



Epidermal Cell Therapy Signature Facial
Manual Facial Massage Skill

Esthetics Facial Massage Skill

Benefits
(How does it help the client?)

- Stress and Tension relief
- Relaxation
- Increases circulation
- Exercise facial muscle
- Increase Cellular Activity
- Make skin pliable- soften skin texture
- Stimulating Blood Flow
- Stimulating Lymphatic Flow
- Comedones, blocked or enlarged pores

Indications of Use
(Who is the ideal client?)

- Headache
- Scar Tissue
- Dehydrated
- Comedones,
- Blocked or enlarged pores
- Dull or uneven skin tone and texture
- An essential Prep procedure for extractions.

Precautions of Use
(Could treatment still be performed?)

- Pregnancy
- Ask the client to remove contact lenses.
- Over exfoliation can disturb the cell turnover rate
- The skin may have increased sensitivity and irritation
- Skin irritation.
- Any type of chemical exfoliation that has removed deeper layers of corneocytes of the stratum Corneum



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Contraindications of Use
(Could you make it worse?)

- Carotid sinus area
- Extremely sensitive Inflamed skin conditions
- Open wounds, cuts, abrasions, or sores.
- Inflamed and Erupted skin lesion
- Do not use on red or sensitive areas or open wounds.
- Acne – Type 3 = May spread infection.
- Rosacea = Hypersensitive
- Sunburn

Pre- Procedure
(Client Greeting)

1. Client greeting and offer water
2. Have client fill out history intake form or follow up form
3. Escort client to changing area
4. Help client onto bed, cover hair and drape with towel.
5. **Consultation-** Review form with client and discuss treatment options and plans
6. Sanitize and glove hands according to gloving skill
7. **Magnifying Lamp** – (First Look)

. Pre-Procedure
(Service)

1. Hand washing (Skill)
2. Room Setup (Skill)
3. Station Set up (Skill)
4. Sanitize and glove hands according to gloving skill
5. **Eyes:** -Cleanse one eye at a time with 1-2 drops of Makeup- Cleanser and damp gauze pads for each eye. Using light downward strokes, remove eye shadow and mascara.
6. **Lips:** -Apply makeup Cleanser onto gauze pads.
7. **Lips:** -Cleanse lips with 1-2 drops of Makeup- Cleanser, using damp gauze pad starting at bottom corner of lip and slide to center of top lip and stop. Repeat procedure on



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opposite side. Start at outer corner of upper lip and slide to center of lip and stop. Repeat procedure on opposite side. Repeat until lipstick is completely removed.

8. **Face:** -Pre Cleanse
9. **First Analysis:** - Magnifying lamp (First skin analysis)
10. **Basic Cleanse:**
11. **Second Skin Analysis:-** - Woods lamp (First skin analysis)
12. **Manual Exfoliation-** Prepare Exfoliation Product
13. **Steamer-** If using the steamer, turn it on
14. **Mechanical Exfoliation- Rotary** Brush Machine
15. **Vacuum Machine-** with serum application

Pre-Procedure (Supplies and Tools)

Measure Massage products with the measuring spoons

3/4 to 1 tsp of cream base

1/8 of a teaspoon of oil base

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Procedure

1. **Face, Neck, Chest, Shoulders,& Arms:-** - Distribute massage product over the client's chest, neck, shoulders, biceps and face (quick spread method)
2. **Chest:-** -Use butterfly movements in center of chest (pectoralis) use circular movements back and forth across pectoralis major & minor) 3X.
3. **Shoulders & Arms:-** Slide hands to shoulders and move (with pressure) down arms (biceps) 3X.
4. **Shoulders** - Slide to shoulders and perform circular movements around shoulders 3X.
5. **Behind Shoulders (along upper back):-** -Bring hands behind shoulder area (trapezius muscle). Slide back and forth along muscle 3X and proceed to occipital notch.
6. **Repeat this entire sequence from butterfly movements 3 more times**
7. **Neck:** -Slide hand up and down on right side of neck (sternocleidomastoid).Switch to left side with same movements.
8. **Neck & Ears:** -Place hands onto both sides of neck using two fingers use circular movements upward on neck (sternocleidomastoid), slide to ears and massage entire ear with two fingers 3X ending with a light pull downward on the lobes



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9. **Chin:** -Slide to chin (mentalis) and use upward lifting movements (chin lifts) with thumbs 3X
10. **Cheeks:** - Slide to cheeks (zygomaticus major and minor) with palms and do cheek lifts 3X.
11. **Face:** - Proceed to around the world movement 3X in to butterfly movement with palm rolls 3X.
12. **Eyes:** - Start eye circles (orbicularis oculi) 3X. Glide into eye area creating circular movement starting with the middle finger- keeping light pressure under the eye, increase pressure on brow bone. Continuing the eye circles for the second time, switch to ring finger for the movement keeping the same pressure flow. On your third cycle with the eye circle, start with the pinky finger for the rest of the movement continuing the previously mentioned pressure flow.
13. **Eyes:** - Figure 8 eye movement (orbicularis oculi) 3X. Starting at the outer corner of the brow bone with your ring finger, glide down and towards the inner corner of the eye, sliding across the bridge of the nose and up towards the opposite brow bone and down creating a complete figure 8.
14. **Eyes:** - Complete eye circles (orbicularis oculi) again 3X.
15. **Cheeks:** - Repeat Butterfly movement with palm roll 3X.
16. **Forehead:** -Slide hands to forehead (frontalis) and effleurage side to side 3X.
17. **Forehead:** - Transition into 1 around the world movement.
18. **Chest:** -Slide down to chest (pectoralis major and minor).
19. **Repeat all steps again from beginning**
20. **Shoulders & Arms** -Slide to shoulders and begin vibration movements up and down arms (biceps) 3X
21. **Chest, Neck, Chin, Cheekbones, & Forehead:** -Start tapotement on chest (pectoralis major and minor) upward to neck and onto face beginning at chin (mentalis), cheeks (zygomaticus major and minor) to forehead (frontalis)
22. **Face:** -Complete one around the world and one butterfly movement with palm rolls.
23. **Forehead:** -Stop in middle of forehead (frontalis) and with thumbs atop each other complete three pressure pumps in third eye region (middle of frontalis)
24. **Temples:** - Slide each hand to temples (temporalis) and perform temple circles 6X easing up on speed of circles by the 4th circle. End at temples with a slight hold with two fingers
25. **Towel:** - Remove the massage product with a warm towel following the (Warm Towel Application and Removal skill).

Post-Procedure



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- If needed fix client's hair to be under cap or towel and use antibacterial gel immediately
- Do extractions if necessary.
- Apply antiseptic, use High Frequency
- Apply facial mask and allow to set.
- Remove mask, apply toner.
- Apply eye product
- Moisturize and apply sunscreen.
- Remove gloves according to Degloving skill

Maintenance and Infection Control

1. Dispose of any leftover massage product
 2. Throw all disposable material in trash
 3. Be sure to put soiled towel in towel bin immediately after using.
 4. Use antibacterial gel on gloved hands
- Detach brush from hand piece and wash with soap and water. Rinse and blot.
 - Temporarily store in a dry ultraviolet sanitizer.
 - When dry, transfer to a closed container.
 - Dispose all disposable material.
 - Clean brush head with warm soapy water. Immerse in hospital grade disinfectant for no longer than 20 minutes.
 - Dry and place in dry sanitizer.
 - Refill steamer.
 - Clean steam machine with spray and disinfectant and use glass cleaner to clean mirror. Use clean cloth on glass because the paper towel and other paper products can damage the glass.
 - Refer to OSHA and your state board

Frequently Asked Questions

FYI & Tips



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Contraindications of this Procedure

- Risk of the skin's protective barrier being damaged.
- Risk of red or sensitive areas.

Tip Clockwise (Direction starting at 12am-12pm) or counterclockwise (Direction starting at 12pm-12am)

Closing Treatment-Procedure

1. Design a treatment plan
2. Recommend products for home use.