



The Surrey School of Beauty
& Complementary Health

Introduction to Facial Therapy

Day 2 - Training Manual







The Surrey School of Beauty & Complementary Health

The Surrey School of Beauty & Complementary Health has been established to provide high quality and specialist Beauty and Holistic training to individuals who either want to enhance their professional development or those that are looking to embark on a new career within the industry.

Learners at SSBCH will develop to become confident, safe and professional therapists as a result of the experience and professionalism of the school's lecturers, all of who have extensive experience teaching within both the public and private sectors.

We present a range of therapy courses with the opportunity to train using professional brands and equipment - enabling sound knowledge and skills to transfer to the workplace.

Also on offer are post graduate qualifications for therapists and lecturers wishing to add to their existing skills and guest lecturers for on-going training in specialist areas.

The Surrey School of Beauty & Complementary Health continues to grow and develop new courses wherever there is a demand.

Enjoy the course!

Regards

Lorraine Onorato
Director





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Trainers with SSBCH

(profiles can be viewed at www.threadingtraining.co.uk)



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Scheme of Work and Day Schedule

Time	Content of Lesson
10.00am	Re-Cap of Day 1
10.15am	Outline of Day 2/Admin
10.30am	Group Work Discussion on Heat Treatments, Deep Cleansing, Exfoliation, Extractions, Commercial Masks and Specialist skin products.
11.30am	Practical Demonstration
12.30pm	Lunch
1.00pm	Student Practical in Pairs
4.00pm	Clearing of work area, discussion of retail and feedback
4.15pm	Case Study information
4.45pm	MCQ
5.00pm	Evaluations and end of session/feedback



Pre-Heat Treatments

Skin warming is often integrated into the facial treatment during or after facial cleansing. The skin is stimulated making it more receptive to further treatments and products.

The effects are:

- Pores are opened
- Blood circulation is increased
- Skin is softened thus enabling efficient exfoliation
- Sebum is increased
- Overall skin colour is improved

Steam is provided by an electrical unit filled with distilled water that produces vapour once it has boiled.

What Health and Safety points should we be aware of when using a Facial Steamer?

Contra-indications:

- Respiratory problems
- Capillary disorders
- Claustrophobia
- Diabetes
- Rosacea

Eyes and any delicate areas should always be protected with damp cotton wool before applying steam.

The distance of the unit and duration of application will depend on skin type. The average is 10mins for the face.

If Ozone is indicated, turn on for a few minutes after the steam. A white cloud is noticed during this treatment which is an effective antibacterial treatment.

Skin should be blotted dry with clean tissues after treatment and extractions performed if necessary.

Contra- Actions?

????????????????????????????????

Towel Steaming

Towel steaming is an economical and effective way of warming the skin. Small towels are needed and are placed into either hot water or a specialist steam unit. They must not be too hot to handle to prevent burning clients skin.

Towels are placed for 2 minutes and then replaced as it begins to cool with the process being repeated for a period of 10 minutes.

The skin is blotted dry as before.

Facial Steamer:





Deep Cleansing

A deep cleanse is the second phase of the process to remove dirt and make-up from the skin. It is a much deeper cleanse often using a more oily product.

Various massage movements are performed. As the blood circulation is increased the skin warms and the hair follicles and pores to enables the cleanser to dissolve dirt and debris.

Sequence

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____





Basic and Advanced Exfoliation

Exfoliation speeds up the skins natural ability to shed dead cells. It is carried out following cleansing, toning and warming of the skin.

Exfoliation has the following benefits:

1. Dead skin cells are removed from the skin
2. Appearance of the skin is improved e.g. hyper- pigmentation
3. Further products are better absorbed
4. Skin colour is improved
5. Circulation is improved thus giving skin more oxygen and nutrients

What are the possible contra-indications to Exfoliation?

??
??
??

Various types of Exfoliants are available some stronger than others:

Pore Grains

Crushed nuts or small plastic spheres within a cream or gel base are massaged over a damp skin to remove the dead skin cells. These are popular Exfoliants.

Alpha-Hydroxy Acids (AHA's)

These are found in sugar cane, fruits and milk. The product is in the form of a mask and left to work for approximately 10minutes. A slight tingling sensation is felt.

Often AHA's are combined with enzymes from fruits e.g. Papaya to achieve better results as the dead skin is lifted away.

Clay Exfoliants

These are milder, suitable for sensitive or blemished skin. The clay is applied like a mask and once dry is gently rubbed off using the pads of the fingers.

Mechanical Exfoliation

This is sometimes referred to as 'skin brushing' and can be performed either manually or with a specialist machine.

Round-headed soft bristled brushes perform a circular motion to remove dead skin cells and often enable deep cleansing too. Care needs to be taken not to overuse as skin sensitivity may result.



Skin Analysis

Skin analysis is the assessment of a clients skin type and condition. It is performed after the deep cleanse and is accompanied by a more thorough consultation. Findings during the skin analysis are useful for planning the treatment and homecare advice. Details should be recorded carefully on the record card.

What are we looking for during analysis?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

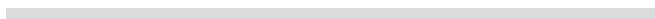
10. _____

11. _____

What equipment do we need?

- _____
- _____
- _____
- _____
- _____

Remember to ask open questions when more information is needed and closed questions when you want confirmation of understanding.





Notes for Skin Analysis

What are we looking for????

TONE

- strength and elasticity of skin/underlying muscle

ELASTICITY

- crepey, fine, loose skin – neck and eyes

TEXTURE

- how skin looks and feels – moisture and sebaceous activity. Is it fine/coarse or hard glassy appearance suggesting seborrhoea

UV DAMAGE

- increased and uneven pigmentation with lines wrinkles and a sallow/leathery look, premature ageing

PORE SIZE

- larger=more oil produced/less lines
smaller=less/drier skins/more lines

BLEMISHES

- collective term for dilated capillaries, vascular and dermal naevi (birthmarks), papules, pustules, milia, acne scarring and pigmentations

PIGMENTATION

- vitiligo, chloasma, lentigo, ephelides, pigmented moles, dark circles under eyes, high colour (couperose) acne scars and sallow complexions

Factors Affecting Skin Health

ALCOHOL

- dehydrates and deprives vitamins

SMOKING

- depletes vitamin C and slows circulation also interferes with collagen production and dilates capillaries

CAFFEINE

- stimulates the nervous system – bad for digestion and absorption of vitamins

MEDICATION

- dehydrates, swells and can cause pigmentation

STRESS

- tension lines, insomnia (collection of lymph), puffiness, poor circulation and cravings of more caffeine, alcohol and smoke!

SUNBURN

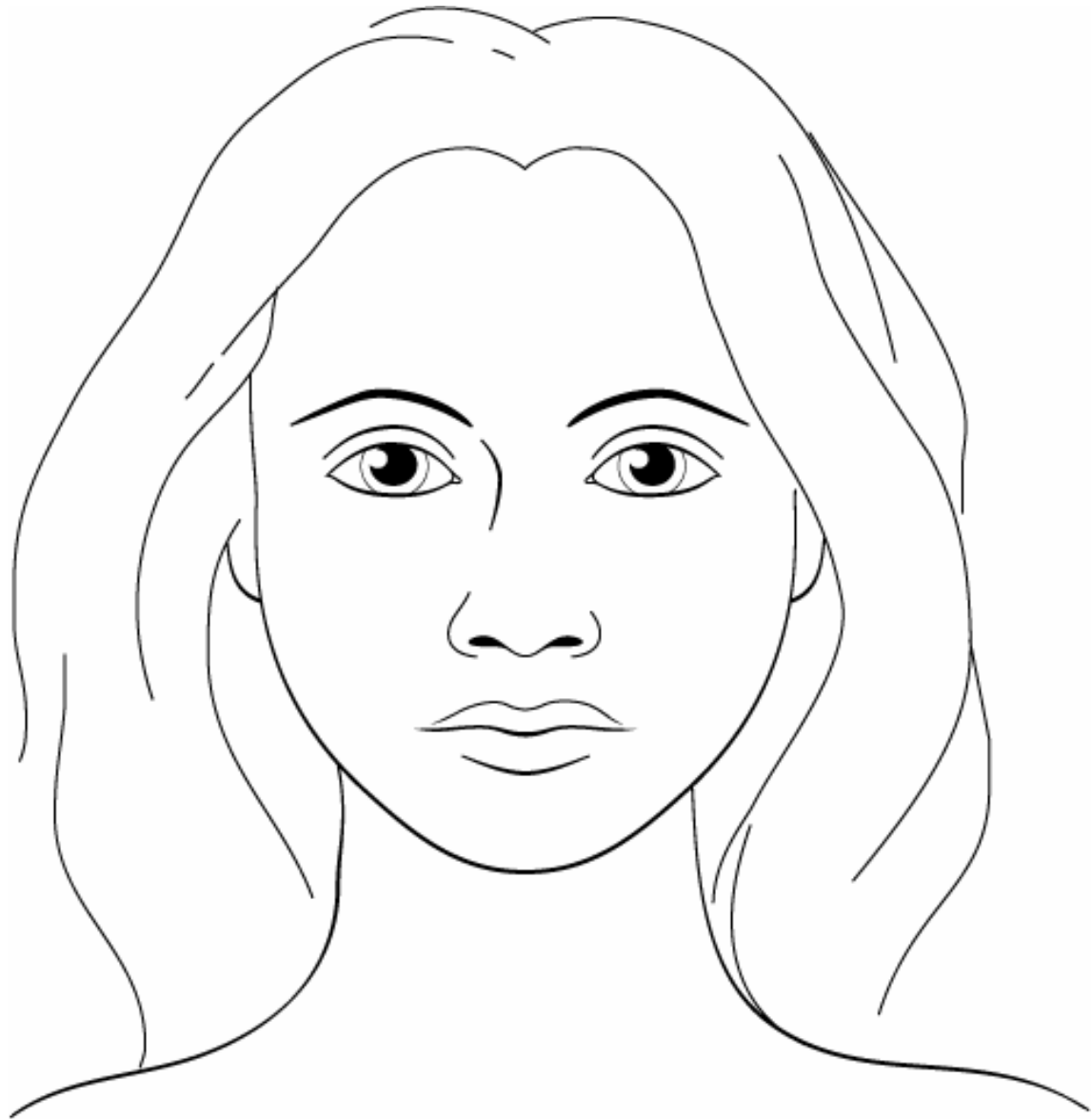
- damages cells, blisters, scarring and skin cancer

POLLUTANTS

- soap, chemicals etc, weaken skin balance and protection

CLIMATE

- dehydration, loss of moisture and reduction in sebum, can cause broken capillaries too



Extractions

Following cleansing and warming of the skin, extractions of comedones (blackheads) and milia may be performed.

The following equipment is needed:

- Disposable gloves
- Tissues
- Witchazel
- Cotton wool
- Milia Extractor (lance)
- Sharps bin - which is collected by your local health authority

Performing the Service

With gloves on and tissues wrapped around both index fingers the skin is gently rolled to remove the blockage. It is important to work gently to avoid bruising or capillary damage.

To remove a milium, first the lance must be placed flat to the skin's surface to superficially pierce the epidermis and so allow the exit of sebum using the above method.

An antiseptic is used to wipe over the area following any extraction.



Comedone and Milia Extractor Tool



Massage Movements

Use this area to list the different massage movements in your own words using the handout.

Efflurance

Vibrations

Petrissage

Percussion



Commercial/Specialist Mask Therapy

In addition to Clay and Biological Masks there are a variety of masks used within the salon environment.

Peel-Off Masks

These are usually made of either gel, latex or paraffin wax which increase the temperature of the skin whilst preventing perspiration from leaving the skin and so forcing moisturisation of the top layer of the epidermis. Once dry the mask is peeled off. Suitable for most skin types except those with excessive hair or extreme sensitivity.



Thermal Masks

These contain minerals and warm on application to the skin opening the pores and so cleansing the skin. Once cool it constricts the pores. The mineral mask is removed in one piece and is suitable for normal or oily and congested skin.



Non-Setting Masks

There are 3 types of non-setting masks:

- **Natural** - covered in Day 1
- **Cream** - Pre-prepared and widely used in the commercial salon within a treatment range
- **Warm Oil** - used with gauze to place over the skin

The mask is removed with either damp cotton wool, mask sponges or heated towels then toned and blotted following mask application.



Specialist Skin Products

Throat Creams

Ampoule Service

Eye Creams

Blemished Skincare Preparations

Eye Gel

Can you think of any others?



Beauty Retailing





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