



Facials including an Ultrasonic Device

Welcome to Enhance Me Training and Beauty Academy.

We are so pleased to welcome you into our academy and are looking forward to getting to know you and share our knowledge and expertise with you.

Our academy courses have been planned and created by Aestheticians, Medics, Beauty Therapist's and Skin Care Specialists and are carefully tailored to give you all you need to perform highly skilled treatments with amazing results. All our courses are CPD accredited, meaning they are fully recognised by your insurers.

Our team are here to support you throughout your training and are always available to chat at any point during or after your time with us.

We really hope you enjoy your learning experience,

Abi

Clinical Director,

and the Enhance Me Academy Team.

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Aims and Objectives

Facials are a great treatment for general skin health as well as targeting specific skin concerns that a client may have. The purpose of a facial treatment is to thoroughly cleanse the skin, relax tense, tight muscles and improve the condition of the skin. It is a 'no downtime' treatment whereby clients can relax, and you can gain better knowledge of their skin health and any skin concerns.

While the power of touch is great and can make differences within the skin the addition of electrical modalities and machines can further enhance the benefits the clients receives.

Aim: To develop facial treatments to include the use of an ultrasonic blade

Objectives: To achieve the aim we will cover the following:

- To become aware of the relevant health & safety associated with using an ultra-sonic tool
 - To recognise contra-indications and act responsibly upon recognition on a contra-indication
 - To develop an understanding of how the technology interacts with the anatomy of the skin
 - To identify the products and tools needed to carry out a facial treatment including a ultrasonic device
 - To perform a facial treatment
 - To give relevant aftercare advice
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What is an Ultrasonic skin scrubber device?

An ultrasonic skin scrubber or spatula is a handheld device that a professional skin care practitioner can use, within their facial treatments, to further enhance the client's benefits for the ultimate client satisfaction.

The technology of the device uses ultrasonic waves to emit vibrations, and sound waves, from the edge of the spatula onto the skin. This loosens dead skin cells and allow for better penetration of active ingredients.

There are various devices, on the market, that offers multiple functions including deep cleansing, lifting (using EMS microcurrent technology) and a deep moisturising ability. Not all devices are the same and it is important that you look to find one that includes all the different modes that you require.



Specifics on the Eve Taylor Ultrasonic skin device?



Device Specification

Input voltage: DC 5V. Input current: 1A. Power 5W.

Net weight: 97.6g.

Device size: 180mm x 52mm x 24mm.

Charging type: USB. Charging time: approximately 2 hours. Continual usage time: approximately 1 hour.

Safety and precautions

The Eve Taylor® Ultrasonic Micro-therapy Device has been designed to offer longevity for use within the professional environment. To ensure the device maintains its full life, please ensure you observe the following safety points and precautions:

- Always check the device before use. If unit becomes cracked do not use and replace immediately.
- Check device and USB charger cord each time before plugging in to charge.
- Ensure device is kept on a clean and dry surface area when not in use.
- Never immerse the device in water.
- Do not use or store in humid areas. If water seeps into the device housing do not use and replace immediately.
- Limit moisture encountering the device and wipe blade regularly.
- Always turn off the device after use.

Clean blade and body of device before and after use using a damp cloth and proceed to disinfect using appropriate disinfecting wipes (such as Barbicide wipes or Mundo wipes).

Specifics on the Eve Taylor Ultrasonic skin device?

The functions that are included on the device are-

Exfoliate

To remove dead skin cells and provides a deep cleansing actions for a smoother more refined texture to the skin.

Clarify

Provides a further cleanses that breaks down the excess build-up of sebum by emulsifying sebum through saponification. In addition it softens and loosens blackheads ready for extractions for a clearer looking skin.

Ionise

Provide a deep penetration action that pushes active ingredients into the deeper layers of the skin therefore increasing product effectiveness for the client.



Contra-indications

In addition to the usual facial contra-indications

- Epilepsy, may trigger a seizure
- Pregnant (or trying to get pregnant) electrical current should not be channelled throughout the body
- Diabetic, the client may have impaired skin sensation and may not be able to feel the strength of current being used, increasing the risk of burning
- Metal implants, will conduct the current resulting in internal burns
- If your client has metal fillings it is fine to do the treatment but they may experience a metallic taste in their mouth.
- If a client has a metal brace/retainer in their mouth avoid working directly over the area and they may also experience a metallic taste
- Pacemakers and heart conditions, will not be able to tolerate current and may lead to fatal consequences
- Facial piercings- will need to be removed prior to the facial, plastic retainers can be worn as a substitute
- High or low blood pressure
- Clients taking Ro-Accutane/Isotretinoin (Exfoliate setting only)
- For sensitive type skins it is recommended using the device with caution and to only use the 'Ionise +' setting. 'Exfoliate' and 'Clarify -' settings may offer too much stimulation for this kind of skin.
- For client comfort, ensure you have explained that the device emits a high pitched sound, especially when using 'Exfoliate' mode. For any clients with hearing aids/devices, we recommend that they set them to 'off' when using this device to avoid interference or audio discomfort.

Things to consider before using electrical therapies

Which therapies fall under my scope of practice?

- If you currently perform facial treatments on clients then the addition of electrical devices can further enhance your treatments and keep existing clients interested. If you lack skin care and facial treatment knowledge, and skills, you may want to build on this first before adding in advanced facial therapies.

Do I have the right insurance coverage?

- If you have a Level 3 beauty therapy that includes electrical facial therapies then you will require no additional insurance. Anything else you will have to check with your individual insurer as they will all vary. If you have a facial qualification then you may need to check and add electrical facial therapies to your current cover if they are happy to cover with the accreditation. Electrical therapies have additional contra-indications that may not be a 'normal' contra-indication to a standard facial treatment. This creates an additional level of risk hence the need for extra insurance.

What is the goal of the treatment?

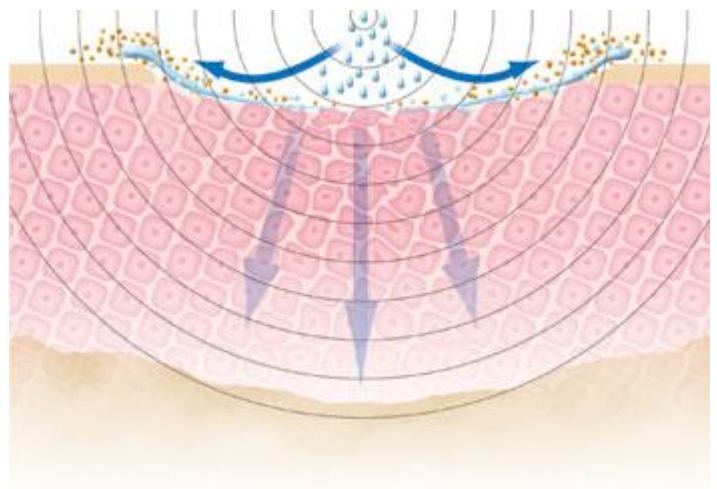
- Often electrical therapies can affect the relaxation element of a facial treatments. This can be due to additional noise or sensations from the device may produce. Electrical devices are used to further increase the skincare benefits for the client. If the clients main goal/treatment expectation is to improve the condition of their skin then electrical devices will be great. If the clients' main goal/expectation is to relax then including electrical devices may reduce the relaxation element of the treatment and affect the clients' experience.

Which mode will complement the relevant treatment step?

- Just because there is more than one function on the ultrasonic devices it doesn't mean you have to use all of them in one treatment. Individual treatment plans, and facial routines, can be create to target specific concerns.

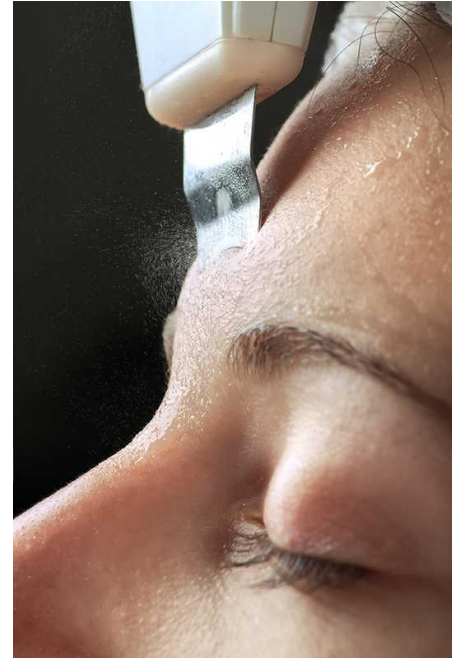
Does the product I have selected work with the technology?

- This can seem confusing but there is specific products needed for specific electrical therapies. The chemistry comes down to positive and negatively ions in products to create a circuit on the skin. It is always important that you learn and understand the technology behind each treatment to get the best benefits for your clients without causing harm. Knowledge is the key in becoming a competent practitioner.



Eve Taylor Ultrasonic skin device- Exfoliate setting

The device uses ultrasonic technology to emit vibrations and sound waves from the edge of the stainless-steel blade. When the blade passed over moistened/wet skin, held at a 45-degree angle, the concentrated ultrasonic vibration penetrates into the epidermis. This disturbs dead, keratinised skin cells in the top layer of the epidermis (Stratum Corneum layer or the Horny layer). The ultrasonic vibration detaches the dead skin cells and they mix with the cleansing product on the skin, creating a visible moisture mist. The skin also benefits from the ultrasonic sound waves, by pushing the cleansing agent, from the tip of the blade, into the follicles rapidly and back out again. This action quickly ejects pollutants, dirt and grime within the pore and follicles, in a single pass. This cleansing action purifies the skin, by removing superficial dirt and sebum, for a targeted cleansing action better than a manual cleansing action using the hands alone.



How to use during a facial treatment:

1. Ensure skin surface is **always** wet with a suitable cleansing or exfoliating product. Any facial cleanser a suitable cleansing product. There is also the option of further enhancing this action by combining your facial cleanser with your exfoliating product. **Do not use the blade without moisture on the skin**, a spray Toner can be regularly spritzed over the skin while the device is applied to the skin.
2. Turn on the unit by pressing the central power button, this will automatically engage the 'Exfoliate' setting and show a blue light above the symbols. A continuous high-pitched buzzing sound will be heard.

Hold the device in hand ensuring contact with the metal outer rim. Place the blade pointing down at the skin at a 45-degree angle (the buttons will be facing the client) and gently pass over the dampened surface working upwards from the neck to the forehead. A water spray will be visible showing the ultrasonic vibration working. Ensure the blade is wiped regularly with sponge or cotton disk to remove debris. Make sure you get the client to keep their eyes closed due to the mist being produced. This stage takes about 3 minutes to complete but can be extended if the client would benefit from it.



This setting is NOT suitable for

- Clients taking Ro-accutane/Iso-Tretinoin (Exfoliate setting only)
- For sensitive or rosacea type skins 'Exfoliate' and 'Clarify -' settings may offer too much stimulation for this kind of skin.

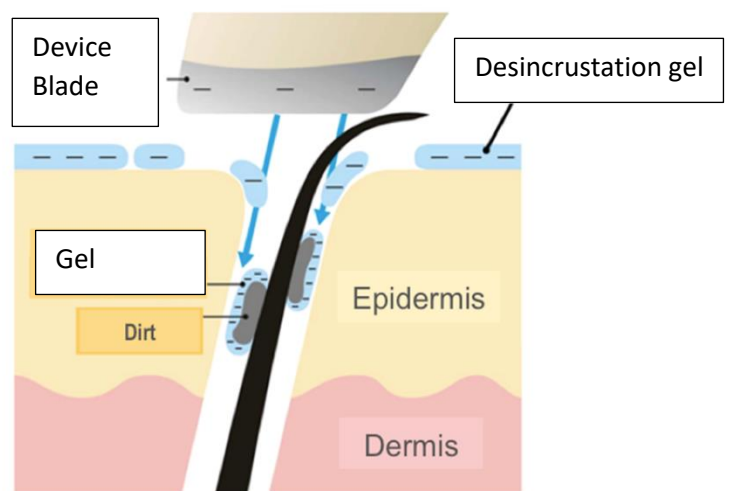
Eve Taylor Ultrasonic skin device- Clarify setting

The decongesting function, known as the clarify setting, deeply cleanses the follicles of excess oil, loosens blackheads (comedones) in preparation of extractions and softens the skin. The current emitted by the flat edge of the blade passing over the skin loosens solidified impaction in the skin and assists with the release of sebum, by aiding with saponification (emulsifying sebum and softening blockages).

This setting is beneficial for clients with oily and congested skin. This setting is the best setting for clients who want you to target extraction of blackheads. This setting can also be targeted to be only used on oily and congested areas like the T-Zone.

This is one of the settings that is reliant on you using a product with the correct 'charge'. The most suitable product to use is a **desincrustation** gel that has a negative (-) charge although there some gels that can be used with both charges.

The science behind the charges is like the poles of a magnet, like poles repel and opposite pole attract. So if the device is on a negative (-) charge and the products is on a negative (-) charge then the device repels the active product deep into the skin/pores to perform a deep acting clean. Once this has been completed for 4-5 minutes the device will be switched back to the exfoliate setting to agitate the gel and dirt out of the skin obtaining a deeper clean.



How to use during a facial treatment:

1. Apply Desincrustation Gel into a bowl and whisk into a foam consistency using a brush. Apply the foam in a thick 'blobbing' application to congested areas and where extractions will be performed, typically on the cheeks, nose, forehead and chin.
2. Turn on the unit by first pressing the central power button, continue to press 'Pad' when a blue light will show, press the 'Clarify -' button and a second blue light will show, an intermittent pulsing buzzing sound will be heard. Hold the device in hand ensuring contact with the metal outer rim. Place the flat edge of the blade on the skin (you will see the buttons facing up) and work over the areas with Desincrustation Gel applied in upward motion. **Always keep the blade moving** and do not allow the blade to become stationary in one place. Your free hand should always be kept in contact with the client's skin, approximately 1 inch from the blade to ensure



the circuit is completed. Periodically wipe the blade to reduce product build up. Continue to work over the areas for 5 minutes in total.

3. Switch the device setting back to the 'Exfoliate' setting, by pressing the central power button, to remove excess product and surface congestion. Remove Desincrustation Gel using the blade edge (buttons facing the client) of the device followed by damp sponges.

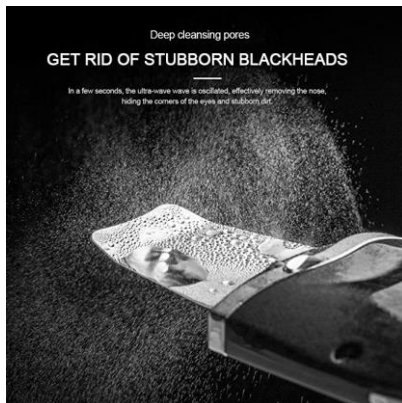
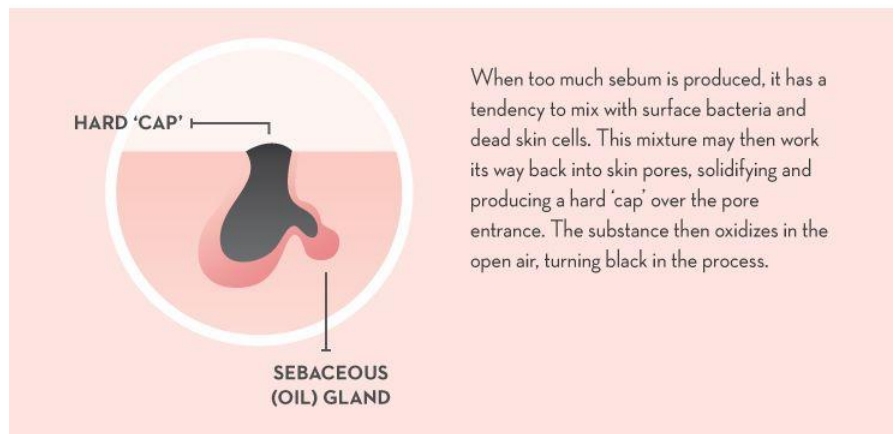
How to perform extractions:

Clients love having extractions but traditional removal methods can cause discomfort when removing. They can also be difficult for the therapist to remove if they have not been softened before removal.

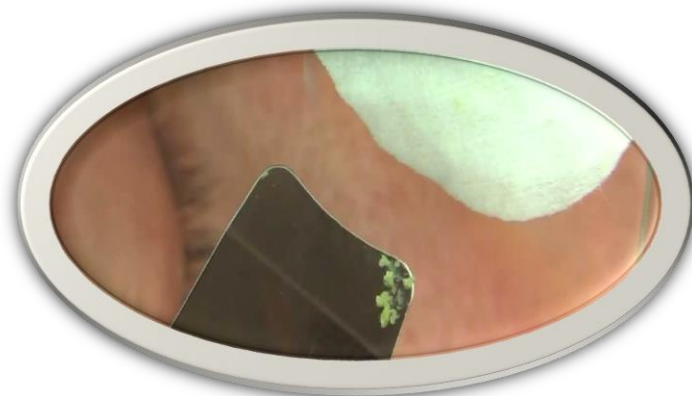
Traditional blackhead removal tools could also cause damage to the skin.

For a blackhead to be removed easily it is best to soften the 'plug' and then it will slide out with minimal pressure from the therapist.

WHAT IS A BLACKHEAD?



1. Wearing gloves, turn on the unit by pressing the central power button, this will automatically engage the 'Exfoliate' setting and show a blue light above the symbols. A continuous high-pitched buzzing sound will be heard. Place the blade pointing down at the area of extraction at a 45-degree angle (the buttons will be facing the therapist this time). Use gentle pressure to push at the side of the follicle and hold for a few seconds, increase pressure slightly and see the follicular impaction plug raise from the follicle. Wipe blade regularly, with a tissue, to remove any debris. Continue to perform extractions in this way as necessary and complete by wiping any debris from the skins surface. Once completed wipe the extracted area with cotton pad dampened with a toner or antibacterial product.



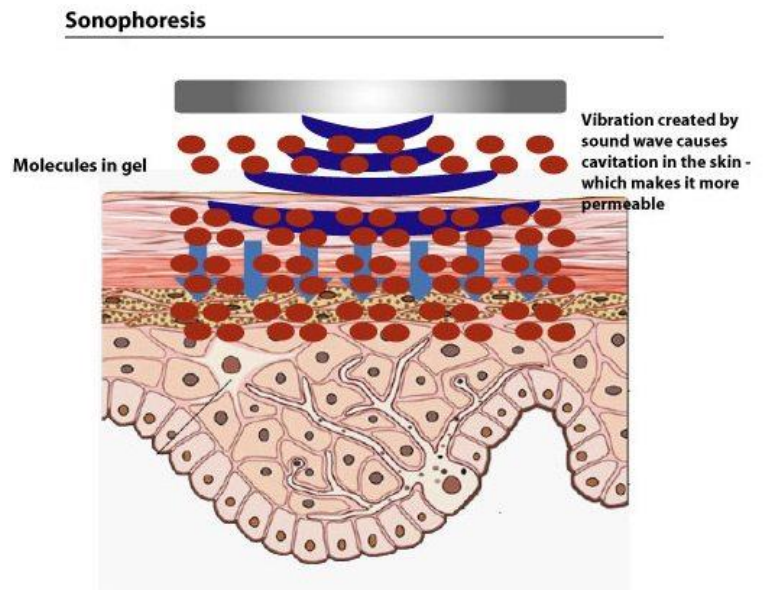
Eve Taylor Ultrasonic skin device- Ionise setting

The Ionise setting, on the device, offers an effective method of pushing products deeper into the skin using a current called sonophoresis. This current works by create physiological effects within the skin tissues causing acoustic cavitation, this means the formation of an empty space within a solid object or body.

Acoustic cavitation causes small holes in the top layer of the epidermis (Stratum Corneum or Horny layer). These gaps allow topically applied formulations to be deeply absorbed into the lower layers of the epidermis and skin.

Acoustic cavitation-

- Leads to an enlargement of intercellular spaces.
- Heating is a secondary response of cavitation itself that results in the increased flow of lipids within the membrane, thus enhancement of product penetration through the skins barriers.



How to use during a facial treatment:

1. Apply a product that is suitable for electrotherapy treatments to the skin, ideally if the product is charged you will want a positive (+) charge. Within the Eve Taylor range suitable products include Electro Gel, Soothing Masque, Balancing Masque, Purifying Masque or Anti-oxidant Masque.
2. Turn on the unit by first pressing the central power button, continue to press 'Pad' when a blue light will show, press the 'Ionise +' button and a second blue light will show; an intermittent pulsing buzzing sound will be heard. Hold the device in your hand ensuring contact with the metal outer rim.
3. Place the flat edge of the blade on the skin (you will see the buttons facing up) and work over the areas in upward motions. Always keep the blade moving and do not allow the blade to become stationary in one place. **Your free hand should always be kept in contact with the client's skin, approximately 1 inch from the blade as this completes the circuit.** Periodically wipe the blade to reduce product build up. Continue to work over the areas for 5-10 minutes in total.
4. Remove any leftover product thoroughly using damp sponges or steam towels.



Ultrasonic Skin Device Facial Treatments

Eventually you will design your own 'signature' facial treatment as you will not want to do the same routine or treatment as other practitioners as you need your own unique selling point (USP).

When designing a treatment some basic considerations are-

- If a client has an oily/combination/congested skin then the facial will be focused on breaking down the excess build-up of dead skin and impacted sebum. This means you will use all settings within your facial device in your routine.
- If your client has a dry/dehydrated/sensitive skin then your facial treatment will NOT need the clarifying setting, as this would be too drying for their skin. Your facial routine would just include the exfoliation and ionised functions.
- You can design an extraction facial that would just include the exfoliation and clarify settings but I would advise doing a couple of minutes of the ionised setting to soothe away any redness after the extractions.
- REMEMBER not all skins can tolerate the 'clarify' and 'exfoliate' settings so you may have to leave them out and just use the ionise setting.

Aftercare Advice

The aftercare advice is exactly the same aftercare advice for all facials. Your aftercare advice should include-

- Immediate aftercare advice that includes avoidance of some products and activities like no exfoliation, avoid at home peels, retinol products for 4-7 days. Avoid excessive heat from hot baths and showers and cardio exercise for 24 hours. Minimise make-up application and ensure make up is fully removed at the end of the day using suitable cleansing products (NOT wipes).
- Lifestyle changes that include avoiding UV light and using an SPF of 30+, drink more water and cutting out unhealthy food and drink choices (including caffeinated drinks)
- Products that you may sell or recommend to buy
- When to return for their next treatment. Minimum of 1 week apart.
- Contra-action advice just in case they have a reaction to any of the products used.

Contra-action advice-

If any rash type symptoms occur follow these instructions-

1. Wash the area with cool water
2. Apply a cold compress to the affected area
3. If symptoms persist seek medical advice (Dr, 111, pharmacist)