



treatment essentials: adult breakouts

student workbook



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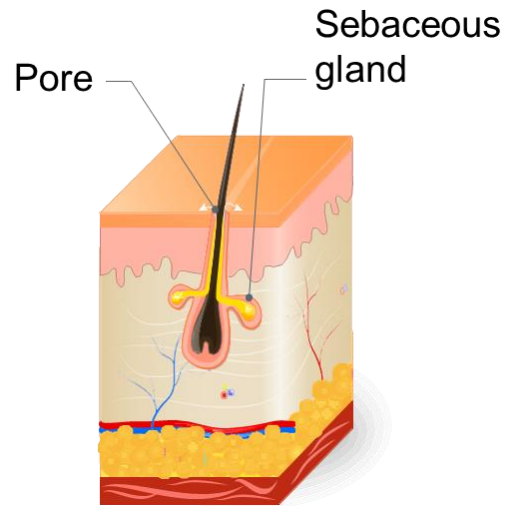
adult breakout considerations

Overactive sebaceous glands:

Cell accumulation:

P. acnes bacteria:

Inflammaging:



adult acne causes and triggers

- **Stress:** Activate skin's stress response | triggers stress-related hormones
- **Hormonal changes:** Escalation of testosterone | Pregnancy | Menstrual cycles | Additional health issues
- **Lifestyle habits:** Bad extractions | Poor hygiene | Picking
- **Environmental assault:** UV | Change in season | Climate | Pollution
- **Genetics:** Hereditary tendency to overproduce skin cells or sebum
- **Diet:** High glycemic foods | Dairy

adult acne attributes

- Combination skin, increased sensitivity
- Inflammaging and hyperpigmentation
- More inflamed lesions with fewer comedones
- Common around mouth, chin and jawline

active clearing retail products

Clearing Skin Wash – Breakout-fighting, medicated foaming cleanser.

Cleanses away excess skin cells | Reduces visible skin aging | Non-stripping | Lather pea-size amount and apply to dampened face | Concentrate on areas of congestion and oiliness | Rinse thoroughly

Salicylic Acid | Menthol | Camphor | Balm Mint | Tea Tree



Sebum Clearing Masque – Medicated clay for breakout prone adults.

Absorbs excess oils | Regulates sebum production | Apply smooth layer or exclusively on the T-zone | Leave on for 10 minutes | Rinse thoroughly

Salicylic Acid | Bentonite and Kaolin | Niacinamide | Oat Kernel | Bisabolol

AGE Bright Clearing Serum – Clears away breakouts while brightening to reduce signs of premature skin aging.

Helps clear and prevent breakouts | Promotes brighter, even skin tone | Hydrates and smoothes | Apply a thin layer on cleansed skin | Allow to dry | Use twice a day

Salicylic Acid | AGE Bright™ Complex | Glyceryl Glucoside from Resurrection Plant | Niacinamide | White Shiitake Mushroom

AGE Bright Spot Fader – Clears away breakouts – and the marks they leave behind.

Reduces breakouts to help clear skin | Brightens and fades pigmentation | Reduces the appearance of skin aging | Apply directly (spot treat) upon first sign of breakout | Reapply twice a day until spot fades

Salicylic Acid | AGE Bright Complex | Hexylresorcinol

Overnight Clearing Gel – Breakout-fighting overnight treatment gel

Sloughs off pore clogging cells | Clears breakouts | Reduces visible skin aging | Prevents future breakouts | Apply a thin layer all over cleansed face | Allow to absorb | Use nightly as needed

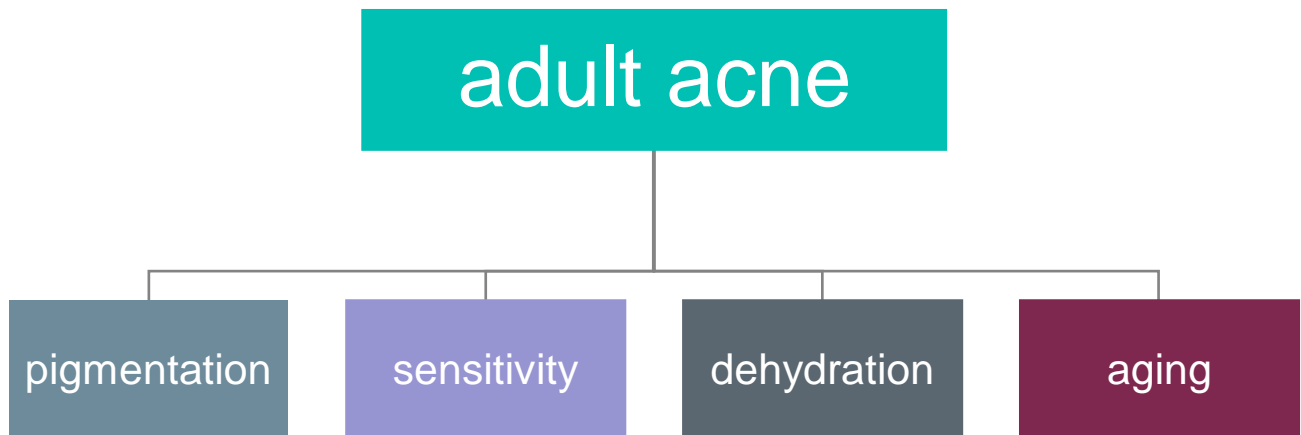
Salicylic Acid | Tea Tree Oil | Niacinamide | Zinc Gluconate | Meadowsweet

Oil Free Matte SPF30 – Mattifying face moisturizer with SPF.

Absorbs excess oil | Reduces shine | Regulates sebum | Apply evenly and liberally to face | May be applied after or instead of prescribed Dermalogica Moisturizer

Niacinamide | Yeast Extract | Biotin | Zinc Gluconate | Caffeine

finishing products for dermal layering



professional treatment strategies

Double Cleanse

- Prepare, clean, **Face Mapping®** skin analysis
- Option to power up second cleanse

Resurfacing with professional exfoliants

- Smooth, renew and decongest
- Power up resurfacing with product boosts or technology

Extractions

- Prepare, extract and post care

Touch Therapy

- Reduce stress
- **Pressure Point, Stress Relief Scalp or Targeted Neck and Shoulder**

Deep Treatment

- Speed healing with serums and masques
- Penetrate actives with technology

Dermal Layering and home care

- Antibacterial, anti-inflammatory, regulate and protect



dermalogica professional extraction solutions

Multi-Active Scaling Gel

Apply ½ - 1 pump **Multi-Active Scaling Gel** with fan masque brush to areas of congestion | Activate for 3 minutes | Perform extractions | Remove gel with sponges | Apply **Post Extraction Solution**

Aloe Vera | Hydrolyzed Viola Tricolor | Meadowseet

Post Extraction Solution

Medicates and purifies follicles | Speeds clearing of existing breakouts | Reduces redness and inflammation | Apply with cotton pads where extractions were performed

Tea Tree Oil | Salicylic Acid | Centipeda Cunninghamii

power boost: double cleanse module

Multi-Active Scaling Gel + Dermalogica water-based cleanser

Mix ½ teaspoon of prescribed cleanser with water | Add ½ - 1 pump **Multi-Active Scaling Gel** | Mix and apply with fan brush | Cleanse skin | Remove with sponges or customized steam towel

power boost: resurfacing module

Multi-Active Scaling Gel + Daily Microfoliant®

Mix ½ teaspoon of **Daily Microfoliant** with water into creamy paste | Add ½ - 1 pump **Multi-Active Scaling Gel** | Mix and apply with fan brush | Massage up to 3 minutes | Remove with sponges or customized steam towel

Multi-Active Scaling Gel + Daily Superfoliant™

Mix ½ teaspoon of **Daily Superfoliant** with water into creamy paste | Add ½ - 1 pump **Multi-Active Scaling Gel** | Mix and apply with fan brush | Massage for 1-2 minutes | Remove with sponges or customized steam towel

additional adult acne professional solutions:

- MultiVitamin Power Exfoliant
- Exfoliant Accelerator 35
- Niacinamide IonActive™ Serum
- Oligopeptide IonActive™ Serum
- Hyaluronic Acid IonActive™ Serum
- Retinol 1% IonActive™ Serum
- Conductive Masque Base
- Colloidal Masque Base
- Clinical Oatmeal Masque
- Clearing Additive

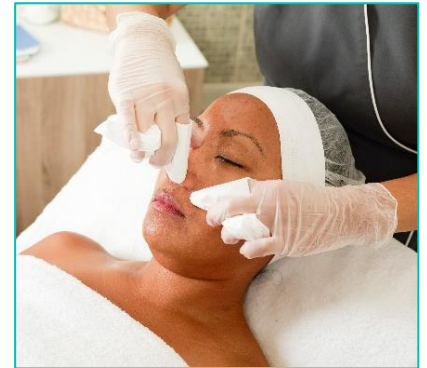
the dermalogica extraction technique

prep

1. Dispense 1 to ½ pump of **Multi-Active Scaling Gel** into a cup. Using a fan masque brush, apply a thin layer to areas of congestion.
2. Allow gel to activate and soften impactions for 3 minutes.
 - **Professional technology option:** steam, galvanic desincrustation, microcurrent for specific iontophoresis on negative polarity, or ultrasonic blade.

extract

3. Apply gloves and form finger mitts by wrapping both index fingers with tissue.
4. Stretch out the skin around the impaction, keeping your index fingers parallel.
5. Pushing index fingers closer together, create a mound underneath the impaction.
6. Begin to rock, roll and wiggle your index fingers to help release the impaction.
7. Wipe the debris down and away from the follicle.
8. Once completed, remove **Multi-Active Scaling Gel** with sponges and water or customized steam towel.



post

9. Dispense **Post Extraction Solution** to dry cotton pads and apply to areas you extracted.
 - **Professional technology option:** Direct High Frequency once the skin is dry.



designing a proskin treatment

client skin priorities

Primary: adult breakouts

Secondary:

treatment step	product selection, techniques, machines and boost options
face mapping® skin analysis	
second cleanse + multi-active scaling gel	
extractions	
dermal layering	
skin fitness plan	

IMPORTANT: 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.

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