



**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



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.



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 9B

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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 ☐

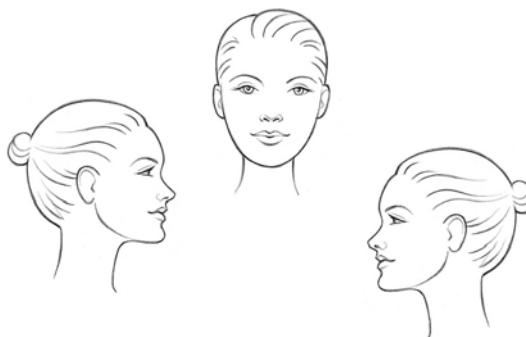
Birthmarks ☐ Some Freckling ☐ Heavy Freckling ☐

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

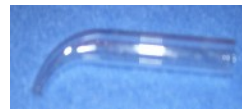
- ☐ Face _____ cm/mm Hg
- ☐ Hands _____ cc/mm Hg
- ☐ Back _____ cm/mm Hg
- ☐ Chest _____ cm/mm Hg



Straight Cupping

Open follicles/ pores _____

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



Blackhead/ Comedone Cupping

Lifting _____ **Decrease oil** _____

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

High Frequency Settings:

Intensity _____

Solution _____



Mushroom Electrode

Neon _____ **Sparkling** _____ **Direct** _____

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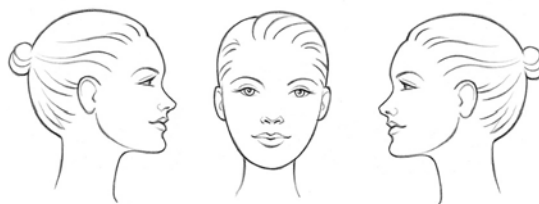


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Glogau I II III IV
 Deep Wrinkles ☐ Superficial Lines ☐
 Crow's Feet ☐ Expression Lines ☐
 Normal ☐ Hypersensitive ☐ Hyposensitive ☐



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:

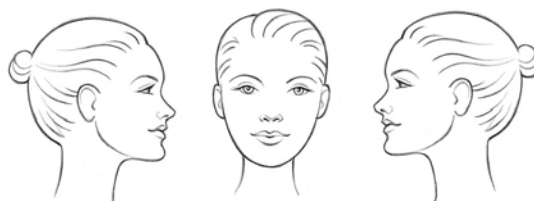
1st 2nd 3rd

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

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

Extractions Tools

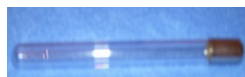
- **Lesions Manual Extraction- Gauze finger Wrap Technique**
 - ✓ Sebaceous filaments
 - ✓ Open Comedones- Blackheads
 - ✓ Closed Comedones - Whiteheads
- **Lesions Tool Assisted Extraction- Lancet**
 - ✓ Milia
- **Lesions Tool Assisted Extraction- Comedone Extractor**
 - ✓ Sebaceous filaments
 - ✓ Open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

Extraction Post-Treatment Notes:

High Frequency
Settings: Intensity ____
Solution ____

Serums 1 _____ 2 _____

Moisturizer 1 _____
2 _____



Indirect Electrode
Neon/Argon _____



Acne Sparking Electrode
Sparking _____



Spoon Electrode



Mushroom Electrode

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 |

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☐ Legs _____ 1-10 _____ min ☐ Ears _____ 1-10 _____ min

☐ Nose _____ 1-10 _____ min

Serums 1 _____

Moisturizer 1 _____
2 _____

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

Post-Treatment Notes: _____

Signature**Date**

Vocabulary/Language Acne Lesion & Disorders

1. Acne - A chronic inflammatory skin disorder of the sebaceous glands characterized by comedones and blemishes; also known as acne simplex or acne vulgaris
2. Acne Excoriee - A disorder where clients purposely scrape off acne lesions, causing scarring and discoloration
3. Adult Acne -Acne breakouts from hormonal changes or other factors.
4. Asteatosis - Dry, scaly skin from sebum deficiency, which can be due to aging, body disorders, alkaline, of harsh soaps or cold exposure
5. Comedone - An open comedone or blackhead; a mass of hardened sebum and skin cells in a hair follicle. When the follicle is filled with the excess of oil, a blackhead forms. It is dark because it is exposed to oxygen and oxidizes. Closed comedones do not have a follicular opening and are called milia or whiteheads

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6. Bulla - A large blister containing watery fluid; similar to a vesicle but larger
7. Cyst - A closed abnormally closed sac containing fluid, infection or other matter above or below the skin
8. Enlarged pores - Larger pores due to excess oil and debris trapped in the follicles or expansion due to elasticity loss or trauma
9. Extraction Manual removal of impurities and comedones.
10. Lesions Mark, wound, or abnormality; structural changes in tissues caused by damage or injury
11. Nodules - Also refers to as tumors, but are smaller bumps caused by conditions such as scar tissue, fatty deposits, or infections
12. Papule - A pimple; small elevation on the skin that contains no fluid but may develop pus
13. Pustule - An inflamed papule with a white or yellow center containing pus, a fluid consisting of white blood cells, bacteria, and other debris produced from an infection
14. Milia - A plug of sebaceous matter and cellular debris hardened within a follicle blocking the pore. Common in dry skin, pearl like nodules.
15. Primary Lesions Primary lesions are characterized by flat, non -palpable changes in skin color such as
16. macules or patches, or an elevation formed by fluid in a cavity, such as vesicles, bullae, or pustules
17. Rosacea - A chronic congestion primarily on the cheeks and nose. Characterized by redness, dilation of blood vessels and in severe cases, the formation of papules and pustules. The cause is unknown but may be due to bacteria, mites, or fungus. Vascular dilation, vasodilation, of the blood vessels makes it worse
18. Sebaceous Filaments - Similar to open comedones, these are mainly solidified impactions of oil without the cell matter
19. Sebaceous Hyperplasias - Benign lesions frequently seen in oilier areas on the face. An overgrowth of the sebaceous gland, they appear similar to open comedones; often donut shaped, with sebaceous material in the center

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20. Seborrhea - Severe oiliness of the skin, abnormal secretion from the sebaceous glands
21. Steatoma - A sebaceous cyst or subcutaneous tumor. It is filled with sebum and ranges in size from a pea to an orange. It usually appears on the scalp
22. Vasoconstricting - Vascular constriction of capillaries and blood flow.

Acne Product Ingredients

1. Alfalfa - helps with allergies
2. Algae Extract - Softens skin
3. Aluminum Acetate - helps rashes
4. Arbutin Glycoside - prevents the formation of melanin
5. Balm mint extract - great reliever of headache pain
6. Benzoyl Peroxide - decreases oil production
7. Bioflavonoids - helps reduce aging in the skin
8. Calamine extract - soothing and protecting the skin
9. Camphor -reduce itching
10. Cedarwood Extract - antiseptic
11. Centella Asiatica Extract - anti aging
12. Eucalyptus - anti inflammatory
13. Fennel Extract - antioxidants
14. Geranium - tightens skins muscles
15. Green Tea Extract - helps with skin aging
16. Hyaluronic Acid - secures moisture in skin
17. Ichthammol - helps dry skin
18. Kojic Acid -lightens complexion
19. Maile – milky sap bark use for skin protection
20. Lavender - anti fungal
21. Manganese - antioxidant
22. Marigold - treats eczema
23. Marine Plasma Extract - has essential vitamins and minerals
24. Meadow Sweet Extract - antioxidant
25. Menthol - helps dry skin
26. Milfoil Extract - improves venous circulation
27. Myrrh - soothes wrinkles and fine lines
28. Nettle Extract - astringent
29. Oak Bark - inflammation

Desincrustation & Acne & Extractions

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

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



Institute Epidermal Cell Therapy Signature Facial

Esthetics Treatment Notes 9B

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

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

30. Oleuropein - anti fungal
31. Patchouli - regenerates skin cells
32. Peptopeptide Amino Acid - burns fat
33. Potassium Alum - blood anticoagulant
34. Propolis - wound cleansing
35. Resorcinol - controls oil
36. Rosemary - helps skin carcinogenesis
37. Sage extract - anti inflammatory
38. Sassafras - skin diseases
39. Strawberry Root Extract - exfoliates
40. Sulfur - helps connective tissue
41. Tea Tree Oil - antimicrobial
42. Tormentil - reduces inflammation
43. Vitamin A - reduce wrinkles
44. Vitamin A Palmitate - stimulates cell renewal
45. Vitamin B5 - moisturizes
46. White Lily Extract - anti inflammatory
47. White Willow Extract - anti bacterial
48. Witch Hazel - antiseptic
49. Zinc Sulfate - treats acne
50. Zinc Oxide - helps hyperpigmentation

Notes

Desincrustation & Acne & Extractions

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

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