

crystal-free microdermabrasion **manual**
enhanced with **oxygen** therapy





What is included with the unit:

- stainless steel carrying case
- crystal-free handpiece (includes 5 tips)
- lymphatic drainage tools
- oxygen sprayer
- 1 oxygen therapy product kit

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{crystal-free microdermabrasion procedure}

always document your work and settings

hold skin taut, strokes should slightly overlap

where applicable strokes should be 2-3 inches, this maintains the suction

do not exert any pressure on the skin, strokes should be light

start first time client using lower settings

do at least two passes and in opposite direction where possible

- start at forehead

- move down outside perimeter of face

- chin

- nose

- for more delicate skin turn suction down for cheek area

- turn suction down proceed

- upper lip

- eye area

- neck

{microdermabrasion techniques}

the length of the stroke is directly related to suction strength

longer slower movements create more stimulation beneath the surface

shorter quicker movements are more about exfoliation

use shorter quicker movements for sensitive areas, eye area and hyperpigmentation areas.

{common mistakes}

- peeling too rapidly

- applying pressure

- not overlapping enough

{treatment tips}

crystal-free microdermabrasion treatments work great for many areas of the face and body. Try it on elbows, knees, hands, feet, chest, and de'collete'; even bald heads. It also works great on follicular keratitis, that bumpy, ruddy skin on the back of the upper arms.

Don't forget lips, eyebrows, and behind the ears.

Advise all clients that a "fresh skin needs a fresh pillowcase"

If possible, wait 24 hours before applying makeup; if not, as long as possible and always apply a barrier or day cream first, so makeup is not drawn into fresh, open pores.

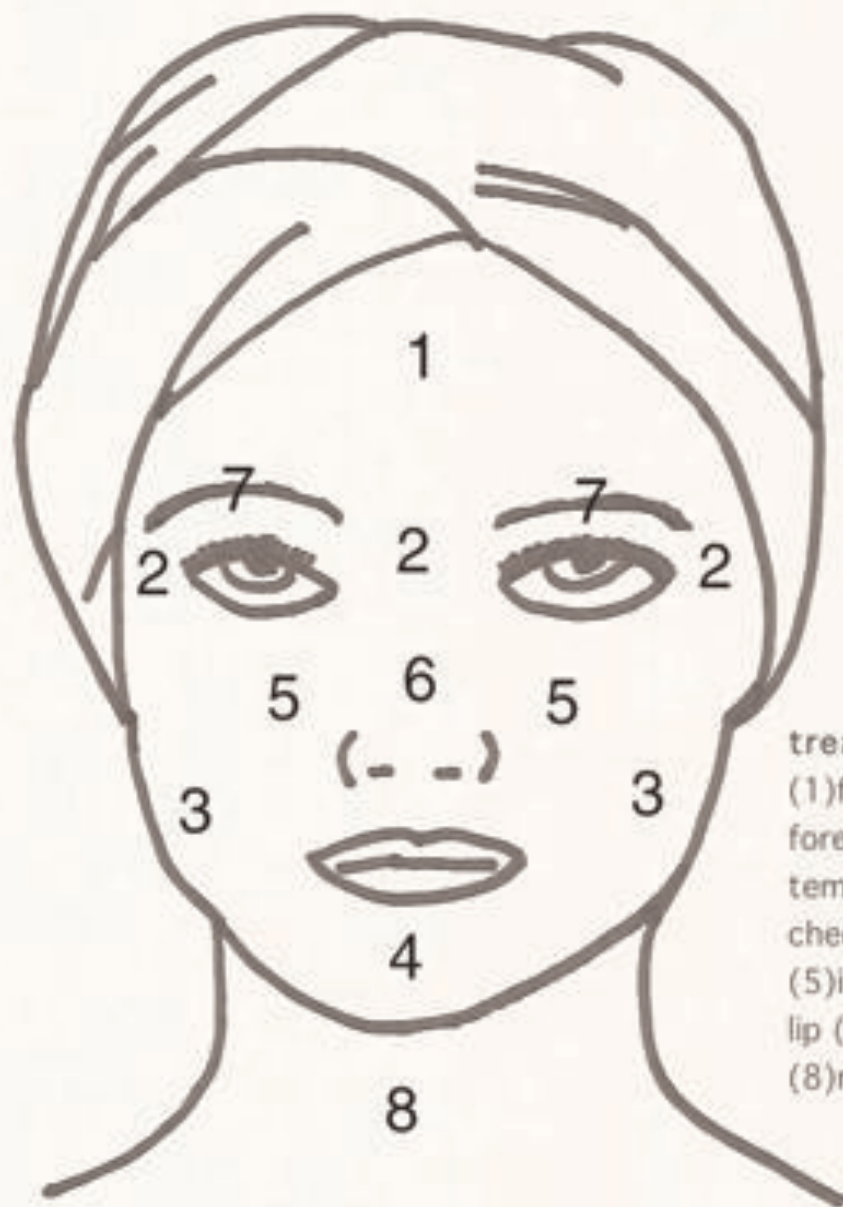
Hydrate, hydrate, hydrate, especially during the first three to four days after treatment.

We've affected the water level of the skin and its ability to hold moisture.

hyperpigmentation

Use fast, short strokes concentrating on areas showing dark, pigmented areas. Look to deliver an even color to the complexion during initial treatments and concentrate on eliminating dark areas and spots in subsequent treatments. Exercise patience in treating this condition because over-aggravation of the melanocytes will make the hyperpigmentation worse.

{treatment **sequence**}

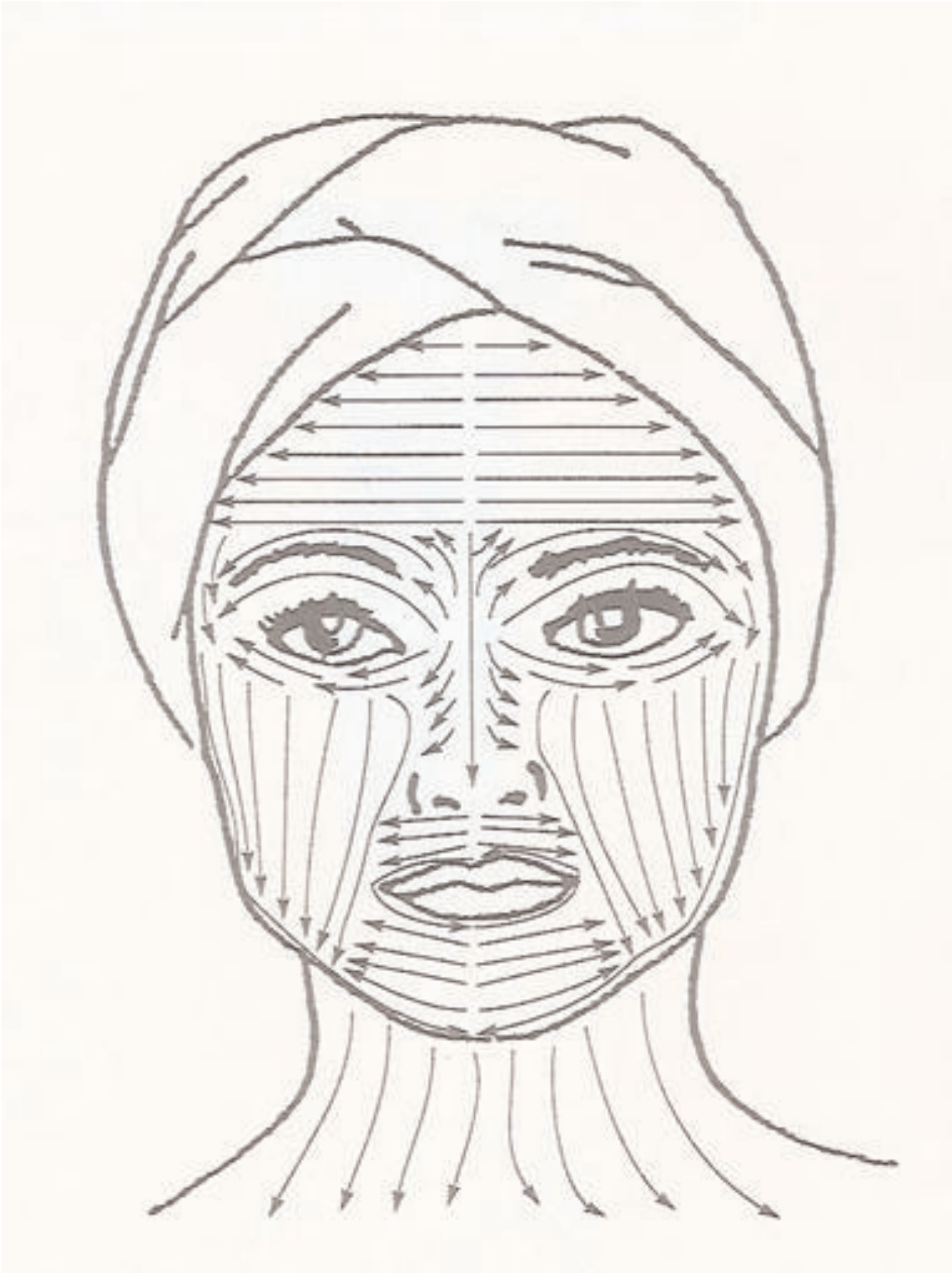


treatment sequence
(1)forehead (2)lower forehead, eyebrows, temple (3)outer cheek, jaw (4)chin (5)inner cheeks, upper lip (6)nose (7)eyes (8)neck

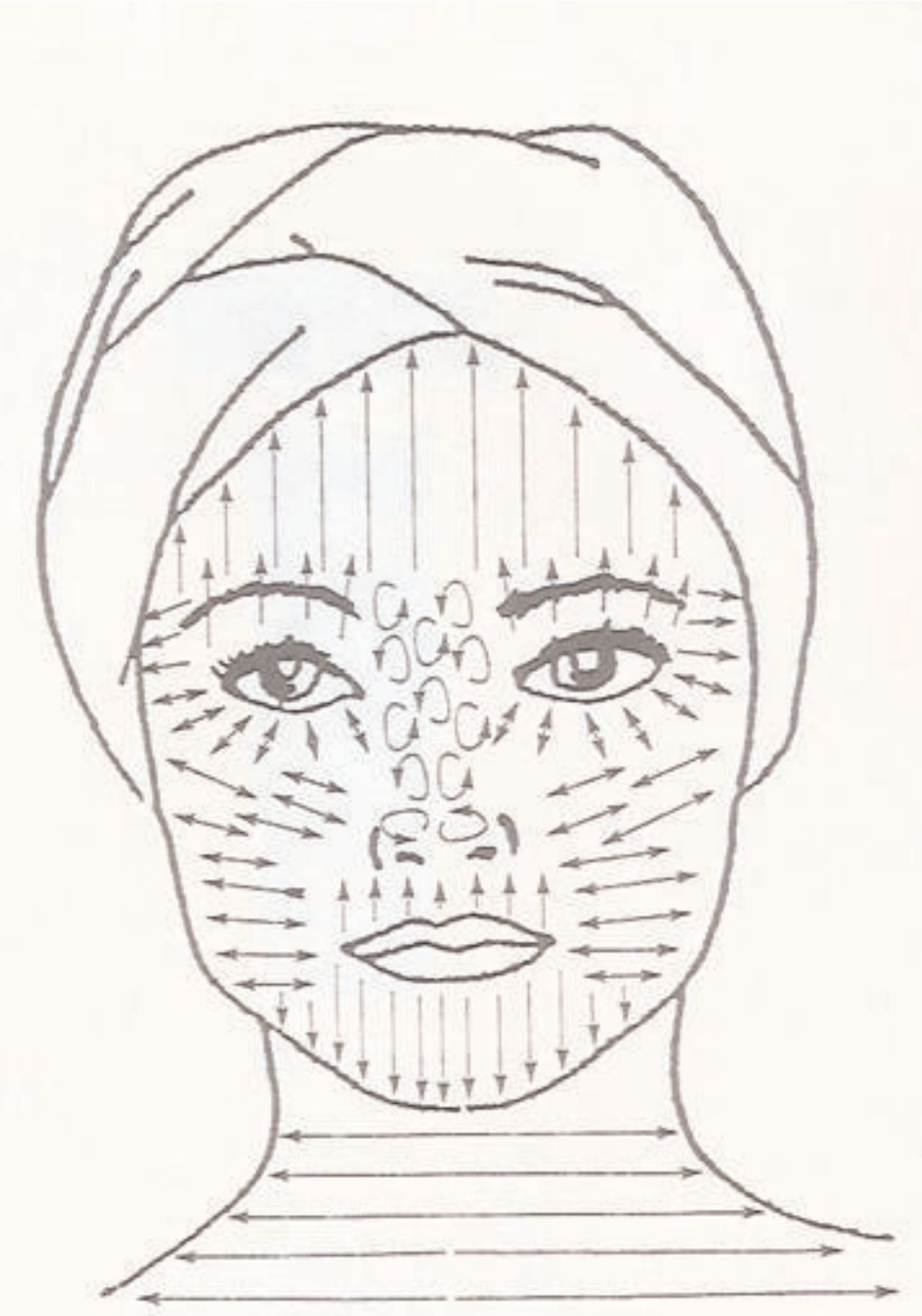
note: remember that microdermabrasion technique is a function of 3 elements **intensity, direction, and number of passes.** For best results, be sure to understand the condition of the clients skin tissue before beginning the treatment.

Important- avoid treating the eyelid below the crease next to the eyelash line

treatment pass {approach 1}



treatment pass {approach 2}



benefits of {oxygen}therapy

treats	acne rosacea hyperpigmentation fine lines + dehydration
benefits	gently exfoliates + softens the skin phase 1 - gels created for all skin conditions phase 2 - activator sprayed over gels to create an oxygen reaction anti-microbial brightening effects on hyperpigmentation increases circulation to the tissue thus stimulating skin renewal + the uptake of nutrients into the skin full training + technical support professional use only
products	phase 1 oxygen gel + lightening treatment + acne treatment + anti-aging treatment + rosacea treatment phase 2 oxygen reaction +activator
retail	full retail line to support the oxygen concentrate therapy treatment

recommended treatments

oxygenlifeheal

heals + kills bacteria + aids in extraction removal

oxygenlifelightening

exfoliates + lightens hyperpigmentation caused by sun damage + aging

oxygenliferenew

hydrate + rejuvenate the skin for ultimate skin renewal for anti-aging benefits

oxygenlifesothe

calming + refreshing to reduce redness + inflammation caused by rosacea

{acne} oxygen concentrate protocol

oily skin/acne

CLEANSE with **salicylic gel** cleanser

TONE **salicylic** toner

TREAT use gentle exfoliant **renewal peel** 7.5% lactic concentrate

EXFOLIATE with crystal-free tips (see techniques on pg.10-12)

OXYGENATE {MASK}

apply a thin layer of phase 1 - **oxygen gel** +**acne** treatment to skin

spray phase 2 - **oxygen** reaction +**activator** over gel

massage into the skin

allow product to remain on the skin for 3-5 minutes

a foaming oxygen reaction will be occur

remove with pads soaked in cool water, if skin feels tacky cleanse with the

gentle gel cleanser

CALM (optional) apply cold compress for 5 minutes to reduce redness.

NOURISH apply **vitaC** peptide serum

MOISTURIZE apply oil free **anti-bac** treatment

PROTECT apply **anhydrous barrier** spf 20

{rosacea} oxygen concentrate protocol

sensitive skin

CLEANSE **gentle gel** cleanser

TONE with **instant soothing** toner

TREAT use gentle exfoliant **renewal peel** 7.5% lactic concentrate

EXFOLIATE with crystal-free tips (see techniques on pg.10-12)

OXYGENATE {MASK}

apply a thin layer of phase 1 - **oxygen gel** +**rosacea** treatment to skin

spray phase 2 - **oxygen** reaction +**activator** over gel

massage into the skin

allow product to remain on the skin for 3-5 minutes

a foaming oxygen reaction will be occur

remove with pads soaked in cool water, if skin feels tacky cleanse with the

gentle gel cleanser

NOURISH with **vital recovery** concentrate

MOISTURIZE apply **ultra performing** cream

PROTECT apply **anhydrous barrier** spf 20

{anti-aging} oxygen concentrate protocol

dry/mature skin

CLEANSE with **gentle milk** cleanser

TONE **instant soothing** toner

TREAT exfoliate with **renewal peel** 7.5% lactic concentrate

EXFOLIATE with crystal-free tips (see techniques on pg.10-12)

OXYGENATE {MASK}

apply a thin layer of phase 1 - **oxygen gel** +**anti-aging** treatment to skin
spray phase 2 - **oxygen** reaction +**activator** over gel
massage into the skin
allow product to remain on the skin for 3-5 minutes
a foaming oxygen reaction will be occur
remove with pads soaked in cool water, if skin feels tacky cleanse with the
gentle gel cleanser

NOURISH apply **vitaC** peptide serum and **vital recovery** concentrate

MOISTURIZE apply **ultra performing** complex

PROTECT **skin shield** spf 25

{lightening} oxygen concentrate protocol

hyperpigmentation/discolored skin

CLEANSE **gentle gel** cleanser

TONE with **instant soothing** toner

TREAT use gentle exfoliant **renewal peel** 7.5% lactic concentrate

EXFOLIATE with crystal-free tips (see techniques on pg.10-12)

OXYGENATE {MASK}

apply a thin layer of phase 1 - **oxygen gel** +**lightening** treatment to skin

spray phase 2 - **oxygen** reaction +**activator** over gel

massage into the skin

allow product to remain on the skin for 3-5 minutes

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remove with pads soaked in cool water, if skin feels tacky cleanse with the

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NOURISH with **vital recovery** concentrate

MOISTURIZE apply **ultra performing** cream

PROTECT apply **anhydrous barrier** spf 20

866.312.skin(7456)
www.skinforlife.com