

bio-therapeutic and dermalogica usage guide



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working safely and effectively with bio-therapeutic equipment

Before you start

1. Carry out an in-depth consultation with your client to establish their skin goals, experience/history of receiving electrical services. Review the **Skin Fitness Plan** or **Dermalogica Consultation Card** to check for contraindications and precautions, ensuring they are a candidate for treatment. If the client is new to electrical technology, brief them on what to expect.
2. Use Face Mapping® to ensure the skin is in optimum health to reduce possible complications.
3. Based on your client's skin goals, select the appropriate modules and modalities to integrate into their ProSkin treatment.
4. Use **Dermalogica PRO** products that are suitable for the client's current skin condition(s).
5. Never leave your client unattended when using an electrical modality.
6. Refer to sterilizing protocols to ensure longevity of equipment.

contraindications and precautions

bt-analyze®

- Pacemaker / implanted electrical device
- Cancer
- Pregnancy
- Contagious diseases
- Health or medical concerns
- Broken, irritated, injured or compromised skin

bt-micro®

- Pacemaker / implanted electrical device
- Cancer
- Epilepsy
- Pregnancy
- Contagious diseases
- Haemophilia / other bleeding disorders
- Broken, irritated, injured or compromised skin
- Under a physician's care for any disease, illness or injury

bt-nano®

- Pacemaker / implanted electrical device
- Cancer
- Epilepsy
- Pregnancy
- Thrombosis
- Phlebitis
- Broken or damaged skin
- Under a physician's care for any disease, illness or injury

bt-accent® LED

- Cancer
- Epilepsy
- Pregnancy
- Panic disorder / claustrophobia
- Broken or damaged skin
- Under a physician's care for any disease, illness or injury
- Hypersensitivity to light or photo allergy
- Taking photo-sensitizing or photo-toxic medication
- Do not use with heat inducing products

bio-hydroderm® trinity

- Pregnancy
- Contagious diseases
- Hemophilia / other bleeding disorders
- Broken or damaged skin
- Under a physician's care for any disease, illness or injury
- Blood transmitted diseases (HIV, hepatitis, herpes)
- Diabetes (insulin dependent)
- Retin-A
- Isotretinoin (Sotret, Claravis, Accutane)
- Any drug that causes sensitivity to sun exposure
- Skin irritation or rash; wait at least 48 hours after waxing

bt-vision® | bt-zoom®

Bio-Therapeutic analyzing tools are ideal support tools for Face Mapping®

Best practices: After use, wipe down with a sterilizing wipe. Dry lenses with tissue to avoid water marks.

Place lenses in relevant slot within box.

bt-vision®



1. First choose the magnification lens best suited for your vision, insert by gently pressing into place. Two lenses may be used simultaneously to increase magnification.
2. Place the headset on and adjust by gently pressing the button printed with the word “push” and pulling the tab. It should fit snug but not too tight. Visor can be adjusted by loosening or tightening the silver screw on the sides.
3. Turn on and adjust brightness by moving the switch from left to right on the light fixture.

Use your findings to share personalized lifestyle education, product and service recommendations as part of your client’s Skin Fitness Plan.

bt-zoom®



1. Press button once for white light and view skin through magnifier.
2. Press button twice for UV/Woods light and view through magnifier.

concern or condition	color as it may appear on the skin
Thin or dehydrated	Violet
Acne or congestion	Yellow/Orange
Hyper-pigmentation	Brown
Hypo-pigmentation	Blue/White
Dead skin	White

ProTip! For accurate UV/LED readings, use bt-zoom® in a dark room.

bt-analyze[®]

Use **bt-analyze[®]** to recognize patterns of hydration in the client's skin. Measure the skin prior to performing **Deep Cleanse** module and following **Dermal Layering**.

Best practices: Wipe the membrane with a sterilizing wipe in between readings and at the end of the service. Apply protective cap and store when machine is not in use.

1. Turn on the **bt-analyze[®]** by holding the power button for 2-3 seconds. Remove protective cap
2. Press the memory button until the screen shows 0.0 before proceeding with readings.
3. When it beeps and you see 0.0 on the screen, press the membrane to the surface of the skin. A beep will signify reading is complete. During the reading, do not press the power or memory buttons.
4. Press the memory button to save the reading at the top of the display screen. Readings will save in the order you perform them.
5. Repeat steps 2 and 3 until all readings have been taken.

Protective
cap
/membrane

Power
button

Memory
button



moisture ranges 0-65

Dehydrated: 25 or below

Optimum: 35 – 45

High level of hydration: 55+

ProTips!

- For accurate reading perform on the client's forehead, cheeks, chin and neck.
- Oil, silicone and physical SPF products may affect readings. Use prior to applications of these formulas.
- Be sure to share your findings with the client. Record on their **Skin Fitness Plan** or **Dermologica Consultation Card** to track skin health progress.

Achieve a deeper, 6 x more powerful cleanse with the bt-sonic®. For use within FaceFit™/SkinSolver and ProSkin treatments.

Best practices: To sterilize the bt-sonic®, rinse with brush head with warm water and run in a small bowl of sanitation product making sure not to submerge the neck.



double cleanse step-by-step

PreCleanse

1. Apply 1-2 pumps of PreCleanse to dry skin. Massage to dissolve surface oil and dirt. Add water to emulsify.
2. Dampen the bt-sonic® brush head with water and apply to the skin.
3. Gently work in circular motions around the face for about 1-2 minutes before removing with warm water and sponges.

Other Dermalogica Cleansers

1. Apply skin-specific cleanser and massage using light upward strokes.
2. Dampen the bt-sonic® brush head with water and apply to the skin.
3. Gently work in circular motions around the face for about 1-2

ProTip! Product boost by adding Multi-Active Scaling Gel!

Double Cleanse

- PreCleanse • Special Cleansing Gel • Intensive Moisture Cleanser
• Dermal Clay Cleanser • UltraCalming™ Cleanser
• Skin Resurfacing Cleanser • Clearing Skin Wash



resurfacing step-by-step

1. Select level of exfoliation or a customized exfoliation according to your client's skin condition and apply.
2. Dampen the bt-sonic® brush head with water and apply to the skin. Gently work in circular motions around the face for about 1-2 minute, making sure not to overstimulate skin. Steam is optional.
3. Remove product as directed.

Resurfacing

- Daily Microfoliant® • Daily Superfoliant™ • MultiVitamin Therafoliant®
• Exfoliant Accelerator 35 or MultiVitamin Power Exfoliant
mixed with Daily Microfoliant®

Combining the power of ultrasonic and microcurrent technology, **bt-micro®** is a perfect addition to all Dermalogica professional services. With four settings, **bt-micro®** can be used to support FaceFit™/SkinSolver and ProSkin treatments.

Best practices: Wipe between uses. The **bt-micro®** is not waterproof, avoid contact with water. Use a sterilizing wipe and dry with a tissue when finished using the device. Ensure lid is placed on with logo displayed at the front.



EXFOL step-by-step

1. Use the blade at a 45-degree angle with buttons facing up.
2. Hold skin taut. Begin on forehead using upward strokes. Work towards the hair follicle. Cover all areas of the face, neck and cheeks, periodically wipe debris off blade with cotton pad.

Double Cleanse

- PreCleanse • Special Cleansing Gel • Intensive Moisture Cleanser
• Dermal Clay Cleanser • UltraCalming™ Cleanser
• Skin Resurfacing Cleanser • Clearing Skin Wash

Resurfacing

- Daily Microfoliant® • Daily Superfoliant™ • MultiVitamin Therafoliant®
• Exfoliant Accelerator 35 • MultiVitamin Power Exfoliant



CLEAR | SERUM | CREAM step-by step

1. Select mode according to product and place flat side of blade at 45-degree angle. Apply using a “buttering technique”.
2. Keep working hand in contact with the metal plates on both sides of the blade, while non-working hand should maintain contact with client’s skin and remain within 2 inches of blade. Use the blade at a 45-degree angle with buttons facing down.

Extractions (with CLEAR mode for desincrustation) Multi-Active Scaling Gel

Deep Treatment (with SERUM mode) IonActive™ Serums

- Deep Treatment (with CREAM mode)
MultiVitamin Power Recovery® Masque • Clinical Oatmeal Masque •
ExoThermal Gelloid Masque • Conductive Masque Base •
Colloidal Masque Base

Dermal Layering (with CREAM mode)

- Stress Positive Eye Lift • Active Moist • Skin Smoothing Cream
• Intensive Moisture Balance • Super Rich Repair

ProTips!

- Use EXFOL setting to perform extractions.
- Use SERUM mode with **Exfoliant Accelerator 35** to power up resurfacing.
- SERUM, CLEAR and CREAM are **NOT** designed for use with oil, silicone and SPF based products.

bio-hydroderm® trinity

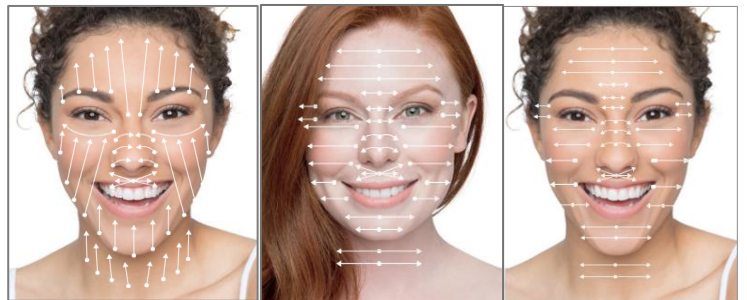
Bio-Hydroderm® Trinity can be incorporated into ProSkin treatments. Wet/dry diamond tip microdermabrasion will power up **Resurfacing**. You can choose to perform 1, 2 or 3 passes.

Best practices: The speed of the pass is important, moving slower will encourage more exfoliation. Ensure enough product is on the skin for hand piece to glide; if more moisture is needed spritz with **Multi-Active Toner**.

skin texture				
uneven/ course	course/ even	even/ normal	normal/ sensitive	sensitive/ thin
diamond tip				
80	100	100 - 250	300	400
vacuum level				
medium			low	

general step-by step

1. Select appropriate diamond tip according to skin texture. Slot into handpiece and apply plastic sheath on top.
2. Adjust vacuum level: low for sensitive, medium for normal, coarse and oily.
3. Perform passes as indicated. It is vital that the containers never overflow, always empty before this happens.



1st – Double
Cleanse

2nd –
Resurface

3rd – Deep
Treatment

Double Cleanse

PreCleanse • Special Cleansing Gel • Intensive Moisture Cleanser • UltraCalming™ Cleanser • Skin Resurfacing Cleanser • Clearing Skin Wash

Resurfacing

Exfoliant Accelerator 35 • MultiVitamin Power Exfoliant

Deep Treatment

IonActive™ Serums

ProTip! Deep Treatment: Perform over IonActive™ Serums. At this stage Aquafuse may be used.

Products to use with Aquafuse:

- Calming Botanical Mixer (6-10 drops combined with water)
- Antioxidant HydraMist (+ water 50/50)
- UltraCalming™ Serum Concentrate (4-6 drops with water)

bio-hydroderm[®] trinity continued

sanitization after every client step-by step:

1. After each client remove diamond tip, wash thoroughly with soap and water and soak in medical-grade sanitizer, dry thoroughly to avoid corrosion.
2. Flush through the machine with water (may want to use sterile water if in your area the water has a high mineral content) Place water into container and turn on vacuum to maximum.

Sanitization at the end of the day step by step:

3. Wipe down unit and hand piece with sterilizing wipe.
4. Place sanitizer into a container. Turn on vacuum, up to maximum, and use handpiece to uptake solution through tube and into the waste container; allow to sit for 2 minutes. Empty waste container and flush with sterile water.
5. Remove tubes and hang to air dry. Detach waste containers and dispose of liquid. Remove any liquid that may be in the safety filter cup, this must be free of liquid at all times. Dry container and inner tubes before replacing.
6. Leave cups unscrewed and airing overnight



The **bt-nano®** uses low level microcurrent to work with the skin's natural current to increase cellular energy. With multiple pre-programmed settings, **bt-nano®** can be used to support the following specific modules.

device settings					
mode	program	option	increase	decrease	run/pause
Pre-programmed modes for service you require	Selects the step of the service	Low/high or frequency level settings	Navigate through modes and increase volume		Run or pause the current

choose from conductive gloves and probes	
conductive gloves	probes
Large area muscle re-education	Small area muscle re-education
Effective penetration of serums, moisturisers and masques	Effective penetration of serums, moisturisers and masques
The gloves will provide the professional skin therapist with facilitating the power human touch	Inclusion of the probes assist the professional skin therapist in providing precise treatments to targeted areas.
Iontophoresis	Iontophoresis

mode 4 quickly clear step-by step

1. **Program: Open** – use to perform desincrustation. Apply **Multi-Active Scaling Gel** to areas of congestion. Dip probes in **Multi-Active Scaling Gel** and perform following, basic circular movements for 2-3 minutes. Blot excess product and perform extractions.
2. **Program: Enhance** – use to heal breakouts. Apply **Post Extraction Solution** over breakout prone areas. Hold probes stationary over area for 20 seconds or 5-10 beeps
Total time 1-2 mins
3. **Program: Close** – use following extractions. Apply **Ion Active Serum (Niacinamide/Hyaluronic)** under **Colloidal masque base** or **conductive masque base**. Perform following, basic or circling movements over area for 1-2 minutes.



Extractions module with Probes or Conductive gloves
 Program Open = Multi-Active Scaling Gel
 Program Enhance = Post Extraction Solution
 Program Close = IonActive™ Serum with Colloidal Masque Base
 or Conductive Masque Base

bt-nano[®] - continued

mode 5 specific iontophoresis step-by step

1. **Program: Negative** – use to perform desincrustation during Extractions. Apply **Multi-Active Scaling Gel** to areas of congestion, follow with probes and perform following, basic circular movements for 2-3 minutes. Blot excess product. Perform extractions.
2. **Program: Positive** – for product penetration during **Deep Treatment**. Use following, basic or circling movements for 2-3 minutes. Select from probes or Conductive Gloves.
3. **Program: Alternating** – also for product penetration during **Deep Treatment**. Use following, basic or circling movements for 2-3 minutes. Select from probes or Conductive Gloves.



Extractions with Probes or Conductive Gloves

Negative = Multi-Active Scaling Gel

Positive = Post Extraction Solution

Alternating = Niacinamide IonActive™ Serum

Deep Treatment with Probes

IonActive™ Serums • Conductive Masque Base • Colloidal Masque Base • MultiVitamin Power Recovery® Masque • Clinical Oatmeal Masque • ExoThermal Gelloid Masque • Stress Positive Eye Lift

Deep Treatment with Conductive Gloves

IonActive™ Serums • Conductive Masque Base • Colloidal Masque Base • MultiVitamin Power Recovery® Masque • Clinical Oatmeal Masque

Dermal Layering with Probes

Moisturisers without SPF or silicones

ProTip! When using the Conductive Gloves for skin work, they need to be within 1 ½ to 2" apart at all times, and are always on the same side of the face

mode 1 bt-COCKTAIL LIFT step-by step

1. **Program: 1 bt-Lift**
 - **Option:** selection range is from 1-5. The option selected should correspond with the number of services that the client is receiving; 1 for the first service, 2 for the second service, etc.
 - Movements should be held for 20 seconds or 10 beeps
2. **Program: Skin work**
 - **Option:** 1 low or 2 high then move probes in basic or circling movements to penetrate product. Alternatively, use Conductive Gloves with light effleurage to penetrate product.

- stationary probe or Conductive Gloves
- ➔ moving probe or Conductive Gloves



bt-nano[®] - continued

mode 2 invisible expression service step-by-step

1. Program: Prepare 1
 - Option: choose 1-5, then perform the Invisible Expression preparation movements as directed below. All movements should be held for 20 to 24 seconds or 10 to 12 beeps.
2. Program: Skin probes or Conductive Gloves
 - Option: choose 1-5, then move in basic or circling movements to penetrate product.
3. Program: Invisible Expression Infusion
 - Option: 1 low or 2 high, then connect the Invisible Expression Masque™ to the machine and apply over customers eyes

- stationary probe or Conductive Gloves
- ➔ moving probe or Conductive Gloves



Touch Therapy with Conductive Gloves or Probes

Muscle re-education to replace massage

IonActive™ Serums • Conductive Masque Base

Stress positive eye lift

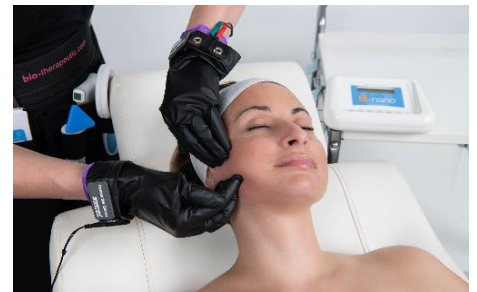
Deep Treatment with Conductive Gloves or Probes

IonActive™ Serums • Conductive Masque Base • Colloidal Masque Base • MultiVitamin Power Recovery® Masque
• Clinical Oatmeal Masque • ExoThermal Gelloid Masque

ProTip! When performing services with bt-nano[®], have a small amount of Multi-Active Toner in a cup to regularly dip probes to conduct current.

sanitization of conductive gloves

1. While on hands, rinse with water and dry
2. Wipe with manufacturer's recommended disinfectant
3. Remove Conductive Gloves and let set for 2 minutes
4. Rinse with water
5. Allow to completely dry
6. Follow storage instructions



ProTips!

- Conductive Gloves should not be in direct contact with skin therapist's skin while in use
- Always wear non-powdered nitrile gloves underneath Conductive Gloves
- To avoid deterioration, do not expose to direct sunlight or UV light
- Always store Conductive Gloves in the protective bag provided
- Life Expectancy of conductive gloves: 6-9 months

Stimulate and energize cellular energy with **bt-accent[®]** LED. Each wavelength or color of light treats different skin conditions. Use as part of **ProSkin** treatments during the **Deep Treatment** module.

Best practices: After use, dispose of eye pads. Wipe down the equipment with a sterilizing wipe ensuring that both the therapist and clients protective eye wear is dried with a tissue before storing.



general step-by step

1. Apply prescribed LED-friendly products. Follow with protective eyewear for client and yourself.
2. Select desired LED light, rate and time.
 - Select light according to chart below.
 - Press **RATE** to adjust the blinking. The parameters allow for adjustments of 10Hz, 40Hz and 100Hz (constant). Always begin service on 100Hz (constant) then adjust to client comfort.
3. Turn the machine on and position LED over client's face.
4. Turn off machine when complete.

light setting	benefit
Red Light	Increases collagen production and stimulates cellular energy
Blue Light	Destroys P. acnes bacteria, reduces redness and irritation
Combination	Provides benefits of both red and blue light

Deep Treatment
IonActive™ Serums • Conductive Masque Base • Colloidal Masque Base •
ExoThermal Gelloid Masque • Calm Water Gel

ProTip! Retinol 1% IonActive Serum should not be used during LED treatment, as it will render the formula ineffective. However, you may apply this formula to skin after use of LED.