

# DIAMOND MICRODERMABRASION

## GENTLE SKIN-RESURFACING TREATMENT

*Removes and exfoliates dull, dead skin cells, to reduce fine lines, acne scars and unwanted pigmentation*



### 1 STEP 1 CLEANSE & ANALYSE

Cleanse the skin

Analyse the skin. Make sure you look for the following:

How thick or thin, how sensitive, how vascular the skin is, if the skin is lax or loose, if it needs an intense or gentle treatment

*Put on clean gloves to start the treatment.*

### 2 STEP 2 DIAMOND MICRODERMABRASION

Select a fresh (clean) tip, put it on the hand piece in front of the client

- *Select the level of abrasion based on the skin qualities.*
- *The finest (lowest abrasion) tip is numbered 250, and the most coarse (most abrasive) is 75.*
- *Use the larger size tips for the broader, fleshy areas of the face and the small size for smaller or curved areas eg around the nose, crease of the chin etc.*

Choose a low level of suction to start with

Start at the centre area of the chin & work outwards in slow sweeping movements

Support the skin with your other hand as you go

Adjust suction as required, and use multiple tips if needed

- *Higher level of suction and more coarse (more abrasive) tip for thicker or congested skins, acne scarring or more intense treatment*
- *Lower level of suction and finer (less abrasive) tip for thinner, sensitive, vascular skins or less intense treatment*

### INDICATIONS:

- Rough, dull, flaky or devitalised skin
- Congested or break-out prone skin
- Ageing or sun-damaged skin
- Skin with excess oil, pigmentation or acne scarring

### SUGGESTED FREQUENCY OF TREATMENT:

1 x week for 6 treatments. 1 x month for maintenance.

### CLIENT PREPARATION:

Remove all jewellery and protect client's hair with a cap or headband.

Wash your hands.

### CLEANSING PROCEDURE:

Remove eye and lip make-up with an appropriate product

Cleanse the face thoroughly with a foaming or gel style cleanser. Remove cleanser with sponges or a warm, aromatic towel. Apply Toner if required.

Cover each section of the face, working upwards and with outwards strokes where possible (encourages lymph drainage)

- *Make sure each sweep joins onto the last - don't miss patches*
- *Don't treat inside the orbital rim (inside the area of the eye bones or under the brow)*

Commence with a second pass if required (sweep the strokes in opposite direction to first pass)

### 3 STEP 3 SKIN DEBRIS REMOVAL & EXTRACTIONS

Remove debris from the skin with sponges/fibrella and water.

Perform extractions if required.

### 4 STEP 4 HYDRATING MASK

Apply a mask of your choice to intensively hydrate and restore the skin. Apply to the face and neck. Any type of Cream, Gel, Clay, Collagen Fleece, Rubber or setting masks may be used, depending on skin type and products available. Eye masks can be included as an extra treatment option.

*Remove mask after 15 minutes, using sponges or a warm aromatic towel.*

### FINAL HYDRATION

Apply small amount of Treatment Cream, Eye Cream and Sun Protection to finish.

# MICRODERMABRASION

## CLEANING & MAINTENANCE

Microdermabrasion is an extremely popular skin treatment. People undergo this procedure to remove impurities and fine lines and wrinkles from facial skin. The treatment is particularly effective on skin that has small bumps or blackheads. The process works by applying vacuum suction and abrasive particles (Diamond or Crystal) over the skin, which serve to remove some of the upper layers of the epidermis.

The dead skin cells, which end up inside the different parts of the microdermabrasion machine, make the hygiene of these gadgets extremely critical. The most important element that requires cleaning is the dermabrasion tip, as the dead cells usually accumulate inside this tiny component. All skin-care professionals and casual home users need to learn how to properly clean and sterilize dermabrasion applicators before re-using them.



### DIAMOND TIPS

Once the treatment is completed and before the next client.

While wearing gloves, carry out the following:

1. Remove used tip/s from handpiece
  2. Wash and scrub the tips with warm water, antibacterial detergent and a toothbrush to remove skin debris from them
  3. Rinse thoroughly
  4. Dry tips with paper towel
  5. Soak in approved chemical sterilising solution - follow manufacturer directions for dilution and soaking time
  6. Remove tips from sterilising solution, rinse with hot running water
  7. Allow to air dry in a clean location
  8. Store dry tips in a covered storage container or sealed bag until required for next use
- OR
9. Tips may be sterilised in an Autoclave after step 4 is completed, if preferred.



### CRYSTAL TIPS

Once the treatment is completed and before the next client.

While wearing gloves, carry out the following:

1. Remove plastic tip from handpiece
  2. Wash the plastic tip with antibacterial detergent and scrub with a toothbrush
  3. Rinse thoroughly
  4. Dry tip with paper towel
  5. Soak in approved chemical sterilising solution - follow manufacturer directions for dilution and soaking time
  6. Remove tips from sterilising solution, rinse with hot running water
  7. Allow to air dry in a clean location
  8. Store dry tips in a covered storage container or sealed bag until required for next use
- OR
9. Throw used tip out after treatment and use a new one for each client if this method cannot be followed