


# Chapter 23

## Facials

MILADY  
STANDARD COSMETOLOGY INSTRUCTOR SUPPORT SLIDES



**“A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.”**

– Herm Albright

# Objectives

- Explain the importance of skin analysis and client consultation.
- Understand contraindications and the use of health-screening forms to safely perform facial treatments.
- List and describe various skin types and conditions.
- Describe different types of products used in facial treatments.

# Objectives *(continued)*

- Perform a client consultation.
- Identify the various types of massage movements and their physiological effects.
- Describe the basic types of electrical equipment used in facial treatments.
- Identify the basic concepts of electrotherapy and light therapy techniques.

# Skin Analysis and Consultation

- Analysis determines skin type, skin condition, and needed treatment.
- Consultation allows you to ask questions about client's health and skin care history, and to advise client about needed home-care regimen.

# Health Screening

- Used to determine if client has any contraindications that might prevent skin treatments

Department of Skin Care  
Health Screening Form

**Client History**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Occupation \_\_\_\_\_ Referred by \_\_\_\_\_ Date of Birth \_\_\_\_\_

Is this your first facial treatment? YES \_\_\_ NO \_\_\_

Have you ever used:

Retin-A®? YES \_\_\_ NO \_\_\_

Accutane®: (isotretinoin)? YES \_\_\_ NO \_\_\_

Are you using glycolic or alphas hydroxy acids? YES \_\_\_ NO \_\_\_

Do you smoke? YES \_\_\_ NO \_\_\_

Are you pregnant? YES \_\_\_ NO \_\_\_

Do you have acne or frequent blemishes? YES \_\_\_ NO \_\_\_

Are you nursing? YES \_\_\_ NO \_\_\_

Taking birth control pills? YES \_\_\_ NO \_\_\_ If so, how long? \_\_\_\_\_

Have you had skin cancer? YES \_\_\_ NO \_\_\_

Do you experience stress? YES \_\_\_ NO \_\_\_ If so, how often? \_\_\_\_\_

Do you wear contact lenses? YES \_\_\_ NO \_\_\_

Are you under a physician's care? YES \_\_\_ NO \_\_\_

Physician's Name \_\_\_\_\_

Do you have any allergies to cosmetics, foods, or drugs? YES \_\_\_ NO \_\_\_

Please list \_\_\_\_\_

Are you presently on any medications - oral or topical-dermatological? YES \_\_\_ NO \_\_\_

Please list \_\_\_\_\_

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# Contraindications

- Use of isotretinoin
- Pregnancy
- Metal bones or plates
- Pacemakers or heart irregularities
- Allergies
- Seizures or epilepsy

# Contraindications (*continued*)

- Use of oral steroids
- Autoimmune diseases such as lupus
- Diabetes
- Use of blood thinners
- Obvious skin abnormalities
- When in doubt, don't!



# Health-Screening Form

- Client data
- Client occupation
- Medical conditions
- Medications taken
- Home-care regimen
- How referred to you

# Treatment Records

- Kept separate from health forms
- Include client's personal information, results of analysis, observations, retail products purchased, treatment dates.

# Analysis Procedure

- Read form; discuss questions.
- Put on smock.
- Seat client.
- Drape hair.
- Remove jewelry.
- Recline client.
- Warm cleanser and apply.
- Apply cotton eye pads.

# Determine Skin Type

- Examine with magnifying lamp.
- Observe visible pores.
  - Obvious pores = oily skin
  - Lack of pores = dry, or alipidic, skin

# Skin Types

SKIN	SIGNS AND CONDITIONS ASSOCIATED WITH SKIN TYPES	
	SIGNS OF SKIN TYPE	CONDITIONS ASSOCIATED WITH SKIN TYPE
OILY	Obvious, large pores.	Open and closed comedones, clogged pores. Shiny, thick appearance. Yellowish color. Orange peel texture.
DRY	Pores very small or not visible.	Tight, poreless-looking skin. May be dehydrated with fine lines and wrinkles, dry and rough to the touch.
NORMAL	Even pore distribution throughout the skin. Very soft smooth surface. Lack of wrinkles.	Normal skin is actually very unusual. Most clients have combination skin.
COMBINATION DRY	Obvious pores down center of face. Pores not visible or becoming smaller toward the outer edges of the face.	May have clogged pores in the nose, chin, and center of the forehead. Dry, poreless toward outside edges of the face.
COMBINATION OILY	Wider distribution of obvious or large pores down the center of the face extending to the outer cheeks. Pores become smaller toward edges of the face.	Comedones, clogged pores, or obvious pores in the center of the face.
ACNE	Very large pores in all areas. Acne is considered a skin type because it is hereditary.	Presence of numerous open and closed comedones, clogged pores, and red papules and pustules (pimples).

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# Analysis of Skin Conditions

- Dehydration
- Hyperpigmentation
- Sensitive skin
  - Rosacea
  - Dilated capillaries (telangiectasias, couperose)
- Aging skin
- Sun-damaged skin

# Skin Care Products

- Cleansers
  - Cleansing milk
  - Foaming cleansers
- Toners (fresheners or astringents)
  - Lower pH
  - Remove excess cleanser
  - Hydrate and soothe



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# Exfoliants

- Designed to exfoliate, or remove excess cells from, the skin surface
- Smoother, clearer skin after dead skin cell removal



# Mechanical Exfoliants

- Granular scrubs: “bump off” dead cells
- **Gommages**: “erase” or roll off dead cells
- **Microdermabrasion**: uses electronic vacuum spray



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# Chemical Exfoliants

- Salon *alpha hydroxy acid* (AHA) exfoliants
  - Require home use for at least two weeks prior to salon application

# When to Avoid Mechanical Peeling

- Skin with visible capillaries
- Thin skin that reddens easily
- Older skin if thin and bruises easily
- Skin being medically treated
- Acne-prone skin

# Enzyme Peels

- Use keratolytic enzymes that dissolve keratin protein in surface cells
- Derived from papaya, pineapple, and beef by-products.
- Cream type
- Powder type

# Proper Exfoliation

- Clogged and oily skin
- Skin roughness
- Moisture content and hydration
- Hyperpigmentation
- Uneven skin color
- Wrinkles and fine lines
- Poor elasticity

# Moisturizers

- Help increase moisture content of skin surface
- Mixtures of humectants (hydrators/water-binding agents) and emollients (products that hold water in)
  - Dry skin contains more emollients
  - Oily skin contains fewer emollients

# Moisturizers (*continued*)

- Sunscreens
- Night treatment products
- Serums and ampoules
- Massage creams



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# Masks

- Clay-based (oil-absorbing)
- Cream (contain oils and emollients)
- Gel (used for sensitive/dehydrated skin)
- Alginate (often seaweed-based)
- Paraffin (used with treatment creams)



# Masks (continued)

- Modelage
- Gauze



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# Consultation Card

INTAKE FORM

Name _____	Date of Consultation _____			
Address _____	D.O.B. _____			
City _____ State _____ Zip _____	Occupation _____			
Tel. (Home) _____ (Business) _____	Ref. by _____			
Contraindications _____				
Medical History _____				
Current Medication _____				
Previous treatments _____				
Home Care Products used _____				
SKIN TYPE	Oily	Normal	Dry (alipidic)	Combination
SKIN CONDITION	Clogged pores	Sensitive	Dehydrated	Mature
Skin Abnormalities _____				
Remarks _____				

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FACIAL RECORD

Date	Type of treatment	By	Products purchased
2/14	Cleansing, Peel- Relaxing Massage	Mary	Moisturizer with sunscreen
3/16	Cleansing, Peel Modelage Mask	Mary	Cleanser, Toner
4/5	Cleansing, Peel High Frequency indirect	Mary	Moisturizer, Foundation #7
4/26	Cleansing, Peel Massage Alginate Mask	John	
5/13	Cleansing, Peel Iontophoresis Paraffin Mask Skin is showing marked improvement.	Mary	Night cream for dry skin Lipstick #43
6/1	Cleansing, Peel Relaxing Massage	Mary	Eye contour mask

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# Facial Massage

- Massage is the manual or mechanical manipulation of the head or body by rubbing, pinching, kneading, tapping, and other movements to increase metabolism and circulation, promote absorption, and relieve pain.

# Practitioner Qualities

- Knowledge of anatomy and physiology
- Firm and sure touch
- Flexible hands
- Quiet temperament
- Self-control
- Filed and shaped nails

# Basic Massage

- Begin at insertion.
- Move toward origin.

# Massage Manipulations

- *Effleurage*
- *Petrissage*
- *Fulling*



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# Massage Manipulations

- Friction
  - Chucking
  - Rolling
  - Wringing
- Tapotement (percussion)
  - Hacking



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# Massage Manipulations (*continued*)

- Vibration



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# Physiological Effects of Massage

- Motor points
  - Varied locations
  - Relaxation

# Benefits of Massage

- Skin nourishment
- Softness and pliability
- Increased blood circulation
- Gland stimulation
- Stimulated and strengthened muscle fibers
- Soothed and rested nerves
- Relieved pain

# Facial Equipment

- Facial steamer
- Brushing machine
- Skin suction/cold spray



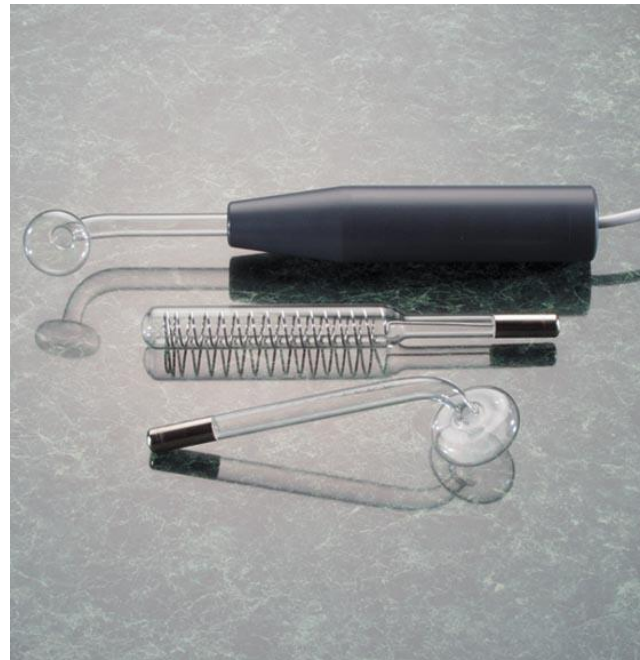
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# Electrotherapy and Light Therapy

- Types of electrotherapy: galvanic, high-frequency
- Not to be used on clients with metal implants, pacemakers, heart disease, epilepsy, pregnancy, high blood pressure, fever, infection, insufficient nerve sensibility, open or broken skin, fear of the procedure

# Electrode

- An applicator for directing the electric current from the machine to the client's skin
- Galvanic machines
  - Anode: positive
  - Cathode: negative



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# Galvanic Current

- **Desincrustation**: softens and emulsifies hardened sebum stuck in hair follicles
- **Iontophoresis**: penetrates water-soluble products that contain ions into the skin



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# Microcurrent

- A type of galvanic treatment that uses a very low level of electrical current. It has many applications in skin care and is best known for helping to tone the skin, producing a lifting effect for aging skin that lacks elasticity.

# High Frequency

- An electrode is an applicator for directing electric current from machine to client's skin.
  - Direct application: applied directly to skin
  - Indirect application: client holds electrode
- Discovered by Nikola Tesla; used to stimulate blood flow and help penetrate products; can be used for acne-prone skin because of its germicidal effect



# Light Therapy

- Infrared lamps: used to heat skin and increase blood flow
- Light-emitting diode (LED): used to heal, minimize redness, warm lower-level tissues, stimulate blood flow, help acne-prone skin

# Microdermabrasion

- A type of mechanical exfoliation that involves shooting aluminum oxide or other crystals at the skin with a hand-held device that exfoliates dead cells
- Produces fast, visible results
- Treats surface wrinkles and aging skin
- Requires extensive training

# Facial Treatments

- Preservative: maintain health of facial skin
- Corrective: correct some skin conditions such as dryness, oiliness, comedones, aging lines, and minor conditions of acne

# Facial Treatment Guidelines

- Speak quietly and professionally.
- Explain benefits and answer questions.
- Provide quiet atmosphere.
- Maintain clean environment.
- Follow systematic procedures.
- Warm hands.
- Keep nails smooth and short.
- Analyze skin.

# Special Problems

- Dry skin: caused by insufficient flow of sebum
- Oily skin: caused by hardened masses of sebum in sebaceous glands
- Limited measures for acne: reducing oiliness; working under medical supervision

# Consultation and Home Care

- Conduct in well-lighted area with mirror.
- Educate client about at-home and salon procedures.
- Organize products for retail and explain each.

# Aromatherapy

- Use of essential oils that improves the efficacy of many skin care preparations
- Enhances physical, emotional, and mental well-being



Courtesy of Michael Dzaman.

# Practical Class

- Facial Manipulations
- Chest, Back, Neck Manipulations
- Basic Facial
- Facial for Dry Skin
- Facial for Oily Skin
- Facial for Acne-Prone Skin



# Summary and Review

- Explain skin analysis techniques and why they are important.
- What is a contraindication? List at least five examples.
- Why is it important to have every client complete a health-screening questionnaire?

# Summary and Review (*continued*)

- Describe the differences between alipidic and oily skin.
- What is the difference between skin type and skin condition?
- Name and explain the different categories of skin care products.

# Summary and Review (*continued*)

- What are the steps to completing a client consultation?
- Why is massage used during a facial?
- Name and briefly describe the five categories of massage manipulations.

# Summary and Review (*continued*)

- Name and describe two types of electrical machines used in facial treatments and explain why these machines add value to a facial.
- Who is not a good candidate for electrical current treatment? why?
- How can aromatherapy be used in the basic facial?

# Congratulations!

You have completed one unit of study  
toward course completion.

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