Institute Epidermal Cell Therapy Body *Epidermal Cell Therapy* **January 10-17, 2022**

Cochrane Abigail

Onsite Protocol/Services –Body Type Assessment

IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical & Body Treatment & Manual Body Hydrating & Body Wrap Draping & Body Scrub & Body Mask & Bandages Wrap & Hydrating Serum & Paraffin Mask & Product Recommendation – Aromatherapy & Stone Therapy

Week 19A & 19B

1. **Hand washing Skill - Sanitize hands (Sanitation is the lowest level of infection control)**
    - Wash hand with soap and water for 20 to 60 seconds
    - Use Nail brush
2. **Put on Gloves Skill**
3. **Fold & Hang Laundry Storage Skill –** towels, wraps, robes, pair slipper in bag
4. **Bed Making & Supplies**
    - ✓ Sheets – protective covering
        - Top sheet
        - Bottom sheet
    - ✓ Pillow – uses to create tilt position
        - Under the head and shoulder – support the back and relieve pressure shoulder and arms
        - Under /behind the knee -
5. **Room Set Up Skill**
    - ✓ Prepare warm towels – per day
    - ✓ Prepare warm water – per day
    - ✓ Prepare warm hand cloth – per day (optional for Hand treatment)
    - ✓ Check Equipment
    - ✓ Stock Supplies and implements
    - ✓ Prep Steamer for use – check water level (add distilled water if needed)
    - ✓ Preheat – Steamer (Keep the Streamer 15 to 16 inches)
6. **Station Set Up Skill**
    - ✓ Prepare warm towels 3 pre treatment
    - ✓ Prepare warm water 1 cup pre treatment
    - ✓ Prepare cold towels per 2 treatment
    - ✓ Prepare cold water
    - ✓ Mummy Mask (cold paper towel)
    - ✓ Prepare electrodes
    - ✓ Prepare warm hand cloth 2 per treatment (optional for Hand treatment)

Instruction

Week 19A - #311 Structure and Function of the Human Body System and Organs– Client Health Form

Week 19B - #307 Spa Body Treatment- IECT Body Treatment

Onsite Instruction & Procedure

Week 19B - #307 Spa Body Treatment- IECT Body Treatment

Week 18A/18B - #390 IECT Practical Body/Consultation/Body/Hair Removal – Hand Movements Hand Massage & Nail, Cuticle Assessment, IECT Body Consultation Body Types- & Cleansing & Analysis & Body Manual & Body Mechanical & Body Treatment & Manual Body Hydrating & Body Wrap Draping & Body Scrub & Body Mask & Bandages Wrap & Hydrating Serum & Paraffin Mask & Product Recommendation – Aromatherapy & Stone Therapy

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Week 19A & 19B

7. **Remove Gloves/Degloving Skill**

➢ **Tip:** Remember glove to glove and skin to skin

8. Know your skin Facts:

   Integumentary/Skin Layers – Benefits

   a. Scope of Practice most state licensure only allows the Esthetician to provides or addresses concerns/service/care for the stratum corneum.
   b. Regulate body Temperature
   c. Contain immune cells
   d. Synthesizes Vitamin D
   e. Protective and prevent harmful substance and organism from invading the body
   f. Reduce water loss deeper tissue
   g. Excretes small quantities of waste
   h. Absorption – drugs, herbal, oils, and other properties

9. **Greeting Client skill -** Explain what a Esthetician is (we perform services on the body's largest organ the skin)
   - ➢ Offer water
   - ➢ Explain the purpose of the Consultation and Student Wavier form
   - ➢ Have the client complete the Student Wavier form

10. **Explain Foot Treatment**
11. **Begin Foot Treatment (optional)**
12. **History Intake Form -** should be completed before every facial service

➢ **Tip:** Complete Confidentiality base off service.

- Have the client complete the Client Consultation/Health form – use for the skin analysis procedure to help determine skin type, skin condition and select the best protocol for client/patient services - Makeup/Hair Removal/Body/Face/Chemical Exfoliation/ Microdermabrasion/ Lymphatic drainage/ Consultation Procedures

13. **Escort Client to the changing area**
    - Ask Client to remove contract lens, jewelry

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- Ask your Client remove any heavy or stain makeup product such as eyeliner, mascara, lipstick with makeup/baby wipes
- Ask your Patient to use the nail brush with soap and water to clean their hands (optional for Hand Massage treatment)

14. Escort Client to the Facial Bed - Help Client get into bed

- **Assist the Client into a Supine Body Position –** flat on back, face and body should be pointed upward the ceiling
- **Ask Client Bed's confront level support of the:**
  - ✓ Head-
  - ✓ Neck
  - ✓ Lower Back (Lumbar Area)
  - ✓ Under Knees
  - ✓ Feet

15. Review Client's Consultation

- **Client is in supine body position –** flat on back, face and body should be pointed upward the ceiling

16. Review and Discuss Intake Form with client health history

➢ **Purpose:** Contraindications for medical/ disease or disorder

- **Skin Consultation Form**
  - **Lesions**
  - **Disorders**
- **Contraindication – Any disease or disorder that cause harm to the patient/client when performing services/treatment. The Esthetics should refer the patient/client to their physician or have written authorization to proceed with any services/treatment**
  - ✓ **Genetics & Heredity = Intrinsic Factors**
  - ✓ **Lifestyles = Extrinsic Factors**
    - **Smoking can cause skin to appear yellow, gray, and sallow**
  - ✓ **Lesions**

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Contraindication continues

- ✓ Immunity – Natural & Acquired – body's ability to resist infection and destroy bacteria
- ✓ Natural Immunity – able to resist illness, it's inherited
- ✓ Sensitivity -Inflammation
- ✓ Disorders/ Disease – Chronic & Acute **Contraindication to body wrap - Diabetes**
- ✓
- ✓ Mental Disorders –❑Excoriation/Acne excoriee -skin picking scraping lesions, causing abrasion
- ✓ Infections – General & Local & Contagious- Herpes Simplex virus (Cold sores)
- ✓ Asymptomatic - shows no symptoms of a disease
- ✓ Symptomatic
- ✓ Contagious disease or disorders

❑Tinea/Ringworm cause fungal ❑Scabies cause parasite/mite

17. **Turn on the Wood's Lamp & Magnifying Lamp**
    Purpose: for the uses of the Lamps
    - ✓ **Magnifying Lamp-** Consultation to determine overall surface appearance of the upper epidermal layers
18. **Wood's Lamp -** Consultation to determine overall appearance of the lower epidermal layers. The Wood's Lamp should be performed in a dark room or leave it skirt on the machine to create a darken environment
    - ✓
19. **Take Photos**
    - Front View
    - Right View
    - Left View
    - Under Chin
    - Forehead

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- Neck (optional)

20. Client Draping Skill

- Chest Towel
- Facial Cap - Sanitizer hands after the hair is touched

21. Sanitize Hands Skill

22. Put on Gloves

23. Consultation with Foot Bowl with Soap

24. Select Body Services/ Esthetics Treatment – focus on treating specific skin conditions and concerns

- ❑ **Hydrating – Increase Moisture balance**
- ❑ **Renewal – Exfoliating / Cellular turnover**
- ❑ **Relaxing – Warm water, Calming & Soothing stress reducing atmosphere**
- ❑ **Aromatherapy– Anti-Inflammatory/ Reduce bacteria/ Calming & Soothing**
- ❑ **De-toxifying - body wrap helps to eliminate toxins from the body**

25. Select Type of Therapy

1. **Hydrotherapy**
2. **Balneotherapy**

26. Select Type of Therapy - Hydrotherapy-

a. Shower (conventional)
b. Vichy Shower
c. Body Wrap
   - ❑ **Contraindication – Diabetes** ❑ **Indication - Detoxifying**
d. Bath-cold
e. Hot Stones

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Week 19A & 19B

Product Recommendation

- ❑ **Brightening – Lighten/ superficial pigmentation**
  - ➢ ❑lemon ❑sandalwood ❑carrot seed ❑geranium ❑turmeric ❑lemongrass ❑Lavender
- ❑ **Firming – Rejuvenating Elasticity** (Visual/Elasticity) (Glogau Scale)
  - ➢ ❑Frankincense – soothing ❑Jasmine improve elasticity
- ❑ **Firming – Rejuvenating Increase circulation issues** (Visual/Elasticity) (Glogau Scale)
  - ➢ ❑❑Eucalyptus – stimulating ❑Rosemary – stimulating
- ❑ **Hydrating – Increase Moisture balance,** (Visual/Moisture Level)
  - ➢ ❑Rosewood – stimulating
- ❑ **Hydrating –Enhance/ balance circulation issues,** (Visual/Moisture Level)
  - ➢ ❑Ylang-ylang - soothing
- ❑ **Dehydration - – lack moisture, Exfoliating / Cellular turnover** (Visual/Permeability - Absorption)
  - ➢ ❑Birch leaf – stimulating ❑Evening primrose – soothing ❑Jasmine – soothing ❑Patchouli – soothing ❑Rose - soothing
- ❑ **Aging – Antioxidant / Wrinkles** Tissue repair issue/ Healing (Glogau) (Visual/Permeability - Absorption)
  - ➢ ❑Frankincense – soothing ❑Geranium – stimulating cell turnover, astringent tighten skin ❑ Lavender – soothing ❑Rosewood – stimulating
- ❑ **Antioxidant - Tissue repair issue/ Healing** (Visual/Permeability - Absorption)
  - ➢ ❑Geranium – stimulating cell turnover
- ❑ **Tissue repair issue/ Healing** (Visual/Permeability - Absorption)
  - ➢ ❑Geranium – stimulating cell turnover ❑Eucalyptus
- ❑ **Acne – Anti-Inflammatory/ Reduce bacteria/ Calming & Soothing**
  - ➢ ❑Benzoin – astringent ❑Bergamot – soothing ❑Lemon – stimulating, antiseptic ❑Lemongrass – stimulating antiseptic ❑Myrrh – healing

Instruction

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❑Neroli – soothing, antiseptic ❑Calendula – soothing, anti - inflammatory

❑ **Acne/Antiseptic - decrease and prevent growth of pathogen microorganism**

- ❑Geranium – stimulating ❑Orange – stimulating, uplifting

❑Tea Tree – stimulating ❑Ylang-ylang - soothing

❑ **Sundamage - abnormal pigmentation** (Rubin scale) (Visual/Permeability - Absorption)

❑ **Anti-Inflammatory – Soothes irritation** (Visual/Texture –slick and thin skin)

- ❑Lemon Balm(Melissa balm) – soothing ❑Myrrh – healing

❑ **Anti-Inflammatory – Erythema/ redness** (Visual/Texture –slick and thin skin)

- ❑Sandalwood – soothing

❑ **Anti-Inflammatory – Edema/Swelling decrease circulation issues** (Visual/Texture –slick and thin skin)

- ❑Peppermint – cooling

❑ **Oily/Skin Maintenance – Sebaceous Activity overproduction issue ideal healthy skin, create a balance acid mantle (skin protected barrier)**

- ❑Benzoin – astringent ❑Bergamot – soothing ❑Lemon – stimulating ❑Lemongrass – stimulating ❑Neroli – soothing

27. Select Type of Therapy – Balneotherapy

a. Bath - cold therapy
b. Bath – hot therapy

Product Recommendation

❑ **Anti-Inflammatory – soothe aching muscles stimulate circulation issues**
(Visual/Texture –slick and thin skin)

- ❑Peppermint – cooling Rosemary – ❑stimulate blood

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28. **Begin First Analysis:**
    a. Body Types
    b. Body Assessment
    c. Select Aromatherapy
    d. Select Scrub
    e. Select Mask
29. **Second Analysis:**
    a. Measurements
    b. Body Mass Index
30. **Pre-Cleanse or Dry Brush Cleanse:**
    a. Use brush with light pressure and brush body (Client showers with lukewarm water)
    b. Spread using circular movements upward, starting at feet
    c. Loofah or exfoliation gloves may be used, starting at feet
31. **Cuticle Assessment Inflammation Client Health Form to determine prior to care**
    - ✓ Contraindications
    - ✓ Client Safety Issues
    - ✓ Scope of Practices
    - ✓ Condition and Health
32. **Nail fact –** Hard keratin
33. **Start Hand & Nail Cuticle (Eponychium) Treatment**
    - ✓ **Tip Remember the Cuticle protects against exposure to infection**
    - ✓ Apply Cleansing product to the hands
    - ✓ Apply warm Cuticle serum/ oil to nail folds of the right hand
    - ✓ Begin massage the serum/oil in the cuticles and nail beds
    - ✓ Apply the hand massage cream to the hands
    - ✓ Begin the hand massage
    - ✓ Wrap the hand in warm hand cloth or apply paraffin wax
    - ✓ Repeat the same procedure on the Left Hand
    - ✓ Remove hand cloth or paraffin wax.

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34. Body Exfoliation:

a. Client uses light granular (sea salt exfoliation) scrub, starting at feet
d. When exfoliating the stomach, move around area clockwise
e. Remove towels from breast area unless patient is modest. In that case work under the towel to treat breast area.
f. When exfoliating the breast, cup breast gently and move around in circular movements avoiding the areola
g. When one side is complete, repeat on the other side beginning at the foot and ending at the décolleté.

35. Bandage Wrapping:

a. Prepare detox solution
b. Have client hold gauze over areola on both breasts as you begin wrapping. Follow body wrapping skill and stone placement skill. Once the body is bandage wrapped completely.

36. Body Wrapping:

a. Wrap client with thermal blanket or Mylar sheets for 20 minutes. Have client rinse with lukewarm water in shower
(Supplies Needed)

1. Sheet
2. Mylar Sheet or Warming blanket

37. Body Unwrapping:

a. Sheet
b. Mylar Sheet or Warming blanket

38. Bandage Wrapping Removal:

a.
b.
c.
d.

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39. **Mask-Serums: Leave on**
    a. Spread serum over body using circular movements, starting at feet
    b. Use Lymphatic Drainage machine in circular movements over areas of concern/cellulite. Add more serum as necessary to ensure proper slip

40. **Body Mask:**
    a. Use brushes for applying mask. Wrap body in heated blanket for 15 minutes. Have client shower off and return to bed on back.
41. **Hydrating Product**
    a. Spread product using Body Spread skill

42. **Cuticle Assessment Inflammation Client Health Form to determine prior to care**
43.
44. **Sun Protection – SPF products or clothing**
45. **Complete Treatment/Services**
46. **Degloving**
47. **End the Treatment – Consultation for Follow up appointment**
48. **Product Recommendation - Retail**
49. **Gloving**
50. **Bed Making**
51. **Infection Control Procedure**
52. **Cleanup Duties**
53. **Review Protocol and Lesson**

Booties
Mitts

- **Assist the Client into a prone body position – lying** flat on stomach, face and body should be pointed downward toward the floor
- **Assist the Client into a lateral body position – lying** flat on either side

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Week 19A & 19B

Instruction

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Week 19A & 19B

Treatment Notes

Body/Massage

Body Wash

*__ _____ __ _____ __ _____ __ _____

Body Toner

*__ _____ __ _____ __ _____ __ _____

*Exfoliation

*__ _____ __ _____ __ _____ __ _____

Massage Cream

*_____ _____

*Serums

*__ _____ __ _____ __ _____ __ _____

*Mask

seaweed body wrap helps to eliminate toxins from the body

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Week 19A & 19B

*__ _____ __ _____ __ _____ __ _____

*Sun Protection

*__ _____ __ _____ __ _____ __ _____

*Extractions ___No ___Yes Time_____ Location _____

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Week 19A & 19B

Clinical Performance Grading Checklist

Practical/ Internship/VIP Day

Appearance: 6 **S U**

Hair

Make Up
Scrubs

Shoes

Undergarments

Jewelry
Attitude: 5 **S U**

Follows Directions
Interaction with other students
Interaction with Instructor
Interaction with clients
Interaction with staff members
Current Event: 4 **Y N**

Infection Control 24 **S U**

Infection Control 14

Infection Control/Set Up 10

Hand Washing

Gloving

Station Set Up
Procedures: 12 **S U**
Room Set Up

Drape
Equipment Preparation
Mag Lamp
Pre Cleanse
Mag Lamp
Cleanse

Remove cleanser
With wet sponge

IECT 19A & 19B Facial8_5-12_19

Institute of Epidermal Cell Therapy /Practical Training- SBR Theory

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Week 19A & 19B

Makeup Application

Eyebrow & Eyelash
Tinting

Body Treatment:-5
Exfoliation, Masks, Body
wrapping

Hair Removal
Hard wax, Tweezing,
Soft Wax

Woods Lamp 5 **S U**
Exfoliation: 4
Used steam
Apply with Hands/Brushes
Brush Machine
Towel 2
Hot & Cold Application & Removal

Mask/Toner/Moist./SPF 10 S U
Mask Application
Applied with Hands/ Brush
Mummy Mask

Application/Removal

Cold Towel

Toner

IECT 19A & 19B Facial8_5-12_19
Institute of Epidermal Cell Therapy /Practical Training- SBR Theory

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Week 19A & 19B

Moisturizer
SPF
Eyelash Perming

Eyelash Application

Removal of Product:
used hot towel

Machines: 22 **S U**

Vacuum
Desincrustation:
Steam
Product Application
Product Removal
Extractions:
With Astringent
With Lancet
Glove Change
High Frequency:
Gauze Method
Sparking

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Week 19A & 19B

Practical Performance Completion Form 18 VAC 41-70-200. Practical performance requirements. Derived from Volume 23, Issue 25, eff. September 20, 2007.	***Total Required Practical Performance*** **220**	***Total Completed Practical Performance***
A. The curriculum for Estheticians shall include the following minimum practical performances per DPOR :		
IECT Epidermal Cell Therapy Consultation Treatment		
Consultations, cleansings and analysis of face and body *35 Performance Time - 15 minutes per Performance*	**35**	
IECT Epidermal Cell Therapy Express Facial Treatment		
Manual facials and treatments *65 Performance Time - 15 minutes per Performance*	**65**	
IECT Epidermal Cell Therapy Signature Facial Treatment		
Machine/Mechanical or electrical facials and treatments *50 Performance Time - 15 minutes per Performance*	**50**	
IECT Epidermal Cell Therapy Signature Body Treatment		
Body treatments and back treatments *20 Performance Time - 15 minutes per Performance*	**20**	
IECT Epidermal Cell Therapy Signature Makeup Treatment		
Makeup, eyebrows, and eyelashes		
25 Performance Time - 15 minutes per Performance	**25**	
IECT Epidermal Cell Therapy Signature Hair Removal Treatment		
Hair Removal – waxing and tweezing		
25 Performance Time - 15 minutes per Performance	**25**	

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Week 19A & 19B

Student Print Name_____ Date_____

Student Signature _____ Date_____

Instructor Print Name_____ Date_____

Instructor Signature_____ Date_____

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