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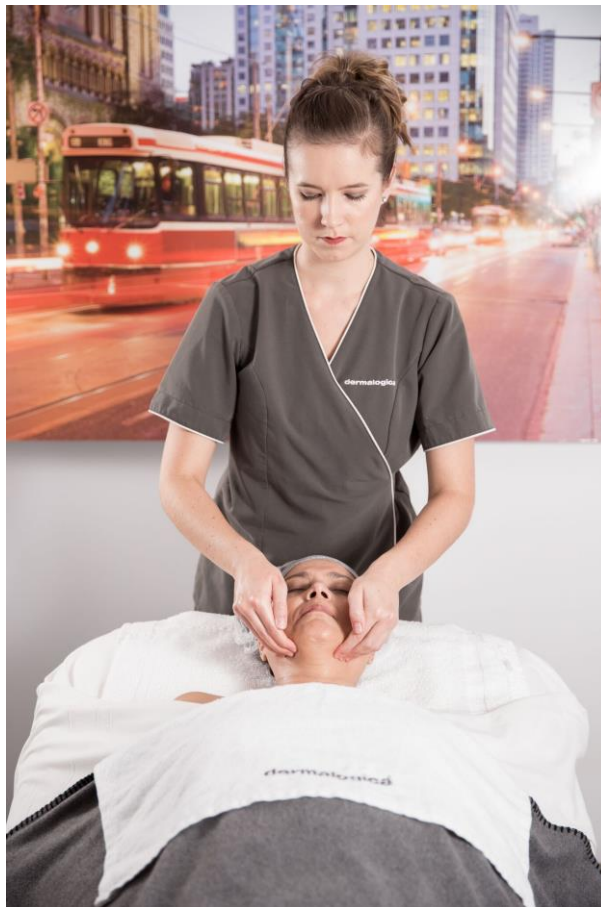
professional-grade skin care by The International Dermal Institute

age reversal touch therapy
pre-learning student workbook

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.

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skin structure

Aging doesn't just mean pigmentation, wrinkles or texture concerns; structure and muscular changes happen too. When treating aging skin, the focus shouldn't only be about treating wrinkles, as this is just one manifestation of the aging skin condition.

There are many manifestations involved with aging skin that happens right before our eyes and underneath the surface.

- **Fascia:** A form of dense connective tissue much like tendons and ligaments. This fibrous membrane is a continual sheet located beneath the skin surrounding muscles and organs.
- **Langer's lines**: The natural direction or position of connective tissue (collagen fibers) within the skin. **Relaxed skin tension lines** are lines that follow furrows (wrinkles) formed when the skin is relaxed and are produced by pinching the skin.
- **Mimetic muscles:** These are the muscles within the face that produce expression.

skin benefits

When clients are looking to treat the signs of aging, they are often concerned with poor skin tone or loss of skin tone, dryness as well as a general lackluster appearance.

Benefits of **Age Reversal Touch Therapy** include:
- Relieves muscle tension to help reduce the appearance of fine lines
- The movements warm the tissue to allow for deeper penetration of active ingredients. You will not only be using conditioning agents through our massage mediums, you can additionally target the client's skin by choosing one of our potent **Additives** for additional skin benefits.
- Stimulates sebaceous gland from the vigorous nature of these movements to promote a healthy glow, even after the treatment.
- Helps smooth and diminish visible signs of aging
- Targeted movements stimulate skin renewal and repair

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who will benefit

Dermalogica's **Age Reversal Touch Therapy** is ideal for clients with:

- Poor or uneven skin tone
- Fine and deep lines
- Dull, devitalized skin

contraindications

It is best to avoid the **Age Reversal Touch Therapy** if any of the following are present on the client's **Dermalogica Consultation Card** or visibly detected during **Face Mapping**.

- **Injuries or surgery** – If a client just had a face lift or any form of trauma to the skin of the face and neck, it will be important to refrain from massaging the skin and allow that area to heal. It is best to wait until and sign of inflammation or swelling has subsided or obtain a doctor's note for clearance to massage the area.
- **Injections** – The face may be massaged before an injection; however, you must wait minimum of 24 hours after Botox injections, and up to 1 week after a filler injection. Check with the physician as this may change and massage may be encouraged depending on the procedure.
- **Inflammation** – Do not massage the skin if any form of inflammation or swelling is present on the skin.
- **Skin infections or disorders in and around infected area** – This includes but is not limited to any open sores, herpes simplex (cold sore) breakouts, eye infections, bacteria infections, weeping eczema, etc. The area will need to wait until it has healed and no presence of an active breakout or infection is visible.
- **Arthritis in neck** – If anyone suffers from Arthritis of the neck or has recently experienced any form of neck trauma such as whiplash it will be important to refrain from massaging, stretching or moving the neck in any fashion.
- **Any medical condition which gives you concern** – check with the client to see if it would be a contraindication.

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proskin treatments

Clients today don't just want personalization, they expect it. Every detail of their service should be unique and tailored to them. Dermalogica's **ProSkin** treatments offer clients a bespoke experience that is truly customized with each visit. These treatments take a modular approach. Each module represents a 10-mintue time block in your treatment, which can be fully customized with product boost options or technology.

Touch Therapy is a module within ProSkin.

Double Cleanse: Every treatment must start with this module, which involves double cleansing the skin with **PreCleanse**, completing your client's **Face Mapping**, then cleansing with the Dermalogica Cleanser you choose based on the Face Mapping results. After completing this module, you can move on to other module(s) selected for the client's bespoke

Resurfacing: This is a great module to select if your client is concerned about uneven skin tone, rough texture or dull/lackluster skin.

Extractions: If you see congestion and comedones on your client's skin, you may want to perform extractions and add this module. You can perform these manually or with the modalities to hygienically and safely clear pores, and help prevent future breakouts

Touch Therapy: One of the most memorable parts of a skin treatment is the massage, which can help lower stress, stimulate lymph flow, improve circulation and alleviate pain. Dermalogica's exclusive Touch Therapy techniques allow you to incorporate massage, aromatherapy, acupressure or lymphatic drainage to help eliminate toxins and relax tissues in the skin.

Deep Treatment: This portion of your treatment should be dedicated to intensively targeting your client's specific skin concerns and conditions. Now that the skin has been thoroughly cleansed and prepped, it is ready to allow optimal penetration of whichever targeted treatment you choose.

Dermal Layering: Every treatment should end with this module. Now is the time to apply and layer any finishing products that should remain on your client's skin for the rest of the day. This includes products you plan to prescribe or sample to your client as part of their Face Mapping and take-home **Skin Fitness Plan**.
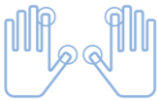
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enhance your touch tool belt

Dermalogica has 5 signature massage techniques to bring your clients treatment customization to whole new level. Come back to expand your touch tool belt by learning about:

- Pressure Point
- **Age Reversal**
- Stress Relief Scalp
- Sensitive Skin Relief
- Targeted Neck and Shoulder

the sensorial experience

Winning the hearts and minds of your clients is easy by simply paying attention to the details. Along with your personalization of the treatment, creating a sensorial experience is another way to show the client that you are a thinking therapist.

smell	• Breathing exercises using **Additives** or **Calming Botanical Mixer** • Avoid stuffy rooms • Diffuse aromatherapy
sight	• Warm, soft lighting • Treatment room cleanliness • Appropriate eye protection in light based services
hearing	• Balance conversation • Reduce unnecessary noise • Customize the client's music selection
touch	• Memory foam bolster • Temperature controlled bed • Temperature of room • Pressure checks
taste	• Warm beverages • Selection to complement treatment or product • Tips to stay hydrated

made for massage

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Dermalogica has a variety of product options to choose from to help you deliver the best experience. Customize according to your client's preference. For example, choose an essential oil blend best suits your clients' needs or for an oil-free option select **Calming Botanical Mixer**. Always refer to the Touch Therapy module cards for ideal products to use for that particular massage.

Massage Gel-Cream is a lightweight, fragrance-free massage medium that continues to release oil with added pressure and without leaving a heavy residue.

Calming Botanical Mixer is a water-soluble, aromatherapeutic blend that can be a great alternative if the client is contraindicated to essential oils.

Dermalogica Additives are therapeutic essential oils to target and treat a myriad of skin conditions. They can also assist with clearing the mind.

connect with the tribe.

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