



Institute Epidermal Cell Therapy Facial April 1-8, 2019

Cannestro, Carlie

Onsite Protocol/Services –Eyebrow and Lash Tint/ Perming Color Application

Infection Control/ Consultation/ Draping & Greeting/ Facial Analysis Assessment/Face Shapes/ Face Measurement/ Eye Shape & Fitzpatrick Color Assessment/ Makeup Assessment/ Pre Cleanses/ Magnifying 1st Look/Color Theory/ Tweezing Eyebrows /Shaping Eyebrows / Sebaceous Activity Assessment/ Skin Types Assessment/ Hydration Level Assessment/ Retail Products/ Magnifying Lamp with Consultation/ Skin Composition Assessment - Melanin Assessment/ Skin Characteristics Assessment/ Cleansing Movement Technique - Effleurage & Friction/ Facial Cleanse/Wood's Lamp - Conditions /Second Skin Analysis & Consultation/ Eyebrow Grooming/ Pigmentation & Inflammation Assessment / Fitzpatrick Scale Complexion Colors/ Manual Exfoliation/ Hot Towel/ Fitzpatrick Scale Assessment/ Third/ Fourth Analysis Assessment Growth and Burn Assessment/ Mechanical Exfoliation -Rotary Brush Machine/ Sun Protection Indirect High Frequency –Neon & Spray Machine/ Serum Application/ Vacuum Suction/ High Frequency –Neon/ Sixth Analysis Assessment/ Manual Massage Techniques/ Manual Face & Body Massage/ Hand Massage & Nail/ Cuticle Health Assessment/ Seventh Skin Analysis Assessment/ Glogau Assessment - Fines Lines & Wrinkles /Desincrustation/ Grades of Acne /Extraction /High Frequency Direct –Argon /Iontophoresis & Ampoule/ Melanin Assessment /Rubin Scale/ Antioxidants / Mask Product & Application/ Hair Removal – Hair Follicle Assessment/ Hair Removal Assessment / Hair Growth Cycle /Hard & Soft Waxing / Sudoriferous Gland Activity /Assessment /Tweezing Eyebrows /Shaping Eyebrows /Product Ingredients Analysis Assessment – Follow up Treatment Plan/ Eyebrow and Lash Tint & Perming Application Color Theory/

Onsite Procedures - 13A & 13B

Onsite Procedures Review - 12A & 12B

Mask Treatment/Services Protocol for follow up care.

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IECT 13A & 13B Facial4-1-2019

Institute of Epidermal Cell Therapy /Practical Training- SBR Theory

Instruction

Week 13A - #327 Eyebrow and Eyelash Tinting/ Perming Techniques- Color Theory- Client Health Form

Week 13B - #214 Facial Structure Analysis - Client Health Form

Onsite Instruction & Procedure

Week 13A/13B - #390 IECT Practical Facial/Makeup Artistry/Consultation/Body/Hair Removal – Hand Movements
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Week13A/13B – #413 Electric Current – Magnifying Lamp, Wood's Lamp, Steamer, Rotary Brush Machine Indirect High Frequency –Neon & Spray Machine & Vacuum Suction & High Frequency –Neon, Desincrustation, Iontophoresis



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Onsite Procedures - 13A &13B

1. Hand washing Skill

- Wash hand with soap and water for 20 to 60 seconds
- Use Nail brush

2. Put on Gloves Skill

3. Fold & Hang Laundry Storage Skill – towels, wraps, robes, pair slipper in bag

4. Room Set Up Skill

- ✓ Prepare warm towels – per day
- ✓ Prepare warm water – per day
- ✓ Prepare warm hand cloth – per day (optional for Hand treatment)
- ✓ Check Equipment
- ✓ Stock Supplies and implements
- ✓ Prep Steamer for use – check water level (add distilled water if needed)
- ✓ Preheat – Steamer (Keep the Streamer 15 to 16 inches)

5. Station Set Up Skill

- ✓ Prepare warm towels 3 pre treatment
- ✓ Prepare warm water 1 cup pre treatment
- ✓ Prepare cold towels per 2 treatment
- ✓ Prepare cold water
- ✓ Mummy Mask (cold paper towel)
- ✓ Prepare electrodes
- ✓ Prepare warm hand cloth 2 per treatment (optional for Hand treatment)

6. Remove Gloves/Degloving Skill

- ✓ **Tip:** Remember glove to glove and skin to skin

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Onsite Procedures - 13A & 13B

7. Greeting Client skill

- Offer water
- Explain the purpose of the Consultation and Student Wavier form
- Have the client complete the Student Wavier form

8. History Intake Form

- ✓ **Tip:** Complete Confidentiality base off service.
- ✓ Have the client complete the Client Consultation/Health form - Makeup/Hair Removal/Body/Face/Consultation

9. Escort Client to the changing area

- ✓ Ask Client to remove contract lens, jewelry
- ✓ Ask your Client remove any heavy or stain makeup product such as eyeliner, mascara, lipstick with makeup/baby wipes
- ✓ Ask your Patient to use the nail brush with soap and water to clean their hands (optional for Hand Massage treatment)

10. Escort Client to the Facial Bed - Help Client get into bed

- **Ask Client Bed's confront level support of the:**
 - ✓ **Head-**
 - ✓ **Neck**
 - ✓ **Lower Back (Lumbar Area)**

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Onsite Procedures - 13A &13B

- ✓ **Under Knees**
- ✓ **Feet**

11. Review Client's Consultation

12. Review and Discuss Intake Form with client health history

- **Skin Consultation Form**
- **Contraindication**
 - ✓ **Lesions**
 - ✓ **Lifestyles**

13. Take Photos

- **Front View**
- **Right View**
- **Left View**
- **Under Chin**
- **Forehead**
- **Neck (optional)**

14. Client Draping Skill

- **Chest Towel**
- **Facial Cap**

15. Sanitize Hands Skill

16. Put on Gloves

17. Comfort level Pressure - Tip: Pain Tolerance scale 0 (lowest) to 10 (highest)

Pressure corpuscles receptors in the Skin. Receptors responds to the skin

- **Meissner's** – located dermis layers glabrous skin -senses touch receptors

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Onsite Procedures - 13A &13B

Vibration 20-40 Hz range

- **Krause Corpuscle** – located (mucocutaneous) lips, tongue, and genitals cold receptor - pressure
- **Pacinian Corpuscle** – located lower layers dermis hairy and (glabrous) skin without hair
senses pressure receptors Vibration 150 - 300 Hz range
- **Ruffini Corpuscle** – located dermis layers hairy and (glabrous) skin without hair
senses warmth receptors
- **Thermo Receptor** – sense heat or cold
- **Merkel's disc** – located epidermis layers (glabrous) skin without hair skin -pressure
- **Free nerve ending** - located throughout the skin – mechanical, thermal, or noxious stimulation
- **Hair Follicle Ending** – located around the hair follicle - hair displacement

18.

19. Give you patient an warm hand towel (optional for Hand treatment)

20. Consultation Assessing with Magnifying Lamp - Look at the patient current makeup application style and colors

✓ **Tip Remember: Use Magnifying Lamp**

21. Record finding - Makeup Assessment Form Makeup Assessment Form

- **Retail Skin Type**

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Onsite Procedures - 13A &13B

- ✓ **Normal**
- ✓ **Combination**
- ✓ **Dry**
- ✓ **Oily**
- ✓ **Sensitive**

22. Select Pre Cleanse (common names) Makeup Remover Product -

- ✓ **Water base**
- ✓ **Oil base**

23. Begin Eyes Pre Cleanse

24. Begin Lips Pre Cleanse

25. Begin Face Pre Cleanse

26. Toner/ Degrease

27. Hair Removal Assessment-

- **Sudoriferous Activity- Hair Growth**
- **Determine hair texture**
- **Select tweezer type**
- **Select wax type**

28. Prepare Eyebrow Grooming Setup

Select Eyebrow pencil/wax color

- **Brown**
- **Black**
- **Eyebrow and Lash Tint Color (Advanced Skill)**
- **Eyelash Perming (Advanced Skill)**

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29. Sanitize Hands Skill/ Replace Gloves Skill

30. Consultation Assessing with Magnifying Lamp

- Facial features are asymmetric

31. First Look with Magnifying Lamp Skill

- **Physical Features Assessment – Parts of the Head**

- **Remember to adjust client/ patient head for purpose viewing the face. Please locate each facial feature. (Look and Determine)**

- ✓ Hair
- ✓ Forehead
- ✓ Temple
- ✓ Eyes
- ✓ Eyebrow
- ✓ Eyelids
- ✓ Eyelash
- ✓ Ear
- ✓ Earlobe
- ✓ Nose
- ✓ Nostril
- ✓ Cheeks
- ✓ Mouth
- ✓ Lips
- ✓ Jaw
- ✓ Chin

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32. Measurements (Vocabulary/Skill) (Look and Determine)

- Middle of Face – 1/2
- Forehead - 1/3
- Top Cheekbones – 1/3
- Jaw Line – 1/3

33. Face Shapes (Vocabulary/Skill) (Look and Determine)

- Inverted Triangle
- Diamond
- Heart
- Oblong
- Square
- Triangular
- Oval - Ideal shape
- Round

34. Eye Shape – Measurement

Tip: Shape between the eyes should be length of one eye. Dark Circles – create triangles shape for under eye concealer

- **Almond** Ideal shape – (Elongated) Shape like an almond; outer and inner corner has aligned
- **Round** – (Big Eyes)More white around the pupils
- **Close Set/Small** – Narrow the one eye width; inner corner of eyes is close to bridge of nose
- **Protruding** – Bulge from the eye socket Sits forward into the eye socket

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Week 13A/13B - #390 IECT Practical Facial/Makeup Artistry/Consultation/Body/Hair Removal – Hand Movements Hand Massage & Nail, Cuticle Assessment, Glogau Assessment, Grades of Acne, Extraction, Rubin Scale & Melanin Assessment, Hair Removal – Hair Follicle Assessment/ Hair Removal Assessment / Hair Growth Cycle /Hard & Soft Waxing / Sudoriferous Gland Activity /Assessment /Tweezing Eyebrows /Shaping Eyebrows /Eyebrow and Lash & Tint & Perming Application- Color Theory/

Week13A/13B – #413 Electric Current – Magnifying Lamp, Wood's Lamp, Steamer, Rotary Brush Machine Indirect High Frequency –Neon & Spray Machine & Vacuum Suction & High Frequency –Neon, Desincrustation, Iontophoresis



Institute Epidermal Cell Therapy Facial April 1-8, 2019

Cannestro, Carlie

Onsite Protocol/Services –Eyebrow and Lash Tint/ Perming Color Application

Infection Control/ Consultation/ Draping & Greeting/ Facial Analysis Assessment/Face Shapes/ Face Measurement/ Eye Shape & Fitzpatrick Color Assessment/ Makeup Assessment/ Pre Cleanses/ Magnifying 1st Look/Color Theory/ Tweezing Eyebrows /Shaping Eyebrows / Sebaceous Activity Assessment/ Skin Types Assessment/ Hydration Level Assessment/ Retail Products/ Magnifying Lamp with Consultation/ Skin Composition Assessment - Melanin Assessment/ Skin Characteristics Assessment/ Cleansing Movement Technique - Effleurage & Friction/ Facial Cleanse/Wood's Lamp - Conditions /Second Skin Analysis & Consultation/ Eyebrow Grooming/ Pigmentation & Inflammation Assessment / Fitzpatrick Scale Complexion Colors/ Manual Exfoliation/ Hot Towel/ Fitzpatrick Scale Assessment/ Third/ Fourth Analysis Assessment Growth and Burn Assessment/ Mechanical Exfoliation -Rotary Brush Machine/ Sun Protection Indirect High Frequency –Neon & Spray Machine/ Serum Application/ Vacuum Suction/ High Frequency –Neon/ Sixth Analysis Assessment/ Manual Massage Techniques/ Manual Face & Body Massage/ Hand Massage & Nail/ Cuticle Health Assessment/ Seventh Skin Analysis Assessment/ Glogau Assessment - Fines Lines & Wrinkles /Desincrustation/ Grades of Acne /Extraction /High Frequency Direct –Argon /Iontophoresis & Ampoule/ Melanin Assessment /Rubin Scale/ Antioxidants / Mask Product & Application/ Hair Removal – Hair Follicle Assessment/ Hair Removal Assessment / Hair Growth Cycle /Hard & Soft Waxing / Sudoriferous Gland Activity /Assessment /Tweezing Eyebrows /Shaping Eyebrows /Product Ingredients Analysis Assessment – Follow up Treatment Plan/ Eyebrow and Lash Tint & Perming Application Color Theory/

Onsite Procedures - 13A & 13B

- **Heavy Lidded/ Hooded** – when eyes are open the crease and lid is not visible
- **Deep Set** – Sits deep/back into the eye socket
- **Monolid** – without crease separation
- **Upturned** – outer corner points upward; outer corner is higher than inner corner
- **Down turned** - outer corner points downwards; outer corner is lower than inner corner
- **Double lid** - when eyes are open a fold is visible above the lash line

35. Eye Color - Fitzpatrick Assessment (Genetic Disposition Score Rating)

- Light Blue, Grey, Green – Score 0
- Blue, Grey, or Green – Score 1
- Blue – Score 2
- Dark Brown – Score 3
- Brownish Black – Score 4

36. Makeup Assessment Form (Look and Determine)

- Color (Lip, Eye, & Cheek)
- **No Makeup** ☐
- **Basic Makeup Application Look** ☐
(SBR 5 minute Application Skill)
- **Daytime** ☐
- **Evening Look** ☐

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Institute of Epidermal Cell Therapy /Practical Training- SBR Theory

Instruction

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Onsite Procedures - 13A &13B

- **Special Occasion/ Formal Look** □

37. Select Color Plan – (Vocabulary)

- **Color Wheel (State Board)**
 - ✓ **Primary**
 - Red -
 - Blue
 - Yellow
 - ✓ **Secondary (Vocabulary)**
 - Violet = (2 part)Red + (1 part)Blue
 - Green = (1 parts)Blue + (3 parts)Yellow
 - Orange =(3 part)Yellow + (2 parts)Red
 - ✓ **Tertiary (Vocabulary)**
 - Blue – Violet = Blue + Violet
 - Red – Violet = Red + Violet
 - Red – Orange = Red + Orange
 - Yellow – Orange = Yellow + Orange
 - Yellow – Green = Yellow + Green
 - Blue – Green = Blue + Green

38. Color Correction/ Balancer

- ✓ Green – Red
- ✓ Orange – Blue
- ✓ Violet - Yellow

39. Select Color Plan (Look and Determine)

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Onsite Procedures - 13A &13B

- **Foundation**

- **Tips: Determine your skin tone**

- Cool – your veins are blue
- Warm – your veins are green

40. Eyebrow Shaping Assessment – Correct location and placement of the eyebrow Tip the eyebrow should sit on the upper orbital bone and curve the eye socket.

- **Starting Point** - create vertical line from inner corner of the eye to side of nose – (Tip when shaping: create vertical line from the inner edge of nostril to top of nose)
- **Distance between the brows-** create a horizontal line at the top of the nose (widest part of the brow)
- **Arch Point** – create a vertical line form the side of nose to the outer edge of iris (highest point of your brow)
- **End Point of Brow** - create a vertical line from the side of the nose to outer corner of the eye- (Tip when shaping: create a vertical to where the brow will end.

41. Eyebrow Shaping Skill -

- **Tweezing Skill**
- **Blading/ Razoring (Advanced Skills)**
- **Threading (Advanced Skills)**

42. Tweezing - Choose Type of Tweezers

- **Needle Nose Tweezers**

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Onsite Procedures - 13A & 13B

- **Pointed Tweezers**
- **Slant Tip Tweezers**
- **Eyebrow Scissors**
- **Eyebrow Brush/Comb**

43. Eyebrow Shaping Post treatment

44. Begin Facial Treatment/Service

➤ Select Treatment Plan

45. Prepare Magnifying Lamp & Woods Lamp

✓ Turn on Wood's Lamp

46. Begin First Skin Analysis - Consultation to determine and select skin type for products and treatment protocol purposes. Use Magnifying Lamp/Woods Lamp

47. Skin Types Classification - Sebaceous Activity Baseline

➤ Tip Use Magnifying Lamp

- ✓ Oily/ Sebum oily, waxy substance – (Sebaceous Activity and oil present)
- ✓ Dry/ Alipidic – (Sebaceous Activity is not present; lack oil)
- ✓ Combination – (Retail Dry/Oily)
- ✓ Sensitive (Conditions)
- ✓ Acne- Retail (disease)
- ✓ Anti-Aging-(Retail)

48. Hydration/ Moisture Levels (Look and Determine)

- ✓ Hydrated Skin Condition (Moisture and water is present) – dewy Appearance

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Onsite Procedures - 13A & 13B

- ✓ Dehydrated Skin Condition - (Moisture is not present; lack water) – dull Appearance

49. Skin Composition Assessment (Look and Determine)

- **Red/ Purple/ Blue = Vascular Bed**
- **Yellow/ Orange tones = Pigment Carotene**
- **Browns/ Black = Melanin**

50. Melanin Assessment – derivatives of the oxidation of the amino acid Tyrosine. This chemical reaction is produced and stored in the melanocytes.

(Tyrosinase enzyme change Tyrosine -into DOPA- Dopaquinone)

- **Melanin Eumelanin**
 - ✓ Eumelanin Brown
 - ✓ Eumelanin Black
- **Melanin Pheomelanin – Pigment**
- Responsible for hue of lip, nipples, vagina, glans penis
 - ✓ Red
 - ✓ Pink
 - ✓ Yellow
- **Melanin Neuromelanin - Pigment**

51. First Skin Analysis - Consultation to determine overall surface appearance of the conditions and health upper epidermal layers

- Consultation Assessing with Magnifying Lamp

52. Review Characteristics (function) of the Skin Skill

- **Visual/Moisture Level** - Ask the following questions; Does you feel do or dry? Does the skin look dull or dewy

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Onsite Procedures - 13A &13B

- **Visual/Elasticity** -Move the skin; touch it to see how it moves back.
- ✓ Good – 1 Poor – 2 Fair – 3 Bad - 4
- **Visual/Texture** – Rub the skin ask the following questions
- ✓ Is the skin slick? Thin/Medium/Thick?
- **Temperature Control (Infection)** – Extremes Use back of hand to determine differences in temperatures. Ask the following questions Is your sign cool to the touch? Are the Pores/ Follicles –Dilated (Hot) or Constrict (Cold)
- **Visual/Sensations (Nerve Receptors)** - Determining touch and facial movement of treatment. Ask the following questions; Are you sensitive to hot or cold temperatures.
- **Visual/Permeability (Absorption)** - Stretch skin to check for dehydration - Ask the following question; Is the skin slick?

53. Turn off Wood Lamp

54. Consultation to determine and select Cleansing Product Skill/ Vocabulary

- **Cleanser Product Formulation Type**
 - Foaming – (e.g. Oily, Acne, Sensitive, Combination)
 - Bar Soap – (e.g. Oily, Acne, Combination)
 - Cream – (e.g. Dry, Sensitive)
 - Gel Base – (e.g. Oily, Acne, Sensitive, medicated)
 - Milk/ Lotion – (e.g. Dry, Sensitive, Combination)
 - Alcohol /Degrease – Remove oils from skin

55. Sanitize Hands Skill

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Onsite Procedures - 13A & 13B

56. Start Basic Cleanse (Bones)

- **Cleansing Movement Techniques Skill**
 - **Spreading – Effleurage**
 - **Circular – Friction**
 - **Sliding - Effleurage**

57. Start Cleansing Skill Movements

- 1) **Face & Neck & Chest:**
- 2) **Chest (thorax) & Collarbone (clavicle):**
- 3) **Neck:**
- 4) **Throat:**
- 5) **Jaw line(mandible) :**
- 6) **Chin (mental bone) & Cheeks (zygomatic bones):**
- 7) **Cheeks;**
- 8) **Lips:**
- 9) **Nose (nasal bone):**
- 10) **Nose (nasal bone)**
- 11) **Forehead (frontal bone):**
- 12) **Eyes:**
- 13) **Face**
- 14) **Temple:**
- 15) ***Remove of product with cotton sponge**

58. Tone/ Restore Ph. Balance (optional)

59. Remove extra product buff with dry gauze

60. Wood's Lamp - Consultation to determine overall condition of the epidermal layers. The Wood's Lamp allows you see deep layer of the skin. You should

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Infection Control/ Consultation/ Draping & Greeting/ Facial Analysis Assessment/Face Shapes/ Face Measurement/ Eye Shape & Fitzpatrick Color Assessment/ Makeup Assessment/ Pre Cleanses/ Magnifying 1st Look/Color Theory/ Tweezing Eyebrows /Shaping Eyebrows / Sebaceous Activity Assessment/ Skin Types Assessment/ Hydration Level Assessment/ Retail Products/ Magnifying Lamp with Consultation/ Skin Composition Assessment - Melanin Assessment/ Skin Characteristics Assessment/ Cleansing Movement Technique - Effleurage & Friction/ Facial Cleanse/Wood's Lamp - Conditions /Second Skin Analysis & Consultation/ Eyebrow Grooming/ Pigmentation & Inflammation Assessment / Fitzpatrick Scale Complexion Colors/ Manual Exfoliation/ Hot Towel/ Fitzpatrick Scale Assessment/ Third/ Fourth Analysis Assessment Growth and Burn Assessment/ Mechanical Exfoliation -Rotary Brush Machine/ Sun Protection Indirect High Frequency –Neon & Spray Machine/ Serum Application/ Vacuum Suction/ High Frequency –Neon/ Sixth Analysis Assessment/ Manual Massage Techniques/ Manual Face & Body Massage/ Hand Massage & Nail/ Cuticle Health Assessment/ Seventh Skin Analysis Assessment/ Glogau Assessment - Fines Lines & Wrinkles /Desincrustation/ Grades of Acne /Extraction /High Frequency Direct –Argon /Iontophoresis & Ampoule/ Melanin Assessment /Rubin Scale/ Antioxidants / Mask Product & Application/ Hair Removal – Hair Follicle Assessment/ Hair Removal Assessment / Hair Growth Cycle /Hard & Soft Waxing / Sudoriferous Gland Activity /Assessment /Tweezing Eyebrows /Shaping Eyebrows /Product Ingredients Analysis Assessment – Follow up Treatment Plan/ Eyebrow and Lash Tint & Perming Application Color Theory/

Onsite Procedures - 13A & 13B

be able to determine the depth, appearance, and texture of lesion. As well as it's healing process. (2nd Skin Analysis Skill)

- **White Fluorescence – Thick corneum layer.**
- **() White Spots - Horny layer of the skin and dead skin cells**
- **() Blue-White - Normal and healthy skin.**
- **() Fluorescence – Thin skin without enough moisture (dehydrated).**
- **() Light Violet – Dehydrated skin**
- **() Bright Fluorescence – Hydrated Skin**
- **() Yellow - Oily areas of the face and comedone**
- **() Pink – Oily areas of the face and comedone**
- **() Brown – Pigmentation and dark spots**
- **() Orange - bacteria of the face and comedone**

61. Second Skin Analysis

- **Consultation to determine overall surface service protocol**
- **Focusing Pigmentation skin disorders and diseases (Vocabulary)**

Tip: (Look and Determine)

- Hyperpigmentation –
- Hypopigmentation

- **Focusing Inflammation (Vocabulary)**

Tip: (Look and Determine)

- Redness
- Heat
- Swelling

IECT 13A & 13B Facial4-1-2019

Institute of Epidermal Cell Therapy /Practical Training- SBR Theory

Instruction

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Onsite Instruction & Procedure

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Onsite Procedures - 13A & 13B

- Pain

62. Fitzpatrick Complexion Colors Scale Assessment Skill (State Board)

(Different Fitzpatrick skin type classification scale - Constitutive color response to ultraviolet (UV) light)

Tip: (Look and Determine)

- I - Ivory white
- II - White
- III – White
- IV – Beige-olive, lightly tanned
- V – Moderate brown or tanned
- VI – Dark brown or black

63. Select Manual Exfoliation Product

• Type of Exfoliation Products – (Vocabulary)

- ✓ Gommage - – Chemical/ Manual properties
- ✓ Scrub - Manual properties
- ✓ Enzyme – (protein manufactured by the cell) – Chemical properties

64. Turn on Steamer (Skill)

65. Manual Exfoliation- Scrub Product (Skill)

- Demonstrate –Friction Movement (Manipulate the scrub in the skin)

66. Start Manual Exfoliation Skill Movement

- 1) Face & Neck:
- 2) Neck & Face:
- 3) *
- 4) *

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Onsite Procedures - 13A &13B

5) Face & Neck & Chest:

6) *

7) *

8) Neck:

9) Neck:

10) Neck & Face:

11) Throat:

12) Chin

13) Jaw

14) Cheek:

15) Lips

16) Nose:

17) Nose:

18) Forehead:

19) Face

20) *

21) *

22) *

23) *

24) * Use Warm towel application and removal skill

67. Take warm/hot towel out of the Towel Cabi (Hot Towel Skill)

- Test towel on wrist

68. Begin Product remove w/ warm towel

69. Sanitize Hands

70. Begin Physical/ Mechanical Exfoliation – Rotary Brush Machine (Skill)

- Rotary Brush Machine Electrodes

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Hard & Soft Waxing Ampoule & Antioxidants, Cream & Clay Mask Application, Gel & Mineral Mask Application

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Onsite Procedures - 13A &13B

- ✓ Large Goat Hair
- ✓ Small Goat Hair
- ✓ Foam Wheel
- ✓ Polisher
- ✓ Pumice

71. Remove w/ Warm Towel –

- **Third Skin Analysis - Burns Categories, UV Rays, Growths (Vocabulary)**
- Consultation to determine overall health of the skin surface through characteristic of burns and growth. As well assist the Esthetician with scope of practices.
 - ✓ Contraindications
 - ✓ Client Safety Issues
 - ✓ Scope of Practices
 - ✓ Condition and Health
 - ✓ FDA

72. Burns Categories (Vocabulary)

- Complications
- 1st Degree – Epidermis-
- 2nd Degree – Epidermis/Dermis
- 3rd Degree - Hypodermis
- 4th Degree – Bone & Muscle
- **Different Ultraviolet (UV) Radiation (Rays) – from sunlight that cause burns(Vocabulary)**

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Onsite Procedures - 13A &13B

- ✓ UVA
- ✓ UVB
- ✓ UVC

73. Focusing Growth (Vocabulary)

- A- Asymmetry
- B - Border
- C - Color
- D - Diameter

74. Fourth Skin Consultation Assessment Client Health Form to determine prior to care - Fitzpatrick Scale Sun Exposure Assessment

- ✓ Contraindications
- ✓ Client Safety Issues
- ✓ Scope of Practices
- ✓ Condition and Health
- ✓ FDA

75. Fitzpatrick Scale Sun Exposure Assessment

(Different types of skin to response to ultraviolet (UV) light)

- I - Always burns rarely tans- (cannot tan)
- II - Usually burns sometime tans- (gradually tans)
- III – Sometime burns usually tans- (easily tans)
- IV - Rarely burns always tans- (easily tans)
- V – Never burns always tans- (easily tans)
- VI - Never burns always tans- (easily tans)

76. Causes of Aging Assessment (Vocabulary)

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Onsite Procedures - 13A &13B

- **Extrinsic Aging – (e.g. UV Exposure, Photo Aging)**
- **Intrinsic Aging – (e.g. Oxidative Metabolism, Hormonal Changes)**

77. Spray Machine (Skill) – Spray slow and evenly over the entire face

Tip: cover hair with towel

- Spray Ph. balancer solution (toner or astringent) over the face. (2:1 dilution with distilled water; 2 parts water and 1 part Witch hazel). Blot face with tissue.

78. Serum Application (Skill)

- Apply Ph. Balancer serum using massage movement
- Demonstrate –tapotement movement technique

79. Indirect High Frequency (Skill) (A/C) Apply serum all of the face using tapotement massage movement technique. Using the glass indirect electrode with neon gas. **Tips: Client holds glass indirect electrode.**

- Neon gas produces an orange-red ray helps with stimulation of the cells. Stimulate lymph nodes
- **Demonstrate –Massage Movement (Skill) (while client is holding the indirect electrode.) Insertion to Origin**
 - ✓ **Tapotement** – Fast Tapping - Benefits muscular relaxation, desensitization of irritated nerve ending. Cupping, Hacking, Rapid Tapping

80. Fifth Skin Consultation Assessment Client Health Form to determine prior to care

- ✓ **Contraindications**

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Onsite Procedures - 13A & 13B

- ✓ Client Safety Issues
- ✓ Scope of Practices
- ✓ Condition and Health

81. Fifth Skin Analysis - Sebaceous Activity Assessment

- **Tip Sebaceous Gland – through the secretion process on sebum (oil) through the hair follicle.**

82. Sebaceous Activity levels

- ✓ Low - Underactive
- ✓ Normal – Balanced
- ✓ High - Overactive

83. Use a magnifying lamp

Lesions Assessment for Extraction (Vocabulary) Tip: (Look and Determine)

- ✓ Sebaceous filament
- ✓ Open Comedones- Blackheads
- ✓ Closed Comedones – Whiteheads

84. Perform Lymphatic stimulation - Stationary circles - to stimulate the main nodes.

85. Perform vacuum machine (which assist with increase circulation and draining the lymph nodes) Vacuum Machine Glass Electrodes are called Ventouse

- ✓ Wrinkle Cupping Glass
- ✓ Straight Cupping Glass
- ✓ Blackhead Cupping Glass
- ✓ Bulb Cupping Glass

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Onsite Procedures - 13A & 13B

86. Perform Lymphatic stimulation Feathering - to open the flow.

87. High Frequency (A/C) using the glass electrode with neon gas. Gently gliding over the face. This creates a smoothing effect on the skin. Then use the sparking method over the area where sebaceous filaments are present

✓ **Tips:**

- Esthetician holds glass direct electrode.
- Neon Electrode helps with killing bacteria on the skin surfaces when using the sparking method technique.

88. Sixth Skin Consultation Assessment Client Health Form to determine prior to care

- ✓ Contraindications
- ✓ Client Safety Issues
- ✓ Scope of Practices
- ✓ Condition and Health

Sixth Skin Analysis- Muscle Tone/ Elasticity Assessment – Tip: (Look and Determine)

- **Tip:** Loss of elasticity affect aging and cause sagging
 - Elastin is a structural protein help give skin it elasticity
 - Use muscle tone analysis procedure
 - Skin bounces back when lightly pinched
 - Move the skin; touch it to see how it moves back.
 - **Visual/Elasticity** – gently pinch the entire face starting at the chin; moving upwards on the face.

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Week 13B - #214 Facial Structure Analysis - Client Health Form

Onsite Instruction & Procedure

Week 13A/13B - #390 IECT Practical Facial/Makeup Artistry/Consultation/Body/Hair Removal – Hand Movements Hand Massage & Nail, Cuticle Assessment, Glogau Assessment, Grades of Acne, Extraction, Rubin Scale & Melanin Assessment, Hair Removal – Hair Follicle Assessment/ Hair Removal Assessment / Hair Growth Cycle /Hard & Soft Waxing / Sudoriferous Gland Activity /Assessment /Tweezing Eyebrows /Shaping Eyebrows /Eyebrow and Lash & Tint & Perming Application- Color Theory/ Hard & Soft Waxing Ampoule & Antioxidants, Cream & Clay Mask Application, Gel & Mineral Mask Application
Week13A/13B – #413 Electric Current – Magnifying Lamp, Wood's Lamp, Steamer, Rotary Brush Machine Indirect High Frequency –Neon & Spray Machine & Vacuum Suction & High Frequency –Neon, Desincrustation, Iontophoresis



Institute Epidermal Cell Therapy Facial April 1-8, 2019

Cannestro, Carlie

Onsite Protocol/Services –Eyebrow and Lash Tint/ Perming Color Application

Infection Control/ Consultation/ Draping & Greeting/ Facial Analysis Assessment/Face Shapes/ Face Measurement/ Eye Shape & Fitzpatrick Color Assessment/ Makeup Assessment/ Pre Cleanses/ Magnifying 1st Look/Color Theory/ Tweezing Eyebrows /Shaping Eyebrows / Sebaceous Activity Assessment/ Skin Types Assessment/ Hydration Level Assessment/ Retail Products/ Magnifying Lamp with Consultation/ Skin Composition Assessment - Melanin Assessment/ Skin Characteristics Assessment/ Cleansing Movement Technique - Effleurage & Friction/ Facial Cleanse/Wood's Lamp - Conditions /Second Skin Analysis & Consultation/ Eyebrow Grooming/ Pigmentation & Inflammation Assessment / Fitzpatrick Scale Complexion Colors/ Manual Exfoliation/ Hot Towel/ Fitzpatrick Scale Assessment/ Third/ Fourth Analysis Assessment Growth and Burn Assessment/ Mechanical Exfoliation -Rotary Brush Machine/ Sun Protection Indirect High Frequency –Neon & Spray Machine/ Serum Application/ Vacuum Suction/ High Frequency –Neon/ Sixth Analysis Assessment/ Manual Massage Techniques/ Manual Face & Body Massage/ Hand Massage & Nail/ Cuticle Health Assessment/ Seventh Skin Analysis Assessment/ Glogau Assessment - Fines Lines & Wrinkles /Desincrustation/ Grades of Acne /Extraction /High Frequency Direct –Argon /Iontophoresis & Ampoule/ Melanin Assessment /Rubin Scale/ Antioxidants / Mask Product & Application/ Hair Removal – Hair Follicle Assessment/ Hair Removal Assessment / Hair Growth Cycle /Hard & Soft Waxing / Sudoriferous Gland Activity /Assessment /Tweezing Eyebrows /Shaping Eyebrows /Product Ingredients Analysis Assessment – Follow up Treatment Plan/ Eyebrow and Lash Tint & Perming Application Color Theory/

Onsite Procedures - 13A & 13B

✓ Good – 1 Poor – 2 Fair – 3 Bad - 4

89. Select Massage Product

- **Demonstrate –Massage Movement** (while client is holding the indirect electrode.) **Direction of Movement Start at the insertion of the muscle toward its origin**

- ✓ **Tapotement** – Fast Tapping - Benefits muscular relaxation, desensitization of irritated nerve ending. Cupping, Hacking, Rapid Tapping
- ✓ **Petrissage** – Lifting and Kneading movement - Benefit increase circulation, reduced edema (swelling), Fulling (Body)
- ✓ **Effleurage** - Stroking movement, Stimulate sensory nerves ending
- ✓ **Friction** - Scissoring back and forth movement, circular pressure movements –Benefit increase blood flow and relieves pain
- ✓ **Vibration** - (Body) Shaking or vibration movement - increase blood flow and relieves muscle tightness

90. Start Manual Massage Procedures – always focus on origin (fix) to insertion (move)

Tips: Deep conditioning treatment for skin hydration and relaxation. **Face –** Upward and outward movements

- 1) **Face, Neck, Chest, Shoulders,& Arms:**
- 2) **Chest:**
- 3) **Shoulders & Arms:**
- 4) **Shoulders**
- 5) **Behind Shoulders (along upper back):**
- 6) **Repeat this entire sequence from butterfly movements 3 more times**

IECT 13A & 13B Facial4-1-2019

Institute of Epidermal Cell Therapy /Practical Training- SBR Theory

Instruction

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Onsite Procedures - 13A &13B

- 7) Neck:
- 8) Neck & Ears:
- 9) Chin:
- 10) Cheeks:
- 11) Face:
- 12) Forehead:
- 13) Forehead:
- 14) Chest:
- 15) Repeat all steps again from beginning
- 16) Face:
- 17) Shoulders & Arms
- 18) Chest, Neck, Chin, Cheekbones,& Forehead:
- 19) Face:
- 20) Forehead:
- 21) Temples:

91. REPEAT Manual Facial Massage

92. Remove the massage product with a warm towel following the (Warm Towel Application and Removal skill).

93. Seventh Skin Consultation Assessment Client Health Form to determine prior to care

- ✓ Contraindications
- ✓ Client Safety Issues
- ✓ Scope of Practices
- ✓ Condition and Health

IECT 13A & 13B Facial4-1-2019

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Institute Epidermal Cell Therapy Facial April 1-8, 2019

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Onsite Procedures - 13A &13B

94. Seventh Skin Analysis- Glogau & Wrinkles Assessment –

- ✓ I – Mild – wrinkles not present, keratosis not present, healthy ideal look Expression Lines ☐
- ✓ II – Moderate – wrinkles in motion – when making facial expression, Keratose palpable not visible virgin skin look Superficial Lines ☐ Expression Lines ☐
- ✓ III – Advanced - wrinkles at rest – wrinkles are visible when the face muscles are moving, Keratosis visible, abnormal damage skin look Deep Wrinkles ☐
- ✓ IV – Severe only - wrinkle are visible throughout the face, Keratosis visible, abnormal injured skin look

95. Cuticle Assessment Inflammation Client Health Form to determine prior to care

- ✓ Contraindications
- ✓ Client Safety Issues
- ✓ Scope of Practices
- ✓ Condition and Health

96. Start Hand & Nail Cuticle (Eponychium) Treatment

- ✓ **Tip Remember the Cuticle protects against exposure to infection**
- ✓ **Apply Cleansing product to the hands**
- ✓ **Apply warm Cuticle serum/ oil to nail folds of the right hand**
- ✓ **Begin massage the serum/oil in the cuticles and nail beds**
- ✓ **Apply the hand massage cream to the hands**

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Institute Epidermal Cell Therapy Facial April 1-8, 2019

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Onsite Procedures - 13A &13B

- ✓ **Begin the hand massage**
- ✓ **Wrap the hand in warm hand cloth or apply paraffin wax**
- ✓ **Repeat the same procedure on the Left Hand**
- ✓ **Remove hand cloth or paraffin wax.**

97. Remove Facial Massage Cream with warm towel

98. Wrap Hands w/ Towels or Hand Warmer

99. Remove Massage cream – with warm towel

100. Turn Steamer back on

101. Eight Skin Consultation Assessment Client Health Form to determine prior to care

- ✓ Contraindications
- ✓ Client Safety Issues
- ✓ Scope of Practices
- ✓ Condition and Health

102. Eight Skin Analysis- Grades of Acne Score

- ✓ I - First- Mild
- ✓ II - Second - Moderate
- ✓ III - Third – Moderate Severe
- ✓ IV - Fourth - Severe
- ✓ Comedone – Open (blackhead) and (Closed Whitehead)
- ✓ Papule
- ✓ Pustule
- ✓ Cyst
- ✓ Nodule

IECT 13A & 13B Facial4-1-2019

Institute of Epidermal Cell Therapy /Practical Training- SBR Theory

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Onsite Procedures - 13A & 13B

103. Begin Galvanic Procedure - **Galvanic** – is DC used for its chemical effect on tissues.

- ✓ **Benefit:** facilitate delivery of beneficial ingredients to the skin
- ✓ **Desincrustation** - Cathode (-) opens pores and increases blood flow
- ✓ **Iontophoresis** - Anode (+) closes the pores, decrease blood supply, soothes the nerves and hardens the tissues

104. Galvanic Metal Electrodes

- ✓ Client Electrode
- ✓ Ball Electrode
- ✓ Disc Electrode
- ✓ Roller Electrode

105. **Prepare or mix pre extraction alkaline solution-** using baking soda and warm tap water, creating thin paste. The alkaline solution is delivering into the skin with the negative electrode. This process liquefies (saponifies) sebum trapped within the pores and greatly eases the extraction process.

106. **Apply Pre Extraction Solution/Desincrustation Solution-** apply to area to be extracted only

- **Desincrustation Galvanic treatment begins;** handing positive electrode to the client wrapped with damped sponge
- **Tip:** Use tap water

107. **Begin Steaming the face**

108. **Wrap negative electrode (roller type) with cotton wipe or sponges dipped in Desincrustation solution.**

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Onsite Procedures - 13A & 13B

- 109. Start pushing product into the skin (about 3-5 minutes).**
 - **Tips:** Client holds the positive electrode wrapped with dampened sponge.
 - Esthetician holds the negative electrode. Use the flat circular electrode.
- 110. Turn off steamer**
- 111. Remove the Desincrustation solution**
- 112. Start Manual extraction**
 - **Lesions Manual Extraction- Gauze finger Wrap Technique**
 - ✓ Sebaceous filaments
 - ✓ Open Comedones- Blackheads
 - ✓ Closed Comedones - Whiteheads
 - **Lesions Tool Assisted Extraction- Lancet**
 - ✓ Milia
 - **Lesions Tool Assisted Extraction- Comedone Extractor**
 - ✓ Sebaceous filaments
 - ✓ Open Comedones- Blackheads
 - ✓ Closed Comedones – Whiteheads
 - ✓ Milia (after using lancet)
- 113. Start your Milia extraction**
 - **Lesions Tool Assisted Extraction- Lancet**
 - ✓ Milia
 - ✓ Pimples
 - ✓ Papules
 - **Tweezer Method**

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Onsite Procedures - 13A &13B

- **Lesions Manual Extraction- Gauze finger Wrap Technique**
 - **Apply Mask (optional)**
 - **High Frequency (optional)**
- 114. Complete extraction -**
- 115. Apply Post Extraction solution (toner or astringent) over the extracted areas.**
- Tip:**
- ✓ **(2:1 dilution with distilled water; 2 parts water and 1 part Witch hazel).**
- 116. Apply Post Extraction solution (toner or astringent) over the Face**
- 117. Use High Frequency (A/C) over the Post Extraction solution. Using the glass Argon electrode create a gliding movement over the face.**
- Tips:**
- ✓ Esthetician holds glass direct electrode.
 - ✓ Argon gas produces a blue-violet rays helps with killing bacteria on the skin surfaces.
- 118. Melanin Assessment Client Health Form to determine prior to care**
- Contraindications
 - Client Safety Issues
 - Scope of Practices
 - Condition and Health
- 119. Melanin Characteristics and Types (Browns)**

IECT 13A & 13B Facial4-1-2019

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Onsite Procedures - 13A &13B

- ✓ **Color – derivatives of the amino acid Tyrosine (Tyrosinase enzyme change Tyrosine -into DOPA- Dopaquinone)**

- **Eumelanin**

- ✓ **Eumelanin Brown**
 - ✓ **Eumelanin Black**

- **Pheomelanin – Pigment**

120. Pigmentation & Melanin Disease/ Disorder/ Conditions

Hyperpigmentation ☐ Hypopigmentation ☐ Birthmarks ☐ Some Freckling ☐ Heavy Freckling ☐ Generalized Post Traumatic Dyschromia ☐ Albinism ☐ Melasma Gravidarum ☐ Lichen Simplex Chronicus ☐ Vitiligo ☐ Hemochromatosis ☐ Lamellar Ichthyosis

121. Rubin Scale Assessment – Photodamage Classification use to determine chemical exfoliation product Level/Location

- ✓ 0 –
- ✓ Level 1 –Epidermis
- ✓ Level 2 – Epidermis – Dermis (Papillary)
- ✓ Level 3 – Epidermis – Dermis (Papillary - Reticular)

122. Cosmetics Chemistry Assessment – pH Scale (potential of Hydrogen) is used to measure water soluble solutions or substances acidity or alkalinity.

- pH Skin Acid Mantle – 4-6 (Commonly 5.5)
- pH Range pH Example – 0-14
 - ✓ Lower 0-6/ Lemon Juice 2 Acidic

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Onsite Instruction & Procedure

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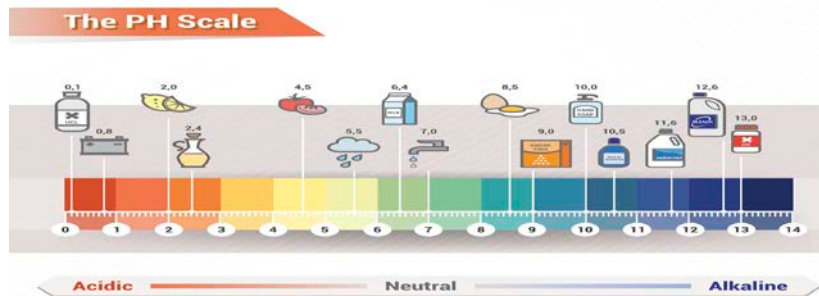
Cannestro, Carlie

Onsite Protocol/Services –Eyebrow and Lash Tint/ Perming Color Application

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Onsite Procedures - 13A &13B

- ✓ Middle 7/ Human Tear 6.8 to 7.4
- ✓ Higher 8-14/ Lye Soap 13 Alkaline



123. **Iontophoresis Galvanic treatment begins;** handing negative electrode to the client wrapped with damped sponge.
124. **Apply Iontophoresis ionic Hydrating/ Iontophoresis Solution to the entire face.** (For deeper penetration of the product active ingredient).
Tip: Iontophoresis solution – Acidic Hydrophilic (water-loving) /water base product
 - Ampoule
 - Serum
125. **Wrap positive electrode (flat circular electrode) with cotton wipe or sponges dipped in Hydrating Solution.**
 - Tip: Use tap water

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Onsite Procedures - 13A &13B

126. Start pushing the product into the skin (about 3-5 minutes).

- Tips:
 - Client holds the positive electrode wrapped with dampened sponge.
 - Esthetician holds the negative electrode. Use the flat circular electrode.
 - Iontophoresis machine assist the Ionic hydrating with deeper penetration into lower layers of the skin.
 - Ionic Hydrating can also act as an leave on Mask

127. Product Ingredients Analysis Assessment Client Health Form to determine prior to care

- Contraindications
- Client Safety Issues
- Scope of Practices
- Condition and Health

128. Select Mask Treatment – focus on treating specific skin conditions and concerns

- ☐ **Brightening – Lighten/ superficial pigmentation** (Wood's Lamps = brown)
- ☐ **Firming – Rejuvenating Elasticity** (Visual/Elasticity) (Glogau Scale)
- ☐ **Hydrating – Increase Moisture balance,** (Visual/Moisture Level) (Wood's lamp = Bright Fluorescence)

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Onsite Procedures - 13A & 13B

- ☐ **Dehydration - – Exfoliating / Cellular turnover** (Visual/Permeability - Absorption) (Wood's Lamps = White spot visual horny layer) (Wood's Lamps = Light Violet Dehydrates) (Wood's Lamps = White Fluorescence thick corneum)
- ☐ **Aging – Antioxidant / Wrinkles** (Glogau) (Visual/Permeability - Absorption) (Wood's Lamps = White Fluorescence thick corneum)
- ☐ **Oil Controlling – Reduce sebum production, detoxifying oily skin with congestion** (Sebaceous Activity) (Wood's Lamps =yellow/pink oil)
- ☐ **Acne – Anti-Inflammatory/ Reduce bacteria/ Calming & Soothing** (Grades of Acne) (Sudoriferous Gland Activity) (Temperature Control Hot) (Visual/Texture – medium to thick) (Wood's Lamps =orange bacteria) (Wood's Lamps = White Fluorescence thick corneum)
- ☐ **Sundamage - abnormal pigmentation** (Rubin scale) (Visual/Permeability - Absorption) (Wood's Lamps = brown)
- ☐ **Anti-Inflammatory –** (Visual/Texture –slick and thin skin)
- ☐ **Oily/Skin Maintenance – ideal healthy skin, create a balance acid mantle (skin protected barrier)** (Wood's lamp = blue-white)

129. Apply Eye Cream/ Mask

- Apply Eye Cream- a thin layer only
- Apply cold compress
- Eye Mask Gel pack/Paraffin Wax
- ☐ Hydrating ☐ Renewal ☐ Detoxifying ☐ Firming

130. Apply Lip Cream/ Mask

- Exfoliate lips with cotton swabs
- Lip Cream Base

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Onsite Procedures - 13A & 13B

- Lip Petrolatum Base
 - ☐ Hydrating ☐ Exfoliating ☐ Deep Conditioning
- 131. Mask Product Formulation / Base Application & Applicator Types**
 - **Clay Base** – Oily/ Sebum, Acne - brush/ hands/ spatula
 - **Gel Base** –Acne, Sensitive (Conditions) - brush/ hands/ spatula
 - **Cream Base** - Dry/ Alipidic, Anti-Aging-(Retail) - brush /hands
 - **Rubber Base** – Dehydrated - spatula
 - **Paraffin Wax Base** – Dry/ Alipidic - brush/ gauze
 - **Thermal Base** – Dry/ Alipidic, Anti-Aging-(Retail) spatula
 - **Modelage Base** - Combination – (Retail Dry/Oily)
- 132. Apply Mask – leave on 5 to 10 mins**
- 133. Mask –w/ (Cold) Mummy Mask Cotton squares**
- 134. Remove Mask from upper lip and eye area**
- 135. Select Waxing Products – Hair Follicle Assessment - Types & Characteristics**
 - **Hair Type**
 - Wavy
 - Straight
 - Curly
 - **Shape of the Hair Follicle**
 - Texture
 - **Size of the Hair Follicle**
 - ✓ Thickness

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Onsite Procedures - 13A &13B

136. Eyebrow Shaping and Design Assessment

Face Shapes – Eyebrow Stencil Shape

- Inverted Triangle -
- Diamond – Angled
- Heart - Rounded
- Oblong-Flat
- Square - Angled
- Triangular - Flat
- Oval - Ideal shape - Angled
- Round - Angled

137. Eight Skin Analysis Hair Removal/ Sudoriferous Gland Activity

Consultation Assessment Client Health Form to determine prior to care

- ✓ Contraindications
- ✓ Client Safety Issues
- ✓ Scope of Practices
- ✓ Condition and Health

138. Select Waxing Products

- **Stages of Hair Growth**
- **Anagen Stage – Active Growth Phase**
Time last: - 2 to 7 years (eyebrows will only grow for 4 months).
Action: Early anagen stage hair matrix forms new hair follicle; determines hairs length
- **Catagen Stage – Transition Regression Phase - Ideal of**
Eyelash(Cilium) extension or tabbing

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Onsite Procedures - 13A & 13B

Time last: - 1 to 2 weeks/ 7 to 14 days

Action: shrinks and detaches from dermal papilla

➤ **Telogen Stage – Resting Phase**

Time last: - 2 to 4 months

Action: stop growing; dermal papilla separates from the hair follicle

Shedding Phase –

Time last: - 3 months

Action: Hair follicle fall out and starts the grow again

139. Prep Area for skin for Waxing Services

- ✓ **Degrease** – remove surface oil and bacteria

140. Prep Area for hair Waxing Services

- ✓ **Dry Brush** – loose hair form the skin surface
- ✓ **Skin Issues – Ingrown Hairs**
 - Extrafollicular – hair grows back into skin surface
 - Transfollicular – hair trapped under skin surface

141. Apply skin protectant product

- ✓ **Cornstarch powder** – help absorb the oil and moisture on the skin surfaces
- ✓ **Oil** – create a film like layer on the skin surface

142. Perform Waxing Skill Procedure

143. Follow Post Waxing skill Procedure

144. Apply Wax

- **Wax Upper Lip use hard wax**
- **Wax Eyebrows use soft wax - SBR**

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Onsite Procedures - 13A & 13B

- 145. Follow Post Waxing skill Procedure**
- 146. Remove Mask with cold towel - Mask Drying/Setting Types & Removal**
 - Cream – cold compress/ cold towel/
 - Clay – mummy mask/ cold towel
 - Thermal Clay - peel off/ buff off/ cold towel
 - Rubber – peel off/ buff off/ cold towel
 - Gel – warm compress/ warm towel
 - Wax – peel off/ buff off/ warm towel
 - Modeling - peel off/ lift whole mask off the face in one piece/ buff off/ cold towel
- 147. Apply Toner - Cool mist - Blot face with tissue**
- 148. Cold Towel**
 - Constriction of pores – Closing process
- 149. Sun Protection – SPF/Foundation Makeup – (Saphonia Custom blend makeup Chart Protocol)**
 - Tinted Sunscreen/ Sun Protection
 - Foundation, Powder, Concealer
 - ✓ Texture
 - ✓ Undertones – Pigment Color
 - Peach – Red Orange (R/O) - Warm
 - Pear – Yellow Green (Y/G) - Warm
 - Lemon – Yellow Orange (Y/O) - Warm
 - Cherry – Red (R) - Cool
 - Berry – Red Violet (R/V) - Cool

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Week13A/13B – #413 Electric Current – Magnifying Lamp, Wood's Lamp, Steamer, Rotary Brush Machine Indirect High Frequency –Neon & Spray Machine & Vacuum Suction & High Frequency –Neon, Desincrustation, Iontophoresis



Institute Epidermal Cell Therapy Facial April 1-8, 2019

Cannestro, Carlie

Onsite Protocol/Services –Eyebrow and Lash Tint/ Perming Color Application

Infection Control/ Consultation/ Draping & Greeting/ Facial Analysis Assessment/Face Shapes/ Face Measurement/ Eye Shape & Fitzpatrick Color Assessment/ Makeup Assessment/ Pre Cleanses/ Magnifying 1st Look/Color Theory/ Tweezing Eyebrows /Shaping Eyebrows / Sebaceous Activity Assessment/ Skin Types Assessment/ Hydration Level Assessment/ Retail Products/ Magnifying Lamp with Consultation/ Skin Composition Assessment - Melanin Assessment/ Skin Characteristics Assessment/ Cleansing Movement Technique - Effleurage & Friction/ Facial Cleanse/Wood's Lamp - Conditions /Second Skin Analysis & Consultation/ Eyebrow Grooming/ Pigmentation & Inflammation Assessment / Fitzpatrick Scale Complexion Colors/ Manual Exfoliation/ Hot Towel/ Fitzpatrick Scale Assessment/ Third/ Fourth Analysis Assessment Growth and Burn Assessment/ Mechanical Exfoliation -Rotary Brush Machine/ Sun Protection Indirect High Frequency –Neon & Spray Machine/ Serum Application/ Vacuum Suction/ High Frequency –Neon/ Sixth Analysis Assessment/ Manual Massage Techniques/ Manual Face & Body Massage/ Hand Massage & Nail/ Cuticle Health Assessment/ Seventh Skin Analysis Assessment/ Glogau Assessment - Fines Lines & Wrinkles /Desincrustation/ Grades of Acne /Extraction /High Frequency Direct –Argon /Iontophoresis & Ampoule/ Melanin Assessment /Rubin Scale/ Antioxidants / Mask Product & Application/ Hair Removal – Hair Follicle Assessment/ Hair Removal Assessment / Hair Growth Cycle /Hard & Soft Waxing / Sudoriferous Gland Activity /Assessment /Tweezing Eyebrows /Shaping Eyebrows /Product Ingredients Analysis Assessment – Follow up Treatment Plan/ Eyebrow and Lash Tint & Perming Application Color Theory/

Onsite Procedures - 13A &13B

➤ Grape – Blue Violet (B/V) - Cool

- **Select Eyebrow and Lash Tint Color**

- Blue Black
- Deep Black
- Graphite
- Dark Brown
- Medium Brown
- Auburn
- Blue
- Purple

- **Select Eyelash Perm rod size**

- Small
- Medium
- Large

150. Mix Color with Developer

151. Begin Eyebrow Grooming -

- **Apply Eyebrow pencil/wax color**

152. Complete Makeup Application

153. Complete Treatment/Services

154. Degloving

155. End the Treatment – Consultation for Follow up appointment

156. Product Recommendation - Retail

➤ Retail Products for Maintenance care

IECT 13A & 13B Facial4-1-2019

Institute of Epidermal Cell Therapy /Practical Training- SBR Theory

Instruction

Week 13A - #327 Eyebrow and Eyelash Tinting/ Perming Techniques- Color Theory- Client Health Form

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Onsite Procedures - 13A &13B

- Retail Products for Treatment
- 157. **Begin Cleanup Duties**
- 158. **Gloving**
- 159. **Bed Making**
- 160. **Infection Control Procedure**
- ✓ **Steamer – Empty water from the jar to prevent lime build-up on the coil**
- 161. **Review Protocol and Lesson**

IECT 13A & 13B Facial4-1-2019

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Onsite Procedures - 13A & 13B

Clinical Performance Grading Checklist

Practical/ Internship/VIP Day

Appearance: 6 S U

Hair

Make Up

Scrubs

Shoes

Undergarments

Jewelry

Attitude: 5 S U

Follows Directions

Interaction with other students

Interaction with Instructor

Interaction with clients

Interaction with staff members

Current Event: 4 Y N

Infection Control 24 S U

Infection Control 14

Infection Control/Set Up 10

Hand Washing

Gloving

Station Set Up

Room Set Up

IECT 13A & 13B Facial4-1-2019

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Onsite Procedures - 13A &13B Equipment Preparation

Procedures: 12 S U

Drape

Mag Lamp

Pre Cleanse

Mag Lamp

Cleanse

Body Treatment:-5

Exfoliation, Masks, Body

Remove cleanser

With wet sponge

Mask/Toner/Moist./SPF 10 S U

Mask Application

Applied with Hands/ Brush

Mummy Mask

Application/Removal

Cold Towel

Toner

Moisturizer

SPF

Eyelash Perming

Eyelash Application

Makeup Application

Eyebrow & Eyelash

Tinting

Hair Removal

Hard wax, Tweezing,

Soft Wax

Woods Lamp 5

S U

Exfoliation: 4

Used steam

Apply with Hands/Brushes

Brush Machine

Towel 2

Hot & Cold Application & Removal

IECT 13A & 13B Facial4-1-2019

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Onsite Procedures - 13A & 13B

Machines: 22

S U

Massage: 6 S U
Pressure during procedure Y N
Effleurage
Petrissage
Tapotement
Vibration
Removal of Product:
used hot towel

Vacuum
Desincrustation:
Steam
Product Application
Product Removal
Extractions:
With Astringent
With Lancet
Glove Change
High Frequency:
Gauze Method
Sparkling

Iontophoresis:
Product Application

Spray Machine

IECT 13A & 13B Facial4-1-2019

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Onsite Procedures - 13A & 13B

Practical Performance Completion Form

Daily Grade

18 VACS 41-70-200. Practical performance requirements.	
A. The curriculum for estheticians shall include the following minimum practical performances:	
Epidermal Cell Therapy Consultation Treatment	
Consultations, cleansings and analysis of face and body	/35
Epidermal Cell Therapy Express Facial Treatment	
Manual facials and treatments	/65
Epidermal Cell Therapy Signature Facial Treatment	
Machine or electrical facials and treatments	/50
Epidermal Cell Therapy Signature Body Treatment	
Body treatments and back treatments	/20
Epidermal Cell Therapy Signature Makeup Treatment	
Makeup	/25
Epidermal Cell Therapy Signature Hair Removal Treatment	

IECT 13A & 13B Facial4-1-2019

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Onsite Procedures - 13A &13B

Hair Removal	/25
TOTAL	220

IECT 13A & 13B Facial4-1-2019

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Onsite Procedures - 13A &13B

Student Print Name _____ Date _____

Student Signature _____ Date _____

Instructor Print Name _____ Date _____

Instructor Signature _____ Date _____

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