FACIAL TREATMENTS

• Preservative—maintaining the health of the facial skin by cleansing correctly, increasing circulation, relaxing the nerves, and activating skin glands and metabolism through massage

• Corrective—correcting some facial skin conditions such as dryness, oiliness, comedones, aging lines, and minor conditions of acne

FACIAL TREATMENTS

• Skin analysis determines
  • products to be used.
  • areas needing special attention.
  • amount of pressure to use in massage.
  • equipment to be used.

• Special problems
  • Dry skin
  • Oily skin and blackheads
  • Acne
  • Skin diseases and disorders

FACIAL TREATMENTS

• Guidelines for facial treatments
  • Provide quiet atmosphere.
  • Maintain neat and sanitary work area.
  • Use a spatula to remove products.
  • Follow systematic procedures.
  • Warm hands before touching client.
  • Keep nails smooth and short.
  • Always perform skin analysis.

BASIC CLASSIFICATION & CHEMISTRY OF SKIN CARE PRODUCTS

– Cleansing products
– Steamer
– Exfoliants / Scrubs
– Massage creams
– Treatment
– Tonic lotion
– Moisturizers
– Intensive care products

CLEANSING PRODUCTS

Cleansers: lotion, foaming
• Face wash: for oily skin
• Cleansing lotion: for slightly dry skin
• Cleansing cream: for dry or sensitive skin

Exfoliants: removal of excess dead cells from the skin surface

Mechanical exfoliants: microdermabrasion and micro diamondabrasion
Chemical exfoliants alpha hydroxy acids or beta hydroxy acids; enzyme peels
Tonic Lotion

- **Functions**
  - They remove excess cleanser and residue.
  - They have a low pH, helping to restore skin's natural pH after cleansing.
  - They have a temporary tightening effect on skin and follicle openings.

- **Tonic Lotion Strengths**
  - *Fresheners* (sensitive or dry skin): alcohol (0-10%), water base and humectants
  - *Tonics* (normal, combination oily, combination dry skin): alcohol (up to 20%), water and humectants
  - *Astringents* (oily, combination oily skin; or acne): alcohol (20-60%), antiseptic, water and humectants

Exfoliation

**Mechanical Exfoliants**
- Benefits of dead surface cell removal
  - Skin appears smoother.
  - Extraction of clogged pores is easier.
  - Lower-level cells come to surface.
  - Moisturizers are delivered deeper.
  - Application of makeup is easier.
  - Blood flow to skin surface is stimulated.

- **When to Avoid Mechanical Exfoliation**
  - Skin with visible capillaries
  - Thin skin that reddens easily
  - Older skin that is thin and bruises easily
  - Skin being medically treated
  - Acne-prone skin with inflamed papules and pustules

**Microdermabrasion**
- This involves "shooting" aluminum oxide or other crystals at the skin with a special handheld device that exfoliates dead cells.
  - Dead cells are picked up by a vacuum attached to the device.

**Chemical Exfoliants**
- **Enzyme Peels**
  - Combination enzyme and mechanical peeling
  - Powdered enzyme and mechanical peeling
- **Conditions Appropriate for Enzyme Peels**
  - Oily, clogged skin with blackheads and minor acne
  - Dry or dehydrated skin with cell buildup
  - Dull, lifeless-looking skin

- **Clients who desire smoother skin appearance or more even surface for makeup application**
  - **AlphaHydroxy acids**
    - Glycolic acids
    - Lactic acids
    - Used after 5% to 10% concentration gel, lotion, or cream
### TREATMENT and MASSAGE CREAMS

**Purpose and qualities**
- Hydrate and condition skin during night
- Heavier consistency and texture than moisturizers
- Emollient content based on skin type
- Lubricants

**Moisturizers**
- Are water-based emulsions.
- Absorb quickly without leaving residue on skin.

### Masks and Packs Treatment
- Clay, kaolin, silica, paraffin wax and gypsum
  - **Clay-based masks** (sulfur): for oily and combination oily skin. Stimulate circulation, temporarily contract skin pores.
  - **Cream masks** (treatment cream): for dry skin
  - **Gel**: for sensitive skin
  - **Alginate**: seaweed based
  - **Paraffin wax masks**: are used with a treatment cream, deeper penetration

### INTENSIVE CARE PRODUCTS

**Paraffin wax masks**
- Melted before application
- Cool and harden to a candle-like consistency
- Used with treatment cream
- Allow for deeper penetration of treatment creams
- Eye pads and gauze used

**Modelage masks**
- Mix with cold water.
- Apply about ¼ inch thick.
- Product reaches a temperature of 105 degrees.
- Heat increases circulation.
- Avoid massage prior to modelage masks.
- Do not apply to lower neck.
- Use with treatment cream.

**Sulfur masks**
- Contain sulfur as their most important ingredient.
- Reduce sebum production.
INTENSIVE CARE PRODUCTS

- **Custom-designed masks**
  - Made from vegetables, milk, yogurt, or eggs
- **Packs**
  - remain soft and creamy.
  - condition sensitive skin.
  - have excellent hydrating properties.
  - are applied with mask brush.

INTENSIVE CARE PRODUCTS

- **Ampules**
  - are applied after cleansing and exfoliation.
  - are applied with light massage movements.
  - are applied under night or massage cream.
  - are available for a wide variety of skin types.
  - deliver highly concentrated ingredients.

CLIENT CONSULTATION

- **Record-keeping**
  - Record date and type of service being provided.
  - Recommend services and products beneficial to client.
  - Clarify the importance of a proven skin care regimen.

Classifications of Skin Types

- **Normal**: very soft smooth surface.
- **Dry (alipidic)**: lack of moisture. Pores very small
- **Oily**: too much sebum. Large pores
- **Combination dry**: medium pores down center of face
- **Combination oily**: large pores down center of face, extending to the outer cheeks
- **Acne**: very large pores in all area

CLIENT CONSULTATION

- **Skin conditions**
  - **Comedones**—also known as blackheads; result from oily skin not being cleansed properly; sebum and dead cells can clog pores and result in comedones
  - **Sensitivity**—can occur in all skin types; can be caused by air pollution, chemicals in water, and preservatives in food

CLIENT CONSULTATION

- **Skin conditions**
  - **Dehydration**—result of insufficient amounts of water in the body; caused by insufficient fluid intake, too much sun or drying cosmetics
  - **Mature and Aging Skin**—loose, wrinkled, and/or lined skin
CLIENT CONSULTATION

• Skin abnormalities
  – Sebaceous gland and hair follicle—comedones, papules, pustules, and ingrown hairs
  – Capillaries—dilated capillaries; also known as rosacea
  – Pigmentation—freckles, liver spots, moles, pregnancy mask, vitiligo

CLIENT CONSULTATION

• Skin abnormalities
  – Corneum Layer—hyperkeratosis and psoriasis
  – Connective tissue—indicated by skin tags, scars, or keloids
  – Others—warts, cold sores, herpes simplex, and so on

FACIAL MASSAGE

Physiological effects of massage

• Relaxation—achieved through light but firm, slow, rhythmic movements over motor points for a short time

FACIAL MASSAGE

• Basic massage
  – Its impact depends on the pressure, direction of movement, and duration of manipulation.
  – Direction of movement starts from the insertion of the muscle toward its origin.
• **Effleurage**—Light, continuous stroking applied with finger or palms in slow, rhythmic manner

• **Petrissage**—kneading movement; performed by lifting, squeezing, and pressing the tissue with a light, firm pressure
  - **Fulling**—a form of petrissage wherein tissue is grasped, gently lifted, and spread out; used mostly for arms

• **Friction**—deep rubbing movement, in which pressure is applied on skin with finger or palm while moving it over an underlying structure

• **Chucking**—grasping the flesh firmly in one hand, and moving the hand up and down along the bone, while other hand keeps arm or leg in a steady position

• **Rolling**—pressing and twisting tissues with a fast back and forth movement

• **Wringing**—vigororous movement in which hands apply a twisting motion against the bone in opposite directions

• **Tapotement or Percussion**—consists of short, quick tapping, slapping, and hacking movements; should be applied with care and discretion; tones muscles and imparts a healthy glow

• **Hacking**—chopping movement performed with edges of hands (like Karate chop)

• **Vibration**—rapid shaking of body part while balls of fingertips are pressed firmly on point of application; accomplished by rapid muscular contractions in arms
FACIAL MASSAGE

- **Benefits of proper facial and scalp massage**
  - Skin and structures are nourished.
  - Skin becomes softer and more pliable.
  - Blood circulation is increased.
  - Activity of skin glands is stimulated.
  - Muscle fibers are stimulated and strengthened.
  - Nerves are soothed and rested.
  - Pain may be relieved.

ELECTROTHERAPY

- **Electrotherapy**—facial treatments using electric facial machines and small electrical appliances
- **Electrode**—applicator for directing the current from the device to the client’s skin

ELECTROTHERAPY

- **Modalities**—currents used in electrical facial and scalp treatments
  - **Galvanic current**—most commonly used; produces significant chemical changes

ELECTROTHERAPY

- **Faradic and sinusoidal currents**—produce impulses on the muscles and force them to contract
- **High-frequency current**—has a germicidal effect; beneficial for acne-prone skin; stimulates skin and increases blood supply

ELECTROTHERAPY

- **Application of galvanic current**
  - Active electrode is the one used on area being treated.
  - Plug black cord into metal roller or flathead stick electrode.
  - Passive electrode is the one not used on the client’s face.

ELECTROTHERAPY

- **Desincrustation**
  - Active electrode is wrapped in cotton moistened with electrolyte.
  - Client holds passive electrode in right hand.
**ELECTROTHERAPY**

- **Desincrustation**
  - Active electrode is placed on client's face and moved slowly over oily areas of face for three to five minutes.
  - All liquefied sebum is removed from skin before facial continues.

- **Iontophoresis**
  - Negative pole forces negatively charged ions into skin— anaphoresis.
  - Positive pole forces positively charged ions into skin—cataphoresis.

**Application of faradic and sinusoidal current**
- Cathode is placed on insertion of muscle.
- Anode is placed on the origin of the muscle.
- Muscles contract 5 to 10 times each.

**Direct Application**
- Apply product to face.
- Use gauze if electrode won't move easily.
- Apply glass electrode to client's skin.
- Hold finger on glass electrode to prevent sparking.
- Remove finger once electrode is place on skin.

**Indirect application**
- Client holds tube electrode with metal coil inside.
- Cosmetologist massages face with own hands.
- Turn current on only after client has firm hold on electrode.
- Turn current off before removing electrode from client's hand.

**Application of High-Frequency Current**

**LIGHT THERAPY**

- Light therapy—refers to the application of light rays to the skin for treatment of disorders.
- Therapeutic lamp—has a dome-shaped reflector mounted on a pedestal with a flexible neck; rays from different types of light reflected by metal lining.

<table>
<thead>
<tr>
<th>Type of Light</th>
<th>Beneficial Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ultraviolet</td>
<td>Increases the elimination of waste products from the skin. Can be used to treat acne, psoriasis, and acne. Produces a tan.</td>
</tr>
<tr>
<td>Infrared</td>
<td>Heats and relaxes the skin. Stimulates blood flow and reduces inflammation. Increases metabolism. Increases production of collagen and oil deep penetration of oxygen and nutrients.</td>
</tr>
<tr>
<td>White Light</td>
<td>Relieves pain in the back of the neck and shoulders. Produces some chemical and geriatric effects. Reduces muscle tension.</td>
</tr>
<tr>
<td>Blue Light</td>
<td>Soothes nerves. Improves skin tone. Produces some chemical and geriatric effects. Good for cold cases of skin eruptions.</td>
</tr>
<tr>
<td>Red Light</td>
<td>Helps dry, scaly, irritated skin. Reduces muscle tension. Produces the desired effect.</td>
</tr>
<tr>
<td>10-12 mins, 15 inches</td>
<td>3-5 mins, 10-15 inches</td>
</tr>
</tbody>
</table>
AROMATHERAPY

• The therapeutic use of essential oils is known as aromatherapy

• Its purposes are to
  ▪ enhance physical well-being.
  ▪ enhance emotional well-being.
  ▪ enhance mental well-being.
  ▪ enhance spiritual well-being.
  
  – This requires proper training and knowledge of
    ▪ plants.
    ▪ essential oils.
    ▪ chemistry of oils.
    ▪ human anatomy and physiology.

• Common uses
  – Light a cinnamon candle in winter.
  – Spray well-diluted essential oils
    ▪ on self.
    ▪ in treatment room.
    ▪ on sheets and towels.
  – Add a few drops of essential oil into massage oil, cream, or lotion.

SUMMARY

• Facial services and manipulations massage must be used and applied in a definite way for a particular purpose.

• Ability to properly analyze the skin, and a knowledge of the correct products to be used.

• Practice is essential for you to develop these needed qualities. It’s important to create an atmosphere that is relaxed and tension-free when giving facials.

• Communicate well with your clients and gain their trust.