

Chapter 23: Facials

Cosmetologists should study and have an understanding of facials because *providing skin care services help clients relax, knowing the basics of skin care will enable you to provide advice when asked, knowing the basics will help you recognize conditions that may need a physician's care, learning the basic will allow you to perform the foundational services, and you may enjoy it so much you decide to specialize in skin care.*

SKIN ANALYSIS AND CONSULTATION (p. 710-715)

Skin analysis is the most important part of the facial treatment; it determines the skin type, condition, and the recommended treatment

- **Health screening form-** client must complete a form which determines if they have any contraindications that might prohibit certain treatments
- **Contraindications-** a condition that requires avoiding certain treatments, procedures, or products to prevent undesirable effects
- **Treatment records-** record should include client's name, address, phone number, contraindications, treatments provided, and products purchased
- **Analysis procedure**
 - Read screening form and discuss questions with client
 - Have client change into a smock
 - Client's hair should be covered and jewelry put in a safe place
 - Cosmetologists should not wear jewelry as it may accidentally injure a client
 - Recline client in facial chair
 - Wash hands thoroughly; warm cleansing milk in your hands and cleanse client face using upward circular movements
 - Use special cleanser for eye make-up; move outward on the upper lid and inward on the lower lid
 - Remove cleanser with warm damp facial sponges or cotton pads
 - Apply cotton pads to eyes to avoid exposure to extreme brightness of the magnifying lamp

DETERMINING SKIN TYPE (p. 716-718)

Look through a magnifying lamp at the client's skin.

Skin type is determined by how oily or dry the skin is.

Skin type is hereditary and cannot be permanently changed with treatments.

| Skin | Signs of Skin Type | Conditions Associated with Skin Type |
|------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| Oily | Obvious large pores | Open and closed comedones; clogged pores; shiny, thick appearance; yellowish color; orange peel texture |
| Dry | Pores very small or not visible | Tight, poreless-looking skin; may be dehydrated with fine lines and wrinkles; dry and rough to the touch |
| Normal | Even pore distribution; very soft, smooth surface; lack of wrinkles | Very unusual; most clients have combination skin |
| Combination Dry | Obvious pores down center of face; pores not visible or becoming smaller toward outer edges of face | May have clogged pores in the nose, chin, and center of forehead; dry, poreless towards outside edges of face |
| Combination Oily | Wider distribution of large pores down center of face extending to outer cheeks; pores become smaller toward outer edge of face | Comedones, clogged pores, or obvious pores in the center of the face |
| Acne | Very large pores in all areas | Numerous open and closed comedones, clogged pores, red papules and pustules |

Skin Types (p. 716-718)

- **Alipidic-** lack of lipids; skin does not produce enough sebum; **known as dry skin**; becomes dehydrated; skin appears flaky or dry looking, may feel itchy or tight
- **Oily-** produces too much sebum; large pores; skin may appear shiny or greasy; pores may be clogged from dead cell buildup; may contain **open comedones** (blackheads) or **closed comedones** (small bumps under the surface)
- **Ostium-** opening in the surface of a comedone

- **Acne-** considered a skin type because the tendency to develop it is genetic; a disorder where the hair follicles become clogged resulting in infection with redness and inflammation; cannot survive in the presence of oxygen (**anaerobic**)
- **Pustules-** pimples with a pus head; pus is fluid inside a pustule made up largely of dead white blood cells that tried to fight the infection
- **Papules-** red pimples that do not have a pus head
- **Hyperpigmentation-** dark splotches of color caused by sun exposure or hormone imbalances
- **Sensitive skin-** thin, pink-red look; skin turns red easily and is easily inflamed
- **Rosacea-** chronic, hereditary disorder that can be indicated by constant or frequent facial blushing; presents with dilated capillaries, **telangiectasis** (dilated surface blood vessels) and **couperose** (diffuse redness); medical condition; treat with gentle products and no heat
- **Aging skin-** loses elasticity; treat with hydration and exfoliation to improve appearance
- **Sun-damaged skin-** many areas of hyperpigmentation; lots of wrinkles; sagging skin; looks older than it should for the age of the person (often confused with aging skin)

Skin Care Products (p. 718-723)

- **Cleansing milks-** non-foaming lotion cleansers; good for dry and sensitive skin; may be applied with hands or an implement but must be removed with a dampened facial sponge, soft cloth, or cotton pad
- **Foaming cleanser-** contain surfactants (detergents) which foam and then rinse off easily; generally used on oily or combination skin
- **Toners (fresheners or astringents)-** lotions that help to balance pH and remove remnants of cleanser from the skin; often have a higher alcohol content and are used on oily skin
- **Exfoliants-** products that remove excess dead cells from the surface (stratum corneum) of the skin
 - **Mechanical exfoliants-** physically remove dead cells (**gommages** also known as roll-off masks and **microdermabrasion scrubs** are examples)
 - **Chemical exfoliants-** contain chemicals that dissolve or loosen dead cell buildup; many use alpha hydroxyl acids; **enzyme peels** are an example
- **Moisturizers-** increase the moisture content on the skin's surface; diminish the appearance of fine lines and wrinkles; contain humectants or emollients
 - **Humectants** (hydrators or water-binding agents)- ingredients that attract water
 - **Emollients-** oily or fatty ingredients that prevent water from leaving the skin
- **Sunscreens and Day Protection-** be sure sunscreen has both UVA and UVB protection; recommended for daily use

- **Serums-** concentrated products with higher concentration of ingredients designed to penetrate the skin and treat various conditions
- **Massage creams-** lubricants used to make the skin slippery during massage; must be thoroughly removed if other products are to penetrate the skin
- **Masks-** concentrated treatment products often composed of mineral clays, moisturizing agents, skin softeners, aromatherapy oils, botanical extracts and other ingredients to hydrate, cleanse, tighten, exfoliate, tone, and nourish the skin
 - **Clay-based masks-** oil-absorbing cleansing masks; exfoliate; act as an astringent making pores appear smaller temporarily
 - **Cream masks-** contain oils and emollients; strong moisturizing effect
 - **Gel masks-** good for sensitive or dehydrated skin
 - **Alginate masks-** seaweed based; a treatment cream is placed underneath then the alginate masks is put on top to seal in moisture (generally used in salons only)
 - **Paraffin wax masks-** mask contacting paraffin which are melted and put on over top of a treatment cream so ingredients can penetrate the skin
 - **Modelage-** contain special crystals of gypsum; used with a treatment cream; the mask hardens; benefits dry, mature skin
 - **Gauze-** a thin, open-mesh fabric of loosely woven cotton; may be used under masks to hold ingredients in place while allowing for absorption

Facial Massage (p. 725-728)

- **Massage-** the physical manipulation of the body by rubbing, gently pinching, kneading, tapping, and other movements to increase metabolism and circulation, to promote absorption, and the relieve pain
 - Cosmetologists should have a basic knowledge of physiology and anatomy; be sure to use a firm, sure touch; keep your hands soft with lotions and nails trimmed to avoid scratching clients; wrists and fingers should be flexible
 - The impact of massage depends on the amount of pressure, the direction of the movement, and the duration of the manipulation
- **Basic Massage Manipulations-** all massage is a combination of one or more basic movements; **the direction of movement is always from the insertion of a muscle** (where it is attached to another muscle or to a moveable joint or bone) **to its origin** (the portion of a muscle at a fixed attachment)
 - **Effleurage- (think feathers)** light, continuous stroking movement applied in a slow, rhythmic manner with the fingers (digital effleurage) or the palms (palmar effleurage); no pressure is used; used on forehead, face, scalp, back, shoulder, neck, chest, arms and hands; every massage should begin and end with effleurage
- **Petrissage-** a kneading movement performed by lifting, squeezing, and **pressing** the tissue with a light, firm **pressure**; offers deeper stimulation to the muscles, nerves, and

skin glands; usually limited to the back, shoulders and arms, although digital kneading can be used on the cheeks with a light, pinching movement

- **Fulling-** a form or petrissage in which the tissue is grasped, gently lifted, and spread out; used mainly for arms
- **Friction-** a deep rubbing movement in which you apply pressure on the skin with your fingers or palm while moving it over an underlying structure; circular friction movements are typically used on the scalp, arms, and hands; light circular friction is used on the face and neck
 - **Chucking-** grasping flesh firmly in one hand and moving the hand up and down along the bone while the other hand keeps the arm or leg in position
 - **Rolling-** pressing and twisting the tissues with a **fast back-and-forth** movement
 - **Wringing-** vigorous movement in which the hands, placed a little distance apart on both sides of the client's arm or leg and working downward, apply a **twisting** motion against the bones in the opposite direction
- **Tapotement (also known as percussion)-** consists of short quick **tapping**, slapping, and hacking (chopping movement done with the edges of the hands) movements; provides the most stimulation; should be performed with care and discretion; tones the muscles and gives healthy glow to area being massaged
- **Vibration-** rapid shaking of the body part while the balls of the fingertips are pressed firmly on the point of application; highly relaxing

Physiological Effects of Massage (p. 728-729)

- **Motor point-** point on the skin that covers the muscle where pressure or stimulation will cause contraction of the muscle; in order to obtain the maximum benefits from a massage, you must consider the motor points that affect the underlying muscles
- **Relaxation** is achieved through light but firm, slow, rhythmic movements or very light hand vibrations over motor points for a short time
- **Benefits:**
 - Skin and all structures are nourished
 - Skin becomes more soft and pliable
 - Activity of skin glands is stimulated
 - Muscle fibers are stimulated and strengthened
 - Nerves are soothed and rested
 - Pain is sometimes relieved
- **The frequency of facial or scalp massage** depends on the condition of the skin or scalp, the age of the client, and the condition being treated; generally, a weekly massage will help keep normal skin and scalp in excellent condition

Facial Manipulations (p. 729-732)- *listed pages show pictures of the different movements*

- **Chin movement-** lift the chin using a slight pressure
- **Lower cheeks-** using a circular movement, rotate from chin to ears
- **Mouth, nose and cheek movements-** see diagram p. 730
- **Linear movement over forehead-** slide fingers to temple then stroke up the hairline, gradually moving your hands across the forehead to the right brow
- **Circular movement over forehead-** start at the eyebrow line, work across the middle of the forehead and then toward the hairline
- **Crisscross movement-** start at one side of the forehead and work back
- **Stroking (headache) movement-** slide your fingers toward the center of the forehead and then draw your fingers with a slight pressure towards the temples and rotate
- **Brow and eye movement-** place your middle fingers at the inner corners of the eyes and your index fingers over the brows; slide them toward the outer corners of the eyes, under the eyes, and then back to the inner corners
- **Nose and upper cheek movements-** slide your fingers down the nose; apply a rotary movement across the cheeks to the temples and rotate gently; slide your fingers under the eyes and then back to the bridge of the nose
- **Mouth and nose movement-** apply circular movement from the corners of the mouth up the sides of the nose; slide your fingers over the brows and then down to the corners of the mouth up to the sides of the nose; follow by sliding your fingers over the brows and down to the corners of the mouth again
- **Lip and chin movement-** from the center of the upper lip, draw your fingers around the mouth, going under the lower lip and chin
- **Optional movement-** hold the head with your left hand and draw the fingers of your right hand from under the lower lip and around the mouth moving to the center of the upper lip
- **Lifting movement of the cheeks-** proceed from the mouth to the ears and then from the nose to the top of the ears
- **Rotary movement of the cheeks-** massage from the chin to the ear lobes, from the mouth to the middle of the ears, and from the nose to the top of the ears
- **Light tapping movement-** work from the chin to the earlobe, from the mouth to the ear, from the nose to the top of the ear, and then across the forehead; repeat on the other side
- **Stroking movement of the neck-** apply light upward strokes over the front of the neck; use heavier pressure on the sides of the neck in downward strokes
- **Circular movement over neck and chest-** starting at the back of the ears, apply a circular movement down the side of the neck, over the shoulders, and across the chest

**For male clients, be sure to use downward movements in the beard area as massaging against hair growth causes great discomfort.*

Facial Equipment (p. 733-734)

- **Facial steamer**- heats and produces a stream of warm steam that can be focused on a client's face or other area of skin; steaming helps to soften tissues, making it more accepting of moisturizers and other treatment products
 - Use only distilled water to avoid mineral buildup in the machine
 - Take precautions for clients with asthma or other breathing disorders
 - A warmed, steamed towel may be used if a professional steamer is unavailable; be sure the towel is warm but not hot, leave the client's nose uncovered; do not use on someone who has sensitive skin, rosacea, redness-prone skin or claustrophobia
- **Brushing machine**- rotating electric appliance with interchangeable brushes that can be attached to a rotating head; brushes come in various sizes and textures; helps remove dead skin cells and make the skin look smoother and more even in coloration
 - Considered mechanical exfoliation
 - Usually administered after or during a steam
 - Fairly thick layer of cleanser or moisturizer should be applied to the face before using the brushing machine so brushes will not scratch the face
 - Never use brushes where contraindicated (medicines that cause thinning of the skin, rosacea, pustular acne, at the same time as microdermabrasion...)
 - Brushes must be thoroughly cleaned and disinfected between clients

Electrotherapy and Light Therapy (p. 734-737)

- **Electrotherapy**- use of electrical currents to treat the skin; be sure to check for contraindications (metal implants, heart condition, epilepsy, pregnancy, high blood pressure, fever, infection, nerve sensibility, open skin/wounds, fear of electrical current) before using
 - An **electrode** is an applicator for directing current from the machine to the client's skin
 - **High-frequency** machines have **one electrode**
 - **Galvanic machines have two electrodes** (anode and cathode); accomplishes two tasks- **deincrustation** (the process of softening and emulsifying hardened sebum) and **iontophoresis** (using galvanic current to enable water-soluble products that contain **ions** to penetrate the skin)
- **Microcurrent**- type of galvanic treatment using a very low level of electrical current; helps to tone the skin; produces a lifting effect on aging skin that lacks elasticity
- **High-Frequency Current**- discovered by Tesla; can be used to stimulate blood flow and help products penetrate; also has a germicidal effect so it is good for acne-prone skin
- **Light therapy**- using light exposure to treat conditions of the skin; be sure protect the client's eyes with cotton pads

- **Infrared lamps**- heat skin and increase blood flow; used for hair and scalp treatments
- **LED (light-emitting diodes)**- uses concentrated light that flashes very quickly; warms tissues, stimulates blood flow, improves skin smoothness; good for acne prone skin; avoid using on patients with seizure disorders
- **Microdermabrasion**- type of mechanical exfoliation that involves shooting aluminum oxide or other crystals at the skin with a hand-held device that exfoliates dead cells; produces fast, visible results; primarily used to treat wrinkles and aging skin; requires extensive training to be safe and effective

Facial Treatments (p. 737-740)

There are two categories of facial treatments:

- **Preservative**- maintains health of the facial skin by cleansing correctly, increasing circulation, relaxing nerves, and activating the skin glands and metabolism through massage
- **Corrective**- correct certain facial conditions such as dryness, oiliness, comedones, aging lines, and minor conditions of acne

Guidelines for Facial Treatments

- Speak in a quiet, professional manner
- Explain the benefits of products and service and answer any questions
- Provide a quiet atmosphere; work quietly and efficiently
- Maintain neat, clean conditions
- Follow systematic procedures
- Warm hands before beginning massage
- Keep nails smooth and short
- Be sure to perform a skin analysis

Aromatherapy (p. 740)

- Aromatherapy- the use of essential oils for beauty and health treatment; thought to benefit and enhance a person's physical, emotional, mental, and spiritual well-being; may be used in candles, room sprays, or massage oils

METHODS FOR COMPLETING A FACIAL - see pages 741-752 in your textbook