



**Lesson - Practical Performance State Board Requirements- Manual & Mechanical Facial & Body Treatment
Removing the Appearance of Surface Acne /-Reducing Sebum Production and Infection control**

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. _____

Desincrustation & Acne & Extractions

Week 9A - #215 Basic Electricity and Electric Current- Desincrustation & Acne

Week 9B - #346 Sixth Skin Analysis- Sebaceous Activity & Extraction



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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. _____

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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 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.



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Esthetics Treatment Notes 9A

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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 _____

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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 ☐

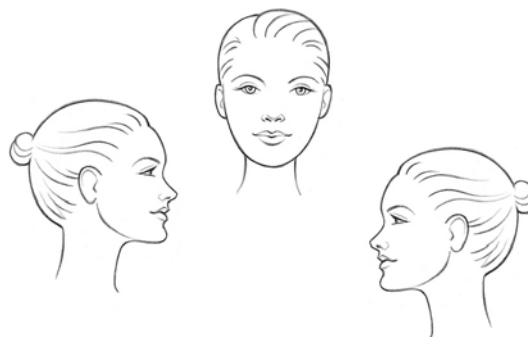
Birthmarks ☐ Some Freckling ☐ Heavy Freckling ☐

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 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	_____ 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



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	

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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

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Vacuum 8 in 1 Settings



Vacuum Machine
Intensity _____



Gauge



Tube with glass electrode

Glass Electrode



Lymph Drainage/ Wrinkle Cupping

Lymph Drainage

- ☐ Face _____ cm/mm Hg
- ☐ Hands _____ cc/mm Hg
- ☐ Back _____ cm/mm Hg
- ☐ Chest _____ cm/mm Hg



Straight Cupping

Open follicles/ pores

- _____ min
- _____ min
- _____ min
- _____ min



Blackhead/ Comedone Cupping

Lifting

- ☐ Eyes _____ cm/mm Hg
- ☐ Neck _____ cm/mm Hg
- ☐ Feet _____ cc/mm Hg
- ☐ Arms _____ cm/mm Hg

Decrease oil

- _____ min
- _____ min
- _____ min
- _____ 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 | | |

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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
- ☐

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Esthetics Treatment Notes 9A

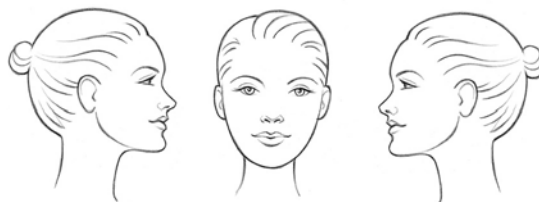
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Glogau I II III IV

Deep Wrinkles ☐ Superficial Lines ☐

Crow's Feet ☐ Expression Lines ☐

Normal ☐ Hypersensitive ☐ Hyposensitive ☐



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)	

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Acne Grades:

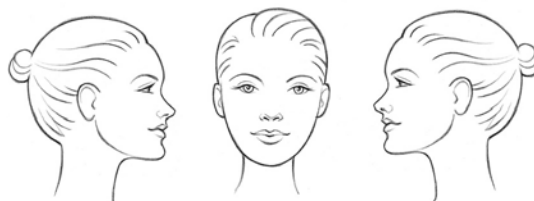
1st 2nd 3rd

Lesions ☐ Open lesions ☐ Inflamed Erupted Skin ☐
Vesicle ☐ Wheal ☐ Crust ☐ Keloids ☐

Bulla ☐ Papule ☐ Pustule ☐ Erythema ☐ Excoriation ☐ Warts ☐ Nodule ☐

Plaque ☐ Fissure ☐ Hypertrophy Scars ☐ Tumor ☐ Cyst ☐ Milia ☐

Fibroma ☐ Macule ☐



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

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- ☐ Chest ____min ☐ Arms ____min
☐ Legs ____min ☐ Ears ____min
☐ Nose ____min

Equipment Tools _____

Extraction Post-Treatment Notes:

High Frequency

Settings: Intensity ____

Solution _____

Serums 1 _____ 2 _____

Moisturizer 1 _____
2 _____



Indirect Electrode
Neon/Argon _____

Direct _____

- ☐ Face ____ 1-10
☐ Hands ____ 1-10
☐ Back ____ 1-10
☐ Chest ____ 1-10
☐ Legs ____ 1-10
☐ Nose ____ 1-10

Serums 1 _____

Moisturizer 1 _____
2 _____



Acne Sparking Electrode
Sparking _____



Spoon Electrode



Mushroom Electrode

- ☐ Eyes ____ 1-10 ____min
☐ Neck ____ 1-10 ____min
☐ Feet ____ 1-10 ____min
☐ Arms ____ 1-10 ____min
☐ Ears ____ 1-10 ____min

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

Post-Treatment Notes: _____

*Signature*****Date

Vocabulary/Language

1. Laser Therapy- Any of several devices that emit highly amplified and coherent radiation of one or more discrete frequencies
2. Intense Pulsed Light – IPL, a light based devise used for skin rejuvenation. Intense pulses of non-coherent light distributed over a range of wavelengths.
3. Radio Frequency devices – A devise that uses the frequency within the electromagnetic spectrum to treat skin conditions. Induces thermal heating in the dermis. These devices are often used to tighten the skin
4. Light emitting diodes – LED stands for light emitting diodes. It works by sending light into the deeper layers of the skin. LED therapy can be utilized to increase collagen production causing the skin to look younger, it can also be used to kill bacteria & reduce acne
5. Physics – A natural science that involves the study of matter and its motion through space An important concept in physics is gravity the attraction of terrestrial bodies tendency to fall toward the center of the earth. That attraction includes human bodies as well, especially skin, which shows the obvious signs of aging.
6. Ablation The removal of surface material from the body. Ablative devices vaporize, cut, or remove all or part of the epidermis and or dermis.
7. Ablative The ability to cut, vaporizes, or removes using a laser.

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8. Absorption the uptake of one substance into another. In laser/light therapy, the attraction of energy particles, liquid, or gas to a particular chromophore or target in the skin.
9. Active Electrode - Electrode used on the area to be treated. Active electrodes are often used to open pores during facial treatments.
10. Alternating Current - Rapid and interrupted current, flowing first in one direction and then in the opposite direction. Galvanic current is often converted into an alternating current using a rectifier
11. Amp - Unit that measures the strength of an electrical current (the number of electrons flowing through a wire).Tasers usually utilize a few milliamps to stun someone and cause their muscles to contract
12. Anaphoresis Process of forcing liquids into the tissues from the negative toward the positive pole The negative polarity, or cathode, causes a shift in the pH balance in the skin.
13. Anode - Positive electrode Anodes cause an acidic reaction within the skin.
14. Attenuation the act of removing light energy from a beam before it exits a second medium; a method of blocking laser energy
15. bipolar 16. radiofrequency (RF) 17. Energy 18. A current that flows on a path of least resistance between positive and negative electrodes hat are placed at opposite ends of the treatment forceps or device head. No dispersive electrode is needed.
19. Blue Light - Therapeutic light that should only be used on oily skin that is bare; contains few heat rays, is the least penetrating, and has some germicidal and chemical benefits. Blue light treatment is often used on acne, seeing as this light therapy kills bacteria
20. Cataphoresis - Process of forcing acidic substances into deeper tissues using galvanic current from the positive toward the negative pole the positive pole toward the negative pole; tightens and calms the skin Cataphoresis slows circulation, soothes nerve endings 21. and reduces redness
22. Cathode - Negative electrode. Process of forcing an acidic (positive) product into deeper tissues using galvanic current from Despite the name cathodes are used during anaphoresis.
23. Circuit Breaker - Switch that automatically interrupts or shuts off an electric circuit at the first indication of overload Circuit breakers are used when a current becomes too Strong or dangerous..
24. Coherent Light Parallel rays of light that travel spatially and temporally in phase with each other
25. Complete Circuit - The path of an electric current from the generating source through conductors and

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back to its original source. When clients are asked to hold the indirect electrode in both hands they are forming a complete circuit
26. Conductor - Any substance, material, or medium that conducts electricity. During Electrical treatments skin is used as a conductor.
27. Converter - Apparatus that changes direct current to alternating current Some facial Care tools contain a converter so they can be used with an outlet.
28. Chromophore A color component of the skin found at different depths, such as blood or melanin
29. Cryogen A liquified gas that is cooled to -238°F (-150°C).
30. Desincrustation - Process used to soften and emulsify grease deposits (oil) and blackheads in the hair follicles. Desincrustation is used to loosen the pores so irregularity causing skin impurities can be removed
31. Dispersing Electrode A "grounding pad" placed on the individual's thigh or an area of large tissue mass that receives the radiofrequency energy
32. Direct Current - Constant, even flowing current that travels in one direction only and produces a chemical reaction. The direct electrodes used on the face utilize direct currents.
33. Electric Current - Flow of electricity along a conductor Galvanic currents are direct electrical currents used in esthetics
34. Electricity - Form of energy that, when in motion, exhibits magnetic, chemical, or thermal effects; a flow of electrons. Electricity is often used in facials to open and close pores and soothe and stimulate the nerves
35. Electrode - Applicator for directing the electric current from the machine to the client's skin. Various electrodes are employed during facials for several different coinciding Reasons.
36. Electromagnetic Radiation - Also called radiant energy because it carries, or radiates energy through space on waves. Electromagnetic radiation includes ultraviolet rays, infrared rays, microwaves, and gamma rays, in large amounts these are all known to cause cancer.
37. Electrotherapy - Electronic facial treatments Electrotherapy uses low electric currents passed through the skin to, tone, tighten, and lift the skin, as well as open and close the pores.
38. Faradic Current - Alternating and interrupted current that produces a mechanical reaction without a chemical effect. Faradic currents are used to stimulate the muscle causing it contract and relax. It is thought that this therapy can improve muscle tone.
39. Fluence Irradiance multiplied by the exposure time, measured in joules per square centimeter
40. Fuse -Special device that prevents excessive current from passing through a circuit If currents get too strong, the heat is meant to melt the fuse and open the circuit.

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Removing the Appearance of Surface Acne /-Reducing Sebum Production and Infection control**

41. Grounding	The ground connection completes the circuit and carries the current safely away to the skin
42. Galvanic Current	- Constant and direct current (DC), having a positive and negative pole and producing chemical changes when it passes through the tissues and fluids of the body Often used in conjunction with an alkaline solution, galvanic current is used to force water soluble solutions into the deeper layers of the skin..
43. Green Light	A light-emitting diode for use on clients with hyperpigmentation or for detoxifying the skin.
44. High-Frequency	Apparatus that utilizes alternating, or sinusoidal, current to produce a mild to strong heat effect; sometimes called Tesla high-frequency or violet ray.
45. Inactive Electrode	- Opposite pole from the active electrode. Some spas use iontophoresis generators that contain inactive electrodes.
46. Infrared	Electromagnetic radiation found in the invisible spectrum of light.
47. Infrared Light Rays	- Invisible rays that have long wavelengths, penetrate the deepest, and produce the most heat. Infrared rays have gained popularity over the years as a treatment for wrinkles, fine lines, acne, scars, and other impurities.
48. Insulator	- Substance that does not easily transmit energy Insulators are also called non-conductors because they don't conduct electricity.
49. Intense Pulse Light (IPL)	Light-device that uses multiple colors and wavelengths (broad spectrum) of focused light to treat spider veins, hyperpigmentation, rosacea/redness, wrinkles, enlarged hair follicles/pores, and excessive hair.
50. Invisible Light	The light at either end of the visible spectrum of light that is invisible to the naked eye.
51. Iontophoresis	- Process of introducing water soluble products into the skin with the use of electric current such as the use of the positive and negative poles of a galvanic machine. Iontophoresis is vital during the facial process because it breaks down the excessive sweat, oil, and dirt making it easier to remove.
52. Jack	- Plug in device used to make electrical contact. This apparatus is used so modalities can be plugged into an electrical source.
53. Joules	Units of energy or work. In thermodynamics, joules are defined as a unit of heat energy used to measure the energy change in an object as it warms or cools from temperature T1 to temperature T2. 1 joule = 1 watt per second.
54. Kilowatt	- 1,000 watts
55. Laser	Acronym for light amplification stimulation emission of radiation; a medical device that uses electromagnetic radiation for hair removal and skin treatments

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56. laser-Generated Air 57. Contaminants (LGAC) Plume or smoke that is generated from an ablative laser device.
58. Laser safety officer (LSO) the person responsible for the laser safety program at the facility. The LSO is authorized to monitor operation, enforce controls, and oversee hazards associated with laser usage
59. Light Emitting Diode LED Acronym for light-emitting diode; a device used to reduce acne, increase skin circulation, and improve the collagen content in the skin
60. Light Therapy - The application of light rays to the skin for the treatment of disorders Light therapy is used for various skin conditions like, vitiligo, psoriasis, and scleroderma. This works by slowing cell growth.
61. Lipolysis The splitting up or destruction of fat cells
62. Lucas Sprayer Atomizer designed to apply plant extracts and other ingredients to the skin.
63. Maser Microwave amplification by stimulated emission of radiation
64. Maximum Permissible Exposure (MPE) The level of laser radiation to which a person may be exposed without hazardous ocular or tissue effects
65. Microcurrent An extremely low level of electricity that mirrors the body's natural electrical impulses
66. Microthermal Zone (MTZ) A column of tissue that is heated by a fractional laser device.
67. Milliampere - One thousandth of an ampere. These units are used for smaller electrical currents.
68. Milliampere Meter - Instrument that measures the rate of flow of an electric current. Milliampere meters are often used to measure small currents.
69. Modalities - Currents used in electrical facial and scalp treatments. Several modalities are used in conjunction for facials.
70. Modulate To stimulate or change cellular function
71. Monochromatic Describes light consisting of one wavelength that is typically found emitted from a laser system.

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72. Monopolar Radiofrequency (RF) Energy	Radiofrequency electrical current that uses a dispersive electrode to return the energy back to the generator device
73. Nevus of Ota	A deep dermal pigmented lesion usually found on the face in populations of darker-skinned Asians.
74. Nominal Hazard Zone(NHZ)	The zone in which direct, reflected, or scattered radiation, during normal operation, exceeds the maximum permissible exposure (MPE)
75. Ohm	- Unit that measures the resistance of an electric current Ohm meters are used to check the continuity and resistance of a circuit.
76. Optical Density (OD)	The amount of attenuation or reduction of radiant laser energy as it passes through the filter material in the laser eyewear
77. .	
78. Optical Resonator	A cavity containing a laser rod or tube made up of two reflective mirrors at each end. The Oirrors reflect light back and forth to build up amplification of the laser light under external stimulus
79. Oxyhemoglobin	Hemoglobin in red blood cells that has been oxygenated; a protein in red blood cells.
80. Plug	- Two or three prong connector at the end of an electrical cord that connects an apparatus to an electrical outlet Without plugs most modalities wouldn't be able to be used
81. Photomodulation	LED technology that uses energy-producing packets of light to enhance fibroblast collagen
82. Photons	In quantum theory, the elemental unit of light; a particle of energy that has motion and travels in waves.
83. Photothermolysis	Process by which light from a laser is turned into heat.
84. Polarity	- Negative or positive pole of an electric current. The polarity of the galvanic current machine is set differently for iontophoresis and desincrustation
85. Polarity Changer	- Switch that reverses with the direction of the current from the positive to negative and vice versa. Each galvanic current machine contains a polarity changer
86. Power Density	The rate of energy that is being delivered to tissue by a laser light source. Measured in watts per square centimeter (W/cm2).
Thermal Relaxation Time (TRT)	The time it takes for the target tissue to dissipate one
88.	half of the heat attained by a laser pulse

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89. Pulse Duration (pulse width) The duration of an individual pulse of laser light; usually measured in milliseconds
90. Rectifier - Apparatus that changes alternating current to direct current Cordless electric clippers utilize rectifiers.
91. Red Light - Therapeutic light used on dry skin in combination with oils and creams; penetrates the deepest and produces the most heat Red light therapy stimulates fibroblast cells so they produce more collagen and elastin, giving the face a more youthful appearance
92. Rheostat - Control that regulates the strength of the current used. A rheostat allows for resistance to be changed without opening up the current
93. Rotary Brush Machine used to lightly exfoliate and stimulate the skin; also helps soften excess oil, dirt, and cell buildup
94. Saponification Chemical reaction during desincrustation where the current transforms the sebum into soap.
95. Scatter A general physical process involving moving particles that are dispersed through a medium in a nonuniform manner
96. Spot Size The diameter of the optical or laser light beam
97. Selective Photothermolysis Treatment using an appropriate wavelength, exposure time, and pulse duration with sufficient energy fluence to absorb light into a specific area; it allows damage to targeted tissue without involving the surrounding area.
98. Sinusoidal Current - Alternating current similar to faradic current; produces mechanical contractions and is used during scalp and facial treatments. Sinusoidal currents like faradic currents stimulate the muscles.
99. Spray Machine Spray misting device
100. Tesla High Frequency Current - Thermal or heat producing current with a high rate of oscillation or vibration; also called violet ray. These currents were originally used to treat sore throats.
101. Therapeutic Lamps - Lamps used to produce artificial light rays in the salon. Therapeutic lamps are often used to treat muscle soreness and seasonal affective disorder
102. Thermolysis Heat effect; used for permanent hair removal
103. Ultraviolet UV Rays - Invisible rays that have short wavelengths, are the least penetrating rays, produce chemical effects, and kills germs; also called cold rays or actinic rays. UV rays are most known for causing

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cancer but they can also change the chemical structure of some substances
104. Vacuum Machine Also known as <i>suction machine</i> ; device that vacuums/suctions the skin to remove impurities and stimulate circulation.
105. Visible Light - Electromagnetic radiation that can be seen. Visible light can also damage the skin just like ultraviolet rays
106. Volt - Unit that measures the pressure of force that pushes the flow of electrons forward through a conductor. Tasers' voltage range from 50,000 although way up to 15,000,000 volts or more.
107. Wall Plate - Instrument that plugs into an ordinary wall outlet and produces different types of electric currents that are used for facial and scalp treatments. Wall plates are used to lower the risk of shock when tampering with wall outlets.
108. Wood's Lamp Filtered black light that is used to illuminate skin disorders, fungi, bacterial disorders, and pigmentation
109. Watt - measurement of how much electric energy is being used in one second Watts are used to specify the rate at which electromagnetic energy is absorbed.
110. Wavelength – Distance between two successive peaks of electromagnetic waves
111. White Light - Referred to as combination light because it is a combination of all the visible rays of the spectrum. White light is used in store bought light mask like the illumask to clear up acne.
112. Yellow Light A light-emitting diode which aids in reducing inflammation and swelling

Notes

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