

Dermaplaning



SKIN LAB MEDICAL
— ACADEMY —



Your Name:

Welcome to your lecture!

Aim:

To ensure all student practitioners have the required knowledge and skills to perform the procedure professionally and to the highest standard and be fully acquainted with all aspects of Health and Safety and Anatomy and physiology, the Consultation process and advising the client on After care.

Objective:

That on completion of the course all students/practitioners will be competent and professional in relation to the procedure and be able to perform at the highest standard to ensure that clients receive the best possible advice and treatment and they will be confident to recommend you and your services to others.

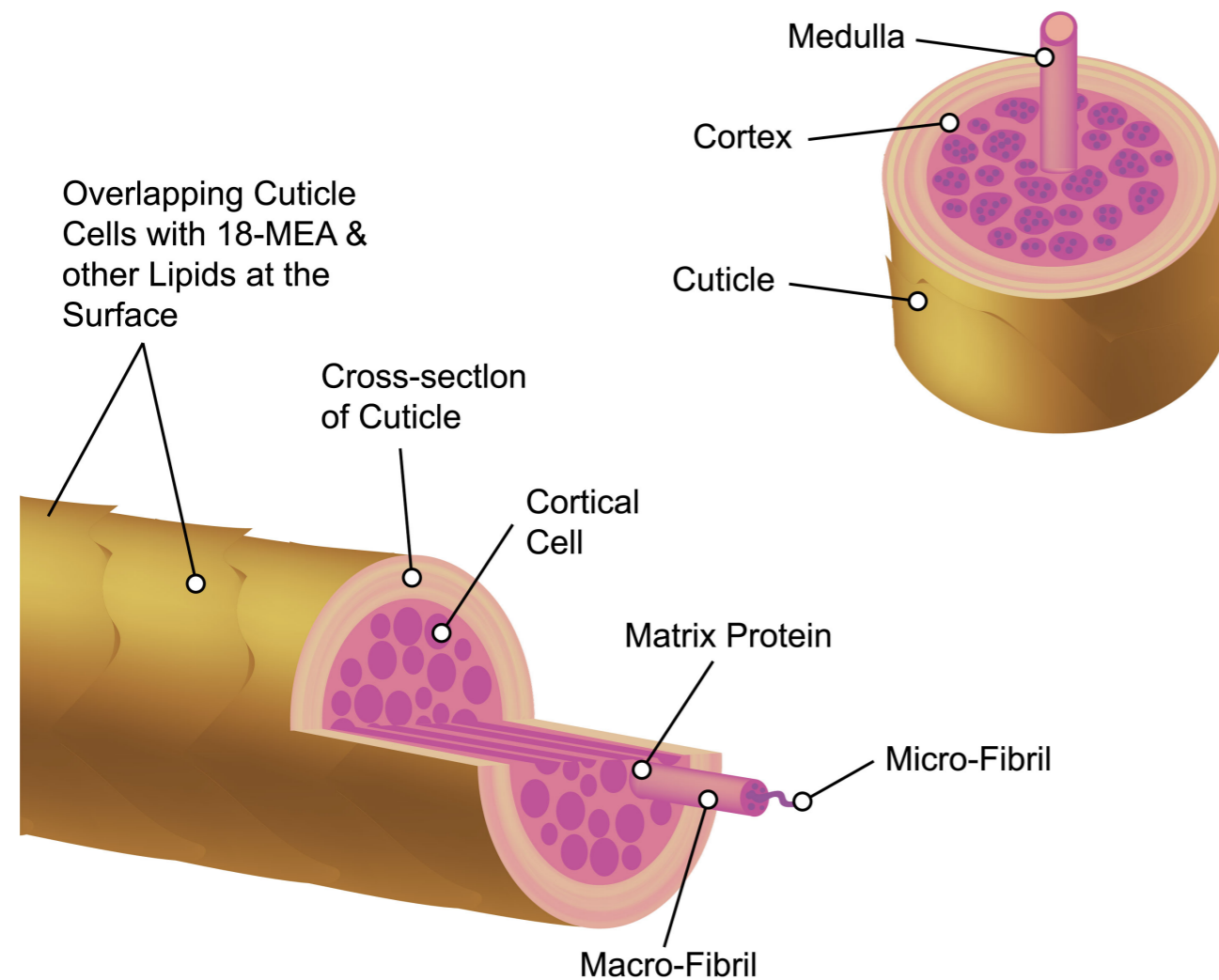
Welcome to your lecture on **Dermaplaning**



Adipose Tissue

Adipose tissue is a type of loose connective tissue containing cells which are adapted to store fat. It is mostly found under the skin and around the organs. It acts as a reserve of food and helps to maintain body temperature by preventing heat loss. Massage softens the adipose tissue and helps to disperse it into the deeper layers of tissue and circulatory system. Distribution of the fatty layer varies according to gender, age and lifestyle. Women tend to have a thicker layer than men.

HAIR ANATOMY



Hair Growth Cycle

Each hair follicle lives in a cycle consisting of a long period of growth followed by a relatively short period of rest. During the rest period the hair is still attached to the hair follicle, but it is not growing. After the resting phase, the hair is shedding, and a newer hair begins to grow, thus, starting a new hair growth cycle.

There is a genetic precision of each hair follicle to follow a pattern of growth and rest. Hair follicles are programmed to stop producing hair and spend more time in the resting stage with the progression of age.

The growth cycle of a hair consists of 3 stages:

Anagen

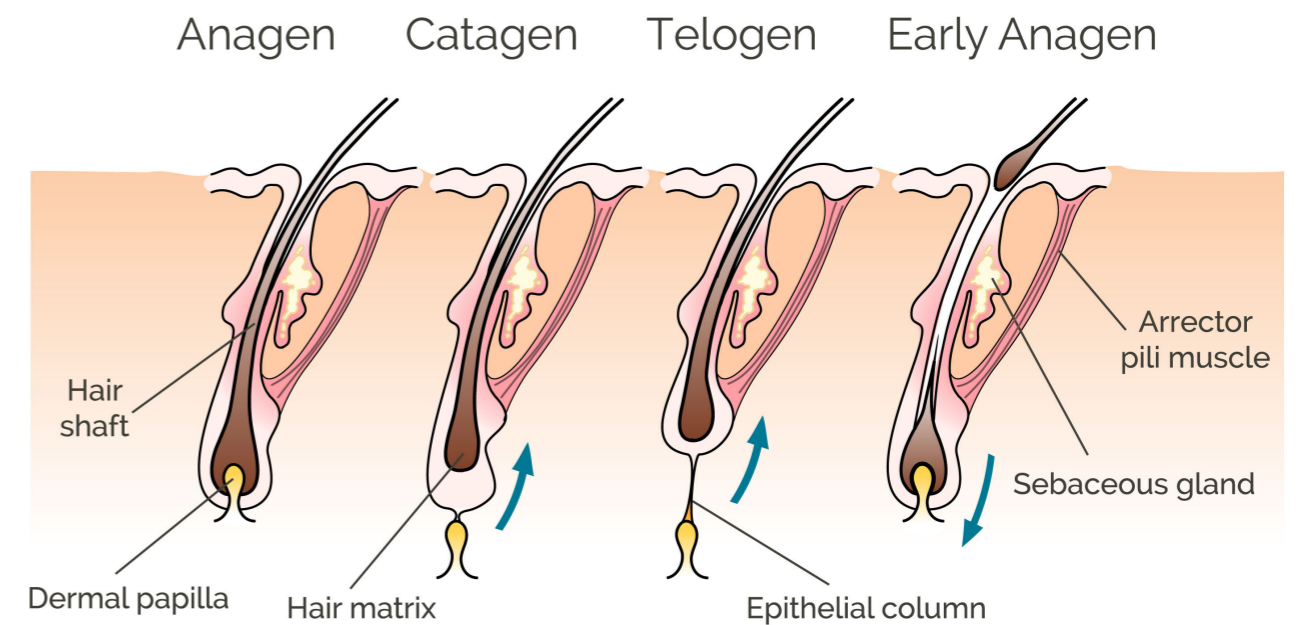
Anagen is the growing period of a hair follicle.

Catagen

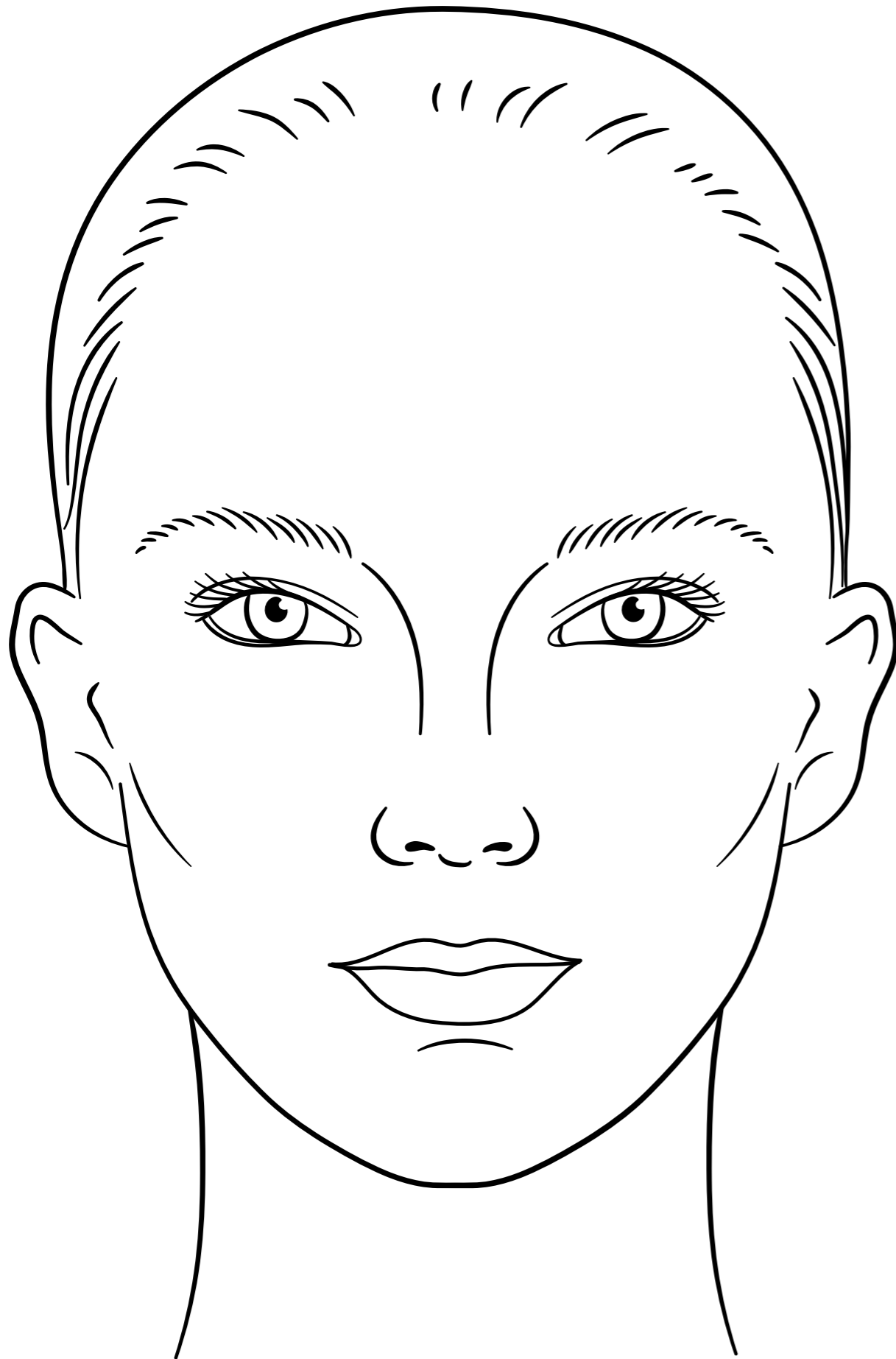
At the end of the growth period, hair follicles prepare themselves for the resting phase.

Telogen

Telogen is the resting period of a hair follicle, it is usually 3-4 months in length and at the end of this period older hairs that have finished their life will fall out and newer hairs will begin to grow.



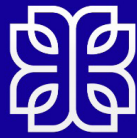
Use the diagram to note the sequence and direction of blade movement.



Equipment Required for the Treatment

- Eye make-up remover
- Cleanser
- Hot towel cabinet (optional)
- Dermaplane Pro Prep Solution
- Gauze
- Cotton wool pads
- Gloves
- Eye pads/Sunnies goggles
- Dermaplaning tool and blade
- Styptic Powder/Pencil
- Mask
- Serums/Moisturiser/SPF
- Mirror
- Enzyme/Peel/LED/Microcurrent (optional)

NOTES:



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