skin condition, you may select from Dermalogica's professional exfoliant options. Process according to the guest's skin condition and product guidelines. (10 minutes)  
**Option:** Add 1 pump of **Exfoliant Accelerator 35** to **MultiVitamin Power Exfoliant**.
5. **Dermalogica Double Cleanse:** To remove **MultiVitamin Power Exfoliant** and **Exfoliant accelerator 35**, wipe skin with damp sponges then perform a condensed double cleanse using **PreCleanse** followed by **Special Cleansing Gel**. Remove with warm steam towel. (5 minutes)
6. **IonActive™ and Toner:** Apply an almond size of **Retinol 1% IonActive™** or **Hyaluronic Acid IonActive™**. Spritz the face and neck with **Antioxidant HydraMist**. (1 minute)
7. **Eye Treatment:** Apply a small amount of **MultiVitamin Power Firm** to the eye area. (1 minute)
8. **Moisturizer and SPF:** Apply the appropriate **Dermalogica moisturizer** mixed with **Solar Defense Booster SPF 50**. Or, use **Dynamic Skin Recovery SPF50**. **SkinPerfect Primer SPF30** can also be layered over chosen moisturizer. (2 minutes)
9. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. (4 minutes)



## blackhead relief

**what it does:** removes comedones and congestion

**treatment time:** 30 minutes

1. **Review Dermalogica Consultation Card**, asking pertinent questions. **(1 minute)**
2. **Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or a warm steam towel. Spot cleanse the skin if you are only working on a zone to perform extractions. **(2 minutes)**
3. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. Look for congestion, under the surface micro comedones and impactions **(2 minutes)**
4. **Exfoliate:** Use the appropriate exfoliation method below. Remove with esthetic wipes or a warm steam towel. **(10 minutes)**  
**Option:**
  - a. Mix ½ teaspoon of **Daily Microfoliant®** and 1 pump of **Exfoliant Accelerator 35**. With fingertips manipulate onto the skin using small upward circles. Remove with a steam towel.
  - b. **Deep Resurface:** Dispense approximately ½ teaspoon of **Daily Superfoliant™** or **Daily Microfoliant®** into a cup and mix with water, creating a foam. Mix in 1 pump of **Multi-Active Scaling Gel**. Apply using a fan brush. Under steam, massage over the skin using light circular motions for 3 – 5 minutes. Remove with sponges or warm steam towel.
5. **Extractions:** Perform extractions. Afterwards, dispense 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and apply to areas extractions were performed. **(8 minutes)**
6. **IonActive™ and Toner:** Apply an almond size of **Niacinamide IonActive™** followed by patting **Redness Relief Essence** evenly over the face and neck. **(1 minute)**
7. **Moisturizer and SPF:** Apply the appropriate **Dermalogica moisturizer** and follow with a layer of **Solar Defense Booster SPF50**. **(2 minutes)**
8. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. **(4 minutes)**

## AGE repair

**what it does:** repairs, revitalizes and helps reverse visible signs of skin aging

**treatment time:** 30 minutes

1. **Review Dermalogica Consultation Card**, asking pertinent questions. **(1 minute)**
2. **Cleanse:** Dispense about a dime size amount of **Skin Resurfacing Cleanser** and add water. Remove with sponges, esthetic wipes or a warm steam towel. If the guest is sensitive to **Skin Resurfacing Cleanser** use **UltraCalming™ Cleanser** as an alternative. **(2 minutes)**
3. **Face Mapping®:** Wipe skin with **Daily Resurfacer** to degrease. Look for signs of wrinkles, dehydration, sun damage and hyperpigmentation. Explain your findings to the guest as you document any areas of concern. **(2 minutes)**
4. **Exfoliate:** Apply ½ tablespoon of **MultiVitamin Thermafoliant®** to dry skin and massage in light circular motions. Activate with 1 pump of **Exfoliant Accelerator 35** by applying directly into your hands and massage over the skin. Dip fingertips into warm water to create a creamy thermal skin polisher. Remove with sponges, esthetic wipes, or a warm steam towel. **(5 minutes)**
5. **IonActive™ and Massage:** Apply an almond size of **Retinol 1% IonActive™** or **Oligopeptide IonActive™** to the face and perform the **AGE Repair Acupoints** (see step-by-step on next slide). Teach these to your guest for them to perform at home with **Overnight Repair Serum**. Do not remove **IonActive™**. **(5 minutes)**
6. **Masque:** Apply **MultiVitamin Power Recovery® Masque** evenly with a fan brush. Remove with sponges, esthetic wipes, or a steam towel. **(8 minutes)**
7. **Toner:** Spritz skin with **Antioxidant HydraMist**. Apply **MultiVitamin Power Firm** around eye area. **(1 minute)**
8. **Moisturizer and SPF:** Apply a dime-size amount of **Skin Smoothing Cream** customized with **Solar Defense Booster SPF50**. Another option is **Dynamic Skin Recovery SPF50**. **SkinPerfect Primer SPF30** can also be layered over chosen **moisturizer**. **(2 minutes)**
9. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. **(4 minutes)**

## acupressure point massage with overnight repair serum

Start by pressing 4-6 drops of Overnight Repair Serum onto the skin and smooth outward with light finger strokes.



**acupoint 1:** Press on the temples (the depression between the hairline and eyebrow) with the middle fingers. This helps with headaches and relaxation.



**acupoint 2:** Press underneath the eye on top of the cheek bone (approximately one inch under the eyes). This helps improve eye clarity.



**acupoint 3:** Press on the inner eye sockets (the corner of the eyes). This helps relieve sinus pressure, headaches, pain and swelling around the eye area.



**acupoint 4:** Press inside the eye socket bone under the brow (find the small indentation in the upper orbit). Helps relieve headaches and sinus pressure.



**acupoint 5:** Press on the middle of the forehead between the eyebrows (third eye). This helps calm the mind.



**acupoint 6:** Press on the corners of the mouth. This helps rejuvenate the face and tone facial muscles.



**acupoint 7:** Press on the center of the crease between the end of the nose and the top of the lip. This helps calm the spirit.

**acupoint 8:** Press on the center of the crease between the lower lip and the chin. This helps with hormonal balance.

**dermalogica**<sup>®</sup>  
a skin care system researched and developed by The International Dermal Institute

## clear start™: breakout clearing microZone® treatment

**Optional:** Can use to help teach teens proper home care using Clear Start™ products.

**what it does:** ideal for teens, deep cleans and expedites healing of inflamed breakouts

**treatment time:** 30 minutes

1. **Review Dermalogica Consultation Card**, asking pertinent questions regarding your teen guest's current skin care routine, habits and any possible acne medications. **(1 minute)**
2. **Dermalogica Double Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. Perform the second cleanse under steam with **Breakout Clearing Foaming Wash**, apply into very wet hands and massage over the skin. Remove with warm esthetic wipes.  
**Option:** Use Ultrasonic device with **PreCleanse** or **Breakout Clearing Foaming Wash**. **(3 minutes)**
3. **Face Mapping®:** Wipe the skin with 2 pumps of **Daily Resurfacer** to degrease and perform zone-specific **Face Mapping®**. Explain your findings to the guest as you document any areas of concern. Look for congestion, under the surface micro-comedones and impactions. **(1 minute)**
4. **Deep Resurface:** Dispense approximately ½ teaspoon of **Daily Superfoliant™** or **Daily Microfoliant®** into a cup and mix with water, creating a foam. Mix in 1 pump of **Multi-Active Scaling Gel**. Apply using a fan brush. Under steam, massage over the skin using light circular motions for 3 – 5 minutes. Remove with sponges or a warm steam towel. **(5 minutes)**
6. **Extractions:** While wearing gloves, make tissue finger mitts and perform extractions using the **Dermalogica Extraction Technique**, then wipe away any residue using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas **(7 minutes)**  
**Option:** if more time is needed for extractions add-on additional 3 minutes for this step and omit step 7.
7. **Masque:** Using a fan brush apply about 1 tablespoon of appropriate Dermalogica masque to face and neck. Work on guest's scalp or shoulders during this time. Remove with warm esthetic wipes a steam towel. **(5 minutes)**  
**Options:**
  - a. **Blackhead Clearing Fizz Masque** – Oxygenates, clears pores, controls excess oil.
  - b. **Colloidal Masque Base** – Environmentally stressed, irritated, dehydrated skin
  - c. **Clinical Oatmeal Masque** – Irritated, sensitive, inflamed, itchy skin
8. **Treat:** Apply **Niacinamide IonActive™ Serum** directly onto any breakouts. **(2 minutes)**  
**Option:** Cover the skin with dry gauze and use direct high frequency over any inflamed pustules.
9. **Toner and Moisturizer:** Spritz with **Breakout Clearing All Over Toner** or apply onto cotton and wipe. Allow to dry, then moisturize and protect with **Clearing Defense SPF30**. **(2 minutes)**  
**Options:**
  - a. **Skin Soothing Hydrating Lotion** – Dehydrated skin.
  - b. **Breakout Clearing Booster** – Spot treat breakouts.
10. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. **(4 minutes)**

## microdermabrasion

**what it does:** adjustable exfoliation, brightens, smooths

**treatment time:** 30 minutes

1. **Review Dermalogica Consultation Card**, asking pertinent questions. **(1 minute)**
2. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands and continue cleansing to create a light, milky emulsion. Remove with sponges or a warm steam towel. **(1 minute)**
3. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(2 minutes)**
4. **Second Cleanse:** Add steam and dispense a dime-size amount of **Special Cleansing Gel** or **Skin Resurfacing Cleanser** and add water and foam-up cleanser. Remove with sponges or a warm steam towel. **(1 minute)**
5. **Exfoliate:** Perform microdermabrasion per manufacturer's recommendations. **(10 minutes)**
6. **IonActive™ Serum and Masque:** Apply almond size of **Hyaluronic Acid IonActive™ Serum** to the face and neck. Follow by using a fan brush to apply 1 tablespoon **MultiVitamin Power Recovery® Masque**. **(9 minutes)**
7. **Toner:** Pat **Redness Relief Essence** evenly over the face and neck to calm skin post microdermabrasion procedure. **(1 minute)**
8. **Eye and Lip Treatment:** Apply **MultiVitamin Power Firm** to eye and lip area. **(1 minute)**
9. **Moisturizer:** Apply **UltraCalming™ Serum Concentrate** to reduce irritation or any redness. Apply the appropriate **Dermalogica moisturizer** and follow with **Solar Defense Booster SPF50** if daytime treatment. Layer on **Barrier Repair** to seal and protect the skin. **SkinPerfect Primer SPF30** can also be layered over chosen **moisturizer**. **(1 minute)**  
**Option:** **Calm Water Gel** may be used on an oily skin.
10. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. **(3 minutes)**

# dermalogica microcurrent protocol with NuFACE workbook



**Important: when using any professional exfoliation under no circumstances should you leave your guest unattended in the treatment room at any time. Even if the exfoliant you have chosen would be considered mild.**

Text copyright © by **Dermalogica®**. No part of this text may be reproduced in any way without written permission from **Dermalogica®**.

070119



**ELE**  
Eyes and Lips



**Facial Trainer**  
Microcurrent treatment for all areas  
of the face.

**dermalogica 30-minute quick lift with NuFACE**

1. **Review Dermalogica Consultation Card**, asking pertinent questions. **(2 minutes)**
2. **Cleanse/Exfoliate:** Mix ½ tsp **Daily Microfoliant®** with **Skin Resurfacing Cleanser** and add water for a creamy consistency. Apply with a fan brush, then with fingertips manipulate onto the skin using small upward circles. Remove all traces of cleanser with a steam towel or warm esthetic wipes. If guest is sensitive to **Skin Resurfacing Cleanser**, **Special Cleansing Gel** is a great alternative. **(2 minutes)**
3. **Face Mapping®:** Wipe the skin with 2 pumps of **Daily Resurfacer** to degrease and perform zone-specific **Face Mapping®**. Explain your findings to guest as you document any areas of concern. Confirm the guest is not contraindicated to microcurrent procedure. **(2 minutes)**
4. **Masque:** Apply an almond size of the prescribed **Dermalogica IonActive™ Serum** followed by **Colloidal Masque Base** to the guest's face and neck with a fan brush. **Note: It must be a non-setting masque such as a gel or cream. (20 minutes)**  
**Option: Conductive Masque Base**  
**Options:**
  - a. Aging – **Retinol 1% IonActive™**
  - b. Sensitive skin – **Hyaluronic Acid IonActive™**
  - c. Oily / acneic skin – **Niacinamide IonActive™**
  - d. Hyperpigmentation – **Oligopeptide IonActive™**
5. **Remove the device from the charging cradle:** Turn it on by pressing the ON/OFF button. An ascending audible beep is emitted notifying you that your device is on.
6. **Adjust the intensity level:** Assess your guest's comfort by pressing the intensity control buttons on the front of the device, either up (+) or down (-). As intensity increases or decreases the number of blue lights will change: all five blue lights will be illuminated at maximum intensity, only one blue light will be illuminated at minimum intensity. It is normal to not feel any sensation when using the device.
7. **Place the Facial Trainer or ELE in direct contact:** Always keep both spheres on the face at the same time and glide or hold with medium pressure according to directions. The device emits a beep every five (5) seconds to indicate when to move to the next treatment position. (This beep will change to two (2) low tones when the battery needs recharging.) Note: The Facial Trainer or ELE will not contract the muscles. The current is soft, soothing, and mild when used correctly.  
**Important:**
  - a. Do not allow the applied toner, concentrate, or masque to dry during treatment. Reactivate by applying additional product to the treatment area(s).
  - b. Turn off the device after every treatment. A descending audible beep is emitted notifying you that your device is turning off.
8. Follow the steps for **Basic Treatment Glides** and **Advanced Treatment Holds**. This protocol is for stimulating larger surface areas of the face such as the jawline, cheekbones, forehead as well as eye and lip areas. The instructions below are designed to provide the most effective results when followed correctly.

**Directions of use:** Glide spheres in the direction of the arrows until the beep sounds. Complete 1-2-3 sequence 3 times for each area. Stationary holds isolate delivery of microcurrent (do not glide). Lift and hold each position for 1-2 beeps (5-10 seconds).



1. Place Face Trainer spheres on nasolabial fold and **glide** toward ear avoiding the eye area.



2. Place Face Trainer spheres slightly above brow and **glide** toward hairline.



3. Under jawline, **lift and hold** Facial Trainer spheres horizontally.



4. On jawline, use Face Trainer. **Lift and hold** with one sphere, place the other sphere above. Continue to end of jawline.



5. Under cheekbone, **lift and hold** Face Trainer spheres horizontally.



6. On forehead, **lift and hold** Facial Trainer spheres horizontally.



1. Place ELE spheres under lower lip and **hold**.



2. Place ELE spheres above upper lip and **hold**.

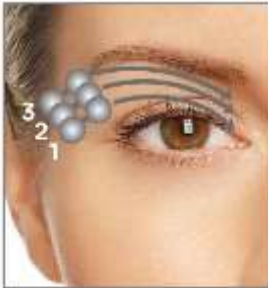




3. Place ELE spheres on nasal labial folds and **hold**.



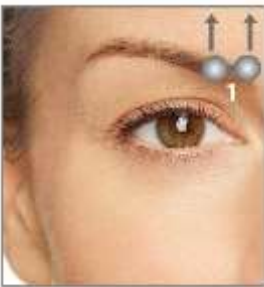
4. Place ELE spheres at the outer corner of the eye and glide to the inner corner Complete 1-2-3 sequence.



5. Place ELE spheres at the outer corner of the eye and glide to the inner corner. Complete sequence 1-2-3.



6. Place ELE spheres just below the eyebrow, lift and hold complete sequence 1-2-3.



7. Place ELE spheres in the middle of the eyebrows, slightly off-center and glide to the center of the forehead.

9. **Remove:** use a warm steam towel to remove any excess product from the skin. (1 minute)
10. **Toner:** Generously spritz **Antioxidant Hydramist** evenly over the face and neck. (1 minute)
11. **Moisturizer and SPF:** Apply the appropriate **moisturizer** or **Dynamic Skin Recovery SPF50** directly over toner. **SkinPerfect Primer SPF30** can also be layered over chosen **moisturizer**. (2 minutes)

# dermalogica protocols for mini stand alone LED treatments workbook



**Important: when using any professional exfoliation under no circumstances should you leave your guest unattended in the treatment room at any time. Even if the exfoliant you have chosen would be considered mild.**

Text copyright © by **Dermalogica®**. No part of this text may be reproduced in any way without written permission from **Dermalogica®**.

070119

## contraindications: light emitting diode (led) light therapy

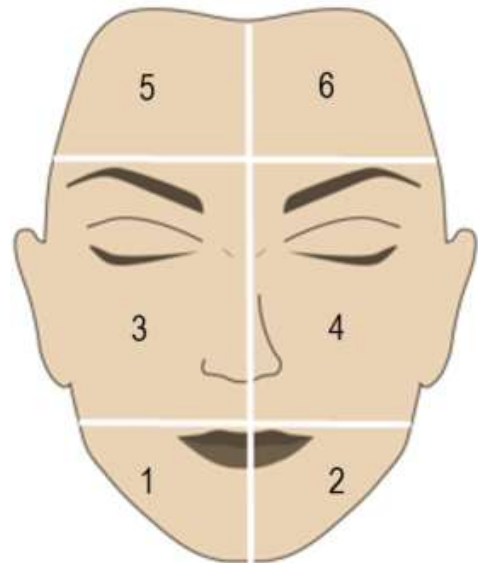
- Open wounds
- Sunburn
- Recent radiation therapy
- Cancerous lesions or recent
- Injections in the treatment areas
- Recent Lasik or eye surgery
- Essential oils or perfumes on the area to be treated
- Pacemaker or defibrillator
- Avoid direct use over the thyroid area if there has been any thyroid diagnosis or problem
- When in doubt, refer guest to confirm treatment eligibility with health care provider before going forward

## led treatment chart

Use this chart as a guide when administering treatment with the hand-held LED device. The LED device should be hovered over each section for 30 seconds. It is designed to administer six 30 second spot treatments. Do not press the device onto the skin.

**Directions of use:** Follow the chart as a guide for each section to treat. The LED device should be hovered over each section for 30 seconds. It is designed to administer six 30 second spot treatments.

- Start in section 1** by working upward and outward from the center chin toward the lower ear.
- Repeat in section 2.**
- Section 3** on the cheek area, work upward and outward toward the middle ear area. Still in section 3 position the device beneath the eye area (do not pass the periorbital bone). Work upward and outward toward the temple.
- Repeat in section 4.**
- Section 5** hover the device over the center of the forehead and work horizontally toward the hairline.
- Repeat in section 6.**



## rejuvenating mini stand alone facial with red light led skin phototherapy

treatment time: 30 minutes

1. **Review Dermalogica Consultation Card**, asking pertinent questions. **(2 minutes)**
2. **Cleanse:** Dispense about a dime-size amount of **Skin Resurfacing Cleanser** and add water. Remove with a warm steam towel or esthetic wipes. **(2 minutes)**
3. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. Look for wrinkles, dehydration, sun damage, and hyperpigmentation. Ensure the guest is not contraindicated to LED treatment. **(1 minute)**
4. **Exfoliate:** Apply ½ tablespoon of **MultiVitamin Thermafoliant®** to dry skin and massage in light circular motions. Activate with 1 pump of **Exfoliant Accelerator 35** by applying directly into your hands and massage over the skin. Dip fingertips into warm water to create a creamy thermal skin polisher. Remove with a warm steam towel or esthetic wipes. **(5 minutes)**
5. **Masque and LED:** Apply a thin layer of **Colloidal Masque Base** to the guest's face and neck with a fan brush. Place protective goggles over the guest's eyes and turn on the hand-held LED device and. Hover the LED hand-held device about ½" from the skin. Follow directions of use for LED. Turn off the device and remove masque from the skin with a steam towel. **(10 minutes)**
6. **IonActive™ Serum and Toner:** Apply an almond size of **Retinol 1% IonActive™** or **Oligopeptide IonActive™** and generously spritz **Antioxidant Hydramist** evenly over face and neck. Apply **MultiVitamin Power Firm** around eye area. **(1 minute)**
7. **Moisturizer and SPF:** Apply the appropriate **Dermalogica moisturizer** or **Dynamic Skin Recovery SPF50** directly over toner. **SkinPerfect Primer SPF30** can also be layered over chosen moisturizer. **(1 minute)**

## **sensitive skin mini stand-alone facial with red or blue light led skin phototherapy**

treatment time: 30 minutes

1. **Review Dermalogica Consultation Card**, asking pertinent questions. **(3 minutes)**
2. **Cleanse:** Dispense about a dime-size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Remove with sponges or a warm steam towel. **(2 minutes)**
3. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. Ensure the guest is not contraindicated to LED treatment. **(3 minutes)**
4. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®**, for normal to sensitive skin, with ½ tsp. of water to a frothy consistency. Apply evenly over the face and neck, avoiding the eyes. Using the fingertips, work over the skin in small circular movements. Steam is optional. Exfoliation time may be reduced for overly sensitive or sensitized skin. Remove with sponges or a warm steam towel. **(5 minutes)**
5. **Masque:** Apply a thin layer of **Colloidal Masque Base** to the guest's face and neck with a fan brush. Place protective goggles over the guest's eyes and turn on the hand-held LED device and. Hover the LED hand-held device about ½" from the skin. Follow directions of use for LED. Turn off the device and remove masque from the skin with a steam towel. **(10 minutes)**
6. **IonActive™ Serum and Toner:** Apply an almond size of Dermalogica **Hyaluronic Acid IonActive™ Serum** followed by patting **Redness Relief Essence** evenly over the face and neck. **(1 minute)**
7. **Moisturizer and SPF:** Apply a small amount of **Calm Water Gel** or **Barrier Defense Booster** for dry skin to face and neck. For extra moisture, a dime-size amount of **Active Moist** or **Skin Smoothing Cream** mix with **Solar Defense Booster SPF50** for daylight protection can be layered on if needed. Add **Barrier Repair** to seal and protect. **(2 minutes)**
8. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. **(4 minutes)**

## detox mini stand alone facial with blue light led skin phototherapy

treatment time: 30 minutes

1. **Review Dermalogica Consultation Card**, asking pertinent questions. **(1 minute)**
2. **Cleanse:** Dispense a dime-size amount of **Clearing Skin Wash** for oily, acne skin or **Special Cleansing Gel**, for normal to combination skin. Add water to foam-up cleanser. Remove with sponges or a warm steam towel. **(2 minutes)**
3. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. Look for surface congestion, uneven skin tone and premature aging. Ensure the guest is not contraindicated to LED treatment. **(1 minute)**
4. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Superfoliant®**, with a small amount of water to a frothy consistency. Mix in 1-2 pumps of **Multi-Active Scaling Gel**. Apply evenly over the face and neck, avoiding the eyes. Using the fingertips, work over the skin in small circular movements. Steam is optional. Remove with a warm steam towel and damp sponges. **(10 minutes)**
5. **Extractions:** Perform extractions using the **Dermalogica Extraction Technique**, then wipe away remaining **Multi-Active Scaling Gel** using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(10 minutes)**
6. **Ionactive™ Serum and Toner:** Apply an almond size of **Oligopeptide IonActive™** or **Niacinamide IonActive™ Serum** to the entire face focusing on areas of breakouts and oily skin. Spritz **Multi-Active Toner** over the entire face and neck evenly. **(1 minute)**
7. **Moisturizer and SPF:** Apply a dime-size amount of **Active Moist** (normal to oily) or **Skin Smoothing Cream** (normal to dry) to face and neck. **Note:** equal parts of **Solar Defense Booster SPF50** can be mixed into **Active Moist** or **Skin Smoothing Cream** for daylight protection. **(1 minute)**
8. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. **(4 minutes)**

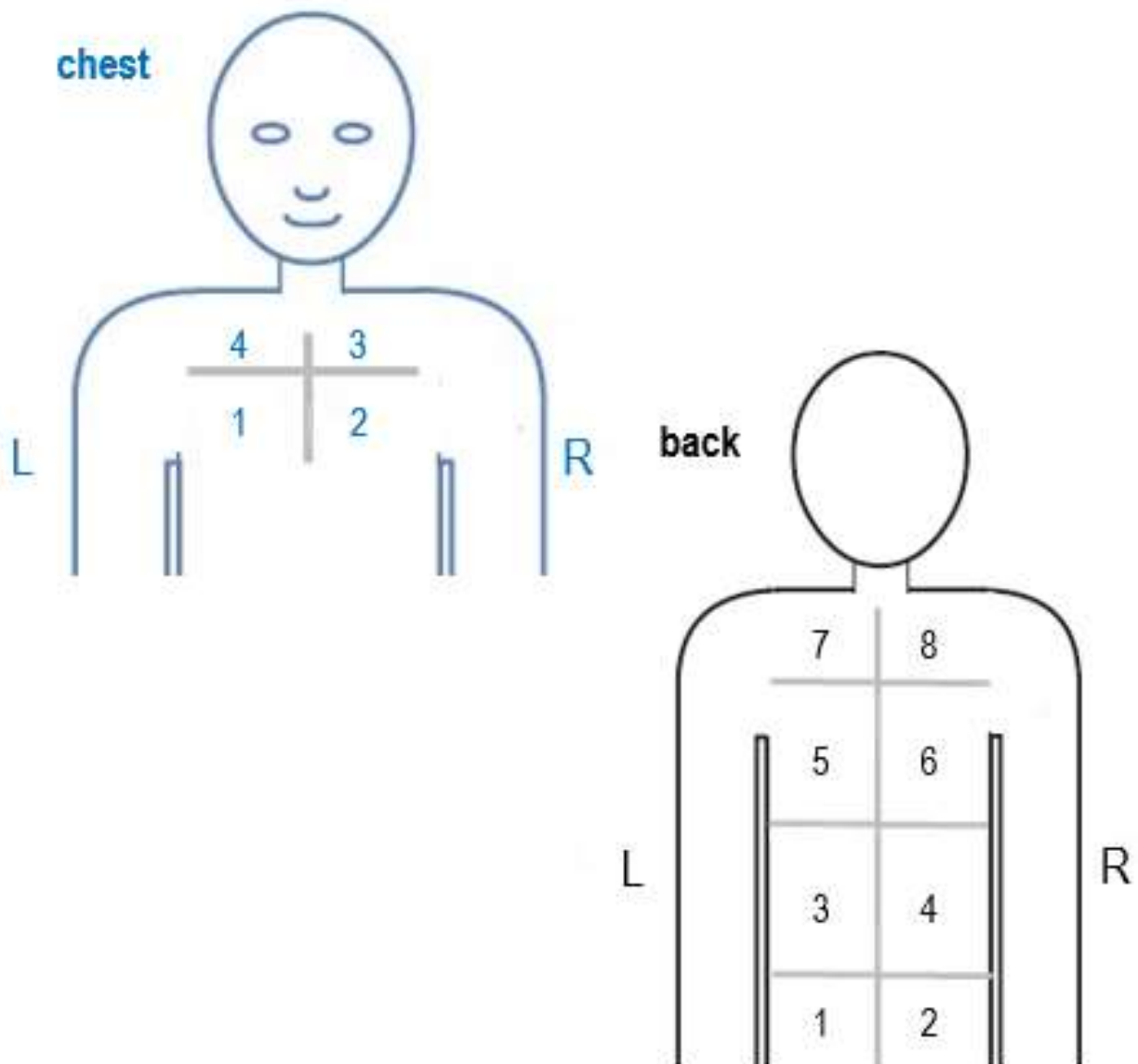
## **brightening facial with green light led skin photo therapy**

**treatment time:** 30 minutes

1. **Review Dermalogica Card**, asking pertinent questions. **(1 minute)**
2. **Cleanse:** Perform cleanse under steam with 1 pump of **Skin Resurfacing Cleanser** combined with ½ teaspoon of **Daily Microfoliant®**. Mix with a small amount of water into mixing bowl to form a smooth paste and apply with a fan brush. Work over the skin with the hands and remove all traces of cleanser with sponges. Mix enough cleanser to set aside, saving the extra for exfoliation removal. **(1 minute)**
3. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(2 minutes)**
4. **Exfoliate:** Mix 1 tube of **MultiVitamin Power Exfoliant** with 1 pump of **Exfoliant Accelerator 35** into hands and apply to skin. Massage over the face and neck using light circular movements for 3 – 7 minutes, avoiding the eyes and lips. **Note:** A thin layer of **Colloidal Masque Base** may be applied around the eyes and mouth for protection if needed. **(10 minutes)**
5. **Removal:** Wipe with dry gauze or if signs of sensitivity are present, dampen gauze with cool water and gently wipe the skin to remove. To further remove any exfoliated debris and for additional brightening benefits, use the extra product from second cleanse by reactivating it with a small amount of water. Apply using a fan brush and work onto skin. Remove with a steam towel customized with **Calming Botanical Mixer**. **(2 minutes)**
6. **Masque:** Apply a thin layer of **Colloidal Masque Base** to the guest's face and neck with a fan brush. Place protective goggles over the guest's eyes and turn on the hand-held LED device and. Hover the LED hand-held device about ½" from the skin. Follow directions of use for LED. Turn off the device and remove masque from the skin with a steam towel. **(10 minutes)**
7. **IonActive™ Serum and Toner:** Spritz **Antioxidant HydraMist** or pat **Redness Relief Essence** evenly over face and neck. Apply a small amount of **Oligopeptide IonActive Serum™** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck for brightening and balancing of skin tone. **(1 minute)**
8. **Eye Treatment, Moisturizer and SPF:** Apply a pea-size amount of **MultiVitamin Power Firm** to the eye and lip area followed by the appropriate **Dermalogica moisturizer**. Layer with **Super Sensitive Shield SPF30**. Option: Finish with **SkinPerfect Primer SFF30** for extra luminosity. **(1 minute)**
9. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. **(2 minutes)**

## chest and back chart application for treatment with LED

Use this chart as a guide when administering treatment with the hand-held LED device. The LED device should be hovered over each section for 30 seconds. It is designed to administer six 30 second spot treatments. Do not press the device onto the skin.





## chest mini stand-alone facial with red light led skin phototherapy

treatment time: 30 minutes

1. **Review Dermalogica Consultation Card**, asking pertinent questions. **(1 minute)**
2. **Cleanse:** Dispense about a dime-size amount of **Skin Resurfacing** Cleanser and add water. Remove with sponges or a warm steam towel **(2 minutes)**
3. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. Look for surface congestion, uneven skin tone, and premature aging. Ensure the guest is not contraindicated to LED treatment. **(1 minute)**
4. **Exfoliate:** Twist open and apply 1 full tube of **MultiVitamin Power Exfoliant** to the décolleté. Massage onto the décolleté using circular motions. Pay special attention to areas of visual dryness, fine lines, and sun damage. **(10 minutes)**
5. **Dermalogica Double Cleanse:** To remove, wipe skin with damp sponges then perform a condensed double cleanse using **PreCleanse** followed by **Special Cleansing Gel**.and remove all traces of the exfoliant with steam towel. **(2 minutes)**
6. **Masque:** Apply a thin layer **Colloidal Masque Base** to the guest's décolleté with a fan brush. Turn on the hand-held LED device. Hover the LED hand-held device about ½" from the skin. Starting in section 1, Follow directions of use for LED. Turn off the device and remove masque from the skin with a steam towel. **(8 minutes)**
7. **IonActive™ Serum and Toner:** Apply an almond size of **Retinol 1% IonActive™** or **Oligopeptide IonActive™** followed by generously spritzing **Antioxidant HydraMist** over décolleté. **(1 minute)**
8. **Moisturizer and SPF:** Apply a dime sized amount of **Dynamic Skin Recovery SPF50** to the décolleté (directly over toner) or **Skin Smoothing Cream** if it is after daylight hours. **(1 minute)**  
**Option: Barrier Repair** may be layered on top.
9. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. **(4 minutes)**

## back mini stand-alone facial with blue light led skin phototherapy

treatment time: 30 minutes

1. **Review Dermalogica Consultation Card**, asking pertinent questions. (1 minute)
2. **Cleanse:** Dispense about a dime-size amount of **Clearing Skin Wash** and add water to foam. Remove all traces of cleanser with sponges or a steam towel. (2 minute)
3. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. Look for surface congestion, uneven skin tone, and premature aging. Ensure the guest is not contraindicated to LED treatment. (1 minute)
4. **Exfoliate:** Using a mixing bowl and fan brush, mix 1 tsp. of **Daily Microfoliant** with 1 tsp. of water to a frothy consistency. Add 2 full pumps of **Exfoliant Accelerator 35** and apply evenly over the back area. Using hands, work over the skin using circular movements. Steam is optional. Remove with a warm steam towel. (10 minutes)
5. **Masque:** Using a fan brush, apply a thin layer of **Colloidal Masque Base** to the back area. Turn on the hand-held LED device. Hover the LED hand-held device about ½" from the skin. Starting in section 1, Follow directions of use for LED. Turn off the device and remove masque from the skin with a steam towel. (10 minutes)
6. **IonActive™ Serum and Toner:** Apply an almond size of the **Niacinamide IonActive™** or spot treat on areas of breakouts and oily skin. Followed by spritzing a generous amount of **Multi-Active Toner**. (1 minute)
7. **Moisturizer and SPF:** Apply **Active Moist** (normal to oily) or **Skin Smoothing Cream** (normal to dry). Layer on **Solar Defense Booster SPF50** for daylight protection. (1 minute)
8. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. (4 minutes)