



Institute Epidermal Cell Therapy Signature Facial

Basic Esthetics Treatment Notes

Lesson - Practical Performance State Board Requirements- Manual & Mechanical Balancing Detox Facial

Increase Circulation & Cellular Activity

Vacuum Machine & High Frequency –Neon

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.

Veins Composition & Fourth Skin Consultation with Wood Lamp

Week 6B - #313B Structure and Function of the Human Circulatory/Venous System - Vacuum Suction & High Frequency –Neon

Week 6A - #313A Structure and Function of the Human Circulatory/Arterial System – Indirect High Frequency – Neon & Spray Machine & Serum Application



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- | |
|---|
| 7. The main objectives of the esthetician are to cleanse the skin of dead cells and remove impurities from the follicles. |
|---|

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: _____

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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? 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:_____

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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	



Steamer Machine Settings:

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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 _____

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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

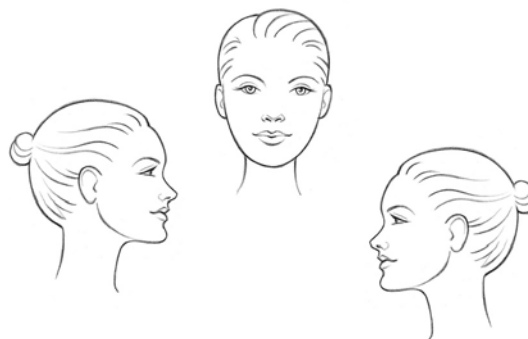
Fitzpatrick Skin Typing Scale

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	☐ Ears	1-10 min
☐ Nose	1-10	min		

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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

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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	

Serums 1 _____
2 _____

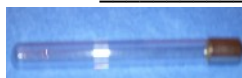
Application – Massage movements

- ☐ 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			

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Analysis:

Magnifying Lamp

Analyze client's skin to determine
Lesions Assessment for Extraction

- ✓ Sebaceous filament
- ✓ Open Comedones- Blackheads
- ✓ Closed Comedones - Whiteheads

Vacuum 8 in 1 Settings



Vacuum Machine
Intensity _____



Gauge



Tube with glass electrode

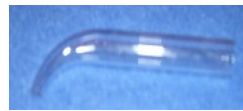
Glass Electrode



Lymph Drainage/ Wrinkle Cupping
Lymph Drainage _____



Straight Cupping
Open follicles/ pores _____



Blackhead/ Comedone Cupping
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:

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Increase Circulation & Cellular Activity

Vacuum Machine & High Frequency –Neon

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 | |

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Basic Esthetics Treatment Notes

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

Serums 1 _____ 2 _____

Post-Treatment Notes: _____

*Signature*****Date

Vocabulary/Language

1. Angular Vein - Vein that supplies blood to the side of the nose.
2. Anterior Auricular Vein - Vein that supplies blood to the front part of the ear.
3. Inferior Labial Vein - Vein that drains blood of the lower lip.
4. Capillaries - Thin-walled blood vessels that connect the smaller arteries to the veins
5. Occipital Vein - Vein that drains the occipital area to the internal jugular vein
6. Middle Temporal Vein - Vein that begins near the eye supplies blood to the temples
7. Frontal Vein - Begins on forehead and form a single trunk and runs near the middle of forehead
8. Facial Vein - Vein that supplies blood to the lower region of the face, mouth, and nose.
9. Internal Jugular Vein - Vein located at the side of the neck to collect blood from the brain and parts of the face and neck -
10. Infraorbital Vein - Vein that drains the inferior parts of the orbit and face
11. Posterior Auricular Vein - Vein that drains blood from behind the ear
12. Radial Vein - Vein parallel to the radial artery, supplies blood to the thumb side of the arm and the back of the hand; supplies the muscles of the skin, hand and fingers, wrist, elbow, and forearm.
13. Submental Vein - Vein takes on the same name as the artery that supplies blood to the chin and lower lip
14. Superficial Temporal Vein - Vein is parallel to the STA (artery) that supplies blood to the muscles of the front, side, and top of the head.
15. Superior Labial Vein - Vein with the same name as artery that supplies blood to the upper lip and region of the nose.
16. Supraorbital Vein - Vein runs parallel to artery of the same name and supplies blood to the upper eyelid and forehead
17. Transverse Facial Vein - Vein runs parallel to transverse facial artery that supplies blood to the skin and the masseter.
18. Ulnar Vein - Vein that supplies blood to the muscle of the little-finger side of the arm and palm of the hand
19. Valve - Structure that temporarily closes a passage or permits flowing one direction
20. Veins - Thin-walled blood vessels that are less elastic than arteries; they contain cup-like valves to

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Basic Esthetics Treatment Notes

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

prevent backflow and carry impure blood from the various capillaries back to the heart and lungs

Notes

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