

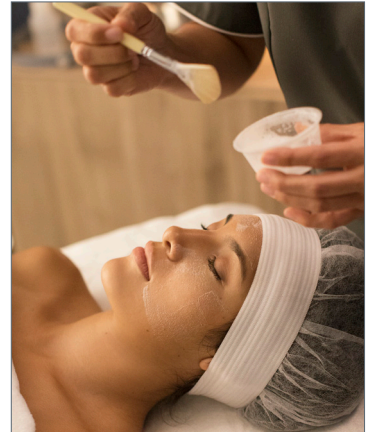
# resurfacing

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**benefit:** professional exfoliation removes dulling dead skin cells, speeds up cell turnover and increases product efficacy

## ✓ key steps

1. Choose prescribed exfoliant and apply to skin
2. Lightly manipulate in circular motions
3. Remove according to product directions



## ⚡ product boost!

Reference the exfoliation chart in The Book for exfoliant selections and instructions.

## exfoliant choices

- **Daily Microfoliant®**  
(product boost: Multi-Active Scaling Gel)
- **MultiVitamin Thermafoliant®**
- **Daily Superfoliant™**  
(product boost: Multi-Active Scaling Gel)
- **MultiVitamin Power Exfoliant**
- **Exfoliant Accelerator 35**

### **contraindications:**

Medically prescribed exfoliants, inflamed active acne, impaired barrier, recently resurfaced or waxed skin.

## step-by-step instructions:

1. Choose prescribed exfoliant according to the client's skin type/condition.
2. Steam may be used at this time.
3. Apply exfoliant and gently manipulate in circular motions.
4. Remove exfoliant with sponges and warm water according to product directions.

### **tips:**

- Depending on the exfoliant choice, removal will vary.
- Use caution around eye and lip area.

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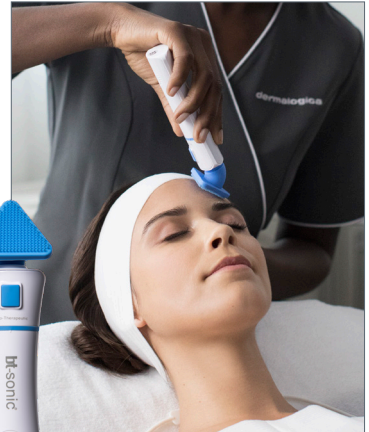
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## brushes

**benefit:** added mechanical exfoliation

### ✓ key steps

1. Choose prescribed exfoliant
2. Apply damp brush to skin
3. Work brush in circular motions



### ⚡ product boost!

Mix one of these options to boost exfoliation:

- 1 pump **Exfoliant Accelerator 35**
- 1 tube **MultiVitamin Power Exfoliant**

## exfoliant choices

- **Daily Microfoliant®**  
(product boost: Multi-Active Scaling Gel)
- **MultiVitamin Thermafoliant®**
- **Daily Superfoliant™**  
(product boost: Multi-Active Scaling Gel)

## step-by-step instructions:

1. Choose and apply prescribed exfoliant according to the client's skin type/condition.
2. Steam may be used at this time.
3. Dampen the brush head with water and apply to the skin.
4. Gently work in circular motions around the face for about 1-2 minutes.
5. Remove exfoliant with sponges and warm water according to product directions.

### **contraindications:**

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# resurfacing

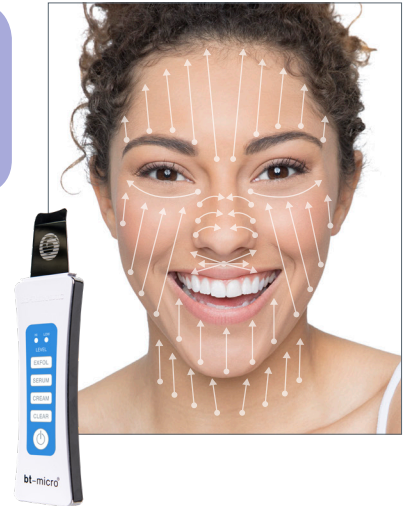
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## ultrasonic blade

**benefit:** therapeutic ultrasound provides added exfoliation

### ✓ key steps

1. Choose prescribed exfoliant
2. Select exfoliation mode
3. Hold blade at 45 degree angle
4. Perform exfoliation routine following diagram



### ⚡ product boost!

Mix one of these options to boost exfoliation:

- 1 pump **Exfoliant Accelerator 35**
- 1 tube **MultiVitamin Power Exfoliant**

## exfoliant choices

- **Daily Microfoliant®**  
(product boost: Multi-Active Scaling Gel)
- **MultiVitamin Thermafoliant®**
- **Daily Superfoliant™**  
(product boost: Multi-Active Scaling Gel)
- **MultiVitamin Power Exfoliant**
- **Exfoliant Accelerator 35**

### **contraindications:**

Medically prescribed exfoliants, impaired barrier, inflamed active acne, recently resurfaced or waxed skin.

## step-by-step instructions:

1. Choose and apply prescribed exfoliant according to the client's skin type/condition. Steam may be used at this time.
2. Select exfoliation mode and use blade at a 45 degree angle.
3. Hold skin taut. Begin on the neck and chest using light upward strokes. Cover all areas of the face and neck. Periodically wipe debris off blade with cotton pad or gauze.
4. Remove exfoliant with sponges and warm water according to product directions.

### **tip:**

Skin should be damp and blade should glide easily. If more moisture is required, add water to face with wet hands.

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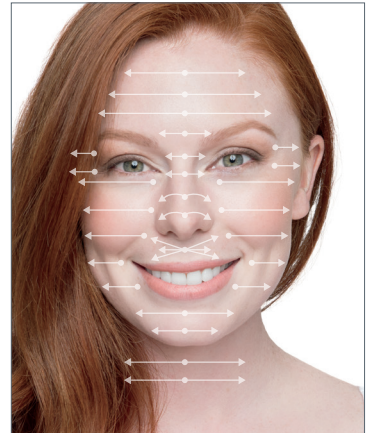
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## wet microdermabrasion

**benefit:** increased level of mechanical exfoliation

### ✓ key steps

1. Choose prescribed exfoliant
2. Select diamond tip
3. Adjust vacuum level
4. Perform exfoliation routine following diagram



#### skin texture

uneven/  
coarse

coarse/  
even

even/  
normal

normal/  
sensitive

sensitive/  
thin

#### diamond tip

very  
coarse

coarse

moderate/  
medium

fine

very fine

#### vacuum level

high

medium

low

### ⚡ product boost!

Mix one of these options to boost exfoliation:

- 1 pump **Exfoliant Accelerator 35**
- 1 tube **MultiVitamin Power Exfoliant**

## exfoliant choices

- **Daily Microfoliant®**  
(product boost: Multi-Active Scaling Gel)
- **Daily Superfoliant™**  
(product boost: Multi-Active Scaling Gel)
- **MultiVitamin Power Exfoliant**
- **Exfoliant Accelerator 35**

## step-by-step instructions:

1. Choose and apply prescribed exfoliant according to the client's skin type/condition.
2. Steam may be used at this time.
3. Select appropriate diamond tip according to the client's skin texture.
4. Adjust vacuum level: low for sensitive, medium for normal, high for coarse.
5. Perform the exfoliation routine following the diagram on reverse. Move from the forehead, down.
6. Remove exfoliant with sponges and warm water according to product directions.

### **contraindications:**

Medically prescribed exfoliants, impaired barrier, inflamed active acne, recently resurfaced or waxed skin.

### **tip:**

Skin should be damp and hand piece should glide easily. If more moisture is required, spritz skin with prescribed Dermalogica toner or add water to allow for better glide.