

## Problems and Solutions

*(as seen in Dermascope magazine, featuring Annet King)*

The basis to healthy and clear skin begins with a comprehensive cleansing routine. Everyone has dirty skin due to long lasting makeup, sunscreens, pollution, sweat, sebum and cell debris. Start by double cleansing your client's skin, first with a water-soluble, oil-based pre-cleanser that dissolves and lifts away surface makeup, oil and dirt. Follow with a clay-based or antibacterial cleanser. If there are no signs of a damaged barrier function or sensitivity, incorporate ultrasonic (blade) or electric brushes to further deep clean and remove cell debris. Use warm steam to facilitate cleansing and to soften the skin.

Record your skin findings while educating your client about their skin. Exfoliate with a hydroxy acid and enzyme-based exfoliant for 10 minutes. Look for Salicylic Acid to help refine pores and control breakouts. Apply a deep cleansing alkaline solution and perform Galvanic desincrustation (negative polarity, four minutes) to soften impactions and ease extractions. Perform manual extractions (gloves and tissues over index fingers) and wipe with a post-extraction fluid. Apply an acne fighting serum or complex and perform Iontophoresis (positive polarity, two minutes) over the problem areas. Follow with a clay-based refining masque for 10 minutes. Remove and follow with a topical Benzoyl Peroxide spot treatment applied to the breakouts. Follow with gauze and perform High Frequency. Complete the treatment with spritz toner and application of treatment products, moisturizer and SPF.

A complete treatment plan for your client should include the following: daily double cleansing, daily exfoliation with a mild, powder-based exfoliant and daytime and nighttime treatment products to refine follicles, fight bacteria and control excess oil. Perform weekly deep cleansing treatments to get skin clean and under control.