Chapter 23
Facials
“A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.”

– Herm Albright
Objectives

- Explain the importance of skin analysis and client consultation.

- Understand contraindications and the use of health-screening forms to safely perform facial treatments.

- List and describe various skin types and conditions.

- Describe different types of products used in facial treatments.
Perform a client consultation.

Identify the various types of massage movements and their physiological effects.

Describe the basic types of electrical equipment used in facial treatments.

Identify the basic concepts of electrotherapy and light therapy techniques.
Skin Analysis and Consultation

- Analysis determines skin type, skin condition, and needed treatment.
- Consultation allows you to ask questions about client’s health and skin care history, and to advise client about needed home-care regimen.
Health Screening

• Used to determine if client has any contraindications that might prevent skin treatments
Contraindications

• Use of isotretinoin
• Pregnancy
• Metal bones or plates
• Pacemakers or heart irregularities
• Allergies
• Seizures or epilepsy
• Use of oral steroids
• Autoimmune diseases such as lupus
• Diabetes
• Use of blood thinners
• Obvious skin abnormalities
• When in doubt, don’t!
Health-Screening Form

- Client data
- Client occupation
- Medical conditions
- Medications taken
- Home-care regimen
- How referred to you
Treatment Records

• Kept separate from health forms

• Include client’s personal information, results of analysis, observations, retail products purchased, treatment dates.
Analysis Procedure

- Read form; discuss questions.
- Put on smock.
- Seat client.
- Drape hair.
- Remove jewelry.
- Recline client.
- Warm cleanser and apply.
- Apply cotton eye pads.
Determine Skin Type

• Examine with magnifying lamp.

• Observe visible pores.
  – Obvious pores = oily skin
  – Lack of pores = dry, or alipidic, skin
### Skin Types

<table>
<thead>
<tr>
<th>Skin</th>
<th>Signs of Skin Type</th>
<th>Conditions Associated with Skin Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry</td>
<td>Pores very small or not visible.</td>
<td>Tight, poreless-looking skin. May be dehydrated with fine lines and wrinkles, dry and rough to the touch.</td>
</tr>
<tr>
<td>Normal</td>
<td>Even pore distribution throughout the skin. Very soft smooth surface. Lack of wrinkles.</td>
<td>Normal skin is actually very unusual. Most clients have combination skin.</td>
</tr>
<tr>
<td>Combination Dry</td>
<td>Obvious pores down center of face. Pores not visible or becoming smaller toward the outer edges of the face.</td>
<td>May have clogged pores in the nose, chin, and center of the forehead. Dry, poreless toward outside edges of the face.</td>
</tr>
<tr>
<td>Combination Oily</td>
<td>Wider distribution of obvious or large pores down the center of the face extending to the outer cheeks. Pores become smaller toward edges of the face.</td>
<td>Comedones, clogged pores, or obvious pores in the center of the face.</td>
</tr>
<tr>
<td>Acne</td>
<td>Very large pores in all areas. Acne is considered a skin type because it is hereditary.</td>
<td>Presence of numerous open and closed comedones, clogged pores, and red papules and pustules (pimples).</td>
</tr>
</tbody>
</table>
Analysis of Skin Conditions

- Dehydration
- Hyperpigmentation
- Sensitive skin
  - Rosacea
  - Dilated capillaries (telangiectasias, couperose)
- Aging skin
- Sun-damaged skin
Skin Care Products

• Cleansers
  – Cleansing milk
  – Foaming cleansers

• Toners (fresheners or astringents)
  – Lower pH
  – Remove excess cleanser
  – Hydrate and soothe
Exfoliants

- Designed to exfoliate, or remove excess cells from, the skin surface
- Smoother, clearer skin after dead skin cell removal
Mechanical Exfoliants

- Granular scrubs: “bump off” dead cells
- **Gommages**: “erase” or roll off dead cells
- **Microdermabrasion**: uses electronic vacuum spray
Chemical Exfoliants

- Salon *alpha hydroxy acid* (AHA) exfoliants
  - Require home use for at least two weeks prior to salon application
When to Avoid Mechanical Peeling

• Skin with visible capillaries
• Thin skin that reddens easily
• Older skin if thin and bruises easily
• Skin being medically treated
• Acne-prone skin
Enzyme Peels

- Use keratolytic enzymes that dissolve keratin protein in surface cells
- Derived from papaya, pineapple, and beef by-products.
- Cream type
- Powder type
Proper Exfoliation

- Clogged and oily skin
- Skin roughness
- Moisture content and hydration
- Hyperpigmentation
- Uneven skin color
- Wrinkles and fine lines
- Poor elasticity
Moisturizers

- Help increase moisture content of skin surface
- Mixtures of humectants (hydrators/water-binding agents) and emollients (products that hold water in)
  - Dry skin contains more emollients
  - Oily skin contains fewer emollients
Moisturizers (continued)

- Sunscreens
- Night treatment products
- Serums and ampoules
- Massage creams
Masks

- Clay-based (oil-absorbing)
- Cream (contain oils and emollients)
- Gel (used for sensitive/dehydrated skin)
- Alginate (often seaweed-based)
- Paraffin (used with treatment creams)
Masks (continued)

- **Modelage**
- Gauze
# Consultation Card

## Intake Form

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Consultation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
<th>D.O.B.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>Occupation</th>
<th>Ref. by</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

## Contraindications

- 

## Medical History

- 

## Current Medication

- 

## Previous Treatments

- 

## Home Care Products used

### SKIN TYPE

- Oily
- Normal
- Dry (xerotic)
- Combination

### SKIN CONDITION

- Clogged pores
- Sensitive
- Dehydrated
- Mature

### Skin Abnormalities

- 

### Remarks

- 

## Facial Record

<table>
<thead>
<tr>
<th>Date</th>
<th>Type of Treatment</th>
<th>By</th>
<th>Products purchased</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/14</td>
<td>Cleansing, Peel, Relaxing Massage</td>
<td>Mary</td>
<td>Moisturizer with sunscreen</td>
</tr>
<tr>
<td>3/15</td>
<td>Cleansing, Peel, Modeling Mask</td>
<td>Mary</td>
<td>Cleanser, Toner</td>
</tr>
<tr>
<td>4/5</td>
<td>Cleansing, Peel, High Frequency indirect</td>
<td>Mary</td>
<td>Moisturizer, Foundation #7</td>
</tr>
<tr>
<td>4/26</td>
<td>Cleansing, Peel, Massage, Alginate Mask</td>
<td>John</td>
<td></td>
</tr>
<tr>
<td>5/13</td>
<td>Cleansing, Peel, Iontophoresis, Paraffin Mask</td>
<td>Mary</td>
<td>Night cream for dry skin, Lipstick #43</td>
</tr>
<tr>
<td>6/1</td>
<td>Cleansing, Peel, Relaxing Massage</td>
<td>Mary</td>
<td>Eye contour mask</td>
</tr>
</tbody>
</table>
Facial Massage

- Massage is the manual or mechanical manipulation of the head or body by rubbing, pinching, kneading, tapping, and other movements to increase metabolism and circulation, promote absorption, and relieve pain.
Practitioner Qualities

- Knowledge of anatomy and physiology
- Firm and sure touch
- Flexible hands
- Quiet temperament
- Self-control
- Filed and shaped nails
Basic Massage

• Begin at insertion.
• Move toward origin.
Massage Manipulations

- **Effleurage**
- **Petrissage**
- **Fulling**
Massage Manipulations

- Friction
  - Chucking
  - Rolling
  - Wringing

- **Tapotement** (percussion)
  - Hacking
Massage Manipulations (continued)

- Vibration
Physiological Effects of Massage

- Motor points
  - Varied locations
  - Relaxation
Benefits of Massage

- Skin nourishment
- Softness and pliability
- Increased blood circulation
- Gland stimulation
- Stimulated and strengthened muscle fibers
- Soothed and rested nerves
- Relieved pain
Facial Equipment

- Facial steamer
- Brushing machine
- Skin suction/cold spray
Electrotherapy and Light Therapy

• Types of electrotherapy: galvanic, high-frequency

• Not to be used on clients with metal implants, pacemakers, heart disease, epilepsy, pregnancy, high blood pressure, fever, infection, insufficient nerve sensibility, open or broken skin, fear of the procedure
Electrode

• An applicator for directing the electric current from the machine to the client’s skin

• Galvanic machines
  – Anode: positive
  – Cathode: negative
Galvanic Current

- **Desincrustation**: softens and emulsifies hardened sebum stuck in hair follicles
- **Iontophoresis**: penetrates water-soluble products that contain ions into the skin
Microcurrent

• A type of galvanic treatment that uses a very low level of electrical current. It has many applications in skin care and is best known for helping to tone the skin, producing a lifting effect for aging skin that lacks elasticity.
High Frequency

• An electrode is an applicator for directing electric current from machine to client’s skin.
  – Direct application: applied directly to skin
  – Indirect application: client holds electrode

• Discovered by Nikola Tesla; used to stimulate blood flow and help penetrate products; can be used for acne-prone skin because of its germicidal effect
Light Therapy

• Infrared lamps: used to heat skin and increase blood flow

• Light-emitting diode (LED): used to heal, minimize redness, warm lower-level tissues, stimulate blood flow, help acne-prone skin
Microdermabrasion

• A type of mechanical exfoliation that involves shooting aluminum oxide or other crystals at the skin with a hand-held device that exfoliates dead cells

• Produces fast, visible results

• Treats surface wrinkles and aging skin

• Requires extensive training
Facial Treatments

• Perservative: maintain health of facial skin

• Corrective: correct some skin conditions such as dryness, oiliness, comedones, aging lines, and minor conditions of acne
Facial Treatment Guidelines

- Speak quietly and professionally.
- Explain benefits and answer questions.
- Provide quiet atmosphere.
- Maintain clean environment.
- Follow systematic procedures.
- Warm hands.
- Keep nails smooth and short.
- Analyze skin.
Special Problems

- Dry skin: caused by insufficient flow of sebum
- Oily skin: caused by hardened masses of sebum in sebaceous glands
- Limited measures for acne: reducing oiliness; working under medical supervision
Consultation and Home Care

• Conduct in well-lighted area with mirror.

• Educate client about at-home and salon procedures.

• Organize products for retail and explain each.
Aromatherapy

- Use of essential oils that improves the efficacy of many skin care preparations
- Enhances physical, emotional, and mental well-being
Practical Class

- Facial Manipulations
- Chest, Back, Neck Manipulations
- Basic Facial
- Facial for Dry Skin
- Facial for Oily Skin
- Facial for Acne-Prone Skin
Summary and Review

• Explain skin analysis techniques and why they are important.

• What is a contraindication? List at least five examples.

• Why is it important to have every client complete a health-screening questionnaire?
The amount of **sebum** produced by the sebaceous glands determines the size of the **pores**.

**Anaerobic** bacteria that produce acne do not grow in the presence of **oxygen**.

The difference between closed and open **comedones** is the size of the follicle opening also known as the **ostium**.
Contraindication refers to a condition or medicine that would prevent having a particular service.
• Describe the differences between alipidic and oily skin.

• What is the difference between skin type and skin condition?

• Name and explain the different categories of skin care products.
Summary and Review (continued)

• What are the steps to completing a client consultation?
• Why is massage used during a facial?
• Name and briefly describe the five categories of massage manipulations.
• Name and describe two types of electrical machines used in facial treatments and explain why these machines add value to a facial.

• Who is not a good candidate for electrical current treatment? why?

• How can aromatherapy be used in the basic facial?
Congratulations!

You have completed one unit of study toward course completion.