

WARM TOWEL APPLICATION AND REMOVAL

Benefits:

- Helps remove product from face and body quickly.
- Stimulates blood circulation.
- Relaxing.
- Opens pores.
- Aromatherapy.

Indications:

- For product removal.
- Before extractions to open pores.

Precautions:

- Do not use on a person who is heat sensitive.
- Check towels to see if they are too warm.
- Do not use if person is claustrophobic.

Pre-Procedure:

- Follow Preparing Warm and Cold Towels skill.
- Make sure temperature is set properly on towel cabi.

Procedure:

- Remove hot towel from towel cabi by tag, unroll and check warmth of towel.
- Begin draping towel on throat (platysma), wrapping each end on each side of face, and ending at forehead (frontalis). Take ends and fold back over forehead (frontalis) so not hanging on sides of head, leaving nasalis area open to breathe.
- For clients that are claustrophobic, leave mouth (obicularis oris) and nasalis area open.
- Place palms of hands and place pressure on forehead (frontalis), chin (mentalis) and cheeks (zygomatic area).

Removal:

- Starting at forehead (frontalis) take the ends of the towel in each hand and simultaneously begin removal, going in outward directions towards hairline and continue going downward towards chin (mentalis), rolling to clean portion of towel.
- Once at the throat (platysma), roll the towel off the throat (platysma) with a rocking motion, being careful not to drag towel. Wrap towel around hand and tuck excess towel around wrist so not to drag on skin. Using clean areas of the towel remove excess product from face. You can reposition towel on either hand using a clean part of towel to finish removing product.

Post-Procedure:

- Discard towel in towel bin.
- Proceed with rest of facial appropriate to skin type and condition.

Maintenance:

- Discard any towels that get damaged.

Infection Control:

- Make sure towels are washed and dried according to skills.
- Discard dirty towels in appropriate disposal bin.
- Store towels on a shelf in a closed area.
- Refer to OSHA, universal precautions, and your state board.

