



## Advanced Epidermal Cell Therapy Facial *Epidermal Cell Therapy*

Patient #1 - Work Area & Client Preparation & Set Up of Universal Supplies/ Cleansing of the Face with Product/ Manual Lymphatic Drainage/ Particle Microdermabrasion on the Forehead/ LED Treatment/

Patient #2 - Work Area & Client Preparation & Set Up of Universal Supplies/ Ultrasonic Treatment of Forehead and Upper Lip/ Beta Hydroxy Acid (BHA) Treatment/ Microcurrent Treatment to Upper Orbicularis Oculi / Body Treatment – Dry Exfoliation and Mud Mask /Blood Exposure Procedure.

### Patient #1

#### 1. Work Area & Client Preparation & Set Up of Universal Supplies

##### EXAMINATION UNIVERSAL/GENERAL SUPPLIES

- Mannequin head (MUST have a décolletage)
- candidate supply kit to serve as dry storage area (must be closeable)
- hospital grade (level), EPA-registered disinfectant with manufacturer's label that demonstrates bactericidal, fungicidal and virucidal properties must be used (must be actual disinfectant)
- hand sanitizer and manufacturer's label (must be actual hand sanitizer)
- container labeled "items to be disinfected"
- container labeled "soiled linens"
- container labeled "trash"
- first aid kit
- cloth and paper towel(s)
- tissues
- cotton rounds
- sponges
- gauze pads
- disposable applicators
- disposable protective gloves
- spatula(s)
- container of water (if needed)
- degreaser/prep solution
- sunscreen

1.1 Disinfects all work areas completely with product labeled in English as EPA-registered, hospital-grade disinfectant

- Remove brown paper bags with white trash bag liner
- Close kit all the way
- Set up brown paper bags with white trash bag liners
- Remove gloves from kit and **GLOVE HANDS**

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#### Onsite Instruction

ME Week 1- 13A - #450 IECT Practical Facial

ME Week1- 13B - #460A State Board Facial

#### Onsite Procedures

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Chemical Exfoliation  
Lymphatic Drainage Treatment



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- **Go into kit and remove bag with Citrus II wipes, hand sanitizer, and blood exposure kit. Close kit. Hold bag in your hand**
- **Disinfect workstation with Citrus 2 wipe, dispose of wipe in trash bag (Disposes of soiled materials using infection control procedures)**

### **Sanitize hands**

- **Place bag with on table**
- **Remove hand sanitizer first, use on hands**
- ☐ Remove disinfecting wipes and first aid kit from bag and place on table.
- ☐ Sanitize hands
- **Immediately dispose of all plastics bags into brown bag labeled trash only (Don't leave plastic bags on the table/ workstation)**

### 1.2 Sanitizes hands with product labeled in English

- **Tip: Before placing the bags on table/ workstation leave an empty work surface that is visible to place your client.**
- **Open kit and remove bag with Client #1 products and implements from kit**
- **Place Client #1 plastic bag onto table / workstation (all client #1)**
- **Remove all products from each bag**
- **Reminder: Disposes the plastics bags into brown bag labeled trash only**
- **De glove**

### 1.3 Universal supplies are labeled in English

- **Sanitize hands**
- **Apply gloves**

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- **Setup Client – Remove client from sealed bag. Place client on table/ workstation / empty works surface.**

1.4 Applies protective covering to model's hair and body

- Apply Body Drape
- Apply Hair covering
- Sanitize hands
- Stand back

1.5 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

- Disposes all **single use/disposal item** should be place into the brown paper bag labeled Trash only (All plastics bags from product and disposable hair cap supplies) – Land field
- Disposes all reusable implements and supplies should be place into brown bag labeled **Items to be disinfected (pallet and eye goggles) – Disinfected/Sterilization**
- Disposes all used linens should be place into brown bag labeled Soiled linens (Body drapes Towels) - Laundered

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### Cleansing of the Face with Product

**CLEANSING THE FACE WITH PRODUCT SUPPLIES (Remember First Aid Kit and always Brace around eyes and lips)**

- ☐ cleanser
  - ☐ eye protection goggles/ gauze pads
  - ☐ pallet (prevent cross contamination of products, implements, and supplies)
  - ☐ disposable spatula (prevent cross contamination of products, implements, and supplies)
  - ☐ astringent or toner
- 2.1 Cleansing of the face with product supplies are labeled in English
- **First Kit remains on table/workstation**
  - **Sanitize Hands**
  - **All cleansing products should be out on the table/ workstation**
  - **Moving Cleansing products close to you**
  - **(Remember no products should be in plastics bags on table/ workstation)**
- 2.2 Implements and supplies are visibly clean
- **Keep all implements and supplies in plastics bag on the table/ workstation**
  - **Cleansing products plastics bag should be in the brown paper bag labeled Trash only**
- 2.3 Cleanses eye area completely (pump cleanser into pallet) BRACE
- **Sanitize Hands**
  - **Place goggles on client**
  - **Remove universal pallet and place on table**
  - **Remove cleanse pallet from bag and place on table**
  - **Transfer eye cleanser product to a pallet or disposable spatula**
  - **Remove client goggles, place on clean pallet**





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- Remove 1 gauze from bag
- Remove eye cleanser product from pallet using gauze (moist wipes) /disposable spatula (use a different gauze for each eye)
- **Use double bracing technique hand over thumb while performing eye cleanse**
- **Begin Eye Cleanse:** -Cleanser one eye at a time with 1-2 drops of Makeup-Cleanser and damp a gauze pad for each eye. Using light downward strokes, remove eye shadow and mascara. (use a different gauze for each eye)
- Place goggles on client's eyes
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### 2.4 Cleanses lips completely (pump cleanser into pallet) BRACE

- Transfer lip cleanser product to a pallet or disposable spatula
- Remove gauze from bag
- Remove lip cleanser product from pallet using gauze (moist wipes)/ disposable spatula (use a different gauze for each side of lip)
- **Use double bracing technique hand over thumb while performing lip cleanse**
- **Begin Lip Cleanse** - Cleanser 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
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### 2.5 Distributes cleanser over face

- Transfer face cleanser product to a pallet or disposable spatula
- Remove disposable spatula from bag

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- Remove face cleanser product from pallet using disposable spatula
  - **Begin Face Cleanse:** - Apply facial cleanser distributing product safely over the entire face (i.e. except in eyes, nostrils/nose, mouth, and ears) without pulling or dragging skin.
  - **Apply to upper lip last double bracing**
  - Due to mannequin having small upper and lower lip area while distributing cleanses around the mouth (upper and lower lip) you need to use bracing technique
  - Avoiding eyes, lips, neck
  - Cleanser application should stop at the jaw line.
  - Cleanser Spread – Dispense cleanser in damp hands and pat palms together.
  - Perform quick spread starting at jawline moving up to face,
  - **Clean above upper lip 1<sup>st</sup> using bracing technique one side at a time**
  - Use circular movements, double brace one side of mouth then the other.
  - Perform cleansing movements up face avoiding eyes, lips.
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- 2.6 Removes residual makeup and cleanser
- Remove moist wipes from bag
  - Remove facial cleanser with wet/moist wipes over entire face (except in eyes, nostrils/nose, mouth)
  - Wipe above upper lip area last using double bracing technique
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- 2.7 Applies toner/astringent
- Pour toner into pallet
  - Remove 2 pieces of gauze from bag
  - 
  - Apply toner/astringent to gauze pads
  - Begin dabbing/patting the toner/ astringent over entire face (i.e. except in eyes, nostrils/nose, mouth, and ears)

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- Apply toner above the upper lip area last using bracing technique
- Remove goggles place on clean pallet
- Place products used and cleanse pallet in items to be disinfected bag
- Sanitize Hands & Stand back

2.8 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

- Disposes all **single use/disposal item** should be place into the brown paper bag labeled Trash only (All plastics bags from product and disposable hair cap supplies) – Land field
- Disposes all reusable implements and supplies should be place into brown bag labeled Items to be disinfected (pallet and eye goggles) – Disinfected/Sterilization
- Disposes all used linens should be place into brown bag labeled Soiled linens (Body drapes Towels) - Laundered

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### 2. Manual Lymphatic Drainage

#### MANUAL LYMPHATIC DRAINAGE SUPPLIES

- ☐ Manual Lymphatic drainage product

3.1 Manual lymphatic drainage supplies are labeled in English

- First Kit remains on table
- All Manual Lymphatic drainage product should be out on the table
- **Move MLD product close to you**

(Remember no products should be in plastics bags on table)

3.2 Implements and supplies are visibly clean

- Keep all supplies in plastics bag on the table
- Implements should be on pallet (eye goggles) onto pallet
- Reminder Manual Lymphatic drainage products plastics bag should be in trash

3.3 Applies Manual Lymphatic drainage product

- Place goggles on client
- Remove product pallet from bag
- Transfer **MLD** product to a pallet
- Remove small spoon from bag
- Remove **MLD** product from pallet using small spoon place into hands
- Place spoon in items to be disinfected bag



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- **Begin MLD product spread** -Put MLD product into the palms of one hand and pat palms together (creating sandwich of the product). Then open your hands and place them on the neck area you will be working on, face and begin a slow spread of the product all over the entire face and neck.
  - Starting at neck moving up the neck to the face dispensing a thin and even application of MLD product (i.e. except in eyes, nostrils/nose, mouth, and ears) without pulling or dragging skin.
  - Due to mannequin having small upper and lower lip area while distributing **MLD product** around the mouth (upper and lower lip) you need to use the double bracing technique
  - Avoiding eyes, and lips, No Product should be applied to (inside/around area of eyes or mouth) inside nose area
- 3.4 Demonstrates slow, stationary circles with pads of fingers, between thyroid cartilage and sternocleidomastoid muscle for at least one minute on both sides of the neck simultaneously
- 3.5 Demonstrates slow, stationary circles with pads of fingers between ear lobe and masseter muscle for one minute on both sides of the face simultaneously
- 3.6 Place the pads of the fingers flat over the eyebrows; curl the fingertips down below the eyebrows to do manual lymphatic drainage on the supraorbital ridge for one minute simultaneously.

### Moist Wipes Removal

- Remove Moist wipes from plastic bag
- Remove MLD product with wet/moist wipes over entire face (i.e. except in eyes, nostrils/nose, mouth, and ears).
- Remove from upper lip area using the double bracing technique

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- Pallet and MLD product go in items to be disinfected bag
- Sanitize hands
- Remove goggles, place on clean pallet
- Sanitize hands
- Stand back

3.8 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

- Disposes all **single use/disposal item** should be place into the brown paper bag labeled Trash only (All plastics bags from product and disposable hair cap supplies) – Land field
- Disposes all reusable implements and supplies should be place into brown bag labeled Items to be disinfected (pallet and eye goggles) – Disinfected/Sterilization
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### 3. Particle Microdermabrasion on the Forehead

#### PARTICLE MICRODERMABRASION ON THE FOREHEAD SUPPLIES

- ☐ hand piece with at least a 4-foot tubing (may be simulated)
- ☐ dry material for brushing
- ☐ face mask
- ☐ safety glasses (prescription glasses acceptable/ work station/ work station)
- ☐ goggles

4.1 Particle microdermabrasion supplies are labeled in English

4.2 Implements and supplies are visibly clean

Applies eye protection (goggles) to client

Candidate wears eye protection

Candidate wears mask that covers nose and mouth

Remove product pallet from bag

Place degreaser solution into pallet

Remove gauze from bag

Apply degreaser/prep solution to area to be treated

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Remove gauze from bag  
Dry excess moisture

### Reminder

Candidate wears eye protection

Candidate wears mask that covers nose and mouth

4.7 Candidate wears gloves

4.8 Get out MD hand piece and hold skin taut

4.9 Demonstrate vertical strokes with simulated hand piece across entire forehead.  
Cord must be attached to hand piece.

4.10 Demonstrate horizontal strokes with simulated hand piece across entire forehead.  
Cord must be attached to hand piece.

Place hand piece in items to be disinfected bag

Remove gauze from bag and wipe particles from the treated area

Remove your eye protection

Remove mask

Remove goggles from client, place on clean pallet

Place all products and product pallet in items to be disinfected bag

Sanitize hands

Stand back

4.12 Items to be disinfected, soiled linens, and trash are disposed of in a correct

manner throughout section

- Disposes all **single use/disposal item** should be place into the brown paper bag labeled Trash only (All plastics bags from product and disposable hair cap supplies) – Land field

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### 4. LED Treatment

#### LED TREATMENT SUPPLIES

- ☐ handpiece that emits light and has at least a 4 ft. cord (may be simulated)
- ☐ Eye protection

5.1 LED treatment supplies are labeled in English

5.2 Implements and supplies are visibly clean

**Move products close to you**

Apply goggles to client

Remove pallet from bag

Place degreaser/prep solution in pallet

Remove gauze from bag

Apply degreaser to area to be treated. Apply to upper lip last with double bracing technique

Remove gauze from bag

5.4 Dries excess moisture

**5.5 Applies eye protection to your eyes**

Sanitize Hands

5.6 Holds hand piece so light strikes skin. Cord must be attached to hand piece.



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Onsite Procedures \_\_\_\_\_



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5.7 Move light around face, pausing to ensure entire face is treated. Cord must be attached to hand piece.

Place LED light into items to be disinfected bag

Remove your eye protection. Place in items to be disinfected bag

Sanitize hands if they touch bag

Place sunscreen into pallet

Remove disposable spatula from bag

Applies sunscreen to hands, apply to face (spread to upper lip area last use double bracing technique)

Remove goggles from client, place on clean pallet

Dispose of all products, implements etc into appropriate bag

Sanitize hands

Stand back

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination. Please do nothing until the next verbal instructions are given.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have turned the hand:

*“Please stop working. Please do nothing until the next verbal instructions are given.”*

**Proctor – Verbal Instructions:** Read to all candidates:

***“You will breakdown your work area and dispose of supplies used in the previous sections of the examination.”***

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### **Break down of work station only** **Sanitize hands**

*You will be expected to follow all client protection, safety and infection control procedures.”*

### **Break down of work station only**

#### **5.9 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

- Sanitize hands
- Remove drape towel, place in soiled linens bag
- Remove facial cap from mannequin, place in trash bag
- Sanitize hands
- Discharge all single use items in appropriate bag
- De glove
- Sanitize hands
- Step back
- Remember Do not touch your uniform, hair, glasses, etc.
- Disposes all **single use/disposal item** should be place into the brown paper bag labeled Trash only (All plastics bags from product and disposable hair cap supplies)
- Disposes all reusable implements and supplies should be place into brown bag labeled **Items to be disinfected (pallet and eye goggles) – Disinfected/Sterilization**
- Disposes all used linens should be place into brown bag labeled

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Patient #2 - Work Area & Client Preparation & Set Up of Universal Supplies/ Ultrasonic Treatment of Forehead and Upper Lip/ Beta Hydroxy Acid (BHA) Treatment/ Microcurrent Treatment to Upper Orbicularis Oculi / Body Treatment – Dry Exfoliation and Mud Mask /Blood Exposure Procedure.

Soiled linens (Body drapes Towels) - Laundered

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### **Onsite Instruction**

ME Week 1- 13A - #450 IECT Practical Facial

ME Week1- 13B - #460A State Board Facial

### **Onsite Procedures**

Advanced Treatments

Microdermabrasion

Chemical Exfoliation

Lymphatic Drainage Treatment



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### Patient #2 –

#### 5. Work Area & Client Preparation & Set Up of Universal Supplies EXAMINATION UNIVERSAL/GENERAL SUPPLIES

- mannequin head (MUST have a décolletage)
- candidate supply kit to serve as dry storage area (must be closeable)
- hospital grade (level), EPA-registered disinfectant with manufacturer's label that demonstrates bactericidal, fungicidal and virucidal properties must be used (must be actual disinfectant)
- hand sanitizer and manufacturer's label (must be actual hand sanitizer)
- container labeled "items to be disinfected"
- container labeled "soiled linens"
- container labeled "trash"
- first aid kit
- cloth and paper towel(s)
- tissues
- cotton rounds
- sponges
- gauze pads
- disposable applicators
- disposable protective gloves
- spatula(s)
- container of water (if needed)
- degreaser/prep solution
- sunscreen

6.1 Disinfects all work areas completely with product labeled in English as EPA-registered, hospital-grade disinfectant

- **Sanitize Hands**
- **Glove hands**  
Move mannequin to the side of table/ workstation/ away from where you will be disinfecting.

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#### Onsite Instruction

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- **Move Citrus 2 container, hand sanitizer /anti-bacterial gel, first aid kit, to the area where client #1 was on work station (where client #1 was)**
- Remove disinfecting wipe for container
- Wipe area where the universal items were with a Citrus 2 wipe  
Remove a second Citrus 2 from container  
Wipe entire bottle of Citrus 2 and hand sanitizer/ anti-bacterial gel, and first aid kit
- Place each item on (Citrus 2 container, hand sanitizer / anti-bacterial gel) disinfected area of table  
Remove Citrus 2 wipe from container and wipe on opposite side of workstation
- 

6.2 Sanitizes hands with product labeled in English

- Sanitize hands
- Begin Setup all Supplies for client #2.  
Place plastic bags into table/ workstation

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**Onsite Instruction**  
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**Onsite Procedures**



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- Remove universal supplies from plastics bags
- Set up all Client#2 supplies
- Disposes the plastics bag into brown bag labeled trash only

6.3 Universal supplies are labeled in English **Reminder**

- **De glove**
- Be sure all set up supplies for client #2 are on table

6.4 Applies new protective covering to model's hair and body

- Sanitize hands
- **Apply gloves**
- Sanitize hands
- Setup Client on work area
- Sanitize Hands
- Apply Body Drape
- Sanitize hands
- Apply hair cap, fix hair under cap
- Sanitize hands

6.5 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

- Disposes all **single use/disposal item** should be place into the brown paper bag labeled Trash only (All plastics bags from product and disposable hair cap supplies) – Land field
- Disposes all reusable implements and supplies should be place into brown bag labeled **Items to be disinfected** (pallet and eye goggles) – Disinfected/Sterilization
- Disposes all used linens should be place into brown bag labeled Soiled linens (Body drapes Towels) - Laundered



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### 6. Ultrasonic Treatment of Forehead and Upper Lip

#### ULTRASONIC TREATMENT OF THE FOREHEAD AND UPPER LIP SUPPLIES

- ☐ hand piece with at least a 4 ft. cord
- ☐ wristband (may be simulated)
- ☐ eye protection
- ☐ ear protection
- ☐ cleanser

#### 7.1 **Move Ultrasonic treatment supplies near to you**

#### 7.2 Implements and supplies are visibly clean

Sanitize hands

Applies goggles to client

Remove pallet from bag Sanitize hands

Remove product pallet from bag

Attaches wristband to model (right

shoulder)

Apply ear protection to client

Sanitize hands

Pour solution into pallet

Remove gauze from bag

Applies solution to the area to be treated. Double brace on upper lip area

Remove gauze from bag pick up ultrasonic modality

Perform horizontal strokes across forehead with gauze. Cord must be attached to hand piece

#### 7.7 Performs vertical strokes across forehead. Cord must be attached to hand piece



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**7.8 Performs strokes in a downward motion 45° across the upper lip. Use bracing method for upper lip**

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### **Onsite Instruction**

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ME Week1- 13B - #460A State Board Facial

### **Onsite Procedures**



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Place hand piece in items to be disinfected bag  
Remove gauze from bag

7.9 Removes residual product (**double brace around eyes and mouth**)

7.10 Remove wristband from model, place in items to be disinfected bag

7.11 Sanitize Hands

7.12 Dispose of used products and pallet

7.13

Remove goggles from client, place on clean pallet

De glove

Sanitize hands , Stand Back

7.14 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

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Week 1- 13A - #450 IECT  
Practical Facial ME  
Week1- 13B - #460A State  
Board Facial

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## Advanced Epidermal Cell Therapy Facial *Epidermal Cell Therapy*

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### 7. Beta Hydroxy Acid (BHA) Treatment

#### BETA HYDROXY ACID (BHA) TREATMENT SUPPLIES

- ☐ occlusive product
- ☐ degreaser/prep solution
- ☐ eye protection
- ☐ neutralizer

8.1 Betahydroxy acid (BHA) treatment supplies are labeled in English

8.2 Implements and supplies are visibly clean

8.3 Candidate wears gloves

**Move products close to you**

Sanitize Hands

**Glove hands with blue nitrile gloves**

**Sanitize hands**

Remove pallet from bag

Place degreaser/prep solution into pallet

Place goggles on client

Remove gauze from bag

8.4 Applies degreaser/prep solution to client

8.5 Remove disposable spatula from bag

Place occlusive product into pallet

Remove goggles from eyes place on clean pallet

Remove disposable spatula from bag



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### **Onsite Instruction**

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### **Onsite Procedures**

|                              |   |
|------------------------------|---|
| Advanced Treatments          | 2 |
| Microdermabrasion            |   |
| Chemical Exfoliation         | 6 |
| Lymphatic Drainage Treatment |   |



## Advanced Epidermal Cell Therapy Facial *Epidermal Cell Therapy*

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- 8.6    Apply occlusive barrier around eyes using double bracing technique  
Sanitize hands  
**Apply goggles to client**  
Remove disposable spatula from bag  
Apply occlusive barrier around lips and corners of nose  
Sanitize hands  
Pour BHA into pallet  
Remove applicator swabs from bag  
Dip swabs into BHA and roll swabs on side of pallet to remove excess solution
- 8.7    Apply the BHA solution to the entire face by **rolling swabs (not sliding)**  
begin at chin by jaw, moving up face working to the  
perimeter to middle of face Place swabs into trash bag  
**Remove gloves, place in trash bag.**  
**Sanitize hands, re glove**  
Place neutralizer into pallet  
Remove gauze from bag  
Neutralize treatment area  
Items to be disinfected, soiled linens, and trash are disposed of in a
- 8.8    correct manner throughout section
- 8.9    Sanitize hands  
Discharge pallet into items to be disinfected bag  
**Examiner will read remove residue from face**  
  
Remove goggles and both pallets and place in items  
to be disinfected bag  
Remove gauze from bag  
Remove residue from face (lips and nose 1<sup>st</sup>), then eyes double bracing



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ME Week1- 13B - #460A State Board Facial  
**Onsite Procedures** \_\_\_\_\_



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### **Double brace around nose, mouth and eyes**

Remove Gloves

Sanitize hands

Step back

Disposes all **single use/disposal item** should be place into the brown paper bag labeled Trash only (All plastics bags from product and disposable hair cap supplies)

Disposes all reusable implements and supplies should be place into brown bag labeled Items to be disinfected (pallet and eye goggles) – Disinfected/Sterilization

- Disposes all used linens should be place into brown bag labeled Soiled linens (Body drapes Towels) - Laundered



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### 8. Microcurrent Treatment to Upper Orbicularis Oculi

#### MICROCURRENT TREATMENT TO UPPER OBICULARIS OCULI SUPPLIES

- ☐ conducting probes with at least a 4 ft. cord (may be simulated)
- ☐ conducting gel

9.1 Microcurrent treatment supplies are labeled in English

9.2 Implements and supplies are visibly clean

9.3

9.4 Put on new gloves

9.5

**Move products close to you**

**Sanitize hands**

**Place new clean goggles on client**

**Place clean universal clean pallet onto work area.**

Remove product pallet from bag

Place conducting gel into product pallet

Remove cotton swab from bag

9.6 Apply conducting gel/lotion to upper right brow area, above and below brow hair

Throw swab in trash bag

Remove disposable spatula and

Microcurrent modality from bag

9.7 Apply conducting gel with disposable spatula to tips of Microcurrent modality Do not double dip

9.8 Begin treatment at the corrugator muscle moving from the beginning of the eye brow moving toward the outer area of the eyebrow. **Do not move fast**

**Hold at center of eyebrow and end of eyebrow**

Cord must be attached to hand piece.



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**Place hand piece into items to be disinfected bag**

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### **Onsite Instruction**

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ME Week1- 13B - #460A State Board Facial

### **Onsite Procedures**



## Advanced Epidermal Cell Therapy Facial *Epidermal Cell Therapy*

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Place sunscreen into pallet

Remove disposable applicator from bag and use to pick up sunscreen. Apply to hands

9.9 Apply sunscreen to face. **Apply to upper lip area last using double bracing technique**  
Remove goggles, Sanitize hands, step back

9.10 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

- Disposes all **single use/disposal item** should be place into the brown paper bag labeled Trash only (All plastics bags from product and disposable hair cap supplies)
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**Onsite Instruction**  
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**Onsite Procedures**  
Advanced Treatments  
Microdermabrasion  
Chemical Exfoliation  
Lymphatic Drainage Treatment



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### 9. Body Treatment – Dry Exfoliation and Mud Mask

#### **BODY TREATMENT – DRY EXFOLIATION AND MUD MASK SUPPLIES**

- ☐ mud mask
- ☐ plastic wrap (trash bag)
- ☐ steam towel
- ☐ dry exfoliator
- ☐ hydrating product

10.1 Body treatment supplies are labeled in English

10.2 Implements and supplies are visibly clean

Place goggles on  
client eyes

Remove towel from client chest, discharge into soiled linens bag

Sanitize hands

**Remove brush from bag. If using brush with wood handle place it in trash**

**after use. If brush is non porous (disinfectable and synthetic bristles) place in items to be disinfected bag after use**

10.3 Dry exfoliate the décolletage

Discard brush or implement appropriate bag

Place mud mask into pallet.

Remove disposable applicator from bag

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Onsite Procedures \_\_\_\_\_



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.Apply mud mask to sponge applicators with disposable spatula, place spatula in trash bag

### 10.4 Apply mask to client chest

**If using brush with wood handle place it in trash after use. If brush is non porous (disinfectable and synthetic bristles) place in items to be disinfected bag after use**

Discharge sponge applicators into appropriate bag

Place the plastic wrap (trash bag) over mud mask

Remove wrap from model discard into trash bag

Remove wet steam towel, wring over trash bag, and test temperature on wrist Place on client's chest and remove mud mask

Discard towel into soiled linens bag

Sanitize hands

Place hydrator into pallet

Remove disposable spatula from bag

Apply hydrator to spatula, then to hands

Distribute into hands then place on chest and smooth over chest area

Remove client goggles, place on clean pallet

Dispose of universal items, product, and product pallet

De glove

Sanitize hands

Step back

### 10.6 Items to be disinfected, soiled linens, and trash are disposed of in a correct



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**manner throughout section**

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### **Onsite Instruction**

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### **Onsite Procedures**

|                              |   |
|------------------------------|---|
| Advanced Treatments          | 2 |
| Microdermabrasion            |   |
| Chemical Exfoliation         | 1 |
| Lymphatic Drainage Treatment |   |



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- Disposes all **single use/disposal item** should be place into the brown paper bag labeled Trash only (All plastics bags from product and disposable hair cap supplies) – Land field
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### 10. Blood Exposure Procedure

#### BLOOD EXPOSURE PROCEDURE SUPPLIES

- ☐ bag for disposal of blood-contaminated materials
- ☐ antiseptic wipes (pre-saturated wipes)
- ☐ bandage
- ☐ plastic zip lock bag
- ☐ disposable spatula (prevent cross contamination of products, implements, and supplies)

#### 11.1 Blood exposure supplies are labeled in English

- **First kit remains on table/ work station/ work station** (remains on table/ work station/ work station)
- **Sanitize hands**
- **Glove hands Gloving with blue nitrile gloves**
- **Sanitize hands (before touching first aid kit)**
- **Move first aid kit close to you should be out on the table/ work station/ work station**

#### 11.2 Removes materials from first aid kit

- **Sanitize hands (before opening first aid kit)**
- **Cover client eyes with goggles**
- **Remove new product pallet from bag**
- **Begin removing supplies from first aid kit, place antiseptic wipe and (dressing) band aid onto clean pallet (plastic zip lock bag on table and open making sure the opening remains open**
-



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11.3 Supplies and materials are visibly clean

- **Supplies (antiseptic wipe, and bandage) are on pallet**
- **Sanitize hands**

11.4 Candidate wears gloves

- **Please keep on gloves while performing the blood exposure procedure**

11.5 Cleans injured area with antiseptic

**Remember Do not touch (“dispose of single use item “blood-contaminated materials” plastic zip lock bag, after you set it up.) In case you do please re sanitize hands.**

- **Sanitize hands**
- **Open antiseptic wipe and immediately dispose of wrapper in your (“dispose of single use item “blood-contaminated materials” plastic zip lock bag on work area (which should be secure in an upright position and remains open).**
- **Note:** Remove excess antiseptic solution from pre-saturated wipes (wring out) into pallet or (“dispose of single use item “blood-contaminated materials” plastic zip lock bag.  
**Cleans injured area with antiseptic - apply antiseptic with a dabbing or patting technique over entire area of the minor cut on the forehead while holding the skin taut (i.e). except in eyes, nostrils/nose, mouth, and ears) while holding the skin taut**
- **Dispose into (“dispose of single use item “blood-contaminated materials” plastic zip lock bag**
- **Sanitize hands**

11.6 Cover injured area with (dressing) band aid that is absorbent and secure to forehead. Place tabs and wrapper into bag on table

11.7 Sanitize hands



## Advanced Epidermal Cell Therapy Facial *Epidermal Cell Therapy*

Patient #1 - Work Area & Client Preparation & Set Up of Universal Supplies/ Cleansing of the Face with Product/ Manual Lymphatic Drainage/ Particle Microdermabrasion on the Forehead/ LED Treatment/

Patient #2 - Work Area & Client Preparation & Set Up of Universal Supplies/ Ultrasonic Treatment of Forehead and Upper Lip/ Beta Hydroxy Acid (BHA) Treatment/ Microcurrent Treatment to Upper Orbicularis Oculi / Body Treatment – Dry Exfoliation and Mud Mask /Blood Exposure Procedure.

ME Week1- 13B -  
#460A State Board  
Facial

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## Advanced Epidermal Cell Therapy Facial *Epidermal Cell Therapy*

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### 11.8 Disposes of all contaminated supplies

- Place pallets and goggles into appropriate bag. (Items to be disinfected)
- **Remove gloves** (According to de gloving skill) and drop into (“dispose of single use item “blood-contaminated materials” plastic zip lock bag  
Seal (“dispose of single use item “blood-contaminated materials” plastic zip lock bag  
Discharge zip lock bag into trash bag
- Sanitize hands
- **Step back**
- Remember to place disposable items/supplies in the (“dispose of single use item “blood-contaminated materials” plastic zip lock bag, before place it in trash
- Disposes all **single use/disposal item** should be place into the brown paper bag labeled **Trash only** (All plastics bags from product and disposable hair cap supplies)
- Your closed first aid kit should still be on the table/ work station/ work station/ work station
- Sanitize hands step back to indicate you have finished.

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#### Onsite Instruction

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#### Onsite Procedures

|                              |   |
|------------------------------|---|
| Advanced Treatments          | 3 |
| Microdermabrasion            |   |
| Chemical Exfoliation         | 3 |
| Lymphatic Drainage Treatment |   |



## Advanced Epidermal Cell Therapy Facial *Epidermal Cell Therapy*

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|    | <b>Master Esthetics Practical</b>                            | <b>Number of Exams</b> | <b>S</b> | <b>U</b> |
|----|--------------------------------------------------------------|------------------------|----------|----------|
| #  | <b>Section Title</b>                                         | <b># Questions</b>     |          |          |
| 1  | <b>Work Area, Client Preparation And Set Up</b>              | 5                      |          |          |
| 2  | <b>Cleansing Of The Face</b>                                 | 8                      |          |          |
| 3  | <b>Manual Lymphatic Drainage</b>                             | 8                      |          |          |
| 4  | <b>Particle Microdermabrasion On The Forehead</b>            | 12                     |          |          |
| 5  | <b>Led Treatment</b>                                         | 9                      |          |          |
| 6  | <b>Work Area, New Client Prep, Set Up</b>                    | 5                      |          |          |
| 7  | <b>Ultrasonic Treatment Of Forehead And Upper Lip</b>        | 10                     |          |          |
| 8  | <b>Beta Hydroxy Acid (BHA) Treatment</b>                     | 9                      |          |          |
| 9  | <b>Microcurrent Treatment To The Upper Orbicularis Oculi</b> | 7                      |          |          |
| 10 | <b>Body Treatment - Dry Exfoliation And Mud Mask</b>         | 6                      |          |          |
| 11 | <b>Blood Exposure</b>                                        | 7                      |          |          |
|    |                                                              |                        |          |          |

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**Onsite Procedures**  
Advanced Treatments  
Microdermabrasion  
Chemical Exfoliation  
Lymphatic Drainage Treatment



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|   | Master Esthetics Theory              | Number of Exams | S | U |
|---|--------------------------------------|-----------------|---|---|
| # | Section Title                        | # Questions     |   |   |
| 1 | Scientific Concepts                  | 30              |   |   |
| 2 | Esthetics Advance Practices Services | 70              |   |   |
| 3 | State Law                            | 10              |   |   |
|   |                                      |                 |   |   |

The following outlines the scope of content covered by the NIC Virginia-specific Esthetics AP Theory Examination. The percentages represent the percentage of items from each domain. The examination is comprised of 110 items of which 100 items are weighted and contribute to the candidate's final score.

### I. SCIENTIFIC CONCEPTS

#### A Apply Knowledge of Infection Control Procedures

- 1 Identify how disease and infection are caused (e.g., viral, bacterial, parasitical, fungal)
- 2 Identify how disease and infection are transmitted (e.g., direct/indirect contact, communicable, cross-contamination)
- 3 Recognize purpose and/or effect of infection control principles
  - a. Determine levels of infection control (i.e. cleansing/sanitation, disinfection, sterilization)
  - b. Determine methods of infection control (e.g. chemical, heat)
  - c. Demonstrate blood exposure and contact incidence and response

#### B Apply and demonstrates knowledge of safety practices in:

- 1 Procedure environment
- 2 Products, ingredients and equipment
- 3 Protocols

#### C Apply knowledge of products and ingredients

- 1 Recognize purpose and effects
- 2 Interpret labeling

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**D Recognize intrinsic and extrinsic factors and their effects on the skin (e.g. hormonal, environmental)**

### **II. SERVICES**

#### **A 1 Apply knowledge for protocol development**

- 1 Identify procedure environment
  - a. Clinical
  - b. Spa
  - c. Home
- 2 Determine contraindications for protocol
- 3 Document protocol

#### **B 2 Apply knowledge of exfoliation procedures**

- 1 Recognize purpose and effect of methods
  - a. Chemical (e.g., alpha and beta hydroxy, TCA, enzymes)
  - b. Physical (e.g. microdermabrasion, ultrasonic)
- 2 Determine product or machine selection
- 3 Demonstrate competent use of products and machines

#### **C Apply knowledge of extraction procedures**

- 1 Determine method of extraction
- 2 Competent use of implement (e.g., comedone extractor, lancet)

#### **D Apply knowledge of lymphatic drainage**

- 1 Recognize purpose and effect of methods
- 2 Determine method of lymphatic drainage (e.g., manual, machine-aided)
- 3 Demonstrate competent lymphatic drainage

#### **E Apply knowledge of hair removal procedures**

- 1 Recognize purpose and effect of methods (e.g., waxing, sugaring)
- 2 Determine considerations for body region (e.g., ears, Brazilian, underarm)
- 3 Determine product selection
- 4 Competent product application and removal

#### **F Apply knowledge of body treatments (e.g., body wraps, body scrubs, hydrotherapy)**

- 1 Recognize purpose and effect of methods
- 2 Determine product selection
- 3 Demonstrate product application and removal

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### **G Apply knowledge of LED procedure**

- 1 Recognize purpose and effect of methods (e.g., red and blue)
- 2 Determine color selection
- 3 Demonstrate product application and removal
- 4 Demonstrate competent use of machine

### **H Apply knowledge of aromatherapy treatment**

- 1 Recognize purpose and effect of products (e.g., essential oils, botanicals)
- 2 Recognize competent use of product and application

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### *Practical Performance Completion Form Daily Grade*

|                                                                                                |            |
|------------------------------------------------------------------------------------------------|------------|
| 18 VAC 41-70-200. Practical performance requirements.                                          |            |
| A. The curriculum for estheticians shall include the following minimum practical performances: |            |
|                                                                                                |            |
| <b>Epidermal Cell Therapy Corrective Advanced Treatment</b>                                    |            |
| Advanced treatments                                                                            | /40        |
|                                                                                                |            |
| <b>Epidermal Cell Therapy Signature Microdermabrasion Treatment</b>                            |            |
| Microdermabrasion treatments                                                                   | /50        |
|                                                                                                |            |
| <b>Epidermal Cell Therapy Signature Chemical Exfoliation Treatment</b>                         |            |
| Chemical Exfoliation treatments                                                                | /75        |
|                                                                                                |            |
| <b>Epidermal Cell Therapy Signature Lymphatic Drainage Treatment</b>                           |            |
| Lymphatic Drainage                                                                             | /50        |
|                                                                                                |            |
| <b>TOTAL</b>                                                                                   | <b>215</b> |

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Student Print Name \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor Print Name \_\_\_\_\_ Date \_\_\_\_\_

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

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