

## dermalogica professional treatments in a medical setting

### dermalogica treatments for a professional exfoliation series or exfoliation prior to medical based procedures

For a professional Dermalogica treatment centre that offers professional exfoliation, 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.
4. Use Dermalogica professional products that are suitable for the patient/client's current skin condition.
5. Refer to the manufacturer and treatment centre for current protocols before starting treatment.
6. Develop a treatment plan or series based upon skin condition and turgor.
  - a. Before cosmetic and surgical procedures, the regimen frequently begins 3 to 6 weeks prior to surgery with a deep cleansing and emphasis on skin exfoliation. The skin has to be in optimum health as this will decrease any downtime and reduce possible complications. Depending on the protocol for treatment, preparation treatments may be given until the day of the procedure; a typical series for prepping the skin would be 6 exfoliating treatments, provided once a week for 6 weeks.
7. Thoroughly remove exfoliant with a cool towel customised with appropriate botanical mixer.
  - a. **PreCleanse** with **Special Cleansing Gel** may be required if using **MultiVitamin Power Exfoliant, Exfoliant Accelerator 35**. Follow removal with water and sponges or a towel.
  - b. If **BioSurface™ Peel** was used follow removal directions in protocol. Do not customise with **Botanical Mixers**.
8. Avoid the use of Retin-A, Retinols, Hydroxy Acids, or exfoliations for up to 1 week after, or while skin is sensitive.
9. Do not pick any skin that may peel as this can cause redness, hyperpigmentation and irritation.
10. Remove the product immediately, as directed, if a reaction occurs.
11. Ensure proper education for home care is advised.
  - a. This is usually given to the client as a kit often included in the price of the series.

#### Step-by-step series of 6 exfoliating treatments (once a week for 6 weeks):

1. Cleanse eyes and lips with **Soothing Eye Make-Up Remover**.
2. Perform the Dermalogica Double Cleanse; beginning with **PreCleanse** followed by the prescribed Dermalogica cleanser. Remove with clean water and sponges or a steam towel customised with botanical mixer.
3. **Face Mapping® skin analysis** should be performed to ensure the skin is not contraindicated to exfoliation.
4. Apply the prescribed Dermalogica exfoliant; below are suggestions of exfoliants you could choose:
  - a. For acneic skin apply **Skin Exfoliant System**, which can be customised with **Exfoliant Accelerator 35**, or select **BioSurface™ Peel**.
  - b. For pigmentation, apply either **MultiVitamin Power Exfoliant** alone or customised with **Exfoliant Accelerator 35**, or select **BioSurface™ Peel**.
  - c. For sun damaged, prematurely ageing skin apply **MultiVitamin Power Exfoliant**, or select **BioSurface™ Peel**.

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**Note:** After first two treatments, Exfoliant Accelerator 35 can be combined with the chosen exfoliant to intensify exfoliating properties. The last two treatments could be Exfoliant Accelerator 35 undiluted or BioSurface™ Peel if the client's skin is indicated.

5. Thoroughly remove chosen exfoliant:
  - a. For **MultiVitamin Power Exfoliant**, remove with dry gauze first then follow with the Dermalogica Double Cleanse; starting with **PreCleanse** followed with **Special Cleansing Gel**.
  - b. If **Exfoliant Accelerator 35** was used alone or together, remove using the Dermalogica Double Cleanse; starting with **PreCleanse** followed with **Special Cleansing Gel**.
  - c. If **BioSurface™ Peel** was used follow removal directions in protocol. Do not customise with **Botanical Mixers**.
6. Apply appropriate complex followed by **Colloidal Masque Base** or **MultiVitamin Power Recovery® Masque**. Leave on the skin for up to 10 minutes. Remove with a warm steam towel customised with a botanical mixer.
  - a. If procedure is targeting hyperpigmentation or sun damage, use galvanic current with **C-12 Pure Bright Serum**. First use the negative polarity for 2 minutes and then switch to the positive polarity for 3-5 minutes.
  - b. For treating ageing skin, use galvanic current in same manner with **AGE Smart® Complex**.
  - c. For acneic skin, use **MediBac Clearing® Complex** for 4-7 minutes on the positive polarity.
  - d. For skin with signs of redness, **UltraCalming™ Complex** and **Clinical Colloidal Oatmeal** may be used.
7. Spritz with **UltraCalming™ Mist**.
8. **UltraCalming™ Serum Concentrate** to reduce irritation or any redness, or **Skin Hydrating Booster** if the skin still looks dehydrated, followed by **Barrier Repair** and **Super Sensitive Shield SPF30** to protect the skin.
9. Alternatively **Ultra Sensitive Tint SPF30** can be used.

This treatment should take 45 minutes to complete, but could be made into a 60-minute treatment if desired. During the 6 week series the patient/client can further prepare the skin using **Skin Resurfacing Cleanser**, **Daily Microfoliant®**, prescribed booster or treatment product. **BioSurface™ Peel** treatment times will vary dependent on the number of layers applied, treatments should take between 35-55 minutes.