



Dermalogica Touch Therapy Workshops

For all Touch Therapy workshops, you will need:

- 2 Student workbooks – Pre-Learning workbook (read before workshop – available on <http://education.dermalogica.ca/Classroom-Learning/Pre-learning>) and Practical Workbook
- A model not contraindicated to the Touch Therapy (see section in student notes)
 - Model's face to be double cleansed prior to start of workshop, except for the following:
 - Stress Relief Scalp
 - Targeted Neck and Shoulder
- Dermalogica Consultation Card completed and signed by the model before start of workshop.
- Treatment bed with appropriate linens
- Skin Fitness Plan
- Headband and Bonnet for client

In setting up your camera for this workshop, please ensure that the area that will be worked on during the Touch Therapy is clearly visible.

1. AGE REVERSAL

Dermalogica Product Requirements:

- Calming Botanical Mixer Or 1 Additive
- Massage Cream OR Oil Free Massage OR Massage Gel Cream
- Additional suggested dermal layering products:
 - Antioxidant Hydramist
 - MultiVitamin Power Firm
 - Skin Smoothing Cream
 - Intensive Moisture Balance
 - Nightly Lip Treatment
 - Super Rich Repair
 - Dynamic Skin

Additional requirements

- 1 steamed towel
- 1 hand towel
- Headband and bonnet for client



2. PRESSURE POINT

Dermalogica Product Requirements:

- Calming Botanical Mixer Or 1 Additive
- Additional suggested dermal layering products:
 - MultiActive Toner
 - MultiActive Power firm
 - Active Moist
 - Skin Smoothing Cream
 - Intensive Moisture Balance
 - Skin Defense Booster

3. SENSITIVE SKIN RELIEF

Dermalogica Product Requirements:

- Calming Botanical Mixer Or 1 Additive
- Additional suggested dermal layering products:
 - UltraCalming Mist or Redness Relief Essence
 - Barrier Defense Booster
 - UltraCalming Serum Concentrate
 - Calm Water Gel
 - Barrier Repair

4. STRESS RELIEF SCALP

Dermalogica Product Requirements:

- Calming Botanical Mixer Or 1 Additive

Additional requirements

- 1 steamed towel (optional)

5. TARGETED NECK AND SHOULDER

Dermalogica Product Requirements:

- Calming Botanical Mixer Or 1 Additive
- Massage Cream OR Oil Free Massage OR Massage Gel Cream
- Additional suggested dermal layering products:
 - MultiActive Toner
 - Active Moist
 - Skin Smoothing Cream
 - Intensive Moisture Balance
 - Skin Defense Booster

Additional requirements

- 1 steamed towel