



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* January 14-21, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Client Draping & Makeup Skill Protocol Makeup Consultation & Skin Analysis

Client Draping and Preparation, Consultation with Magnifying lamp

Skin Types & Hydration Levels, Facial Assessment, Eyebrow Grooming/Eyebrow Shaping// Product

Ingredients Analysis Assessment – Follow up Treatment Plan

Onsite Procedures 2A & 2B

Onsite Procedure 2A & 2B

Infection Control/ Consultation/ Draping & Greeting/ Facial Analysis Assessment/Face Shapes/
Face Measurement/ 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// Product Ingredients Analysis Assessment – Follow up Treatment Plan

Onsite Procedures Review 1A & 1B

Infection Control/ Consultation/ Draping & Greeting/ Facial Analysis Assessment/Face Shapes/
Face Measurement/ Makeup Assessment

IECT 2A & 2B Facial 1_14-21_19

Institute of Epidermal Cell Therapy /IECT Practical Performance Training-Theory

Instruction

Week 2A - #206 Structure and Function of the Human Cellular System - – Client Health

#212 First Skin Analysis Skin Types – Client Health

Onsite Instruction

Week 2B - #301 Client Draping and Preparation – Facial Assessment

Onsite Instruction & Procedures

#390 IECT Practical Facial/Makeup Artistry/ Consultation

Handwashing, Degloving, Gloving Consultation with Magnifying lamp 1st Look, Color Theory
Makeup Assessment, Measurements, Client Draping and Preparation Face Shape, Precleanse, Magnifying Lamp Skin Types &
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Week1A/1B – #413 Electric Current – Magnifying Lamp,



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- 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 Steamer 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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- **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)
- 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)
 - ✓ Under Knees
 - ✓ Feet
- 11. **Review Client's Consultation (**
 - 1. **Began Hand massage** (continue with the Client's Consultation Skill)
 - ✓ Assess Nail Cuticle (Eponychium) Treatment
 - ✓ Wrap the hand in warm hand cloth
 - ✓ Repeat the same procedure on the opposite hand
 - ✓ Remove hand cloth

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12. Review and Discuss Intake Form with client health history

- **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**

Contraindication continues

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

13. Take Photos

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

14. De-glove/ Sanitize Hands Skill

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15. Put on Gloves

16. Client Draping Skill

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

17. Sanitize Hands Skill

18. Assess Client/ Patient Comfort level Pressure

Tip: Pain Tolerance scale 0 (lowest) to 10 (highest) Pressure corpuscles receptors in the Skin. Receptors responds to the skin

19. 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
- **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

20. Begin your 1st Look Analysis

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

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

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

- 3x diopter (curved mirror) magnification

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- 5x diopter (curved mirror) magnification
- 10x diopter (curved mirror) magnification

23. Record finding - Makeup Assessment Form Makeup Assessment Form

- **Retail Skin Type**
 - ✓ Normal
 - ✓ Combination
 - ✓ Dry
 - ✓ Oily
 - ✓ Sensitive

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

- Water base
- Oil base

25. **Begin Eyes Pre Cleanse** – apply product with fingers

26. **Begin Lips Pre Cleanse** - apply product with fingers

27. **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)

28. Toner – pH balancer after cleansing

29. Consultation Assessing with Magnifying Lamp/Loupe

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

30. 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)

31. Physical Features Assessment – Parts of the Head

- ✓ Hair
- ✓ Forehead
- ✓ Temple
- ✓ Eyes

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- ✓ Eyebrow
- ✓ Eyelids
- ✓ Eyelash
- ✓ Ear
- ✓ Earlobe
- ✓ Nose
- ✓ Nostril
- ✓ Cheeks
- ✓ Mouth
- ✓ Lips
- ✓ Jaw
- ✓ Chin

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

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

34. Face Shapes + Eye Shapes ideal (Vocabulary/Skill) (Look and Determine)

35. 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

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** ☐
- **Special Occasion/ Formal Look** ☐

37. Select Color Plan – (Vocabulary)

- **Color Wheel (State Board)**
- ✓ **Primary** - fundamental colors not obtained from a mixture
 - Red – Cool/ Warm
 - Blue - Cool

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➤ 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

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

✓ Green – Red

✓ Orange – Blue

✓ Violet - Yellow

39. Select Color Plan (Look and Determine)

• **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)

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- **Arch Point** – create a vertical line from 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 and Design Assessment

42. 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)**

43. Select Eyebrow Stencil Shape

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

44. Begin Eyebrow Shaping Skill -

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

45. Tweezing - Choose Type of Tweezers

- Needle Nose Tweezers
- Pointed Tweezers
- Slant Tip Tweezers
- Eyebrow Scissors
- Eyebrow Brush/Comb

46. Eyebrow Shaping Post treatment

- **Antiseptic**

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

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

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

49. 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.

50. 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

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- ✓ Reticular layer
 - ❑ Collagen - pump the skin; strengthen the skin 70% of dermis
 - ❑ Elastin – pliability, firming /tightness

- **Hypodermis (Subcutaneous)**

- ✓ Adipose tissue

51. Prepare e Magnifying Lamp & Woods Lamp

- ✓ **Turn on Wood's Lamp**

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

53. Turn on Wood Lamp – should be performed in a dark room or leave it skirt on the machine to create a darken environment

54. 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**

55. 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)

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#212 First Skin Analysis Skin Types – Client Health

Onsite Instruction

Week 2B - #301 Client Draping and Preparation – Facial Assessment

Onsite Instruction & Procedures

#390 IECT Practical Facial/Makeup Artistry/ Consultation

Handwashing, Degloving, Gloving Consultation with Magnifying lamp 1st Look, Color Theory

Makeup Assessment, Measurements, Client Draping and Preparation Face Shape, Precleanse, Magnifying Lamp Skin Types &

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Week1A/1B – #413 Electric Current – Magnifying Lamp,



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Ingredients Analysis Assessment – Follow up Treatment Plan

Onsite Procedures 2A & 2B

- ✓ Sensitive (Conditions)
- ✓ Acne- Retail (disease)
- ✓ Anti-Aging-(Retail)

56. 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

57. Skin Composition Assessment (Look and Determine)

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

58. Apply Eye Cream/ Mask

59. Apply Lip Cream/ Mask

60. Apply Mask – leave on 5 to 10 mins

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

62. Sun Protection – SPF/Foundation Makeup

63. Complete Treatment/Services

64. Degloving

65. End the Treatment – Consultation for Follow up appointment

66. Product Recommendation - Retail

- Retail Products for Maintenance care
- Retail Products for Treatment

67. Gloving

68. Bed Making

69. Infection Control Procedure - OSHA (Occupational Safety and Health Administration) - safety in the workplace

70. Cleanup Duties

71. Review Protocol and Lesson

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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

Equipment Preparation

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Procedures: 12 S U

Drape

Mag Lamp

Pre Cleanse

Mag Lamp

Cleanse

Remove cleanser

With wet sponge

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

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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

Massage: 6 S U

Pressure during procedure Y N

Effleurage

Petrissage

Tapotement

Vibration

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

Sparkling

Iontophoresis:

Product Application

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Spray Machine

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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 <i>35 Performance Time - 15 minutes per Performance</i>	35	
IECT Epidermal Cell Therapy Express Facial Treatment		
Manual facials and treatments <i>65 Performance Time - 15 minutes per Performance</i>	65	
IECT Epidermal Cell Therapy Signature Facial Treatment		
Machine/Mechanical or electrical facials and treatments <i>50 Performance Time - 15 minutes per Performance</i>	50	
IECT Epidermal Cell Therapy Signature Body Treatment		
Body treatments and back treatments <i>20 Performance Time - 15 minutes per Performance</i>	20	
IECT Epidermal Cell Therapy Signature Makeup Treatment		
Makeup, eyebrows, and eyelashes <i>25 Performance Time - 15 minutes per Performance</i>	25	
IECT Epidermal Cell Therapy Signature Hair Removal Treatment		
Hair Removal – waxing and tweezing <i>25 Performance Time - 15 minutes per Performance</i>	25	

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Onsite Procedure 2A & 2B

Infection Control/ Consultation/ Draping & Greeting/ Facial Analysis Assessment/Face Shapes/

Face Measurement/ 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/ Product Ingredients Analysis Assessment – Follow up Treatment Plan

Student Print Name _____ Date _____

Student Signature _____ Date _____

Instructor Print Name _____ Date _____

Instructor Signature _____ Date _____

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