

# Dermaplaning

## PERFORMING THE TREATMENT

### Skin Analysis: 5 Minutes

#### STEPS INSTRUCTIONS

Step 1 Perform skin analysis.

### Cleanse Phase: 5-7 Minutes

Step 2 Apply **Gentle Facial Wash** or **Salicylic Wash 2%** and cleanse the face, neck, and décolleté.

Step 3 *(Optional)* Apply a **Complexion Treatment Pad** over entire face and neck. This is ideal for oilier, thicker skin. Wait until completely absorbed prior to application of the oil.

### Dermaplaning: 15-20 Minutes

Step 4 Dermaplaning with **Hydra Calm Facial Oil** (AKA/Hydra Calm Massage Oil). Please refer to our online course for detailed instructions.

Step 5 *(Optional)* Perform AHA chemical peel or aesthetic treatment. This should only be incorporated with an AHA or BHA peel with a pH of 3.0 or greater and on non-sensitive skin. Leave on half the time to ensure the client skin does not get irritated. If client gets a bit overstimulated, follow with a cool towel compress or beauty globes. Please make sure the client has already experienced a peel prior to ensure desired results.

### Hydrate and Moisturize Phase: 10 Minutes

Step 6 Apply **Sensitive Skin Tonic** or **Balancing Tonic** on a cotton round and smooth over skin to restore the skin pH balance, hydrate, and soothe.

Step 7 Apply **Sensitive Skin Enzyme Mask** or **Ultra Peptide Cream Mask** to calm and soothe the skin. Remove after 5-7 minutes. *Note:* In training video we demonstrate it in a way that can be massaged in and then removed. Please apply based on your preference.

Step 8 Apply **Calming Balm** and massage into the skin.

Step 9 Apply **Growth Factor Treatment Cream**.

Step 10 Complete treatment with an application of the appropriate sunscreen for the skin type:

- **Oil Free Sunscreen SPF 30** - all skin types
- **Tinted Moisturizer SPF 30** - aging, sensitive
- **Aroma Matte Day Cream SPF 30** - normal, oily



#### TREATMENT DURATION:

This treatment can be customized into a 30 or 60 minute facial.



#### COST PER TREATMENT:

\$4 - \$6

#### TREATMENT DESCRIPTION

Dermaplaning is an exfoliation treatment that involves gently exfoliating the face with a medical-grade scalpel to remove the very top layer of skin. This removes both dead skin cells and the fine vellus hairs that are known as peach fuzz, leaving the surface of the face ultra smooth.

By stimulating the development of new skin cells, this type of exfoliation helps new skin rise to the surface. It provides clients and patients a more youthful and smoother complexion.

#### PLEASE NOTE

This treatment is not recommended for clients/patients who are in the midst of an active acne outbreak or who have open wounds or lesions on their face. Anyone who is allergic to nickel or who has taken the acne medication Accutane in the past six months also are not ideal candidates. Patients who have received deep TCA peels or laser treatments, Botox or dermal fillers should wait at least 7-10 days before undergoing a Dermaplaning Treatment.

#### EQUIPMENT AND SUPPLIES OVERVIEW

Please have these items available prior to beginning:

- Cotton rounds
- 2 x 2 gauze or cotton squares
- Fan brushes
- Dermaplane blade
- Sharps Container (for blade disposal)