

## FACIAL TREATMENTS

There are numerous facial services that can be offered due to the various skin conditions that the skin can suffer from.

Firstly, the general protocol for deep cleansing will be addressed, which is a preliminary phase for many of the usual aesthetic treatments. Then, the treatments for the main alterations (and for different skin types) at the facial level will be discussed.

### DEEP CLEANSING

This is a skin hygiene treatment carried out in a cabin setting with a more comprehensive effect, as it not only cleanses but also promotes cellular renewal, vascularization, secretory normalization, etc. The deep cleansing must be tailored to each person's skin characteristics, type, and condition, and similarly, the skin will require a different number of sessions to complete the hygiene treatment. Before describing the cleansing process, it's necessary to make some clarifications regarding each type of skin to be treated. Normal Skin. It doesn't have special cleansing needs. Cleansing will be done with products that are not excessively detergent, so as not to disturb its natural protection, and toning substances based on roses, witch hazel, mallow, etc., will be used.

Exfoliations will be carried out....

2. Dry Dehydrated skin. Cleansing for these skin types should be done with gentle and emollient products (based on lipid-friendly oils: jojoba, wheat germ, evening primrose, etc.). The chosen creams will include active hydrating and emollient ingredients, and masks will be based on bioactive products (vitamins, serums, soothing extracts, etc.). If the skin is non-lipidic, heat is contraindicated. Cleansing should be complemented with...

3. Sensitive and Congested Skin. These skin types generally don't tolerate cosmetics well, so they should be carefully chosen, always within the range of soothing products (chamomile, lemon balm, chamomile, etc.). Also, mild vasoconstrictors (aloe, menthol, marine extracts) will be used. The application of exfoliants should not be very frequent. Lotions with alcohol and detergent cosmetics are contraindicated. Techniques that provide heat are contraindicated as well. Moisturizing creams should have...

4. Oily Skin. Excessively detergent and degreasing products will be avoided. Creams will have low fat content; ingredients will be sebum-regulating (sulfur derivatives). Exfoliants are highly recommended. Masks will preferably be clay-based. Vaporization is highly recommended.



SKIN DERMOTHERAPIES

5. Dehydrated Oily Skin. These are sensitive skins (due to dehydration), so detergents will be avoided, always using cleansing milks and gentle toners. Hydrating but non-greasy creams and masks will be chosen. Applying cosmetics with an acidic pH is recommended. Deep cleansing is contraindicated. Apply...

6. Acne. Exfoliation is very important. Steam-ozone is very useful. It's crucial to apply high frequency after extraction in the form of sparks and effluvium for its bactericidal and soothing effects. Emulsions will have low fat content. Lotions will be slightly astringent, based on cornflower, yarrow, bilberry.

7. Aging Skin. Emollient products will be used, generally non-detergent. The most important technique is exfoliation. Manual, suction, and vibrational massage are important, and the use of high frequency is recommended as well. Creams and masks will be regenerating and firming.

## PROTOCOL...

Do you want to Delve deeper into this topic? Ask your advisor about the courses we have for you!

Skin Dermotherapies, your ally in the **learning** and **growth** process of your business.