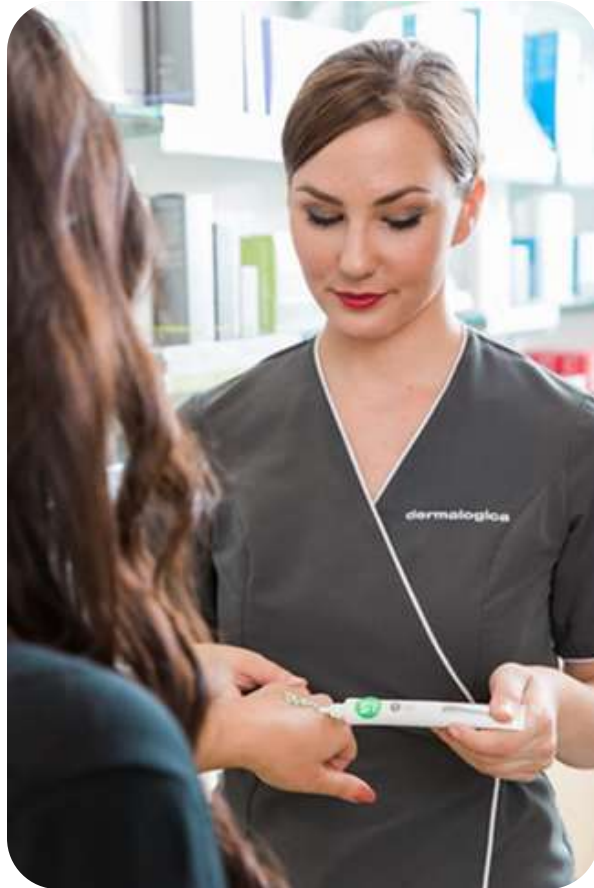


hand and stone dermalogica protocols workbook



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

070119

table of contents

meet Dermalogica	pg4
Why Dermalogica	5
5 steps to face mapping® in the treatment room	6
Consultation/Face Mapping®	6
Skin Fitness plan	7
Prescribe at skin bar®	7
Follow up	7
Happy Retailing	8
Treatment Protocol Timing	9
Dermalogica Treatment Protocols	10
Teen Facial	11
Classic/Men's Facial	12
Detox Facial	13
Sensitive Facial	14
Rosacea Facial	15
Rejuvenating Facial	16
Hydrating Facial	17
Brightening Facial	18
Oncology Overview	19
Oncology Skin Treatment	20-21
Eye Lift & Lip Smoothing add-on	23
Eye Lift Pro Technique	23-24
Pro Power Peel	25-26
Pro Power Peel 30min	27
Pro Power Peel 60min	28
Microdermabrasion	29
Microdermabrasion Product Recommendations	30
Microdermabrasion Treatment	31
Dermallnfusion	32
Dermallnfusion Guidelines	33-34
Teen Facial	35
Classic/Men's Facial	36
Detox Facial	37
Hydrating Facial	38
Brightening Facial	39
Sensitive Facial	40
Not offered w/Rejuvenating Facial — Dermallnfusion not recommended w/Multivitamin Power Exfoliant	

DermallInfusion with NuFACE	
Classic/Men's Facial	41
Detox Facial	42
Sensitive Facial	43
Hydrating Facial	44
Brightening Facial	45
Not offered w/Rejuvenating Facial — DermallInfusion not recommended w/Multivitamin Power Exfoliant	
DermallInfusion with LED	
Detox Facial	46
Sensitive Facial	47
Hydrating Facial	48
Brightening Facial	49
Not offered w/Rejuvenating Facial — DermallInfusion not recommended w/Multivitamin Power Exfoliant	
DermallInfusion with NuFACE and LED 50	
Microcurrent using NuFACE 51	
Instructions for using NuFACE Trinity Facial Trainer and ELE attachments	52
Classic/Men's Facial with microcurrent	53
Detox Facial with microcurrent	54
Sensitive Facial with microcurrent	55
Rosacea Amber Facial LED with microcurrent	56
Rejuvenating Facial with microcurrent	57
Hydrating Facial with microcurrent	58
Brightening Facial with microcurrent	59
Microdermabrasion with microcurrent	60
LED 61-62	
Detox Facial w/red	63
Sensitive Facial with red or blue	64
Rosacea Amber LED Facial	65
Rejuvenating Facial w/red	66
Hydrating Facial	67
Brightening Facial	68
Microdermabrasion w/LED	69
NuFACE with LED	70
Chest and Back Treatments 71	
LED Chest Treatment w/red	72
LED Back Treatment w/blue	73
Classic Décolleté Treatment	74
Classic Back Treatment	75
NuBODY 76-78	
Dermalogica Pressure Point Massage step-by-step 79-80	

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 and body 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.



why dermalogica?



- Dermalogica is all about skin health and achieving results
- Known as the #1 choice brand for professional skin therapists worldwide, over 100,000 professional skin therapists use Dermalogica
- Customized product prescriptions through our **Face Mapping®** concept
- Rigorous research and development with every product
- Education on products and proper usage through our **Skin Bar®** concept

5 steps to face mapping® in the treatment room

step 1: dermalogica consultation card



The image shows a 'dermalogica consultation card' form. At the top left, it says 'dermalogica consultation card' with a blue 'd' logo. To the right, it says 'powered by face mapping®'. Below this, there is a line for 'skin therapist'. The form has several sections with icons: a person icon for 'name', a house icon for 'address' (with sub-fields for 'apt/unit', 'city', 'state', and 'zip'), an envelope icon for 'email', a phone icon for 'phone', and a birthday cake icon for 'birthday'. At the bottom, there is a line for 'how did you hear about us?'.

The **Dermalogica Consultation Card** is the first chance you have to discuss concerns the guest has, as much as it is to check for any contraindications they may have. If necessary, explain why you use this and the importance of the extensive questions on it: to learn as much as possible about their skin for a safe, personalized and results-oriented treatment.

It also serves as a vital component of your record keeping and indicates whether the guest has accurately disclosed related medical conditions. This is critical today for legal purposes should something happen post treatment. It is imperative that the guest answers all questions, signs and dates the **Dermalogica Consultation Card**.



step 2: begin face mapping®

The most comprehensive **Face Mapping®** is conducted after precleansing the skin to get a true look and feel of the skin. You should also continue to have a conversation with your guest during your analysis and ask probing questions to find out more about any skin conditions you find. Here are some best practices for **Face Mapping®** in the treatment room:

- Begin after precleansing the skin
- Start from forehead and work your way down
- Use headset or magnifying lamp for better view of the skin
- Explain what you see and feel in the 6 different zones, briefly educate guests about your findings
- Summarize key steps to take place in their treatment

step 3: skin fitness plan

The **Skin Fitness Plan** allows the skin therapist to record the findings on the face map and link product solutions for home care to discuss after the treatment.

- Chart your findings on the face map diagram while **Multi-Active Scaling Gel** is on the guest's skin during a treatment. If no extractions are to be performed, chart your findings after the treatment has finished, while the guest is getting dressed.
- Write in the specific products in My Regimen section that will address the guest's concerns, including when and where the products are to be applied for their home care.
- Provide any extra information on the back of the **Skin Fitness Plan** that will benefit the guest with addressing their skin concerns and any future treatment suggestions.



step 4: prescribe at skin bar®

This professional treatment is only one aspect to achieving great skin. To see long term benefits and achieve their desired results, your advice and recommendations are paramount to their skin care success.

If time permits, present your findings in the retail area or **Skin Bar®**, after the guest has changed following the treatment. Best practices will be the same as recommended in the retail environment. Continue to apply the 1+2 prescription strategy for home care prescription.

step 5: follow up

Whether the guest decides to purchase or not, have them take their **Skin Fitness Plan** and include any samples of the products you appropriate in the envelope. Best practices will be the same as recommended in the retail environment.

This is also great time to book their next appointment that aligns with their lifestyle and skin goals. Review their Treatment Suggestions to clarify any questions the guest may have and to ensure there is a mutual understanding of the results they wish to achieve.



Good retailers know their value and believe in themselves and what they do. It's hard to sell authentically if you don't fully believe in the value of what you are selling. Remember, if your business carries retail product, you are retailing. To help structure your approach, follow the H.A.P.P.Y retailing format in the retail area.

a structure for easy conversations

h

hello – the all-important greeting that opens conversation and creates the first impression

a

ask – getting to know your customer and their skin without intimidating them

p

play – exploring and experiencing products and solutions with the customer (skin therapists can introduce **Face Mapping**[®] here)

p

prescribe – summarizing the product solutions

y

your follow up – cementing the relationship

treatment protocol timing



Hand and Stone skin treatment protocols are consistent with the industry standard. Although skin treatments are booked in 30, 60 and 90-minute increments, usual in-treatment time is 10 minutes less (30, 50 and 80 minutes). This is because the timing for each treatment reflects the amount of “hand’s-on” time the guest will receive during the treatment. The additional 10 minutes within the booking should be used towards pre-treatment consultation, homecare product recommendation, and ensuring your room is presentable for your next guest.



dermalogica treatment protocols



Important: When using any professional exfoliation under no circumstances should you leave your guest unattended in the treatment room at any time, even if the exfoliant you have chosen would be considered mild.

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

070119

dermalogica teen facial

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands and continue cleansing to create a light, milky emulsion. Remove with sponges or a warm steam towel. **(2 minutes)**
4. **Face Mapping®:** Dispense 1 pump of **Post Extraction Solution** to a cotton round or 2x2 gauze and wipe the skin to degrease. Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam and perform the second cleanse using **Clearing Skin Wash**, for oily and acne skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime-size amount and add water and to foam up cleanser. Remove with sponges or a warm steam towel. **(2 minutes)**
6. **Exfoliate:** On dry skin, apply a dime-size amount of **Multivitamin Thermafoliant®** for congested, non-inflamed lesions, evenly over the face and neck. Avoid the eyes. Using the fingertips, work over the skin in small circular movements. Add water and work over the skin again. Remove with damp sponges or a warm steam towel. **(12 minutes)**
Options:
 - a. **Daily Microfoliant®** – using a small bowl and fan brush mix ½ tsp. with a small amount of water.
 - b. **Daily Microfoliant® + Exfoliant Accelerator 35** – add 1 pump **EA35** to **Daily Microfoliant®**.
7. **Extractions:** Dispense ½ pump of **Multi-Active Scaling Gel** into a small mixing bowl. Using a dry fan brush apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away any remaining **Multi-Active Scaling Gel** using damp sponges or esthetic wipes. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(15 minutes)**
8. **IonActive™ Serum and Masque:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** to the face and neck. Follow by using a fan brush to apply about one tablespoon of the appropriate **Dermalogica masque**. While masque is resting, massage neck and shoulders for 10 minutes. Use recommended massage product or **Dermalogica Massage Gel-Cream** as an option. Remove masque and massage medium with steam towel. **(12 minutes)**
Options:
 - a. **Colloidal Masque Base** (environmentally stressed, irritated, dehydrated skin)
 - b. **Clinical Oatmeal Masque** (irritated, sensitive, inflamed, itchy skin)
 - c. **Both masques may be used in different zones**
9. **Toner:** Spritz **Multi-Active Toner** evenly over the face and neck. **(1 minute)**
10. **Moisturizer and SPF:** Dispense a dime-size amount of **Active Moist** and apply to face and neck or mix with **Solar Defense Booster SPF50** for daylight protection. **SkinPerfect Primer SPF30** can also be layered over chosen moisturizer. **(2 minutes)**
11. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica classic/men's facial

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands and continue cleansing to create a light, milky emulsion. Remove with sponges or a warm steam towel. **(2 minutes)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam to perform the second cleanse using **UltraCalming™ Cleanser**, for sensitive skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime-size amount and add water. Water is optional for use with **UltraCalming™ Cleanser**. Remove with damp sponges or a warm steam towel. **(2 minutes)**
6. **Exfoliate:** On dry skin, apply a dime-size amount of **Multivitamin Thermafoliant®** for congested, non-inflamed lesions, evenly over the face and neck. Avoid the eyes. Using the fingertips, work over the skin in small circular movements. Add water and work over the skin again. Remove with damp sponges or a warm steam towel. **(10 minutes)**
Option: Use **Daily Microfoliant®** instead of **Multivitamin Thermafoliant®**.
7. **Extractions:** Dispense ½ pump of **Multi-Active Scaling Gel** into a small mixing bowl. Using a dry fan brush apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away any remaining **Multi-Active Scaling Gel** using damp sponges or esthetic wipes. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(10 minutes)**
8. **Massage:** Apply the recommended massage product or **Dermalogica Massage Gel-Cream** to the face and perform a freestyle facial massage. Remove with warm steam towel. **(10 minutes)**
9. **IonActive™ Serum and Masque:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** to the face and neck. Follow by using a fan brush to apply about one tablespoon of the appropriate **masque**. While masque is resting, massage neck and shoulders for 10 minutes. Use recommended massage product or **Dermalogica Gel-Cream** as an option. Remove masque and massage medium with steam towel. **(10 minutes)**
Options:
 - a. **Colloidal Masque Base** (environmentally stressed, irritated, dehydrated skin)
 - b. **Clinical Oatmeal Masque** (irritated, sensitive, inflamed, itchy skin)
 - c. **Both masques may be used in different zones**
10. **Toner:** Spritz **Multi-Active Toner** evenly over face and neck. **(1 minute)**
11. **Moisturizer and SPF:** Using a dime-size amount of **Active Moist**, apply to face and neck or mix with **Solar Defense Booster SPF50** for daylight protection. **(1 minute)**
12. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica detox facial

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands and continue cleansing to create a light, milky emulsion. Remove with sponges or a warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(4 minutes)**
5. **Second Cleanse:** Add steam to perform the second cleanse using **Clearing Skin Wash** for oily, acne skin or **Special Cleansing Gel** for normal to combination skin. Dispense a dime-size amount and add water to foam up cleanser. Remove with sponges or a warm steam towel. **(2 minutes)**
Option:
 - a. For a deep cleanse, mix the appropriate **Dermalogica cleanser** with 1 pump of **Multi-Active Scaling Gel**, apply with a fan brush and perform a cleansing routine.
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Superfoliant®**, with a small amount of water to a frothy consistency. Mix in 1-2 pumps of **Multi-Active Scaling Gel**. Apply evenly over the face and neck, avoiding the eyes. Using the fingertips, work over the skin in small circular movements. Steam is optional. Remove with warm steam towel and damp sponges. **(12 minutes)**
Options:
 - a. **Daily Microfoliant®** for extremely sensitive skin.
 - b. **Daily Microfoliant® + Exfoliant Accelerator 35:** add 1 – 2 pumps of **EA35** to **Daily Microfoliant®** mix.
7. **Extractions:** Dispense ½ pump of **Multi-Active Scaling Gel** into a small mixing bowl. Using a dry fan brush apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away remaining **Multi-Active Scaling Gel** using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(15 minutes)**
8. **Masque:** Using a fan brush apply about 1 tablespoon of appropriate Dermalogica masque to face and neck. While masque is resting, **massage** neck and shoulders. Use recommended massage product or **Dermalogica Massage Gel-Cream** as an option. Remove masque and massage medium with warm steam towel. **(12 minutes)**
Options:
 - a. **Colloidal Masque Base** (environmentally stressed, irritated, dehydrated skin)
 - b. **Clinical Oatmeal Masque** (irritated, sensitive, inflamed, itchy skin)
9. **IonActive™ Serum:** Apply an almond size of **Niacinamide IonActive™ Serum** to the face and neck, focusing on areas of breakouts and oily skin. **(1 minute)**
10. **Toner:** Spritz **Multi-Active Toner** evenly over the face and neck. **(1 minute)**
11. **Moisturizer and SPF:** Apply a dime-size amount of **Active Moist** for normal to oily skin or **Skin Smoothing Cream** for normal to dry skin to the face and neck or mix with **Solar Defense Booster SPF50** for daylight protection. **(1 minute)**
13. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica sensitive facial

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands and continue cleansing to create a light, milky emulsion. Remove with sponges or a warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime-size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Add steam if the guest is not extremely irritated or reactive. Remove with sponges or a warm steam towel. **(4 minutes)**
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®**, for normal to sensitive skin, with a small amount of water to a frothy consistency. Apply evenly over the face and neck, avoiding the eyes. Using the fingertips, work over the skin in small circular movements. Steam is optional. Exfoliation time may be reduced for overly sensitive or sensitized skin. **(10 minutes)**
7. **IonActive™ Serum and massage:** Apply an almond size of **Hyaluronic Acid IonActive™ Serum** to the face and neck and perform a pressure point massage. **(5 minutes)**
8. **Masque:** Dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. **(12 minutes)**
9. **Massage:** While masque is resting, apply recommended massage product or **Dermalogica Massage Gel-Cream** as an option and begin neck and shoulders during masque. Remove masque and massage medium with steam towel. **(10 minutes)**
10. **Toner/Treatment:** Shake well. Dispense **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
11. **Moisturizer and SPF:** Apply **UltraCalming™ Serum Concentrate** or 6 – 10 drops of **Barrier Defense Booster**, for dry skin to reduce irritation or any redness. Layer on a dime-size amount of **Active Moist** for normal to oily skin or **Skin Smoothing Cream** for normal to dry skin to the face and neck. Or, mix with **Solar Defense Booster SPF50** for daylight protection. **Barrier Repair** may be layered on to seal and protect. **(3 minutes)** **Option: Calm Water Gel** may be applied for an oily skin.
12. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica rosacea facial

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(2 minutes)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water or **Intensive Moisture Cleanser** for extremely dry skin. Distant steam is optional if guest is not extremely irritated or reactive. Remove with damp esthetic wipes. **(2 minutes)**
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®** with a small amount water to a frothy consistency. Apply evenly over the face and neck, avoiding the eyes. Using the fingertips, work over the skin in small circular movements. Steam is optional. Exfoliation time may be reduced for overly sensitive or sensitized skin. Remove with cool steam towel. **(10 minutes)**
7. **Ion Active™ Serum and Massage:** Apply an almond size of **Hyaluronic Acid IonActive™ Serum** to the face and neck and perform a pressure point massage or lymphatic drainage. **(10 minutes)**
8. **Masque:** Apply **Clinical Oatmeal Masque** to the face and neck. Dampen a 2x2 gauze with water and layer over eyes. Fully unfold a 4x4 gauze, dampen with **MultiActive Toner** and place it from forehead to neck over the masque. Mix about 1/3 of a packet of **Contour Masque** with **cool** water, to a stretchy paste (a little like cake icing/frosting; thin enough to spread, thick enough not to run). Apply to the face and neck with a facial spatula, covering all areas *except* nostrils and mouth. May cover eyes and lips if ok with guest. Apply thoroughly, without any holes. Allow to set for 20 minutes. **(20 minutes)**. **Contour Masque application video:** <https://youtu.be/Ps5TWHel1v4>
9. **Massage:** While masque is resting. Apply recommended massage product or **Dermalogica Massage Gel-Cream** as an option and massage the neck and shoulders. Once set, remove in one piece and wipe away any residue with damp, cool esthetic wipes. Remove massage medium with a warm steam towel.
10. **Toner/Treatment:** Shake well. Dispense **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
11. **Moisturizer and SPF:** Apply **UltraCalming™ Serum Concentrate** or 6 – 10 drops of **Barrier Defense Booster**, for dry skin to reduce irritation or any redness. Layer on a dime size amount of **Calm Water Gel**. For daylight protection, layer on **Solar Defense Booster SPF50**. Incorporate a thin layer of **Barrier Repair** to seal and protect. **(1 minute)**
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica rejuvenating facial

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands and continue cleansing to create a light, milky emulsion. Remove with sponges or a warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam and dispense about a dime size amount of **Skin Resurfacing Cleanser** and add water. Remove with sponges or a warm steam towel. **(2 minutes)**
6. **Exfoliate:** Apply ½ tube of **MultiVitamin Power Exfoliant**, for brightening and resurfacing, to the face and neck. Use 1 full tube if décolleté will be included. Work over the skin using light, circular movements. Keep movements continuous to dissipate any tingling. For **sensitive skin: 3-5 minutes with no steam**; for **coarser skin: 4-7 minutes with steam**. Pay special attention to areas of visual dryness, fine lines, and sun damage. To remove, wipe skin with damp sponges then perform a condensed double cleanse using **PreCleanse** followed by **Special Cleansing Gel**. **Note:** Unused portion of **MultiVitamin Power Exfoliant** can be re-capped and stored up to 5 days for later use. **(10 minutes)**
Option:
 - a. **Daily Superfoliant™** instead of **MultiVitamin Power Exfoliant**.
7. **Extractions:** Dispense ½ pump of **Multi-Active Scaling Gel** into a small mixing bowl. Using a dry fan brush, apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away any remaining **Multi-Active Scaling Gel** using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(10 minutes)**
Note: Omit **Multi-Active Scaling Gel** if skin cannot tolerate it following professional exfoliation.
8. **Massage:** Apply the recommended massage product or **Dermalogica Massage Gel-Cream** to the face and perform a freestyle facial massage. Remove with warm steam towel. **(10 minutes)**
9. **IonActive™ Serum and Masque:** Apply an almond size of **Retinol 1% IonActive™ Serum** or **Oligopeptide IonActive™ Serum** to the face and neck. Follow by using a fan brush to apply 1 tablespoon **MultiVitamin Power Recovery® Masque**. While masque is resting, massage behind the neck, shoulders, and décolleté. Use recommended massage product or **Dermalogica Massage Gel-Cream** as an option. Remove masque and massage medium with a steam towel. **(10 minutes)**
10. **Toner:** Spritz **Antioxidant Hydramist** evenly over the face and neck. **(1 minute)**
11. **Eye Treatment:** Apply a small amount of **MultiVitamin Power Firm** around the eye and lip area. **(1 minute)**
12. **Moisturizer:** Apply a dime-size amount of **Skin Smoothing Cream** to the face and neck or **Dynamic Skin Recovery SPF50** for daylight protection. **SkinPerfect Primer SPF30** can also be layered over chosen moisturizer. **(1 minute)**
13. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica hydrating facial

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands and continue cleansing to create a light, milky emulsion. Remove with sponges or a warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime-size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Add steam if the guest is not extremely irritated or reactive or use a dime-size amount of **Special Cleansing Gel** and add water to foam up cleanser. **(2 minutes)**
Option: Intensive Moisture Cleanser
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®** with a small amount of water to create a frothy consistency. Add 1 pump of **Exfoliant Accelerator 35**. With a fan brush, apply evenly over the face and neck, avoiding the eyes. Apply steam. Using the fingertips, work lightly over the skin in small circular movements. and remove with sponges or warm steam towel. **(12 minutes)**
7. **Extractions:** Dispense ½ pump of **Multi-Active Scaling Gel** into a small mixing bowl. Using a dry fan brush apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away any remaining **Multi-Active Scaling Gel** using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(15 minutes)**
Option: If warranted, reduced or omitted extraction time can be used with **cold stone therapy massage**
8. **IonActive™ Serum and Masque:** Apply an almond size of **Oligopeptide IonActive™ Serum** or **Hyaluronic Acid IonActive™ Serum** to the face and neck. Follow by using a fan brush to apply 1 tablespoon of **Colloidal Masque Base** for dehydrated skin. Next, dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. While masque is resting, begin a **facial massage technique using cold stones** over the masque. Next, massage neck and shoulders using the recommended massage product or **Dermalogica Massage Gel-Cream** as an option. Remove masque and massage medium with a steam towel. **(12 minutes)**
9. **Toner:** Spritz **Antioxidant HydraMist** evenly over face and neck. **(1 minute)**
10. **Eye Treatment:** Apply a small amount of **MultiVitamin Power Firm** applied around the eye and lip area. **(1 minute)**
11. **Moisturize and SPF:** Pat a small amount of **Calm Water Gel** gently into the face and neck. Follow by applying a dime-size amount of **Skin Smoothing Cream** mixed with **Solar Defense Booster** or choose **Dynamic Skin Recovery SPF50** for **AGE Smart®** benefits. **SkinPerfect Primer SPF30** can also be layered over chosen moisturizer. **(1 minute)**
Option: Intensive Moisture Balance for dry skin
12. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

brightening facial

(50 minutes)

1. **Review Dermalogica Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands and continue cleansing to create a light, milky emulsion. Remove with sponges or a warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Perform second cleanse under steam with 1 pump of **Skin Resurfacing Cleanser** combined with a small amount of **Daily Microfoliant®**. Mix with a small amount of water into mixing bowl to form a smooth paste and apply with a fan brush. Work over the skin with the hands and remove all traces of cleanser with sponges. Mix enough cleanser to set aside, saving the extra for exfoliation removal. **(2 minutes)**
6. **Exfoliate:** Mix 1 tube of **MultiVitamin Power Exfoliant** with 1 pump of **Exfoliant Accelerator 35** into hands and apply to skin. Massage over the face and neck using light circular movements for 3 – 7 minutes, avoiding the eyes and lips. 3 – 5 minutes if signs of sensitivity are present. **Note:** A thin layer of **Colloidal Masque Base** may be applied around the eyes and mouth for protection if needed. **(7 minutes)**
7. **Removal:** Wipe with dry gauze or if signs of sensitivity are present, dampen gauze with cool water and gently wipe the skin to remove. To further remove any exfoliated debris and for additional brightening benefits, use the extra product from second cleanse by reactivating it with a small amount of water. Apply using a fan brush and work onto skin with finger tips. Remove with a steam towel customized with **Calming Botanical Mixer**. **(3 minutes)**
8. **IonActive™ Serum and Masque:** Apply a small amount of **Oligopeptide IonActive™ Serum** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck. Dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. Customize by adding ½ teaspoon of **MultiVitamin Power Recovery® Masque** and a few drops of **Calming Botanical Mixer**. Apply to the face and neck using a fan brush. **(15 minutes)**
9. **Massage:** During the masque, dispense 6 drops of **Revitalizing Additive** in to hands press onto the neck, shoulders and décolleté layer with recommended massage product or **Dermalogica Massage Gel-Cream** and perform a massage. Remove masque and massage medium with a steam towel customized with **Calming Botanical Mixer**. **(15 minutes)**.
10. **IonActive™ Serum and Toner:** Shake well and apply **Redness Relief Essence** or **Antioxidant HydraMist** evenly over face and neck. Apply a small amount of **Oligopeptide IonActive™ Serum** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck for brightening and balancing of skin tone. **(1 minute)**
11. **Eye Treatment, Moisturizer and SPF:** Apply a pea-size amount of **MultiVitamin Power Firm** to the eye and lip area followed by the appropriate **Dermalogica moisturizer**. Layer with **Prisma Protect SPF30**. Finish with **SkinPerfect Primer SPF30** for extra luminosity if skin can tolerate it. **(2 minutes)**
12. **Follow up:** Complete a post-treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica professional skin treatment for the oncology guest

Only to be performed by licensed skin therapists who are certified to give skin treatments to oncology guests.

Is cancer a contraindication for massage or skin treatments?

Cancer is appropriately taught as a contraindication during preparatory massage and esthetician training. Oncology massage and skincare is an advanced field of study, and with appropriate post-graduate training, treatments can be provided safely and with therapeutic benefit.

Although massage and skincare treatment modifications are clearly required for the guest still in active treatment, it is the long-term side effects that are often overlooked and underestimated, and it is imperative that skin therapists understand these considerations too.

Many oncology guests have had lymph nodes compromised either during diagnostic biopsies, or during treatment such as surgery or radiation. The guest with or at risk for lymphedema will forever require treatment modifications, both during massage and skin care treatments.



For a professional Dermalogica skin treatment performed on an oncology guest, it is important to:

1. Review the **Dermalogica Consultation Card** to provide an in-depth consultation of your patient/guest's skin ensuring they are a candidate for treatment.
2. Never leave your guest unattended.
3. Check that lymph nodes have not been compromised or removed by way of biopsy, radiation, or surgery, as this will change the application of the treatment.
4. Use Dermalogica professional products that are suitable for the patient/guest's current skin condition.
5. Guests still in active cancer treatment or recent recovery may be overly sensitive to the use of:
 - a. Aromatherapies: scents both mild and strong can sometimes cause nausea for these guests. The sense of smell is a very personal experience though and many guests may respond positively to the essential oil blends. Check in with them about this during every visit.

Caution is advised with the use of single essences as these could create unpleasant future memory-associations.
 - b. Steam/heat: Minimal use of steam is suggested. Choose to utilize steam either during cleanse, exfoliation, or masque phase. You can also opt to move steam further away and/or position at Hara.
6. Continued use of an SPF of 30 or greater is recommended.

dermalogica professional skin treatment for the oncology guest (50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions. Check for history of sensitivity, allergies, medications, lymph node removal, claustrophobia, devices in place, surgical history and current treatment regimen.
2. **Cleanse hands and feet with a warm steam towel:** Wrap your guest to ensure warmth. Start by wrapping both hands in a steam towel and lightly pressing over the hands and fingers. Cleanse feet by wrapping both feet in a steam towel and pressing feet down towards the bed 3 times and then with palm to sole, pressing feet towards the head. **(5 minutes)**
3. **Inhalations:** Encourage guest to take 3 deep inhalations to aid in relaxation. **(1 minute)**
4. **Cleanse eyes and lips:** Apply a pea-size amount of **PreCleanse** to 3 pieces of damp cotton and remove eye and lip makeup. Rinse with sponges. **(1 minute)**
5. **Face Mapping®:** Look for areas of sensitized skin and redness. Check for couperose skin, dilated capillaries, and evidence of impaired barrier function such as dry, damaged, flaky skin. Inquire about itching, stinging, or burning sensations that may be experienced and if present identify in what area this occurs. **(4 minutes)**
6. **Cleanse (5 minutes)**
Options:
 - a. For skin that is intact with no irritation, cleanse face once with **PreCleanse** followed by a second cleanse with **Special Cleansing Gel**.
 - b. If skin is slightly sensitized, cleanse face once with **PreCleanse** followed by a second cleanse using **UltraCalming™ Cleanser**.
 - c. If skin is **highly sensitized**, omit **PreCleanse** and perform one cleanse only with **UltraCalming™ Cleanser**.

In all cases, use light stroking movements and little pressure. Take care not to over stimulate the skin. Omit sponges and esthetic wipes for removal.

7. **Massage (10 minutes)**
Options:
 - a. Specialty training is strongly recommended before proceeding with standard face / décolleté and / or arm massage for oncology guests due to the lifetime risk of lymphedema if cervical and / or axillary lymph node removal has occurred.
 - b. Guests with axillary lymph nodes compromised through biopsy, whether results were positive or negative for cancer, surgery or radiation should not have their hands placed in heat mitts due to the lifetime risk of lymphedema. Hands can be wrapped in towels, but direct heat applications should be omitted.

- c. A short mini massage using a pressure point style is generally safe if performed around the eyes. Additionally, scalp movements may be relaxing. Hand and foot pressure points may be indicated if neuropathy does not cause discomfort.
 - d. If a little slip and glide is needed, **Colloidal Masque Base** may be used.
8. **IonActive™ Serum:** Apply an almond size of **Hyaluronic Acid IonActive™ Serum** to the face by dispensing onto fingertips and gently pressing into the skin. **(1 minute)**
 9. **Masque (10 minutes; 20 minutes to maximize calming)**
Options:
 - a. If skin is intact with no irritation but showing signs of dehydration, **Colloidal Masque Base** is an option.
 10. If skin is minimally irritated, Dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. Then add ½ tablespoon **Colloidal Masque Base**.
 11. **Toner/Treatment:** Shake well. Dispense **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
 12. **Booster, SPF, Gel:** Finish the treatment with an application of **Calm Water Gel**. If during daytime hours follow with **Prisma Protect SPF30. Barrier Repair** may be layered on to seal and protect. **(2 minutes)**
 13. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

Notes:

- Monitor for excessive redness or irritation and remove products immediately as directed if reaction occurs.
- Although there is no documented research indicating soy protein or soy derivatives used in skin care products directly influencing the proliferation of cells that respond to estrogenic properties, guests with estrogen dependent cancers may choose to avoid personal care products that contain soy isoflavones, soy lecithin, genistein, glycine soja, etc. It is the form of soy that matters here. Soy protein is what contains the isoflavones, soy lecithin has minimal to zero amount and soybean oil has none. Many soy ingredients in skin products have no isoflavone content therefore no hormone implications.

dermalogica eye lift & lip smoothing add-on

10 minutes

Optional service

- Cleanse eyes:** Using 1-2 pumps of **PreCleanse** on a damp esthetic wipe or damp cotton. Avoid getting PreCleanse on lash extensions as it may loosen the glue. Rinse with damp esthetic wipes or cotton.
Tip: Remove any excess makeup with cotton buds along lashes and lash lines if necessary.
- Exfoliate:** In a small mixing bowl mix ½ teaspoon of **Daily Microfoliant**® with a small amount of water. Apply with a fan brush around the eyes and lips. If skin is not sensitized, lightly exfoliate around the eye area by gently circling the eyes and in between the brows. Manipulate the product around the lip area with small fingertip circles. Remove with warm esthetic wipes or damp cotton rounds. If the guest is using a retinol eye treatment, the **exfoliation** step should be omitted.
Option: Add a small amount of **Skin Resurfacing Cleanser** to **Daily Microfoliant**® for enhanced hydration and resurfacing.
- Hydrate:** Have the guest close their eyes and spritz **Antioxidant HydraMist** or appropriate Dermalogica toner over the face.
- IonActive™ and Masque:** Apply a small amount of **Retinol 1% IonActive™** or **Hyaluronic Acid IonActive™ Serum** around the lip area. Using a fan brush, layer on **MultiVitamin Power Recovery**® **Masque**. Allow masque to rest while performing the Eye Lift.
- Lift:** Using one professional **Cooling Eye Wand**, perform **Eye Lift Pro Technique**. Refer to the next page for apictorial instructions or view the **Eye Lift Pro Technique** video here: <https://education.dermalogica.com/content/eye-lift-pro-technique/>. Upon finishing, gently work any remaining **Stress Positive Eye Lift** into the eye area
- Remove:** using warm esthetics wipes **MultiVitamin Power Recovery**® **Masque** from lip area.
- Hydrate:** Have the customer close their eyes and spritz **Antioxidant HydraMist** or appropriate Dermalogica toner over the face.
- Moisturizer and SPF:** Apply a thin layer of **MultiVitamin Power Firm** around the lip area. To help lock in moisture around a drier eye area smooth on a thin layer of **MultiVitamin Power Firm**. **SkinPerfect Primer SPF30** may also be applied around the eye area as a final step.
Option: For extra repair and hydration, press 4-6 drops of **Phyto Replenish Oil** beneath **MultiVitamin Power Firm**.
- Show the guest both homecare retail products: The **Stress Positive Eye Lift** and the **Nightly Lip Treatment** and discuss the cooling applicator tip. Inform guests on how to use the applicator to apply the product, following the **Eye Lift DIY technique** and the **Nightly Lip Treatment DIY**.

Guests can view the videos here:

Eye Lift DIY video here: <https://www.youtube.com/watch?v=Y1Gvo7Y-ODg>.

Lip Smoothing DIY technique: <https://www.youtube.com/watch?v=713ET1HzNdw>.

eye lift pro technique

4 minutes

Using the professional-sized **Stress Positive Eye Lift** and the professional-only **Cooling Eye Wands**, this exclusive Dermalogica eye-lifting technique gives clients additional attention in the eye area and leaves skin brighter, stronger and more energized, with fewer visible signs of stress. You can perform this technique as an added benefit to any professional skin treatment. Use the **Cooling Eye Wands** on both eyes at the same time when performing this professional eye lift technique.

1. Apply

Apply about an almond size amount of **Stress Positive Eye Lift** on the back of the hand. With the **Cooling Eye Wand**, generously apply 6 dots: 3 under eyebrows and 3 under eyes. Repeat on the other eye.



2. Lift and Energize

Press and lift at the inner, center and outer end of the eyebrow. Hold each lift for 1 – 2 seconds. Gently glide beneath the eye, back to the brow. Repeat 3 times.



3. Press and Smooth

With medium to firm pressure, lift at the beginning of the brow, then glide under the brow draining to temporal lymph nodes. Next, starting at inner corner of eye, press and smooth under the eyes draining out to temples. Repeat 3 times.



4. **Brighten and De-puff**

Gently perform small circles under eye, from the outer corner to the inner corner. Glide back toward the outer corner. Repeat 3 times.

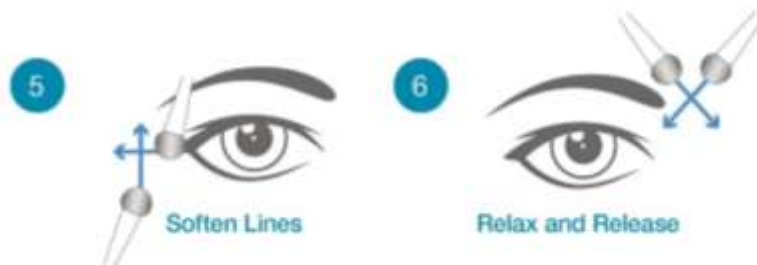


5. **Soften Lines**

Beginning near the temple, draw small t's by gliding with one wand upward and moving the other wand outward to hairline. Repeat on each side 6 times.

6. **Relax and Release**

With alternating eye wands, draw a small "x" between brows to smooth lines and release tension. Repeat 6 times.



7. Finish by circling around eyes one time and complete massage with small light circles at temples 6x. Apply light pressure and remove wands. Gently massage in excess product.



Teach your clients the exclusive 4 step **Dermalogica Eye Lift DIY** version of this massage technique so they can incorporate it into their daily routine:

Watch the **Eye Lift DIY** video demonstration at <https://youtu.be/Y1Gvo7Y-ODg> or dermalogica.com/eyeliftDIY.

dermalogica pro power peel protocol



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

070119

Chemical peels are an excellent treatment choice for a wide range of skin concerns, from acne and hyperpigmentation to advanced signs of aging. Despite their varying uses, most peels work the same way: they remove the skin's outermost layers to stimulate cell renewal and cell turnover, improving skin's texture and appearance. **Pro Power Peel** advanced formulations are designed to be applied by licensed estheticians. Before working on guests, we highly recommend learning about **Pro Power Peel** and mastering the application technique. **Please attend the Pro Power Peel Workshop via one of the following venues:**

- **Video Training**
- **D-Streaming**
- **Dermalogica Training Center location**

Client prep

- All peel candidates should be **patch tested** to rule out any allergies and unexpected skin responses.
- Make sure to review, sign and date the **Consultation Card** and **consent form** with the guest every time.
- Apply headband to hold hair away from the treatment area.
- Before beginning the peel, elevate the guest's head to prevent any product from entering the eyes.
- Wear gloves to protect your hands.

Dispensing and applying the peel

- At Hand & Stone mixing and layering of multiple formulas is not allowed.
- Allowed application: Apply **up to 3** layers of any single **Pro Power Peel** formula. 2 layer maximum for **AGE Reversal Peel (TCA)**.
 - a. Select the appropriate peel(s) from the **Pro Power Peel** collection.
 - b. Dispense 1-2 droppers of **One Step Prep** onto gauze, apply using the **Dermalogica Application Method**.
 - c. Dispense 1-2 droppers of selected peel(s) onto gauze, apply using the **Dermalogica Application Method**.
 - d. When applying additional layers to the skin wait 1-2 minutes between applications.
 - e. Check in often to monitor any visual skin responses and to gauge your guest's level of sensation/sensitivity.
 - f. Fan warm areas as needed.

Dermalogica Application Method



Neutralize

- Remove gloves and dispense 1-2 droppers **Neutralizing Solution** on soft cotton.
- Apply directly over the peel. As an option, you may apply additional **Neutralizing Solution** using fingers tips or with a fan masque brush.
- Use tapotement or light feather movements to help further alleviate sensations. A slight rolling of the neutralizer is normal.
- Remove with cool damp esthetic wipes once sensation has subsided.

LED or Microcurrent Upgrade

- Do not apply during the peel phase of the treatment. This modality can be incorporated once the peel has been neutralized and removed.
- Apply LED or NuFACE following the application of the selected **IonActive™ Serum**. Follow the instructions for using each device. Avoid using these modalities if the guest's skin cannot tolerate.

Post Care:

- Review **Pro Power Peel Post-Care Instructions** and expectations with your guest and scheduled a follow up.

dermalogica pro power peel

(30 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
3. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
4. **Second Cleanse:** Perform the second cleanse using **Special Cleansing Gel, Skin Resurfacing Cleanser**, or **Medibac Clearing Wash**. Dispense a dime size amount and add water. Adding steam is optional. Remove with sponges or warm steam towel. **(3 minutes)**
5. **Pro Power Peel:** With gloved hands dispense 1-2 droppers of **One Step Prep onto** a dry gauze. Apply to the skin using the **Pro Power Peel application method**. Following the same method, select and apply the appropriate **Pro Power Peel** solution(s). Wait 1-2 minutes between layers. **(10 minutes)**
Options:
 - a. **UltraBright Peel** – Brightens and hydrates
 - b. **AdvancedRenewal Peel** – Reduces pigmentation and minimized fine lines and wrinkles
 - c. **AGEreversal Peel** – Address signs of aging while minimizing the appearance of deep lines
 - d. **PowerClear Peel** – Targets blemishes, redness and post-inflammatory hyperpigmentation
6. **Neutralize:** Remove gloves and dispense 1-2 droppers Neutralizing Solution onto soft cotton or directly onto your fingertips. Apply directly over the peel. Let rest or lightly manipulate onto the skin using small, upward circular motions. Remove with cool damp esthetic wipes once all sensation has subsided. **(10 minutes)**
7. **Toner:** Spritz the appropriate **Dermalogica Toner** evenly over face and neck. **(1 minute)**
8. **IonActive™ Serum, Moisturizer and SPF:** Apply an almond size amount of the appropriate **IonActive™ Serum** to the face and neck. Next, layer on a dime size amount of the appropriate **Dermalogica moisturizer**. Finish with **Prisma Protect SPF30** or **SkinPerfect Primer SPF30**. **(2 minutes)**
Options:
 - a. Aging – **Retinol 1% IonActive™ Serum**
 - b. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - c. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - d. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
9. **Follow up:** Complete a post treatment consultation and record your treatment notes. Review **Pro Power Peel Post-Care Instructions** with your guest and present homecare recommendations to address your guest's needs.

dermalogica pro power peel

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
3. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(5 minutes)**
4. **Second Cleanse:** Perform the second cleanse using **Special Cleansing Gel, Skin Resurfacing Cleanser, or Medibac Clearing Wash**. Dispense a dime size amount and add water. Remove with sponges or warm steam towel. **(5 minutes)**
5. **Pro Power Peel:** With gloved hands dispense 1-2 droppers of **One Step Prep** onto a dry gauze. Apply to the skin using the **Pro Power Peel application method**. Following the same method, select and apply the appropriate **Pro Power Peel** solution(s). Wait 1-2 minutes between layers. **(10 minutes)**
Options:
 - a. **UltraBright Peel** – Brightens and hydrates
 - b. **AdvancedRenewal Peel** – Reduces pigmentation and minimized fine lines and wrinkles
 - c. **AGEreversal Peel** – Address signs of aging while minimizing the appearance of deep lines
 - d. **PowerClear Peel** – Targets blemishes, redness and post-inflammatory hyperpigmentation
6. **Neutralize:** Remove gloves and dispense 1-2 droppers **Neutralizing Solution** onto soft cotton or directly onto your fingertips. Apply directly over the peel. Let rest or lightly manipulate onto the skin using small, upward circular motions. Remove with cool damp esthetic wipes once all sensation has subsided. **(10 minutes)**
7. **Masque:** Using a fan brush apply 1 tablespoon of appropriate **Dermalogica masque** to face. While the masque is resting, **massage** neck and shoulders. Use the recommended massage product or **Dermalogica Massage Gel-Cream** as an option. Remove the masque and massage medium with cool steam towel. **(15 minutes)**
Options:
 - a. **Colloidal Masque Base**
 - b. **Clinical Oatmeal Masque**
 - c. **Upgrade: Multivitamin Power Recovery® Masque**
8. **Toner:** Spritz the appropriate **Dermalogica toner** evenly over face and neck. **(1 minute)**
9. **IonActive™ Serum, Moisturizer and SPF:** Apply an almond size amount of the appropriate **IonActive™ Serum** to the face and neck. Next, layer on a dime size amount of the appropriate **Dermalogica moisturizer**. Finish with **Prisma Protect SPF30** or **SkinPerfect Primer SPF30**. **(3 minutes)**
Options:
 - a. Aging – **Retinol 1% IonActive™ Serum**
 - b. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - c. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - d. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
10. **Follow up:** Complete a post treatment consultation and record your treatment notes. Review **Pro Power Peel Post-Care Instructions** with your guest and present homecare recommendations to address your guest's needs.

dermalogica professional treatment for microdermabrasion

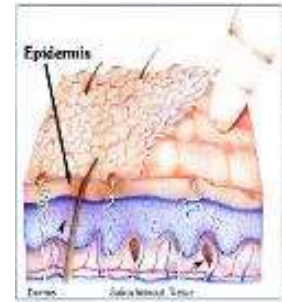


dermalogica treatments using microdermabrasion:
for a professional dermalogica treatment center that offers microdermabrasion as a method of exfoliation, it is important to:

- Use Dermalogica professional products that are suitable for the patient/guest's current skin condition.
- Check skin condition ensuring there are no contraindications to treatment.
- Develop a treatment plan or series based upon skin condition and turgor.
 - Many skin treatment centers offer this treatment in conjunction with **MultiVitamin Power Exfoliant** treatments. You would alternate between microdermabrasion and **MultiVitamin Power Exfoliant**. Dermalogica advises against performing both methods of exfoliation in one treatment as that would be double exfoliation. Courses may be performed prior to and/or post microdermabrasion for improved skin regeneration benefits.

Note: When using any type of professional exfoliation, under no circumstances should you leave the patient/guest unattended in the treatment room. Monitor for excessive redness and remove the product immediately as directed if a reaction occurs. This treatment should take 45 min to complete but could be made into a 60-minute treatment if massage and masque is incorporated. During the 6-week series the patient/guest can further prepare the skin using **Skin Resurfacing Cleanser**, **Daily Microfoliant**®, appropriate **booster** or treatment product.

microdermabrasion dermalogica product recommendations



professional products

PreCleanse followed by **UltraCalming™ Cleanser** will help to calm the skin and diminish sensitivity prior to the treatment. **Face Mapping®** should be introduced to make sure the skin is suitable for the microdermabrasion procedure. Perform microdermabrasion routine. Use the **Oligopeptide IonActive™ Serum** to treatment hyperpigmentation or **Hyaluronic Acid IonActive™ Serum** to calm and hydrate skin post microdermabrasion procedure. The appropriate **IonActive™ Serum** may be used for a pressure point style massage.

Hyaluronic Acid IonActive™ Serum may be applied under **Clinical Oatmeal Masque** for devitalized skins that do not look overly sensitized. **Clinical Oatmeal Masque** can be used to reduce redness, desensitize, hydrate and soothe. **MultiVitamin Power Recovery® Masque** will reduce inflammation, irritation and sensitivity. Apply **Redness Relief Essence**. If the skin still looks dehydrated, followed with **Skin Smoothing Cream** or **Barrier Defense Booster** and **Solar Defense Booster SPF50** to protect the skin.

retail products

You may also take advantage of Dermalogica's technology by prescribing certain home care products to your guests. The guest will need soothing and calming preparations that address redness and possible slight irritation as well as help repair the barrier function of the skin. The skin needs to be treated the same way as any skin that has undergone a form of trauma.

An excellent cleanser to use for pre and post microdermabrasion treatments is **UltraCalming™ Cleanser**.

Redness Relief Essence can be used to reduce redness and repair the barrier function. **Barrier Repair** may be used alone for a sensitized skin or applied on top of **Skin Smoothing Cream** to increase hydration and protect from environmental damage.

MultiVitamin Power Firm for the eye area will ensure maximum delivery of vitamins and firming algae extracts.

MultiVitamin Power Recovery® Masque is a powerful anti-inflammatory masque that also aids in the reduction of redness and hypersensitivity.

Solar Defense Booster SPF50 is imperative to protect the skin post-exfoliation treatments. Alternatively, **Dynamic Skin Recovery SPF50** can be used for those who do not have sensitivity.

microdermabrasion

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a pea size amount of **PreCleanse** to 3 pieces of damp cotton and remove eye and lip make up. Rinse with sponges. **(1 minute)**
3. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam and dispense a dime size amount of **Special Cleansing Gel or Skin Resurfacing Cleanser** and add water and foam up cleanser. Remove with sponges or warm steam towel. **(2 minutes)**
6. **Exfoliate:** Perform microdermabrasion per manufacturer's recommendations. **(15 minutes)**
7. **If needed:** Remove any leftover residue with a warm steam towel. An optional cleanse with **PreCleanse** and/or **Special Cleansing Gel** may be used if needed. **(2 minutes)**
8. **Extractions:** Perform light extractions, cautioning if sensitivity is present. Then, apply 2 pumps of **Post Extraction Solution** to a dry cotton round and wipe extracted areas. **(10 minutes)**
9. **Toner/Treatment:** Shake well. Dispense a small amount of **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
10. **IonActive™ and Masque:** Apply almond size of **Hyaluronic Acid IonActive™ Serum**. To reduce redness, dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. While masque is resting, **Massage** neck and shoulders. Use recommended massage product or **Dermalogica Massage Gel-Cream** as an option. Remove masque and massage medium with steam towel. **(12 minutes)**
Option:
 - a. **Colloidal Masque Base** to hydrate
11. **Toner/Treatment:** Shake well. Dispense a small amount of **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
12. Apply **MultiVitamin Power Firm** to eye and lip area. **(1 minute)**
13. **Moisturizer:** Apply **UltraCalming™ Serum Concentrate** to reduce irritation or any redness. Apply the appropriate **Dermalogica moisturizer** and follow with **Solar Defense SPF50** if daytime treatment. Layer on **Barrier Repair** to seal and protect the skin. **SkinPerfect Primer SPF30** can also be layered over chosen **moisturizer**. **(1 minute)**
Option: **Calm Water Gel** may be used on an oily skin.
14. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica and envy medical dermalinfusion protocols



Envy Medical

Dermalinfusion

Treats:

- Hyperpigmentation: Melasma, Solar Lentigines, Post-Inflammatory Hyperpigmentation
- Photo-damage
- Aging Skin with Fine Lines and Wrinkles
- Sallow Skin
- Dry, Dehydrated Skin
- Enlarged Pores; Oily-Prone Skin
- Rough Skin Texture

System Features:

- Ergonomic handpiece (for face) that requires no downward pressure
- Treats face (including eyes and lips)
- Timed cleaning protocol
- Real diamond tips available in 6 levels of abrasion

Text copyright © by **Dermalogica®**. No part of this text may be reproduced in any way without written permission from **Dermalogica®**.
070119

envy medical dermalinfusion guidelines

When setting up the Dermalinfusion equipment make sure your hands are clean. Using a pair of disposable gloves, thread the clean waste jar into the machine ensuring the jar is tightly secured.

Remove the cap and protective seal (if applicable) from the Pro-Infusion Serum bottle. Dispose of the protective seal (if applicable), set cap aside, insert the bottle into the cavity and thread the bottle into the machine. Make sure the switch is pointing towards the "TREAT" marker and not the "CLEAN" marker.

Choose the appropriate diamond tip for service. The 00 smooth tip is used for the eyes and lips only. Thread the diamond tip tightly onto the handpiece. Apply a clear, plastic disposable cap to the tip of the handpiece, ensuring the base of the plastic cap is secure. Double check that diamond tip is perfectly centered within the clear, plastic disposable cap.

Secure a disposable headband on to your guest's head. Turn on the machine.

With the handpiece facing downward, apply your thumb to the tip of the handpiece. This action will occlude airflow creating a vacuum suction effect. Hold your thumb at the tip of the handpiece for about 4 to 5 seconds to prime the solution into the lines. Set the PSI suction level (PSI = pounds per square inch, which is how the suction is measured) for application – refer to the Dermalinfusion step-by-step. The suction level indicator will only show the true vacuum reading when the tip of the handpiece is properly occluded creating vacuum suction.

During the treatment, divide the neck and face in half so that you are working consistently starting from the middle to the outer most perimeter (medial to lateral). The method will ensure that you sufficiently cover all areas of the face. Using the medial to lateral technique throughout the treatment is very beneficial for helping to promote lymphatic drainage. **Tip:** Use your free-hand to keep the skin taut as you move the handpiece across the skin. It is also very important to move at a slow pace, about 4 full seconds for each pass from medial to lateral to allow maximum absorption of the condition-specific Pro-Infusion Serums. Do not push down with too much pressure, you want to glide the tip across the skin and let the vacuum do the work for you.

Continuing the medial to lateral strokes, each one above the previous stroke, you will work all the way up the face, until you reach the orbital bone. Do not work above the orbital bone at this time. Instead work around it, as you will work the eye area later. **Note:** As you are working you may notice mild to moderate erythema that will last approximately 15 to 20 minutes.

As you are gliding the diamond tip across the skin, remember that the solution is being infused into the skin so there should not be a large amount of liquid pooling onto the guest's skin. **Tip:** If you should notice a little excess Pro-Infusion Serum solution in any area, use your free-hand to wipe it into the skin.

Tip: If the tubes are getting in the way while you are performing the treatment on certain areas of the face. An easy remedy is to drape the tubes over the outside of your arm to create a shelf for the tubes, allowing easier access to all areas of the face.

Once you have completed one pass on the neck and two passes of the face and nose, change to the smooth 00 smooth tip and work around the eyes and lips. Finally, check if you have enough serum in the bottle to perform cross-hatch strokes on specific areas of focus, as appropriate. Not every guest will need cross-hatching performed. To perform cross-hatching, you will work in vertical strokes followed by horizontal strokes. This helps stimulate tissue, assist with collagen regeneration and provide customization for areas of concern.

To conclude, turn off the machine. Remove the clear plastic cap and place it on a clean surface. Remove the diamond tip from the handpiece and place in a stainless-steel bowl for the disinfection procedure at the end of the treatment. Hang the handpiece onto the hook located on the back of the device. Unthread the waste jar from the machine and follow the cleaning procedure in the Envy Medical resource guide. Finish the treatment by beginning a dialog with the guest about the Dermalinfusion treatment you have just performed. Display the waste jar to the guest to show results of the treatment. Reinforce the guest's treatment plan along with the recommended personalized home care regimen.



Begin treatment on the neck. Set the vacuum suction level to around 3 to 4 PSI. Prime the Pro-Infusion Serum into the lines by occluding your thumb over the opening of the handpiece to create suction. Have the guest raise their chin up slightly and begin performing vertical, downward strokes, starting from the center of the chin to the base of the neck. Work from center of the chin with each stroke above the previous stroke, following the jawline so that your last stroke begins just below the ear. Once you've completed one side of the neck, mirror the routine on the side of the neck.



Set the vacuum suction level for the face to around 4 to 5 PSI. Prime the Pro-Infusion Serum into the lines by occluding your thumb over the opening of the handpiece to create suction. Remember, the true vacuum reading will only show when the opening of the handpiece is occluded. Gently turn the guest's head to one side and perform Dermalinfusion. With your free hand, hold the skin taut to allow the tip to easily glide over the skin. Starting at the chin by using medial to lateral strokes traveling towards the perimeter of the face and ending underneath the ear. With each stroke above the previous, continue working horizontally up to the forehead ending at the perimeter of the face. Do not address the nose, eye or lip areas at this time. Once you reach the forehead, adjust the guest's face to the upright position to work the forehead.



As you finish at the top of the forehead, end with a lymphatic pass traveling from forehead down the neck. Apply downward pressure with one vertical stroke, as this will flush toxins down and out through the lymphatic system. Follow the hairline and work all the way down around the ear to the mastoid which is the bone that sticks out from behind the ear.

Repeat on the other side of the face. After completing one pass of the entire face, repeat steps #2 and #3 by beginning a 2nd pass starting with the chin on the opposite side of the face.



Now that you have completed two passes over the entire face, work on the nose area. Adjust to a vacuum suction level of around 4 to 5 PSI. With the guest facing up perform oscillating strokes down sides of nose. Avoid the sensitive bridge area. Repeat on either side of the nose. If there are any distended capillaries lower the PSI or avoid those areas. Perform two passes on the nose. To ensure a more thorough evacuation of dirt and debris from the surface of the skin and the pores, an additional option is to swivel the handpiece in place on the sides of the nose in a back and forth motion.



Now move to the eye area. You will need to change the diamond tip to the 00 grit or smooth tip to address this delicate area. Adjust to a vacuum suction of around 2.5 to 3.5 PSI. Using medial to lateral strokes around the eye area, working below the eye and along brow bone. Repeat on the other eye.



Finally, finish up with the lips. Adjust to a lower vacuum suction of around 3.5 to 4.5 PSI. Using medial to lateral strokes divide the lips in half. Work on the bottom then the top of lip and repeat on other side. This completes the Dermalinfusion process.

dermalogica teen facial with dermalinfusion

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a pea size amount of **PreCleanse** to 3 pieces of damp cotton and remove eye and lip make up. Rinse with sponges. **(1 minute)**
3. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(2 minutes)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam and perform the second cleanse using **Clearing Skin Wash**, for oil and acne skin) or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water and to foam up cleanser. Remove with sponges or warm steam towel. **(2 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **Extractions:** Perform light extractions, cautioning if sensitivity is present. Then, apply 2 pumps of **Post Extraction Solution** to a dry cotton round and wipe extracted areas. **(10 minutes)**
8. **IonActive™ and Masque:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** to the face and neck. Follow by using a fan brush to apply about one tablespoon of the appropriate Dermalogica masque. While masque is resting, massage neck and shoulders for 10 minutes. Use recommended massage product or **Dermalogica Massage Gel-Cream** as an option. Remove masque and massage medium with steam towel. **(10 minutes)**
Options:
 - a. **Colloidal Masque Base** (environmentally stressed, irritated, dehydrated skin)
 - b. **Clinical Oatmeal Masque** (irritated, sensitive, inflamed, itchy skin)
 - c. **Both masques may be used in different zones**
9. **Toner:** Spritz **Multi-Active Toner** evenly over the face and neck. **(1 minute)**
10. **Moisturizer:** Using a dime size amount of **Active Moist**, apply to face and neck or mix with **Solar Defense Booster SPF50** for daylight protection. **SkinPerfect Primer SPF30** can also be layered over chosen **moisturizer**. **(1 minute)**
11. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica classic/men's facial with dermalinfusion

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(2 minutes)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam to perform the second cleanse using **UltraCalming™ Cleanser**, for sensitive skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water. Note: water is optional for use with **UltraCalming™ Cleanser**. Remove with sponges or warm steam towel. **(2 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **Extractions:** Perform light extractions, cautioning if sensitivity is present. Then, apply 2 pumps of **Post Extraction Solution** to a dry cotton round and wipe extracted areas. **(10 minutes)**
8. **IonActive™ Serum and Masque:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** to the face and neck. Follow by using a fan brush to apply about one tablespoon of the appropriate masque. While masque is resting, massage neck and shoulders. Use recommended massage product or **Dermalogica Gel-Cream** as an option. Remove masque and massage medium with steam towel. **(10 minutes)**
Options:
 - a. **Colloidal Masque Base** (environmentally stressed, irritated, dehydrated skin)
 - b. **Clinical Oatmeal Masque** (irritated, sensitive, inflamed, itchy skin)
 - c. **Both masques may be used in different zones**
9. **Toner:** Spritz **Multi-Active Toner** evenly over face and neck. **(1 minute)**
10. **Moisturizer and SPF:** Using a dime size amount of **Active Moist**, apply to face and neck or mix with **Solar Defense Booster SPF50** for daylight protection. **(1 minute)**
11. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica detox facial with dermalinfusion

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam to perform the second cleanse using **Clearing Skin Wash**, for oily, acne skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water to foam up cleanser. Remove with sponges or warm steam towel. **(2 minutes)**
Option:
 - a. For a deep cleanse, mix the appropriate **Dermalogica cleanser** with 1 pump of **Multi-Active Scaling Gel**, apply with a fan brush and perform a cleansing routine.
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **Extractions:** Perform light extractions, cautioning if sensitivity is present. Then, apply 2 pumps of **Post Extraction Solution** to a dry cotton round and wipe extracted areas. **(10 minutes)**
8. **Masque:** Using a fan brush apply about 1 tablespoon of appropriate Dermalogica masque to face and neck. While masque is resting, **massage** neck and shoulders. Use recommended massage product or **Dermalogica Massage Gel-Cream** as an option. Remove masque and massage medium with warm steam towel. **(10 minutes)**
Options:
 - a. **Colloidal Masque Base** (environmentally stressed, irritated, dehydrated skin)
 - b. **Clinical Oatmeal Masque** (irritated, sensitive, inflamed, itchy skin)
9. **IonActive™Serum:** Apply an almond size of **Niacinamide IonActive™ Serum** to the face and neck, focusing on areas of breakouts and oily skin. **(1 minute)**
10. **Toner:** Spritz **Multi-Active Toner** evenly over the face and neck. **(1 minute)**
11. **Moisturizer and SPF:** Apply a dime size amount of **Active Moist**, for normal to oily skin or **Skin Smoothing Cream**, for normal to dry skin to the face and neck or mix with **Solar Defense Booster SPF50** for daylight protection. **(1 minute)**
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica hydrating facial with dermalinfusion

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Add steam if the guest is not extremely irritated or reactive. Or, use a dime size amount of **Special Cleansing Gel** and add water to foam up cleanser. Remove with sponges or warm steam towel **(2 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **Extractions:** Perform light extractions, cautioning if sensitivity is present. Then, apply 2 pumps of **Post Extraction Solution** to a dry cotton round and wipe extracted areas. **(10 minutes)**
Option: Reduce or omit extraction time to incorporate **cold stone therapy**.
8. **IonActive™ Serum and Masque:** Apply an almond size of **Oligopeptide IonActive™ Serum** or **Hyaluronic Acid IonActive™ Serum** to the face and neck. Follow by using a fan brush to apply 1 tablespoon of **Colloidal Masque Base**, for dehydrated skin. Next, dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. While masque is resting, begin **a facial massage technique using cold stones** over the masque. Next, massage neck and shoulders using the recommended massage product or **Dermalogica Massage Gel-Cream** as an option. Remove masque and massage medium with steam towel. **(10 minutes)**
9. **Toner:** Spritz **Antioxidant HydraMist** evenly over face and neck. **(1 minute)**
10. **Eye Treatment:** Apply a small amount of **MultiVitamin Power Firm** applied around the eye and lip area. **(1 minute)**
11. **Moisturize and SPF:** Apply a dime size amount of **Skin Smoothing Cream** mixed with **Solar Defense Booster** over the face and neck. Or, choose **Dynamic Skin Recovery SPF50** for **AGE Smart®** benefits. **SkinPerfect Primer SPF30** can also be layered over chosen moisturizer. **(1 minute)**
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica brightening facial with dermalinfusion

(50 minutes)

1. **Review Dermalogica Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Perform second cleanse under steam with 1 pump of **Skin Resurfacing Cleanser** combined with ½ teaspoon of **Daily Microfoliant®**. Mix with a small amount of water into mixing bowl to form a smooth paste and apply with a fan brush. Work over the skin with the hands and remove all traces of cleanser with sponges. **(2 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **IonActive™ Serum and Masque:** Apply a small amount of **Oligopeptide IonActive Serum™** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck. Dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. Customize by adding ½ teaspoon of **MultiVitamin Power Recovery® Masque** and a few drops of **Calming Botanical Mixer**. Apply to the face and neck using a fan brush. **(10 minutes)**
8. **Massage:** During the masque, apply 6 drops of **Revitalizing Additive** to the neck and shoulders and perform a massage. Remove masque and massage medium with a steam towel customized with **Calming Botanical Mixer**. **(10 minutes)**
9. **IonActive™ Serum and Toner:** Shake well and apply **Redness Relief Essence** into palm and pat evenly over the face, neck. or **Antioxidant HydraMist** evenly over face and neck. Apply a small amount of **Oligopeptide IonActive Serum™** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck for brightening and balancing of skin tone. **(1 minute)**
10. **Eye Treatment, Moisturizer and SPF:** Apply a pea-size amount of **MultiVitamin Power Firm** to the eye and lip area followed by the appropriate **Dermalogica moisturizer**. Layer with **Prisma Protect SPF30**. **(2 minutes)**
Option: Finish with **SkinPerfect Primer SPF30** for extra luminosity if skin can tolerate it.
11. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica sensitive facial with dermalinfusion

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Add steam if the guest is not extremely irritated or reactive. Remove with sponges or warm steam towel. **(3 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. Use the smooth 00 grit tip with very light suction. Passes may be reduced for overly sensitive or sensitized skin. **(20 minutes)**
7. **Masque:** Dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. **(10 minutes)**
8. **Massage:** While masque is resting, apply recommended massage product or **Dermalogica Massage Gel-Cream** as an option and begin shoulder and décolleté masque. Remove masque and massage medium with steam towel. **(10 minutes)**
9. **Toner:** Shake well. Dispense a small amount of Redness Relief Essence into palm and pat evenly over the face and neck. **(1 minute)**
10. **Moisturizer and SPF:** Apply **UltraCalming™ Serum Concentrate** or 6 – 10 drops of **Barrier Defense Booster**, for dry skin to reduce irritation or any redness. Layer on a dime size amount of **Active Moist**, for normal to oily skin or **Skin Smoothing Cream**, for normal to dry skin to the face and neck. Or, mix with **Solar Defense Booster SPF50** for daylight protection. **Barrier Repair** may be layered on to seal and protect. **(1 minute)**
Option: Calm Water Gel may be applied for an oily skin.
11. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica classic/men's facial with dermalinfusion and NuFACE

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam to perform the second cleanse using **UltraCalming™ Cleanser**, for sensitive skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water. Water is optional for use with **UltraCalming™ Cleanser**. Remove with sponges or warm steam towel. **(3 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **Extractions:** Perform light extractions, cautioning if sensitivity is present. Then, apply 2 pumps of **Post Extraction Solution** to a dry cotton round and wipe extracted areas. **(5 minutes)**
8. **Microcurrent:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** followed by **Colloidal Masque Base** to the guest's face and neck with a fan brush. **Note: It must be a non-setting masque such as a gel or cream. (14 minutes)**
Options:
 - a. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - b. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - c. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
9. **Toner:** Spritz **Multi-Active Toner** evenly over the face and neck evenly. **(1 minute)**
10. **Moisturizer and SPF:** Using a dime size amount of **Active Moist**, apply to face and neck or mix with **Solar Defense Booster SPF50** for daylight protection. **(2 minutes)**
11. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica detox facial with dermalinfusion and NuFACE

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam to perform the second cleanse using **Clearing Skin Wash**, for oily, acne skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water to foam up cleanser. Remove with sponges or warm steam towel. **(3 minutes)**
Option:
 - a. For a deep cleanse, mix the appropriate Dermalogica cleanser with 1 pump of **Multi-Active Scaling Gel**, apply with a fan brush and perform a cleansing routine.
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **Extractions:** Perform Dermalinfusion per manufacturer's recommendations. **(5 minutes)**
8. **Microcurrent:** Apply and almond size amount of the appropriate **Dermalogica IonActive™ Serum** followed by **Colloidal Masque Base** to the guest's face and neck with a fan brush. **(14 minutes)**
Options:
 - a. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - b. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - c. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
9. **Toner:** Spritz **Multi-Active Toner** over the entire face and neck evenly **(1 minute)**
10. **Moisturizer and SPF:** Apply a dime size amount of **Active Moist**, for normal to oily skin or **Skin Smoothing Cream**, for normal to dry to the face and neck or mix with **Solar Defense Booster SPF50** for daylight protection. **(2 minutes)**
11. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica sensitive facial w/dermalinfusion and NuFACE (50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(5 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Add steam if the guest is not extremely irritated or reactive. Remove with sponges or warm steam towel. **(3 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. Use the smooth 00 grit tip with very light suction. Passes may be reduced for overly sensitive or sensitized skin. **(20 minutes)**
7. **Microcurrent:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** followed by a generous amount of **Colloidal Masque Base** to the guest's face and neck with a fan brush.
Note: It must be a non-setting masque such as a gel or cream. (14 minutes)
Options:
 - a. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - b. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
8. **Toner:** Shake well. Dispense a small amount of **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
9. **Moisturizer and SPF:** Apply **UltraCalming™ Serum Concentrate** or 6 – 10 drops of **Barrier Defense Booster**, for dry skin to seal and protect to reduce irritation or any redness. Apply a dime size amount of **Active Moist**, for normal to oily skin or **Skin Smoothing Cream**, for normal to dry skin to the face and neck. Or, mix with **Solar Defense Booster SPF50** for daylight protection. **(3 minutes)**
Option: Calm Water Gel may be used on an oily skin.
10. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica hydrating facial w/dermalinfusion and NuFACE (50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Add steam if the guest is not extremely irritated or reactive. Or, use a dime size amount of **Special Cleansing Gel** and add water to foam up cleanser. Remove with sponges or warm steam towel **(2 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **Extractions:** Perform light extractions, cautioning if sensitivity is present. Then, apply 2 pumps of **Post Extraction Solution** to a dry cotton round and wipe extracted areas. **(5 minutes)**
Note: Reduce or omit extraction time to incorporate **cold stone therapy**.
8. **Microcurrent:** Apply an almond size of **Oligopeptide IonActive™ Serum** or **Hyaluronic Acid IonActive™ Serum** to the face and neck. Using a fan brush, layer over **Colloidal Masque Base**, which may be applied around the eyes and lips. Make sure there is enough **Colloidal Masque Base** present on the face so that the device glides easily. Reapply if necessary. Remove masque and massage medium when complete. **(14 minutes)**
9. **Toner:** Spritz **Antioxidant HydraMist** evenly over face and neck. **(1 minute)**
10. **Eye Treatment:** Apply a small amount of **MultiVitamin Power Firm** applied around the eye and lip area. **(1 minute)**
11. **Moisturize and SPF:** Apply a dime size amount of **Skin Smoothing Cream** mixed with **Solar Defense Booster SPF50** over the face and neck. Or, choose **Dynamic Skin Recovery SPF50** for **AGE Smart®** benefits. **SkinPerfect Primer SPF30** can also be layered over chosen moisturizer. **(2 minutes)**
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

brightening facial w/dermalinfusion and NuFACE (50 minutes)

1. **Review Dermalogica Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(3 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Perform second cleanse under steam with 1 pump of **Skin Resurfacing Cleanser** combined with ½ teaspoon of **Daily Microfoliant®**. Mix with a small amount of water into mixing bowl to form a smooth paste and apply with a fan brush. Work over the skin with the hands and remove all traces of cleanser with sponges. Mix enough cleanser to set aside, saving the extra for exfoliation removal. **(3 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **Microcurrent:** Apply an almond size of the **Oligopeptide IonActive Serum™** followed ½ teaspoon of **Colloidal Masque Base** to the guest's face and neck with a fan brush. It may also be applied around the eyes and lips. Customize by adding ½ teaspoon of **MultiVitamin Power Recovery® Masque** and a few drops of **Calming Botanical Mixer Note:** It must be a non-setting masque such as a gel or cream. **(14 minutes)**
8. **IonActive™ Serum and Toner:** Shake well and apply **Redness Relief Essence** into palm and pat evenly over the face, neck. or **Antioxidant HydraMist** evenly over face and neck. Apply a small amount of **Oligopeptide IonActive Serum™** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck for brightening and balancing of skin tone. **(1 minute)**
9. **Eye Treatment, Moisturizer and SPF:** Apply a pea-size amount of **MultiVitamin Power Firm** to the eye and lip area followed by the appropriate **Dermalogica moisturizer**. Layer with **Prisma Protect SPF30**. **(2 minutes)**
Option: Finish with **SkinPerfect Primer SPF30** for extra luminosity if skin can tolerate it.
10. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

detox facial with dermalinfusion and blue LED

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam to perform the second cleanse using **Clearing Skin Wash**, for oily, acne skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water to foam up cleanser. Remove with sponges or warm steam towel. **(2 minutes)**
Option:
 - a. For a deep cleanse, mix the appropriate Dermalogica cleanser with 1 pump of **Multi-Active Scaling Gel**, apply with a fan brush and perform a cleansing routine.
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **Extractions:** Perform light extractions, cautioning if sensitivity is present. Then, apply 2 pumps of **Post Extraction Solution** to a dry cotton round and wipe extracted areas. **(10 minutes)**
8. **LED:** Apply a thin layer of **Colloidal Masque Base** to the guest's face and neck with a fan brush. Follow instructions for using the LED device. Turn off the device and remove masque from the skin with a steam towel. **(10 minutes)**
9. **IonActive™ and Toner:** Apply an almond size of **Niacinamide IonActive™ Serum** to the entire face focusing on areas of breakouts and oily skin. Then spritz **Multi-Active Toner** over the entire face and neck evenly. **(1 minute)**
10. **Moisturizer and SPF:** Apply a dime size amount of **Active Moist**, for normal to oily skin or **Skin Smoothing Cream**, for normal to dry skin to the face and neck. Or, mix with **Solar Defense Booster SPF50** for daylight protection. **(2 minutes)**
11. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

sensitive skin facial with dermalinfusion and red or blue LED

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(2 minutes)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(2 minutes)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(5 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Add steam if the guest is not extremely irritated or reactive. Remove with sponges or warm steam towel. **(3 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. Use the smooth 00 grit tip with very light suction. Passes may be reduced for overly sensitive or sensitized skin. **(20 minutes)**
7. **IonActive™ Serum and Massage:** Apply almond size of **Hyaluronic Acid IonActive™ Serum** to the face and neck and perform a pressure point massage. **(5 minutes)**
8. **LED:** Apply a thin layer of **Colloidal Masque Base** to the guest's face and neck with a fan brush. Follow instructions for using the LED device. Turn off the device and remove masque from the skin with a steam towel. **(10 minutes)**
9. **IonActive™ Serum and Toner:** Apply an almond size amount of **Hyaluronic Acid IonActive™ Serum** to the face and neck. Shake well. Dispense a small amount of **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
10. **Moisturizer and SPF:** Apply **UltraCalming™ Serum Concentrate** or 6 – 10 drops of **Barrier Defense Booster**, for dry skin to reduce irritation or any redness. Apply a dime size amount of **Active Moist**, for normal to oily skin or **Skin Smoothing Cream**, for normal to dry skin to the face and neck. Or, mix with **Solar Defense Booster SPF50** for daylight protection. Layer on a dime size amount of **Barrier Repair** to seal and protect. **(2 minutes)**
Option: **Calm Water Gel** may be used on an oily skin.
11. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica hydrating facial with dermalinfusion and customized LED (50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Add steam if the guest is not extremely irritated or reactive. Or, use a dime size amount of **Special Cleansing Gel** and add water to foam up cleanser. Remove with sponges or warm steam towel **(2 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **Extractions:** Perform light extractions, cautioning if sensitivity is present. Then, apply 2 pumps of Post Extraction Solution to a dry cotton round and wipe extracted areas. **(10 minutes)**
Note: Reduce or omit extraction time to incorporate **cold stone therapy**.
8. **IonActive™ Serum and Masque:** Apply an almond size of **Oligopeptide IonActive™ Serum** or **Hyaluronic Acid IonActive™ Serum** to the face and neck. Using a fan brush, layer over **Colloidal Masque Base**, which may be applied around the eyes and lips. While masque is resting, follow instructions for using the LED device. Turn off the device and remove masque from the skin with a steam towel. **(10 minutes)**
Note: Use the appropriate LED to address your guest's skin concerns.
9. **Toner:** Spritz **Antioxidant HydraMist** evenly over face and neck. **(1 minute)**
10. **Eye Treatment:** Apply a small amount of **MultiVitamin Power Firm** applied around the eye and lip area. **(1 minute)**
11. **Moisturize and SPF:** Apply a dime size amount of **Skin Smoothing Cream** mixed with **Solar Defense Booster SPF50** over the face and neck. Or, choose **Dynamic Skin Recovery SPF50** for **AGE Smart®** benefits. **SkinPerfect Primer SPF30** can also be layered over chosen moisturizer. **(1 minute)**
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica brightening facial with dermalinfusion and green LED (50 minutes)

1. **Review Dermalogica Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Perform second cleanse under steam with 1 pump of **Skin Resurfacing Cleanser** combined with ½ teaspoon of **Daily Microfoliant®**. Mix with a small amount of water into mixing bowl to form a smooth paste and apply with a fan brush. Work over the skin with the hands and remove all traces of cleanser with sponges. Mix enough cleanser to set aside, saving the extra for exfoliation removal. **(2 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **IonActive™ Serum and LED:** Apply a small amount of **Oligopeptide IonActive Serum™** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck. Apply Green Light Therapy. Follow instructions for using the LED device. **(10 minutes)**
8. **Masque:** Dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. Customize by adding ½ teaspoon of **MultiVitamin Power Recovery® Masque** and a few drops of **Calming Botanical Mixer**. Mix and apply to the face and neck using a fan brush. **(10 minutes)**
9. **IonActive™ Serum and Toner:** Shake well and apply **Redness Relief Essence** or **Antioxidant HydraMist** evenly over face and neck. Apply a small amount of **Oligopeptide IonActive Serum™** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck for brightening and balancing of skin tone. **(1 minute)**
10. **Eye Treatment, Moisturizer and SPF:** Apply a pea-size amount of **MultiVitamin Power Firm** to the eye and lip area followed by the appropriate **Dermalogica moisturizer**. Layer with **Prisma Protect SPF30**. **(2 minutes)**
Option: Finish with **SkinPerfect Primer SPF30** for extra luminosity if skin can tolerate it
11. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica facial with dermalinfusion, NuFACE and customized LED (1hr 10 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Use the appropriate Dermalogica cleanser. Add steam if the guest is not extremely irritated or reactive. **(2 minutes)**
6. **Dermalinfusion:** Perform Dermalinfusion per manufacturer's recommendations. **(20 minutes)**
7. **Extractions:** Perform light extractions, cautioning if sensitivity is present. Then, apply 2 pumps of Post Extraction Solution to a dry cotton round and wipe extracted areas. **(5 minutes)**
8. **IonActive™ Serum:** Apply an almond size of appropriate **IonActive™ Serum** to the face and neck. **(10 minutes)**
Options:
 - a. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - b. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - c. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
9. **LED:** Choose the appropriate LED and follow instructions for using the LED device. **(10 minutes)**
10. **Microcurrent:** Apply **Colloidal Masque Base** to the face and neck with a fan brush. **Note:** It must be a non-setting masque such as a gel or cream. Remove masque from the skin with a steam towel. **(14 minutes)**
11. **Toner:** Spritz **Antioxidant HydraMist** evenly over face and neck. **(1 minute)**
12. **Eye Treatment:** Apply a small amount of **MultiVitamin Power Firm** applied around the eye and lip area. **(1 minute)**
13. **Moisturize and SPF:** Apply a dime size amount of **Skin Smoothing Cream** mixed with **Solar Defense Booster SPF50** over the face and neck. Or, choose **Dynamic Skin Recovery SPF50** for **AGE Smart®** benefits. **SkinPerfect Primer SPF30** can also be layered over chosen moisturizer. **(2 minutes)**
14. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's

dermalogica microcurrent protocol with NuFACE



Important: When using any professional exfoliation under no circumstances should you leave your guest unattended in the treatment room at any time, even if the exfoliant you have chosen would be considered mild.

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

070119

Instructions for using NuFACE Trinity Facial Trainer and ELE attachments

Follow these steps for **Basic Treatment Glides** and **Advanced Treatment Holds**. This protocol is for stimulating larger surface areas of the face such as the jawline, cheekbones, forehead and smoothing the eye and lip area. The instructions below are designed to provide the most effective results when followed correctly.

1. Remove the device from the charging cradle and turn it on by pressing the ON/OFF button. An ascending audible beep is emitted notifying you that your device is on.
2. Adjust the intensity level to your guest's comfort by pressing the intensity control buttons on the front of the device, either up (+) or down (-). As intensity increases or decreases the number of blue lights will change: all five blue lights will be illuminated at maximum intensity, only one blue light will be illuminated at minimum intensity. It is normal to not feel any sensation when using the device.
3. Place the attachment in direct contact over the areas to be treated. Always keep both probes on the face at the same time and glide or hold with medium pressure. The device emits a beep every five (5) seconds to indicate when to move to the next treatment position. (This beep will change to two (2) low tones when the battery needs recharging.) **Note:** The Facial Trainer and ELE attachments will not contract the muscles. The current is soft, soothing and mild when used correctly.

Important:

- a. Do not allow the applied toner, concentrate, or masque to dry during treatment. Reactivate by applying additional product to the treatment area(s).
- b. Turn off the device after every treatment. A descending audible beep is emitted notifying you that your device is turning off.

Directions of use: Lift one side of the face at a time. Glide or hold spheres in the pattern as shown until BEEP sounds. Move to the next position, complete each sequence 3 times for each area. Do not place spheres directly on the eyelids.



1. Place Facial Trainer spheres on nasolabial fold and **glide** toward ear avoiding the eye area.



2. Place Facial Trainer spheres slightly above brow and **glide** toward hairline.



3. Under jawline, **lift and hold** Face Trainer spheres horizontally.



4. On jawline, use Facial Trainer. **Lift and hold** with one sphere, place **other** sphere above. Continue to end of jawline.



5. Under cheekbone, **lift and hold** Facial Trainer spheres horizontally.



6. Place ELE spheres above upper lip and **hold**.



7. Place ELE spheres at the outer corner of the eye and glide to the inner corner. Complete sequence 1-2-3.



8. Place ELE spheres just below the eyebrow, **lift and hold** complete sequence 1-2-3.

dermalogica classic/men's facial with NuFACE

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam to perform the second cleanse using **UltraCalming™ Cleanser**, for sensitive skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water. Water is optional for use with **UltraCalming™ Cleanser**. Remove with sponges or warm steam towel. **(5 minutes)**
6. **Exfoliate:** Mix a dime size amount of **MultiVitamin Thermafoliant®**, for normal to oily with ingrown hair, with a dime size amount of **Special Cleansing Gel**. Add water and lightly work over the face and neck. Remove with sponges or warm steam towel. **(8 minutes)**
Option: Use **Daily Microfoliant®** instead of **MultiVitamin Thermafoliant®**.
7. **Extractions:** Dispense ½ pump of **Multi-Active Scaling Gel** into a small mixing bowl. Using a dry fan brush apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away any remaining **Multi-Active Scaling Gel** using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(15 minutes)**
8. **Microcurrent:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** followed by **Colloidal Masque Base** to the guest's face and neck with a fan brush. **Note: It must be a non-setting masque such as a gel or cream. (14 minutes)**
Option: Conductive Masque Base
Options:
 - a. Aging – **Retinol 1% IonActive™ Serum**
 - b. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - c. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - d. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
9. **Toner:** Spritz **Multi-Active Toner** evenly over the face and neck evenly. **(1 minute)**
10. **Moisturizer and SPF:** Using a dime size amount of **Active Moist**, apply to face and neck or mix with **Solar Defense Booster SPF50** for daylight protection. **(2 minutes)**
11. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica detox facial with NuFACE

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam to perform the second cleanse using **Clearing Skin Wash**, for oily, acne skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water to foam up cleanser. Remove with sponges or warm steam towel. **(2 minutes)**
Option:
 - a. For a deep cleanse, mix the appropriate Dermalogica cleanser with 1 pump of **Multi-Active Scaling Gel**, apply with a fan brush and perform a cleansing routine.
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®**, for normal to sensitive skin with a small amount of water to a frothy consistency. Mix in 1-2 pumps of **Multi-Active Scaling Gel**. Apply evenly over the face and neck, avoiding the eyes. Using the fingertips, work over the skin in small circular movements. Steam is optional. Remove with warm steam towel and damp sponges. **(10 minutes)**
Option: **Daily Microfoliant® + Exfoliant Accelerator 35** – add 1 – 2 pumps of EA35 to **Daily Microfoliant®**.
7. **Extractions:** Dispense ½ pump of **Multi-Active Scaling Gel** into a small mixing bowl. Using a dry fan brush apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away any remaining **Multi-Active Scaling Gel** using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(10 minutes)**
8. **Masque:** Using a fan brush apply about 1 tablespoon of **Clinical Oatmeal Masque** to face and neck. While masque is resting, **massage** neck and shoulders. Remove masque and massage medium with warm steam towel. **(7 minutes)**
9. **Microcurrent:** Apply an almond size amount of the appropriate **Dermalogica IonActive™ Serum** followed by a generous amount of **Colloidal Masque Base** to the guest's face and neck with a fan brush. **(14 minutes)**
Option: Conductive Masque Base
Options:
 - a. Aging – **Retinol 1% IonActive™ Serum**
 - b. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - c. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - d. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
10. **Toner:** Spritz **Multi-Active Toner** over the entire face and neck evenly **(1 minute)**
11. **Moisturizer and SPF:** Apply a dime size amount of **Active Moist**, for normal to oily skin or **Skin Smoothing Cream**, for normal to dry to the face and neck or mix with **Solar Defense Booster SPF50** for daylight protection. **(1 minute)**
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica sensitive facial w/NuFACE

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Add steam if the guest is not extremely irritated or reactive. Remove with sponges or warm steam towel. **(3 minutes)**
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®**, for normal to sensitive skin, with a small amount of water to a frothy consistency. Apply evenly over the face and neck, avoiding the eyes. Using the fingertips, work over the skin in small circular movements. Let rest if movement is too stimulating. Steam is optional. Exfoliation time may be reduced for overly sensitive or sensitized skin. **(10 minutes)**
7. **IonActive and Massage:** Apply an almond size of **Hyaluronic Acid IonActive™ Serum** to the face and neck and perform a pressure point massage. **(5 minutes)**
8. **Masque:** Dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. **(10 minutes)**
9. **Microcurrent:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** followed by a generous amount of **Colloidal Masque Base** to the guest's face and neck with a fan brush. **Note: It must be a non-setting masque such as a gel or cream. (14 minutes)**
Option: Conductive Masque Base
Options:
 - a. Aging – **Retinol 1% IonActive™ Serum**
 - b. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - c. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - d. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
10. **Treat/Toner:** Shake well. Dispense a small amount of **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
11. **Moisturizer and SPF:** Apply **UltraCalming™ Serum Concentrate** or 6 – 10 drops of **Barrier Defense Booster**, for dry skin to seal and protect to reduce irritation or any redness. Apply a dime size amount of **Active Moist**, for normal to oily skin or **Skin Smoothing Cream**, for normal to dry skin to the face and neck. Or, mix with **Solar Defense Booster SPF50** for daylight protection. **(2 minutes)**
Option: Calm Water Gel may be used on an oily skin.
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica rosacea amber LED facial with NuFACE

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(2 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water or **Intensive Moisture Cleanser** for extremely dry skin. Distant steam is optional if guest is not extremely irritated or reactive. Remove with damp esthetic wipes. **(2 minutes)**
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®** with a small amount water to a frothy consistency. Apply evenly over the face and neck, avoiding the eyes. Using the fingertips, work over the skin in small circular movements. Steam is optional. Exfoliation time may be reduced for overly sensitive or sensitized skin. Remove with cool steam towel. **(4 minutes)**
7. **LED:** Apply an almond size of **Hyaluronic Acid IonActive™ Serum** to the face and neck. Follow instructions for using the LED device. Turn off the device and proceed to the microcurrent step. **(6 minutes)**
8. **Microcurrent:** Apply **Colloidal Masque Base** to the face and neck face so that the device glides easily. **(10 minutes)**
9. **Masque:** Apply **Clinical Oatmeal Masque** to the face and neck. Dampen two 2x2 gauze with water and layer over eyes. Fully unfold a 4x4 gauze, dampen with **MultiActive Toner** and place it from forehead to neck over the masque. Mix about 1/3 of a packet of **Contour Masque** with **cool** water, to a stretchy paste (a little like cake icing/frosting; thin enough to spread, thick enough not to run). Apply to the face and neck with a facial spatula, covering all areas *except* nostrils and mouth. May cover eyes and lips. Apply thoroughly, without any holes. **(20 minutes)**
Contour Masque application video: <https://youtu.be/Ps5TWHel1v4>
10. **Massage:** *While masque is resting.* Apply recommended massage product or **Dermalogica Massage Gel-Cream** as an option and work on neck and shoulders during masque. Once set, remove Contour Masque in one piece and wipe away any residue with damp, cool esthetic wipes. Remove massage medium with warm steam towel.
11. **Tone/Treat:** Shake well and dispense a small amount of **Redness Relief Essence** into palm and pat evenly over the face, neck. **(1 minute)**
12. **Moisturizer and SPF:** Apply **UltraCalming™ Serum Concentrate** or 6 – 10 drops of **Barrier Defense Booster**, for dry skin to reduce irritation or any redness. Layer on a dime size amount of **Calm Water Gel**. For daylight protection, layer on **Solar Defense Booster SPF50** or **Super Sensitive Shield SPF30** Incorporate a thin layer of **Barrier Repair** to seal and protect. **(1 minute)**
13. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica rejuvenating facial w/NuFACE

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam and dispense about a dime size amount of **Skin Resurfacing** Cleanser and add water. Remove with sponges or warm steam towel. **(1 minute)**
6. **Exfoliate:** Apply ½ tube of **MultiVitamin Power Exfoliant**, for brightening and resurfacing, to the face and neck. Use 1 full tube if décolleté will be included. Work over the skin using light, circular movements. Keep movement continuous to dissipate any tingling. For **sensitive skin: 3-5 minutes with no steam**; for **coarser skin: 4-7 minutes with steam**. Pay special attention to areas of visual dryness, fine lines and sun damage. To remove, wipe skin with damp sponges then perform a condensed double cleanse using **PreCleanse** followed by **Special Cleansing Gel**. **Note:** Unused portion of **MultiVitamin Power Exfoliant** can be re-capped and stored up to 5 days for later use. **(10 minutes)**
Option: Upgrade by using **Daily Superfoliant™** instead of **MultiVitamin Power Exfoliant**.
7. **Extractions:** Dispense ½ pump of **Multi-Active Scaling Gel** into a small mixing bowl. Using a dry fan brush apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away any remaining **Multi-Active Scaling Gel** using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(10 minutes)**
Note: Omit **Multi-Active Scaling Gel** if skin cannot tolerate it following professional exfoliation.
8. **Facial Massage:** Apply the recommended massage product or **Dermalogica Massage Gel-Cream** to the face and perform a freestyle facial massage. Remove with warm steam towel. **(8 minutes)**
9. **Microcurrent:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** followed by a generous amount of **Colloidal Masque Base** to the guest's face and neck with a fan brush. **Note: It must be a non-setting masque such as a gel or cream. (14 minutes)**
Option: Conductive Masque Base
Options:
 - a. Aging – **Retinol 1% IonActive™ Serum**
 - b. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - c. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - d. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
10. **Toner:** Spritz **Antioxidant HydraMist** evenly over the face and neck. **(1 minute)**
11. **Eye Treatment:** Apply **MultiVitamin Power Firm** around the eye and lip area. **(1 minute)**
12. **Moisturizer:** Apply a dime sized amount of **Skin Smoothing Cream** to the face and neck or **Dynamic Skin Recovery SPF50** if it is after daylight hours. **SkinPerfect Primer SFP30** can also be layered over chosen moisturizer. **(2 minutes)**
13. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica hydrating facial w/NuFACE

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Or, use a dime size amount of **Special Cleansing Gel** and add water to foam up cleanser. Add steam if the guest is not extremely irritated or reactive **(2 minutes)**
Option: Intensive Moisture Cleanser
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®**, for normal to sensitive skin, with a small amount of water to a frothy consistency. Add 1 pump of **Exfoliant Accelerator 35**. With a fan brush, apply evenly over the face and neck, avoiding the eyes. Apply steam. Using the fingertips, work lightly over the skin in small circular movements. and remove with sponges or warm steam towel. **(8 minutes)**
7. **Extractions:** Dispense ½ pump of **Multi-Active Scaling Gel** into a small mixing bowl. Using a dry fan brush apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away any remaining **Multi-Active Scaling Gel** using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(10 minutes)**
Note: Reduce or omit extraction time to incorporate **cold stone therapy**.
8. **IonActive™ Serum and Masque:** Apply an almond size of **Oligopeptide IonActive™ Serum** or **Hyaluronic Acid IonActive™ Serum** to the face and neck. Using a fan brush, layer over **Colloidal Masque Base**, which may be applied around the eyes and lips. While masque is resting, apply the recommended massage product or **Dermalogica's Massage Gel-Cream** and perform a chest and shoulder massage. **(8 minutes)**
Option: Conductive Masque Base
9. **Microcurrent:** Make sure there is enough **Colloidal Masque Base** present on the face so that the device glides easily, reapply if necessary. Remove masque and massage medium when complete. **(14 minutes)**
10. **Toner:** Spritz **Antioxidant HydraMist** evenly over face and neck. **(1 minute)**
11. **Eye Treatment:** Apply a small amount of **MultiVitamin Power Firm** around the eye and lip area. **(1 minute)**
12. **Moisturize and SPF:** Pat a small amount of **Calm Water Gel** gently into the face and neck. Follow by applying a dime size amount of **Skin Smoothing Cream** mixed with **Solar Defense Booster SPF50**. Or, choose **Dynamic Skin Recovery SPF50** for **AGE Smart®** benefits. **SkinPerfect Primer SPF30** can also be layered over chosen moisturizer. **(1 minute)**
Option: Moisture Balance
13. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

brightening facial w/NuFACE

(50 minutes)

1. **Review Dermalogica Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Perform second cleanse under steam with 1 pump of **Skin Resurfacing Cleanser** combined with ½ teaspoon of **Daily Microfoliant®**. Mix with a small amount of water into mixing bowl to form a smooth paste and apply with a fan brush. Work over the skin with the hands and remove all traces of cleanser with sponges. Mix enough cleanser to set aside, saving the extra for exfoliation removal. **(2 minutes)**
6. **Exfoliate:** Mix 1 tube of **MultiVitamin Power Exfoliant** with 1 pump of **Exfoliant Accelerator 35** into hands and apply to skin. Massage over the face and neck using light circular movements for 3 – 7 minutes, avoiding the eyes and lips. **Note:** A thin layer of **Colloidal Masque Base** may be applied around the eyes and mouth for protection if needed. **(7 minutes)**
7. **Removal:** Wipe with dry gauze, or if signs of sensitivity are present, dampen gauze with cool water and gently wipe the skin to remove. To further remove any exfoliated debris and for additional brightening benefits, use the extra product from second cleanse by reactivating it with a small amount of water. Apply using a fan brush and work onto skin. Remove with steam towel customize with **Calming Botanical Mixer**. **(3 minutes)**
8. **IonActive™ Serum and Masque:** Apply a small amount of **Oligopeptide IonActive™ Serum** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck. Dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. Customize by adding ½ teaspoon of **MultiVitamin Power Recovery® Masque** and a few drops of **Calming Botanical Mixer**. Apply to the face and neck using a fan brush. **(15 minutes)**
9. **Massage:** During the masque, apply 6 drops of **Revitalizing Additive** to the chest and shoulders, layer on the recommend massage product or use **Dermalogica's Massage Gel-Cream** and perform a massage. Remove masque and massage medium with a steam towel customized with **Calming Botanical Mixer**. **(6 minutes)**
10. **Microcurrent:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** followed by a generous amount of **Colloidal Masque Base** to the guest's face and neck with a fan brush. **Note:** It must be a non-setting masque such as a gel or cream. **(14 minutes)** **Option: Conductive Masque Base**
Options:
 - a. **Aging – Retinol 1% IonActive™ Serum**
 - b. **Sensitive skin – Hyaluronic Acid IonActive™ Serum**
 - c. **Oily / acneic skin – Niacinamide IonActive™ Serum**
 - d. **Hyperpigmentation – Oligopeptide IonActive™ Serum**
11. **IonActive™ Serum and Toner:** Shake well and apply **Redness Relief Essence** or **Antioxidant HydraMist** evenly over face and neck. Apply a small amount of **Oligopeptide IonActive™ Serum** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck for brightening and balancing of skin tone. **(1 minute)**
12. **Eye Treatment, Moisturizer and SPF:** Apply a pea-size amount of **MultiVitamin Power Firm** to the eye and lip area followed by the appropriate **Dermalogica moisturizer**. Layer with **Prisma Protect SPF30**. **(2 minutes)**
Option: Finish with **SkinPerfect Primer SPF30** for extra luminosity if skin can tolerate it.
13. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

microdermabrasion with NuFACE

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(2 minutes)**
5. **Second Cleanse:** Add steam to perform the second cleanse using **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water to foam up cleanser. Remove with sponges or warm steam towel. **(1 minute)**
6. **Exfoliate:** Perform microdermabrasion per manufacturer's recommendations. **(15 minutes)**
7. **If needed:** Remove any leftover residue with a warm steam towel. An optional cleanse with **PreCleanse** and/or **Special Cleansing Gel** may be used if needed. **(2 minutes)**
8. **Extractions:** Perform light extractions, cautioning if sensitivity is present. Then, apply 2 pumps of **Post Extraction Solution** to a dry cotton round and wipe extracted areas. **(10 minutes)**
9. **Treat/Toner:** Shake well. Dispense a small amount of **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
10. **Microcurrent:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** followed by a generous amount of **Colloidal Masque Base** to the guest's face and neck with a fan brush. **Note: It must be a non-setting masque such as a gel or cream. (14 minutes)**
Option: Conductive Masque Base
Options:
 - a. Aging – **Retinol 1% IonActive™ Serum**
 - b. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - c. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - d. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
11. **Treat/Toner:** Shake well. Dispense a small amount of **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
12. **Eyes and lips:** Apply **MultiVitamin Power Firm** to eye and lip area. **(1 minute)**
13. **Moisturizer:** Apply **UltraCalming™ Serum Concentrate** or 6 – 10 drops of **Barrier Defense Booster**, for dry skin to reduce irritation or any redness. Apply the appropriate **Dermalogica moisturizer** and follow with **Solar Defense Booster SPF50** if daytime treatment. Layer on **Barrier Repair** to seal and protect the skin. **SkinPerfect Primer SPF30** can also be layered over chosen **moisturizer. (1 minute)**
Option: Calm Water Gel may be used on an oily skin.
14. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica protocols for LED treatments workbook



Important: When using any professional exfoliation under no circumstances should you leave your guest unattended in the treatment room at any time, even if the exfoliant you have chosen would be considered mild.

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

070119

contraindications: light emitting diode (led) light therapy

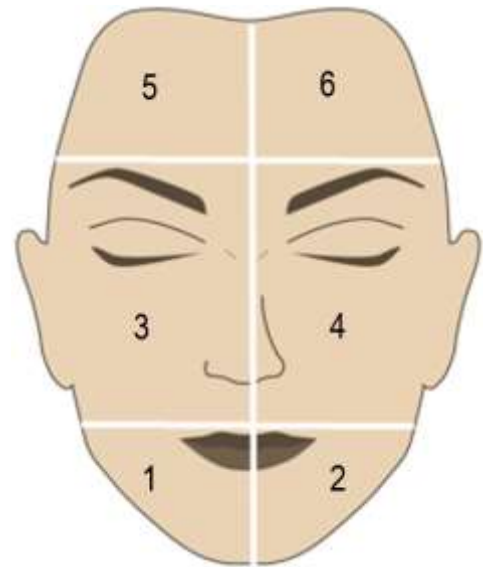
- Open wounds
- Sunburn
- Recent radiation therapy
- Cancerous lesions or recent
- Injections in the treatment areas
- Recent Lasik or eye surgery
- Essential oils or perfumes on the area to be treated
- Pacemaker or defibrillator
- Avoid direct use over the thyroid area if there has been any thyroid diagnosis or problem
- When in doubt, refer guest to confirm treatment eligibility with health care provider before going forward

led treatment chart

Use this chart as a guide when administering treatment with the hand-held LED device. The LED device should be hovered over each section for 30 seconds. It is designed to administer 6 thirty second spot treatments. Do not press the device onto the skin.

directions for use: Follow the chart as a guide for each section to treat. Place protective goggles over the guest's eyes and turn on the hand-held LED device and hover the LED hand-held device about ½" from the skin. **Note:** Do not make contact with the skin.

- Start in section 1** by working upward and outward from the center chin toward the lower ear.
- Repeat in section 2.**
- Section 3** on the cheek area, work upward and outward toward the middle ear area. Still in section 3 position the device beneath the eye area (do not pass the periorbital bone). Work upward and outward toward the temple.
- Repeat in section 4.**
- Section 5** hover the device over the center of the forehead and work horizontally toward the hairline.
- Repeat in section 6.**



detox facial protocol with blue light led

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam to perform the second cleanse using **Clearing Skin Wash**, for oily, acne skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water to foam up cleanser. Remove with sponges or warm steam towel. **(2 minutes)**
Option:
 - a. For a deep cleanse, mix the appropriate Dermalogica cleanser with 1 pump of **Multi-Active Scaling Gel**, apply with a fan brush and perform a cleansing routine.
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®**, for normal to sensitive skin with a small amount of water to a frothy consistency. Mix in 1-2 pumps of **Multi-Active Scaling Gel**. Apply evenly over the face and neck, avoiding the eyes. Using the fingertips, work over the skin in small circular movements. Steam is optional. Remove with warm steam towel and damp sponges. **(10 minutes)**
Option:
 - a. **Daily Microfoliant® + Exfoliant Accelerator 35** – add 1 – 2 pumps of EA35 to **Daily Microfoliant®**.
7. **Extractions:** Dispense ½ pump of **Multi-Active Scaling Gel** into a small mixing bowl. Using a dry fan brush apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away any remaining **Multi-Active Scaling Gel** using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(10 minutes)**
8. **Masque:** Using a fan brush apply about 1 tablespoon of **Clinical Oatmeal Masque** to face and neck. While masque is resting, **massage** neck and shoulders. Use recommended massage product or **Dermalogica Massage Gel-Cream** as an option. Remove masque and massage medium with warm steam towel. **(10 minutes)**
9. **LED:** Apply a thin layer of **Colloidal Masque Base** to the guest's face and neck with a fan brush. Follow instructions for using the LED device. Turn off the device and remove masque from the skin with a steam towel. **(10 minutes)**
Option: Conductive Masque Base
10. **IonActive™ and Toner:** Apply an almond size of **Niacinamide IonActive™ Serum** to the entire face focusing on areas of breakouts and oily skin. Then spritz **Multi-Active Toner** over the entire face and neck evenly. **(1 minute)**
11. **Moisturizer and SPF:** Apply a dime size amount of **Active Moist**, for normal to oily skin or **Skin Smoothing Cream**, for normal to dry skin to the face and neck. Or, mix with **Solar Defense Booster SPF50** for daylight protection. **(2 minutes)**
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

sensitive skin facial with red light or blue light led

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(2 minutes)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(2 minutes)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(5 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Add steam if the guest is not extremely irritated or reactive. Remove with sponges or warm steam towel. **(3 minutes)**
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®**, for normal to sensitive skin, with a small amount of water to a frothy consistency. Apply evenly over the face and neck, avoiding the eyes. Using the fingertips, work over the skin in small circular movements. Steam is optional. Exfoliation time may be reduced for overly sensitive or sensitized skin. **(5 minutes)**
7. **IonActive™ Serum and Massage:** Apply almond size of **Hyaluronic Acid IonActive™ Serum** to the face and neck and perform a pressure point massage. **(5 minutes)**
8. **Masque:** Dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. Remove with steam towel. **(15 minutes)**
9. **LED:** Apply a thin layer of **Colloidal Masque Base** to the guest's face and neck with a fan brush. Follow instructions for using the LED device. Turn off the device and remove masque from the skin with a steam towel. **(10 minutes)**
Option: Conductive Masque Base
10. **IonActive™ Serum and Treat/Toner:** Apply an almond size amount of **Hyaluronic Acid IonActive™ Serum** to the face and neck. Shake well. Dispense a small amount of **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
11. **Moisturizer and SPF:** Apply **UltraCalming™ Serum Concentrate** or 6 – 10 drops of **Barrier Defense Booster**, for dry skin to reduce irritation or any redness. Apply a dime size amount of **Active Moist**, for normal to oily skin or **Skin Smoothing Cream**, for normal to dry skin to the face and neck. Or, mix with **Solar Defense Booster SPF50** for daylight protection. Layer on a dime size amount of **Barrier Repair** to seal and protect. **(2 minutes)**
Option: Calm Water Gel may be used on an oily skin.
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica rosacea amber LED facial

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(2 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water or **Intensive Moisture Cleanser** for extremely dry skin. Distant steam is optional if guest is not extremely irritated or reactive. Remove with damp esthetic wipes. **(2 minutes)**
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®** with a small amount water to a frothy consistency. Apply evenly over the face and neck, avoiding the eyes. Using the fingertips, work over the skin in small circular movements. Steam is optional. Exfoliation time may be reduced for overly sensitive or sensitized skin. Remove with cool steam towel. **(4 minutes)**
7. **Ion Active™ Serum and Massage:** Apply an almond size of **Hyaluronic Acid IonActive™ Serum** to the face and neck and perform a pressure point massage or lymphatic drainage. **(5 minutes)**
8. **LED:** Follow instructions for using the LED device. **(6 minutes)**
9. **Masque:** Apply **Clinical Oatmeal Masque** to the face and neck. Dampen a 2x2 gauze with water and layer over eyes. Fully unfold a 4x4 gauze, dampen with **MultiActive Toner** and place it from forehead to neck over the masque. Mix about 1/3 of a packet of **Contour Masque** with **cool** water, to a stretchy paste (a little like cake icing/frosting; thin enough to spread, thick enough not to run). Apply to the face and neck with a facial spatula, covering all areas *except* nostrils and mouth. May cover eyes and lips if ok with guest. Apply thoroughly, without any holes. Allow to set for 20 minutes. **(25 minutes)**. **Contour Masque application video:** <https://youtu.be/Ps5TWHel1v4>
10. **Massage:** While masque is resting. Apply recommended massage product or **Dermalogica Massage Gel-Cream** as an option and massage the neck and shoulders. Once set, remove in one piece and wipe away any residue with damp, cool esthetic wipes. Remove massage medium with a warm steam towel.
11. **Toner/Treatment:** Shake well. Dispense **Redness Relief Essence** into palm and pat evenly over the face and neck. **(1 minute)**
12. **Moisturizer and SPF:** Apply **UltraCalming™ Serum Concentrate** or 6 – 10 drops of **Barrier Defense Booster**, for dry skin to reduce irritation or any redness. Layer on a dime size amount of **Calm Water Gel**. For daylight protection, layer on **Solar Defense Booster SPF50**. Incorporate a thin layer of **Barrier Repair** to seal and protect. **(1 minute)**
13. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

rejuvenating facial with red light led (50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Add steam and dispense about a dime size amount of **Skin Resurfacing Cleanser** and add water. Remove with sponges or warm steam towel. **(1 minute)**
6. **Exfoliate:** Apply ½ tube of **MultiVitamin Power Exfoliant**, for brightening and resurfacing, to the face and neck. Use 1 full tube if décolleté will be included. Work over the skin using light, circular movements. Keep movement continuous to dissipate any tingling. For **sensitive skin: 3-5 minutes with no steam**; for **coarser skin: 4-7 minutes with steam**. Pay special attention to areas of visual dryness, fine lines and sun damage. To remove, wipe skin with damp sponges then perform a condensed double cleanse using **PreCleanse** followed by **Special Cleansing Gel**. **Note:** Unused portion of **MultiVitamin Power Exfoliant** can be re-capped and stored up to 5 days for later use. **(10 minutes)**
Option: Upgrade by using **Daily Superfoliant™** instead of **MultiVitamin Power Exfoliant**.
7. **Extractions:** Dispense ½ pump of **Multi-Active Scaling Gel** into a small mixing bowl. Using a dry fan brush apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away any remaining **Multi-Active Scaling Gel** using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. Omit **Multi-Active Scaling Gel** if skin cannot tolerate following exfoliation. **(10 minutes)**
8. **Facial massage:** Apply the recommended massage product or **Dermalogica Massage Gel-Cream** to the face and perform a freestyle facial massage. Remove with warm steam towel. **(10 minutes)**
9. **LED:** Apply a thin layer of **Colloidal Masque Base** to the guest's face and neck with a fan brush. Follow instructions for using the LED device. Turn off the device and remove masque from the skin with a steam towel. **(10 minutes)**
Option: **Conductive Masque Base**
10. **IonActive™ Serum and Toner:** Apply almond size of **Retinol 1% IonActive™ Serum** or **Oligopeptide IonActive™ Serum** to face and neck. Spritz with **Antioxidant HydraMist**. **(1 minute)**
11. **Eye Treatment.** Apply **MultiVitamin Power Firm** around the eye and lip area. **(1 minute)**
12. **Moisturizer:** Apply a dime size amount of **Skin Smoothing Cream** to the face and neck or **Dynamic Skin Recovery SPF50** for daylight protection. **SkinPerfect Primer SPF30** may be layered over moisturizer. **(2 minutes)**
13. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

dermalogica hydrating facial with customized led (50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Dispense **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Dispense about a dime size amount of **UltraCalming™ Cleanser**, which may be used with or without water. Add steam if the guest is not extremely irritated or reactive. Or, use a dime size amount of **Special Cleansing Gel** and add water to foam up cleanser. **(2 minutes)**
Option: Intensive Moisture Cleanser
6. **Exfoliate:** Using a small mixing bowl and fan brush, mix ½ tsp. of **Daily Microfoliant®**, for normal to sensitive skin, with a small amount of water to a frothy consistency. Add 1 pump of **Exfoliant Accelerator 35**. With a fan brush, apply evenly over the face and neck, avoiding the eyes. Apply steam. Using the fingertips, work lightly over the skin in small circular movements. and remove with sponges or warm steam towel. **(12 minutes)**
7. **Extractions:** Dispense ½ pump of into a small mixing bowl. Using a dry fan brush apply only to the areas that will be extracted. Allow gel to activate and soften impactions for 3 minutes. Steam is optional. Perform extractions using the **Dermalogica Extraction Technique**, then wipe away any remaining **Multi-Active Scaling Gel** using a damp sponge or esthetic wipe. Follow by dispensing 2 pumps of **Post Extraction Solution** onto a dry piece of cotton and wipe extracted areas. **(15 minutes)**
Note: Reduce or omit extraction time to incorporate **cold stone therapy**.
8. **IonActive™ Serum and Masque:** Apply an almond size of **Oligopeptide IonActive™ Serum** or **Hyaluronic Acid IonActive™ Serum** to the face and neck. Using a fan brush, layer over **Colloidal Masque Base**, which may be applied around the eyes and lips. While masque is resting, follow instructions for using the LED device. Turn off the device and remove masque from the skin with a steam towel. **Note:** Use the appropriate LED to address your guest's skin concerns. **(10 minutes)**
Option: Conductive Masque Base
9. **Toner:** Spritz **Antioxidant HydraMist** evenly over face and neck. **(1 minute)**
10. **Eye Treatment:** Apply a small amount of **MultiVitamin Power Firm** around the eye and lip area. **(1 minute)**
11. **Moisturize and SPF:** Pat a small amount of **Calm Water Gel** gently into the face and neck. Follow by applying a dime size amount of **Skin Smoothing Cream** mixed with **Solar Defense Booster SPF50**. Or, choose **Dynamic Skin Recovery SPF50** for **AGE Smart®** benefits. **SkinPerfect Primer SPF30** can also be layered over chosen moisturizer. **(2 minutes)**
Option: Intensive Moisture Balance
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

brightening facial with green light led skin photo therapy

(50 minutes)

1. **Review Dermalogica Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(1 minute)**
4. **Face Mapping®:** Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second Cleanse:** Perform second cleanse under steam with 1 pump of **Skin Resurfacing Cleanser** combined with ½ teaspoon of **Daily Microfoliant®**. Mix with a small amount of water into mixing bowl to form a smooth paste and apply with a fan brush. Work over the skin with the hands and remove all traces of cleanser with sponges. Mix enough cleanser to set aside, saving the extra for exfoliation removal. **(2 minutes)**
6. **Exfoliate:** Mix 1 tube of **MultiVitamin Power Exfoliant** with 1 pump of **Exfoliant Accelerator 35** into hands and apply to skin. Massage over the face and neck using light circular movements for 3 – 7 minutes, avoiding the eyes and lips. **Note:** A thin layer of **Colloidal Masque Base** may be applied around the eyes and mouth for protection if needed. **(7 minutes)**
7. **Removal:** Wipe with dry gauze, or if signs of sensitivity are present, dampen gauze with cool water and gently wipe the skin to remove. To further remove any exfoliated debris and for additional brightening benefits, use the extra product from second cleanse by reactivating it with a small amount of water. Apply using a fan brush and work onto skin. Remove with steam towel customized with **Calming Botanical Mixer**. **(3 minutes)**
Option: If guest's skin can tolerate additional exfoliation, blot skin dry and perform **microdermabrasion** on lowest level, adjust if needed. **Note:** Add-on time is required for this option.
8. **IonActive™ Serum and LED:** Apply a small amount of **Oligopeptide IonActive™ Serum** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck. Apply Green Light Therapy. Follow instructions for using the LED device. **(10 minutes)**
9. **Masque:** Dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. Dispense ½ tablespoon of **Clinical Oatmeal Masque** into a mixing bowl. Using a fan brush, evenly apply to the face and neck. It may also be applied around the eyes and lips. Customize by adding ½ teaspoon of **MultiVitamin Power Recovery® Masque** and a few drops of **Calming Botanical Mixer**. Apply to the face and neck using a fan brush. **(10 minutes)**
Option: Conductive Masque Base
10. **Massage:** During the masque, apply 6 drops of **Revitalizing Additive to the neck** and shoulders and perform a massage. Remove masque and massage medium with a steam towel customized with **Calming Botanical Mixer**. **(10 minutes)**
11. **IonActive™ Serum and Toner:** Shake well and apply **Redness Relief Essence** or **Antioxidant HydraMist** evenly over face and neck. Apply a small amount of **Oligopeptide IonActive™ Serum** to specific areas of hyperpigmentation or an almond size amount for the entire face and neck for brightening and balancing of skin tone. **(1 minute)**
12. **Eye Treatment, Moisturizer and SPF:** Apply a pea-size amount of **MultiVitamin Power Firm** to the eye and lip area followed by the appropriate **Dermalogica moisturizer**. Layer with **Prisma Protect SPF30**. **(2 minutes)**
Option: Finish with **SkinPerfect Primer SPF30** for extra luminosity if skin can tolerate it
13. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

microdermabrasion with led

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(2 minutes)**
4. **Face Mapping®:** Explain your findings to guest while completing the **Face Mapping®**. Ensure the guest is not contraindicated to LED. Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second cleanse:** Add steam and dispense a dime size about of the appropriate **Dermalogica cleanser**. Add water if needed. Remove sponges, esthetic wipes or steam towel. **(2 minutes)**
6. **Exfoliate:** Perform microdermabrasion per manufacturer's recommendations. If needed: Remove any leftover residue with a warm steam towel. An optional cleanse with **PreCleanse** and/or **Special Cleansing Gel** may be used if needed. **(15 minutes)**
7. **IonActive™ Serum and Massage:** Apply an almond size of **Oligopeptide IonActive™ Serum** or **Hyaluronic Acid IonActive™ Serum** to the face and neck and perform a pressure point massage. **(10 minutes)**
8. **LED:** Apply the appropriate **IonActive™ Serum** (excluding **Retinol 1% IonActive™ Serum**) followed by **Colloidal Masque Base**. Follow instructions for using the LED device. Turn off the device and remove masque from the skin with a steam towel. **Option: Conductive Masque Base.** **(10 minutes)**
Options:
 - a. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - b. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - c. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
9. **Toner:** Shake well. Dispense a small amount of **Redness Relief Essence** into palm and pat evenly over the face and neck. **(2 minutes)**
10. Apply **MultiVitamin Power Firm** to eye and lip area. **(1 minute)**
11. **Moisturizer:** Apply a small amount of **Calm Water Gel** and follow with the appropriate **Dermalogica moisturizer** mixed with **Solar Defense SPF50**. Layer on a dime size amount of **Barrier Repair** to seal and protect. **SkinPerfect Primer SPF30** is also an option. **(4 minutes)**
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

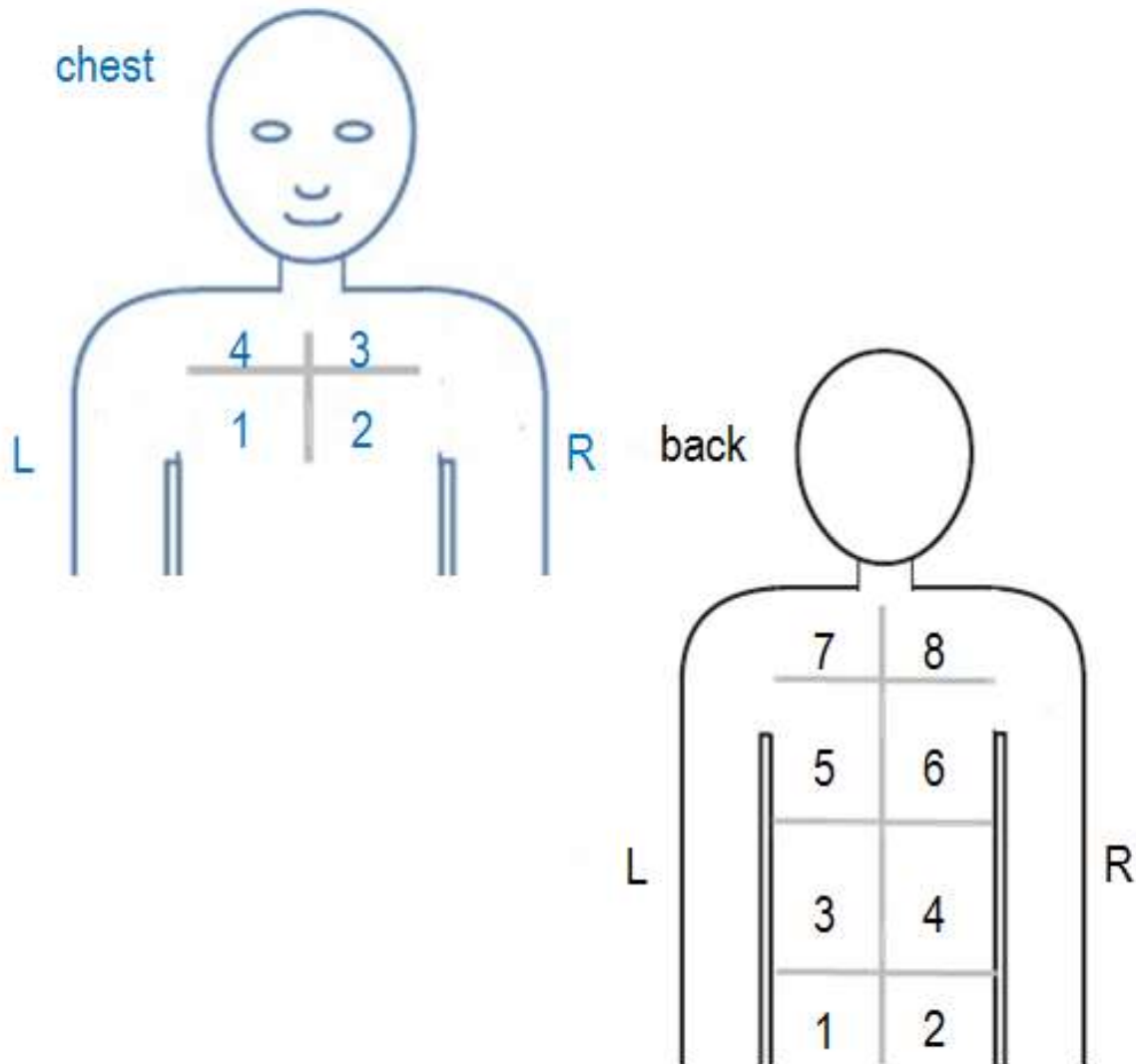
NuFACE with LED

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Cleanse eyes and lips:** Apply a small amount of **PreCleanse** to 3 damp cotton rounds. Place one cotton round on each eye. Use the third cotton round to cleanse the lips. Follow by cleansing each eye one at a time. Rinse eyes and lips with damp sponges. **(1 minute)**
3. **First Cleanse:** Start the first cleanse by dispensing **PreCleanse** into dry hands. Massage over dry face and eyes to dissolve surface oils. Wet hands, and continue cleansing to create a light, milky emulsion. Remove with sponges or warm steam towel. **(2 minutes)**
4. **Face Mapping®:** Explain your findings to guest while completing the Face Mapping®. Ensure the guest is not contraindicated to LED. Explain your findings to the guest as you document any areas of concern. **(3 minutes)**
5. **Second cleanse:** Add steam and dispense a dime size amount of the appropriate Dermalogica cleanser. Add water if needed. Remove sponges, esthetic wipes or steam towel. **(2 minutes)**
6. **Exfoliate:** Apply the appropriate Dermalogica professional exfoliant and follow the specific product directions. Remove with sponges, esthetic wipes or steam towel. **(10 minutes)**
Options:
 - a. For dehydrated skin, apply **Daily Microfoliant®** customize with 1 pump of **Exfoliant Accelerator 35**.
 - b. For pigmentation, sun damaged or aging skin, apply ½ tube of **MultiVitamin Power Exfoliant**.
7. **IonActive™ Serum and Massage:** Apply an almond size of **Oligopeptide IonActive™ Serum** or **Hyaluronic Acid IonActive™ Serum** to the face and neck and perform a pressure point massage. **Note:** If using the **Retinol 1% IonActive™ Serum**, **LED must be performed before Retinol is applied**, as LED degrades Retinol. **(10 minutes)**
Options:
 - a. Aging – **Retinol 1% IonActive™ Serum**
 - b. Sensitive skin – **Hyaluronic Acid IonActive™ Serum**
 - c. Oily / acneic skin – **Niacinamide IonActive™ Serum**
 - d. Hyperpigmentation – **Oligopeptide IonActive™ Serum**
8. **LED:** Follow instructions for using the LED device. **(10 minutes)**
9. **Microcurrent:** Apply **Colloidal Masque Base** to the face and neck with a fan brush. **Note: It must be a non-setting masque such as a gel or cream.** Remove masque from the skin with a steam towel **(10 minutes)**
Option: Conductive Masque Base
10. **Treat/Toner:** Shake well. Dispense a small amount of **Redness Relief Essence** into palm and pat evenly over the face and neck. **(2 minutes)**
11. **Eye Treatment and Moisturizer:** Apply **MultiVitamin Power Firm** to eye and lip area. Apply the appropriate **Dermalogica moisturizer** and follow with **Solar Defense SPF50**. Layer on a dime size amount of **Barrier Repair** to seal and protect. **SkinPerfect Primer SPF30** is also an option. **(2 minutes)**
12. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

chest and back chart application for treatment with LED

Use this chart as a guide when administering treatment with the hand-held LED device. The LED device should be hovered over each section for 30 seconds. It is designed to administer 6 thirty second spot treatments. Do not press the device onto the skin.



Important: When using any professional exfoliation under no circumstances should you leave your guest unattended in the treatment room at any time, even if the exfoliant you have chosen would be considered mild.

chest protocol with red light led

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Map the back area:** Explain your findings to the guest as you document any areas of concern. **(4 minutes)**
3. **Dermalogica Double Cleanse:** Begin with **PreCleanse** for the first cleanse, then use **Skin Resurfacing Cleanser** or the appropriate **cleanser** for guest on the second cleanse under steam. Remove all traces of cleanser with steam towel. **(5 minutes)**
4. **Exfoliate:** Twist open one applicator 1 full tube of **MultiVitamin Power Exfoliant**. Apply and massage onto the décolleté using circular motions. Work over the skin using light, circular movements. Keep movement continuous to dissipate any tingling. For **sensitive skin: 3-5 minutes with no steam**; for **coarser skin: 4-7 minutes with steam**. Pay special attention to areas of visual dryness, fine lines and sun damage. To remove, wipe skin with damp sponges then perform a condensed double cleanse using **PreCleanse** followed by **Special Cleansing Gel**. **(10 minutes)**
Option: One pump of **Exfoliant Accelerator 35** may be added for increased activity.
5. **Dermalogica Double Cleanse:** Perform a double cleanse using **PreCleanse** followed by **Special Cleansing Gel** and remove all traces of the exfoliant with steam towel. **(5 minutes)**
6. **Massage:** Apply the recommended massage product or **Dermalogica Massage Gel-Cream** to the neck shoulders and décolleté and perform a freestyle massage. Remove with warm steam towel. **(12 minutes)**
7. **LED:** Apply **Colloidal Masque Base** to the guest's décolleté with a fan brush. Turn on the hand-held LED device and hover the LED hand-held device about ½" from the skin. Follow instructions for using the LED device. **Do not make contact with the skin.** Turn off the device and remove masque from the skin with a steam towel. **(10 minutes)**.
Option: Conductive Masque Base
8. **Toner:** Spritz with **Antioxidant HydraMist**. **(1 minute)**
9. **IonActive™ Serum and Moisturizer:** Apply an almond size **Retinol 1% IonActive™ Serum** to the chest. Alternatively, 6 – 10 drops of **Barrier Defense Booster** may be applied if retinol is not desired. Follow by applying **Skin Smoothing Cream** to the décolleté or **Dynamic Skin Recovery SPF50** for daylight protection. **Barrier Repair** may be layered on top. **(3 minutes)**
10. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

back protocol with blue light led

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Degrease:** Dispense **Post Extraction Solution** onto a 4x4 gauze and wiping over the back. Map the back area and explain your findings to the guest as you document any areas of concern. **(3 minutes)**
3. **Dermalogica Double Cleanse:** Begin with **PreCleanse** for the first cleanse, then use **Skin Resurfacing Cleanser** or the appropriate **cleanser** for guest on the second cleanse under steam. Remove all traces of cleanser with steam towel. **(5 minutes)**
4. **Exfoliate:** Mix 1 tsp **Daily Microfoliant**[®] with a small amount of water and add 2 pumps of **Exfoliant Accelerator 35**. Apply all over back area with a fan brush. Under steam, use your hands to work onto the back using circular motions. Remove with warm steam towel. **(10 minutes)**
Option:
 - a. **Deep Resurface:** Dispense approximately ½ teaspoon of **Daily Superfoliant**[™] or **Daily Microfoliant**[®] into a cup and mix with water, creating a foam. Mix in 1 pump of **Multi-Active Scaling Gel**. Apply using a fan brush. Under steam, massage over the skin using light circular motions for 3 – 5 minutes. Remove with sponges or warm steam towel.
5. **Extractions:** Perform extractions. Dispense 2 pumps of **Post Extraction Solution** onto a dry piece of 4x4 gauze and wipe extracted areas. **(10 minutes)**
6. **Masque:** Using a fan brush, apply appropriate Dermalogica masque to the back. Remove with warm steam towel. **(10 minutes)**
Options:
 - a. Clinical Oatmeal Masque
 - b. Colloidal Masque Base
7. **LED:** Apply **Colloidal Masque Base** to the back with a fan brush. Turn on the hand-held LED device and hover the LED hand-held device about ½” from the skin. Follow instructions for using the LED device. **Do not make contact with the skin.** Turn off the device and remove masque from the skin with a steam towel. **(10 minutes)**
Option: Conductive Masque Base
8. **IonActive**[™] **Serum and Toner:** Apply a quarter size of the appropriate **IonActive**[™] **Serum** to back. Spritz with a generous amount of **Multi-Active Toner**. **(1 minute)**
9. **Moisturizer:** Apply **Active Moist**, for normal to oily skin or **Skin Smoothing Cream**, for normal to dry skin to the face and neck or mix with **Solar Defense Booster SPF50** for daylight protection. **(1 minute)**
10. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs.

classic décolleté treatment

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Map the décolleté**: Explain your findings to the guest as you document any areas of concern. **(4 minutes)**
3. **Dermalogica Double Cleanse**: Begin with **PreCleanse** for the first cleanse, then use **UltraCalming™ Cleanser**, for sensitive skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water. Water is optional for use with **UltraCalming™ Cleanser**. Remove all traces of cleanser with steam towel. **(5 minutes)**
4. **Exfoliate**: On dry skin, apply a dime size amount of **Multivitamin Thermafoliant®** to the décolleté. Using the fingertips, work over the skin in small circular movements. Add water and work over the skin again. Remove with damp sponges or warm steam towel **(10 minutes)**
Option:
 - a. 1 full tube of **MultiVitamin Power Exfoliant** may be added for increased activity
 - b. 2 pumps **Exfoliant Accelerator 35**; follow with the Dermalogica Double cleanse method
5. **Massage**: Apply the recommended massage product or **Dermalogica Massage Gel-Cream** to the neck, shoulders and décolleté and perform a freestyle massage. Remove with warm steam towel. **(15 minutes)**
6. **IonActive™ Serum and Masque**: Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** to the décolleté. Follow by using a fan brush to apply about one tablespoon of the appropriate **masque**. While masque is resting, offer a hand and arm massage. Use recommended massage product or **Dermalogica Gel-Cream** as an option. Remove masque and massage medium with steam towel. **(10 minutes)**
Options:
 - a. **Colloidal Masque Base** (environmentally stressed, irritated, dehydrated skin)
 - b. **Clinical Oatmeal Masque** (irritated, sensitive, inflamed, itchy skin)
 - c. **Both masques may be used in different zones**
7. **Toner**: Generously spritz with **Antioxidant HydraMist**. **(1 minute)**
8. **Moisturizer**: Using a dime size amount of **Dynamic Skin Recovery SPF50** to the **décolleté** for daylight protection. **Barrier Repair** may be layered on top. **(3 minutes)**
9. **Follow up**: Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. **(2 minutes)**

classic back treatment

(50 minutes)

1. **Review Dermalogica Consultation Card**, asking pertinent questions.
2. **Map the décolleté:** Explain your findings to the guest as you document any areas of concern. **(4 minutes)**
3. **Dermalogica Double Cleanse:** Begin with **PreCleanse** for the first cleanse, then use **UltraCalming™ Cleanser**, for sensitive skin or **Special Cleansing Gel**, for normal to combination skin. Dispense a dime size amount and add water. Water is optional for use with **UltraCalming™ Cleanser**. Remove all traces of cleanser with steam towel. **(5 minutes)**
4. **Exfoliate:** On dry skin, apply a dime size amount of **Multivitamin Thermafoliant®** to the décolleté. Using the fingertips, work over the skin in small circular movements. Add water and work over the skin again. Remove with damp sponges or warm steam towel **(10 minutes)**
Option:
 - a. 1 full tube of **MultiVitamin Power Exfoliant** may be added for increased activity
 - b. 2 pumps **Exfoliant Accelerator 35**; follow with the Dermalogica Double cleanse method
5. **Massage:** Apply the recommended massage product or **Dermalogica Massage Gel-Cream** to the neck, shoulders and décolleté and perform a freestyle massage. Perform lymphatic drainage or omit massage if active acne is present. Remove with warm steam towel. **(15 minutes)**
6. **IonActive™ Serum and Masque:** Apply an almond size of the appropriate **Dermalogica IonActive™ Serum** to the décolleté. Follow by using a fan brush to apply about one tablespoon of the appropriate **masque**. While masque is resting, offer a hand and arm massage. Use recommended massage product or **Dermalogica Gel-Cream** as an option. Remove masque and massage medium with steam towel. **(10 minutes)**
Options:
 - a. **Colloidal Masque Base** (environmentally stressed, irritated, dehydrated skin)
 - b. **Clinical Oatmeal Masque** (irritated, sensitive, inflamed, itchy skin)
 - c. **Both masques may be used in different zones**
7. **Toner:** Generously spritz with **Antioxidant HydraMist**. **(1 minute)**
8. **Moisturizer:** Using a dime size amount of **Dynamic Skin Recovery SPF50** to the **décolleté** for daylight protection. **Barrier Repair** may be layered on top. **(3 minutes)**
9. **Follow up:** Complete a post treatment consultation and record your treatment notes. Present homecare recommendations to address your guest's needs. **(2 minutes)**



NuBODY Skin Toning Device

NuBODY enhancement to dermalogica facial

Licensed Hand & Stone estheticians are trained by NuFACE instructors

PREP

Warm 4-8 pumps of **NuFACE® Hydrating Leave-On Gel Primer** in treatment cabby prior to treatment**

1. **Cleanse**
2. **Analyze**
3. **Exfoliate**
4. **Extraction option:** Reduce time spent on Exfoliation and Extractions steps and add NuBODY Enhancement (1 Treatment Area)
5. **Massage option:** Add NuFACE or NuBODY Enhancement (1 Treatment Area)
6. **Masque option:** Add NuFACE or NuBODY Enhancement (1 Treatment Area)
7. **Tone**
8. **Hydrate & Protect**

NuBODY Enhancement Steps (10 Minutes)

1. **Cleanse:** Using warm towels, cleanse the selected treatment areas to remove any sunscreen, lotions, or debris. **(1 minute)**
2. **Apply:** Uncover areas to be treated one at a time and apply **NuFACE® Hydrating Leave-On Gel Primer** using hands. Apply in sections (2-4 pumps per area), using a mask like layer so skin appears wet and will provide enough slip and glide. **(1 minute)**
Tip: Use hydrating mist of choice for additional glide as needed.
3. **Smooth:** Choose 1 treatment area – arms or thighs. Slowly glide the **NuBODY™ Device** in an upward motion as shown in the illustration until the beep sounds. Repeat 3 times in each area. **(8 minutes)**
Tip: For stubborn areas, such as dimpled or uneven skin, hold the **NuBODY™ Device** on the target area for 2-3 beeps to provide a more targeted treatment.

Treatment areas for the right and left sides of the body:

- Front of Arm (2 minutes per side)
- Back of Arm – lift arm over head to reach back of arm (2 minutes per side)
- Back of Thigh – have client bend knee and drape accordingly to treat back of thigh (2 minutes per side)
- Front of Thigh – (2 minutes per side)



4. **Finish**
 - a. Smooth remaining **NuFACE® Hydrating Leave-On Gel Primer** into skin.
 - b. Apply a liberal amount of **Super Rich Repair** onto the treated area and follow with **Solar Defense SPF50** if daylight protection is needed.

Supplies Needed:

- **NuFACE® Hydrating Leave-On Gel Primer** – 4-8 Pumps
 - Warm in treatment cabby prior to treatment
 - 2 pumps of gel = \$.60
 - Treatment cost per area = \$2.40-\$4.80
- NuBODY™ Device
- Rubber Bowl/Container
- Warm Towels & Cabby
- **Dermalogica Super Rich Repair**

**dermalogica's pressure point massage (each step 1 time for 5 min massage)
(repeat ±6 times each) Entire massage should take approximately 15 minutes.**

pressure point massage



Rest fingers just above the ears and place the thumbs in a 'V' formation between the brows. Apply pressure over the frontal vertical lines and move up towards the hairline using pressure directed down towards the nose.



Using alternating thumb movements perform thumb sliding over frontal vertical lines toward the hairline.



Divide forehead into 3 horizontal sections: brow, middle and hairline. Position thumbs between the brows, press, release and glide from center towards the temples along the brows and slide down in front of the ears. Follow in a similar pattern over the middle and then hairline to include the entire forehead.



Begin at the center of forehead using the fleshy part of the thumb base (palmar pad), slide over the forehead to the ears.



Rest thumbs in a 'V' position over inner brow (between brows). Use cushioned middle finger above cheekbone from nose to temples. Use pressure, release and glide movements. Then work below the cheekbone from nasal fold, draining across to the earlobes.

Clasp fingers at center of jaw line, drain the jaw line and stroke back to the ears and work the ears. Begin at the center of forehead using the fleshy part of the thumb base (palmar pad), slide over the forehead to the ears (as in step 4). Repeat steps 4 & 6. Drain the jaw and forehead one after the other alternating the movements.

Make as if to "scoop" the jaw, avoiding the front of the throat, slide-down the neck to the clavicle. Separate fingers at clavicle (index and middle fingers) and drain to the shoulders.



Press down on the front of the shoulders towards the bed (1X). Then pivot and press with the heel of the hand at the top of the shoulders towards the feet (1X).



Slide up the back of the shoulders into the occipital condyles or base of the occipital ridge. Work the following points along the occipital ridge by pumping and pressing each point. Points 1 & 5 are directly behind the ear, points 2 & 4 are towards the center and point 3 is directly in the center. Perform 6 circular rotations at each point with middle finger.



Cradle movement is optional for neck. Place forearms on the head of the bed and carefully bring the head to rest on both forearms with the hands between the shoulder blades. Gently move the head slowly from side to side (2X) to release tension.

stay connected with us!



@dermalogica
@dermalinstitute



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



@dermalogica
@dermalinstitute



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

Dermalogica Online Education Center education.dermalogica.com

Sign up to reserve your seat in class with our online booking system and receive 24/7 access to educational tools, materials and resources conveniently located in the Dermalogica Education Center.

Dermalogica Business Center business.dermalogica.com

Visit our online Business Center – just for professionals like you. Stay up to date with current marketing materials and promotions to help your business flourish.

NOTE: Only 1 login credential (email/password) is required for both sites! Log-ins are interchangeable, and will allow you access to both