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### **Rx Clinical Facial Information**

Giving an Rx Clinical Cosmeceutical Facial, our formulas will not only improve circulation and give a youthful supple skin, but it will also tighten and smooth out wrinkles, and reduce the visibility of wrinkles. Combating free radicals, damage and collagen breakdown are added benefits as well. Before starting any facial, always ensure your hands and clients face are properly cleansed. Refer to step one in all the RX Cosmeceutical Protocols. Always remember to consult with the client about sensitivities and surgeries. With cosmetic surgeries, a client will have more sensitive areas where the muscles have been pulled and repositioned. Tenderness can last years after the surgery so be aware of clients medical history. It is important to revisit this topic. Also clients who have recently had dental work including teeth being worked on, pulled or new dentures will be more sensitive in the areas on the cheek bone. Ask about Temporomandibular Joint Disorders (TMJ) in your client consult. Get to know your client. Make them feel comfortable so they will be open to expressing likes and dislikes. Ask about pressure, temperature and scents. Some clients will not mention their preferences unless they are asked. Not knowing could have an adverse affect on future bookings.

## **Types of Facials**

### **Nourishing Facials**

A facial that is designed to regenerate mature, aging skin, treat wrinkles, fine lines, dry skin and improve elasticity and skin texture. It typically includes cleansing, steam, exfoliation, pore extractions, toning, masking, and moisturizing, emphasizing a method or technique designed to moisturize and nourish the skin. Facials help keep the skin healthy and clear. They rejuvenate dull skin help unblock clogged pores and minimize the appearance of large pores. Facial treatments generally take one hour to complete and may include massage on areas such as the face, neck, shoulder, hands and feet.

### **Glycolic Facial**

A facial skin treatment that uses glycol acid to treat acne prone skin, skin tone, or aged skin. A glycol facial treatment typically includes cleansing, steam, exfoliation, pore extractions, toning, masking and moisturizing in addition to the application of glycol solution. A stinging sensation may occur upon contact, but is not considered uncomfortable. This exfoliating chemical promotes softer, smoother skin and elasticity, reduction of fine lines, scars and hyper pigmentation. Facials help to keep the skin healthy and clear. They rejuvenate dull skin; help unblock clogged pores and to minimize the appearance of large pores. Treatment lasts approximately one hour.

### **Rosacea**

Rosacea is a disease of the facial skin that is focused on the center of the face. This relatively unknown disease affects 13 million Americans. Rosacea's redness and bumps commonly start on the nose and spread outward to include the cheeks, chin, and forehead. Left to run its course, rosacea can worsen over time and even affect the eyelids and mucous membranes. These symptoms can be mistaken for acne, flushing or even sunburn, but diagnosing rosacea and treating it early can yield dramatic results. Rosacea needs to be diagnosed and treated by a health professional. It is a chronic illness, meaning you never really get rid of it, but you can control its spread and limit the long term effect it has on your skin and appearance. The main characteristics of rosacea are: Redness that looks like blush, this flushing of the skin with a spreading redness is caused by expanded blood vessels beneath the skin, pimples without blackheads. The reason rosacea is often labeled "adult acne" is that in some ways, it resembles acne. Closer examination may show solid, red inflamed pimples or pimples solidly filled with pus. However unlike teen acne, you probably won't see black heads or white heads. Unlike rosacea, acne can be present on the neck, back and shoulders.

## **Enzyme Facial**

A facial that employs the use of fruit and plant enzymes during the treatment to nourish dry, flaky and dehydrated skin. In addition to typical facial treatment procedures that include cleansing, steam, exfoliation, pore extractions, toning, masking and moisturizing, the enzyme topical is applied to the skin to help slough away dead cells, leaving supple, radiant skin. It helps to balance the complexion while nourishing the skin. Facials help keep the skin healthy and clear. They rejuvenate dull skin, help unblock clogged pores and minimize the appearance of large pores. May be an effective treatment for acne. Treatment lasts approximately one hour.

## **Deep Cleansing Facial**

Deep cleansing facials are designed to purify and revitalize the skin through intense exfoliation and pore extraction. This treatment generally includes cleansing, steam, exfoliation pore extractions, toning, masking and moisturizing with emphasis on techniques designed to deeply cleanse the skin. Facials help keep the skin healthy and clear. They rejuvenate dull skin, help unblock clogged pores and minimize the appearance of large pores. May also be an effective treatment for acne. Treatment lasts approximately one hour.

## **Antioxidant Facial**

A facial treatment that uses anti oxidant and plant extract infused products to deeply hydrate the skin. Typically includes cleansing, steam, exfoliation, pore extractions, toning, masking and moisturizing. Effectively treats aged, mature skin by promoting cellular repair and regeneration. Helps the appearance of fine lines and wrinkles. Facials help keep the skin healthy and clear. They rejuvenate dull skin, help unblock clogged pores and minimize the appearance of large pores. Treatment lasts approximately one hour.

## **Eye Treatment**

A treatment that is designed to soothe and alleviate puffiness, fine lines, dark circles and fatigue from the eye area. Typically this treatment employs the use of cool compress, creams and serums designed to treat the eye area. Generally, the treatment lasts fifteen to thirty minutes, and is often combined with a facial treatment.

## **Acne Facial**

This facial treatment targets clogged pores and congested skin through cleansing and treatment designed to heal acne trigger factors, and regulate oil gland and secretion to promote healthy skin. Typically includes cleansing, steam, exfoliation, pore extractions, toning, and a treatment to sterilize acne bacteria while detoxifying and minimizing large pores. Designed to treat existing acne and prevent future breakouts. May effectively treat oily skin. Facials help keep the skin healthy and clear. They rejuvenate dull skin, help unblock clogged pores and minimize the appearance of large pores. Treatment lasts approximately one hour.

## **Chemical Peels**

Chemical peels are ideal for restoring skin to its original beauty. This procedure involves applying a chemical solution to most commonly the face, but can include the neck, cheek, arms, legs and hands. There are three types of chemical peels, light, medium and deep, all differently designed to treat different skin types and conditions. Typically a procedure takes fifteen minutes to complete. The chemical solution is applied to skin to stimulate the production of new skin from beneath, while peeling away mature, sun damaged, wrinkled, blemished, and unevenly pigmented skin, resulting in a more youthful appearance. Patients may experience a warm burning sensation during light and medium peels; anesthesia is generally only needed for the deep peel procedure. Depending on the type of peel, recovery time ranges from one day to two weeks. Swelling, reddening and scabbing is typical after the procedure. Old skin will be replaced during the healing process with fresh, new surface skin. Chemical peels are effective in treating acne, aging skin, sun damage, fine lines, wrinkles, irregular pigmentation, shallow acne scars, and freckles.

## **Microdermabrasion**

Sometimes referred to as a lunch time peel, a non surgical procedure designed to exfoliate and rejuvenate by using a tool that sprays tiny crystal particles on the skin. Microdermabrasion is a painless treatment that stimulates collagen production, reduces fine lines, wrinkles, acne, acne scars, scars, skin abnormalities, and unevenly pigmented skin. Treats aging and sun damaged skin, uneven skin tone as well as large pores and clogged pores. It addresses mature, dull, oily or thick skin by enhancing skin texture to promote a smoother, firmer, more uniform skin tone. The technician moves a sterile hand piece that sprays micro crystals across the face. This procedure delivers a direct, controlled stream of crystals to remove or sand away dead and damaged cells. The dead cells and crystals are then suctioned from the skin surface to reveal fresh, rejuvenated skin. Microdermabrasion can also be performed on the neck, arms, and hands, as well as other designated areas of the body to treat skin abnormalities such as age spots, small tattoos, scars, and stretch marks. Treatments require no anesthesia and typically take from half an hour to an hour to complete. A series of treatments are recommended to attain desired results. Patients may experience slight irritation and skin redness for a few hours after the procedure, however all normal activities can be resumed immediately.