

CHEMICAL EXFOLIATION

Benefits:

- Removes dead skin cells for the purpose of stimulating fresh, healthy skin renewal.
- Process improves the natural cell turnover.

Indications:

- Dull, sallow skin.
- Wrinkles and sun damage.
- Dry or oily skin.

Precautions:

- Over exfoliation can disturb the cell turnover rate.
- The skin may have increased sensitivity and irritation.
- There is a risk of the skin's protective barrier being damaged.

Contraindications:

- Do not use on red or sensitive areas or open wounds.

Pre-Procedure:

- Client greeting and offer water.
- Have client fill out history intake form or follow up form.
- Escort client to changing area.
- Help client onto bed, cover hair and drape with towel.
- Client consultation.
- Sanitize and glove hands according to gloving skill.
- Magnifying lamp (First look).
- Eye cleanse.
- Lip cleanse.
- Pre-cleanse (face).
- Magnifying lamp (First skin analysis).
- Basic cleanse.
- Second Skin Analysis (Wood's Lamp).
- Place protective eyewear over clients' eyes.

Procedure:

- Mix granular product with cleanser or water into a creamy consistency. AHA's and BHA's can be added to the exfoliating product at this time.
- If using the steamer, turn it on.
- Apply product using quick spread method with two brushes. Starting at center of the base of the platysma, use long outward strokes. Lightly spread product upward and outward with brushes, onto the mentalis (chin), mandible, zygomatic (cheekbones), maxillae (upper lip), nasalis (nose). Slide up procerus (bridge), and to the frontalis (forehead)/ hairline.



- If necessary, rewet brushes and bring product up from the platysma to ensure an even spread.
- If product gets around the eyes or eyebrow area, wipe or remove it with gauze.
- Apply exfoliation cream to hands, making sure to add a little water to your mixture. Rub hands together to distribute product evenly.
- Using circular motions upward and outward with two hands, move up the platysma, to the mentalis and across mandible. Use upward circles onto zygomatic arches using ball of hand. Repeat 3 times.
- Start at outer corner of lips using your index fingers and make small inward circles around the obicularis oris. Repeat 3 times.
- Slide index fingers up to sides of nose. 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 procerus. Repeat 3 times.

- Repeat this step on the opposite side.



- With dry gauze or powder brush, remove any excess product left on the face.

Post-Procedure:

- Remove gloves following Degloving skill.

Maintenance:

- Client to keep up with protocol at home.
- Schedule follow up visits to maintain skin health.

Infection Control:

- Dispose of all disposable materials.
- Clean brushes with warm soapy water. Immerse in hospital grade disinfectant for no longer than 20 minutes.
- Rinse, blot and place brushes in dry sanitizer.
- Clean steamer machine with disinfectant.
- Refer to OSHA and your state board.

- Slide up the procerus to the frontalis and make small light circles on frontalis progressing into larger light circles.
- Make one complete circle using third finger, moving to ring finger and ending with pinky finger around eyes. Following the same direction around the eye, reverse finger rotation beginning with pinky and ending with third finger.
- Use full circle motions on the frontalis. Slide down to face, platysma, and end at chest region.
- If needed, steam may be applied at this time and a second pass may be performed.
- Follow procedure for Hot Towel Removal skill.