

power up! extractions student workbook



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proskin – extractions module

extractions – prep, extract, post

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prep benefit: helps to dilate follicles, soften sebum and comedones to prepare for professional extractions, without drying or irritating the skin

extract benefit: the Dermalogica Extraction Technique is an effective and safe manual method to remove comedones and impactions

post benefit: helps soothe inflamed, irritated skin while creating an antiseptic environment



prep step-by-step:

1. Protect eyes with gauze. Foam up Scaling Fluid in a cup with Fan Masque Brush.
2. Apply Scaling Fluid to comedones or areas of congestion and process under steam.
3. Blot away excess Scaling Fluid with tissue.

extract step-by-step:

1. Apply gloves and wrap your index fingers with tissue.
2. Stretch out the skin around the comedone, keeping your index fingers parallel.
3. Pushing your index fingers closer together, create a mound underneath the comedone.
4. Begin to rock, roll and wiggle your index fingers to help release the impaction.
5. Wipe comedone debris down and away from the follicle.
6. Once completed, rinse off Scaling Fluid and remove tissue and gloves from hands.

post step-by-step:
Dispense Post Extraction Solution to dry cotton pads and apply to areas you extracted.

tips:

- You may use steam during extractions to help soften the comedones.
- Try working from different angles around each impaction.

contraindications: Impaired barrier, inflamed acne lesions. Do not extract pustules or papules.

professional extractions

sebum saponification

The alkali and sebum react to form sodium hydroxide; this process is a chemical reaction by which the fatty stearic acids in sebum react with the alkali to form soap, therefore softening the sebum for easier extractions.

electrical desincrustation

The negative polarity releases hydrogen on the skin's surface, which converts the naturally occurring salts in the skin (sodium chloride) to sodium hydroxide (caustic soda). This mixes with the oily comedo plug and softens it, making extractions much easier.

the dermalogica extraction technique

This effective and safe manual method is the most efficient way to remove comedones from the skin without further impacting skin health, and without spreading acne or breakout causing bacteria. In addition, using a desincrustation solution will further assist extractions.





new! multi-active scaling gel

This versatile gel stays put on areas of congestion and effectively opens pores to facilitate extractions. It also offers many benefits, allowing skin therapists to create custom treatment solutions: use it alone to facilitate extractions, mix with a cleanser for a deep cleanse, or mix with an exfoliant for deep resurfacing.

Multi-Active Scaling Gel puts the power to innovate in skin therapists' hands.

active ingredients



Aloe Vera Leaf Juice

Aloe Vera moisturizes skin to help reduce redness and relieve irritation. It's also rich in 75 potentially active vitamins, enzymes, minerals, sugars, lignin, saponins and amino acids, making it ideal for supporting skin health during and after treatments.



Hydrolyzed Viola Tricolor Extract

Also known as wild pansy, Viola Tricolor enhances skin's ability to retain moisture by increasing the concentration of hyaluronic acid within the epidermis. It can also help reduce the appearance of fine lines and wrinkles.



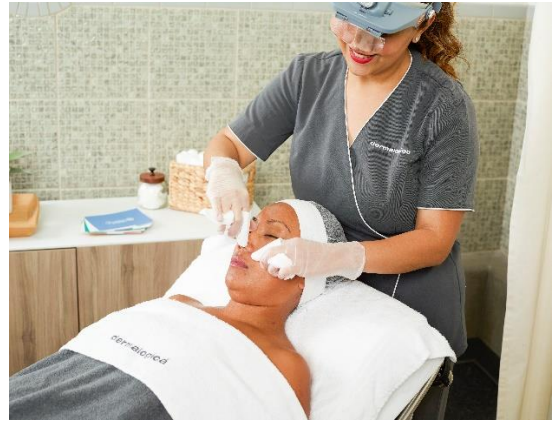
Spirea Ulmaria (Meadowsweet) Extract

Gallotannins and ellagitannins from Meadowsweet act as natural astringents, opening pores and reducing sebum production without over drying skin. Meadowsweet is also naturally anti-microbial, and can aid in reduction of P. acnes bacteria.

how to use multi-active scaling gel

extractions

1. Dispense ½ pump to 1 pump of **Multi-Active Scaling Gel** into a cup.
2. Using fan brush, apply a thin layer to areas of congestion. Allow gel to activate and soften impactions for 3 minutes.
 - **Option:** Use with steam.
 - **Modality option:** Increase softening with galvanic desincrustation, microcurrent specific iontophoresis on negative polarity or ultrasonic on clear mode.
3. Perform extractions using **The Dermalogica Extraction Technique**. Remove gel with sponges and water or customized steam towel.
4. Wipe down extracted areas with **Post Extraction Solution**.



Contraindications and precautions

- Impaired barrier, inflamed acne lesions. Do not extract papules or pustules.
- Use caution when extracting if your client uses medically prescribed exfoliating products.

deep cleanse

1. Mix ½ pump of prescribed cleanser with water in a cup.
2. Add 1 pump of **Multi-Active Scaling Gel**.
3. Mix and apply with fan brush.
4. Follow with Dermalogica cleansing routine. Remove with sponges and water or customized steam towel.
 - **Option:** Use with steam.
 - **Modality option:** Accelerate skin resurfacing with ultrasonic brush or blade on exfoliation mode.



deep resurface

1. Dispense approximately ½ teaspoon of **Daily Superfoliant™** or **Daily Microfoliant®** into a cup and mix with water, creating a foam.
2. Add 1 pump of **Multi-Active Scaling Gel**.
3. Mix and apply with a fan brush.
4. Massage over skin using light circular motions, avoiding the eye area, for up to 3 minutes. Remove with sponges and water or customized steam towel.
 - **Option:** Use with steam.
 - **Modality Option:** Accelerate skin resurfacing with ultrasonic brush or blade on exfoliation mode.



Contraindications and precautions:

Not recommended for users of any topical or orally-prescribed acne, Vitamin A-derived and/or skin exfoliation medications. Do not use on skin that is sunburned, irritated, sensitive or recently professionally exfoliated, resurfaced or waxed.

Modalities in use



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