

SIMPLE 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.
- ▶ **SERUM:** Apply a vitamin C serum “No Ascorbic Acid” use a soothing vitamin C blended serum. Skin for Life Vita C Peptide Serum is the perfect skin performance serum. It strengthens by using protein building ingredients.
- ▶ **MOISTURIZER:** The step to skin nourishment. Use a moisturizer that provides an anti-inflammatory response as well as a moisture and lipid reinforcement. This protects and maintains the skin’s surface integrity against daily free-radicals.
- ▶ **PHYSICAL SUNSCREEN:** The final step to skin protection. Use a generous amount if the client is going to be in and out of the sun 5 minutes or more.

30-40 minute treatment