

# dermalogica professional treatments in a medical setting

## Dermalogica treatments using the bt-micro™ technology

**For a professional Dermalogica treatment center that offers bt-micro™ as an electrical modality, it is important to:**

1. Review the Consultation Card to provide an in-depth consultation of your patient/client's skin ensuring they are a candidate for treatment.
2. Ensure the skin is in optimum health to reduce possible complications.
3. Never leave your client unattended when using an electrical modality.
4. Use Dermalogica professional products that are suitable for the patient/client's current skin condition.
5. Directions and protocols may differ from machine to machine; always consult the manufacturer for exact protocols and product usage for your particular machine.
6. Incorporating ultrasound into all steps of the treatment could be too stimulating for the patient/client.

**Dermalogica treatment product recommendations for use with bt-micro™ therapy:**

### **Step-by-step cleansing- ultrasonic technology only:**

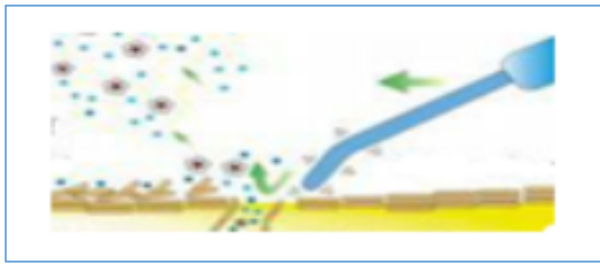
1. Select the prescribed Dermalogica Cleanser. Have either a cotton round or tissue in hand to wipe the blade from time to time.
2. When using the bt-micro™, select the Peel Option. Low setting for cleansing and/or sensitive skin; high setting for resistant skin and/or exfoliation.
3. Apply the blade at a 45 degree angle. Buttons should face up toward the therapist, periodically wipe debris off the blade. Hold the skin taught and begin on the neck and chest using light upward strokes covering all areas of the face and neck. When finished, turn off the ultrasonic blade.
4. Remove any remaining cleanser with sponges and clean water.
5. Perform the second cleanse using the prescribed Dermalogica cleanser. Remove with clean water and sponges.

### **Step-by-step exfoliation- ultrasonic technology only:**

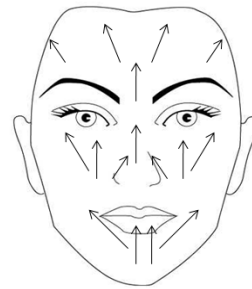
1. Turn on steamer. Complete a customized exfoliation according your patient's skin needs and level of reactivity. When using the bt-micro™, select the Peel Option low setting for cleansing and/or sensitive skin; high setting for resistant skin and/or exfoliation.
  - a. **Mild exfoliation** – In a jelly cup, mix ½ teaspoon of **Daily Microfoliant**® with water to form a loose foam. Add one pump of **Exfoliant Accelerator 35** or 1 applicator tube of **MultiVitamin Power Exfoliant** to form a smooth paste. Massage over the skin for 1-2 minutes and then complete the ultrasound routine.
  - b. **Medium exfoliation** – 1 applicator tube of **MultiVitamin Power Exfoliant** alone or add one pump of **Exfoliant Accelerator 35**. Massage over the skin for 2-3 minutes and then complete the ultrasound routine.

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- c. **Deeper exfoliation** – Apply one or two pumps of **Exfoliant Accelerator 35** to the patient/client’s skin. Massage over the skin for 2-3 minutes and then complete the ultrasound routine.
2. Apply the blade at a 45 degree angle. Work upward as seen in diagram for a maximum of 4-6 minutes – making sure not to over stimulate skin. Follow the manufacturer’s directions for recommended treatment length.
3. Have cotton round or tissue in hand to wipe the blade from time to time.
4. Turn off steamer and remove product with warm steam towel customized with botanical mixer.
  - a. Thoroughly remove with Dermalogica Double Cleanse; beginning with **PreCleanse** followed by **Special Cleansing Gel**. Remove with clean water and sponges or a steam towel customized with **Calming Botanical Mixer**.



Blade position for cleansing and exfoliation



Direction of strokes

**Note: When using MultiVitamin Power Exfoliant, Exfoliant Accelerator 35 or any professional exfoliation, under no circumstances should you leave your client unattended in the treatment room. Monitor for excessive redness and remove immediately, as directed, if a reaction occurs.**

### **Step-by-step for desincrustation of congested and acneic skin- ultrasonic and microcurrent technology combined:**

1. Dispense 1 teaspoon of **Scaling Fluid** into a jelly cup and whip to a loose foam. Apply generously to the areas where extractions will be performed.
2. Dispense an additional  $\frac{3}{4}$  teaspoon of **Scaling Fluid** into your jelly cup and retain for the purposes of using with the ultrasonic blade.
3. Turn on your steamer. If using the bt-micro™, press and hold the main power button of the bt-micro™ until it illuminates. Select (-) ion mode; press once for low setting, twice for high setting. This mode is used for desincrustation of congested and acneic skin.
1. Place flat side of blade at 45° angle and apply using a “buttering technique”. The working hand should be in contact with the metal plates on both sides of the bt-micro™ . Non-working hand maintains contact with skin at all times and within 2 inches of blade while using. Keep cotton or tissue handy to wipe blade.
4. Begin on the chin with light strokes, move to the inner cheeks, nose and finish at the forehead. Work for a minimum of 4 minutes.

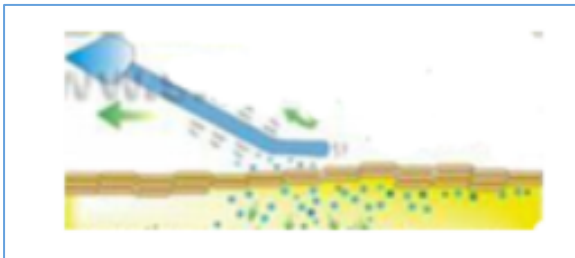
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5. After performing desincrustation with the **Scaling Fluid** and bt-micro™, turn off your ultrasonic blade and put it to the side. With a dry tissue, blot excess **Scaling Fluid** from the skin and perform extractions using the Dermalogica Extraction Technique.
6. After extractions, remove any remaining **Scaling Fluid** using clean water and sponges.

### Step-by-step for product penetration of serums, concentrates and masques with bt-micro™ ultrasonic and microcurrent technology combined:

If the desired result is deep product penetration, a water-soluble product needs to be used with ultrasonic.

2. Apply the prescribed Dermalogica complex, followed by a generous layer of **Colloidal Masque Base, Intensive Moisture Masque** or **MultiVitamin Power Recovery® Masque**. **Note: It must be a non-setting masque such as a gel or cream.**
3. If using the bt-micro™, press and hold the main power button of the bt-micro™ until it illuminates. Select (+) ion1 mode; press once for low setting, twice for high setting. This mode is used for penetration of serums, concentrates and masques.
4. Place flat side of blade at 45° angle and apply using a “buttering technique”. Buttons should face away from the therapist; the working hand should be in contact with the metal plates on both sides of the bt-micro™. Non-working hand maintains contact with skin at all times and within 2 inches of blade while using. Keep cotton or tissue handy to wipe blade.
5. Begin on the chin with light strokes, move to the inner cheeks, nose and finish at the forehead. Work for a minimum of 4 minutes.
6. Work in the same direction as shown in the diagram; ionize the masque with the ultrasonic blade for approximately 4 minutes. Have either a cotton round or tissue in your hand to wipe the blade from time to time as product may collect. Turn off your machine.
7. Remove any excess product from the skin with clean water and sponges followed by a steam towel customized with **Calming Botanical Mixer**.
8. Apply the prescribed Dermalogica moisturizer and eye treatment. For additional benefits you may use the ultrasonic blade to assist in product absorption. If using the bt-micro™ for penetration of



Note:

circumstances should you leave your client unattended in the treatment even if the machine is pre-programmed and fully automated.

moisturizer, select the (+) ion2 and complete the routine above for 1-2 minutes. Finish with the prescribed **Daylight Defense** product for UV protection.

When using any electrical modality, under no



room,

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Position for disencrustation and product penetration

Direction of strokes

**dermalogica<sup>®</sup>**