Institute Epidermal Cell Therapy Signature Facial **Esthetics Treatment Notes 12A**

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment & Hair Removal &
Product Ingredients

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

☐	Sebaceous 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.

Institute of Epidermal Cell Therapy. © 2013

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_____

Institute of Epidermal Cell Therapy. © 2013

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 scaring? 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 scaring

Cleanser Product
Makeup Removal: _____
_____
1_____

Institute of Epidermal Cell Therapy. © 2013

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

1.	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	

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 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.	Treat only under physician's care.

Institute of Epidermal Cell Therapy. © 2013

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 scaring? 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?

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

Mask & Products
Week 12A - #211 Function of Skincare & Cosmetics Product Ingredients- Cream & Clay Mask
Week 12B - #349 Ninth Skin Analysis Product Recommendation - Gel & Mineral Mask

Institute of Epidermal Cell Therapy. © 2013

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 S m a l l Goat Hair Foam Wheel Polisher Pumice

Electrode_____Clockwise_____Counterclockwise____Speed_____Pressure _____

□ 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				
□ Nose	_____1-10	**_____min**	□ **Ears**	**_____1-10**	**_____min**
		_____min			

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 im 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

Institute of Epidermal Cell Therapy. © 2013

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
- ✓ Closed Comedones - Whiteheads

Institute of Epidermal Cell Therapy. © 2013

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
□ Hands	_____cc/mm Hg	_____min	□ Neck	_____cm/mm Hg	_____min
□ Back	_____cm/mm Hg	_____min	□ Feet	_____cc/mm Hg	_____min
□ Chest	_____cm/mm Hg	_____min	□ Arms	_____cm/mm Hg	_____min

High Frequency Settings:

Intensity _____

Solution_____

Mushroom Electrode

Neon_____**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			

Institute of Epidermal Cell Therapy. © 2013

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 scaring? 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
□

Institute of Epidermal Cell Therapy. © 2013

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)

Galvanic Settings:

Institute of Epidermal Cell Therapy. © 2013

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment & Hair Removal &
Product Ingredients

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

Mask & Products
Week 12A - #211 Function of Skincare & Cosmetics Product Ingredients- Cream & Clay Mask
Week 12B - #349 Ninth Skin Analysis Product Recommendation - Gel & Mineral Mask

Institute of Epidermal Cell Therapy. © 2013

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment & Hair Removal &
Product Ingredients

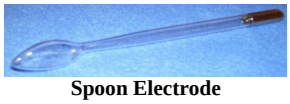
Settings: Intensity __
Solution_____
_

Serums 1_____ 2

Moisturizer 1_____
2

Indirect Electrode

Acne Sparking Electrode


Spoon Electrode

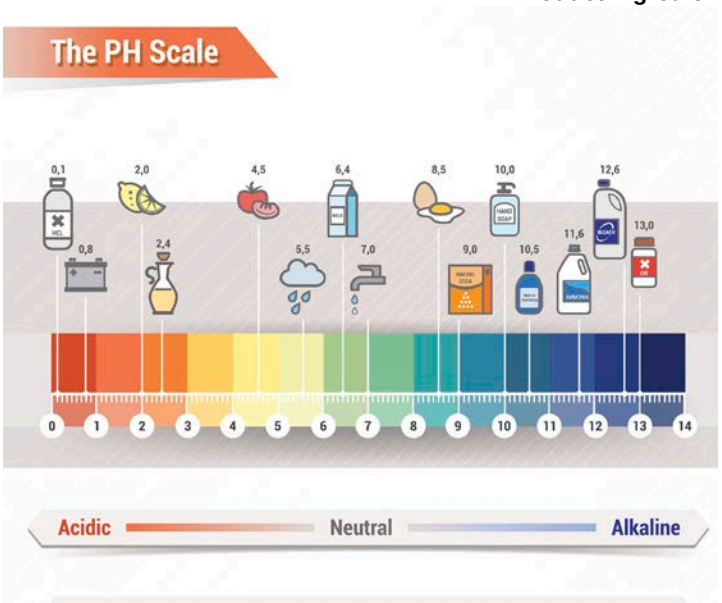
Mushroom Electrode

Neon/Argon_____ 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			

Ampoule 1_____

Institute of Epidermal Cell Therapy. © 2013



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

2.	White Fluorescence – Thick corneum	

Institute of Epidermal Cell Therapy. © 2013

	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	
	Brown – 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_____

Mask 1 ☐ Swd ☐ B&H ☐ Clr Cmplx ☐ C&C_____

Institute of Epidermal Cell Therapy. © 2013

Target area
_____

Hair Types & Characteristics _____

- **Hair Type**
  - ✓ Wavy
  - ✓ Straight
  - ✓ Curly
- **Hair Characteristic**
  - ✓ Shape of the Hair Follicle = Texture
  - ✓ Size of the Hair Follicle = Thickness
  - ✓

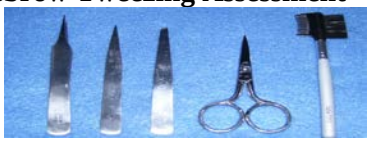
Hair Removal - Pre-Treatment Notes
_____
_____
_____

Hair Removal
_____ Tweezing _____ Shaping _____ Hard Waxing _____ Soft Waxing

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		

Eyebrow Tweezing Assessment



A. B. C. D. E

A. Needle Nose Tweezers
B. Pointed Tweezers
C. Slant Tip Tweezers
D. Eyebrow Scissors
E. Eyebrow Brush/Comb

Milia extraction

Institute of Epidermal Cell Therapy. © 2013

Lesions Tool Assisted Extraction- Lancet

- ✓ Milia
- ✓ Pimples
- ✓ Papules

- **Tweezer Method**
- **Lesions Manual Extraction- Gauze finger Wrap Technique**
-

Hair Removal - Post-Treatment Notes:

_____

_____

_____

Mask Treatment

Post-Treatment Notes: _____

_____

_____

_____

_____

Signature******Date**

_____

Eighth Skin Analysis and Consultation – Sudoriferous Gland & Disorder Vocabulary List

1.	**Absolute** an extraction method using a solvent (hexane) to extract the essence
2.	**Adulteration** the process of adding natural or synthetic compounds, or cheaper but similar oils, to "stretch" or alter the fragrance of an essential oil.
3.	**Alpha lipoic acid** A natural molecule found in every cell in the body; it is a powerful antioxidant and is soluble in water and oil.
4.	**Algae -** Derived from minerals and phytophormones. They revitalize the skin. Algae contains stabilizing minerals that aid in moisturizing
5.	**Alcohol** - Antiseptic and solvent used in perfumes, lotions and astringents. SD alcohol is a special denatured alcohol, also known as ethanol. Alcohol has the tendency to dry out the skin
6.	**Allantoin** - Used in cold cream, hand lotion, hair lotion, aftershave and other skin-soothing cosmetics because of its ability to help heal wounds and skin ulcers and to stimulate the growth of healthy tissues. Allantoin promotes keratinization.
7.	**Almond Meal** Ground almonds; commonly used in scrubs Soothing and exfoliating
8.	**Aloe** - The most popular botanical used in cosmetic formulations; emollient and film-forming gum resin with hydrating, softening, healing, antimicrobial, and anti-inflammatory properties.

Institute of Epidermal Cell Therapy. © 2013

Aloe supplies our cells with oxygen
9. **Alpha D-tocopherol** an antioxidant nutrient and popular form of vitamin E used in skin care and health supplements, generally isolated from soy or wheat.
10. Alpha Hydroxy Acids – Usually derived from food products, such as malic acid (apples), citric acid (citrus fruit) and sugar cane (glycolic acid).
11. **Alum** - Compound made of aluminum, potassium or ammonium sulfate with strong astringent action. Alum has antiseptic properties and can be used as deodorant
12. **Ampoules** - Small, sealed vials containing a single application of highly concentrated extracts in a water or oil base. Ampoules often come in either gels, that absorb into the skin easily, and oils
13. **Antioxidants** - Applied topically, antioxidants neutralize free radicals before they attach themselves to the cell membrane and destroy the cell. To prevent oxidation, they are also added to cosmetic formulations. Antioxidants help repair the skin and prevent damage caused by UV rays by guarding the cells
14. Aqueous extract an herbal water infusion
15. **Aromatherapy** Therapeutic use of plant aromas and essential oils for beauty and health treatment purposes; involves the use of highly concentrated, non-oily, and volatile essential oils to induce such reactions as relaxation and invigoration, or to simply create a pleasant fragrance during a service.
16. **Astringent** - Liquid that helps remove excess oil on the skin. Astringents also help to close up the pores
17. **Azulene** - Derived from the chamomile plant and characterized by its deep blue color; has anti-inflammatory and soothing properties. Azulene contains antioxidants that prevent the deterioration of skin cells.
18. **Benzyl Peroxide** - Drying ingredient with antibacterial properties commonly used for blemishes and acne. Some dermatologists believe that benzoyl peroxide can cause early aging due to the fact that it contains oxygen
19. **Beta-Glucans** Ingredients used in antiaging cosmetics to help reduce the appearance of fine lines and wrinkles by stimulating the formation of collagen
20. **Beta Hydroxy Acids –**also known as Salicylic acid exfoliate works by loosening the bond between cells in the epidermis.
21. **Binders** - Substances such as glycerin that bind, or hold, products together. Binding agents tend to be great hydrators because they prevent the separation of water.
22. **Botanicals** – The use of plants in skincare products. Products are made from plants. Botanicals are considered better for the skin than manufactured chemicals because the skin absorbs a lot of what is put on it.
23. **Calendula** - Anti-inflammatory plant extract. Calendula is antibacterial and stimulates fibroblast and collagen production to heal wounds.
24. Catechins a family of plant-based antioxidants, most often found in the leaves of the tea plant, but also in apples, berries, chocolate, and red wine.
25. **Carrot-** A light yellow essential oil. Rich in vitamin A, it is also used as coloring. Carrots are rich in vitamin C, which stimulates the production of collagen
26. **Ceramides** - Lipid materials that are a natural part of the intercellular cement. Ceramides help prevent moisture loss.

Institute of Epidermal Cell Therapy. © 2013

27. **Chamomile** - Plant extract with calming and soothing properties Chamomile compresses are often applied to new piercings to reduce swelling and pain
28. Chelating agent A chemical added to cosmetics to improve the efficiency of the preservative.
29. **Chemical Exfoliation** - Chemical agent that dissolves dead skin cells. Chemical exfoliation promotes the growth of new healthy cells
30. **Clay Masks** - A mask which draws impurities to the surface of the skin as it dries and tightens. Clay masks absorbs excess oil in the skin
31. **Cleansers** - Soaps and detergents that clean the skin. Alkaline and fatty acids of oils or soaps are combined to make soaps. Cleansers clean the skin of excess oils, dirt, and debris left over from the day
32. **Cleansing Cream** - Oil-based emulsion used to dissolve makeup and dirt. Cold cream is a good example of cleansing cream as it removes makeup very well
33. **Cleansing Lotion** - Water-based emulsion for normal and combination skin. These types of cleansers are better suited for dehydrated skin
34. Coenzyme Q10 Powerful antioxidant that protects and revitalizes skin cells.
35. **Collagen** - Large, long-chained molecular protein that lies on the top of the skin and binds water, also helping to prevent water loss. Fibrous substance derived from the placenta of cows or other sources. A lot of antiaging products claim to have collagen producing ingredients which may be true but won't help with production of collagen because the product sits on the stratum corneum
36. Comedogenicity Tendency of any topical substance to cause or to worsen a buildup in the follicle, leading to the development of a comedo (blackhead).
37. **Colorants** - Substances such as vegetable, pigment, or mineral dyes that give products color. Some colorants affect the skin's pH balance.
38. Cosmeceuticals Products intended to improve the skin's health and appearance.
39. **Delivery systems** Systems that deliver ingredients to specific tissues of the epidermis
40. Detergents Type of surfactant used as cleansers in skin care products
41. Dilution amount the amount, usually defined as a percentage, to which essential oils are diluted in a formula when added to a cream, oil, or perfume blend.
42. Distillation (1) a process that removes mineral and trace elements from the water; (2) a process used to extract essential oils from a plant using hot water, hot water and steam, or steam
43. DL-tocopherol a synthetic form of vitamin E.
44. **DMAE** Dimethylaminoethanol; antioxidant that stabilizes cell membranes and boosts the effect of other antioxidants.
45. **Echinacea** - Prevents infection and has healing properties. Used internally to support the immune system. People often apply echinacea to boils, abscesses, and other lesions on the

Institute of Epidermal Cell Therapy. © 2013

skin due to its healing properties.
46. **Emollients** - These lie on the surface of the skin to prevent water loss; also fill in the lines of dry and dehydrated skin; soften and soothe the skin. Emollients draw in and trap water to the superficial layers of the skin giving it a softer more youthful appearance.
47. **Emulsifiers –**Used as stabilizers such as an ingredient that helps oil and water mix. Some emulsifiers cause contact dermatitis to sensitive skin.
48. **Enzyme Peel** - Cream or powder that produces a more even peeling of cell build up and helps to dilate follicle openings. Enzyme peels can also aid in fading scars and other discoloration
49. Esterification the process of creating an ester.
50. **Essential Oils** - Oils derived from herbs; have many different properties and effects on the skin and psyche. Many essential oils have healing, soothing, properties useful for skin care.
51. **Exfoliants** - Usually come in the form of scrubs; water-based products containing a humectant mixed with some sort of abrasive agent such as almond meal, or polyethylene granules. Exfoliants are used to dissolve the buildup of dead skin cells
52. **Exfoliation** - The peeling or sloughing of the outer layer of skin. Regular exfoliation is necessary for healthy soft skin.
53. Expeller-pressed describes a mechanical process used to “press” the oil from seeds, nuts, or plant material.
54. **Face wash -** Detergent-type foaming cleanser with a neutral or slightly acidic ph. Face washes are used to remove dirt, debris, and oils from the face.
55. **Fragrances** - These give products their scent. Fragrances are fairly safe and only cause irritation to the skin.
56. **Fatty Acids –**Lubricant ingredient derived from plant oils and animal fats. Fatty acids are thought to reduce sun sensitivity.
57. **Fatty Alcohols –** Fatty Acids that have been exposed to hydrogen. Fatty alcohols may irritate sensitive skin.
58. **Fatty Esters –** Emollients produced from fatty acids and alcohols. Many fatty esters also serve as vehicles as well.
59. **Fresheners** - Skin freshening lotions. Antibacterial, anti-inflammatory and a stimulant. Helpful for couperose skin. Products with fresheners may be helpful for those with inflammatory conditions such as psoriasis.
60. Free acid acid molecules that have not been neutralized.
61. Functional ingredients Ingredients in cosmetic products that allow the products to spread, give them body and texture, and give them a specific form such as a lotion, cream, or gel. Preservatives are also functional ingredients.
62. **Glycerin** - Formed by a decomposition of oils or fats; excellent skin softener and humectant; very strong water binder. Glycerin attracts water to the skin, helping it stay hydrated.
63. Glycolic acid the smallest of the alpha hydroxy acids (AHAs), frequently used for its exfoliating, hydrating, and skin rejuvenating properties.
64. **Glycoproteins** Skin-conditioning agents derived from carbohydrates and proteins that

Institute of Epidermal Cell Therapy. © 2013

enhance cellular metabolism and wound healing
65. **Gommage** - Enzyme peel which is applied to the skin and dries in about seven minutes. It forms a hard crust and is then massaged off the skin. Gommage peels shouldn't be used on sensitive or thin skin, it may cause trauma to the skin.
66. **Grapeseed Extract** - Powerful antioxidant with soothing properties. Applying grapeseed oil prior to sun exposure is said to prevent damage to the skin cells.
67. **Green Tea** - Powerful antioxidant and soothing agent. Anti-bacterial, anti-inflammatory, and a stimulant. Helpful for couperose skin. Green tea has many antioxidants that can prevent early signs of aging.
68. **Healing Agents** - Substances such as chamomile or aloe that help to heal the skin. Healing agents tend to have inflammation reducing, soothing properties.
69. **Herbs** - Along with plant extracts, contain phytohormones. Hundreds of different herbs are used in skin care products and cosmetics; they heal, stimulate, soothe, and moisturize. A very common herb found in skin care products is lavender, used for its antibacterial and calming properties.
70. Herbal infusion the result of using hot water, and sometimes cold water, to release the compounds from plant material. For example, tea is an herbal infusion.
71. **Horse chestnut** - Extract containing bioflavonoids; also known as vitamin P. Helps strengthen capillary walls; used for couperose areas or telangiectasia. Horse chestnut is good for circulatory problems such as swelling and varicose veins.
72. **Humectants** - Ingredients that attracts water. Humectants draw moisture to the skin and soften its surface, diminishing lines caused by dryness. Glycerin is a humectant used in creams and lotions. Humectants use osmosis to draw moisture out of the air and into the skin
73. **Hyaluronic Acid** - Hydrophilic agent with excellent water-binding properties. Hyaluronic acid is often applied to wounds and ulcers to speed up the healing process.
74. Hydrators Ingredients that attract water to the skin's surface.
75. Hydrophilic Agents Ingredients that attract water to the skin's surface.
76. Hydrosol the water portion, or by-product, of essential oil distillation; it is used for aromatherapy purposes.
77. **In vitro** in the laboratory as opposed to in a living organism.
78. In vivo in a living organism as opposed to in a laboratory.
79. Isolates compounds that are isolated from a plant extract and have an active therapeutic
80. **Jojoba** - Oil widely used in cosmetics; extracted from the bean-like seeds of the desert shrub. Used as a lubricant and non-comedogenic emollient and moisturizer. Jojoba oils is commonly used in shampoos advertised as moisturizing or for dry scalp.
81. **Keratolytic Enzymes** - Enzyme that helps speed up the breakdown of keratin.

Institute of Epidermal Cell Therapy. © 2013

82. **Kojic Acid** - Skin-brightening agent. Kojic acid works well for hyperpigmentation
83. Lactic acid the second smallest of the alpha hydroxy acids, frequently used for its moisturizing properties.
84. Lakes Insoluble pigments made by combining a dye with an inorganic material
85. **Lanolin** - Emollient with moisturizing properties and an emulsifier with high water absorption capabilities. Lanolin is used on skin irritations.
86. **Lavender** - All-purpose oil having many properties. Anti-allergenic, anti-inflammatory, antiseptic, antibacterial, balancing, energizing, soothing, healing and conversely, stimulating. Lavender is ubiquitously used botanical because it has so many uses for the skin and it smell good as well.
87. **Licorice** - Anti-irritant used for sensitive skin. Licorice is also used to fade dark spots.
88. **Lighteners** – Pertaining to skin lightening with products either chemical or botanical. Products that claim to remove hyperpigmentation and age spots are considered lighteners.
89. Light radiation energy from the sun that travels through space in the form of visible light. Most commonly referred to as *UVA* and *UVB* rays
90. Limbic system an important series of brain structures activated by odor, behavior, and arousal
91. **Lipids** - Component of a serum that helps a serum penetrate deeply into the skin. Lipids are essential for helping the skin retain moisture.
92. **Liposomes -** Lipids used for microencapsulation delivery systems; hollow spheres made of lipids that are used to transport other agents, such as antioxidants, into the skin. Liposomes in conjunction with lipids work to keep the skin hydrated.
93. **Lubricants** - Coat the skin and reduce friction. Mineral oil is a lubricant. If the skin encounters too much friction it will become rough and calloused.
94.
95. Mandelic acid an alpha hydroxy acid found in almonds; it has an aromatic organic structure rather than a linear one, as is the case with glycolic acid, lactic acid, or citric acid, for example
96. **Mask** - Ingredients such as herbs, vitamins, and oils combined with clay, seaweed, or hydrating bases that together tightens, tones, hydrates, and nourishes the skin. Masks ideally should be down once a week to rejuvenate the skin.
97. Mechanical exfoliation Physical method of rubbing dead cells off of the skin
98. Moisturizers Products formulated to add moisture to the skin.
99. Natural ingredients ingredients found in nature, such as plants, minerals, and water.
100. Neutralization the result of a chemical process that brings a formulation's pH to 7 or neutral on the pH scale. Partial neutralization occurs when a chemical product is added to the formulation to move the compound up or down the pH scale toward 7.
101. Noncertified colors Colors that are organic, meaning they come from animal or plant extracts; they can also be natural mineral pigments.

Institute of Epidermal Cell Therapy. © 2013

102.	**Nonvolatile** does not evaporate easily.
103.	**Oil soluble** Compatible with oil.
104.	**Olfaction** the sense of smell.
105.	**Organic ingredients** ingredients derived from an agricultural product that has been produced, handled, and processed under the guidelines of the U.S. Department of Agriculture's National Organic Program.
106.	**Papaya** Natural enzyme used for exfoliation and in enzyme peels
107.	**Parabens** One of the most commonly used groups of preservatives in the cosmetic, pharmaceutical, and food industries; provide bacteriostatic and fungistatic activity against a diverse number of organisms
108.	**Paraffin wax masks** Mask used to warm the skin and promote penetration of ingredients through the heat trapped under the surface of the paraffin
109.	**Peptides** Chains of amino acids that stimulate fibroblasts, cell metabolism, collagen, and improve skin's firmness. Larger chains are called polypeptides.
110.	**Performance ingredients** Ingredients in cosmetic products that cause the actual changes in the appearance of the skin.
111.	**Petroleum jelly** Occlusive agent that restores the barrier layer by holding in water; used after laser surgery to protect the skin while healing.
112.	**pH adjusters** Acids or alkalis (bases) used to adjust the pH of product
113.	**Phytotherapy** Use of plant extracts for therapeutic benefits.
114.	**Polyglucans** Ingredients derived from yeast cells that help strengthen the immune system and stimulate the metabolism; also hydrophilic and help preserve and protect collagen and elastin
115.	**Polymers** Chemical compounds formed by combining a number of small molecules (monomers) into long chain-like structures; advanced vehicles that release substances onto the skin's surface at a microscopically controlled rate.
116.	**Polymerization** the process of creating a polymer. Polymers are large molecules constructed of smaller molecules of the same substance
117.	**Polyphenols** a group of chemicals that act as antioxidants
118.	**Potassium hydroxide** Strong alkali used in soaps and creams
119.	**Preservatives** Chemical agents that inhibit the growth of microorganisms in cosmetic formulations. These kill bacteria and prevent products from spoiling.
120.	**Rectified** the result of redistilling essential oils to remove color and unwanted compounds
121.	**Refined** describes a plant extract, usually referring to a fixed oil, that has gone through the process of removing colors, odors, or other naturally occurring compounds, such as a refined grapeseed oil.
122.	**Retinoid** vitamin A derivatives, including retinoic acid, retinol, and retinyl palmitate

Institute of Epidermal Cell Therapy. © 2013

123. **Retinyl palmitate** a mild retinoid
124. **Neutralization** the result of a chemical process that brings a formulation's pH to 7 or neutral on the pH scale. Partial neutralization occurs when a chemical product is added to the formulation to move the compound up or down the pH scale toward 7.
125. **Mechanical Exfoliation** - Method of rubbing dead cells off of the skin. Mechanical exfoliation is done every time you use a scrub on the skin.
126. **Methyl Paraben -** One of the most frequently used preservatives because of its very low sensitizing potential. Kills bacteria and molds. Non-comedogenic. Methylparaben, if used in large quantities, can be irritating to the skin.
127. **Micelles –**Molecules such as when soap is added to water, and they become electrically charged Cleansers with micelles are thought to be more thorough because the destroy molecules left on the skin
128. **Mineral Oil** - Emollient, cleanser, and demulsifier of dirt trapped in pores. Mineral oil is also a very good hydrator for the skin.
129. **Organic ingredients** ingredients derived from an agricultural product that has been produced, handled, and processed under the guidelines of the U.S. Department of Agriculture's National Organic Program.
130. **Mint** An herb good for circulation Stimulating, also an antiseptic
131. **Modelage Mask** - Thermal mask that produces gradually increasing temperatures. Modelage masks can reduce swelling and dark circles around the eyes.
132. **Moisturizers** - Products formulated to add moisture to the skin. Moisturizers come in various forms to suit the different skin types.
133. **Mucopolysaccharides** - Carbohydrate-lipid complexes that are also good water binders. Mucopolysaccharides aid in keeping water mixed in with the product.
134. **Olfactory System** Gives us our sense of smell, which is the strongest of the five senses.
135. **Packs** - Cream masks or gel masks that nourish rather than deep-cleanse the skin.
136. **Papaya** - Natural enzyme used in enzyme peels. Papaya is an excellent source of vitamin A and aids in the overturning of skin cells.
137. **Parabens** - One of the most commonly used groups of preservatives in the cosmetic, pharmaceutical and food industries; provide bacteriostatic and fungistatic activity against a diverse number of organisms and are considered safe for use in cosmetics. Parabens are found in almost every type of skin care product because it improves the shelf life of products.
138. **Paraffin Wax Masks** - Mask used to warm the skin and promote penetration of ingredients deeper into the skin through the heat trapped under the surface of the paraffin. These masks are great for preventing early formation of wrinkles.
139. **Peppermint** Cools skin and constricts capillaries; has refreshing properties; contains menthol Reduces irritation and itching
140. **Petroleum Jelly** - An occlusive agent that restores the barrier layer by holding in water. Used after laser surgery to protect the skin while healing. Petroleum jelly can aid in healing wounds quicker.

Institute of Epidermal Cell Therapy. © 2013

141.	**pH Adjustors -** Acids or alkalis (bases) used to adjust the pH of products.
142.	**Phytotherapy** Use of plant extracts for therapeutic benefits.
143.	**Pineapple** Contains bromelain, an enzyme with stimulating and antiseptic properties Good for exfoliation and treating blemishes
144.	**Pomegranate** A powerful antioxidant; treats sun damage. Healing and fights free radicals
145.	**Potassium Hydroxide** - A strong alkali used in soaps and creams. Some dermatologists use potassium hydroxide to diagnose certain skin infections.
146.	**Preservatives** - Chemical agents that inhibit the growth of microorganisms in cosmetic formulations. These kill bacteria and prevent products from spoiling. Preservatives extend the life of products but in large amounts can cause skin irritation.
147.	**Propylene Glycol** - A humectant often used in dry or sensitive skin moisturizers. Propylene glycol is deemed safe by the FDA and at the most can just cause contact dermatitis.
148.	**Quaternium 15** - An all-purpose preservative active against bacteria, mold and yeast. It is probably the greatest formaldehyde releaser among cosmetic preservatives, causing dermatitis and allergies. This chemical in large amounts can cause contact dermatitis
149.	**Retinol** Natural form of vitamin A; stimulates cell repair and helps to normalize skin cells by generating new cells.
150.	**Retinoic Acid** - A vitamin A derivative. It has demonstrated an ability to alter collagen synthesis and is used to treat acne and visible signs of aging. Side effects are irritation, photosensitivity, skin dryness, redness and peeling. Retinoic acid is a common ingredient used in antiaging products because the vitamin A stimulates collagen production.
151.	**salicylic acid** Beta hydroxy acid with exfoliating and antiseptic properties; natural sources include sweet birch, willow bark, and wintergreen
152.	**Rose** - Credited with moisturizing, astringent, tonic and deodorant properties; found in the forms of rose extracts, oil, or water. Rose water is often used as a toner for the skin.
153.	**Salicylic Acid** - A betahydroxy acid with exfoliating and antiseptic properties; natural sources includes sweet birch, willow bark, and wintergreen. Salicylic acid is often found in acne products because of its antibacterial properties.
154.	**Seaweed** - Seaweed derivatives such as algae have many nourishing properties. Specifically, seaweed is known for its humectant and moisturizing properties, vitamin content, metabolism stimulation and detoxification and aiding skin firmness. Seaweed is found in several types of masks and exfoliates because it's so beneficial to the skin.
155.	**Serums** - Concentrated liquid ingredients for the skin designed to penetrate and treat various skin conditions. Serums are wonderful for dry skin because it penetrates the deeper layers of the skin.
156.	**Silicone** - An emollient that leaves a protective film on the surface of the skin. Silicone can also be used to help products slide more easily across the skin.
157.	**Sodium Bicarbonate** - Baking soda; an inorganic salt used as a buffering agent and a pH adjuster. It is alkaline. Used in skin smoothing powders. It also serves as a neutralizer. Several home remedies include baking soda, especially for those involving acne
158.	**Solvents** - Substances, such as water or alcohol, that dissolve other ingredients.

Institute of Epidermal Cell Therapy. © 2013

Water is a common solvent used in skin care products.
159. **Sorbitol** - Humectant that absorbs moisture from the air to prevent skin dryness. Sorbitol uses osmosis to pull moisture into the skin.
160. **Sphingolipids** - Ceramides, or lipid material, that are a natural part of the intercellular cement. Glycosphingolipids and phospholipids are also natural lipids found in the barrier layer. Sphingolipids are an important of the skin's barrier.
161. **Squalane** - Derived from olives; desensitizes and moisturizes; an emollient. Squalane is known 162. to quickly penetrate the skin.
163. **Squalene** - Obtained from shark-liver oil; occurs in small amounts on olive oil, and rice bran oil; also found in human sebum. Insoluble in water. A lubricant and perfume fixative. Squalene is essentially the same thing as squalane except it is derived from sharks.
164. **Sulfur** - Reduces oil-gland activity and dissolves the skin's surface layer of dry, dead cells; commonly used in acne products. Sulfur is used in products intended for oily or acneic skin because it absorbs oil.
165. **Sunscreens –** Products with ingredients that are used on bare skin to protect the skin from the sun's rays. Sunscreen is vital for the skin in order to have some sort of protection from UV rays.
166. **Sun protection factor** Abbreviated SPF; ability of a product to delay sun-induced erythema, the visible sign of sun damage. The SPF rating is based only on UVB protection, not UVA exposure
167. **Surfactants** - Chemicals in cosmetic formulations that allow the cosmetic to be able to slip across or onto the skin. Surfactants are commonly used in foaming cleansers and soaps to help the product foam and slide easier across the skin.
168. **Supercritical carbon dioxide (CO**2) a modern method of extraction in which the plant material is placed in a high-pressure container with CO2 that is in a state midway between being a liquid and a gas
169. **Synergy** two or more agents working as a cooperative whole, producing a result that is greater than the total effect of the individual parts.
170. **Tea Tree** - Soothing and antiseptic; antifungal properties. Used in many products. Tea tree oil is often used in foot creams and other products for pedicures due to the antifungal and antibacterial properties.
171. **Thickeners –**Ingredients used in products to increase consistency and volume of the product Thickeners are often found in thick skin creams meant for moisturizing.
172. **Tincture** an herbal extract using alcohol or glycerin to extract the compounds from the plant
173. **Tissue Respiratory Factor** Abbreviated TRF; ingredient derived from yeast cells that functions as an anti-inflammatory and moisturizing ingredient
174. **Titanium Dioxide** - Nonchemical ingredient that blocks the skin. Titanium dioxide is

Institute of Epidermal Cell Therapy. © 2013

often found in sunscreen because it blocks the UV rays from the skin.
175. **Toners** - Liquid that tones and tightens the skin. Toners are meant to balance the skin's pH.
176. **Tonic Lotions** - Liquid that is used after cleansing, just before moisturizing. Tonic lotions are similar to toners in that they tighten the skin.
177. **Urea** - Properties include enhancing the penetration abilities of other substances. Anti-inflammatory, antiseptic and deodorizing action allow it to protect the skin's surface and help maintain healthy skin. Does not induce photoallergy, phototoxicity or sensitivity. Urea is especially good for cracked, rough, dry skin.
178. **Vehicles** - Spreading agents and other chemicals necessary to formulate a cosmetic. Mineral oil is a very good example of a vehicle.
179. **Vitamins –** A compound having nutrients that are required in small amounts such as antioxidants Vitamins are needed to regulate body functions like the overturning of cells.
180. **Water –**This is a transparent colorless tasteless fluid needed by plants and animals to live and in almost all skincare products Water is very essential to having healthy smooth skin.
181. **Water soluble** Mixable with water
182. **Witch Hazel** - Extracted from the bark of the hamamelis shrub; can be a soothing agent or, in higher concentrations, an astringent. Witch hazel is good to use after shaving to prevent folliculitis.
183. **Whole extract** extracts from plant material that have not been changed or altered from their extracted
184. **Zinc Oxide** - Used to protect, soothe, and heal the skin. Provides an excellent barrier to the skin and other irritants. Is somewhat astringent, antiseptic and antibacterial. Zinc oxide is used in sunscreen because of its protective properties.

Institute of Epidermal Cell Therapy. © 2013