



Dermaplaning Manual

Dermaplaning

WELCOME TO THE WORLD OF FACIAL CARE

THINKING ABOUT BECOMING A FACIAL SPECIALIST?

Dermaplaning is one of the hottest trends in the medical and Aesthetic Industry. Advanced Esthetic Training is the leading authority on this procedure. We have successfully trained thousands of Aestheticians across the world as well as retrained estheticians that have taken seminars from other companies.

In this manual you will learn: The practical skills needed to perform dermaplaning safely and effectively

© Benefits that dermaplaning can provide to your clients

© Indications and contraindications for treatment

© Anatomy & Physiology © Step by step procedure with photos

© Facials © Theory of dermaplaning

© And much more!

Want to be your own boss?

JOIN THE LARGEST AND GROWING PROFESSION AS A SKIN CARE ESTHETICIAN.



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INTRODUCTION TO DERMAPLANING

Good skin care can make a big difference in the way skin looks and in the way a client feels about his or her appearance. Besides being very relaxing, facial treatments can offer many improvements to the appearance of the skin. Proper skin care can make oily skin look cleaner and healthier, dry skin look and feel more moist and supple, and aging skin look smoother, firmer, and less wrinkled. A combination of good salon facial treatments and effective, individualized home care will show visible results.

WHY STUDY FACIALS?

Cosmetologists should study and have a thorough understanding of facials because:

- © Providing skin care services to clients is extremely rewarding, helps busy clients to relax, improves their appearance, and helps clients feel better about themselves.
- © Knowing the basics of skin analysis and basic information about skin care products will enable you to offer your clients advice when they ask you for it.
- © Although you will not treat a skin disease, you must be able to recognize adverse skin conditions and refer clients to seek medical advice from a physician.
- © Learning the basic techniques of facials and facial massage will give you a good overview of, and an ability to perform, these foundational services.
- © You may enjoy this category of services and may consider specializing in skin care services. This study will create a perfect basis for making that decision.



WHAT IS DERMAPLANING?

Dermaplaning is a simple and safe procedure for exfoliating the epidermis and ridding the skin of fine vellus hair (peach fuzz). It has been used for many years, but many aestheticians don't even know it exists, and certainly, many don't use it. When clients hear the word Dermaplaning, they quickly associate the term with the procedure known as dermabrasion and won't even consider it as a possible treatment. Dermabrasion is a medical procedure in which the skin is abraded down to the dermis using a whisk like device. There are many complications associated with dermabrasion including infections and scarring, which is why it is not commonly used anymore. Dermaplaning, on the other hand, is a simple shaving of the epidermis. Because Dermaplaning is a quick procedure with few to no adverse effects, it has quickly gained popularity among cosmetic medical providers across the country. Using a scalpel and a delicate touch, the provider simply abrades the surface of the skin using light feathering strokes. This is a great treatment to offer to clients who are pregnant or nursing who want a deep exfoliation but are not allowed to use peeling agents on their skin because of the risk that the chemicals will be absorbed into the blood stream and may be transferred to the fetus or the child. It is also a first choice for clients who have excess vellus hair on the skin. This hair often causes a build-up of dirt and oils in the follicles, so removing the hair gives the patient healthier looking skin.

Dermaplaning also temporarily removes the fine vellus hair of the face, leaving a very smooth surface. As with any type of exfoliation, the removal of dead skin cells allows home care products to be more effective, reduces the appearance of fine lines, evens skin tone and assists in reducing milia, closed and open comedones, and minor breakouts associated with congested pores. Dermaplaning can be an effective exfoliation method for clients that have coupe rose (tiny blood vessels near the surface of the skin), sensitive skin or allergies that prevent the use of microdermabrasion or chemical peels. Due to the contours of the face, certain areas of the face (such as the eyelids and nose) are not treatable using this method. Dermaplaning can be used for any skin type and anyone with:

© acne scars

© dull skin © dry skin sun-damaged skin fine wrinkles



PROS FOR DERMAPLANING

Making your skin look smoother and helping it absorb cosmetics much faster are among the biggest draws of this procedure. Dermaplaning also removes vellus hairs, or peach fuzz, the fine facial hairs that are usually unnoticeable.

One of the most important Dermaplaning pros is the fact that it can help exfoliate your skin in a unique way, that makes both cosmetic procedures and product application much more efficient. Gently running the blade over your skin removes dead skin cells very effectively, and this great exfoliation is also recommended for with broken capillaries. It can also increase the efficiency of a Chemical Peel. If your client is looking to get a laser treatment or a chemical peel, Dermaplaning can be an excellent way to prepare your skin for it. Of course, the time needed for the chemical peel to work is shorter than without Dermaplaning, since plenty of dead skin cells have already been removed. Leaves your clients skin looking bright and getting brighter and smoother skin is definitely one of the most important Dermaplaning pros.

The procedure has an instant effect, and your client will find that any cosmetic product that they apply on their skin works better, while makeup glides easier than ever before. Dermaplaning can also make a difference when it comes to fine lines, wrinkles, acne scarring, and superficial hyperpigmentation. Unlike more aggressive procedures, like microdermabrasion, Dermaplaning has very little downtime, and the side effects include leaving your skin a little red and puffy. In some cases, flaking can occur after 48-72 hours, but once that's out of the way, your client will be left with a glowing complexion.

With Dermaplaning becoming a popular procedure, it's important to be aware of specific information.

© Training on Dermaplaning should be commenced before offering to clients.

© The face is not flat. It is very easy to nick or cut a client's face. Caution should also be taken around areas of excess skin or thin skin as the blade can easily catch. In addition, avoid areas that are raised such as moles or inflamed breakouts.

© Dermaplaning should be practiced before offering on the menu. For example, treatments may take longer when learning how to conduct; or if the skin is too dry, a rash may develop if an area is excessively scraped.



DERMAPLANING:

FACTS Dermaplaning is a cosmetic procedure that removes the top layers of dead skin and vellus hair. The procedure aims to make the skin's surface look smooth. Dermaplaning is safe for most people, with little risk of side effects when it's performed by a certified technician. This procedure doesn't require any downtime for recovery, which makes it extremely convenient. The most difficult part may be finding a trained provider who can administer this treatment. Dermaplaning isn't covered by insurance, and sessions can run between \$150 and \$250 each. This treatment is effective for people looking to make their skin appear more youthful, smooth, and bright, but results typically only last three weeks.

HOW IT WORKS

If you look at the tool used for dermaplaning treatments, you may notice it looks like a razor you would use on your body hair. Please note, the at home tools or things advertised do NOT do the same thing. In fact, you can cause faster hair growth and you are more likely to hurt yourself. It is ALWAYS recommended getting this service done via a professional. The basic concept of dermaplaning is the same as shaving. By aiming a sterile blade at a 45-degree angle and skillfully scraping it across your skin, to remove dead cells, scar tissue, and other debris that may be making your skin's surface look uneven. Your skin is exposed daily to harsh environmental toxins, irritants, and sun damage. This can cause the top layer of your skin to appear dull, and it can make you look aged. Dermaplaning clears away those damaged skin cells so newer skin cells are what you see when you look in the mirror.



THE PROCEDURE

During a dermaplaning procedure, you shouldn't feel any pain.

You may feel a tingling sensation during the prep part of the treatment. First, you'll lie down on your provider's chair in a clean, comfortable room. After you're relaxed, your provider will use an electronic or manual dermaplaning tool to scrape over your skin at a 45-degree angle. This will continue for 20 to 30 minutes, on average, as your provider gently works to exfoliate the skin. After the treatment is finished, your provider will soothe your skin with an aftercare. They will also apply sunscreen to protect your face.

RISKS AND SIDE EFFECTS

Dermaplaning is a low-risk procedure. Side effects may include slight redness in your face in the hours after getting the treatment. Some people develop whiteheads on their skin in the day or two after Dermaplaning. Infection and scarring are rare after dermaplaning, but they do occur. Another possible side effect is a patchy skin pigment in the area where you have the procedure, which may decrease or disappear as time goes on.



WHAT TO EXPECT

You don't need to plan any downtime to recover from a dermaplaning treatment. You may experience redness or feel like your skin is scraped in the two or three days right after the procedure. You may notice that your skin looks brighter immediately after you're finished with a dermaplaning treatment, but it often takes a few days to appreciate the full results. As any redness subsides, you'll be able to see the results more clearly in the days afterward.

Results of dermaplaning aren't permanent. The procedure lasts up to three weeks. After three weeks to a month, your results will have faded. Most clients book in packages to save money and have a routine monthly.

After a dermaplaning treatment, you'll need to be extra careful about sun exposure. Sun damage could reverse the effects of dermaplaning or create pigment blotches on your freshly uncovered skin cells and you are also more at risk of a burn. In the weeks after a dermaplaning treatment, don't leave the house without wearing sunscreen on your face.

COST

Dermaplaning isn't covered by insurance, and treatments are charged per session. Costs per session may vary depending on the cost of living in your area and the provider you choose. Be prepared to spend up to \$250 on one 30-minute session of dermaplaning. You may be advised to add a chemical peel to your dermaplaning treatment. Right after dermaplaning, your skin is able to deeply absorb and benefit from a chemical peel in a way it can't at other times. A chemical peel can cost an additional \$150 to \$300. There's little to no downtime required after a dermaplaning treatment. You won't need to take time off from work, and you may even be able to fit it in during your lunch break.



CONTRAINDICATIONS

Although it is impossible to list every potential risk and complication, the following conditions are recognized as contraindications for dermaplaning treatment and must be disclosed prior to treatment.

- © Active acne
- © Active infection of any type, such as herpes simplex or flat warts.
- © Any raised lesions
- © Any recent chemical peel procedure
 - © Chemotherapy or radiation
 - © Eczema or dermatitis
- © Family history of hypertrophic scarring or keloid formation
- © Hemophilia
- © Hormonal therapy that produces thick pigmentation
 - © Moles
- © Oral blood thinner medications
 - © Pregnancy
- © Recent use of topical agents such as glycolic acids, alpha-hydroxy acids and Retin-A
 - © Rosacea
 - © Scleroderma
 - © Skin Cancer
 - © Sunburn
 - © Tattoos
- © Telangiectasia/erythema may be worsened or brought out by exfoliation
 - © Thick, dark facial hair
 - © Uncontrolled diabetes
- © Use of Accutane within the last year
 - © Vascular lesions



Myth #1 - Dermaplaning Isn't for Darker Skin While some exfoliation methods (like scrubs) aren't recommended for darker skin, dermaplaning is 100% safe. Dermaplaning is a type of manual exfoliation like a face scrub. However, unlike a scrub, dermaplaning doesn't irritate or cause micro-abrasions in the skin so it won't cause hyper pigmentation. It's actually one of my personal favorite exfoliation methods for dark skin because it instantly removes the dark baby hair that can make deep skin look duller than it really is.

DERMAPLANING VS WAXING & SHAVING

DERMAPLANING VS WAXING

Waxing is a more painful hair removal method, and this can be especially problematic when done on a sensitive area such as the face. Dermaplaning is a gentle procedure. Dermaplaning evens out the skin tone, while waxing can sometimes cause skin irritation and discoloration. There is no downtime after Dermaplaning, but bumps often develop after waxing, and there is also some redness for a few days. Because Dermaplaning is non-invasive it has a low risk of complications and is one of the safest skin rejuvenation procedures available. Some clients report redness or dry feeling in their skin after a treatment, but this is temporary. Very rarely the skin can be nicked. This typically heals almost on the spot, remember most men use a blade on their faces almost every day and nick themselves regularly with no long-term effects! Typical care following your treatment includes the use of moisturizers and sunscreens and avoiding sun exposure for a few days. There is no downtime for this "lunch hour" procedure, and most people return to their regular activities immediately.



DERMAPLANING VS SHAVING

Dermaplaning is not facial shaving, but it is. Have I lost you? Shaving is defined as "cutting the hair off one's face with a razor." Dermaplaning uses a scalpel blade, not a razor, but it does cut the hair off the face. Dermaplaning works in similar fashion to at-home razors but is significantly more aggressive. Both the blade and razors are placed at a 45-degree angle to achieve optimum results with a minimal result in injury (you may experience the occasional nick).

So, what's the difference?

- © Dermaplaning is more aggressive than shaving.
- © Dermaplaning uses a surgical, disposable blade.
- © Dermaplaning cannot be performed at home.
- © Dermaplaning blades are singular, whereas razors are usually stacked with 2-3 blades.
- © Dermaplaning is a skin rejuvenation treatment intended to remove dead skin cells and improve fine lines, wrinkles, and improve skin tone and texture.
- © Dermaplaning should not be used to get rid of terminal hair (such as beard hair).
- © Dermaplaning should not be received any sooner than 21 days apart. Let's now discuss the benefits so you may understand why the industry is a buzz over this service.

DERMAPLANE BENEFITS

Did you know Marilyn Monroe regularly shaved her face? Ask any skin care professional (or Hollywood actress) what the secret to flawless, youthful skin is, and they'll tell you it's exfoliation. Dermaplaning is one of the best methods of exfoliation that has zero downtime - a major plus. Some clients experience mild erythema (superficial reddening of the skin), but it subsides quickly. Besides that, and the radiant skin recently achieved, no one would ever know a service was rendered.



TOP 11 BENEFITS OF DERMAPLANING

1. Improves skin texture.
2. Eliminates vellus hair and dead skin cells.
3. Increases product absorption & efficacy (products work better).
4. Promotes cellular proliferation (your anti-aging BFF.)
5. Minimizes fine lines and wrinkles.
6. Lessen acne occurrence.
7. Makeup application is smooth and flawless.
8. No down time. (You can schedule this at lunch - seriously.)
9. Brightens skin and reduces hyperpigmentation.
10. Great alternative for those with sensitive skin or rosacea.
11. Safe for all skin types

WHAT MUST THE CLIENT NOT EXPECT FROM THE TREATMENT?

Regular use of Dermaplaning treatments can improve or eliminate superficial skin problems. It works on all skin types and colours to produce subtle changes, causing no skin colour change or scarring. However, it is not effective for problems such as stretch marks, keloids (an overgrowth of scar tissue at the site of a healed skin injury) reducing wrinkles, or deep acne scars.

DIFFERENT TYPES OF FACIALS WHAT ARE THE DIFFERENT TYPES OF FACIALS AVAILABLE?

Spa facial treatments are often seen as a luxury reserved for special occasions; however, many people fail to realize that facials can be an impactful part of a regular skin care routine as well. But it can be easy to get lost in the jargon of a spa treatment menu and feel a little dazed when it comes to figuring out what exactly it is that you need or want. The truth is, there are so many types of facials because they all address varying skin concerns using an array of methods to do so. Thankfully, our skilled estheticians are well versed in all types of facials and we love sharing our knowledge.



TYPES OF FACIALS

CLASSIC

A classic or standard facial usually involves cleansing, exfoliating, extractions, a mask, and a moisturizer. Given its calming nature, this facial can be a great choice for anyone with normal to dry skin. Extractions, the process of cleaning out clogged pores, are safe for most skin types, but you will need to ensure the esthetician first uses steam to soften the pores and covers her fingers with gauze. However, anyone with rosacea or eczema should skip the steaming, which can exacerbate those conditions, and use a warm cloth instead. Extractions can pinch and cause slight discomfort, but if the process is too intense, you can simply stop. Our oxygen facial is a great example of a classic plumping and hydrating facial.

LYMPHATIC MASSAGE

Sometimes combined with other treatments, a lymphatic massage facial incorporates gentle kneading of targeted areas of your face. This helps to relieve tension and reduce water retention, therefore minimizing puffiness, by stimulating the lymphatic glands found in your face. Generally speaking, your lymphatic system is an important part of your immune system which aids in the removal of extra fluid and waste from your body. In addition, this type of facial can boost circulation leaving you with a bright, glowing complexion.

ELECTRIC CURRENT

Just as it sounds, an electric current facial uses a microcurrent device and wet sponges to deliver low levels of electricity to the face and neck. The current naturally helps to contour your face by stimulating and tightening the underlying muscles, making it a less-invasive substitute for other injectables. The result is an anti-aging effect which helps smooth wrinkles and leaves you with a more lifted appearance. These tightening facials reduce the appearance of damage.



GALVANIC FACIAL

Galvanic Facial includes the use of galvanic currents to stimulate the face. It's considered a non-surgical facelift. The procedure is all about stimulating the muscles. This treatment tones the facial muscles and repositions them to give you a more lifted face. It reshapes the face, giving you a more defined look. The

galvanic facial is the ultimate exercise for your face. Out of all the different types of facials, this is one of the best anti-aging facials for wrinkles and aging skin to contour the face. It's suitable for all skin types to eliminate the signs of aging. The facial also includes infusing several skincare products to the face.

The current makes it easier for your skin to absorb these products more efficiently. The Galvanic facial is perfect for minimizing wrinkles, toning up the face, promoting collagen growth, and firming the skin. The results are visible almost instantly. But you need several treatments to maintain the results

HIGH-FREQUENCY FACIAL

High-frequency, sometimes referred to as radiofrequency, is a type of facial treatment where electrical currents produce a certain amount of heat to stimulate deeper layers of the skin. This anti-inflammatory heat kills bacteria. So, it's perfect for acne-prone skin to treat existing acne as well as prevent the formation of new ones. The benefits also include getting rid of acne scars.

MICRODERMABRASION

Microdermabrasion is a minimally invasive type of facial treatment. Basically, there's a device with a crystal or diamond tip. This device brushes off the upper layer of your skin while vacuuming anything that comes off. It works like sandpaper over the face. This treatment removes dead skin

cells accumulated over the face. It promotes cell turnover, and collagen and elastin growth. The resurfaced skin looks healthier with less visible lines, pores, and scars. It's perfect for anyone at any

age who wants to get rid of fine lines, scars, and dullness. Microdermabrasion can give a clean,

softer, plump, and glowing skin. You need to avoid sun exposure after the treatment. You can

expect a certain amount of redness after the treatment. So, I wouldn't book an appointment the day before my wedding.



ACUPUNCTURE FACIAL

Acupuncture facial is a treatment where they place tiny needles on several parts of the face. These controlled micro-injuries stimulate collagen growth.

The benefits of acupuncture facial are firming up loose skin, minimizing wrinkles, and getting rid of scars through cell regeneration.

HYDRATING FACIAL

A hydrating facial is like watering a plant. It's specifically designed to hydrate dry and dehydrated skin. It starts with a classic facial, but the products are specifically chosen. These are potent humectants to deeply hydrate and moisturize your skin. A hydrating facial gives you plump, bouncy, and supple skin instantly.

HYDRAFACIAL

If you're suffering from blackheads, whiteheads, and dullness without a major acne problem, HydraFacial may be just for you. The HydraFacial machine deeply cleanses the outer layer of your skin in a vacuum-like manner. It sucks any dirt and grime on the face. It's the ultimate decongesting facial. After cleansing, the same device infuses several serums into the skin, giving you clean, hydrated, bright, and radiant skin. HydraFacial is suitable for dry, normal, combination, and oily skin.

This fun facial is sometimes the first step for other facials.

CHEMICAL PEELS

Chemical peels are invasive facial treatments where they use chemical acids to promote skin turnover. There are 3 different types of chemical peels. Also, there are several types of acids in different concentrations to address various skin issues. Chemical peels are one of the most effective skin resurfacing treatments.

The benefits include decongesting the skin, getting rid of deep-set wrinkles, scars, age spots, and photo damage. It's the ultimate anti-aging skin rejuvenation where your skin slowly peels off and resurfaces a much healthier layer. Chemical peels boost collagen growth through skin turnover. The pain and the cost depend on the type of peel you get which is for your dermatologist to decide. Some types of chemical peels require a physician in a medical facility. But a light peel, also known as lunchtime peel, can be done in facial spas. The lightest chemical peel may take 2 days to heal whereas a deep peel may take up to 6 months. Learn more about different types of chemical peels.



OXYGEN FACIAL

An oxygen facial includes the use of a device that sprays out oxygen in a highly-pressured form. After exfoliation and cleansing, your aesthetician applies several vitamin-rich serums to your skin. That's where the device comes in. It feeds and nourishes the skin by infusing these antioxidants into it. Oxygen facial is suitable for all skin types. It's perfect for hydrating and brightening the skin. People with dull and tired looking skin can find this facial highly beneficial.

MICRONEEDLING

A micro-needling facial is inflicting controlled wounds into the skin through tiny needles. This is an invasive treatment that requires numbing cream to avoid pain. Microneedling promotes cell turnover and collagen growth by creating tiny muscle tears. These microscopic injuries cause your skin to switch to an urgent healing mode. And this results in healthier skin. It's a very popular anti-aging facial treatment to tighten the skin and get rid of lines. And there are some at-home kits as well, but they can have potential risks, especially the cheap ones by unreliable brands.

DERMAPLANING FACIAL

Dermaplaning is a type of advanced exfoliation where you use a surgical scalpel blade to gently scrape off the outermost layer of the skin. This way, it removes dead skin cells over the face as well as peach fuzz. After dermaplaning, your skin is infused with several antioxidants. You get clean, smooth, and fresh skin. Dermaplaning is suitable for all skin types. But people with active acne should stay away until the breakouts dry out. Because the resurfacing treatment will irritate the acne and cause further inflammation. Benefits of dermaplaning include smoother and glowing skin and better absorption of your skincare products.

ENZYME FACIAL

The highlight of this facial is the facial masks they use in the treatment. The facial starts with a basic teaming, cleansing, and exfoliation. And then, a type of mask stays on the face for about 30 minutes. The name of the facial comes from the fruit enzymes used in the mask. An enzyme facial is ideal for hyperpigmentation, fine lines, mild scarring, and sun damage. There's no visible skin peeling in an enzyme facial. However, you do get healthier, gently exfoliated, and brighter skin.



PRP FACIAL

Also known as the vampire facial, PRP refers to platelet-rich plasma facial. In this facial, your doctor draws your blood and puts it through a special machine to create what is called platelet-rich plasma.

This highly concentrated form of proteins is infused into your skin through micro-needling. The growth factor in the plasma helps with collagen growth. The vampire facial is perfect for tightening the skin and reducing the signs of ageing.

AROMATHERAPY FACIAL

This facial is as relaxing as it gets. Aromatherapy facial starts with steaming and cleansing. And then a combination of essential oils are used to massage the face and the neck area. It's all about relieving tension through therapeutic oils. All skin types can benefit from aromatherapy facial to nourish the skin with antioxidants. After the massage, vitamin-rich products are applied to the skin. You can leave the spa relaxed, replenished, energized, and freshened.



SANITATION AND STERILIZATION

Refers to any procedure undertaken in the salon to remove contamination and reduce the risk of infection. Specific methods are required to ensure effective sanitization of tools, equipment and implements have taken place. As a lash technician, you have a duty of care, and it is absolutely imperative that you provide a clean and sanitized environment and equipment for your client.

Sterilization is the total destruction of all micro-organisms. It is very difficult to maintain sterile conditions as once the items have been exposed to the air they are no longer classed as sterile. Articles that have been cleaned, sterilized and stored hygienically are safe to use on clients. METHODS OF CLEANING TOOLS AND EQUIPMENT

Disinfectant inhibits the growth of disease-causing organisms (except spores) using chemical agents. Disinfectants only reduce the number of organisms however this is usually sufficient for maintaining hygienic conditions.

Most are used for wiping down work surfaces and equipment. Disinfectants should

only be used under manufacturer's instructions and following the correct

guidelines. Do not use directly on the skin Antiseptic is a diluted disinfectant

designed for safe use on the skin. It prevents the multiplication of microorganisms by making the conditions unfavorable or growth UV Light Radiation is a method of sterilization that can be used but has limitations. The object being sterilized must

be turned regularly as only the surface being exposed to the light rays will be

effectively treated. If there is debris or product residue on the instruments this

will act as a barrier to the light penetration so effective sterilization will be slowed

down. The UV light must be contained within a closed cabinet as the light is

dangerous especially to the eyes. Records of usage should be kept as the

ultraviolet light source will decrease in its effectiveness over time and new bulbs

will need to be installed (follow manufacturer's guidelines Glass Bead Sterilizer

can be used for sterilizing small metal tools such as scissors and tweezers. The

heat from the beads transfers to the objects effectively killing off microorganisms.

All tools must be cleansed before placing in the unit to remove dirt and debris. It

is important to follow the correct timing guidelines from the manufacturer's

instructions to ensure efficient sterilization has taken place Autoclave is the most effective method for killing bacteria and their spores, however it has its limitations

as the temperature needed for this level of effectiveness is 121 -134 °C. It works

similar to a pressure cooker using high pressure steam to cleanse the objects. Due

to the higher levels of heat, it is only suitable for certain objects, and these should

be cleansed before being placed in the autoclave. Always ensure you have been

trained in its use and follow manufacturer's instructions when using equipment of

this nature.



WASTE DISPOSAL Disposal of waste should be in a sealed bin lined with a durable polythene bin liner. The bin should be cleaned regularly with disinfectant (this should only be done in a well-ventilated area) following manufacturers' guidelines to ensure no risk from potential hazards

Hazardous waste must be disposed of following the correct legislative procedures, and the member of staff responsible for the disposal must be fully trained. Clinical contaminated waste usually by blood and tissue fluid should be disposed of as recommended by the environment agency. Any sharp implements that have been used to penetrate or pierce the skin should be placed in a sharps box. The local environmental health department will be able to advise you on disposal arrangements. All disposable waste matter following permanent make up application is contaminated as it will contain blood and tissue fluid. There is a risk of transfer of blood borne infections such as Hepatitis B and C, and HIV. All staff should be trained in the risks of handling this waste. The waste should be placed in an orange sack which indicates its level of risk and should be kept separate from all other general waste.

WORKPLACE HYGIENE CHECKLIST

To maintain acceptable levels of hygiene:

- © Maintain high standards of personal hygiene
 - © Wash hands before and after every treatment using a detergent containing chlorhexidine which is recognized medically as an effective ingredient for skin sanitation
- © Follow all health and safety policies identified during your workplace induction and regular workplace reviews
- © Check all equipment is in good repair and fit for purpose, identify any concerns by labelling and isolating equipment and report to manager for follow up action
 - © Regularly clean all working surfaces with an appropriate cleaning solution following manufacturers' guidelines
- © Cover any cuts on yourself or client with a suitable waterproof dressing
- © Ensure all tools have been effectively sterilized or disinfected according to their manufacturer's instructions, for example using Trigene solution and an autoclave to disinfect calipers, tweezers, metal sharpeners
- © Prevent the risk of cross infection by checking for contraindications during the consultation
- © Use where possible disposable products and dispose of correctly following use
- © All gowns and towels should be washed at a minimum of 60 °C and clean towels and gowns provided for each client. The dirty laundry should then be placed in a covered laundry bin
 - © Waste should be placed in correct bags or sharps containers depending on their nature and disposed of in accordance with local government legislation.



REPORTING ACCIDENTS

The reporting of all accidents and near misses should be recorded in the Accident Book, which should be kept with a first aid kit on the work premises. The following information should be recorded:

- © Full name and address of the person(s) involved in the accident.
- © Circumstances of the accident. © Date and time of the accident.
- © All details of what may have contributed to the accident

SALON | TREATMENT AREA HYGIENE

- © Clean the salon thoroughly, daily.
- © Clean the treatment area before and after every client.
- © Use clean fresh smelling towels for each client, (dirty linen must be laundered at a minimum of 60 ° C).
- © Creams, lotion and sprays should be dispensed from purpose-specific pump or spray bottles where possible, otherwise use a clean disposable spatula to remove products from bottles/jars.
- © Replace all lids after removing products from the bottles/jars.
- © Sterilize all tools including stones, bins and machines.
- © Empty bins and dispose of contents accordingly.
- © Check all the plugs and wires on electrical equipment and make sure they conform to legal standards and are professionally checked annually.
- © Make sure all fire exits are clear and accessible.
- © Make sure your clients personal belongings are safe.
- © Protect clients clothing by using towels. The towels may also be used to preserve the client's modesty during the treatment.
- © Read all labels and follow all manufacturers' instructions.
- © Know the hazardous warning signs.
- © Store products safely and in accordance with safety data sheets.
- © Report any faulty equipment/goods to your supervisor or supplier.
- © Have a first aid kit

PERSONAL HYGIENE

- © Clean, ironed, freshly laundered uniform
- © Clean, flat, sensible shoes
- © Clean, short, manicured nails
- © Fresh breath
- © Use of antiperspirant
- © Neat make-up.



PERSONAL PROTECTIVE EQUIPMENT (PPE)

A new pair of disposable gloves should be put on immediately before each client if required, and a disposable apron is advisable to protect clothing. Both should be disposed of directly after the treatment. Hands must be washed before you put on the gloves and immediately after you have removed and disposed of the gloves. How to hygienically remove disposable gloves after use:

Step 1 Hold your right hand out with the palm facing up. Step 2 Pinch a portion of the glove that covers the inside of your wrist on your right hand. Use the thumb and index finger of your left hand.

Step 3 Gently pull the glove down about halfway over your palm, revealing the inside of the glove. Do not completely remove the glove. Let go of the glove after you pull it down over the palm.

Step 4 Use your right thumb and index finger to repeat these steps on your left hand. This time you will pinch the outside of the glove above the inner portion of your left wrist and completely remove the glove on the left hand. Continue holding the left glove with your right thumb and index finger.

Step 5 Pull up a portion of the right glove with your bare left thumb and index finger. Touch only the inside portion of the glove that has already been revealed.

Step 6 Remove the right glove by pulling down with your left thumb and index finger. As you pull down, the left glove that has already been removed should fold up inside the right-hand glove.

Step 7 Dispose of the rubber gloves in a proper container. Gloves that were in contact with certain substances, e.g., chemicals and bodily fluids, cannot be thrown away in public trash receptacles.

SINGLE USE ITEMS

Single use items are items that can potentially be contaminated with blood or other bodily fluids and are items that cannot readily be cleaned or disinfected. For example, waxing spatulas, orange sticks, cotton wool, disposable underwear and paper towels. Single use items must be disposed Of after each use.



HEPATITIS

Hepatitis means liver inflammation. Around half of all acute cases of hepatitis are due to a viral infection. Several kinds of hepatitis virus can infect the liver, the most common being Hepatitis A and B.

© Hepatitis A is caught through the contamination of food and water with feces (stools) through poor personal hygiene or sanitation.

© Hepatitis B is spread through the exchange of blood and body fluids, and can be caught through unprotected sex, unsterilized needles, a needle stick injury (accidental puncture of skin by a used needle) or contaminated blood products. ©

Hepatitis C is also spread through the exchange of blood or blood products. It is spread through sharing needles and needle stick accidents. It can also spread by blood transfusions given before September 1992, when screening for Hepatitis C was introduced. THERE ARE FOUR OTHER RECOGNIZED HEPATITIS VIRUSES, NAMED FROM HEPATITIS D TO HEPATITIS G. - Hepatitis A and E cause only acute infection; Hepatitis B and C cause chronic (ongoing) illness; Hepatitis D is only present in people infected with Hepatitis B. - Hepatitis can be caused by the glandular fever virus. - Vaccinations are available for Hepatitis A and B (singly or combined), and also as a combination of Hepatitis A and Typhoid. - There is a small risk of contracting the Hepatitis B virus from sharing toothbrushes, razors or towels that may be contaminated with blood. Unsafe tattooing and body piercing practices also risk potentially spreading the virus. - It is recommended that all therapists have a vaccination against Hepatitis B.

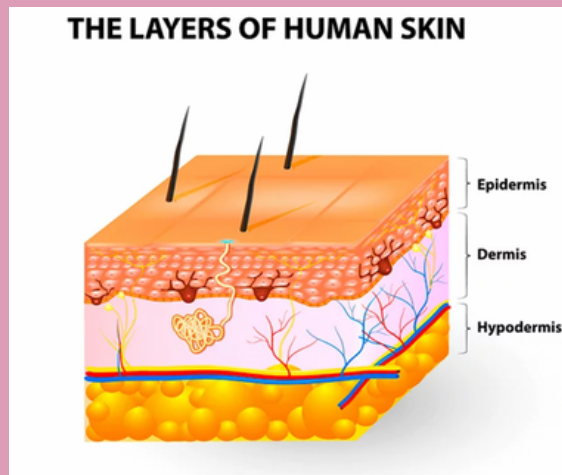
ANATOMY & PHYSIOLOGY THE SKIN

The skin is the largest organ of the body. It is an organ because it consists of different tissues that are joined together to perform specific activities. Its main role is to provide the body with a protective outer covering, but it also covers every orifice, tube and cavity. It has many functions.

Structure of The Skin - the skin has 3 main layers: The Epidermis: - a thin, tough, outer layer of the skin. The Dermis: - a thick, but soft inner layer of the skin. The Subcutaneous layer: - a layer which contains fat cells, muscles and veins. Skin makes up around 12% of an adult's body weight.

It's very adaptable and able to mold into different shapes, covering bones and muscles to perform various functions of the body's make up.





THE EPIDERMIS

This is the most superficial layer of the skin, and it protects the body from the environment. It is made up of keratinized squamous epithelium. It varies in thickness in different parts of the body.

It is thickest on the palms of the hands and soles of the feet. This layer has no blood vessels or nerve endings, but it is extremely sensitive to touch. It is made up of 5 sub-layers or stratum that work together to continually rebuild the surface of the skin: Stratum Germinativum or Basal

Cell Layer - a single layer of cuboidal keratinocytes that continually divide, and new cells constantly push older ones up to the surface of the skin, where they are shed. It is called the germinativum layer because this stratum is constantly germinating (producing) new cells. It also contains melanocytes, Langerhans cells and Merkel cells. Stratum Spinosum or Prickle Cell Layer - consists of 8-10 layers of multi-sided keratinocytes that have spine like projections. Langerhans cells and melanocytes also appear in this layer.

Stratum Granulosum or Granular Layer - contains about 5 layers of flattened keratinocytes with granules that release a fatty secretion that acts as a water-repellent sealant. This secretion ensures that body fluid is not lost from the epidermis and that the entry of foreign materials is prevented.

Stratum Lucidum or Clear Layer - consists of about 5 layers of clear, flat, dead cells and is only present in the thick skin of the palms and soles.



Stratum Corneum or Horny Layer – this is the top layer and consists of about 30 layers of flat, dead keratinocytes. CAUTION It is important to note that the cosmetology professional's domain is the hair and superficial epidermis. Cosmetology professionals must not perform treatments that remove cells beyond the stratum corneum of the epidermis.

THE DERMIS This is the thicker, supportive layer found below the epidermis. It is tough and elastic and is composed of two layers: the papillary and reticular.

Throughout the dermis there are three types of tissue: collagen, elastic and reticular fibers. While these are found in both layers of the dermis, the papillary layer has mainly collagen fibers.

The Papillary layer: the upper, papillary layer is made up of a thin arrangement of collagen fibers. This layer supplies nutrients to several layers of the epidermis and regulates temperature. This is done via papillae. Papillae are finger-like projections that nourish the dermis. They also provide the touch sensation. Papillae are also responsible for the creation of fingerprints and footprints. A double row of papillae in finger pads produces the ridged fingerprints on fingertips.

The Reticular layer: the lower, reticular layer is thicker and made of thick collagen fibers that are arranged in parallel to the surface of the skin. This layer is denser than the papillary dermis, and it strengthens the skin, providing structure and elasticity. It also supports other components of the skin such as hair follicles, sweat glands, sebaceous glands, nerves and adipose tissue.

THERE ARE THREE TYPES OF FIBERS FOUND IN THE DERMIS: COLLAGEN, ELASTIN AND RETICULAR.

Collagen fibers: these are the most common fibers in connective tissue. They are long, straight and unbranched. They consist of a structural protein that supports and strengthens the skin and protects it from being over-stretched.

Elastin fibers: another structural protein containing elastin that makes the skin elastic or taut. The fibers are branched and wavy. It allows the skin to regain its shape after being stretched.

THE COMBINATION OF COLLAGEN AND ELASTIC FIBERS GIVES THE SKIN ITS STRENGTH, ITS ABILITY TO STRETCH AND ITS ELASTICITY.

Reticular fibers: these fibers are thin and very delicate. They give strength and support to other cells by binding around them with their branching network. The structures found in the dermis are:

© Blood vessels: a vast network of fine capillaries are found here, bringing oxygen and nutrients to the skin and transporting away waste products.



© Lymph vessels: these are found throughout the dermis and the deeper layers of the epidermis.

© Nerves - there are 2 types of nerves:

© Sensory nerves: send messages to the brain. These nerves are sensitive to environmental factors such as touch, pressure, pain and changes in temperature i.e., hot and cold.

© Motor nerves: receive messages from the brain to activate such things as the arrector pili muscles, sweat glands and blood vessels (dilation and constriction).

© Hair follicles and hair: hair grows out of hollow spaces in the skin called hair follicles, which extend from the epidermis, through the dermis and often into the subcutaneous layer. Hair covers and protects the skin.

© Sweat glands - there are 2 types of sweat glands: - Eccrine glands: these are found all over the body and are numerous in the palms of the hands and soles of the feet. The bodies of the glands lie coiled in the subcutis layer. They have a duct that opens in a pore, through which secretions are brought to the skin's surface.

SWEAT FROM THESE GLANDS IS MADE UP OF WATER, UREA, URIC ACID, AMMONIA, GLUCOSE AND LACTIC

ACID. - Apocrine glands: these open into hair follicles but do not become active until puberty. They are found mainly in the underarm, breast and genital areas of the body. A milky fluid is secreted from these glands. The unpleasant smell, or body odour, occurs when this kind of sweat reacts with the air and is decomposed by bacteria. ©Sebaceous glands: these are usually connected to the hair follicles.

They pour a natural oily liquid called sebum into the hair follicles. They are present in the skin of all parts of the body except the palms and soles. The sebum keeps the hair soft and pliable and gives it a shiny appearance. Sebum is the skin's natural moisturizer, providing some waterproofing and acts as a bactericidal and fungicidal agent helping to prevent infection. ©Arrector pili muscle: these are little bundles of muscle fibers which are attached to the hair follicles. Each bump is formed by a smooth muscle called an arrector pili. These muscles contract and pull the hair follicles upright, making the hair stand on end. Erect hairs trap air, which acts as an insulating layer. These muscles are stimulated by sympathetic nerve fibers in response to fear or cold - the skin becomes covered in goose bumps

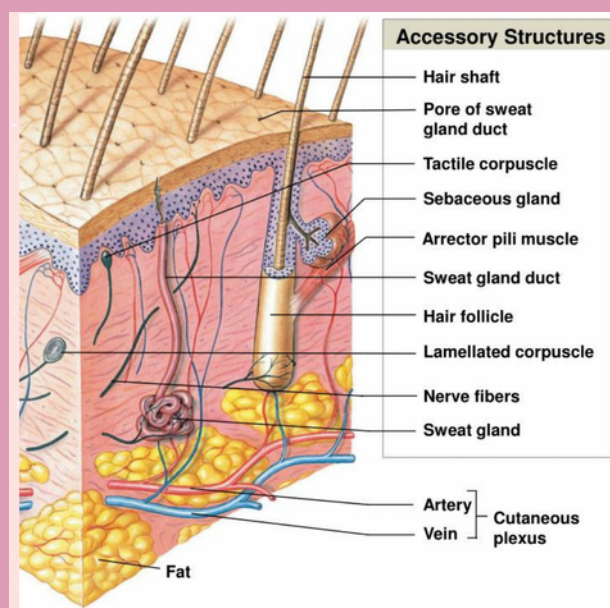


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THE SUBCUTANEOUS LAYER or SUBCUTIS

This layer is found below the dermis and attaches the skin to underlying structures. It is made up of areolar connective tissue and varying amounts of adipose tissue. It serves as a storage depot for fat and contains large blood vessels that supply the skin. It contains sensory nerve endings called Pacinian corpuscles that are sensitive to pressure.

FUNCTIONS OF THE SKIN

Protection - the skin covers the body and provides a physical barrier that protects underlying tissues from chemicals, bacterial invasion, dehydration, and UV radiation. Since the skin contains sensory nerve endings, the body reacts by reflex action (withdrawal) to unpleasant or painful stimuli, protecting it from further stimuli.

Melanin Formation - the skin produces melanin (secreted from melanocytes in the germinative layer) and this can give some protection against harmful UV rays in sunlight. Melanin is the primary determinant of skin colour.

Formation of Vitamin D - vitamin d is produced by the skin when it is exposed to ultraviolet light. The body combines vitamin d (a substance that aids in the absorption of calcium and phosphorous obtained from the gastrointestinal tract) into blood. This is then used for the formation and maintenance of a healthy bone structure.

Excretion - sodium chloride is excreted by the sweat glands; urea is excreted - especially when the kidneys are not working properly, and aromatic substances such as garlic / spices.

Secretion - the skin secretes sebum (a natural lubricant/moisturizer) which is secreted from the sebaceous glands. This protects skin and hairs from drying out and contains bactericidal chemicals that kill surface bacteria.

Absorption - some drugs can be absorbed through the skin, toxic chemicals, essential oils.

Sensation - the skin contains sensory nerve endings which, when externally stimulated, send messages to the brain, which in turn responds via the motor nerves. These nerve endings warn of pain, cold, heat, pressure and touch. Different receptors lie at different levels in the skin, helping to prevent trauma to the skin and underlying structures.

Temperature Control - the temperature of a healthy body remains fairly constant at about 36.8 c (98.4 f). In response to high environmental temperature or strenuous exercise, the evaporation of sweat from the skin surface helps lower an elevated temperature to normal. Changes in the flow of blood in the skin also

help regulate body temperature. A great deal of the body's heat is distributed by the circulatory system around the body.



WHEN THE BODY IS TOO HOT

Capillaries in the skin dilate (open) and the heat from the extra blood, which has been brought to the surface, is lost. The skin usually looks flushed. Sweat Glands increase the rate of sweat production so that a continuous layer of moisture covers the skin, keeping it cool.

WHEN THE BODY IS TOO COLD

Capillaries in the skin constrict (close) and reduce the amount of blood flowing near to the surface. Blood is then diverted to the major organs, thus conserving heat. The skin becomes cold and looks pale and lips often go blue. Sweat Glands reduce the rate of sweat production. More heat is produced when Shivering takes place. Heat is produced by the muscles. This causes us to have goose bumps. Muscle Movements from stamping the feet, waving the arms, etc. will also help to produce more heat. The Subcutis helps to guard against heat loss providing an insulative layer.

HOW SKIN IS REPLACED

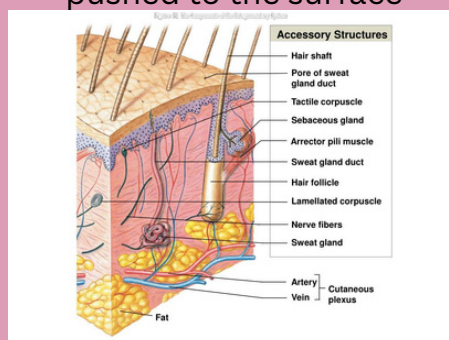
Cell renewal takes place in the epidermis. Cells undergo a process called keratinization. Living cells are formed in the basal layer and are pushed through the layers of the epidermis and finally reach the surface layer – the corneum layer.

While going through these layers, the cells make keratin, a protein that helps protect the skin and underlying tissues from heat, microbes and chemicals. At the same time the cytoplasm, nucleus and other parts of the cell disappear, and the cells slowly die. The cells that reach the surface are eventually rubbed off or wear away and are replaced by new cells that have originated in the germinative layer and in turn, become keratinized, and then make their way up to the top. This is a continuous process and complete replacement of the epidermis takes about 2 – 4 weeks.

HOW SKIN IS MAINTAINED

The maintenance of healthy epidermis depends on three factors:

- © Desquamation (shedding) of keratinized cells from the surface
- © Effective keratinization of the cells approaching the surface
- © Continual cell division in the deeper layers with newly formed cells being pushed to the surface



Dermaplaning side effects

There are no side effects and zero down time. After the treatment, your skin will be highly sensitive to sun exposure and may already look very pink, so be sure to wear a broad- spectrum sunscreen with SPF 30 or higher to reduce the risk of hyperpigmentation

Rarely you could have minor skin peeling and redness but this only really occurs in poor quality skin.

Trauma can occur to the skin as the procedure is performed using a surgical scalpel blade. This is very rare and it is essential to remain calm and still during treatment to minimize this potential complication. For ladies who suffer with excessive hair growth, the hair will not regrow thicker or darker, but may appear prickly or course when it regrows and ingrown hairs may occur.

Aftercare Advise

Dermaplaning Aftercare Your skin will feel fantastic after the treatment, but please take care of the following aftercare advice You may feel slight itchiness or a stinging sensation for the first 24 hrs after treatment. This is perfectly normal

Avoid make-up for 24-48hrs after treatment for best result.

Avoid chlorine for 24 hours

Avoid facial waxing for 7 days

Avoid Dermal Fillers or Botox for 2 to 4 weeks depending on area

Avoid excessive heat for 3 days after treatment, i.e. heavy workouts, steam rooms or saunas, etc.

Avoid the use of exfoliating scrubs for at least one week after treatment

Avoid direct sunlight and wear SPF30-50 when outside for 1 to 2 weeks following the treatment as your skin may be more sensitive Do not have any other facial treatment for two weeks after treatment.

Skincare Routine: When washing your face, use a gentle, approved cleanser. Rinse skin gently (with water only) and pat dry/do not rub.

Avoid harsh cleansers or washcloths Warning signs of problems include severe redness, swelling, blistering, ulcers, pain, or signs of infection. Notify us immediately if you see these.

