Manual Exfoliation of the Face
Enzymes & Herbal Exfoliators

Benefits
(How does it help the client?)

- Removes dead skin cells for the purpose of stimulating fresh, healthy skin renewal.
- Process improves the natural cell turnover.
- **Tip:** Use circular movements when exfoliating manually
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Indications of Use
(Who is the ideal client?)

- Removes make up from eyes, lips, and face. Also removes dirt, sweat, and visible oil on the skin

Precautions of Use
(Could treatment still be performed?)

- Ask the client to remove contact lenses.
- Over exfoliation can disturb the cell turnover rate
- The skin may have increased sensitivity and irritation

Contraindications of Use
(Could you make it worse?)

- Sensitive Inflamed skin conditions
- Open wounds
- Inflamed and Erupted skin lesion
- Do not use on red or sensitive areas or open wounds.

Pre- Procedure
(Client Greeting)

1. Client greeting and offer water
2. Have client fill out history intake form or follow up form
3. Escort client to changing area
4. Help client onto bed, cover hair and drape with towel.
5. **Consultation**- Review form with client and discuss treatment options and plans
6. **Magnifying Lamp** – (First Look)

. **Pre-Procedure**
(Service)

1. Hand washing (Sec. 1)
2. Room Setup (Sec. 3)
3. Station Set up (Sec.4)
4. Sanitize and glove hands according to gloving skill
5. **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.
6. **Lips:** -Apply makeup Cleanser onto gauze pads.
7. **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.

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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.

8. **Face: -**Pre Cleanse
9. **First Analysis: -** Magnifying lamp (First skin analysis)
10. **Basic Cleanse:**
11. **Second Skin Analysis:- -** Woods lamp (First skin analysis)

Pre-Procedure
(Supplies and Tools)

- Exfoliation Products
- Mixing Scrub with buttermilk powder or plain yogurt is another option.
- If using the steamer, turn it on.
- Wet hands and scoop exfoliating cream into disposable container.
- Apply a damp cotton round to each eye for protection during mask application.
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Procedure

1. **Face & Neck:** Apply exfoliation cream to brushes, making sure to wet brushes with warm water.
2. **Neck & Face:** Using 2 fan brushes, start at the collarbone (clavicle) spreading the exfoliation cream in an outward simultaneous motion, moving up the face and toward the forehead.
3. Turn steam on.
4. Wet hands, by adding warm water to your hands. This allows you to prevent dragging on the skin. Rub hands together to distribute product evenly.
5. **Face & Neck & Chest: -** Perform quick spread, use upward effleurage movement with both hands to execute inward and outward movements. Traveling upward on the neck and face.
6. Pat the skin with damped hands. This process ensures that the product cover the entire
7. Place water in damp hands rub palms together.
8. **Neck:** Place hands on each side of the collarbone (clavicle) using upward and outward counterclockwise small circular movements, traveling along the cervical cutaneous nerve (neck)
9. **Neck:** Continuing upward and outward small circular movements using both hands to execute small circles (counterclockwise) (Direction starting at 12pm-12am). 3 times side to side on neck
10. **Neck & Face:** Lightly spread product, using small circular movements with two hands, onto the cervical cutaneous nerve (neck), continue circular movements on both sides of the greater auricular nerve and cervical nerve (sides of neck) to mandibular nerve (chin), infraorbital nerve (upper lip) to mental nerve (under lower lip) to zygomatic nerve (cheekbones), nasal nerve (nose), supratrochlear nerve (bridge of nose), and to the supraorbital nerve (forehead).
    A -If product gets around the eyes or eyebrow area, wipe or remove it with gauze.
11. **Throat: -** Using circular (counter clockwise) movements on throat upward to chin (mental bone) and back to (collarbone) in a circular pattern in order to bring more product up onto the face. Do this 3 times.
12. **Chin -**Using both hands, continue upward circular movements on (mental bone) Repeat 3 times.
13. **Jaw:** From the chin (mental bone) form larger circles using two fingers on each hand. Move to jaw line (mandible) using upward circles back and forth.
14. **Cheek:** - Continue using upward circles onto cheeks (zygomatic bones). Use palms of hands in upward and outward circles. Repeat 3 times
15. **Lips: -** 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.

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16. **Nose:** - 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.
17. **Nose: -** Repeat this step on the opposite side.
18. **Forehead:** - 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. Repeat steps 8-18 1-2 times.
19. **Face**-Slide down the face with both hands onto neck with a sliding motion and end exfoliation.
20. Steam (can be used at this time). Lightly with circular movements, on cervical cutaneous nerves (neck). Start upward circles with fingers flat, to mental nerve (chin). Continue inward and outward circular movements on the mental nerve (chin) and maxillary nerve (upper lip) to zygomatic nerves (cheekbones), then to infratrochlear nerve (nose). Pay attention to this area as it may have open and closed comedones. Move to supraorbital nerve (forehead) and temporal nerve (temples), sliding down the face and neck region again.
21. Apply mummy mask (4 x 4 gauze or paper towels wet with water, unfolded). Start from cervical cutaneous nerve (neck) and layer upward over mental nerve(chin) and maxillary nerve (mouth), cover nasal nerve(nose) (except for nostril opening), and layer over supraorbital nerve(eyes and forehead) Cover eyes with damp eye pads.
    a. Leave on for no more than one minute if steam is used.
    b. Leave on for 1-2 minutes if steam was not used.
22. Remove Mummy Mask Holding skin on left side of supraorbital nerve (forehead) taut, pick up end of gauze or paper towel and slide gently across this nerve area to the right side. Repeat removal working down the face. Most of the exfoliating product will be removed during this process. Removal should take approximately 1 minute.
23. Remove loose particles With dry gauze or powder brush, remove any excess product left on the face
24. Use warm towel (using towel removal skill). Check all areas on face and neck for product left on skin.

Post-Procedure

- Do extractions if necessary.
- Apply antiseptic, use High Frequency
- Apply facial mask and allow to set.
- Apply toner.
- Apply eye product
- Moisturize and apply sunscreen.

Maintenance and Infection Control

- Dispose all disposable material.
- Clean brush head with warm soapy water. Immerse in hospital grade disinfectant for no longer than 10 -15 minutes.
- Dry and place in dry sanitizer.
- Refill steamer.
- Clean steam machine with spray and disinfectant and use glass cleaner to clean mirror. Use clean cloth on glass because the paper towel and other paper products can damage the glass.

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FYI & Tips

Contraindications of this Procedure

- Risk of the skins protective barrier being damaged.
- Risk of red or sensitive areas.

Tip Clockwise (Direction starting at 12am-12pm) or counterclockwise (Direction starting at 12pm-12am)

Frequently Asked Questions

What types of products are used?
Granular scrubs, gommages, roll off masks and scrubs made of ground almonds, apricot seeds and other natural grains.

How often is exfoliation needed?
It depends on the intensity of the grains, formulation consistency, and skin condition.

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