



treatment essentials: aging skin

student workbook



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aging skin considerations

causes of aging

- Genetic
- Environmental

AGE smart® retail products



Skin Resurfacing Cleanser – AGE-fighting exfoliating cleanser

Retextures skin | Prepares skin for maximum penetration of actives | Lather with water | Avoid eyes | Hydrates and brightens

Lactic Acid | Vitamin E

Daily Superfoliant™ – Resurfacing, anti-pollution powder exfoliant.

Absorbs pollutants | Prevents pollutants from adhering | Create a creamy paste with very wet hands | Massage gently in circular movements | Rinse thoroughly | Create a creamy paste with very wet hands

Activated Binchotan Charcoal | Niacinamide | Malic Acid | Lactic Acid | Enzymes | Red Algae Extract | Tara Fruit Extract | Rice Bran Extract

Rapid Reveal Peel – Professional-grade at-home peel

Kick starts cell turnover and cell renewal | Reduce fine lines and wrinkles | Evens skin tone | Lightly massage over face | Activate for 3-7 minutes | Rinse or wipe off | Optional kick-start phase

Lactic Acid | Australian Caviar Lime Extract | Rice Bran Extract | Lactobacillus/Pumpkin Fruit Ferment Filtrate

MultiVitamin Thermafoliant® – AGE-fighting, self-heating scrub

Enhances penetration of age-fighting actives | Thermal technology activates upon contact with water | Apply to damp face | Massage in circular movements | For more intense result use on dry skin | Rinse thoroughly

Polylactic Acid | Silica | Sodium Bicarbonate | Prickly Pear | Lactic Acid | Salicylic Acid

Antioxidant HydraMist – Flash-firming antioxidant toning mist

Antioxidant shield fights free radicals | Instantly firms | Spritz onto cleansed skin | Use as a refreshing spritz throughout the day

Arginine/Lysine Polypeptide | MAP | Bamboo and Pea

Dynamic Skin Recovery SPF50 – AGE-fighting SPF moisturizer

Encourages firmness and elasticity | Enhances collagen production | Apply liberally to face and neck

Peptides | Licorice | Glucosamine | White Tea | Oleosome Technology

Super Rich Repair – Age-fighting ultra-nourishing moisturizer

Replenishes thirsty skin | Stimulates collagen synthesis | Deeply nourishing | Concentrate on dry areas | Dermalogica's richest moisturizer

Peptides | Evening Primrose Oil | Borage Seed | Shea Butter | Colloidal Oatmeal

Power Rich™ – AGE-fighting maximum-intensity cream

Intensely hydrates and repairs | Gives structural support | Improves skin firmness |
Smooths away fine lines | Apply to cleansed skin | Can be used around eyes

Palmitoyl Pentapeptide-4 | Yeast Extract | Algae Extract | Rice Bran

Overnight Retinol Repair – Customizable, 0.5% microencapsulated Retinol night cream

Reverses signs of photo-aging | Accelerates skin renewal | Reduces TEWL | Mix 1 part with 3 parts Buffer Cream | Avoid eye area

Microencapsulated Retinol (0.5%) | Sodium Ascorbyl Phosphate | Palmitoyl Tripeptide-5 | TAUT peptide | Copper Amino Acid Complex

Overnight Retinol Repair 1% – Clinical-strength, customizable 1% microencapsulate retinol night cream

Restores skin smoothness, firmness and vitality | Reduces visible fine lines and wrinkles | balances uneven skin tone | Mix 1 part with 3 parts Buffer Cream | Avoid eye area.

Clinical-strength, microencapsulated 1% Retinol | Squalane | Palmitoyl Tripeptide-5 | TAUT peptide, | Sodium Ascorbyl Phosphate | Licorice

Note: This retail product is available exclusively from a Dermalogica skin therapist.

BioLumin-C Serum – Brightening Vitamin C serum

Reduces unbalanced pigmentation | Firms skin and reduces appearance of fine lines | Defends against free radical damage | Smooth over cleansed face and neck | Apply morning and night, after toning and before moisturizing

Vitamin C Complex | Lactic Acid | Sophora Japonica Flower Extract | Chia Seed Oil

Overnight Repair Serum – AGE-fighting nighttime facial oil

Stimulates collagen | Increases skin firmness and luminosity | Helps smooth lines and replace lipids | Nourishes dry skin | Press 4-6 drops onto the skin or mixed with Dermalogica Moisturizer

Argan Oil | Rosehip Seed Oil | Rose Oil | Alaria Esculenta | Palmitoyl Tripeptide-38

Nightly Lip Treatment – Rich overnight lip treatment to reduce the appearance of lip aging

Controls aging before it starts | Improves elasticity and hydration | Firms and smooths away signs of aging | Reduces the appearance of fine feather lines and wrinkles | Restores volume and barrier function | Apply generously and massage into the skin on and around the lip area.

Shea Butter | Indian Gentian Extract and Volumizing Technology | Sesame Seed Extract

Renewal Lip Complex – An AGE-fighting daily lip treatment

Smooth and restore | Infuse lips with moisture | Restore delicate tissue and minimize contour lines | Apply twice daily or as needed

Arginine/Lysine Polypeptide | Palmitoyl Oligopeptide | Cocoa, Avocado, Rice, Wheat Germ Shea Butter oils | Hyaluronic Acid

MultiVitamin Power Recovery® Masque – AGE-fighting, skin-restoring masque

Repairs damage | Soothes skin | Apply thickly to clean face and throat | Allow to activate for 7-10 minutes | Thoroughly rinse off

Vitamins A, C, E, B5 | Avena Sativa | Licorice

Age Reversal Eye Complex – AGE-fighting Retinol eye cream

Smooths and firms wrinkles | Reduces puffiness | Lightens dark circles | Hydrates the skin | Apply nightly, pat around eye area | Start usage every other night for first 2 weeks | Avoid using other exfoliating products around eye area | Discontinue use 3-5 days prior and post brow waxing

Microencapsulated Retinol (0.1%) | Microencapsulated Niacinamide | Age Reversal Firming Complex | Ash Tree Bark Extract

MultiVitamin Power Firm – AGE-fighting eye firming complex

Helps repair signs of aging | Increases elasticity and firmness | Prevents dehydration | Smooth around the eye area morning and night

Silicones | Red Seaweed | Vitamin A, C and E

SkinPerfect Primer SPF30 – Illuminating SPF make-up primer

Preps skin for lasting makeup coverage | Protects against environmental damage | After moisturizing smooth and blend over face and throat

Pearl Powder | Peptides | White Tea | Hyaluronic Acid | UVA and UVB protection

AGE smart® for professionals only



MultiVitamin Power Exfoliant

Lipid base exfoliant | Optimal skin smoothness with minimal irritation | Use full or half tube | Remove with Double Cleanse | Patch test if client may be sensitive | Not suitable for pregnant clients

Retinol | Lactic Acid | Salicylic Acid | Vitamin C and E

Retinol 1% IonActive Serum

A firming ionizable serum | Microencapsulated Retinol addresses visible signs of skin aging Promotes skin regeneration | Evens skin tone and texture | Helps decrease skin sagging | Contains calming, soothing ingredients to help guard against irritation | Not suitable for pregnant clients

Microencapsulated 1% Retinol | Microencapsulated Chlorella Extract | Vitamin C and E | Palmitoyl Tripeptide-5 | Sunflower Seed Oil

professional treatment strategies

Double Cleanse

- Begin with **PreCleanse**
- Perform **Face Mapping**, look and feel for fine lines/wrinkles, pigmentation, rough texture
- Creamy cleansers

Resurfacing with professional exfoliation

- Smooth and renew
- Boost exfoliation with machines

Extractions

- Improper cleansing can result in comedones

Touch Therapy

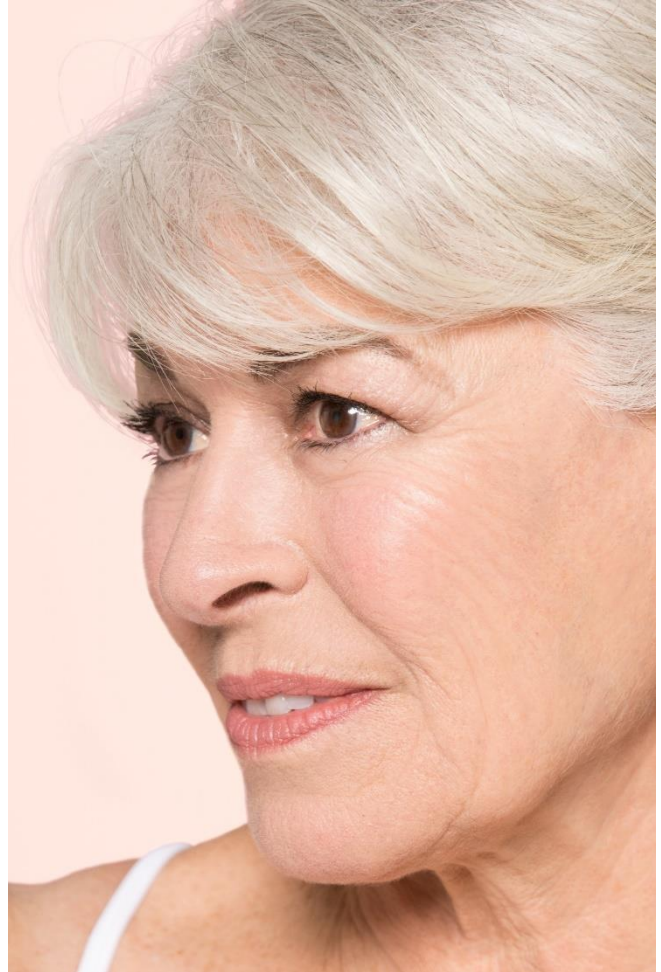
- Boost circulation
- Aid in relaxation

Deep Treatment

- Serum and masks
- Penetrate actives with machines

Dermal Layering and home care

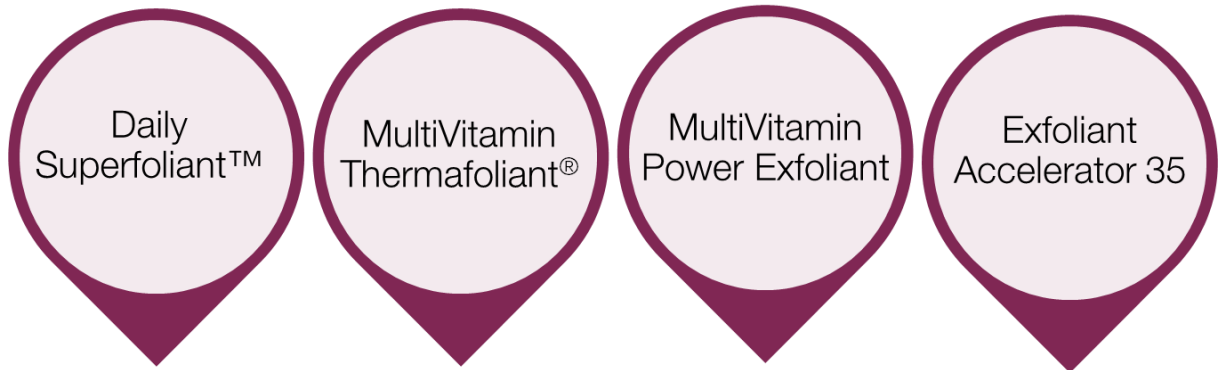
- Replenish, restore and protect



contraindications to professional exfoliation:

- If the client is using Retin-A, Renova, Adapalene or any other intensive prescribed exfoliating product, they must discontinue use at least 2 weeks before undergoing this treatment.
- Clients who are taking Isotretinoin (sometimes marketed as Accutane) or have taken it within the past 6 months, should not receive any exfoliating treatments.
- Avoid Retinol and high levels of Salicylic Acid if pregnant or nursing.
- Do not perform exfoliation on sunburned or irritated skin. Allow 24 hours (post waxing) for Level 1 exfoliants or up to 72 hours (post waxing) before performing advanced exfoliation with Level 2 or above exfoliants.

professional exfoliation



Skin condition:

Machine options:

ProTip:

Product boost:

Contraindications
:

professional exfoliation

Daily Superfoliant™: ½ teaspoon + water into a creamy paste | Massage over skin for 1 minute

MultiVitamin Thermafoliant®: ½ tablespoon onto damp skin | Massage over skin for 1-2 minutes

Daily Microfoliant® + MultiVitamin Power Exfoliant: ½ teaspoon + water into a creamy paste | Add 1 tube | Massage over skin for 1-2 minutes

MultiVitamin Thermafoliant® + Exfoliant Accelerator 35: ½ tablespoon on dry skin | Lightly massage | Activate with 1 pump **Exfoliant Accelerator 35** | Massage creamy mixture over skin for 3 minutes

MultiVitamin Power Exfoliant: 1 tube on dry skin | Lightly massage over skin | Sensitive skin 3-5 minutes, no steam | Non-sensitive skin 4-7 minutes, steam optional | Remove excess with damp or dry gauze | Double cleanse removal with **PreCleanse** and **Special Cleansing Gel**

MultiVitamin Power Exfoliant + Exfoliant Accelerator 35: 1 tube + 1 pump | Massage over skin for 3-7 minutes | Double cleanse removal with **PreCleanse** and **Special Cleansing Gel**

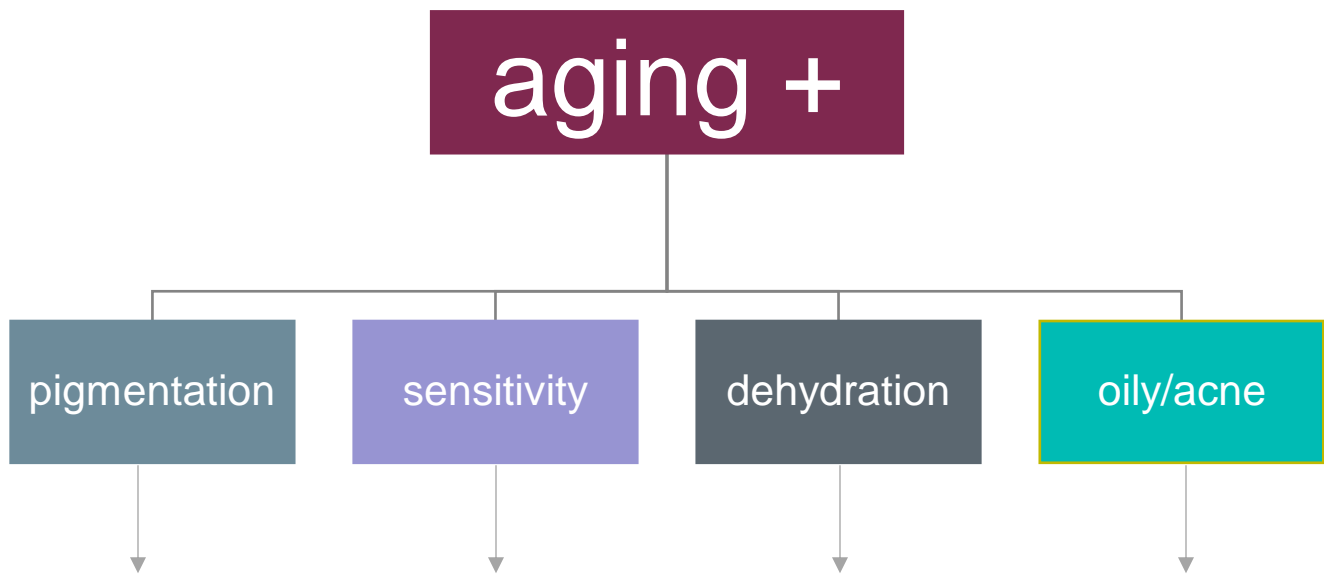
Exfoliant Accelerator 35: Protect eyes, nasal folds and lips with **Colloidal Masque Base** |

2 – 3 pumps | Sensitive skin 3 – 5 minutes, no steam | Non-sensitive skin 7-10 minutes, steam optional | Double cleanse removal with **PreCleanse** and **Special Cleansing Gel**

additional aging professional solutions:

- Colloidal Masque Base
- Contour Masque
- Retinol 1% IonActive™ Serum
- Oligopeptide IonActive™ Serum
- Hyaluronic Acid IonActive™ Serum
- ExoThermal Gelloid Masque
- Revitalizing Additive

finishing products for dermal layering



designing proskin 60

client skin priorities

Primary:

Secondary:

treatment step	product selection techniques and options
face mapping®	
resurfacing	
deep treatment	
dermal layering	
prescription	

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.

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 several IDI classes and industry-leading experts!

Along with IDI, Dermalogica is the driving force behind our several training centers worldwide, including our unique Immersive Learning Centers at select locations.



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