

MC

BASIC FACIAL PROCEDURE

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You can ask if they would like a moisturizer last.

Please keep in mind that this is the BASIC facial procedure. There are many ways to change up this procedure.

For cleansing, you can use your hands or a brush. This will depend on your client's skin. You will have to determine what is best for their skin type. If the skin has broken capillaries, is inflamed, or very dry—it is not recommended to use the brush. The brush is great for oily skin as long as it is not inflamed.

While cleansing you may note how smooth or rough the client's skin is, if there is extreme dryness, whether they have breakouts, the firmness/sagginess, and whether they easily turn red from being touched.

When analyzing, look for pore size. Remember, larger pores mean oily skin, smaller pores will be dry skin. You will be looking for : oily congested skin with breakouts, dull, dry, aging skin, red or highly sensitive skin as well as fine lines and wrinkles.

Cover client's eyes and warn them a bright light will be turned on. You may move the head from side to side and touch the face as you analyze. This is a good time to talk to your client and tell them what you see, as well as ask them if they have any concerns.

Skin type is based on how much oil is produced by the skin. It is genetically determined, but can change over time. For instance, skin becomes dryer as we age. The skin type will determine what type of products you use. Skin will be normal, oily, dry or combination.

Skin conditions: acne, blackheads, whiteheads, wrinkles, sun damage, poor elasticity, rosacea, and dehydration.

You can perform extractions towards the end of the facial, this includes blackheads and whiteheads (milia). Never force an extraction!

If you notice the skin has a reddened appearance, or lots of broken capillaries, steam will be used judiciously or not at all. Also, use very little pressure if doing extractions of this type of skin so as not to do any more damage.

Do not exceed 10 minutes with the steam machine. It can actually inflame the skin and cause sensitivity.

When exfoliating, make sure you get it all removed. It will not feel nice to have a massage with the exfoliating scrub residue.

While the mask is on the client, you may perform the hand/arm massage. It should take 5 minutes for each arm. Then, it will be time to remove the mask.

Enjoy,

Mrs. M 😊