



Institute Epidermal Cell Therapy Signature Facial

Basic Esthetics Treatment Notes

Lesson - Practical Performance State Board Requirements- / Product Removal with Warm Towel Steamer/Exfoliation- Manual & Mechanical/ Woods Lamp /Third Skin Analysis

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

☐
Low

Sebacous Activity Present?
Medium

No/Yes
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.

Third Skin Consultation & Nerves Composition with Wood Lamp

Week 5A - #203 Structure and Function of the Human Nervous System – Exfoliation
Week 5B - #343 Third Skin Analysis and Consultation-Growth and Burn- Brush Machine

IECT BE 5B Third Skin Analysis Final Treatment Notesv6



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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.

SKIN ANALYSIS

Skin Type Normal ☐ Dry ☐ Oily ☐ Combination ☐

Precleanse Product _____

Makeup Removal: _____

1. _____



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? Skin Texture 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 Overall Sensitivity ☐ Telangiectasia ☐	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 Skin Sensitivity Determining touch and facial movement of treatment Ask if sensitive to hot or cold. Hot ☐ Cold ☐ Normal ☐ Hypersensitive ☐ Hyposensitive ☐	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?

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Visual/Permeability Stretch skin to check for dehydration Ask is the skin slick? Moisture Level Lowest ☐ Low ☐ Medium ☐ High ☐ Highest ☐	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
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Cleanser Product _____

Makeup Removal: _____

1. _____

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	
	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	



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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.
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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?
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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 ☐ H&A _____

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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

Pigmentation

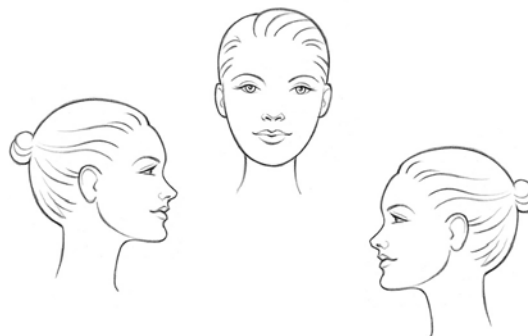
Fitzpatrick Skin Typing Scale

Skin Type	Skin Color	Hair and Eye Color	Reaction to Sunlight	Common Ethnic Considerations	Notes
Type I	White	Blond hair and green eyes	Always burns, has freckles	English, Scottish	
Type II	White	Blond hair and green or blue eyes	Always burns, has freckles, difficult to tan	Northern European	
Type III	White	Blond or brown hair and blue or brown eyes	Tans after several burns, may freckle	German	
Type IV	Brown	Brown hair and brown eyes	Tans more than average, rarely burns, rarely freckles	Mediterranean, Southern European, Hispanic	
Type V	Dark brown	Brown or black hair and brown eyes	Tans with ease, rarely burns, has no freckles	Asian, Indian, some Africans	
Type VI	Black	Black hair and brown or black eyes	Tans, never burns, deeply pigmented, never has freckles	Africans	

Fitzpatrick I II III IV V

VI Rubin 1st 2nd 3rd

Hyperpigmentation ☐ Hypopigmentation ☐
 Birthmarks ☐ Some Freckling ☐ Heavy Freckling ☐
 Generalized Post Traumatic Dyschromia ☐ Albinism ☐
 Melasma Gravidarum ☐ Lichen Simplex Chronicus ☐
☐ Vitiligo ☐ Hemochromatosis ☐ Lamellar
 Ichthyosis ☐





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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	_____ 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	
☐ Nose _____ 1-10				

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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

Vocabulary/Language

Burns & Sun Facts

1. First degree burn - Causes redness to the top layers of the skin, feels warm or painful to the touch.
2. Second Degree Burn - Results in blistering. The deeper layers of the skin are affected.
3. Third Degree Burn - Goes all the way through the skin. Nerve endings have been destroyed
4. Fourth Degree Burn - Causes damage to all the skin, muscles, tendons, and ligaments
5. Physical Sunscreen Products – e.g. zinc oxide
6. Chemical Sunscreen Products - Broad-spectrum absorbers

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Skin Growths

1. Verruca – A wart, hypertrophy of the papillae and epidermis caused by a virus. It is infectious and contagious.
2. Mole – A brownish spot ranging in color from tan to bluish black. Some are flat, resembling freckles; others may be raised
3. Actinic Keratosis – (AK) – also known as Solar Keratoses it's a scaly and crusty precancerous lesion that resemble a wart. It's caused by damage from the ultraviolet rays.
4. Keratoma - An acquired thickened patch of epidermis. A callus caused by pressure or friction is a keratoma
5. Keloid – A thick scar resulting from excessive growth of fibrous tissue and collagen
6. Scars – Light colored, slightly raised mark on the skin formed after an injury or lesion of the skin has healed up
7. Ulcers – An open lesion on the skin or mucous membrane of the body; accompanied by pus and loss of skin depth. A depression in the skin
8. Atrophy - Degeneration of the body known as wasting away of some part or organ of the body
9. Hypertrophy – An abnormal growth; many are benign, or harmless
10. Cyst – A closed abnormally developed sac containing fluid, infection, or other matter above or below the skin
11. Fibroma – A benign tumor or nonmalignant tumor of fibrous connective tissue such as cartilage
12. Tumor – Swelling; an abnormal cell mass resulting from excessive cell multiplication, varying in size, shape and color
13. Skin Tag - Small, benign outgrowths or extensions of the skin that look like flaps; common under the arms or on the neck
14. Nevus - Also known as birthmark; malformation of the skin due to abnormal pigmentation or dilated capillaries
15. Dysplastic Nevus - non-cancerous lesion a mole that resembles melanoma.
16. Malignant Melanoma
17. Squamous cell Carcinoma
18. Basal Cell Carcinoma
19. Hemangiomas
20. A- Asymmetry - Asymmetrical in shape, one half does not match the other half
21. B – Border - Irregular and jagged edge creating uneven borders
22. C – Color - Several tan and brown to black sometime white, red, or blue
23. D – Diameter - Big size(> 6mm /size of a pencil eraser
24. E- Evolving - Evolving in its color, size, or thickness

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