

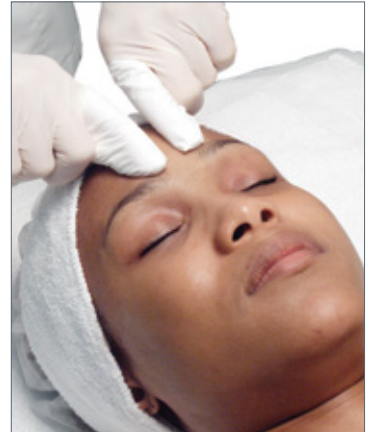
# extractions – prep, extract, post

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**prep benefit:** helps to dilate follicles, soften sebum and comedones to prepare for professional extractions, without drying or irritating the skin

**extract benefit:** the Dermalogica Extraction Technique is an effective and safe manual method to remove comedones and impactions

**post benefit:** helps soothe inflamed, irritated skin while creating an antiseptic environment



## prep step-by-step:

1. Dispense ½ - 1 pump of Multi-Active Scaling Gel into a cup. Using a Fan Masque Brush, apply a thin layer to areas of congestion.
2. Allow gel to activate and soften impactions for 3 minutes.

## extract step-by-step:

1. Apply gloves and wrap your index fingers with tissue.
2. Stretch out the skin around the comedone, keeping your index fingers parallel.
3. Pushing your index fingers closer together, create a mound underneath the comedone.
4. Begin to rock, roll and wiggle your index fingers to help release the impaction.
5. Wipe comedone debris down and away from the follicle.
6. Once completed, remove Multi-Active Scaling Gel with sponges and water.

## post step-by-step:

Dispense Post Extraction Solution onto dry cotton pads and apply to areas you extracted.

### tips:

- You may use steam during extractions to help soften the comedones.
- Try working from different angles around each impaction.

 **contraindications:** Impaired barrier, inflamed acne lesions. Do not extract pustules or papules.

# extractions – prep, extract, post

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## galvanic desincrustation

**benefit:** increases alkalinity to help emulsify sebum, dilate follicles and soften comedones

### ✓ prep key steps

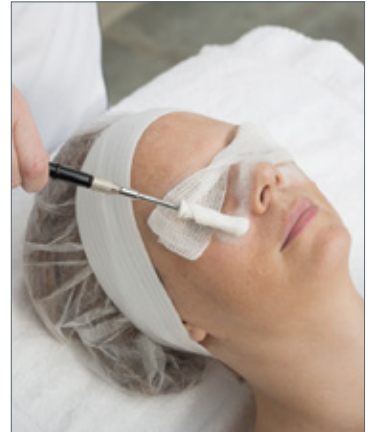
1. Cover positive electrode with damp sponge or gauze and connect to client
2. Apply Multi-Active Scaling Gel to comedones
3. Saturate gauze with Multi-Active Scaling Gel and attach to working negative electrode
4. Move the working electrode over congested areas
5. Remove Multi-Active Scaling Gel with sponges and water

## extract

Follow Dermalogica Extraction Technique

## post

Apply Post Extraction Solution or use Direct High Frequency over dry gauze



## step-by-step instructions:

1. Cover positive electrode with damp sponge or gauze and connect to client.
2. Dispense ½ - 1 pump of Multi-Active Scaling Gel into a cup. Using a Fan Masque Brush, apply a thin layer to areas of congestion.
3. Saturate gauze with Multi-Active Scaling Gel and attach to working negative electrode.
4. Contact the working negative electrode to skin. Turn the machine on and slowly increase intensity to proper level.
5. Move working negative electrode over the areas where Multi-Active Scaling Gel was applied.
6. Turn machine down and off.
7. Follow Dermalogica Extraction Technique. Remove Multi-Active Scaling Gel with sponges and water.
8. Apply Post Extraction Solution or use Direct High Frequency over dry gauze.



### tips:

- Skin should be damp with Multi-Active Scaling Gel and electrode should glide easily. If more moisture is required, apply more Multi-Active Scaling Gel to allow for better glide.
- Add Calming Botanical Mixer to Multi-Active Scaling Gel to help with any sensitivities.
- Do not break contact with skin while machine is on. Keep electrode moving.
- Do not exceed 3 milliamps.



### contraindications:

Metal implants, pacemaker, body piercings, medically prescribed exfoliants, impaired barrier, recently waxed skin, pregnant or trying to become pregnant.

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## ultrasonic blade

**benefit:** increases product penetration to help emulsify sebum, dilate follicles and soften comedones

### ✓ prep key steps

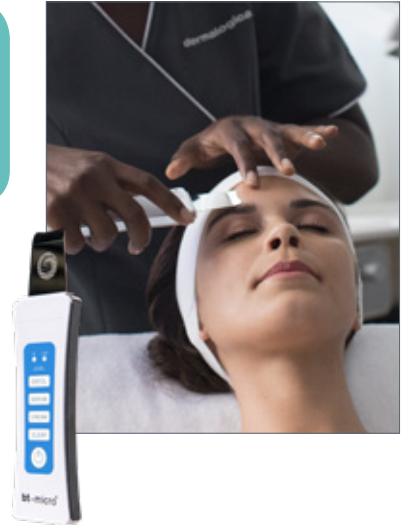
1. Apply Multi-Active Scaling Gel to comedones
2. Select penetration mode
3. Hold flat side of blade at 45 degree angle
4. Perform “buttering” technique

## extract

Follow Dermalogica Extraction Technique

## post

Apply Post Extraction Solution or use Direct High Frequency over dry gauze



## step-by-step instructions:

1. Dispense ½ - 1 pump of Multi-Active Scaling Gel into a cup. Using a Fan Masque Brush, apply a thin layer to areas of congestion.
2. Select penetration mode and place flat side of blade at 45 degree angle. Apply using a “buttering technique.”
3. Working hand should be in contact with the metal plates on both sides of the blade. Non-working hand maintains contact with skin and stays within 2 inches of blade.
4. Work over congested areas, then follow with the Dermalogica Extraction Technique.
5. Remove Multi-Active Scaling Gel with sponges and water.
6. Apply Post Extraction Solution or use Direct High Frequency over dry gauze.

## tips:

- Skin should be damp with Multi-Active Scaling Gel and blade should glide easily. If more moisture is required, apply more Multi-Active Scaling Gel to allow for better glide.
- Add Calming Botanical Mixer to Multi-Active Scaling Gel to help with any sensitivities.

## contraindications:

Metal implants, pacemaker, body piercings, medically prescribed exfoliants, impaired barrier, recently waxed skin, pregnant or trying to become pregnant.

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## microcurrent specific iontophoresis

**benefit:** increases product penetration to help emulsify sebum, dilate follicles and soften comedones

### ✓ prep key steps

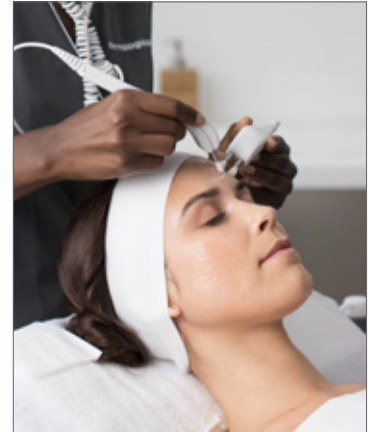
1. Apply Multi-Active Scaling Gel to comedones
2. Select specific iontophoresis on negative mode
3. Perform small movements over congested areas.

## extract

Follow Dermalogica Extraction Technique

## post

Apply Post Extraction Solution or use Direct High Frequency over dry gauze



## step-by-step instructions:

1. Dispense ½ - 1 pump of Multi-Active Scaling Gel into a cup. Using a Fan Masque Brush, apply a thin layer to areas of congestion.
2. Turn modality on and select specific iontophoresis negative mode.
3. Saturate probes in Multi-Active Scaling Gel from cup.
4. Work over congested areas using a figure 8 or feathering movement and keep probes 2 inches apart. Follow with the Dermalogica Extraction Technique.
5. Remove Multi-Active Scaling Gel with sponges and water.
6. Apply Post Extraction Solution or use Direct High Frequency over dry gauze.

## tips:

- Skin should be damp with Multi-Active Scaling Gel and probes should glide easily. If more moisture is required, apply more Multi-Active Scaling Gel to allow for better glide.
- Add Calming Botanical Mixer to Multi-Active Scaling Gel to help with any sensitivities.
- Keep probes moving.

## contraindications:

Metal implants, pacemaker, body piercings, medically prescribed exfoliants, impaired barrier, recently waxed skin, pregnant or trying to become pregnant.

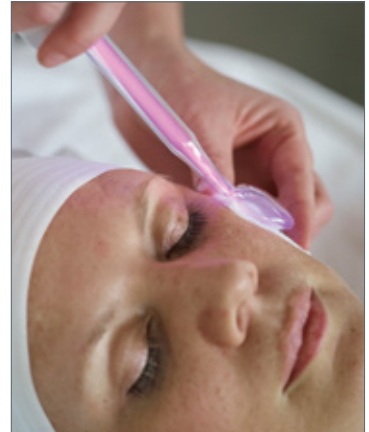


## direct high frequency

**benefit:** creates a germicidal environment to help heal extracted areas and inflamed acne lesions

### ✓ key steps

1. Apply dry gauze to skin
2. Place electrode in working hand
3. Make contact with finger to electrode
4. Apply electrode over gauze to skin, then remove finger
5. Move with light circular movements across skin
6. Place finger back on electrode to break contact and remove from skin



## step-by-step instructions:

1. After extractions, apply dry gauze to skin and gently insert glass electrode into hand piece.
2. Turn machine on and make contact with finger to electrode before placing on the skin.
3. Once electrode is in contact remove finger from electrode and increase intensity.
4. Move lightly across the gauze on the skin in circular movements. When completed place finger back on electrode and remove.
5. Turn machine off and wipe skin with Post Extraction Solution on cotton.



### tip:

Gauze can be folded up to ¼ inch to increase the germicidal environment.

### contraindications:

Metal implants, pacemaker, body piercings, medically prescribed exfoliants, impaired barrier, pregnant or trying to become pregnant.