



Epidermal Cell Therapy Signature Facial

Massage Techniques - Effleurage Movements on the Face

Basic Esthetics Skills

Benefits

(How does it help the client?)

- Provides relaxation with soft stroking movements done with two hands
- Stress and Tension relief
- Increases circulation
- Increase Cellular Activity
- Stimulating Blood Flow
- Stimulating Lymphatic Flow
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Indications of Use

(Who is the ideal client?)

- Assists with the flow of lymphatic system by increasing circulation which allow the body get rid of wastes
- Soothes the nerves, stimulates the central nervous system
- Scar Tissue
- An essential Prep procedure for extractions.

Precautions of Use

(Could treatment still be performed?)

- Ask the client to remove contact lenses.
- Ask the client if the pressure is comfortable base off a pain scale chart
- The skin may have increased sensitivity and irritation
- Skin irritation.
- Any type of chemical exfoliation that has removed deeper layers of corneocytes of the stratum corneum

Contraindications of Use

(Could you make it worse?)

- Extremely sensitive Inflamed skin conditions
- Open wounds, cuts, abrasions, or sores.
- Inflamed and Erupted skin lesion
- Do not use on red or sensitive areas or open wounds.
- Acne – Type 3 = May spread infection.
- Hypersensitive
- Sunburn
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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. Sanitize and glove hands according to gloving skill
7. **Magnifying Lamp** – (First Look)



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Pre-Procedure (Service)

1. Hand washing (Skill)
2. Room Setup (Skill)
3. Station Set up (Skill)
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. 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)
12. **Manual Exfoliation-** Prepare Exfoliation Product
13. **Steamer-** If using the steamer, turn it on
14. **Mechanical Exfoliation- Rotary Brush Machine**
15. **Spray Machine**
16. **Serum Application**
17. **Indirect High Frequency-**
18. **Vacuum Machine-** with serum application

Pre-Procedure (Supplies and Tools)

- **Measure Massage products with the measuring spoons**
3/4 to 1 tsp of cream base
1/8 of a teaspoon of oil base
- **Place product onto pallet**
- **Never double dip from original container.**
- **Replace cover on massage cream container immediately after measuring product into pallet**

Procedure

- Begin effleurage massage techniques using both hands on the left cheek (zygomaticus major & minor) in a hand over hand soft stroking movement using flat finger and palm of hand. Perform 6 of these movement techniques
- Move to right cheek (zygomaticus major & minor) using the same hand movements as the left side completing 6 of these movement technique
- Continue this pattern on both cheeks two times each.



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Massage Techniques - Effleurage Movements on the Face Post-Procedure

Basic Esthetics Skills

- If needed fix client's hair to be under cap or towel and use antibacterial gel immediately
- Do extractions if necessary.
- Apply antiseptic, use High Frequency
- Apply facial mask and allow to set.
- Remove mask, apply toner.
- Apply eye product
- Moisturize and apply sunscreen.
- Remove gloves according to De gloving skill

Maintenance and Infection Control

1. Dispose of any leftover massage product
2. Throw all disposable material in trash
3. Be sure to put soiled towel in towel bin immediately after using.
4. Use antibacterial gel on gloved hands
- Refer to OSHA and your state board

Frequently Asked Questions

Do the tissues of the body warm up as they are stroked? – As effleurage is used to increase circulation

What massage techniques are usually done at the beginning and the beginning and end of the facial?

Light effleurage massage techniques are used as a gentle way to introduce and end the facial massage

Can effleurage massage techniques be used on the body? Yes the movement is very versatile and can be used on all areas of the body.

FYI & Tips

Contraindications of this Procedure

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