



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis
 Third Analysis Assessment - Manual Exfoliation - Scrub/ Thermotherapy - Steam/Hot Towel/ Mechanical Exfoliation -Rotary Brush Machine / Fourth Analysis Assessment
 Growth and Burn Assessment
Onsite Procedures 5A & 5B

Onsite Procedure 5A & 5B

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis
 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
 Types Classification - Sebaceous Activity Baseline/ Skin Composition Assessment - Skin Types / Skin
 Color Composition Assessment/ Wood Lamp Conditions Color Chart/First Skin Analysis - Characteristics
 Assessment/ First Skin Analysis - Services/ Treatment / Product Ingredients Analysis Assessment –
 Cleanser/ Cleansing Movement Technique -Effleurage & Friction & Petrissage
 / Facial Cleanse/Wood's Lamp - Conditions /Second Skin Analysis & Consultation/ / Pigmentation &
 Inflammation Assessment / Fitzpatrick Scale Complexion Colors Plan/
 Third Analysis Assessment - Manual Exfoliation - Scrub/ Thermotherapy - Steam/Hot Towel/ Mechanical
 Exfoliation -Rotary Brush Machine / Fourth Analysis Assessment Growth and Burn Assessment
 /Product Ingredients Analysis Assessment – Follow up Treatment Plan

Onsite Procedure 4A & 4B

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IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health
 Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn
 Week5A/5B #390 IECT Practical Facial Manual & Mechanical//Makeup Artistry /Hair Removal Consultation - Face
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 Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary
 Brush Machine



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Growth and Burn Assessment

Onsite Procedures 5A & 5B

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

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Onsite Procedures 5A & 5B

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

6. Remove Gloves/Degloving Skill

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

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:**

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- ✓ 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

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

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- ✓ 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

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 (TV version antennas) are the skin responds to environment.

19. Patient Comfort level Pressure Skill

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What type of pressure does the client prefers? Subjective application, pressure delivery is based on individual esthetician

☐ 1 – Soft Feathering Light Contact ☐ 2 – Medium Direct Contact

☐ 3 – Hard Firm Contact

20.

21. Begin your 1st Look Analysis

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

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

23. 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
- 5x diopter (curved mirror) magnification
- 10x diopter (curved mirror) magnification

24. Record finding - Makeup Assessment Form Makeup Assessment Form

• **Retail Skin Type**

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

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

- Water base
- Oil base

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

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

28. **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)

29. **Toner – pH balancer after cleansing**

30. Consultation Assessing with Magnifying Lamp/Loupe

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

31. First Look with Magnifying Lamp Skill

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

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

32. **Physical Features Assessment – Parts of the Head**

- ✓ Hair
- ✓ Forehead
- ✓ Temple
- ✓ Eyes
- ✓ Eyebrow
- ✓ Eyelids
- ✓ Eyelash
- ✓ Ear
- ✓ Earlobe
- ✓ Nose
- ✓ Nostril

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- ✓ Cheeks
- ✓ Mouth
- ✓ Lips
- ✓ Jaw
- ✓ Chin

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

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

34. Face Shapes

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

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

36. Eye Shape – Measurement

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

- **Almond** Ideal shape – (Elongated) Shape like an almond; outer and inner corner has aligned
- **Round** – (Big Eyes) More white around the pupils

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- **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

37. 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** ☐

38. Select Color Plan – (Vocabulary)

- **Color Wheel (State Board)**
- ✓ **Primary** - fundamental colors not obtained from a mixture

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- 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

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

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

40. Select Color Plan (Look and Determine)

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

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Onsite Procedures 5A & 5B

41. 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 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.

42. Eyebrow Shaping and Design Assessment

43. 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)**

44. 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

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

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Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

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Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis

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Onsite Procedures 5A & 5B

- 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

45. Begin 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)
-

46. Tweezing - Choose Type of Tweezers

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

47. Eyebrow Shaping Post treatment

IECT 5A & 5B Facial 2_4-11_19

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

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Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

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Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis

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Onsite Procedures 5A & 5B

- **Antiseptic**

•

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

- ✓ Prepare Magnifying Lamp & Wood Lamp
- ✓ **Turn on Magnifying Lamp**

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

49. Begin First Skin Analysis – 1st Skin Analysis /Consultation use magnifying lamp/woods lamp to determine/select skin type/characteristics, and contraindications for treatment /product recommendation protocol

50. Magnifying Lamp/ Loupe - First Skin Analysis using Magnifying Lamp

Consultation to determine overall condition of the stratum corneum of epidermal layers. The Magnifying Lamp allows you see magnified version of the skin stratum corneum. You should be able to determine the depth, appearance, texture of lesion, and healing stages process.

Magnifying Lamp Skin Types Classification - Sebaceous Activity Baseline

- ✓ 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)

IECT 5A & 5B Facial 2_4-11_19

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

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Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis
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Onsite Procedures 5A & 5B

51. Wood's Lamp – 1st Skin Analysis using Wood 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, texture of lesion, and healing stages process. (2nd Skin Analysis Skill)

Wood Lamp/Loupe Skin Types Classification - Sebaceous Activity Baseline

- ✓ 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)

52. 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

53. Skin Composition Assessment – Skin Type: Sebum level activity.

- ✓ **Oily Yes Activity**
 - Oily/ Sebum oily, waxy substance – (Sebaceous Activity and oil present)
- ✓ **Dry No Activity**
 - Dry/ Alipidic – (Sebaceous Activity is not present; lack oil) no visible pores, thin texture

54. Know your scope of practices

IECT 5A & 5B Facial 2_4-11_19

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

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Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary
 Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis
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Onsite Procedures 5A & 5B

Scope of Practice most state licensure only allows the Esthetician to provide
 services and treatment for the stratum corneum only.

55. Skin Color Composition Assessment

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

56. Integumentary Systems Facts Known your skin structure and function

57. Skin Nerve receptors

- **Thermo Receptor** – sense heat or cold
- **Free nerve ending** - located throughout the skin – mechanical, thermal, or noxious stimulation
- **Epidermis layer/ soft keratin**
 - **Skin Nerve receptors – Merkel’s disc** – located epidermis layers (glabrous) skin without hair skin -pressure
 - ✓ Stratum corneum - corneocytes
 - ✓ Stratum lucidum
 - ✓ Stratum granulosum
 - ✓ Stratum spinosum
 - ✓ Stratum basale/germinativum
- **Dermis**
 - **Skin Nerve receptors – Meissner’s** – senses Touch receptors at Vibration 20-40 Hz range Location dermis layer □ Glabrous skin (hairless, thick skin)
 - **Skin Nerve receptors - Ruffini Corpuscle** – located dermis layers hairy and (glabrous) skin without hair senses warmth receptors

IECT 5A & 5B Facial 2_4-11_19

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

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Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

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Onsite Instruction & Procedures

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 Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis
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Onsite Procedures 5A & 5B

- ✓ Papillary layer
- ✓ Reticular layer
 - **Pacinian Corpuscle** – located lower layers dermis hairy and (glabrous) skin without hair senses pressure receptors Vibration 150 - 300 Hz range
 - Collagen - pump the skin; strengthen the skin 70% of dermis
 - Elastin – pliability, firming /tightness

- **Hypodermis (Subcutaneous)**

- ✓ Adipose tissue

- **Mucocutaneous**

- **Skin Nerve receptors - Krause Corpuscle** – sense Cold receptor – pressure. Location (mucocutaneous) □ Lips □ Tongue □ Genitals

58. First Skin Analysis Characteristics (function) of the Skin Skill– 1st Skin Analysis/ Characteristics and Function Consultation is use to overall surface appearance of the conditions and health upper epidermal layers

59. Characteristics (function) of the Skin Skill

Consultation Assessing Touch/Sensations/Pressure/Vibration/Temperature using Magnifying Lamp and Hand/Touch as assessment tools

- **Visual/Skin Color Undertone Skill –**

❖ Ask the following questions?

- ✓ What colors do you see in your skin
 - ✓ □ Cool – your veins are blue □ Warm – your veins are green

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

Week5A/5B #390 IECT Practical Facial Manual & Mechanical//Makeup Artistry /Hair Removal Consultation - Face

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Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis
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Onsite Procedures 5A & 5B

• **Visual/Moisture Level Skill –**

❖ Ask the following questions?

- ✓ Does the skin feel ☐ Oily ☐ Dry
- ✓ Does the skin look ☐ Dull – Low sebum (oil) activity ☐ Dewy – Healthy Hydration levels ☐ Shiny – Excess sebum (oil) activity

• **Visual/Elasticity Skill -** Move the skin; touch it to see how it moves back.

- Elasticity permits the body to move freely without danger of tearing or rupturing when we stretch or bend. This is due mainly to the network of elastin and collagen fibers found in the dermis. Elasticity gives the skin the flexibility to withstand any physical pressure that could puncture it or leave a portion of the body unprotected. . Skin bounces back when lightly pinched; moisture level. Loss of elasticity.

❖ Ask the following questions

- ✓ ☐ Good – 1 ☐ Poor – 2 ☐ Fair – 3 ☐ Bad - 4

• **Visual/Touch Texture – Skill** Rub the skin ask the following questions.

- Skin has different degrees of thickness on different parts of the body. It is thin around the eyes and thick on the palms of the hands and soles of the feet. In general, a man's skin is thicker than a woman's. The skin has structural folds formed by movement and muscular contraction (i.e. wrinkles). The skin feels smooth because of hair growing on its surface. Is there new scarring? This allows determination of absorption of product or penetration. Signs of acne lesions or scars.

❖ Ask the following questions

- ✓ Does the skin feel? ☐ Slick ☐ Rough
- ✓ Does the skin look? ☐ Medium ☐ Thick ☐ Thick

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

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Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

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Onsite Procedures 5A & 5B

- **Touch/Temperature Control - Skill** Use back of hand to determine differences in temperatures.
 - The skin controls the body's temperature by opening or closing its pores and regulating the secretion of sweat from its glands. Hot flashes cause bacteria to be more present; Antiseptic cleansers. If always cold: harder absorption; slower healing; products should lay on skin i.e. heavier. Pores are either dilated or constrict. When the pore or follicle openings are dilated this creates a pathway for bacteria and free radicals to get into the skin. This can cause different skin conditions.
- ❖ Ask the following questions
 - ✓ When touching the skin is it ☐Cold ☐Cool ☐Warm ☐Hot
- **Visual/ Temperature Control - Skill** Use back of hand to determine differences in temperatures.
 - Extremes environmental temperature
- ❖ Ask the following questions
 - ✓ Are the Pores/ Follicles – ☐Dilated (Hot) ☐Constrict (Cold)
- **Visual/Sensations/Pressure (Nerve Receptors) Skill** – Determining touch and facial movement of treatment.
 - The skin is the sensory organ with which we touch and feel the world. The nerves in the skin enable us to gather vital information about the environment for our survival in it. Verbal communicate between you and your patients is extremely important when accessing Pain Scale (measure pain intensity/tolerance) levels between 0 (pain free) and 10

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

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Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis

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Onsite Procedures 5A & 5B

(pain makes you pass out). This allows you to determining the prefer touch/pressure of movements need throughout/during the treatment.

❖ Ask the following questions;

- ✓ What type of pressure does the client prefers? Subjective application, pressure delivery is based on individual Therapist
- ❑ 1 – Soft Feathering Light Contact ❑ 2 – Medium Direct Contact
- ❑ 3 – Hard Firm Contact
- ✓ What is the client's pain tolerance on a level of 0 – 10? 0 meaning = pain free and 10 meaning = pain makes you pass out
- ✓ What temperature is your skin more sensitive, too?
❑ Hot ❑ Cold
- ✓ Does the patient experience sensitivity to smells (olfactory)? If, so what are they _____
- ✓ Our sense of smell is an environmental warning/danger signal gas, spoiled food, fire. It's common for acne patients to like the smell of aspirin. Salicylic acid is used as an active ingredient several topical Acne products. It's has similar properties benefits of anti-inflammatory action for body and skin
- **Visual/Permeability (Skin Absorption depth) Skill** - Stretch skin to check for dehydration. Rub the skin ask the following questions
 - The stratum corneum is a waterproof and water resistant barrier that doesn't allow harmful foreign bodies to penetrate. Keratin in the outer cells makes the skin impermeable. Texture of the stratum corneum; Thin,

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

Week5A/5B #390 IECT Practical Facial Manual & Mechanical//Makeup Artistry /Hair Removal Consultation - Face

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Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis
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Onsite Procedures 5A & 5B

Medium, or Thick? Thicker; break it down (light exfoliation) smooth out to allow penetration. Ideal: medium texture. Thin: Only use hydration cream no exfoliation. If thin build it up before treating using products formulated for sensitive skin. Laser or chemical scaring

❖ Ask the following questions

- ✓ Does the skin feel? ☐ Slick ☐ Smooth ☐ Rough/ Gritty
- ✓ Does the skin look?

Examples ☐ Thin (Over Exfoliated) ☐ Thickness (Scar Tissue)

Skin Color Complexion Composition Assessment - Mechanoreceptors Nerve Receptors & Color Complexion using Touch/Sensations/ Pressure/Vibration =
 Mechanoreceptors Nerve Receptors assessment tools

- ✓ **Visual/Touch/Temperature Control** –/ Follicles –Dilated (Hot)
- ✓ **Visual/Touch/ Temperature Control** –/ Follicles Constrict (Cold)
- ✓ **Visual/Texture** –Medium/ Thick (Scar Tissue)
- ✓ **Visual/Texture** – Thin (Over Exfoliated)
- ✓ **Visual/Temperature Control** –yellowish green (bacteria present Infection)
- ✓ **Visual/Temperature Control** Redness= Erythema Puffy /Angioedema=Swelling (Inflammation present)
- ✓ **Touch/Temperature Control** Redness= Erythema Puffy /Angioedema=Swelling (Inflammation present) Balloon like
- ✓ **Touch/Temperature Control** raised and Touch/Temperature Control Heat/Hot/ (bacteria present Infection)
- ✓ **Visual/Temperature Control** –blueish gray (lack Circulation)

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

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 Levels, Facial Assessment, Eyebrow Grooming/Eyebrow Shaping, Skin Type & Characteristics, Skin Composition

Assessment & Melanin Assessment-Cleanse, Pigmentation & Inflammation Assessment / Fitzpatrick Scale

Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary
 Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis

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Onsite Procedures 5A & 5B

✓ **Touch/Temperature Control** Cold (lack Circulation)

60. **Begin Wood Lamp Skill**– should be performed in a dark room or leave it skirt on the machine to create a darken environment

61. **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)

❖ **Wood Lamp Conditions Color Chart**

- **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**

62. Select Services/ Treatment – focus on treating specific skin conditions and concerns

- ☐ **Brightening - Lighten/abnormal pigmentation**
- ☐ **Firming – Rejuvenating Elasticity**
- ☐ **Hydrating – Increase Moisture balance**

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

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Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

Week5A/5B #390 IECT Practical Facial Manual & Mechanical//Makeup Artistry /Hair Removal Consultation - Face

Handwashing, Degloving, Gloving Consultation with Magnifying lamp 1st Look, Color Theory Makeup Assessment, Measurements, Client Draping and Preparation Face Shape, Precleanse, Skin Types & Hydration Levels, Facial Assessment, Eyebrow Grooming/Eyebrow Shaping, Skin Type & Characteristics, Skin Composition

Assessment & Melanin Assessment-Cleanse, Pigmentation & Inflammation Assessment / Fitzpatrick Scale

Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis

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Onsite Procedures 5A & 5B

- ☐ **Renewal – Exfoliating / Cellular turnover**
- ☐ **Anti – Aging – Antioxidant / Wrinkles**
- ☐ **Facial Maintenance -Oil Controlling – Reduce sebum production**
- ☐ **Acne – Anti-Inflammatory/ Reduce bacteria/ Calming & Soothing**
- ☐ **Detoxifying oily skin with congestion**

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

64. Cleanser Product Formulation Types & Ingredients - Cleanser Surfactant

- Foaming – (e.g. Oily, Acne, Sensitive, Combination)
- ☐ 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

65. 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**

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

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Onsite Instruction & Procedures

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Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

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Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis

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Onsite Procedures 5A & 5B

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

66. 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)
- 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: Cleanser Spread** – Dispense cleanser in damp hands and rub palms together. Perform quick spread starting at thorax moving up to neck and face. Follow with second and third spread moving upward to apply product to different area of the face with each spread.
 - 2) **Chest (thorax & sternum) & Collarbone (clavicle):** – Place cleanser in damp hands and rub palms together. Begin spreading cleanser over chest (thorax/sternum) and collarbone (clavicle/shoulders) in circular motions. Placing hands on shoulders use both hands to execute inward and outward movements. 3 times side to side on chest.
 - 3) **Neck (hyoid bone):** - Direction of hand movement: Effleurage of neck. Turn head to right side. Stroke upward on the left side of throat (hyoid bone) using effleurage movements and move across throat (hyoid bone) to right side, continuing with upward effleurage movements.

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

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Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis
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 Growth and Burn Assessment

Onsite Procedures 5A & 5B

- 4) **Chest** (thorax & sternum) & **Collarbone** (clavicle): Slide hands back to chest and collarbone and use upward circular movements 3 times. **Small butterfly movements on the sternum and clavicle area sliding up on the hyoid. Use inward butterflies starting lower on the hyoid with smaller movements start to use larger movements as you move up the hyoid. *As you slide down the hyoid you will want to scoop product from sternum to bring up on the face.**
- 5) **Throat:** - Slide hands up throat upward to chin (mental bone) and back to (collarbone) in a sliding pattern in order to bring more product up onto the face. **Do this 3 times.**
- 6) **Jawline** (mandible): Using both hands, create a fan on chin/jawline (mental bone/ palms on mandible) and pull down to jaw (mandible). Repeat 3 times. Slide along entire mandible .**Chin** (mental bone) & **Cheeks** (zygomatic arch bones): **Start** at chin (mental bone) and complete 3 chin lifts (with the thumbs). Slide to jawline (mandible) using upward circles onto cheeks 3 times (zygomatic arch bones) **Stop at midpoint of mandible and form large circles using two fingers on each hand. Slide along entire mandible using upward circles onto zygomatic arch using flat hands (fingers and palms)**
- 7) **Cheek** (zygomatic arch bones): - Continue using upward circles onto cheeks (zygomatic arch bones). Use palms of hands in upward and outward circles. Repeat 3 times Section 6-7
- 8) **Lips (maxilla bone above top lip):** Start at outer corner of lips using your index fingers and make small inward circles around the lips top and bottom (maxillary and mandible bone). Repeat 3 times
- 9) **Nose** (ethmoid bone/nasal bone): Slide index fingers up to sides of nose (nasal bone). Using your left index finger, lightly hold a half inch from nostril. With the right index finger, make small inward circles up the side of the nose and onto the nasal bone. Repeat 3 times. **Sliding toward the zygomatic arch. Use circular motions on the right side of the ethmoid placing the middle finger an inch away. Repeat on left side. Slide up the nasal bone (bridge of the nose).**
- 10) **Nose** (nasal bone) - Repeat this step on the opposite side.
- 11) **Nose** (nasal bone) **Forehead** (frontal bone):- Slide up the nose (nasal bone) to the forehead (frontal bone) and make small light circles on forehead (frontal bone) progressing into larger light circles.

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

Week5A/5B #390 IECT Practical Facial Manual & Mechanical//Makeup Artistry /Hair Removal Consultation - Face

Handwashing, Degloving, Gloving Consultation with Magnifying lamp 1st Look, Color Theory
 Makeup Assessment, Measurements, Client Draping and Preparation Face Shape, Precleanse, Skin Types & Hydration

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Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary
 Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis
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 Growth and Burn Assessment

Onsite Procedures 5A & 5B

- 12) **Eyes** (maxilla of the side nose): - Apply pressure just above the eyebrow (frontal bone)) with middle finger. Slide fingers across brows to outer corner of the eye (upper zygomatic bone, maxilla of the side nose, back to the frontal), completing eye circles with light gentle pressure under the eye. Repeat three times.
- 13) **Forehead** (frontal bone) & **Upper Cheeks** (upper zygomatic bone) - Apply pressure just above the eyebrow (frontal bone) with middle finger. Slide fingers across brows to outer corner of the eye (upper zygomatic bone), completing eye circles with light gentle pressure under the eye. Repeat three times.
- 14) **Temple** (temporalis muscle): - Do mild pressured temple circles. Massage temples (temporalis muscle) getting slower and lighter and end with pressurized hold at the temples (temporalis muscle).

67. Complete Basic Cleanse Skill

68. Remove facial cleanser residual

- *Remove of product with sponge/ 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)

69. Begin Second Skin Analysis

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

Tip: (Look and Determine)

- Hyperpigmentation –
- Hypopigmentation

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

Week5A/5B #390 IECT Practical Facial Manual & Mechanical//Makeup Artistry /Hair Removal Consultation - Face

Handwashing, Degloving, Gloving Consultation with Magnifying lamp 1st Look, Color Theory
 Makeup Assessment, Measurements, Client Draping and Preparation Face Shape, Precleanse, Skin Types & Hydration

Levels, Facial Assessment, Eyebrow Grooming/Eyebrow Shaping, Skin Type & Characteristics, Skin Composition

Assessment & Melanin Assessment-Cleanse, Pigmentation & Inflammation Assessment / Fitzpatrick Scale

Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary
 Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis

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Onsite Procedures 5A & 5B

- **Focusing Inflammation (Vocabulary)**

Tip: (Look and Determine)

- Redness
- Heat
- Swelling
- Pain

70. 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**

71. 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)

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

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Handwashing, Degloving, Gloving Consultation with Magnifying lamp 1st Look, Color Theory Makeup Assessment, Measurements, Client Draping and Preparation Face Shape, Precleanse, Skin Types & Hydration Levels, Facial Assessment, Eyebrow Grooming/Eyebrow Shaping, Skin Type & Characteristics, Skin Composition

Assessment & Melanin Assessment-Cleanse, Pigmentation & Inflammation Assessment / Fitzpatrick Scale

Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis
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 Growth and Burn Assessment

Onsite Procedures 5A & 5B

72. 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

73. Turn on Steamer - (Skill)

74. Select Manual Exfoliation Product

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

75. Begin Manual Exfoliation

- Apply eye google to eyes
- 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

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

Week5A/5B #390 IECT Practical Facial Manual & Mechanical//Makeup Artistry /Hair Removal Consultation - Face

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 Levels, Facial Assessment, Eyebrow Grooming/Eyebrow Shaping, Skin Type & Characteristics, Skin Composition

Assessment & Melanin Assessment-Cleanse, Pigmentation & Inflammation Assessment / Fitzpatrick Scale

Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary
 Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis

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Onsite Procedures 5A & 5B

- 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

76. Complete Manual Exfoliation Skill

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

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

☐ Steamer

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

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

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

☐ Hot/Steam Towel- wrap face with towel

80. Begin Steam Towel (this is a form of thermootherapy/heat therapy)

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

Week5A/5B #390 IECT Practical Facial Manual & Mechanical//Makeup Artistry /Hair Removal Consultation - Face

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Levels, Facial Assessment, Eyebrow Grooming/Eyebrow Shaping, Skin Type & Characteristics, Skin Composition

Assessment & Melanin Assessment-Cleanse, Pigmentation & Inflammation Assessment / Fitzpatrick Scale

Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis

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Onsite Procedures 5A & 5B

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

81. Complete Steam towel Skill

82. 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

83. Apply Eye Cream/ Mask

- Use bracing technique hand over thumb while performing eye mask

84. Apply Lip Cream/ Mask

- Use bracing technique hand over thumb while performing lip mask

85. Third Skin Analysis - Burns Categories, UV Rays, Growths (Vocabulary)

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

Week5A/5B #390 IECT Practical Facial Manual & Mechanical//Makeup Artistry /Hair Removal Consultation - Face

Handwashing, Degloving, Gloving Consultation with Magnifying lamp 1st Look, Color Theory Makeup Assessment, Measurements, Client Draping and Preparation Face Shape, Precleanse, Skin Types & Hydration Levels, Facial Assessment, Eyebrow Grooming/Eyebrow Shaping, Skin Type & Characteristics, Skin Composition

Assessment & Melanin Assessment-Cleanse, Pigmentation & Inflammation Assessment / Fitzpatrick Scale

Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis

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Onsite Procedures 5A & 5B

- 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.
 - Skin Cancer
 - ❑ -Basal Cell Carcinoma – 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 – black or brown in color

86. Burns Categories (Vocabulary)

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

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

Week5A/5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn

Week5A/5B #390 IECT Practical Facial Manual & Mechanical//Makeup Artistry /Hair Removal Consultation - Face

Handwashing, Degloving, Gloving Consultation with Magnifying lamp 1st Look, Color Theory Makeup Assessment, Measurements, Client Draping and Preparation Face Shape, Precleanse, Skin Types & Hydration Levels, Facial Assessment, Eyebrow Grooming/Eyebrow Shaping, Skin Type & Characteristics, Skin Composition

Assessment & Melanin Assessment-Cleanse, Pigmentation & Inflammation Assessment / Fitzpatrick Scale

Complexion Colors Plan Fitzpatrick Scale Assessment/ Third Analysis Assessment –Manual Exfoliation/ Fourth

Analysis Assessment Growth and Burn Assessment

Week5A/5B – #413 Electric Current – Magnifying Lamp, Woods Lamp, Steamer, Mechanical Exfoliation -Rotary Brush Machine



Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

Cannestro, Carlie

Onsite Protocol/Services –

Skin Exfoliation - Growth and Burn Assessment – 3th & 4th Consultation & Skin Analysis
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Onsite Procedures 5A & 5B

87. 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

88. 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

89. 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)

90. Causes of Aging Assessment (Vocabulary)

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

91. Focusing Growth (Vocabulary)

IECT 5A & 5B Facial 2_4-11_19

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

Instruction

Week 5A - #203 Structure and Function of the Human Nervous System – Client Health

Week 5B - #343 Third/Fourth Skin Analysis and Consultation-Growth and Burn – Client Health

Onsite Instruction & Procedures

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Institute Epidermal Cell Therapy Facial *Epidermal Cell Therapy* February 4-11, 2019

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Onsite Procedures 5A & 5B

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

92.

93. Apply Mask – leave on 5 to 10 mins

- 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

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

95. Toner Types/ Ingredients

✓ ☐ Sensitive skin

IECT 5A & 5B Facial 2_4-11_19

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

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Onsite Procedures 5A & 5B

- ☐ 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

96. Apply Eye Cream

97. Apply Lip Cream

98. Hydrator

99. Sun Protection – SPF/Foundation Makeup

100. Complete Treatment/Services

101. Degloving

102. End the Treatment – Consultation for Follow up appointment

103. Product Recommendation - Retail

- Retail Products for Maintenance care
- Retail Products for Treatment

104. Gloving

105. Bed Making

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

107. Cleanup Duties

108. Review Protocol and Lesson

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Onsite Procedures 5A & 5B

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

IECT 5A & 5B Facial 2_4-11_19

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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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Onsite Procedures 5A & 5B

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

IECT 5A & 5B Facial 2_4-11_19

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Sparkling

Iontophoresis:

Product Application

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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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 Types Classification - Sebaceous Activity Baseline/ Skin Composition Assessment - Skin Types / Skin Color Composition Assessment/ Wood Lamp Conditions Color Chart/First Skin Analysis - Characteristics Assessment/ First Skin Analysis - Services/ Treatment / Product Ingredients Analysis Assessment – Cleanser/ Cleansing Movement Technique -Effleurage & Friction & Petrissage / Facial Cleanse/Wood's Lamp - Conditions /Second Skin Analysis & Consultation/ / Pigmentation & Inflammation Assessment / Fitzpatrick Scale Complexion Colors Plan/ Third Analysis Assessment - Manual Exfoliation - Scrub/ Thermotherapy - Steam/Hot Towel/ Mechanical Exfoliation -Rotary Brush Machine / Fourth Analysis Assessment Growth and Burn Assessment /Product Ingredients Analysis Assessment – Follow up Treatment Plan

Student Print Name _____ Date _____

Student Signature _____ Date _____

Instructor Print Name _____ Date _____

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