Institute Epidermal Cell Therapy Facial **June 3-10, 2019**

Cannestro, Carlie

Onsite Protocol/Services

IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical

Onsite Procedures - 22A &22B

Onsite Protocol/Services 16A&16B – Body Treatment

IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical
Forearms & Bikini
IECT Consultation & Cleansing & Analysis & Makeup & Facial Manual & Facial Mechanical & Body Treatment & Face Hair Removal & Body Hair Removal – Waxing
Hair Follicle Assessment
Waxing Arms, Legs, Chest, & Back Bikini Waxing & Underarms Eyebrow Soft Waxing & Shaping / Underarms & Arms

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/ Hard and Soft Body Waxing Underarm & Arms

IECT 22A & 22B Facial 6_3-10_19

Institute of Epidermal Cell Therapy /Practical Training- SBR Theory

Instruction

Week 22A - #311 Structure and Function of the Human Body System and Organs– Client Health Form
Week 22B - #307 Spa Body Treatment- IECT Body Treatment

Onsite Instruction & Procedure

Week 22A/22B -#307 Body Treatment

Week 22A/22B - #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, Hard and Soft wax Underarm waxing & Arms

Week221A/22B – #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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Institute Epidermal Cell Therapy Facial **June 3-10, 2019**

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IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical

Onsite Procedures - 22A &22B

Onsite Protocol/Services Review 15A&15B – Forearms & Bikini

IECT Consultation & Cleansing & Analysis & Makeup & Facial Manual & Facial Mechanical & Body Treatment & Face Hair Removal & Body Hair Removal – Waxing

Hair Follicle Assessment

Waxing Arms, Legs, Chest, & Back Bikini Waxing & Underarms Eyebrow Soft Waxing & Shaping / Underarms & Arms

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/ Hard and Soft Body Waxing Underarm & Arms

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Onsite Protocol/Services

IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical

Onsite Procedures - 22A &22B

1. **Hand washing Skill - Sanitize hands (Sanitation is the lowest level of infection control)**
    - 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)
    - Preheat – Dr. Lucas /Electric Pulverizer, Unscrew top on machine.
        - Using distilled water only; fill the tube with water to the water level line. Tap water can leave deposits that can clog and cause breakage. Fill the large glass container with tonic, lotion or product that the client needs. The small container remains empty to collect liquid from the condensed steam. Turn on the machine; it takes ten minutes for the water to warm up.
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**

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Onsite Procedures - 22A &22B

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

7. **Greeting Client skill -** Explain what a Esthetician is (we perform services on the body's largest organ the skin)
    - Offer water
    - Explain the purpose of the Consultation and Student Wavier form
    - Have the client complete the Student Wavier form
8. **History Intake Form -** should be completed before every facial service

- **Tip:** Complete Confidentiality base off service.
    - Have the client complete the Client Consultation/Health form – use for the skin analysis procedure to help determine skin type, skin condition and select the best protocol for client/patient services - 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)
    - Ask Client if she/he is interested a foot bowl with hot stones and foot effleurage movements
        - ✓ Yes, proceed to **Escort Client to the Consultation** Area Skip to #15
          (Perform these services while completing documentation).
        - ✓ No, proceed to **Escort Client to the Facial Bed**
10. **Escort Client to the Facial Bed -** Help Client get into bed
    - Ask Client if she/he is interested a foot bowl with hot stones and foot effleurage movements
        - ✓ Yes, proceed to **Escort Client to the Consultation** Area
          (Perform these services while completing documentation).
        - ✓ No, proceed to **Escort Client to the Facial Bed**

11. **Ask Client Bed's confront level support of the:**

Instruction

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Onsite Procedures - 22A &22B

- ✓ **Head-**
- ✓ **Neck**
- ✓ **Lower Back (Lumbar Area)**
- ✓ **Under Knees**
- ✓ **Feet**

12. Tip: Ask Clients these question again

- ➢ Offer water (cold, hot, or room temperature)
- ➢ Explain the purpose of the Consultation and Student Wavier form
- ➢ Have the client complete the Student Wavier form

13. Prepare Foot Treatment Supplies

- ✓ **warm water, hot stones, massage product**

14. Begin Foot Treatment

1. Cleanse with antiseptic
2. Soak feet in warm water for 2 minutes
3. Spread lotion over entire foot using effleurage strokes
4. Rotate the toes in a figure 8 motion 3 times
5. Knead foot with ball of thumb 5 times
6. Hold ball of foot in left hand and cup heel in right hand, rotate foot 3 times
7. Make fist, roll knuckles on sole of foot 5 times
8. Knead and twist each toe between knuckles, slide off with a slight pull
9. Massage top of foot with balls of thumb
10. Grasp ankle with both hands and rotate the hands to slightly wring the skin

15. Escort Client to the Facial Bed

➢ Yes, proceed to **Escort Client to the Consultation** Area

(Perform these services while completing documentation).

- Help Client get into bed
-

16. Ask Client Bed's confront level support of the:

- ➢ Head-
- ➢ Neck
- ➢ Lower Back (Lumbar Area)
- ➢ Under Knees
- ➢ Feet

17. Review Client's Consultation

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Onsite Protocol/Services

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Onsite Procedures - 22A &22B

- Esthetician read through Client's Consultation

18. Prepare Hand Treatment Supplies

- ✓ **warm water, hot stones, massage product**

19. Review Client's Consultation

20. Begin Hand Treatment (optional) Skip to #22

1. Cleanse with antiseptic
2. Spread lotion over entire hand and arm using effleurage strokes.
3. Rotate each finger in a circular motion 5 times and slide off with a light snap at the finger tip
4. Rotate thumbs on wrist down to knuckles 5 times.
5. Begin kneading palms by pressing the balls of the thumb moving from the wrist up to the fingers 5 times
6. Begin kneading fingers by rolling each one from the wrist up to the finger tips.
7. Supporting the client's elbows, rotate wrist around and around very slowly 5 times in each direction.
8. Hold client's hand and slowly flex wrist in a back and forth motion
9. Use kneading movements to massage forearm beginning at the wrist and moving up to the elbow, gently slide down forearm and repeat 5 times.
10. Repeat same movements on other arm

21. Review and Discuss Intake Form with client health history (Verbal Communication Analysis)

- Skin Consultation Form
- Contraindication – Any disease or disorder that cause harm to the patient/client when performing services/treatment. The Esthetics should refer the patient/client to their physician or have written authorization to proceed with any services/treatment
  - ✓ Genetics & Heredity = Intrinsic Factors
  - ✓ Lifestyles = Extrinsic Factors
  - ✓ Lesions

22. Contraindication continues(Verbal Communication Analysis)

- Immunity – Natural & Acquired - body's ability to resist infection and destroy bacteria
- Disorders/ Disease – Chronic & Acute

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Onsite Procedures - 22A &22B

- Mental Disorders –❑Excoriation/Acne excoriee -skin picking scraping lesions, causing abrasion
- Infections – General & Local & Contagious- Herpes Simplex virus (Cold sores)
- Asymptomatic - shows no symptoms of a disease
- Symptomatic
- Contagious disease or disorders

❑Tinea/Ringworm cause fungal ❑Scabies cause parasite/mite

23. Put on glove/ Sanitize Hands

24. Take Photos

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

25. De-glove

26. Put on Gloves

27. Client Draping Skill

- Chest Towel
- Facial Cap - Sanitizer hands after the hair is touch

28. De-glove /Sanitize Hands Skill

29. Put on Gloves

30. Assess Client/ Patient Comfort level Pressure

Tip: Pain Tolerance scale 0 (lowest) to 10 (highest) Pressure corpuscles receptors in the Skin. Touch Receptors within the skin responds to free nerve endings extend from the dermis superficially to the spaces between the epidermal cells.

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Onsite Procedures - 22A &22B

- Touch receptors is tactile sensations = nerve cells which communicates with your brain. Touch receptors are divided into two groups:
  - ✓ Mechanoreceptors - communicate perceive sensations of pushing, pulling or movement, pressure, vibrations, and texture.
  - ✓ Thermoreceptors - communicate perceive sensations of temperature

31. Cutaneous Receptors found within the skin responds

- ✓ Chemoreceptors/Chemical action = communicate perceive sensations stimulated by changes in the chemical concentration of substances.
- ✓ Nociceptors receptors/Pain = communicate perceive sensations stimulated by tissue damage.
- ✓ Thermoreceptors/Temperature = communicate perceive sensations stimulated by changes in temperature.
- ✓ Mechanoreceptors/Movement active = communicate perceive sensations stimulated by changes in pressure or movement.
- ✓ Photoreceptors/ Light = communicate perceive sensations stimulated by light energy.

32. Know the structure and function of the skin nerve receptors

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

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Onsite Procedures - 22A &22B

- **Merkel's disc –** located epidermis layers (glabrous) skin without hair
- **Free nerve ending -** located throughout the skin – mechanical, thermal, or noxious stimulation
- **Hair Follicle Ending –** located around the hair follicle - hair displacement

33. **Give you patient an warm hand towel** (optional for Hand treatment)
34. **Begin your 1st Look Analysis**
35. **Consultation Assessing with Magnifying Lamp/ loupe -** Look at the patient current makeup application style and colors

- **Tip Remember: Use Magnifying Lamp/ loupe**

36. **Magnifying lamp strength (amount of curvature a lens will have) Esthetics practices commonly use the following** 3, 5, 10 diopter (field of view) magnification.

    Tip: This task require use of the sensory nervous system = Sight/Visual Sense.
    - 3x diopter (curved mirror) magnification
    - 5x diopter (curved mirror) magnification
    - 10x diopter (curved mirror) magnification
37. **Record finding - Makeup Assessment Form Makeup Assessment Form**

- **Tip:** This task require use of the sensory nervous system = Touch/Tactile Sense.
  - **Retail Skin Type**
    - ✓ Normal
    - ✓ Combination
    - ✓ Dry
    - ✓ Oily
    - ✓ Sensitive

38. **Select Pre Cleanse (common names) Makeup Remover Product -**
    - ✓ Water base
    - ✓ Oil base
39. **Begin Eyes Pre Cleanse –** apply product with fingers
    - Transfer eye cleanser to a pallet or disposable spatula
    - Apply eye/lip makeup removal to gauze (use a different gauze for each eye)

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Onsite Procedures - 22A &22B

- Add cleanser to moist wipes
- Use bracing technique hand over thumb while performing eye cleanse
- **Begin Eyes:** -Cleanse one eye at a time with 1-2 drops of Makeup- Cleanser and damp gauze pads for each eye. Using light downward strokes, remove eye shadow and mascara.

40. Begin Lips Pre Cleanse - apply product with fingers

- Transfer lip cleanse to a pallet or disposable spatula
- Apply lip makeup removal to gauze (use a different gauze for each side of the lip area)
- Use bracing technique hand over thumb while performing lip cleanse
- **Lips:** -Cleanse lips with 1-2 drops of Makeup- Cleanser, using damp gauze pad starting at bottom corner of lip and slide to center of top lip and stop. Repeat procedure on opposite side. Start at outer corner of upper lip and slide to center of lip and stop. Repeat procedure on opposite side. Repeat until lipstick is completely removed

41. Begin Face Pre Cleanse – Apply product with fingers. (The difference in performing a facial cleanses on a male or female client is the direction of the hair growth pattern. When male pattern hair growth is present your hands should follow the direction of the hair growth)

42. Toner – pH balancer after cleansing

43. Consultation Assessing with Magnifying Lamp/Loupe

- ➢ White light is a combination of all visible rays of the spectrum
- ➢ Facial features are asymmetric

44. 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)

45. Physical Features Assessment – Parts of the Head

- ✓ Hair
- ✓ Forehead

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Onsite Procedures - 22A &22B

- ✓ Temple
- ✓ Eyes Sight/Visual.
- ✓ Eyebrow
- ✓ Eyelids
- ✓ Eyelash
- ✓ Ear Sound/Auditory
- ✓ Earlobe
- ✓ Nose Smell/Olfactory
- ✓ Nostril Smell/Olfactory
- ✓ Cheeks
- ✓ Mouth Taste/Gustatory
- ✓ Lips Taste/Gustatory
- ✓ Jaw
- ✓ Chin

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

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

47. Face Shapes

- ✓ Inverted Triangle
- ✓ Diamond
- ✓ Heart
- ✓ Oblong
- ✓ Square
- ✓ Triangular
- ✓ Oval
- ✓ Round

48. Face Shapes + Eyebrows (Vocabulary/Skill) (Look and Determine)

49. Eye Shape – Measurement

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

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- **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
- **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

50. 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

51. 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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Onsite Procedures - 22A &22B

- **Special Occasion/ Formal Look❑**

52. Makeup Assessment Form (Look and Determine)

- Color (Lip, Eye, & Cheek)
- **No Makeup ❑**
- **Basic Makeup Application Look ❑**
  (SBR 5 minute Application Skill)
- **Daytime❑**
- **Evening Look❑**
- **Special Occasion/ Formal Look❑**

53. Select Color Plan – (Vocabulary)

- **Color Wheel** (State Board)
- ✓ **Primary -** fundamental colors not obtained from a mixture
  - ➢ Red – Cool/ Warm
  - ➢ Blue - Cool
  - ➢ Yellow - Warm
- ✓ **Secondary -** obtained by mix equal parts of two primary colors**(Vocabulary)**
  - ➢ Violet = (2 part)Red + (1 part)Blue
  - ➢ Green = (1 parts)Blue + (3 parts)Yellow
  - ➢ Orange =(3 part)Yellow + (2 parts)Red
- ✓ **Tertiary -** obtained by mix equal amount of secondary color and its neighboring primary colors **(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

54. Correction/ Balancer – cancel each other out to neutral

- ✓ Green – Red
- ✓ Orange – Blue

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Onsite Procedures - 22A &22B

- ✓ Violet - Yellow

55. Select Color Plan (Look and Determine)

- **Foundation**
  - **Tips: Determine your skin tone**
    - Cool – your veins are blue
    - Warm – your veins are green

56. 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.

57. Prepare Eyebrow Grooming Setup

Select Eyebrow pencil/wax color/service

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

58. Select Eyebrow Stencil Shape

- **Face Shapes – Eyebrow Stencil Shape**
  - Inverted Triangle
    Eyebrow Shape - Rounded

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Onsite Procedures - 22A &22B

- Diamond – hairline narrow, jaw comes to point at chin
  Eyebrow Shape -Angled
- Heart
  Eyebrow Shape - Rounded
- Oblong –
  Eyebrow Shape – Flat
- Square
  Eyebrow Shape - Angled
- Triangular
  Eyebrow Shape - Flat
- Oval - Ideal shape
  Eyebrow Shape - Angled
- Round
  Eyebrow Shape - Angled

59. Select Eyebrow Shaping Skill

- **Tweezing Skill – Hold skin tight and pull out hair in the direction of hair growth**
- Blading/ Razoring (Advanced Skills)
- Threading (Advanced Skills)
- Hard Waxing
- Soft Waxing

60. Setup Eyebrow Shaping Skill supplies

2 pallets, 2 pairs of eye googles tweezers, gauze, and nitrile blue gloves,

- **Place implements(tweezer & eye googles) onto pallet**
- Re glove/ Gloving with blue nitrile glove
- Cover eyes with eye google/ gauze eye pads
- Transfer antiseptic to a pallet

61. Tweezing - Select Type of Tweezers

- Needle Nose Tweezers
- Pointed Tweezers
- **Slant Tip Tweezers**

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Onsite Procedures - 22A &22B

- Eyebrow Scissors
- Eyebrow Brush/Comb

62. Begin Eyebrow Shaping Skill – Using Slant Tip Tweezers

Remember you are on the eyebrow bone

Safety Tips: First Kit remains on station. Always use bracing technique when working around the eyes & mouth

- Sanitize hands
- Dip dry gauze into antiseptic on pallet
- Use bracing technique hand over thumb while performing antiseptic application on eyebrow
- **Begin Cleanse with antiseptic product to destroy and prevent disease causing microorganisms aka pathogens**
- Begin rub the antiseptic over entire right eyebrow area (i.e. except in eyes, nostrils/nose, mouth, and ears)
- Use dry gauze to pad dry antiseptic product residue around the eyebrow area
- **Begin tweezing of hair direction of the hair growth (right to left)**
- Remember hold the skin taut whiling tweezing, stretch the skin taut with the index finger and thumb Wrap dry gauze on middle finger of free hand
- Use bracing technique hand over thumb while performing eyebrow tweezing
- Each time you tweeze a hair follicle place it onto your gauze wrapped finger
- Start tweezer at the base of eyebrow (located between the inner corner of the eyebrow and root of the nose)
- Place tweezer parallel on skin at the base of the follicle and gentle slide hair follicle with a steady, smooth motion in out of the follicle opening in the direction of the hair growth (right to left).
- **Begin Post Care with antiseptic product to destroy and prevent disease causing microorganisms aka pathogens**
- Begin rub the antiseptic over entire right eyebrow area (i.e. except in eyes, nostrils/nose, mouth, and ears)
- Use dry gauze to pad dry antiseptic product residue around the eyebrow area

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Onsite Procedures - 22A &22B

63. Eyebrow Shaping Post treatment

- Tip: Antiseptic used as a disinfection to kill bacteria on the skin or mucous membranes before and after procedure helping to reduce the chance of infection

- Apply Antiseptic on treated area

64. Begin Facial Treatment/Service - (use skin diagram chart)

- ✓ Prepare Magnifying Lamp
- ✓ **Turn on** Magnifying Lam

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

66. Know your scope of practices

- **Skin Layers –** Scope of Practice most state licensure only allows the Esthetician to provides or addresses concerns/service/care for the stratum corneum.

67. Known your skin structure and function

- **Epidermis layer/ soft keratin**
  - ✓ Stratum corneum - corneocytes
  - ✓ Stratum lucidum
  - ✓ Stratum granulosum
  - ✓ Stratum spinosum
  - ✓ Stratum basale/germinativum
- **Dermis**
  - ✓ Papillary layer
  - ✓ Reticular layer
    - ❑ Collagen - pump the skin; strengthen the skin 70% of dermis
    - ❑ Elastin – pliability, firming /tightness
- **Hypodermis (Subcutaneous)**
  - ✓ Adipose tissue

68. Prepare e Magnifying Lamp & Woods Lamp

- ✓ **Turn on Wood's Lamp**

69. Begin First Skin Analysis - Consultation to determine and select skin type for

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products and treatment protocol purposes. Use Magnifying Lamp/Woods Lamp to assist with selecting treatment plan.

70. **Wood Lamp –** should be performed in a dark room or leave it skirt on the machine to create a darken environment
71. **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 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**
72. **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) no visible pores, thin texture
    - ✓ Combination – (Retail Dry/Oily)
    - ✓ Sensitive (Conditions)
    - ✓ Acne- Retail (disease)
    - ✓ Anti-Aging-(Retail)
73. **Hydration/ Moisture Levels** (Look and Determine)
    - ✓ Hydrated Skin Condition (Moisture and water is present) – dewy Appearance
    - ✓ Dehydrated Skin Condition - (Moisture is not present; lack water) – dull Appearance

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Onsite Procedures - 22A &22B

74. Skin Composition Assessment (Look and Determine)

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

75. Melanin Assessment – Oxidation chemical reaction of the Amino Acid Tyrosine. It produced and stored in the melanocytes.

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

76. Turn on Magnifying Lamp/ Loupe & Wood Lamp

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

- Consultation Assessing with Magnifying Lamp

78. Review Characteristics (function) of the Skin Skill

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

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Onsite Procedures - 22A &22B

- **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?

79. **Wood Lamp –** should be performed in a dark room or leave it skirt on the machine to create a darken environment
80. **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 be able to determine the depth, appearance, and texture of lesion. As well as it's healing process.** (1st & 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**
81. **Select Services/ Treatment – focus on treating specific skin conditions and concerns**
    - ❑ **Brightening - Lighten/abnormal pigmentation**
    - ❑ **Firming – Rejuvenating Elasticity**
    - ❑ **Hydrating – Increase Moisture balance**
    - ❑ **Renewal – Exfoliating / Cellular turnover**
    - ❑ **Anti – Aging – Antioxidant / Wrinkles**

    Consultation to determine and select Cleansing Product Skill/ Vocabulary
82. **Cleanser Product Formulation Types & Ingredients - Cleanser Surfactant**
    - Foaming – (e.g. Oily, Acne, Sensitive, Combination)

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Onsite Procedures - 22A &22B

- ❑ Sodium Lauryl Sulfate (SLS) emulsifier and foaming agent
  - ➢ 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

83. Sanitize Hands Skill

84. Start Basic Cleanse (Bones)

➢ **Cleansing Movement Techniques Skill**

- **Spreading / Sliding – Effleurage**

Demonstrates effleurage movement (close your hands like you are about say a prayer. This is what your hands and finger is look like when performing effleurage)

- **Circular -- Gentle Lifting– Petrissage movement** lifting, kneading and/or pinching movements

Demonstrates petrissage movement (your hands should look like you are pinching and lifting the skin. Use the side of you wrist to practice pinching and sliding movements)

- **Circular Pressure – Friction movement**

Demonstrates friction movement – (you finger pad should look like you are pressing into the skin and deep rubbing it round in circular motion).

✓ Perform on **Temples** pressing and deep rubbing

✓ Begin on Temples: - Slide each hand to temples (temporalis) and perform temple circles 6x easing up on speed of circles by the 4th circle. End at temples with a slight hold with two fingers

85. Start Cleansing Skill Movements

- Transfer (pump) cleanser to a pallet or disposable spatula
- Apply facial cleanser - spread cleanser over the entire face (i.e. except in eyes, nostrils/nose, mouth, and ears)

Instruction

Week 22A - #311 Structure and Function of the Human Body System and Organs– Client Health Form
Week 22B - #307 Spa Body Treatment- IECT Body Treatment

Onsite Instruction & Procedure

Week 22A/22B -#307 Body Treatment

Week 22A/22B - #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, Hard and Soft wax Underarm waxing & Arms

Week221A/22B – #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 - 22A &22B

- Use bracing technique hand over thumb while applying cleanser/and spreading product around the mouth (upper and lower lip)
- Avoiding eyes and lips
  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

86. Complete Basic Cleanse Skill

87. Remove facial cleanser residual and extra product buff with dry gauze

- when using foaming cleaner use dry gauze to remove extra product before wet/moist wipes
- with wet/moist wipes over entire face (except in eyes, nostrils/nose, mouth)
- Apply toner/astringent to a gauze pad (optional)
- Begin dabbing the toner/ astringent over entire face (i.e. except in eyes, nostrils/nose, mouth, and ears)

88. Tone/ Restore pH balance (optional some cleanser have a pH balance of 5.5 same as the skin)

89. Begin Second Skin Analysis

- Consultation to determine overall surface service protocol focusing pigmentation & focusing inflammation treatment.

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Onsite Procedures - 22A &22B

90. **Begin Second Skin Analysis - Focusing Pigmentation skin disorders and diseases (Vocabulary) Tip:** (Look and Determine)
    - Hyperpigmentation – abnormal, excessive amount of pigmentation (dark black or brown spot)
    - Hypopigmentation – abnormal, lack of pigmentation
    - Fitzpatrick I❑ II❑ III❑ IV❑ V❑ VI❑
    - Rubin 1st ❑ 2nd ❑ 3rd❑

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

91. **Begin Second Skin Analysis - Focusing Inflammation skin disorders and diseases (Vocabulary) Tip:** (Look and Determine)
    - **Tip:** Common areas for treatment and different sensations (Look and Determine)
    - ✓ Redness+ - Erythema
    - ✓ Heat*
    - ✓ Swelling# - Edema ❑
    - ✓
    - ✓ Pain^

    Nose Area ❑ Lowest ❑ Low ❑ Medium ❑ High ❑ Highest ❑
    Cheek Area ❑ Lowest ❑ Low ❑ Medium ❑ High ❑ Highest ❑
    Chin Area ❑ Lowest ❑ Low ❑ Medium ❑ High ❑ Highest ❑
    Forehead Area ❑ Lowest ❑ Low ❑ Medium ❑ High ❑ Highest ❑
    Entire Face ❑ Lowest ❑ Low ❑ Medium ❑ High ❑ Highest ❑

92. **Inflammatory Skin Disorders/Disease**

    Inflamed Erupted Skin ❑ Psoriasis ❑ Dermatitis ❑
    Herpes Simplex ❑ Shingles ❑Skin Cancer ❑ Sunburn ❑ Eczema ❑

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Onsite Procedures - 22A &22B

Edema ❑Erythema ❑

93. **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 be able to determine the depth, appearance, and texture of lesion. As well as it's healing process. (2nd Skin Analysis Skill)
    - **Tip: Example (Yellow Color = Oil) (Pigmentation = Brown spots)**
    - **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**
94. **Tone/ Restore Ph. Balance (optional)**
    - Apply toner/astringent to a gauze pad (optional)
    - Begin dabbing the toner/ astringent over entire face (i.e. except in eyes, nostrils/nose, mouth, and ears)
95. **Fitzpatrick Complexion Colors Scale Assessment Skill**

    (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
96. **Turn on Steamer - (Skill)**

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Onsite Procedures - 22A &22B

97. Select Manual Exfoliation Product

- **Type of Exfoliation Products – (Vocabulary)**
- ☐ Gommage - Chemical/ Manual properties
- ☐ Scrub - Manual properties
- ☐ Enzyme – (protein manufactured by the cell) – Chemical properties

98. Begin IECT Signature Manual Exfoliation Skill

99. Start Manual Exfoliation Skill Movement

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

100. If, No mechanical Exfoliation uses proceed to stream towel and product removal #105

101. Begin IECT SBR Manual Exfoliation Skill

- Apply eye google to eyes

Instruction

Week 22A - #311 Structure and Function of the Human Body System and Organs– Client Health Form
Week 22B - #307 Spa Body Treatment- IECT Body Treatment

Onsite Instruction & Procedure

Week 22A/22B -#307 Body Treatment

Week 22A/22B - #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, Hard and Soft wax Underarm waxing & Arms

Week221A/22B – #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 - 22A &22B

- Apply Exfoliating product to brush from pallet or disposable spatula
- No Product should be applied to eyes or mouth area
- Begin Spread at the Jawline: with exfoliating brush spread the product over entire face (i.e. except in eyes, nostrils/nose, mouth, and ears) using upward and outward circle movements
- Begin 2nd Pass at the Jawline: - Use the exfoliating brush, move upward and outward using circular movements onto the jaw (mandibular nerve)
- Use the dampened gauze with left hand to hold skin taut (so the brush does not drag on the skin. The brush should look like it's creating a gentle glide/ polishing effect on the skin) as you start on the right side of face. Keep the brush and dampened gauze close in distance creating tightening of the skin surface which prevent the brush from dragging on the face

102. Complete Manual Exfoliation Skill

- Proceed with the warm/s team towel skill optional:
  - Optional: when no steam machine is present.

103. Begin Facial steaming Procedure – Proceed to Mechanical Exfoliation procedure.

❑ Steamer

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

- Rotary Brush Machine Electrodes
  - ✓ Large Goat Hair
  - ✓ Small Goat Hair
  - ✓ Foam Wheel
  - ✓ Polisher
  - ✓ Pumice

105. Begin Facial steaming Procedure – Proceed to Mechanical Exfoliation procedure.

❑ Hot/Steam Towel- wrap face with towel

106. Begin Steam Towel (this is a form of thermotherapy/heat therapy)

- Remove steam towel from the hot towel cabi (Hot Towel Skill)

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Onsite Procedures - 22A &22B

- Remove excess water (wring out) from towel
- Test towel temperature on wrist or forearm
- remove product with warm towel
- Place on the towel on face avoiding nose and mouth (they should be fully visible)
- Unfold the towel and lift in off the face

107. Complete Steam towel Skill

108. Remove exfoliation product residual

- Use bracing technique hand over thumb while remove product area eye and mouth area
- Remove exfoliating product with wet/moist wipes over entire face (i.e. except in eyes, nostrils/nose, mouth, and ears)
- Remove eyes google from and place on clean pallet
- Sanitize hands

109. Apply Eye Cream/ Mask

- Use bracing technique hand over thumb while performing eye mask

110. Apply Lip Cream/ Mask

- Use bracing technique hand over thumb while performing lip mask

111. 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
  - ✓ Pre Cancer- lesions ❑Hyperkeratosis-mass keratinized cell cause thickening of the skin.

112. Pre Cancer & Skin Cancer Lesions

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Onsite Procedures - 22A &22B

113. Pre Cancer Lesions

❑Hyperkeratosis-mass keratinized cell cause thickening of the skin.

114. Skin Cancer Lesions & Abnormal Photosensitivity Disorder and Disease skin related issues

❑**Basal Cell Carcinoma/Least Severe –** Warning signs least severe pearly, rough, bumpy, shiny pink or red patches that are sometimes scaly

❑**Squamous Cell Carcinoma -** Warning signs: Small, smooth, shiny pale, or waxy lesion/ Firm red lesion / bleeds or develop a crust/ flat red spot rough, dry, or scaly)

❑ **Melanoma/Most severe -** Warning signs **–** black or brown in color

Client Health - Abnormal Photosensitivity Disorder and Disease skin related issues: Sunburn ❑ Eczema ❑ Edema ❑Telangiectasia ❑ Dehydrated Skin ❑ Hyperkeratinization ❑ Couperous Skin ❑ Actinic folliculitis ❑ Actinic prurigo ❑Bloom syndrome/ telangiectatic erythema ❑ CAD/Chronic actinic dermatitis ❑ Darier's disease ❑ DM/Dermatomyositis ❑DSAP/Disseminated Superficial Actinic Porokeratosis ❑ HV/Hydroa vacciniforme ❑ Lichen Planus Actinicus ❑ LE/Lupus erythematosus ❑ Pellagra ❑PE/Pemphigus erythematosus ❑ PLE/Polymorphic Light Eruption ❑Pseudoporphyria ❑ Psoriasis ❑ Rosacea ❑ RTS/Rothmund-Thomson syndrome/Congenital Poikiloderma ❑ Solar urticaria ❑Tinea Versicolor – fungal infection & yeasts ❑ XP/Xeroderma pigmentosum ❑

115. Burns Categories (Vocabulary)

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Onsite Procedures - 22A &22B

- Complications
- 1st Degree – Epidermis-
- 2nd Degree – Epidermis/Dermis
- 3rd Degree - Hypodermis
- 4th Degree – Bone & Muscle

116. Different Ultraviolet (UV) Radiation (Rays) – from sunlight that cause burns(Vocabulary) Tip: produce Vitamin D effect

- ✓ UVA – cause premature aging
- ✓ UVB – responsible for tanning effects, cause burning
- ✓ UVC – shortest / most damaging

117. 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

118. 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)

119. Causes of Aging Assessment (Vocabulary)

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

120. Focusing Growth (Vocabulary)

- **Abnormal Growth – Skin Cancer lesion**
  - A- Asymmetry- shape does not match

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- B – Border - Uneven
- C – Color Variation
- D – Diameter greater than 6mm
- E- Evolving change in size, shape, and color

- **Normal Growth - Mole**
  - S- Symmetry
  - B- Even borders
  - C- Color uniform
  - D – Diameter smaller than 10mm
  - E- Normal mole

121. 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.
- **Tonic/Toner/Astringent Types/ Ingredients**
  - ✓ ❑**Sensitive skin**
    ❑Alcohol –free ❑Witch hazel base ❑Rose water – manage moisture/
  - ✓ ❑**Acne**
    ❑Apple cider natural - dissolves dead skin ❑ Rose water base – manage moisture/
  - ✓ ❑**Combination**
    ❑Apple cider natural AHA dissolves dead skin ❑ Rose oil base – manage moisture
    ❑Rice base – manage moisture ❑Alcohol base
  - ✓ ❑**Oily skin**
    ❑Alcohol base
  - ✓ ❑**Dry skin**
    ❑Rice water – manage moisture ❑Witch hazel base

122. Fifth Skin Consultation Assessment Client Health Form to determine prior to care Muscle Tone (Pressure)

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Onsite Protocol/Services

IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical

Onsite Procedures - 22A &22B

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

Fifth 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.
  - ✓ Good – 1 Poor – 2 Fair – 3 Bad - 4

123. Select Lymphatic stimulation Product

- ✓ Lotion – Oily to Normal
- ✓ Gel/Serum – Oily to Sensitive Skin Condition

124. Lymphatic stimulation Serum product application (Skill) for Indirect High Frequency Skill

- Apply Ph. Balancer serum using massage movement
- **Demonstrate – Tapotement Massage Movement (Skill) (**while client is holding the indirect electrode.**) Insertion to Origin**
- **Tapotement** – massage movement Fast Tapping - Benefits muscular relaxation, desensitization of irritated nerve ending. Cupping, Hacking, Rapid Tapping

125. Indirect High Frequency (Skill) (Alternating Current A/C) Apply serum all of the face using tapotement massage movement technique. Using the glass indirect electrode with neon gas. Client holds glass indirect electrode. Neon gas produces an orange-red ray helps with stimulation of the cells and the lymphatic system.

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Onsite Procedures - 22A &22B

- **Demonstrates Serum application while performing lymph nodes stimulate using tapotement movemen**t
  - ✓ **Begin on Forehead:** -Start tapotement at the outer corners of each side the forehead rapid light tapping the skin using the pads of fingertip (your fingertip should look like they are flat footed person perform a light, but fast pace tap dancing performance on your forehead)

126. **Begin Performing Lymphatic node stimulation –**

1. Stationary circles - to stimulate the main nodes.
2. Feathering - to open the flow

127. **Perform vacuum machine (**which assist with increase circulation and draining the lymph nodes)

- ➢ Vacuum Machine Glass Electrodes are called Ventouse
  - ✓ **Wrinkle Cupping Glass** – smooth out superficial lines
  - ✓ **Straight Cupping Glass** – use on area surround the closed comedones & whiteheads
  - ✓ **Blackhead Cupping Glass** - Open Comedones- Blackheads Sebaceous filament
  - ✓ **Bulb Cupping Glass** - Lymphatic suction drainage

128. **High Frequency Direct (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 were sebaceous filaments are present

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

129. **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 always focus on origin (fix) to insertion (move)

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Onsite Procedures - 22A &22B

- ✓ **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, chucking, rolling, wringing, circular pressure movements –Benefit increase blood flow and relieves pain
- ✓ **Vibration -** (Body) Shaking or vibration movement - increase blood flow and relieves muscle tightness
- ✓ **Dr. Jacquet movement -** movement used on very oily skin increase blood flow and relieves muscle tightness

130. Start IECT Signature Manual Massage Skill/Procedures – always focus on origin (fix) to insertion (move)

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

131. IECT Signature Facial Massage

1. Face, Neck, Chest, Shoulders,& Arms:- - Distribute massage product over the client's chest, neck, shoulders, biceps and face (quick spread method)

2. Chest:- -Use butterfly movements in center of chest (pectoralis) use circular movements back and forth across pectoralis major & minor) 3X.

3. Shoulders & Arms:- Slide hands to shoulders and move (with pressure) down arms (biceps) 3X.

4. Shoulders - Slide to shoulders and perform circular movements around shoulders 3X.

5. Behind Shoulders (along upper back):- -Bring hands behind shoulder area (trapezius muscle). Slide back and forth along muscle 3X and proceed to occipital notch.

6. Repeat this entire sequence from butterfly movements 3 more times

7. Neck: -Slide hand up and down on right side of neck (sternocleidomastoid).Switch to left side with same movements.

8. Neck & Ears: -Place hands onto both sides of neck using two fingers use circular movements upward on neck (sternocleidomastoid), slide to ears and massage entire ear with two fingers 3X ending with a light pull downward on the lobes

9. Chin: -Slide to chin (mentalis) and use upward lifting movements (chin lifts) with thumbs 3X

10. Cheeks: - Slide to cheeks (zygomaticus major and minor) with palms and do cheek lifts 3X.

11. Face: -Precede to around the face movement 3X in to butterfly movement 3X.

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Onsite Procedures - 22A &22B

12. Forehead: -Slide hands to forehead (frontalis) and effleurage side to side 3X
13. Forehead: - Begin palm rolls across forehead (frontalis) 3X each side
14. Chest: -Slide down to chest (pectoralis major and minor)
15. Repeat all steps again from beginning
16. Face: - On second pass after palm rolls complete one around the face and one butterfly movement.
17. Shoulders & Arms -Slide to shoulders and begin vibration movements up and down arms (biceps) 3X
18. Chest, Neck, Chin, Cheekbones, & Forehead: -Start tapotement on chest (pectoralis major and minor) upward to neck and onto face beginning at chin (mentalis), cheeks (zygomaticus major and minor) to forehead (frontalis)
19. Face: -Complete one around the world and one butterfly movement
20. Forehead: -Stop in middle of forehead (frontalis) and with thumbs atop each other complete three pressure pumps in third eye region (middle of frontalis)
21. Temples: - Slide each hand to temples (temporalis) and perform temple circles 6x easing up on speed of circles by the 4th circle. End at temples with a slight hold with two fingers

132. REPEAT Manual Facial Massage

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

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

- ✓ Contraindications
- ✓ Client Safety Issues
- ✓ Scope of Practices
- ✓ Condition and Health
- ✓ Sebum deficiency productions - ❑Asteatosis – Dry, scaly skin/ cause aging, body disorder, alkalis of harsh soaps, or cold exposure
- ✓ Sebum Excessive productions – ❑Seborrhea – chronic inflammatory disease cause severe oiliness, scales of greasy skin.

135. Sixth Skin Analysis - Sebaceous Activity Assessment

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

136. Sebaceous Activity levels

- ✓ Low - Underactive

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Onsite Procedures - 22A &22B

- ✓ Normal – Balanced
- ✓ High - Overactive

137. **Use a magnifying lamp**

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

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

138. **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

139. 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

140. Galvanic Metal Electrodes

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

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Onsite Procedures - 22A &22B

141. **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.
142. **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
143. **Begin Steaming the face**
144. **Wrap negative electrode (roller type) with cotton wipe or sponges dipped in Desincrustation solution.**
145. **Start pushing product into the skin (about 3-5 minutes).**
    - **Tips:** Client holds the positive electrode wrapped with damped sponge.
    - Esthetician holds the negative electrode. Use the flat circular electrode.
146. **Turn off steamer**
147. **Remove the Desincrustation solution**
148. **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)
149. **Start your Milia extraction**
    - **Lesions Tool Assisted Extraction- Lancet**

Instruction

Week 22A - #311 Structure and Function of the Human Body System and Organs– Client Health Form
Week 22B - #307 Spa Body Treatment- IECT Body Treatment

Onsite Instruction & Procedure

Week 22A/22B -#307 Body Treatment

Week 22A/22B - #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, Hard and Soft wax Underarm waxing & Arms

Week221A/22B – #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 - 22A &22B

- ✓ Milia
- ✓ Pimples
- ✓ Papules

- **Tweezer Method**
- **Lesions Manual Extraction- Gauze finger Wrap Technique**
- **Apply Mask (optional)**
- **High Frequency (optional)**

150. Complete extraction -

151. 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).**

152. Apply Post Extraction solution (toner or astringent) over the Face

153. Use Direct High Frequency (A/C) over the Post Extraction solution. Using the glass Argon electrode create a gliding movement over the face**.**

Tips: Argon gas produces a blue-violet rays helps with killing bacteria on the skin surfaces**.**

154. Direct 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 were sebaceous filaments are present

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

155. Review Second Skin Consultation Assessment - Melanin Assessment Client Health Form to determine prior to care - Fitzpatrick Scale Sun Exposure Assessment - Melanin

Tip: Melanocytes are found in the deepest layer of the epidermis Stratum Germinativum aka Basel Layer

- ➢ Contraindications

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Onsite Procedures - 22A &22B

- Client Safety Issues
- Scope of Practices
- Condition and Health – Ingredient Blocks tyrosinase Arbutin/bearberry lighten skin

156. Melanin Assessment - Characteristics and Types (Browns) Color – derivatives of the amino acid Tyrosine (Tyrosinase enzyme change Tyrosine -into DOPA- Dopaquinone)

157. Example of Tyrosinase Enzyme inhibitors Tocopheryl/Vitamin E – Anti-melanogenic activity effect

- **Eumelanin**
  - ✓ **Eumelanin Brown**
  - ✓ **Eumelanin Black**
- **Melanin Pheomelanin – Pigment**
- Responsible for hue of lip, nipples, vagina, glans penis
  - ✓ **Reddish**
  - ✓ **Yellowish**
  - ✓
- **Melanin Neuromelanin -** dark pigment in the brain

158. 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

❑ Tinea Versicolor – fungal infection & yeasts

159. 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)

160. Apply Mask – leave on 5 to 10 mins

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Onsite Procedures - 22A &22B

- Transfer mask to a pallet or disposable spatula
- Apply facial mask - Distributing and mask of face over entire face (i.e. except in eyes, nostrils/nose, mouth, and ears)
- Use bracing technique hand over thumb while applying mask/and spreading product around the mouth (upper and lower lip)
- Avoiding eyes, lips, neck
- Mask application should stop at the jawline

161. Remove Mask with cold towel and Blot face with tissue

162. Toner Types/ Ingredients

✓ ❑**Sensitive skin**

❑Alcohol –free ❑Witch hazel base ❑Rose water – manage moisture/

✓ ❑**Acne**

❑Apple cider natural - dissolves dead skin ❑ Rose water base – manage moisture/

✓ ❑**Combination**

❑Apple cider natural AHA dissolves dead skin ❑ Rose oil base – manage moisture
❑Rice base – manage moisture ❑Alcohol base

✓ ❑**Oily skin**

❑Alcohol base

✓ ❑**Dry skin**

❑Rice water – manage moisture ❑Witch hazel base

163. 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**.**

164. Melanin Assessment Client Health Form to determine prior to care

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

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Onsite Procedures - 22A &22B

165. Melanin Characteristics and Types (Browns)

- ✓ **Color – derivatives of the amino acid Tyrosine (Tyrosinase enzyme change Tyrosine -into DOPA- Dopaquinone)**
  - ➢ **Eumelanin**
    - ✓ **Eumelanin Brown**
    - ✓ **Eumelanin Black**
  - ➢ **Pheomelanin – Pigment**

166. 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

167. 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)

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

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

169. 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, Keratoses palpable not visible virgin skin look Superficial Lines ❑Expression Lines ❑

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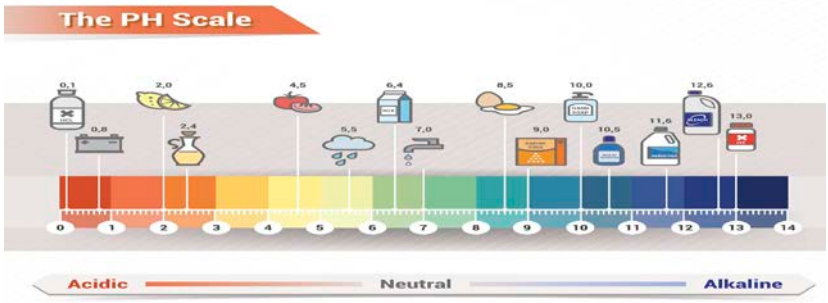
Onsite Procedures - 22A &22B

- ✓ 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

170. **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
  - ✓ Middle 7/ Human Tear 6.8 to 7.4
  - ✓ Higher 8-14/ Lye Soap 13 Alkaline



➢

171. **Iontophoresis Galvanic treatment begins;** handing negative electrode to the client wrapped with damped sponge.

172. **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**

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Onsite Procedures - 22A &22B

173. Wrap positive electrode (flat circular electrode) with cotton wipe or sponges dipped in Hydrating Solution.

- Tip: Use tap water

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

- Tips:
  - Client holds the negative electrode wrapped with damped sponge.
  - Esthetician holds the positive 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

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

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

176. 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)
- **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 –

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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)

177. Apply Eye Cream/ Mask

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

178. Apply Lip Cream/ Mask

- ➢ Exfoliate lips with cotton swabs
- ➢ Lip Cream Base
- ➢ Lip Petrolatum Base
  - ❑ Hydrating ❑ Exfoliating ❑ Deep Conditioning

179. 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)

180. Apply Mask – leave on 5 to 10 mins

181. Mask –w/ (Cold) Mummy Mask Cotton squares

182. Remove Mask from upper lip and eye area (optional upper lip & eyebrow waxing only)

183. Eight Skin Analysis Hair Removal/ Sudoriferous Gland Activity Consultation Assessment Client Health Form to determine prior to care

- ✓ Contraindications

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Onsite Procedures - 22A &22B

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

184. 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

185. 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

186. 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
  Time last: - 1 to 2 weeks/ 7 to 14 days
  Action: shrinks and detaches from dermal papilla

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Onsite Procedures - 22A &22B

- **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

187. Prep Area for skin for Waxing Services
- ✓ **Degrease –** remove surface oil and bacteria

188. 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

189. 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**

190. Perform Waxing Skill Procedure - temporarily remove unwanted hair.

191. Apply Wax
- ✓ **Upper Lip use soft/hard wax**
- ✓ **Eyebrows use soft/hard wax**
- ✓ **Underarms use soft/hard wax**
- ✓ **Arms use soft/hard wax**

192. Hard Wax Application Skill Procedure

1) Load applicator with wax by dipping the applicator into the wax pot. You want to have the majority of your wax on the tip of the applicator. Use edge of the wax pot to scrape the excess wax from the back and sides of the applicator.
2) Apply wax using the tip of the applicator. After applying wax turn applicator onto the side and use a figure 8 movement to spread wax evenly on the area to be waxed. This allows the wax to shrink wrap the hair.
3) Use the tip of the applicator to on the area that you have applied the wax to create a lip at the end of each strip. This allows you to have a tab to use when removing the wax.
4) Pull wax strip in the opposite direction of the hair growth pattern.
5) You will want to roll your wrist while pulling keeping as close to the skin as possible.
6) To help ease the discomfort for the client be sure to immediately cover the area waxed with your free hand.

193. Follow Post Waxing skill Procedure

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Onsite Protocol/Services

IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical

Onsite Procedures - 22A &22B

194. Soft Wax application

1) Load applicator with wax by dipping the applicator into the wax pot. You want to have the majority of your wax on the tip of applicator not the back or dripping from the sides.
2) Apply wax at a 45 degree angle, slowly spreading wax while holding skin tight. You will want the wax to slowly roll off the applicator for a more even spread. Be sure that you apply wax in the same direction of the hair growth pattern.
3) Apply a pellon or muslin strip to the area to that you have just applied the strip of wax. To apply the strip you will use a sliding pressure in the same direction of the hair growth pattern.
4) Fold end of pellon or muslin strip to make a tab for pulling. Hold skin around area to waxed firm and tight. When removing strip you will want to pull in the direction opposite of the hair growth pattern. Be sure to roll the wrist as you remove the strip while staying as close to the skin as possible. To help ease the discomfort for the client be sure to immediately cover the area waxed with your free hand.
5) When using soft wax you do not apply the wax to the same area more than once. You may follow the procedure for hard wax removal to clean up the miscellaneous hairs that did not adhere to the strip

195. Follow Post Waxing skill Procedure

196. 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

197. Apply Toner - Cool mist - Blot face with tissue

198. Cold Towel

- Constriction of pores – Closing process

199.

200. Sun Protection – SPF/Foundation Makeup – (Saphonia Custom blend makeup Chart Protocol)

Instruction

Week 22A - #311 Structure and Function of the Human Body System and Organs– Client Health Form
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Onsite Instruction & Procedure

Week 22A/22B -#307 Body Treatment

Week 22A/22B - #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, Hard and Soft wax Underarm waxing & Arms

Week221A/22B – #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 - 22A &22B

- 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
    - Grape – Blue Violet (B/V) - Cool

201. Select Eyebrow and Lash Tint Color

- ✓ Blue Black ❑
- ✓ Deep Black ❑
- ✓ Graphite ❑
- ✓ Dark Brown ❑
- ✓ Medium Brown ❑
- ✓ Auburn ❑
- ✓ Blue ❑
- ✓ Purple ❑
- ✓ Mix Color with Developer 10% ❑ 20% ❑

202. Select Eyelash Perm rod size

- ✓ Small ❑
- ✓ Medium ❑
- ✓ Large ❑

203. Begin Eyebrow Grooming -

- **Apply Eyebrow pencil/wax color**

204. Complete Makeup Application

205. Complete Treatment/Services

206. Degloving

207. End the Treatment – Consultation for Follow up appointment

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IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical

Onsite Procedures - 22A &22B

208. Product Recommendation - Retail
- Retail Products for Maintenance care
- Retail Products for Treatment

209. Begin Cleanup Duties

210. Gloving

211. Bed Making

212. Infection Control Procedure
- ✓ **Steamer –** Empty water from the jar to prevent lime build-up on the coil

213. Review Protocol and Lesson

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Onsite Protocol/Services

IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical

Onsite Procedures - 22A &22B

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

Procedures: 12 **S U**

Room Set Up

Drape

Equipment Preparation

Mag Lamp

Pre Cleanse

Mag Lamp

Cleanse

Remove cleanser
With wet sponge

IECT 22A & 22B Facial 6_3-10_19

Institute of Epidermal Cell Therapy /Practical Training- SBR Theory

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IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical

Onsite Procedures - 22A &22B

Makeup Application

Eyebrow & Eyelash
Tinting

Body Treatment:-5
Exfoliation, Masks, Body
wrapping

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

Mask/Toner/Moist./SPF 10 S U
Mask Application
Applied with Hands/ Brush
Mummy Mask

Application/Removal

Cold Towel

Toner

Moisturizer

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Onsite Procedures - 22A &22B

SPF
Eyelash Perming

Eyelash Application

Removal of Product:
used hot towel

Machines: 22 **S U**

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

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Onsite Procedures - 22A &22B

Practical Performance Completion Form 18 VAC 41-70-200. Practical performance requirements. Derived from Volume 23, Issue 25, eff. September 20, 2007.	***Total Required Practical Performance*** **220**	***Total Completed Practical Performance***
A. The curriculum for Estheticians shall include the following minimum practical performances per DPOR :		
IECT Epidermal Cell Therapy Consultation Treatment		
Consultations, cleansings and analysis of face and body *35 Performance Time - 15 minutes per Performance*	**35**	
IECT Epidermal Cell Therapy Express Facial Treatment		
Manual facials and treatments *65 Performance Time - 15 minutes per Performance*	**65**	
IECT Epidermal Cell Therapy Signature Facial Treatment		
Machine/Mechanical or electrical facials and treatments *50 Performance Time - 15 minutes per Performance*	**50**	
IECT Epidermal Cell Therapy Signature Body Treatment		
Body treatments and back treatments *20 Performance Time - 15 minutes per Performance*	**20**	
IECT Epidermal Cell Therapy Signature Makeup Treatment		
Makeup, eyebrows, and eyelashes		
25 Performance Time - 15 minutes per Performance	**25**	
IECT Epidermal Cell Therapy Signature Hair Removal Treatment		
Hair Removal – waxing and tweezing		
25 Performance Time - 15 minutes per Performance	**25**	

Instruction

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Onsite Protocol/Services

IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical

Onsite Procedures - 22A &22B

Onsite Protocol/Services 16A&16B – Body Treatment
IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical
Forearms & Bikini
IECT Consultation & Cleansing & Analysis & Makeup & Facial Manual & Facial Mechanical & Body Treatment & Face Hair Removal & Body Hair Removal – Waxing
Hair Follicle Assessment
Waxing Arms, Legs, Chest, & Back Bikini Waxing & Underarms Eyebrow Soft Waxing & Shaping / Underarms & Arms

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/ Hard and Soft Body Waxing Underarm & Arms

Student Print Name_____ Date_____

Student Signature _____ Date_____

Instructor Print Name_____ Date_____

Instructor Signature_____ Date_____

IECT 22A & 22B Facial 6_3-10_19
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Onsite Procedures - 22A &22B

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