

clear skin promotional service

Breakouts targeted, congestion cleared and texture smoothed. The Clear Skin promotional services are the perfect way to spring clean skin and kick-start detoxification for improved skin clarity. Ideal for oily, breakout-prone conditions and urban skins.

clear skin service options

clear skin 60

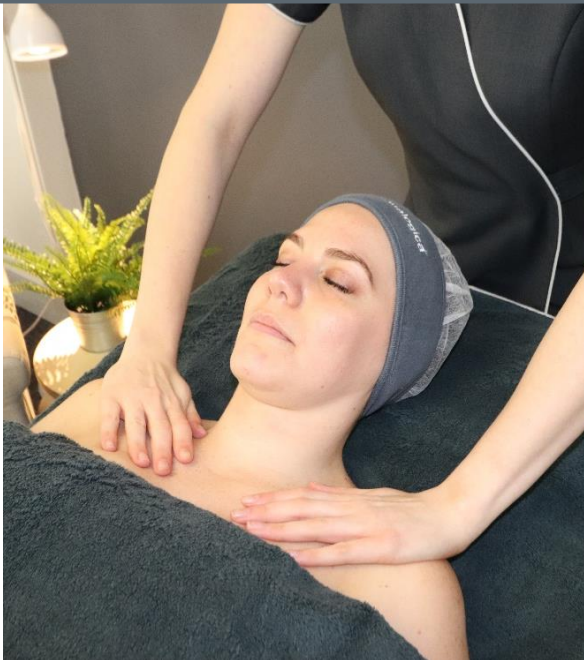
The sixty-minute treatment designed to help clear blackheads and breakouts while deep treating skin with our Clear Skin acupressure massage for skin detoxification.

clear skin 30



The thirty-minute high impact treatment with option for deep cleansing, resurfacing or blackhead extractions for smoother texture.

clear back boost 10

The optional ten minute add-on for breakout prone back and shoulders. Deep cleansing and purifying to reduce future breakouts. *Private treatment room only.




clear skin service structure

	clear skin 60	clear skin 30
clear back boost 	Optional if client adds Clear Back Boost 10	Optional if client adds Clear Back Boost 10
double cleanse 	Standard module in every service.	Standard module in every service.
resurfacing 	Complete all modules	Select either
extractions 	<ul style="list-style-type: none">• Resurfacing• Extractions• Touch Therapy• Deep Treatment	<ul style="list-style-type: none">• Resurfacing• Extractions• Touch Therapy• Deep Treatment
touch therapy 	to comprehensively address clients skin concerns.	to target and focus on clients key skin concerns.
deep treatment 		
dermal layering 	Standard module in every service.	Standard module in every service.

Every Dermalogica treatment includes thorough consultation and Skin Fitness Plan.

clear skin promotional service

module step-by-step

<div>double cleanse</div> <div></div>	<p>Complete thorough consultation prior to service.</p> <p>Clear Skin 60 only: When in treatment start with abdominal breaths and shoulder press using Clearing Additive.</p> <p>Remove eye and lip makeup removal with PreCleanse. Add Calming Botanical Mixer to bowls of cleansing water.</p> <p>Complete first cleanse using PreCleanse. Optional: Utilize an UltraSonic Brush or Blade after PreCleanse has been emulsified to intensify deep cleaning action. During Face Mapping® provide lifestyle and skin care advice for clearer skin. Foam up Special Cleansing Gel and add one pump of Multi-Active Scaling Gel. Optional: Utilize Ultrasonic brush, blade or wet microdermabrasion.</p>
<div>resurfacing</div> <div></div>	<p>Depending on skin tolerance choose one of the following options:</p> <ol style="list-style-type: none"> 1. Daily Superfoliant mixed with one pump of Multi-Active Scaling Gel 2. Daily Microfoliant mixed with one pump of Exfoliant Accelerator 35 3. Exfoliant Accelerator 35 <p>If client books series of treatments consider intensifying exfoliant with each service. Optional: Utilize Ultrasonic brush, blade or wet microdermabrasion</p>
<div>extractions</div> <div></div>	<p>Apply Multi-Active Scaling Gel over areas of breakouts and congestion. Leave on for 3 minutes. Remove with dry gauze and perform manual extractions. Wipe with sponges and apply Post Extraction Solution all over the skin.</p> <p>Optional: Desincrustation effect can be enhanced with Galvanic, Ultrasonic Blade or Microcurrent. Extractions can be performed with Ultrasonic blade. If rebalancing the skin pH post extractions with electrical modality apply Niacinamide IonActive Serum and work over with selected current. Direct High Frequency can be used to target breakouts.</p>
<div>touch therapy</div> <div></div>	<p>Apply 3-6 drops of Clearing Additive and perform Clear Skin Acupressure Massage.</p> <p>For clients concerned about oiliness remove with customised warm towel.</p>
<div>deep treatment</div> <div></div>	<p>Apply Niacinamide IonActive Serum to areas on congestion and breakouts followed by appropriate IonActive Serum onto other areas of the skin. Apply appropriate masque. Give additional massage on neck and shoulders or scalp. Remove with customised warm towel.</p> <p>Optional: UltraSonic Blade on penetration mode, Galvanic Iontophoresis, Microcurrent Specific Iontophoresis. Blue LED, or wet microdermabrasion</p>
<div>dermal layering</div> <div></div>	<p>Spritz MultiActive Toner followed by application of MultiVitamin Power Firm and Prisma Protect SPF30. Layer on HydraBlur Primer.</p> <p>Clear Skin 60 only: sit client up and apply warm customised steam towel. Lay client back down and press shoulders onto towel. Move fingers towards spine and glide up back of neck to occipital ridge, apply pressure then slide hands up the back of client's head while removing bonnet and headband.</p> <p>Offer detoxifying drink post service while completing Skin Fitness Plan.</p>

clear back boost 10 promotional service

step-by-step



Complete thorough consultation prior to service. Establish key skin concerns on the back and shoulders.

Complete first cleanse using 2 pumps of **PreCleanse**. Concentrate on areas of breakout or congestion. Optional: Utilize an UltraSonic Brush or Blade after **PreCleanse** has been emulsified to intensify deep cleansing action. Remove with warm steam towel.

Map skin and provide lifestyle and skin care advice for clearer skin.

Foam up 1 pump **Special Cleansing Gel** and add one pump of **Exfoliant Accelerator 35**. Apply and work over skin concentrating on upper back and shoulders.

Optional: Utilize Ultrasonic brush or blade. Remove with warm steam towel.

Apply 1-2 pumps of **Post Extraction Solution** to gauze. Wipe over back concentrating on upper back and shoulders.

Apply **Active Moist**. Optional: customise with drop of **Calming Botanical Mixer** or **Clearing Additive**.

clear back boost 10 promotional service

product selection

cleanse and resurface

treat

protect



dermalogica PRO®



clear skin acupressure massage

clear . detoxify . calm

Dermalogica Touch Therapy techniques are 10 minute massage routines that provide powerful physiological and psychological benefits. The Clear Skin acupressure massage focuses on detoxification of the skin and balancing the mind for overall wellbeing.

what is **acupressure**?

An ancient technique developed in Asia over 5000 years ago, acupressure is a method of applying pressure to acupoints on the surface of the skin to stimulate the bodies' natural self-curative abilities.

In Acupressure, health is maintained by the smooth flow of Chi energy through invisible pathways in our bodies called meridians. These meridians carry vital energy throughout the body, linking skin, tissues and organs.

Acupoints are access points along the meridians. They tend to be at depressions in the anatomical features, nerve entry points or muscle junctures. These points can also be located because they have a lower electrical resistance.

Chi energy can be stimulated to flow more smoothly along the meridian, by application of pressure on the acupoints on that meridian.



acupressure benefits

improves skin clarity through increased microcirculation

Promotes detoxification of tissues while increasing available nutrients for healthy skin functioning.

stimulates anti-inflammatory hormones and anti-histamine type chemicals in the skin

Perfect for calming breakouts and inflammation.

promotes the release of serotonin or 'happy' hormones

Counteracting stress and its effects on mental wellbeing and skin.

why your clients need it?



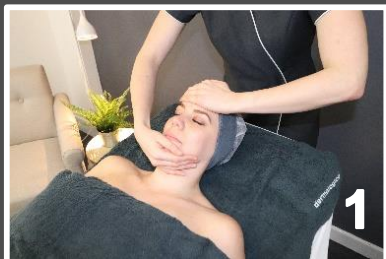
Skin provides clues to what goes on within. Breakouts, congestion and uneven skin texture can all be evidence of imbalance, on an emotional or physical level.

In western society stress, hormones, pollution or incorrect skin care are all main contenders for skin malfunction. However, according to eastern philosophies skin concerns could be a result from a disruption of Chi energy flow throughout the body.

The Clear Skin Acupressure Massage will clear, detoxify and calm skin through a series of targeted movements that access key acupoints on the skin. Not only will skin achieve greater clarity but overall wellbeing is improved through improved energetic harmony in body.

clear skin acupressure massage

step by step protocol



application

Select Clearing Additive. Apply by pressing into skin across face, neck, chest and shoulders. Begin inhalation therapy with three deep abdominal breaths.



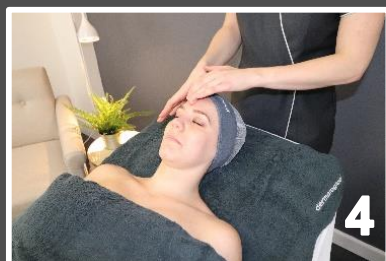
shoulder rock

Place hands behind top of shoulders. Rhythmically push shoulders down one side at a time, releasing tension in trapezius.



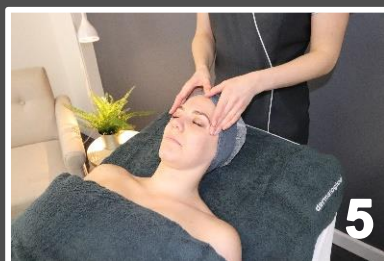
governing meridian 16

Slide hands around back of neck, pull up on occiput. Place reinforced middle fingers onto GB16, where back of the skull meets the vertebrae.



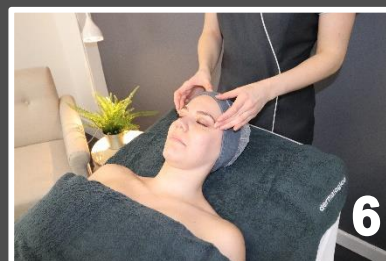
● yin tang – third eye

With reinforced thumb rotate in a clockwise direction in fixed circles in the middle of forehead between eyebrows.



● tai yang – temples

With middle fingers rotate in a clockwise direction in fixed circles on the temples, the depression between the hairline and eyebrows.



● triple heater 23

Move fingers down to edge of eyebrows on inside of orbital bone. On the slight indentation pulse with middle fingers.



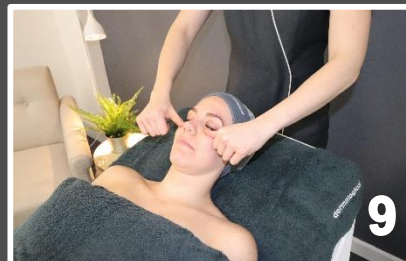
● bladder meridian 1

Circle inwards to inner eye socket close to the corner of the eye. On the slight indentation pulse with middle fingers.



● bladder meridian 2

Move to inside the eye socket under the brow. On the slight indentation pulse with middle finger.



● stomach meridian 2

Circle around to temples and replace fingers with thumbs. Sweep under eyes, using the sides of the thumbs, press and roll on the zygomatic bone at the midpoint of each eye.

clear skin acupressure massage

step by step protocol



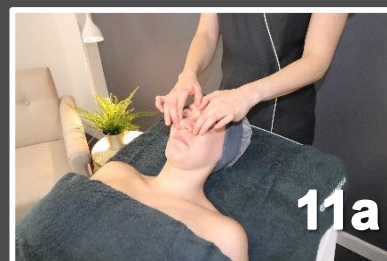
upper sinus drain

Rest thumbs together in "V" formation between brows. Press with cushioned fingers at the sides of the nose.



upper sinus drain

Drain above the cheekbone towards the temples. Alternate movements 10a and 10b three times each.



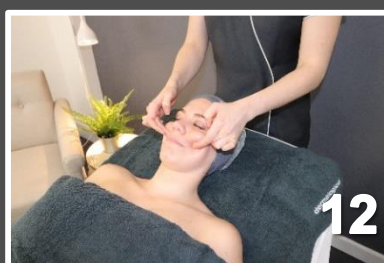
lower sinus drain

Move fingers to indentation next to the nostrils. Press with cushioned fingers at the sides of the nose.



sinus drain

Drain under cheekbone towards the ears. Alternate movements 11a and 11b three times each.



● stomach meridian 3

Place middle finger on the bottom edge of the cheekbone, in line with the pupil and lateral to the nostril. Pulse on acupoint.



● stomach meridian 6

Move middle finger to the angle of the lower jaw and in-line with the corner of the eyes. Pulse on acupoint.



● conception vessel 24

Place reinforced thumb on the centre of crease between lower lip and chin. Pulse on acupoint.



ear massage

Slide along jawline towards the ears. Massage from lobe up the ears, around the front of the ear and behind the ear to access multiple acupoints. Repeat three times.

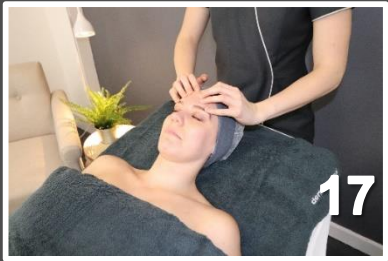


tapotement

Complete finger tapotement all over the face, neck and chest for increase in microcirculation. Complete once.

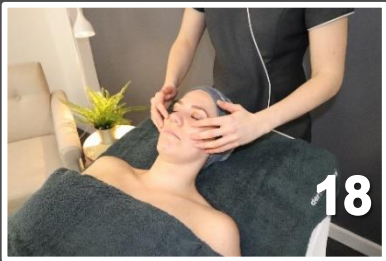
clear skin acupressure massage

step by step protocol



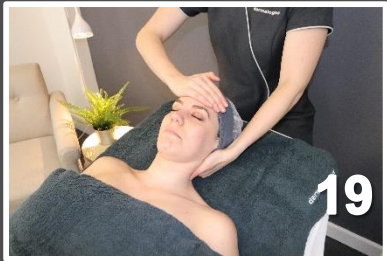
brow drain

Place all fingers in the centre of the forehead. Apply pressure and drain out towards the temples. Lift hands and repeat six times.



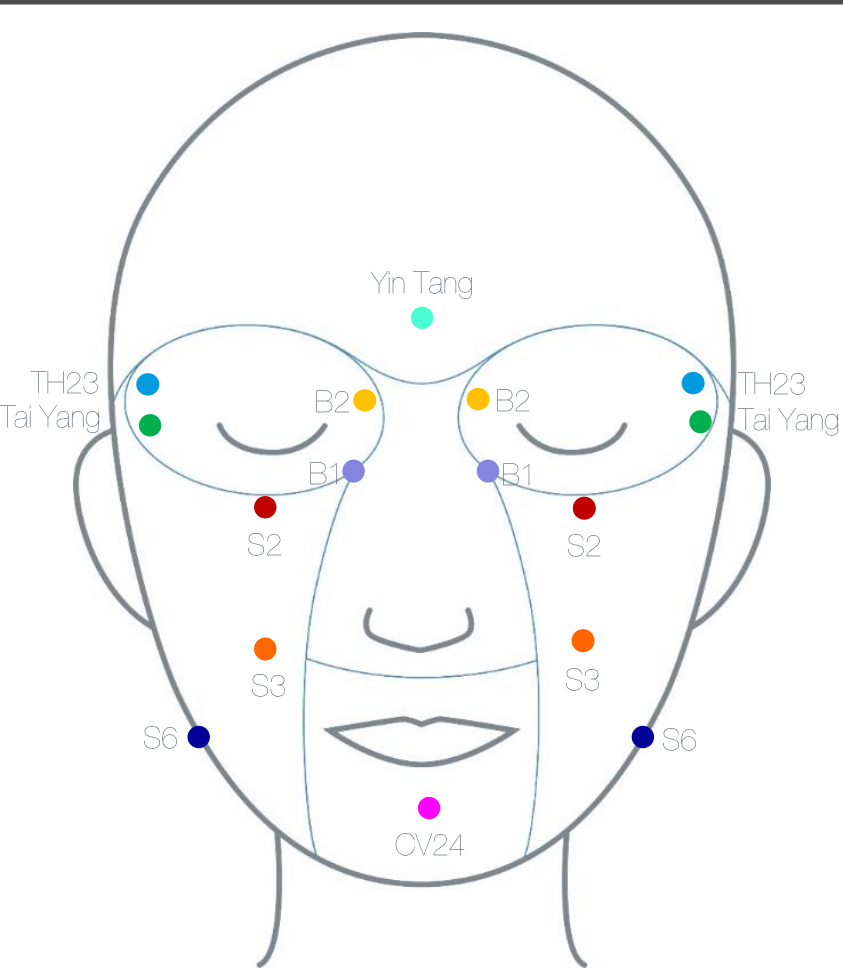
face drain

Stroke down the face, neck and chest lightly to soothe. Complete once.



governing vessel 24 x1

Slide hands around shoulders and up back of neck. Apply light neck stretch. Place middle finger of one hand onto acupoint. Place second hand onto the forehead and apply pressure upwards to further release tension in neck and shoulders. Release slowly and lift hands off skin.



acupressure best practice

- Ensure nails are short to avoid injury.
- Use oil sparingly to avoid slip.
- Accuracy is critical to ensure benefit.
- Work points with finger or thumb pads.
- Apply medium to deep pressure.
- Increase and decrease pressure gradually.
- Use body weight for maximum impact.
- Be aware of client tolerance and comfort.