



Basic Cleanse of the Face

Benefits

- Removes makeup and surface debris to enable you to do a thorough facial analysis.
- All skin types can benefit.

Indications of Use

- Removes make up from eyes, lips, and face. Also removes dirt, sweat, and visible oil on the skin

Precautions of Use

- Ask the client to remove contact lenses.

Contraindications of Use

- Sensitive Inflamed skin conditions
- Open wounds
- Inflamed and Erupted skin lesion

**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. **Magnifying Lamp** – (First Look)

**Pre-Procedure
(Service)**

7. Hand washing (Sec. 1)
8. Room Setup (Sec. 3)
9. Station Set up (Sec.4)
10. Sanitize and glove hands according to gloving skill
11. **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.
12. **Lips**: -Apply makeup Cleanser onto gauze pads.
13. **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 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.
14. **Face**: -Pre Cleanse
15. **First Analysis**: - Magnifying lamp (First skin analysis)



Procedure

1. **Face & Neck & Chest:** - Cleanser Spread – Dispense cleanser in damp hands and rub palms together. Perform quick spread starting at thorax moving up to neck and face. Follow with second and third spread moving upward to apply product to different area of the face with each spread.
2. **Chest & Collarbone:** –Place cleanser in damp hands and rub palms together. Begin spreading cleanser over chest (thorax) and collarbone (clavicle) in circular motions. Placing hands on shoulders use both hands to execute inward and outward movements. 3 times side to side on chest.
3. **Neck:** - Direction of hand movement: Effleurage of neck. Turn head to right side. Stroke upward on the left side of throat using effleurage movements and move across throat to right side, continuing with upward effleurage movements.
4. **Chest:** Slide hands back to chest and collarbone and use upward circular movements 3 times.
5. **Throat:** - Slide hands up throat upward to chin (mental bone) and back to (collarbone) in a sliding pattern in order to bring more product up onto the face. Do this 3 times.
6. **Jaw line:** - Using both hands, create a fan on chin (mental bone) and pull down to jaw (mandible). Repeat 3 times.
7. **Chin & Cheeks:** - Stop at chin (mental bone) and form large circles using two fingers on each hand. Slide to jaw line (mandible) using upward circles onto cheeks (zygomatic bones)
8. **Cheek:** - Continue using upward circles onto cheeks (zygomatic bones). Use palms of hands in upward and outward circles. Repeat 3 times Section 6-7
9. **Lips:** - Start at outer corner of lips using your index fingers and make small inward circles around the lips top and bottom (maxillary and mandible bone). Repeat 3 times.
10. **Nose:** - Slide index fingers up to sides of nose (nasal bone). Using your left index finger, lightly hold a half inch from nostril. With the right index finger, make small inward circles up the side of the nose and onto the nasal bone. Repeat 3 times.
11. **Nose:** - Repeat this step on the opposite side.
12. **Forehead:** - Slide up the nose (nasal bone) to the forehead (frontal bone) and make small light circles on forehead (frontal bone) progressing into larger light circles.
13. **Eyes:** - Apply pressure just above the eyebrow (frontal bone)) with middle finger. Slide fingers across brows to outer corner of the eye, completing eye circles with light gentle pressure under the eye. Repeat three times.
14. **Face:** - Slide both hands around the face, crossing at the chin (mental bone) in order to make a complete circle (Around the World). Repeat 3 times.
15. **Temple:** - Do mild pressured temple circles. Massage temples getting slower and lighter and end with pressurized hold at the temples.
16. Follow skill for Removal of Product Using a Sponge.



Post-Procedure

1. 2nd Skin Analysis (Sec. 9)
2. Exfoliation (Sec.14)
3. Steamer (Sec. 13)
4. Massage (Sec.11)
5. Extractions (Sec. 30)
6. Masks (Sec. 12)
7. Tone
8. Moisturize
9. Protect (SPF)

Maintenance and Infection Control

- Discard any used disposable items.
- Follow Degloving and Handwashing Skill.
- Sanitize all surfaces.
- Follow Infection Control Skill.
- Refer to OSHA and your state board regulations
- Refer to Universal Precaution and your state board regulations

FYI & Tips

- Use the correct cleanser for skin type
- Make sure that there are no drips, as this is very uncomfortable for the client
- All cleanser must be removed before examining the skin with the Woods Lamp
- Have client cleansing at home two times a day with proper home product
- Look at ingredients and be sure that there are no ingredients that the client will be allergic or sensitive to
- Apply makeup Cleanser onto gauze pads (one for each eye) if client has heavy eye makeup on (leave on eyes). If client has minimal eye makeup on, start by removing it with Makeup-Cleanser, then move to lips with clean gauze.
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