advanced treatments

dermaplaning

**benefit:** increased mechanical exfoliation, removes fine facial hairs and prepares skin for better product penetration

**key steps**

1. Remove excess oil from skin
2. Completely dry skin
3. Perform dermaplaning
step-by-step instructions:

1. Start with PreCleanse, followed by a Face Mapping® skin analysis.

2. Second Cleanse: Using the prescribed cleanser, lightly perform a cleanse routine, then remove.

3. Dermaplaning should be performed in the beginning of your Resurfacing Module.

4. Apply Post Extraction Solution to ensure that any excess oils have been removed. The skin needs to be completely dry before proceeding with dermaplaning.

5. Perform the specified dermaplaning routine according to the manufacturer's directions.

6. After dermaplaning, complete a customized professional exfoliation according to your client's skin concerns.

7. Proceed with the rest of your modules for either ProSkin 30 or ProSkin 60.

tips:

- Avoid extractions if skin is sensitized.
- During your Deep Treatment Module, customize your steam towels with Calming Botanical Mixer for product removal.
- During your Dermal Layering Module, apply Super Sensitive Shield SPF 30 or SkinPerfect Primer SPF 30 for sun protection.

contraindications:

Current inflamed acne lesions, skin cancer, active cold sores, uncontrolled diabetes, dermatitis, open skin lesions, use of Accutane currently or within the past 6 months and/or use of prescription Retinol within a week of treatment.
advanced treatments

IPL

**benefit:** professional Intense Pulsed Light treatment helps even skin tone and texture

**key steps**

1. Apply protective eyewear to client and yourself
2. Apply ultrasound gel
3. Perform IPL
4. Remove ultrasound gel
step-by-step instructions:

Consultation:
1. Ensure your client fills out a Fitzpatrick scale chart, and has no contraindications to light therapy.

Double Cleanse (10 mins):
2. Start with PreCleanse, followed by a Face Mapping® skin analysis. Use only Special Cleansing Gel or UltraCalming™ Cleanser for the second cleanse. Ensure skin is fully cleansed with no residue remaining.

Omit Resurfacing Module to avoid irritation.

IPL (30 mins):
3. Prepare client’s eye protection. Apply 2x2 gauze on the eyes first, then apply goggles.
4. Apply a medium to thick layer of cooling ultrasound gel all over the face, using a spatula. Colloidal Masque Base can be used as an alternative.
5. Begin IPL treatment according to the manufacturer’s guidelines.
6. Remove ultrasound gel with spatula first, then damp gauze. (Dry gauze may cause further irritation, as skin could be more sensitive after the IPL treatment.)
step-by-step instructions (continued):

Deep Treatment (10 mins):

7. Apply either Colloidal Masque Base or Colloidal Oatmeal Masque, if client is more reactive. (The skin may feel warm, and erythema may be present immediately post-IPL, therefore only a cooling and calming masque should be incorporated into this treatment.)

8. Fill out your client’s treatment plan while you wait, including the settings on the IPL machine before turning the machine off.

9. Remove masque with cool water and sponges or cool towel.

Dermal Layering (10 mins):

10. Tone – with Multi-Active Toner or Redness Relief Essence.

11. Serum (optional) – use either UltraCalming™ Serum Concentrate or Barrier Defense Booster. This is a great treatment for skin with rosacea / telangiectasia so UltraCalming targeted treatments may be beneficial.

12. Moisturizer – Use Calm Water Gel, Barrier Repair. (Avoid moisturizers with active ingredients such as Vitamin A, hydroxy acids or other exfoliating ingredients, as this may cause further irritation post-treatment.)

13. Protect – Apply Super Sensitive Shield SPF 30 or Solar Defense Booster SPF 50.

contraindications on back
tips:

- Best results are achieved with a series of three to six treatments, usually a month apart.
- Explain the IPL experience to client so they know what to expect.
- Provide information on the expected results.

contraindications:

Recent sunburn or suntan; unprotected sun exposure, tanning bed or solarium use 4 weeks prior to treatment; pregnancy; breastfeeding; cancer; lupus; hypopigmentation (e.g., vitiligo); history of seizures; history of keloid scarring; severe dermatitis, active inflammatory acne or eczema (within the treatment area); active infections; Accutane use in the last 6 months; diabetes medication; herpes simplex outbreak (within the treatment area); dark skin; Vitamin A or hydroxy acids (retinoic acid, tretinoin/Retin-A, Accutane, hydroxy acids) used within 60 days of treatment; photosensitizing medications; presence of a pacemaker; presence of surgical metal pins or plates under the skin of treatment area; use of St. John’s Wort within three months prior to treatment; blood-thinning agents (aspirin, ibuprofen, or Aleve used within one week of treatment, anticoagulants).
advanced treatments

microneedling

**benefit:** improves the appearance of acne scarring, skin aging, texture and skin tone

**key steps**

1. Apply numbing cream, process and remove
2. Degrease skin
3. Apply skin-specific IonActive™ Serum
4. Perform microneedling
step-by-step instructions:

Double Cleanse (10 mins):

1. Start with PreCleanse, followed by a Face Mapping® skin analysis.
2. Second cleanse: Using the prescribed cleanser, lightly perform a cleanse routine, then remove.

Microneedling (40 mins):

3. Apply numbing cream and allow the cream to take effect per product guidelines.
4. Perform a Stress Relief Scalp or Targeted Neck and Shoulder Touch Therapy.
5. Remove numbing cream with one cleanse of Special Cleansing Gel and degrease skin with One-Step Prep or 70% Alcohol.
6. Apply a skin-specific IonActive Serum based on your client’s skin concerns (choose from Hyaluronic Acid, Niacinamide, or Oligopeptide).
7. Perform microneedling passes according to the manufacturer’s guidelines.

Dermal Layering (10 mins):

8. Follow Dermal Layering protocol but use Intensive Moisture Balance for the moisturizer step.

tips and contraindications on back
**tips:**

- **Microneedling clients with fillers?** Wait 2 weeks after Botox and 4 weeks after a filler like Juvederm.
- Ensure you are holding the microneedling pen flush to the skin.
- Skin should be damp and pen should glide easily. If more slip and glide is required, add more IonActive Serum.
- Choose the appropriate pen settings per your client’s skin concerns, based on your jurisdiction and within your scope of practice.
- If your client does not have the means to physically cover their skin (i.e., hat or visor), mix in a small amount of Super Sensitive Shield SPF 30 with their moisturizer.

**contraindications:**

Pregnancy, keloid or raised scarring; history of eczema, psoriasis and other chronic conditions; history of actinic (solar) keratosis; history of herpes simplex infections; history of diabetes; presence of raised moles, warts or any raised lesions on the targeted area.