

107E.3

FACIAL TREATMENT SKILLS

Facial Treatment
Draping Guidelines

Facial Treatment
Procedures

Facial Treatment
Equipment Guidelines

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PIVOT POINT

This lesson focuses on *Facial Treatment Skills*:

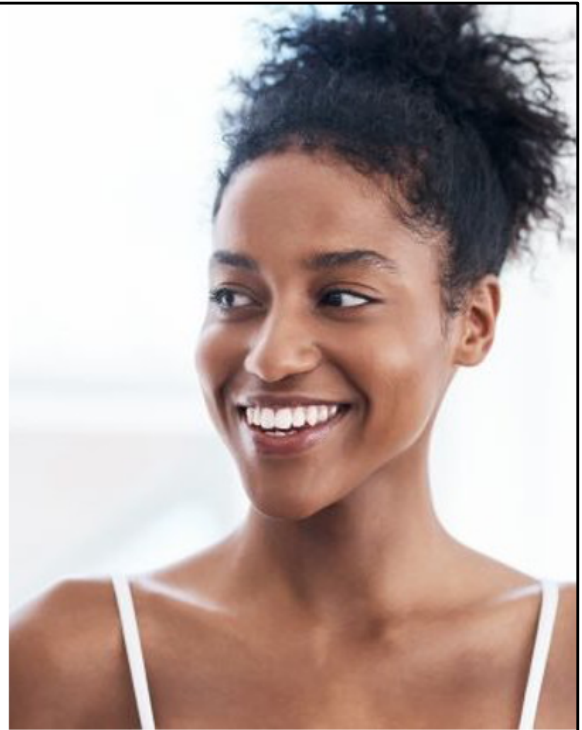
- Facial Treatment Draping Guidelines
- Facial Treatment Procedures
- Facial Treatment Equipment Guidelines

»» EXPLORE

Why do you think a facial can cost \$35 at one salon/spa and \$70 at another?

»» INSPIRE

Understanding facial treatment skills will help you offer the most requested service in the salon/spa.



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Explore

Why do you think a facial can cost \$35 at one salon/spa and \$70 at another?

Inspire

Understanding facial treatment skills will help you offer the most requested service in the salon/spa.



What will I achieve?

- State how to drape a client for a facial treatment
- Identify the procedures used to perform a facial treatment
- Describe the guidelines for using facial treatment equipment

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Following this lesson, you'll be able to:

- State how to drape a client for a facial treatment
- Identify the procedures used to perform a facial treatment
- Describe the guidelines for using facial treatment equipment



FACIAL TREATMENT SKILLS

Mastering facial treatment skills is one of the most important parts of a successful career in esthetics. Providing a service that meets your client's needs and helps them have a relaxing experience is the key to getting lifelong clients.

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FACIAL TREATMENT DRAPING GUIDELINES

COCOON WRAP



LAYERED TREATMENT- TABLE SETUP



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Clients will book the initial treatment based on their skin care concerns, but rebook based on how you made them feel. This starts with draping.

Cocoon Wrap

The cocoon wrap is designed to create a secure and warm environment. Keep in mind, for some clients it may be too confining.

Layered Treatment Table

- Layered treatment-table setup is just like making a twin bed.
- You can pre-make your layered treatment table in preparation for the client. Once the client is draped, you can assist and instruct them onto the treatment table.

Refer to pages 36 and 37 of the coursebook for the step-by-step guide.

»» FACIAL TREATMENT DRAPING GUIDELINES

HEAD WRAP



Use the folded towel at the top of the table for draping the client's head and protecting their hair from product.

Refer to page 37 of the coursebook for the step-by-step guide.

»» FACIAL TREATMENT DRAPING GUIDELINES



Facial Treatment Draping Considerations

- Pregnancy
- Disability
- Age
- Body size
- Comfort preference (temperature)
- Gender

General tips and draping considerations for pregnant, disabled, minor, elderly, male or large clients:

- Support the client with bolsters and pillows.
- To ensure client comfort, adjust the temperature in the room.
- Allow more time for treatment preparation and completion.
- Use a hydraulic or electric treatment table and lower for easy access.

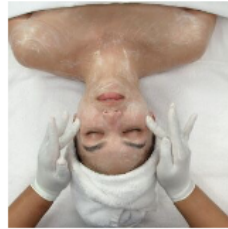
» FACIAL TREATMENT PROCEDURES



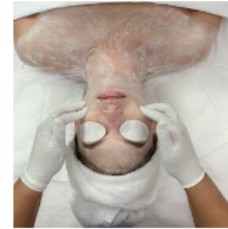
Pre-Cleanse



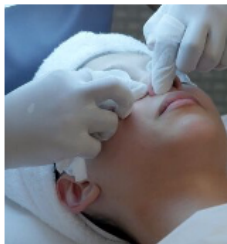
Analyze



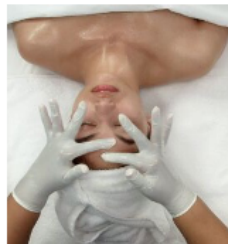
Cleanse and Tone



Exfoliate



Treat



Massage



Mask



Protect

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The facial treatment procedures make up a unique system for producing predictable results. The facial treatment, which is typically an hour long, follows all the procedures presented in this lesson.

➤ FACIAL TREATMENT PROCEDURES



Pre-Cleanse ↻

- Performed during the Increase phase
- Remove face makeup
- Perform superficial cleanse



Analyze ↻

- Performed during the Increase phase
- Identify skin type and condition
- Create summary analysis

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Pre-Cleanse

Performed during the Increase phase

Wash hands

Drape client

Remove face makeup

Perform superficial cleanse

Goal: To start cleansing the skin, stimulate microcirculation, and prepare for skin analysis. This is performed with every facial treatment service.

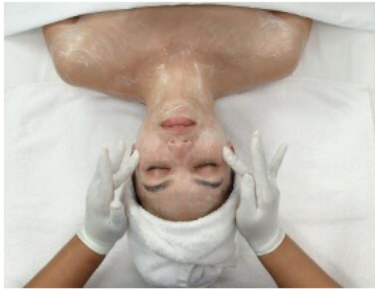
Analyze

Performed during the Increase phase

In this step of the facial, you'll be using the Skin Assessment and Recommendation System, which includes identifying client's skin type, clients Fitzpatrick skin type, and any skin conditions and contraindications.

Goal: To correctly identify skin type, skin condition and Fitzpatrick skin type. Identify contraindications and cautions for treatment and correct products for safe service results. This is performed with every facial treatment service.

➤ FACIAL TREATMENT PROCEDURES



Cleanse and Tone ↻

- Performed during Increase phase
- Perform cleansing application movements
- Remove cleanser
- Apply toner with cotton pad



Exfoliate ↻

- Performed during Increase phase
- Turn on steamer
- Apply and remove exfoliant

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Cleanse and Tone

- Performed during the Increase phase
- Perform cleansing application movements
- Remove cleanser
- Apply toner with cotton pad

Goal: To deep cleanse the skin and continue stimulation of microcirculation. This is performed with most facial treatments. Toner is omitted for chemical exfoliation services at this step.

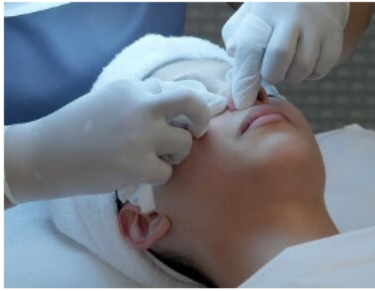
Exfoliate

- Performed during the Increase phase
- Turn on steamer
- Apply and remove exfoliant

Exfoliation helps remove the top layers of the stratum corneum, which aids in the absorption of the products used in the facial treatment. The two classifications of exfoliation are mechanical and chemical.

Goal: To continue increased microcirculation, stimulate cell turnover and improve skin texture. This is performed for all facial treatments.

» FACIAL TREATMENT PROCEDURES



Treat

- Performed during the Balance phase
- Apply treatment serum
- Use finger extraction



Massage

- Performed during the Balance phase
- Apply massage medium
- Perform massage movements
- Remove massage medium

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Treat

- Performed during the Balance phase
- Use finger extraction
- Apply treatment serum

The Treat step of the facial is designed to treat skin conditions with the use of specialized serums, devices and/or extraction of impurities.

Goal: To infuse active ingredients in the skin and address specific skin conditions. This is performed as needed with most facial treatments.

Massage

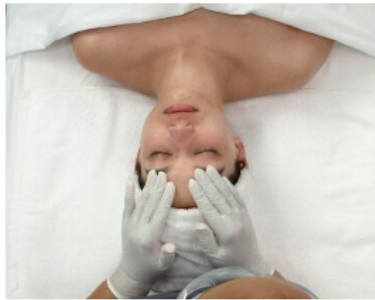
- Performed during the Balance phase
- Apply massage medium
- Perform massage movements

Massage is a systematic, therapeutic method of manipulating the body by rubbing, pinching, tapping, kneading or stroking with the hands, fingers or an instrument.

The origin of the muscle is the immovable part. The insertion is the part of the muscle that moves. Massage movements are designed to stimulate the muscle directly and should be done from the insertion to the origin.

Goal: To continue infusing active ingredients into the skin, help improve hydration, improve texture and reduce inflammation. This is performed for most facial treatments, excluding services with grade 3 acne or higher.

» FACIAL TREATMENT PROCEDURES



Massage Benefits

- Increases circulation
- Helps remove waste from body cells
- Renewed flexibility
- Improves lymphatic drainage and venous flow
- Calms and relaxes the client
- Relieves emotional stress and body tension

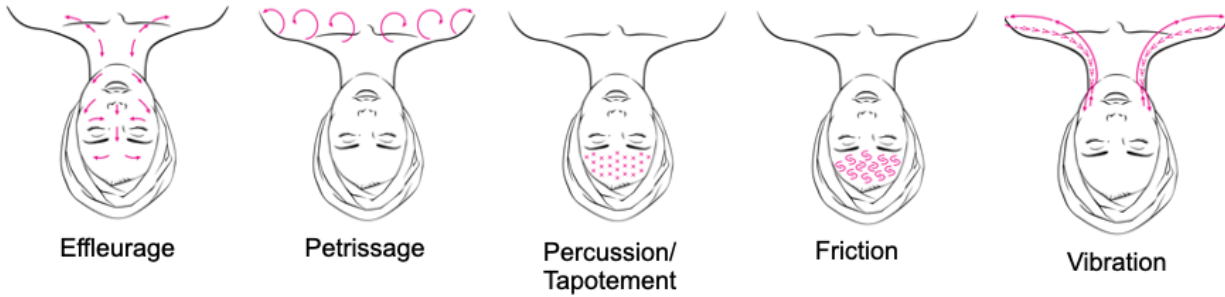
Increases circulation of the blood supply to the skin, causing blood vessels to dilate.

The main motor points that are involved in a facial massage include:

- Temporal branch
- Auriculotemporal branch
- Buccal branch
- Mandibular branch

» FACIAL TREATMENT PROCEDURES

THE FIVE BASIC MOVEMENTS OF MASSAGE



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Each massage movement provides a different benefit and delivers specific effects. Basic movements have specific techniques that can be used to provide optimal results.

➤ FACIAL TREATMENT PROCEDURES

THE FIVE BASIC MOVEMENTS OF MASSAGE



Effleurage

A light, gliding, gentle stroking or circular movement



Petrissage

A light or heavy kneading and rolling of the muscles

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Effleurage:

- A light, gliding, gentle stroking or circular movement
- Used on face, neck and arms; begins and ends massage
- Carried out with palms of hands or with pads of fingertips
- Affects sensory nerve endings and surface muscle tissue
- Often used as a linking movement, transferring from one movement to the next

Beneficial effect: Relaxing and soothing

Petrissage:

- A light or heavy kneading and rolling of the muscles
- Used on face, arms, shoulders and upper back
- Most important massage movement due to its beneficial effects

Beneficial effects: Deep stimulation of muscles, nerves and skin glands; it promotes circulation of blood and lymph and aids in desquamation, promoting cellular regeneration

➤ FACIAL TREATMENT PROCEDURES

THE FIVE BASIC MOVEMENTS OF MASSAGE



Percussion/Tapotement

Brief, rapidly applied contacts of fingertips or hands in alternating movements



Friction

A circular movement with no gliding, usually carried out with the fingertips or palms of the hands

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Tapotement:

- May be referred to as percussion manipulations
- Brief, rapidly applied contacts of fingertips or hands in alternating movements
- Hands must be kept loose and mobile so that all movements produced are springy and stimulating
- Localized rise in skin temperature occurs, causing erythema; most stimulating movement
- Used for the shortest period of time
- Assists skin in releasing carbon dioxide and waste material
- Should not be used when primary purpose of massage is to relax client
- Never use on sensitive skin or on certain skin conditions, such as acne and rosacea

Beneficial effects: Stimulating nerves, promoting muscle contraction and increasing blood circulation

Friction:

- A circular movement with no gliding, usually carried out with the fingertips or palms of the hands
- Used most often on scalp or hands; can be used during a facial with less pressure

- Friction motions move the skin either across the muscle or the bone beneath it
- Can be applied along a muscle, and are then referred to as transverse frictions
- Stimulate and warm the muscles, causing localized erythema and increased circulation, which helps promote sebaceous gland activity

Beneficial effects: Stimulating nerves, increasing blood circulation, breaking down adhesions and loosening scar tissue

» FACIAL TREATMENT PROCEDURES

THE FIVE BASIC MOVEMENTS OF MASSAGE



Vibration

A shaking or fine trembling movement performed with one or both hands

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Vibration:

- A shaking or fine trembling movement performed with one or both hands
- Tips of index fingers, first two fingers or distal phalanx of the thumb may be used
- The muscles of the forearm are contracted and relaxed rapidly, so a fine, rapid trembling is produced
- Should only be used in facial massage for a few seconds in one location
- Very stimulating to the skin; most frequently used on nerve pathways or a nerve center

Beneficial effects: Relief of muscle pain because of a sedative effect; can loosen old scar tissue and stretch adhesions

» FACIAL TREATMENT PROCEDURES



MASSAGE PROCEDURES

- Should not exceed 15 minutes
- Incorporates all five massage movements
- Perform massage movements using slow rhythm and light pressure:
 - Face
 - Neck
 - Upper chest
 - Shoulders

Perform massage movements using slow rhythm and light pressure:

- Face
- Neck
- Upper chest
- Shoulders

Refer to the *Massage Skills Workshop* lesson to review the basic massage steps.

» FACIAL TREATMENT PROCEDURES



Mask ↻

- Performed during the Decrease phase
- Apply mask with fan brush
- Remove mask
- Apply toner with cotton pad



Protect ↻

- Performed during the Decrease phase
- Apply eye cream
- Apply serum, moisturizer, sun protection

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Mask

- Performed during the Decrease phase
- Apply mask with fan brush
- Remove mask
- Apply toner with cotton pad

Goal: To calm, hydrate and reduce inflammation. This is performed for all facial treatments.

Apply mask using a fan brush with long, sweeping strokes. Remove mask with steamed towel.

Protect

Performed during the Decrease phase

Apply eye cream

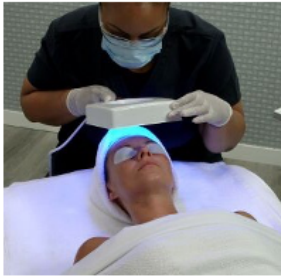
Apply serum, moisturizer, sun protection

Goal: To continue calming, improve hydration and skin barrier function, and apply products that may be used in home-care regimens. This is performed for all facial treatments.

➤ FACIAL TREATMENT EQUIPMENT GUIDELINES

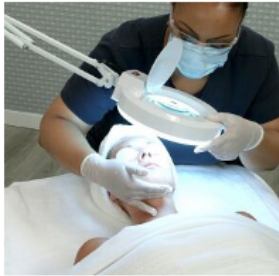
Wood's Lamp

- Dark room/ darkening sleeve
- Hold 2-4" (5-10 cm) above face



Magnifying Lamp

- Place appropriate distance from client's face
- Switch the lamp on and position it over the client's face



Steamer

- Place behind head at a slight angle
- Use at 12-18" (30-45 cm) from face



Hot-Towel Cabinet

- Place rolled towel in sink or large bowl
- Wring out
- Place in hot-towel cabinet



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These are considered basic or essential equipment for a 60-minute facial treatment.

Wood's Lamp

- Use after face is cleansed
- Apply eye pads
- Use in fully dark room or with darkening sleeve
- Hold 2-4" (5-10 cm) above face and move across skin as needed
- Do not touch skin with lamp
- Turn off after use

Magnifying Lamp

- Loosen the adjustment arm to adjust the lamp up or down
- Adjust the lamp appropriately to avoid overreaching
- Apply eye pads
- Place 1-2" (2.5-5 cm) from the face
- Switch the lamp on and position it over the client's face

Steamer

- Make sure steam cup is filled with distilled water
- Turn on steamer away from client's face
- Cover eyes
- Place behind head at a slight angle

- Use at 12-18" (30-45 cm) from face
- Use for recommended amount of time—usually 10 minutes.
- Move steamer arm away from face
- Turn off

Hot-Towel Cabinet

- Turn on towel cabinet
- Apply single-use gloves
- Fold towel in half
- Roll up towel
- Place rolled towel in sink with hot water or in large bowl
- Make sure towel is saturated
- Ring out excess water
- Place towel in towel cabinet
- Turn off at the end of the day
- Remove any excess towels



CHECK WHAT YOU KNOW

1. TRUE/FALSE Massage movements designed to stimulate the muscle directly should be done from origin to insertion.
2. The minimum distance a steamer should be placed away from the face is _____.
3. Which massage movement is a light, gliding, gentle stroking or circular movement? _____
4. The massage procedure used to infuse active ingredients in the skin and address specific skin conditions is _____.
5. What is the distance a Wood's lamp is placed away from the face?

Check What You Know questions help affirm understanding of key points.



CHECK WHAT YOU KNOW

6. The two ways to drape the treatment table are the cocoon wrap and the _____.
7. A finger extraction is used during which facial treatment procedure? _____
8. The five basic massage movements include effleurage, petrissage, percussion/tapotement, vibration and _____.
9. The two facial treatment procedures performed during the Balance phase are Treat and _____.
10. Can steam be applied after applying an exfoliant? _____

Check What You Know questions help affirm understanding of key points.



CHECK WHAT YOU KNOW

1. TRUE/**FALSE** Massage movements designed to stimulate the muscle directly should be done from origin to insertion. **Page 47**
2. The minimum distance a steamer should be placed away from the face is **12-18" (30-45 cm)**. **Page 57**
3. Which massage movement is a light, gliding, gentle stroking or circular movement? **Effleurage** **Page 48**
4. The facial treatment procedure used to infuse active ingredients in the skin and address specific skin conditions is **Treat**. **Page 45**
5. What is the distance a Wood's lamp is placed away from the face? **2-4" (5-10 cm)** **Page 57**

Check What You Know questions help affirm understanding of key points.



CHECK WHAT YOU KNOW

6. The two ways to drape the treatment table are the cocoon wrap and the **layered treatment-table setup**. **Page 37**
7. A finger extraction is used during which facial treatment procedure?
Treat Page 45
8. The five basic massage movements include effleurage, petrissage, percussion/tapotement, vibration and **friction**. **Page 49**
9. The two facial treatment procedures performed during the Balance phase are Treat and **Massage**. **Page 39**
10. Can steam be applied after applying an exfoliant? **Yes Page 44**

Check What You Know questions help affirm understanding of key points.



107^E.3 FACIAL TREATMENT SKILLS REVIEW

FACIAL TREATMENT DRAPING GUIDELINES

- Cocoon wrap – Designed to create a secure and warm environment
- Layered treatment-table setup – You can pre-make your layered treatment table in preparation for the client
- Head wrap – Used for draping a client's head and to protect the hair from product

FACIAL TREATMENT PROCEDURES

- Pre-Cleanse – To start cleansing the skin and stimulate microcirculation
- Analyze – To correctly identify skin type, skin condition, Fitzpatrick skin type; identify contraindications and cautions

Validate learning by celebrating what has been learned.



107^E.3 FACIAL TREATMENT SKILLS REVIEW

FACIAL TREATMENT PROCEDURES (CONT'D)

- **Cleanse and Tone** – To deep cleanse the skin and continue stimulation of microcirculation
- **Exfoliate** – To continue increased microcirculation, stimulate cell turnover and improve skin texture
- **Treat** – To infuse active ingredients in the skin, address specific skin conditions
- **Massage** – To continue infusing active ingredients into the skin, help improve hydration, improve texture and reduce inflammation

Validate learning by celebrating what has been learned.



107^E.3 FACIAL TREATMENT SKILLS REVIEW

FACIAL TREATMENT PROCEDURES

- Mask – To calm, hydrate and reduce inflammation
- Protect – To continue calming, improve hydration, skin barrier function and apply products that may be used in home-care regimens

FACIAL TREATMENT EQUIPMENT GUIDELINES

These are considered basic or essential equipment for a 60-minute facial treatment:

- Wood's lamp
- Magnifying lamp
- Steamer
- Hot-towel cabinet

Validate learning by celebrating what has been learned.

» PIVOT POINT FUNDAMENTALS: ESTHETICS

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