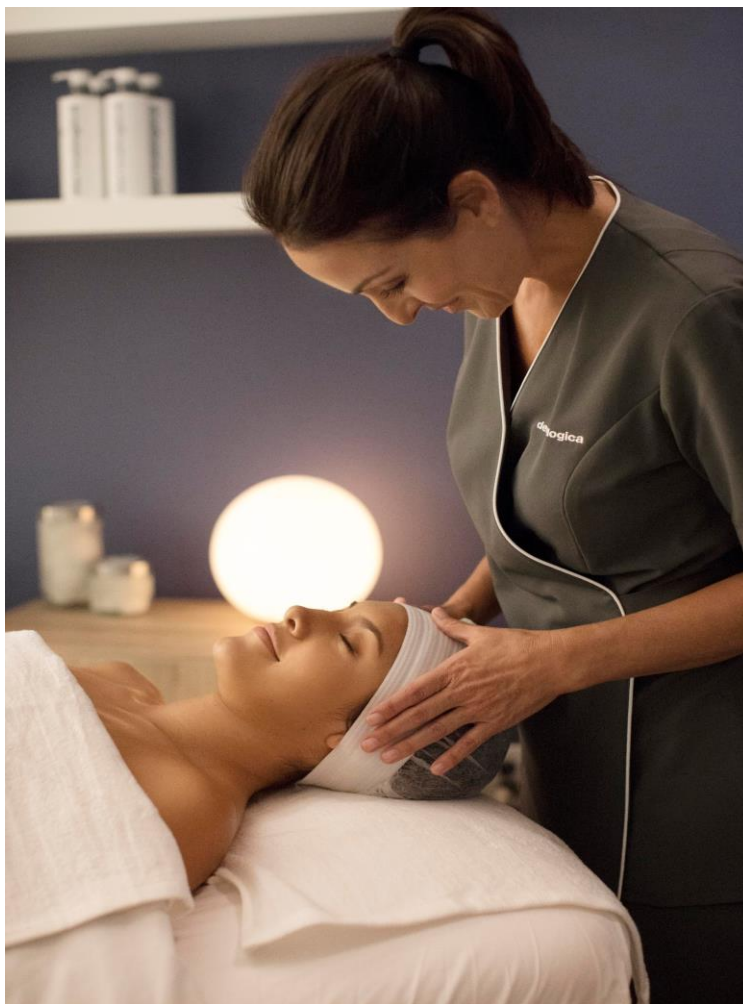


dermalogica®

professional-grade skin care by The International Dermal Institute

power up resurfacing student workbook



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

091318

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 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.



we all want more...exfoliation

Does exfoliation really equate to results? Why are consumers seeking to constantly exfoliate the skin? To visibly smooth, hydrate, decongest, stimulate cell renewal and allow better penetration of products following the exfoliation step or procedure.

Exfoliation is great for treating all skin types, such as:

- **Acne:** to help clear congestion within the follicle; dissolve desmosome protein linkages causing a burst in skin exfoliation.
- **Dehydration:** to remove old cells and stimulate new, moisture-rich cells to move to the surface.
- **Aging skin:** to increase cell production.
- **Pigmentation:** to shed pigmented cells more quickly, and combine with ingredients to suppress melanin production.

preventing reactions

Sample questions to determine client's barrier function:

1. Have you recently recovered from a cold or sinus infection?
Why should we ask this?
2. Do you experience any stinging, itching or burning in response to fragrance, certain products, fabrics, etc.?
Why should we ask this?
3. Do you have dry patches that are tight and itchy?
Why should we ask this?
4. Have you seen a skin care professional for microdermabrasion or peels? Are you taking oral Isotretinoin or using a Vitamin A product??
Why should we ask this?

consultation

The **Dermalogica Consultation Card** is a very useful component of every treatment and is especially important when exfoliation is to be performed. All clients wishing to receive a professional exfoliation treatment must complete a Consultation Card *prior* to product application.



The image shows a 'Dermalogica Consultation Card' form. It is titled 'let's got personal!' and includes sections for 'your health' and 'your skin'. The 'your health' section contains questions about recent colds/sinus infections, skin reactions to fragrances/fabrics, dry patches, and previous skin treatments or medications. The 'your skin' section contains questions about skin type, current skin concerns, and previous skin treatments. There are checkboxes for 'Yes', 'No', and 'N/A' for each question. The form is designed to be filled out by a client before a professional exfoliation treatment.

additional considerations / contraindications

- Do not apply to highly sensitized, broken, injured, sunburned or recently waxed skin (within 24 hours)
- Do not use on any clients who are taking Isotretinoin (formerly known as Accutane) or have taken it in the past 6 months
- Do not use on clients who use Retin-A, Renova, Adapalene, Tazorac or any other medically prescribed exfoliating products, they need to discontinue for at least 1-2 weeks. If working in a medical environment the physician may have a different recommendation.
- Check barrier function, recent colds, history of herpes simplex and allergies to guard against skin peeling, lifting and possible infection
- Check for recent chemical peel or resurfacing procedures and the outcome
- Prescribe a sunscreen with a minimum SPF15. Remember, no direct sun exposure for a week after treatment
- Client must sign and complete the Consultation Card!



consent form

For those that are performing advance chemical peel treatments, the use of a Consent Form is highly suggested. With advanced treatments comes increased risk of a reaction or complication. A consent form is an additional form of detailed protection that helps to confirm there are no contraindications to treatment.

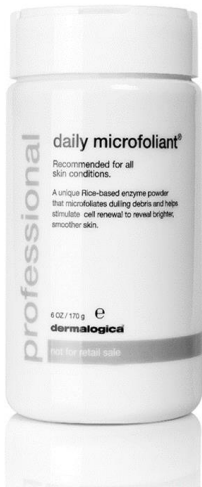
Note to Professional Skin Therapist:

When using any professional exfoliation or electrical modalities, under no circumstances should you leave your client unattended in the treatment room at any time. Even if the exfoliant you have chosen would be considered mild or the machine is pre-programmed and fully automated.

Note to client:

After exfoliating, they may experience slight tingling, mild itching and some temporary skin redness; these are normal reactions to a highly active exfoliant and should be expected.

product options



Daily Microfoliant®

What it is: Powder-based, brightening exfoliant gentle enough for daily use

Who it's for: All skin conditions

Key Ingredients:

-Rice bran and Rice Extracts gently microfoliate skin's surface

-Phytic Acid extracted from rice, works by attracting and binding Calcium which in turn takes it away from the cell's desmosomes

How to use:

Mix ½ teaspoon of powder into very wet hands create a paste (adding more water if needed) and massage over cleansed skin for 1 minute. Rinse thoroughly.

Dispense ½ teaspoon **Daily Microfoliant®** into wet hands. Add 1 tube **MultiVitamin Power Exfoliant** to create a paste (add water if necessary).

Massage over face for 1-2 minutes, avoid eye area. Remove with sponges or a steam towel.

Dispense ½ teaspoon **Daily Microfoliant®** into wet hands. Add 1 pump (¼ teaspoon) of **Exfoliant Accelerator 35** to create a paste. Mix and massage over face for 2-3 minutes. Remove with sponges and water.



Daily Superfoliant™

What it is: Highly active powder resurfacer that delivers the smoothest skin ever

Who it's for: All skin conditions

Key Ingredients:

-Activated Binchotan Charcoal adheres to pollutants to fight biochemical reactions

-Papain and Lipase are powerful enzymes that dissolve proteins in skin allowing dulling skin cells to be removed

How to use: Dispense approximately a ½ teaspoon of **Daily Superfoliant™** into a jelly cup and mix with water. Apply with a fan masque brush. Alternatively, mix product into very wet hands, create a creamy past and apply. Massage over skin with light circular motions, avoiding the eye area, for up to 1 minute. Steam may be used to facilitate more slip-and-slide. A steam towel and/or damp sponges may be used to ensure thorough removal.

MultiVitamin Thermafoliant®

What it is: A skin polisher that allows better penetration of vitamins with an added heating agent

Who it's for: Mature or prematurely aging skin

Key Ingredients:

-Polylactic Acid, Silica and Sodium Bicarbonate is a fine mineral powder blend that polishes away dead skin cells

-Hydrolyzed Opuntia Ficus Indica (Prickly Pear) Flower Extract accelerates skin's natural exfoliation process

-Lactic Acid and Salicylic Acid are alpha and beta hydroxy acids that stimulate cell exfoliation, leaving a smoother skin surface

How to use:

Following the Dermalogica Double Cleanse, apply ½ tablespoon amount to damp face, neck and décolleté; massage in light, circular motions for 1-2 minutes.

Remove with damp sponges, or steam towels customized **with Calming Botanical Mixer**.

Apply to dry skin and massage in light circular motions, and activate with warm water for 2 minutes.

Apply ½ tablespoon of **MultiVitamin Thermafoliant** over dry skin, massaging in light circular motions, and activate with **Exfoliant Accelerator 35** by applying 1 pump of **Exfoliant Accelerator 35** directly into your hands and massage over the skin – dipping fingertips into warm water if necessary to create a creamy thermal skin polisher – for 3 minutes. Rinse with sponges and tepid water, or a steam towel customized with **Calming Botanical Mixer**.



MultiVitamin Power Exfoliant

What it is: An oil-based, anhydrous exfoliation that can be customized

Who it's for: For dry, sun damaged or prematurely aging

Key ingredients:

-Retinol, Lactic Acid and 15% Salicylic Acid remove dulling surface debris to help reverse the signs of environmentally-aged skin and brighten skin tone.

-Vitamin C, E and F as an emollient to enhance penetration, Vitamin E as antioxidant and Vitamin F for skin smoothness

How to use:

Twist open applicator tube and dispense fluid onto face with light, circular movements. Use carefully around the eye and lip areas to avoid direct contact with the eyes and mouth. For sensitive skin: leave on for 3 to 5 minutes, do not use steam. For coarser skin: leave on for 4 to 7 minutes, use of steam is optional.

Removal: Remove immediately if discomfort or irritation is severe. Dampen gauze with cold water to remove **MultiVitamin Power Exfoliant**.

Optional: Remove with dry gauze for a physical exfoliation. To ensure complete removal, perform the **Dermalogica Double Cleanse** that begins with **PreCleanse** and follow with **Special Cleansing Gel** or **Daily Microfoliant**. Remove with a steam towel.

Mix 1 tube **MultiVitamin Power Exfoliant** with 1 pump (¼ teaspoon) of **Exfoliant Accelerator 35**. Massage with fingertips over entire face for 3-7 minutes (depending on skin condition), avoid eye area. Remove with Dermalogica Double Cleanse beginning with **PreCleanse**.

Exfoliant Accelerator 35

What it is: A Lactic Acid exfoliant in a soothing anti-inflammatory Chamomile Extract Base.

Who it's for: Prematurely-aging or aging skin, not for skin with an impaired barrier

Key ingredients:

-Lactic Acid a hydroxy acid that stimulates cell renewal and cell turnover. Brighten the skin, hydrates and stimulates synthesis of natural barrier lipids.

-Olive Leaf Extract soothing polyphenols and antioxidant properties.

-Bacillus Ferment one of the most innovative and interesting enzymes to know be used in professional exfoliation

How to use:

Use 2-3 pumps and apply with a spreading technique. Massage gently over skin. Leave 3-5 minutes for sensitive skin or 7-10 minutes for coarser skin. Can apply under steam to soften skin. Remove with Dermalogica Double Cleanse beginning with **PreCleanse**, followed by **Special Cleansing Gel**, followed by **Special Cleansing Gel**.



connect with the tribe.



@dermalogica
@dermalinstitute



www.facebook.com/dermalogica
www.facebook.com/dermalinstitute



@dermalogica
@dermalinstitute



www.youtube.com/dermalogica
www.youtube.com/dermalinstituteIDI

dermalogica education center
education.dermalogica.com

dermalogica business center
business.dermalogica.com