

# dermalogica professional treatments in a medical setting

## Dermalogica treatments using light and heat based therapies, e.g. LED, IPL, Non-ablative Lasers, Radio Frequency, and Thermage

**When combining professional Dermalogica treatments and light or heat based therapies it is important to:**

1. Review the Consultation Card to provide an in-depth consultation of your patient/client's skin ensuring they are a candidate for treatment.
2. Ensure the skin is in optimum health to reduce possible complications.
3. Never leave your client unattended.
4. Use Dermalogica professional products that are suitable for the patient/client's current skin condition.
5. Directions and protocols may differ from machine to machine; always consult the manufacturer for exact protocols and product usage for your particular machine.
6. Develop a treatment plan or series based upon skin condition and turgor.
7. Do not irritate treated area either chemically (such as with harsh acne products) or mechanically for 1-2 days after treatment, or while the skin is sensitive.
8. Please ensure that you complete the recommended number of treatments determined by the provider.
9. Avoid excessive sun exposure, tanning beds, or sunless tanning creams for at least 2 weeks prior and 1 week post your appointment.
10. Patients with a history of excessive hyperpigmentation, in addition to a test spot, may use a skin lightening agent 2 weeks prior to treatment in the proposed treatment area.
11. The continued use of an SPF of 30 or greater is recommended.

### **Step-by-step for LED:**

1. Cleanse eyes and lips with **Soothing Eye Make-Up Remover**.
2. Perform the Dermalogica Double Cleanse; beginning with **PreCleanse** followed by the prescribed Dermalogica cleanser. To get skin free from any excess sebum, **Special Cleansing Gel** or **Dermal Clay Cleanser** may be your best options.
3. **Face Mapping® skin analysis** should be performed to ensure the skin is not contraindicated to an LED procedure.
4. Complete a customized exfoliation according to your client's skin needs and level of sensitivity. Over time, the level of exfoliation can be increased throughout the series.
  - a. **Mild exfoliation** – ½ teaspoon of **Daily Microfoliant®** mixed with water to form a loose foam. Massage over the skin for 2-3 minutes under steam.
  - b. **Medium exfoliation** – You may add one pump of **Exfoliant Accelerator 35** or 1 applicator tube of **MultiVitamin Power Exfoliant** to ½ teaspoon of **Daily Microfoliant®** mixed with water to form a loose foam. Massage over the skin for 2-3 minutes under steam.
  - c. **Advanced exfoliation** – 1 applicator tube of **MultiVitamin Power Exfoliant** alone or mixed with one pump of **Exfoliant Accelerator 35**. Massage over the skin for 2-3 minutes under steam. Remove with the Dermalogica Double Cleanse: starting with **PreCleanse**, followed by **Special Cleansing Gel**.

**dermalogica®**

## dermalogica professional treatments in a medical setting

5. Apply your choice of Dermalogica complex to the skin, if applicable. Cleansing and exfoliation are key before LED procedure to allow for maximum penetration of light. Check with the manufacturer as devices now allow the use of a complex to be used under the LED light.
6. Place the client under the LED device and follow the protocols set forth by the manufacturer.
7. After the light therapy treatment is complete, spritz according to your client's skin condition – select from **Multi-Active Toner**, **UltraCalming™ Mist** or **Antioxidant HydraMist**.
8. Finish the treatment with an application of the prescribed Dermalogica moisturizer, eye treatment and **Daylight Defense**.

### Step-by-step for light or heat based therapies:

1. Cleanse eyes and lips with **Soothing Eye Make-Up Remover**.
2. Perform the Dermalogica Double Cleanse, beginning with **PreCleanse** followed by the prescribed Dermalogica cleanser. Remove with clean water and sponges or a steam towel customized with botanical mixer.
3. **Face Mapping® skin analysis** should be performed to ensure the skin is not contraindicated to a light or heat based procedure.
4. Apply the appropriate Dermalogica exfoliant. Depending on the light or heat based treatment, performing exfoliation the same day might be contraindicated. Check with current procedures and protocols.
5. Perform the desired light or heat based treatment according to manufacturer's recommendations.
6. Apply appropriate complex and masque. If procedure is targeting:
  - a. Hyperpigmentation or sun damage use **ChromaWhite TR<sub>x</sub>® Complex**
  - b. Aging skin use **AGE Smart® Complex**
  - c. Acneic skin use **MediBac Clearing® Complex**
  - d. Sensitivity use **UltraCalming™ Complex**
7. Apply selected Dermalogica moisturizer; **UltraCalming™ Serum Concentrate**, **Barrier Repair** or **Super Rich Repair** is suggested to help form an occlusive barrier.
8. Apply the appropriate eye treatment and Daylight Defense.

This treatment should be 45 minutes, but may be made into a 60-minute treatment if desired.

**Note: When using any professional exfoliation or light based treatment, under no circumstances should you leave the patient/client unattended in the treatment room. Monitor for excessive redness and remove immediately as directed if a reaction occurs.**