

PREPARING WARM AND COLD TOWELS (Treatment Rooms)

Benefits:

- Warm towels can be soothing for the skin.
- Helps open pores to allow protocol procedure to be done on skin.
- Helps with removal of product from skin.

Indications:

- Extractions – opens pores (warm towels).
- Product on skin that needs to be removed.
- End of facial – closes pores (cold towels).

Precautions:

- Adjust temperature of water so esthetician can handle towel safely.
- Clean sink and surrounding areas so towels are not contaminated.
- Choose essential oil carefully, not all clients can tolerate specific scents or oils.

Pre-Procedure:

- Turn on the towel cabi to 175 degrees (see manufacturer's directions for proper settings).
- Clean and glove hands according to Handwashing and Gloving skills.
- Clean sink with hospital grade disinfectant.
- Rinse with warm water.
- Fill sink half full with warm water.

Procedure (Sink):

- Towels must be folded in half lengthwise, then in half again, forming a rectangle, before placing into sink.
- Be sure that towel is folded so that tags are facing out. This will enable esthetician to remove towel safely from hot towel cabi.
- Add 4-5 drops of essential oils into the center of the sink.
- Place towels in sink, tag side down.
- Roll each towel lengthwise, using side of sink to apply pressure and wring out excess water.

- Place towels in designated container for transport to hot towel cabi or refrigerator.
- When placing towels in cabi, be sure tags are facing outward.

Procedure (Bowl):

- Towels must be folded in half lengthwise, then in half again, forming a rectangle.
- Roll towel into cylinder form.
- Fill the bowl with warm water.
- Place 2-3 drops of essential oil in water.
- Submerge the rolled towels in the water.
- Wring excess water from towel, leaving them wet but not soaking.
- Place towels in designated container for transport to hot towel cabi or refrigerator.
- When placing towels in cabi, be sure tags are facing outward.

Post-Procedure:

- Turn towel cabi back to 135 degrees (see manufacturer's directions for proper settings).
- Place bowl of tap water in cabi.
- Release water from sink or empty bowl.
- Wash bowl and rinse sink.
- Remove gloves according to Degloving skill.

Maintenance:

- Make sure cabi door and refrigerator door close properly.
- Make sure temperature controls work properly.

Infection Control:

- Always wear gloves when handling the towels.
- Clean outside and inside of towel cabi with hospital grade disinfectant.
- Wipe out bottom and door of cabi if water spills.
- When closing for the day, wipe inside of door after cleaning with dry paper towel. Make sure to wipe all areas dry, including rubber gasket on door, as it can mold and break down.