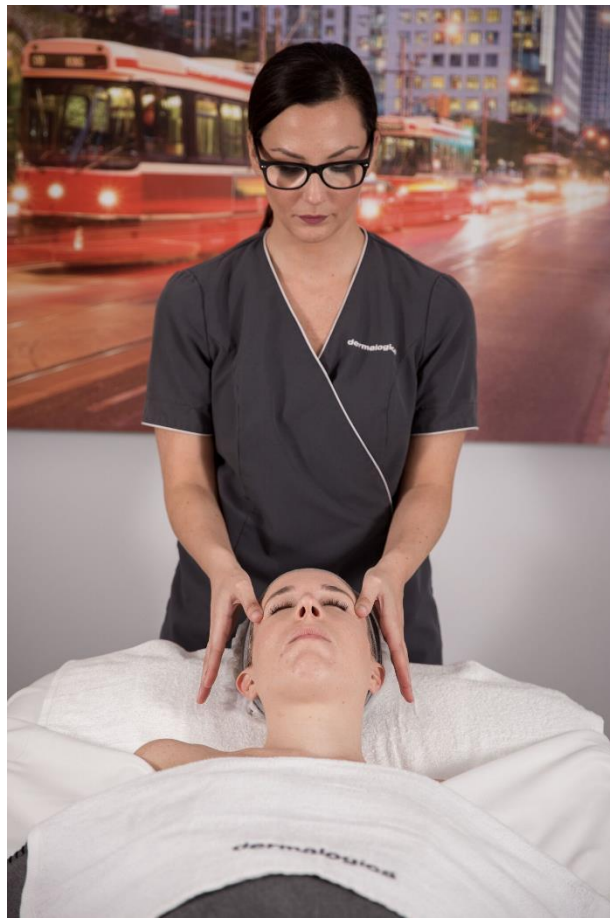


dermalogica[®]

professional-grade skin care by The International Dermal Institute

sensitive skin relief touch therapy practical workbook



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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.

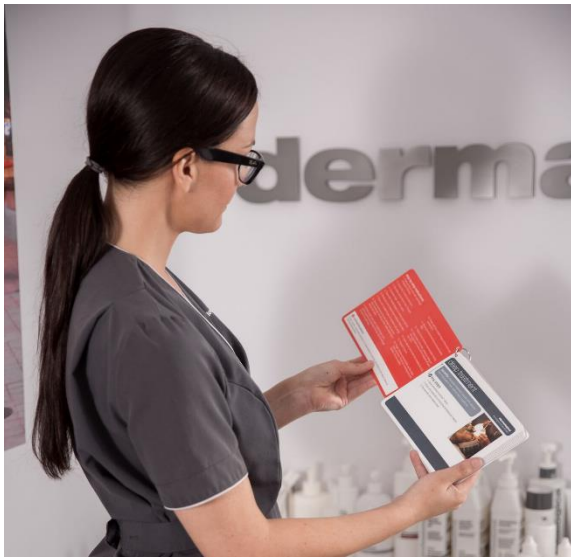
We believe in setting the standard.

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.

proskin cards





touch therapies

dermalogica
dermalogica.com/learnproskin

pressure point massage

benefits:

- Great for all skin conditions
- Combines aromatherapy, acupressure and lymphatic drainage
- Eliminates toxins and relaxes tissues

products

Select Soothing Additive, Revitalizing Additive or Calming Botanical Mixer

step-by-step instructions:

1. Apply additive or botanical mixer onto skin and begin inhalation therapy.
2. Thumb acupressure vertical on center of forehead.
3. Thumb lymph drain vertical on center of forehead.
4. Thumb acupressure horizontal on entire forehead.
5. Palmar pad lymph drain on entire forehead.
6. Cushioned middle finger lymph drain above cheekbone from nose to ears then repeat same movement below cheekbone (alternate above and below).
7. Drain the jawline from chin to ears, then massage ears.
8. Drain forehead then jawline (repeat 5 and 7). Alternate.
9. Scoop jawline from chin to ears, glide down neck, across collarbone to shoulders.
10. Press down on front of shoulders then pivot and press down the top of shoulders.
11. Slide up back of shoulders and work occipital ridge.
12. Optional: Cradle neck movement or work reflex point on big toe.

contraindications:
Injuries, surgery, recent facial injections. If contraindicated to essential oils (pregnancy and/or allergy), please use Calming Botanical Mixer.

All 5 of Dermalogica's signature Touch Therapies have their own corresponding card. This makes them perfect to help you continue practicing and performing this new technique back in your treatment room.

The front side of the card provides treatment benefits as well as product selections. On the back side, you will find step-by-step instructions that correlate to each one of the **Sensitive Skin Relief Touch Therapy** movements.

repetitions

If you happen to get through the Resurfacing module quicker than you expected, you can maximize your Touch Therapy module by flexing the amount of repetitions you do for each movement. Extending the number of repetitions will enhance client relaxation and leave a further lasting impression.

sensitive skin relief

x3

1. Inhalation therapy

Select aromatherapy. Begin inhalation therapy with 3 deep abdominal breaths. Apply the selected aromatherapy by pressing onto the skin.



x3

2. Sternum circles

Place your hands together with flat palms on the sternum. Then perform 3 clockwise circles using light pressure on the client's exhale.



sensitive skin relief

3. Shoulder press

Move your hands in front of the underarms and press shoulders down towards the bed 3 times. Then pivot hands to cup over the shoulders and press down towards the feet 3 times.

x3



4. Occipital stretch

Bring your hands around the shoulders and stroke upward behind the shoulders to the base of the head. Then stretch the spine gently by pulling the client's head towards your body.

x3



sensitive skin relief

x3

5. Stress point pulse

Reposition your hands to use both of middle fingers, stroke upwards on the governing meridian to the stress point (GV 16) and pulse with your middle fingers.



x3

6. Alternating drain

Start with jawline drain by clasping your fingers at the center of the jawline and stroking back to the ears. Follow with palmar drain beginning at the center of the forehead using the fleshy base of your thumbs. Perform lymphatic drainage movements sliding down to the ears. Alternate these 2 movements for a total of 3 times each.



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7. Pulse temples

Pulse with your middle fingers on client's temples.

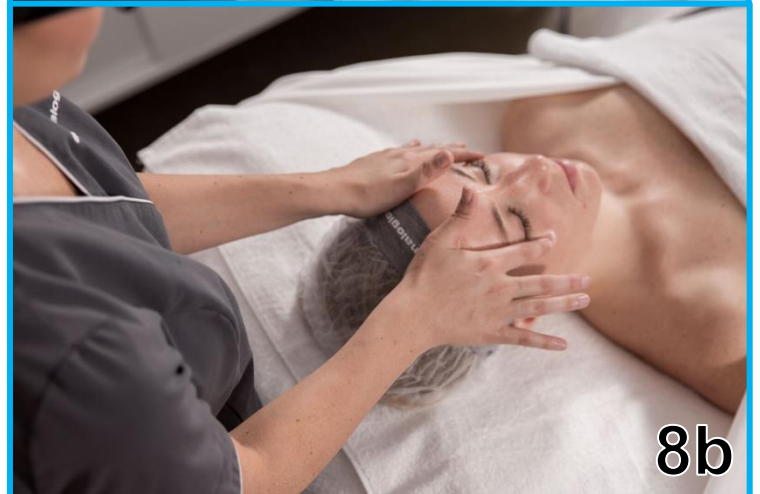
x3



8. Brow and eye stroke

Using the fleshy part of your thumbs, stroke over the brows and follow with cushioned fingers stroking under the eyes draining to the temples and repeat for a total of 3 repetitions

x3



sensitive skin relief

x3

9. Stroke eyes and pinch brows

Stroke under the eyes with your middle fingers then pinch the eyebrows between your thumb and index finger moving to the end of the eyebrows. Perform this movement for a total of 3 repetitions.



x3

10. Pulse inner eye socket

Pulse with your index or middle finger at the inner eye socket (B1) 3 times.



x3

11. Pulse inner brow bone

Move up to the inner brow bone (B2) and pulse 3 times.



sensitive skin relief

x3

12. Pulse end of brow

Move fingers to the end of the brow near the temples (TH23) and pulse 3 times.



x3

13. Zygomatic roll

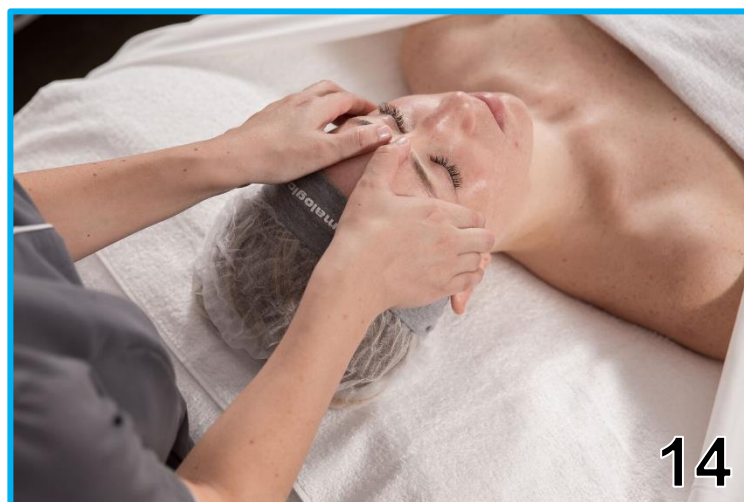
Using the sides of the thumbs, press and roll on the zygomatic bone at the midpoint (S2) of each eye 3 times.



x3

14. Sinus drain

Rest thumbs together in "V" formation between brows. Press with cushioned fingers at the sides of the nose and drain above the cheekbone to ears. Return to sides of the nose from nasal fold and drain under cheekbone. Alternated movements 3 times each.



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15. Repeat **Steps 8 and 6**.

x3

16. Feather stroking

Move to chest and stroke outward with light finger pressure across the chest, neck and face. Finish by covering the eyes with hands and feather off over eyelids to temples.

x1



action plan

Practicing this new skill is the best way to cement it. Write down the top 5 people you would like to practice your new Touch Therapy within the next week. Also, think about how you would communicate the benefits to them as it pertains to their skin type.

person		practice pitch
1.		
2.		
3.		
4.		
5.		

connect with
the tribe.

