

# INTERMEDIATE MICRODERMABRASION TREATMENT

- ▶ **CLEANSE 1:** It is important to use a “milky cleanser” for all skin types and conditions. Do not add water, use the cleanser directly on the skin. Massage and manipulate for 1-2 minutes before adding water to the hands and fingertips. Once wet massage for another minute and remove with lukewarm water. “NO HOT TOWELS”. Dry skin well.
- ▶ **CLEANSER 2:** Select a skin specific cleanser after completing Cleanse 1. Perform the same steps found in Cleanse 1. Once completed remove with lukewarm water. “NO Hot Towels”.
- ▶ **TONER:** Use the appropriate toner for the client’s skin. It is better to use a cotton round, a dry 2x2 or 4x4 gauze. Once applied use fingertips to gently blend into the skin. Blend until the toner is absorbed.
- ▶ **MICRODERMABRASION TREATMENT:** Follow the below recommendations:

## FITZPATRICK I & II

CRYSTALS: Set for a moderate flow.

DIAMOND: Use 120 or 180 grit tip.

LIQUID: Mild setting, build to a moderate setting for movement of liquid.

NATURAL GRAINS: Set to a mild to moderate setting.

Vacuum Setting: 10-12 inches/Hg. All gauges read inches/Hg. Set between 10 and 12 on the gauge.

## FITZPATRICK III & IV

CRYSTALS: Set for a moderate flow.

DIAMOND: Use 120 or 180 grit tip.

LIQUID: Mild setting, build to a moderate setting for movement of liquid.

NATURAL GRAINS: Set to a mild to moderate setting.

Vacuum Setting: 8-10 inches/Hg. All gauges read inches/Hg. Set between 8 and 10 on the gauge.

## FITZPATRICK V & VI

CRYSTALS: Set for a moderate flow.

DIAMOND: Use 120 or 180 grit tip.

LIQUID: Mild setting, build to a moderate setting for movement of liquid.

NATURAL GRAINS: Set to a mild setting.

Vacuum Setting: 6-8 inches/Hg. All gauges read inches/Hg. Set between 6 and 8 on the gauge.

- ▶ **TONER:** Use a soothing, desensitizing, calming toner for a skin cool-down after the mechanical exfoliation. Apply a generous amount on a dry gauze or cotton pad to the face, neck, décolletage. Blend will using light massage movements with fingertips until toner is absorbed.
  
- ▶ **PAPAYA COMPLEX:** Apply a generous amount directly on dry skin. Massage for 1-2 minutes without water. After 2 minutes wet hands or use steam (5 minutes) 10-12 inches away from the face. Begin with fluid massage movements for another 2 minutes. Remove with a room temperature moistened towel. “No Hot Towels” when not using the “Skin Scrubber”.
  
- ▶ **SONIC SKIN SCRUBBER:** When using the sonic skin scrubber keep the skin moist at all times. Gently move over the skin with fluid movements. The movements should be from insertion to origin as well as moving towards the lymph nodes to help empty any accumulation. Once completed use a moistened room temperature towel.
  
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- ▶ **SERUM:** Apply a generous amount of a moisture serum + hyaluronic acid to rehydrate the skin (face, neck and décolletage).
  
- ▶ **MOISTURIZER:** Nourish the skin by applying an anti-inflammatory moisturizer along with moisture and lipid ingredients to maintain the skin’s balance.
  
- ▶ **HYDRATING MASK:** Apply an even application to the face, neck, and décolletage. Try Skin for Life’s Revitalizing Mint Mask, CryoAlgae, or Charcoal Mask. Leave on the skin for 5-minutes before removing. Maximum time is 10 minutes before removal. Remove with a room temperature moistened towel.
  
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- ▶ **SERUM:** Apply a generous amount of a vitamin C serum to rehydrate, improve skin integrity, and build proteins within the layers of the skin. Blend well.
- ▶ **MOISTURIZER:** Nourish the skin by applying an anti-inflammatory moisturizer along with moisture and lipid ingredients to maintain the skin's balance.
- ▶ **PHYSICAL SUNSCREEN:** Apply a generous amount to face, neck, and decolletage. Blend well. Ask the client to reapply every hour if outside 5-minutes or more.

## 60 minute treatment