



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/
Photodamage & Melanin Assessment

Patient: _____ Date: _____
Esthetician: _____

Pre-Treatment Notes

(Information collected from Confidential Patient Information and Patient At Home Protocol),



Analysis:

Magnifying Lamp

Analyze client's skin to determine skin type

	Skin Type: Sebum level activity Scale	
☐	Sebacous Activity Present?	No/Yes
Low	Medium	High
	Location	

Skin Type Classification (For Retail)

Normal Skin:
1. Appears to be functioning normally, is neither too dry nor oily.
2. Has some enlarged pores on the T-Zone, some blocked pores and very few comedones.
3. On the cheeks the pores are normal, no blocked pores and no comedones.
4. Usually free of blemishes that require extensive treatment.
5. Skin metabolism can be improved by stimulation through massage.
6. Regular care will assure that normal skin continues to function in a normal way.
7. The main objectives of the esthetician are to cleanse the skin of dead cells and remove impurities from the follicles.

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule
Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



--

Oily:

1. Oily skin is a hereditary condition that develops due to overactive sebaceous glands.
2. This activity is controlled by the androgen hormone.
3. Oily skin can be recognized by its shiny, thick appearance.
4. Pores are enlarged, with many blocked pores and comedones.
5. Skin is sallow in appearance and is more prone to pimples and blemishes because of its over-lubrication with excessive oil, but less prone to wrinkles and fine lines.
6. The oil also helps keep moisture in the skin from evaporating.

Dry:

1. Skin appears tight, dull in color.
2. Dry skin develops as a result of sebaceous gland under activity.
3. Skin dryness though hereditary like the skin oiliness, also results from the aging process.
4. As all body activities slow down, oil gland activity slows as well. Dry skin tends to be dehydrated.
5. Dry skin is characterized as very fine, overly delicate and thin.
6. Pores are almost invisible.
7. The skin tends to wrinkle easily and is often filled with tiny superficial lines.
8. As the person advances in years, the body's cell renewal process slows down and the cells are not replaced as quickly as before.
9. Massage can be very effective in stimulating skin metabolism.

Combination:

1. This skin is characterized by two or more different conditions.
2. The T-zone, which consists of the frontalis, nasalis, and mentalis, is oily, but the rest of the face is normal or even dry.
3. The condition must be treated separately or with products especially formulated for combination skin.
4. Skin types are hereditary and are the result of the oil glands functioning.
5. Skin types can be classified into four categories: Normal, oily, dry, and in most cases a combination of skin types, such as an oily T-Zone and normal zygomatic arches.
6. The notion that one person's skin can be oily and dry is more confusing in concept than reality. For example, when people describe the skin as being oily and suddenly being dry, they are referring to an oily skin type that is losing moisture.
7. Moisture can be lost because of excessive use of astringents, soaps and scrubs in an attempt to reduce the amount of oil secretion.
8. While the skin is an oily type, this dryness should be considered a skin condition and is properly referred to as dehydration, or lack of moisture, rather than oil.

Precleanse Product _____

Makeup Removal: _____

1. _____

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Skin Characteristic: Function

Visual/Elasticity Move the skin; touch it to see how it moves back. Good – 1 Poor – 2 Fair – 3 Bad - 4	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.
Visual/Texture Rub Skin Is the skin slick? Thin/Medium/Thick	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.
Temperature Control Extremes Use back of hand to determine differences in temperatures. Hot-Dilated Cold-Constrict	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.
Visual/Sensations Determining touch and facial movement of treatment Ask if sensitive to hot or cold.	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. (Questions to ask); Is the client sensitive to hot or cold. What is the client's pain tolerance on a level of 1 – 10? Does the client experience sensitivity to smells?
Visual/Permeability Stretch skin to check for dehydration Ask is the skin slick?	The stratum corneum is a waterproof and water resistant barrier that does not allow harmful foreign bodies to penetrate. Keratin in the outer cells makes the skin impermeable. Texture of the stratum corneum; Thin, 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 scarring

Cleanser Product

Makeup Removal: _____

1. _____

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/
Photodamage & Melanin Assessment

Woods lamp _____
Analyze client's skin to determine overall condition of the epidermis

1.	<u>White Fluorescence</u> – Thick corneum layer.	
	White Spots - Horny layer of the skin and dead skin cells	
	<u>Blue-White</u> - Normal and healthy skin.	
	<u>Fluorescence</u> – Thin skin without enough moisture (dehydrated).	
	<u>Light Violet</u> – Dehydrated skin	
	Bright Fluorescence – Hydrated Skin	
	<u>Yellow</u> - Oily areas of the face and comedone	
	<u>Pink</u> – Oily areas of the face and comedone	
	<u>Brown</u> – Pigmentation and dark spots	
	<u>Orange</u> - bacteria of the face and comedone	

Acne Grades

Type	Description	Treatment
Grade 1 Acne	Mild acne consisting of open and closed comedones scattered over less than half of the areas of the face or back.	Antibacterial cleanser and mild or enzyme solution with steam and perform extractions. Use light massage and a mud or clay mask.
Grade 2 Acne	Moderate acne that has an increased number of open and closed comedones as well as an occasional papule or pustule.	No massage recommended but Dr. Jacquet movements.
Grade 3 Acne	Moderately severe acne that is characterized by numerous open and closed comedones, papules, pustules, and occasional cysts. It is frequently red and inflamed. Some acne scarring can start especially with the cystic lesions or acne lesions that have been picked or excoriated.	Treat only under physician's care.
Grade 4 Acne	Severe acne consisting of numerous papules and	Treat only under physician's care.

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/

Photodamage & Melanin Assessment

	pustules as well as a large number of cysts on the face, chest and/or back. Large cystic lesions leave deep scarring. The acne can occur over 50% or more of the face.	
--	--	--



Steamer Machine Settings:

Distance _____ **Vapor** _____ **Aromatherapy** _____

Ozone: On / Off

Review

Visual/Texture Rub Skin Is the skin slick? Thin/Medium/Thick	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.
--	--

Cleanser 1 _____
2 _____

Visual/Sensations Determining touch and facial movement of treatment Ask if sensitive to hot or cold.	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. (Questions to ask); Is the client sensitive to hot or cold. What is the client's pain tolerance on a level of 1 – 10? Does the client experience sensitivity to smells?
--	--

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/
Photodamage & Melanin Assessment

Skin Inflammation/ Response

Redness	Redness. Redness occurs because blood vessels dilate
Heat.	Heat. The increased blood flow also elevates the temperature in the area of injury
Swelling	Swelling. The injured area swells because histamine also makes capillaries more permeable, or leakier, than usual
Pain.	Pain. There are several causes for the pain in an inflamed area

Exfoliation 1 _____

Chemical Treatment Specifics:

Prep Solution: ☐ _____

Chemical Treatment:

Number of Coats _____ Minutes _____
 _____ Enzyme Base _____
 _____ Herbal Base _____
 _____ Buttermilk _____
 _____ _____
 _____ _____
 _____ _____

Post Solution:

☐ _____

Neutralized with:

☐ Water _____
☐ Anti-inflammatory Gel ☐ Spring Water Mist
☐ Tap Water ☐ Creamy Cleanser
☐ Baking Soda



Brush machine Settings:

Setting strength _____ Lowest- 1 Highest-10 Setting time _____ per minutes
 Solution _____



Large Goat Hair Small Goat Hair Foam Wheel Polisher Pumice

Electrode _____ Clockwise _____ Counterclockwise _____ Speed _____ Pressure _____

☐ Face _____ 1-10 ☐ Nose _____ 1-10 _____ min ☐ Eyes _____ 1-10
☐ Hands _____ 1-10 _____ min ☐ Neck _____ 1-10
☐ Back _____ 1-10 _____ min ☐ Feet _____ 1-10
☐ Chest _____ 1-10 _____ min ☐ Arms _____ 1-10
☐ Legs _____ 1-10

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule
 Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/

Photodamage & Melanin Assessment

____min
Ears_1-10
____min

□

____min
____min
____min
____min
____**min**

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/

Photodamage & Melanin Assessment

Burn Types

Burns	
Chemical	Exfoliation
Electrical	Equipment
Solar	Sun
Thermal	Heat

Degree of Burns

Burns Categories Measure in Depth, Appearance, Texture, Healing Complications

Degree of Burns			
1st Degree -	Superficial	Epidermis	
2nd Degree –	Partial Thickness	Epidermis/Dermis	
3rd Degree -	Full Thickness	Hypodermis	
4th Degree –	Deep Tissues	Bone & Muscle	

Growths Characteristics ABCDE Assessment for Skin growths

Growths	Appearance
☐ A- Asymmetry	Asymmetrical in shape, one half does not match the other half
☐ B - Border	Irregular and jagged edge creating uneven borders
☐ C - Color	Several tan and brown to black
☐ D - Diameter	Big size(> 6mm /size of a pencil eraser
☐ E- Evolving	Evolving in its color, size, or thickness



Spray Machine Settings: Distance

Solution:	Distilled Water
☐ Face _____ 1-10 _____ min	☐ Eyes _____ 1-10 _____ min
☐ Hands _____ 1-10 _____ min	☐ Neck _____ 1-10 _____ min
☐ Back _____ 1-10 _____ min	☐ Feet _____ 1-10 _____ min
☐ Chest _____ 1-10 _____ min	☐ Arms _____ 1-10 _____ min
☐ Legs _____ 1-10 _____ min	☐ Ears _____ 1-10 _____ min
☐ Nose _____ 1-10 _____ min	

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/

Photodamage & Melanin Assessment

Serums 1 _____
2 _____

Application – Massage movements

- ☐ Petrissage
- ☐ Tapotment

High Frequency Settings:

Intensity _____

Solution _____



Indirect Electrode

Neon _____	Indirect _____	Sparking _____	Direct _____
☐ Face _____ 1-10 _____ min	☐ Eyes _____ 1-10 _____ min		
☐ Hands _____ 1-10 _____ min	☐ Neck _____ 1-10 _____ min		
☐ Back _____ 1-10 _____ min	☐ Feet _____ 1-10 _____ min		
☐ Chest _____ 1-10 _____ min	☐ Arms _____ 1-10 _____ min		
☐ Legs _____ 1-10 _____ min	☐ Ears _____ 1-10 _____ min		
☐ Nose _____ 1-10 _____ min			



Analysis:

Magnifying Lamp

Analyze client's skin to determine
Lesions Assessment for Extraction

- ✓ Sebaceous filament
- ✓ Open Comedones- Blackheads

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/

Photodamage & Melanin Assessment

✓ Closed Comedones - Whiteheads

Vacuum 8 in 1 Settings



Vacuum Machine



Gauge



Tube with glass electrode

Intensity _____

Glass Electrode



Lymph Drainage/ Wrinkle Cupping



Straight Cupping



Blackhead/ Comedone Cupping

Lymph Drainage		Open follicles/ pores		Lifting		Decrease oil	
☐ Face	_____ cm/mm Hg	_____ min	☐ Eyes	_____ cm/mm Hg	_____ min	☐ Neck	_____ cm/mm Hg
☐ Hands	_____ cc/mm Hg	_____ min	☐ Neck	_____ cm/mm Hg	_____ min	☐ Feet	_____ cc/mm Hg
☐ Back	_____ cm/mm Hg	_____ min	☐ Feet	_____ cc/mm Hg	_____ min	☐ Arms	_____ cm/mm Hg
☐ Chest	_____ cm/mm Hg	_____ min	☐ Arms	_____ cm/mm Hg	_____ min		

High Frequency Settings:

Intensity _____

Solution _____



Mushroom Electrode

Neon		Sparkling		Direct	
☐ Face	_____ 1-10	_____ min	☐ Eyes	_____ 1-10	_____ min
☐ Hands	_____ 1-10	_____ min	☐ Neck	_____ 1-10	_____ min
☐ Back	_____ 1-10	_____ min	☐ Feet	_____ 1-10	_____ min
☐ Chest	_____ 1-10	_____ min	☐ Arms	_____ 1-10	_____ min
☐ Legs	_____ 1-10	_____ min	☐ Ears	_____ 1-10	_____ min
☐ Nose	_____ 1-10	_____ min			

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/
Photodamage & Melanin Assessment

Massage Techniques

Skin Characteristic: Function

Visual/Elasticity Move the skin; touch it to see how it moves back. Good – 1 Poor – 2 Fair – 3 Bad - 4	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.
Visual/Texture Rub Skin Is the skin slick? Thin/Medium/Thick	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.

Serums 1 _____

Cream 2 _____

Application – Massage movements

- ☐ Petrissage
- ☐ Tapotment
- ☐ Friction
- ☐ Effleurage
- ☐ Vibration
- ☐

Serums 1 _____

Hand Massage

Cream 1 _____

Application – Massage movements

- ☐ Petrissage
- ☐ Tapotment
- ☐ Friction
- ☐ Effleurage
- ☐ Vibration
- ☐

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/

Photodamage & Melanin Assessment

Glogau: Wrinkles	
Glogau Level 0: Exfoliating Manual: Clarifying 1x per week Chemical: Lactic (ex: Lactic Acid) Enzymatic: Dissolve Dead Skin (In clarifying) Clarifying, Lactic (Ex: Lactic Acid)	
Glogau Level 1: Vitamin C 1x per week (chemical) Lactic Acid 2x per week Scrub 1x per week (manual)	
Glogau Level 2: Retinol 20 - Vitamin A- 1x per week (Allows deeper penetration)	
Glogau Level 3: (Reticular Layer) Retinol 50 or higher – 1x per week	
Glogau Level 4: (Reticular Layer) Retinol 100 – 1x per week (Need something to affect dermis)	

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/
Photodamage & Melanin Assessment

Galvanic Settings:



Desincrustation: _____ Electrode _____ Intensity _____



Client Electrode



Ball Electrode



Disc Electrode



Roller Electrode

- | | |
|---|--|
| ☐ Face _____ 1-10 _____ min | ☐ Eyes _____ 1-10 _____ min |
| ☐ Hands _____ 1-10 _____ min | ☐ Neck _____ 1-10 _____ min |
| ☐ Back _____ 1-10 _____ min | ☐ Feet _____ 1-10 _____ min |
| ☐ Chest _____ 1-10 _____ min | ☐ Arms _____ 1-10 _____ min |
| ☐ Legs _____ 1-10 _____ min | ☐ Ears _____ 1-10 _____ min |

Extractions _____ No _____ Yes

Location _____

- | | |
|--|---|
| ☐ Face _____ min | ☐ Eyes _____ min |
| ☐ Hands _____ min | ☐ Neck _____ min |
| ☐ Back _____ min | ☐ Feet _____ min |
| ☐ Chest _____ min | ☐ Arms _____ min |
| ☐ Legs _____ min | ☐ Ears _____ min |
| ☐ Nose _____ min | |

Extractions Tools _____

- **Lesions Manual Extraction- Gauze finger Wrap Technique**
 - ✓ Sebaceous filaments
 - ✓ Open Comedones- Blackheads
 - ✓ Closed Comedones - Whiteheads
- **Lesions Tool Assisted Extraction- Lancet**
 - ✓ Milia
- **Lesions Tool Assisted Extraction- Comedone Extractor**
 - ✓ Sebaceous filaments
 - ✓ Open Comedones- Blackheads
 - ✓ Closed Comedones – Whiteheads
 - ✓ Milia (after using lancet)

Extraction Post-Treatment Notes:

High Frequency

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/
Photodamage & Melanin Assessment

Settings: Intensity ____

Solution _____

Serums 1 _____ 2 _____

Moisturizer 1 _____
2 _____



Indirect Electrode

Neon/Argon _____
Direct _____



Acne Sparking Electrode

Sparking _____



Spoon Electrode



Mushroom Electrode

- | | |
|---|--|
| ☐ Face _____ 1-10 _____ min | ☐ Eyes _____ 1-10 _____ min |
| ☐ Hands _____ 1-10 _____ min | ☐ Neck _____ 1-10 _____ min |
| ☐ Back _____ 1-10 _____ min | ☐ Feet _____ 1-10 _____ min |
| ☐ Chest _____ 1-10 _____ min | ☐ Arms _____ 1-10 _____ min |
| ☐ Legs _____ 1-10 _____ min | ☐ Ears _____ 1-10 _____ min |
| ☐ Nose _____ 1-10 _____ min | |

Ampoule 1 _____

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants

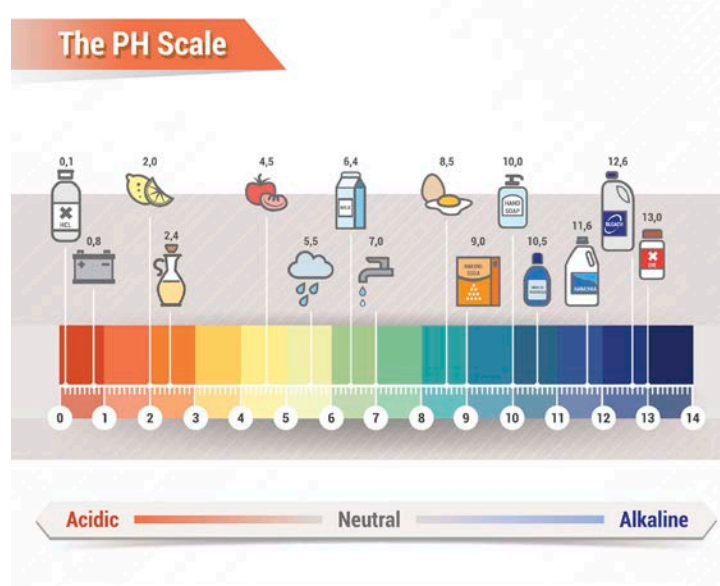


Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/
Photodamage & Melanin Assessment



Chemistry

Ampoule 1 _____

Galvanic Settings:



Iontophoresis: _____ Electrode _____ Intensity _____



Client Electrode



Ball Electrode



Disc Electrode



Roller Electrode

☐ Face _____ 1-10 _____ min	☐ Eyes _____ 1-10 _____ min
☐ Hands _____ 1-10 _____ min	☐ Neck _____ 1-10 _____ min
☐ Back _____ 1-10 _____ min	☐ Feet _____ 1-10 _____ min
☐ Chest _____ 1-10 _____ min	☐ Arms _____ 1-10 _____ min
☐ Legs _____ 1-10 _____ min	☐ Ears _____ 1-10 _____ min

Woods lamp _____

Analyze client's skin to determine overall condition of the epidermis

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/
Photodamage & Melanin Assessment

2.	<u>White Fluorescence</u> – Thick corneum layer.	
	White Spots - Horny layer of the skin and dead skin cells	
	<u>Blue-White</u> - Normal and healthy skin.	
	<u>Fluorescence</u> – Thin skin without enough moisture (dehydrated).	
	<u>Light Violet</u> – Dehydrated skin	
	Bright Fluorescence – Hydrated Skin	
	<u>Brown</u> – Pigmentation and dark spots	

Rubin: Pigment
Rubin Level 0: Preventative Virgin: Basic Treatment Lactic Acid Citric Acid -2x per week (*serum for oily skin) Mulberry 1x per week
Rubin Level 1: 1x to 2x per week Kojic Acid (serum or cream)
Rubin Level 2: 1x to 2x per week Kojic Acid Vitamin C- For Exfoliation Lactic Acid – For Hydration Hydroquinone (2%) – Goes a little deeper for pigmentation because of Vitamin C
Rubin Level 3: 1x per week Hydroquinone (2%) Vitamin A pads – Exfoliation turns skin over) Retinols (Convert themselves to Retin-A in the skin), Retinoid

Moisturizer 1 _____
2 _____
Eye Cream 1 _____
2 _____
Lip Cream 1 _____

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/

Photodamage & Melanin Assessment

Mask

1 ☐ Swd ☐ B&H ☐ Clr Cmplx ☐ C&C

Post-Treatment Notes:

*Signature*****Date

Vocabulary/Language Melanin Function & Structure of the Skin

1. Chloasma — increased pigmentation.
2. Lentigines — freckles, small yellow-brown spots.
3. Melasma — term for hyper-pigmentation; pregnancy mask.
4. Nevus — birthmark or mole; malformation of skin from abnormal pigmentation.
5. Stain — brown or wine-colored discoloration often occurring after certain diseases
6. Tan — change in pigmentation due to melanin production defense against UV rays.
7. Solar Comedones - Large blackheads, usually around the eyes, due to sun exposure
8. Sun Damage - UV damage to the epidermis and dermis; primary effects are wrinkles, collagen and elastin breakdown, pigmentation, and cancer
9. Melanocyte - a cell that produces pigment granules/melanin in the basal layer of the epidermis
10. Melanogenesis - the process of making the pigment melanin inside the melanocyte
11. Thymidine dinucleotide - fragments produced by damaged DNA, triggering the release of MSH, which can then bind to melanocytes to produce melanin.
12. Chloroplast - plastid containing chlorophyll and other pigments
13. Tyrosine Protein – amino acid that creates melanin
14. Protein tyrosine kinase (PTK) activity - the action of a complex enzyme that catalyzes the phosphorylation of tyrosine residues

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/

Photodamage & Melanin Assessment

15.Melanin - polymer
16.Eumelanin – dark pigmentation melanin
17.Phaeomelanin – light pigmentation of melanin
18.Quinone -
19.Dihydroxyindole -
20.Carboxylic Acid -
21.Dopachrome -
22.Leucodopachrome -
23.Tyrosinase -
24.DOPA -
25.Dopaquinone -
26.Cysteine -
27.S-Cysteinyldopa -
28.Benzothiazine -
29.Albinism — absence of melanin in body.
30.Hypopigmentation — lack of pigment
31.Leukoderma — light abnormal patches caused by congenital disease that destroys pigment- producing cells
32.Vitiligo — white spots/areas on skin from lack of pigment cells.

Vocabulary/Language Antioxidant & Hydration & Healing Ingredients

1. Almond Oil	provides lipids, hydrating, an emollient
2. Aosa	natural marine derived protein known for its skin firming benefits
3. Apricot Kernel Oil	provides lipids, also an emollient
4. Avocado Oil	helps to rebuild lipids, hydrating

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Photodamage & Melanin Assessment

5. Artichoke Extract	helps to rebuild cell lipids, also helps irritations, anti-inflammatory, rejuvenating
6. Balm Mint Extract	stimulating, increases circulation
7. Beech Tree Extract	stimulates all skin functions
8. Birch Extract	firming, stimulating
9. Cardamom	stimulating, used in body products and cellulite treatments
10. Colostrum	mimics natural elastin from animal product, builds immune system
11. Coneflower Extract	provides immune enhancing properties
12. Corn Germ Oil	contains Vitamin E, hydrating, antioxidant
13. Daisy Extract	helps to build up cells, reduces swelling, good for eye contour products
14. Echinacea	provides immune enhancing properties
15. Elastin	protein, hydrating, emulsifier, from plant or animal
16. Ginseng Extract	helps to regenerate, reduces swelling
17. Ginkgo Extract	antioxidant
18. Hazelnut Oil	softening, replaces oil/sebum in the skin
19. Hibiscus Extract	firming, restricts pores
20. Hydrocotyl Extract	helps to stimulate production of healthy collagen
21. Karite Butter	often used as basic ingredient, hydrating
22. Lanolin	from wax of sheep wool/, used for both an oil base of a cream and active ingredients
23. Lecithin	contains Vitamin E, strong antioxidant, helps in cell division
24. Lysine	amino acid, good moisturizer, helps to build up new tissue
25. Macadamia Nut Oil	stimulates all skin functions, good emollient
26. Marine plasma Extract	contains a lot of vitamins and mineral, also used as cream thickener
27. Mimosa Bark Extract	regenerating, repairing
28. Mink Oil	Lubricates animal source
29. Olive Oil	lubricate, good emollient
30. Panthenol	Vitamin B5, tissue repair strengthening cells, used for emollients
31. Peanut Oil	Contains Vitamins A and E, contains folic acid (vitamin F), emollient
32. Pine Oil	stimulating, increase turnover of epidermal cells, irritating, don't use if abrasion is present
33. Placenta Extract	stimulates cell metabolism, contains all vitamins animal source
34. Polyamino Sugar Condensate	amino acid rich skin conditioner and humectants
35. Retin A	is Vitamin A acid, reduces corneum layer tremendously, reduces sebum production
36. Retinol	is Vitamin A, balances sebum production, balances pH
37. Royal Jelly	Queen Bee food, builds up new cells, high in protein
38. Saint John's Wort	healing, calming
39. Seaweed Extract	revitalizing, helps to get rid of waste products, contains vitamins, minerals, rejuvenating
40. Sorbitol	excellent moisturizer, prevents the skin from drying
41. Soy Bean Oil	contains plant proteins, Vitamin A, B, K, (Vitamin K to strengthen capillaries)
42. Thymus Extract	from baby cows, improves all cell functions
43. Urea	Amino acid, protein, helps to moisturize, anti-aging, exfoliants
44. Vitamin A	regulates sebum production, retinal exfoliates
45. Vitamin B Complex	repair of sun damage
46. Vitamin C	whitening, fight free radicals
47. Vitamin D	helps strengthen bones with calcium, fight ageing skin
48. Vitamin E	natural antioxidant, increase cell division
49. Vitamin F	folic acid, linoleic acid, good lipids for dry skin
50. Wheat germ	high content of vitamin E and folic acid fights dryness and increases cell division

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 10B

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment

**Increase Hydration wrinkles, deep lines / Control pigmentation / Penetrate Lower Layer of the Epidermis/
Photodamage & Melanin Assessment**

Iontophoresis & Hydration

Week 10A - #310 Basic Cosmetic Chemistry - Iontophoresis & Ampoule

Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidants