

Luzern

TREATMENT ENHANCEMENTS

Oxygen Infusion Boost

Treatment Time: **10-20 minutes** | Skin Types: **All skin types** | **conditions.**

Revitalize tired and dull complexions with this potent skin-boosting treatment. Formulated to infuse the skin with a blend of oxygen, potent antioxidants, and vitamins, this treatment delivers anti-inflammatory and healing benefits. Whether your skin needs a boost due to stress, fatigue, or other factors, this treatment can help rejuvenate and revitalize your complexion. The powerful combination of ingredients deeply nourishes and hydrates the skin, leaving it looking and feeling refreshed and radiant.

CLIENT PREPARATION

- Step 1** Prior to O2 Infusion, advise your client that they will now experience a misting sensation.
- Step 2** Introduce the oxygen spray to the client by holding the nebulizer approximately 2 inches from the face.
- Step 3** Draw back the trigger and gently spray the solution over the client's face in a circular motion 2 times.
- Step 4.** Begin the O2 Infusion application by holding the Luzern Oxygen Nebulizer at a 90-degree angle, with the tip hovering over the skin surface (1mm or less). ***DO NOT PRESS** the nebulizer tip onto the skin.

Pro. Tips:

The pressure applied with the nebulizer during the treatment is relatively light. The head of the nebulizer hovers approximately half a millimeter above the skin surface. Two factors indicate that the pressure is correct when performing these strokes.

- The surrounding skin should not be moving.
- You should always hear a slight whistling sound when done correctly. If the sound is too dull and airy, the pressure is too firm.
- This application will create an oxygen "pressure bubble," which assists in the rapid absorption of Luzern's customized infusions.
- Working in small sections, you will start on one side of the face and continue on the same side, always starting at the top and working downward.

ZONE	PRESSURE	TECHNIQUE
ZONE A - Expression lines 1. Between brows	Pressure 3-4	Spray a small amount of solution on the area being treated. 1. Begin infusion starting between brows. Starting at the root of the nose, work on furrow lines (eleven lines) using upward strokes and glide the infuser towards the center of the forehead.
ZONE B – Forehead 1. Forehead 2. Temple	Pressure 3-4	Spray a small amount of solution on the area being treated. 1. Starting at the center of the forehead, in long strokes, glide the nebulizer across the forehead, working outwards up to the hairline until the forehead section is fully treated. 2. Have the client turn their head to the side and perform downward passes over the skin past the temple.

Oxygen Infusion Boost

ZONE	PRESSURE	TECHNIQUE
ZONE C - Nose 1. Bridge of nose 2. Side of nose	Pressure 3-4	Spray a small amount of solution on the area being treated. 1. Working in a downward fashion, begin at the root of the nose and glide the nebulizer down the bridge of the nose. 2. Moving back up to the root of the nose using short strokes glide the nebulizer down the sides of the nose.
ZONE D - Cheek 1. The upper cheek	Pressure 2	Spray a small amount of solution on the area being treated. 1. Start at the cheekbone and, using downward strokes, glide the nebulizer across the cheek, starting at the side of the nose and moving towards the ear.
ZONE E - Eye 1. Lateral Lines 2. Upper Eye Area 3. Under Eye Area	Pressure 2	Spray a small amount of solution on the area being treated. When treating the eye area, it is advisable to use short strokes. 1. Start by addressing any lateral lines. Follow the direction of the wrinkles that are present using the FLW method. 2. Move to the corner of the eye and, using upward strokes, concentrating on the outer corner of the orbital bone, working the nebulizer in an upward motion toward the brows. 3. To work under the eye, starting from the corner of the eye, work outwards following the lymphatic system. PLEASE NOTE: Be sure to avoid tear ducts and eyelids.
ZONE F - Lip 1. Upper Lip 2. Lips line 3. Lower Lip	Pressure 2	Spray a small amount of solution on the area being treated. 1. Using downward strokes and working from under the center of the nostrils, glide the nebulizer to meet the edge of the lip. Work from the center out to the corner of the mouth. 2. Move to the lip line. Working from the center of the mouth, follow the outline of lips using the blotting method. 3. To treat the lower lip, use the same application method directed for the upper lip. PLEASE NOTE: When treating lips, be sure not to place the tip of the nebulizer between the lips or too far into the corner of the mouth, as you will fill the mouth with oxygen
ZONE G - Jawline 1. Lower Cheek 2. Chin 3. Jawline	Pressure 2-3	Spray a small amount of solution on the area being treated. 1. To treat the lower cheek, start the infusion where you left off at the upper lip and glide the nebulizer downward towards the ear. 2. Move to the center of the chin, glide the nebulizer down the chin, and work out towards the earlobe. 3. Move to the jawline, glide the nebulizer down the jawline, and work out towards the earlobe.
ZONE H - Neck 1. Neck	Pressure 2-3	Spray a small amount of solution on the area being treated. 1. Using horizontal strokes starting from the center of the neck, work outwards until you are in line with the earlobe.

***PRO TIP- Double Oxygen infusion may be performed over any bio-cellulose mask by spraying oxygen on top of the mask without a solution.**

Oxygen Infusion Boost

This rejuvenating treatment increases oxygen supply to the skin, stimulates collagen production, improves texture, tone, and radiance, and enhances the delivery of nutrients and antioxidants to the skin.

Treatment Time: **10-20 minutes** | Skin Types: **All skin types | conditions.**

ZONE A - Expression lines

1. Between brows

ZONE B - Forehead

1. Forehead
2. Temple

ZONE C - Nose

1. Bridge of nose
2. Side of nose

ZONE D - Cheek

1. The upper cheek

ZONE E - Eye

1. Lateral Lines
2. Upper Eye Area
3. Under Eye Area

ZONE F - Lip

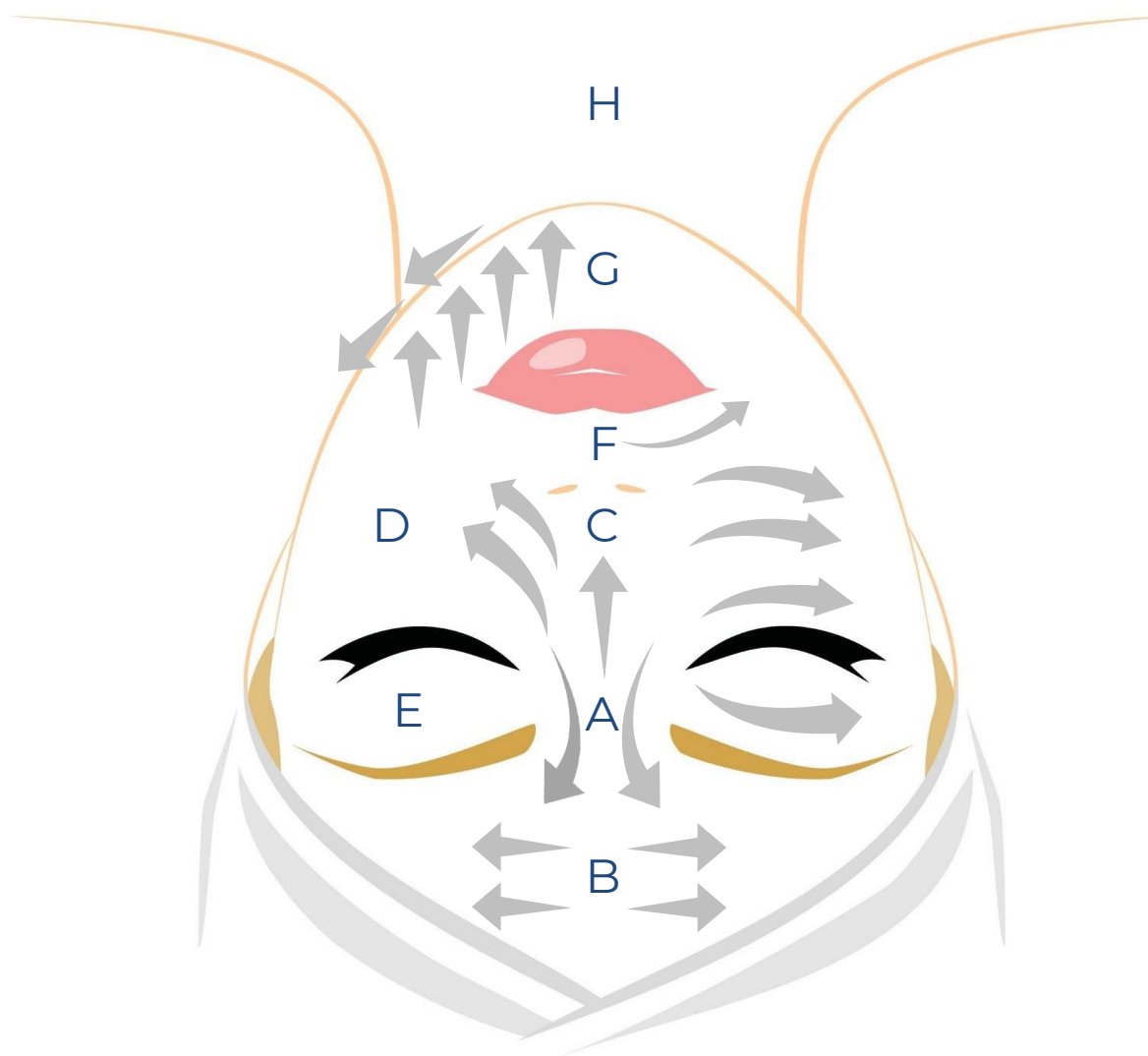
1. Upper Lip
2. Lips line
3. Lower Lip

ZONE G - Jawline

1. Lower Cheek
2. Chin
3. Jawline

ZONE H - Neck

1. Neck



Luzern

TECHNICAL REFERENCE

Exfoliants Overview

ENZYMES

Enzymatic peels utilize gently exfoliating fruit-based enzymes to dissolve dead skin cells, support skin cell renewal and soften skin texture with minimal irritation.

Enzymatic peels can be used alone or as a part of a two-step treatment to prepare the skin before an additional aesthetic procedure such as an AHA resurfacing peel.

Skin Types: Suitable for all skin types. A better choice for those with some skin sensitivity.

Skin Conditions: Suitable for all skin conditions.

When to use: Enzyme Exfoliant 100% is integrated into the facial after the double cleanse and application of Essence.

PRODUCT	DIRECTIONS
Enzyme Exfoliant – 100%	<ol style="list-style-type: none"> Dispense product: Apply two to three complete pumps of Enzymatic Exfoliation into a ceramic ramekin. This will help you quickly access the product during the treatment. Dampen cotton wipes: Dampen two 2X2 cotton wipes with water. Place one wipe over each eye, forming it into the shape of your client's eye. This will protect the delicate eye area from the product. Start application: Using a cotton-tipped peel applicator, apply the Enzymatic Exfoliation to the client's forehead. Begin at the center of the forehead and apply the product from temple to temple. Next, move to the temple area, side of the face, nose, upper lip, chin, and jawline. Apply to cheeks: Fan out the product onto the cheek area last, being careful not to get too close to the eyes. Check coverage: Apply one quick pass of the peel to your entire face. Then, go back and touch up any areas that may have been missed to ensure even coverage. Pay special attention to any problem areas requiring extra product for better results. Décolleté application: If desired, you may also apply the peel to the décolleté area. However, be sure to avoid the neck. Leave on: Allow the peel to sit on your skin for 6 - 10 minutes, depending on your skin type and sensitivity. Remove: After the recommended time, remove the product thoroughly with cool water. Be sure to avoid getting any of the products in your client's eyes. <p>NOTE: Steam may be used during the Enzymatic Exfoliation Treatment application.</p>

Exfoliants Overview

Alpha-hydroxy acid (AHA) peels are a type of chemical peel that uses mild acids derived from natural sources such as fruit and milk to exfoliate the top layer of skin. These peels are designed to improve the texture and appearance of skin by removing dead skin cells, stimulating cell turnover, and promoting collagen production. AHA peels are commonly used to treat fine lines, wrinkles, age spots, acne, and uneven skin tone. They are generally safe and well-tolerated by most skin types, but it's essential to follow the instructions carefully and avoid over-exfoliation, which can cause irritation and sensitivity.

AHA | BHA Exfoliating Pads

PRODUCT	DIRECTIONS
	<ol style="list-style-type: none"> 1. Prep the pad: Open the packaging and remove the pad from the packaging. 2. Apply to face: With the pad in hand, gently swipe it over your client's face using circular motions. Pay extra attention to areas of the face that may be prone to congestion or dryness. The exfoliation treatment pad will help to remove dead skin cells and prepare your skin for the AHA BHA Resurfacing Peel. 3. Expect a tingling sensation: As you use the pad, your client may experience a tingling sensation on the skin. This is a normal reaction to the exfoliating ingredients in the pad and indicates that the product is working. 4. No need to rinse: Once you have finished using the AHA BHA Exfoliating Peel Pads, there is no need to rinse the face. You may proceed to the next step of applying the AHA BHA Resurfacing Peel <p>NOTES: By using the AHA BHA Exfoliating Peel Pads before the AHA BHA Resurfacing Peel, you are helping to improve the effectiveness of the peel by ensuring that your skin is prepared correctly. This step also helps to enhance the overall texture and tone of your skin by removing dead skin cells and promoting cell turnover.</p>

AHA | BHA Resurfacing Peel

	<ol style="list-style-type: none"> 1. Dispense product: Apply two full droppers of AHA BHA Resurfacing Peel into a ceramic ramekin. This will help you quickly access the product during treatment. 2. Dampen cotton wipes: Dampen two 2X2 cotton wipes with water. Place one wipe over each eye, forming it into the shape of your client's eye. This will protect the delicate eye area from the product. 3. Start application: Using a cotton-tipped peel applicator, apply the AHA BHA Resurfacing Peel to your client's forehead. Begin at the center of the forehead and apply the product from temple to temple. Next, move to the temple area, side of the face, nose, upper lip, chin, and jawline. 4. Apply to cheeks: Fan out the product onto the cheek area last, being careful not to get too close to the eyes. 5. Check coverage: Apply one quick pass of the peel to the entire face. Then, go back and touch up any areas that may have been missed to ensure even coverage. Pay special attention to any problem areas requiring extra product for better results. 6. Décolleté application: If desired, you may also apply the peel to your décolleté area. However, be sure to avoid the neck. 7. Leave on: Allow the peel to sit on your skin for 3-6 minutes, depending on your skin type and sensitivity. 8. Remove: After the recommended time, remove the product thoroughly with cool water. Be sure to avoid getting any of the products in your client's eyes. <p>NOTE: Steam should not be used during the AHA/BHA Resurfacing Treatment application.</p>
--	--

Modalities Overview

MODALITIES	OVERVIEW
Galvanic Disincrustion	<p>What it is: Dissolves skin congestion, unclogging pores to achieve smooth, clear, and clean skin—ideal for oily and problem skin or anyone that experiences congestion of blackheads and breakouts.</p> <p>How it works: Galvanic Disincrustion is an electrical process that softens and emulsifies sebum and keratin in the follicle. It is the most in-depth way to clean the skin and remove congestion.</p> <p>When to use: Galvanic Disincrustion is typically integrated during steaming after cleansing and exfoliation.</p> <p>Product companion: PREP: Cleansing Gelee, Micro Exfoliate. POST: AHA BHA Peel Pad, Oxygen Radiance Masque, Serum Rehydrate.</p>
High Frequency	<p>What it is: Used to treat various conditions, including acne management, enlarged pores, fine lines and wrinkles, and puffy or dark undereye.</p> <p>How it works: When applied to the surface of the skin, a mild electrical current passes through the neon or argon gas-filled glass electrode to create an anti-bacterial action, a "natural" thermal tissue warming. This, in turn, creates an increase in blood circulation and cell renewal that supports increased levels of collagen and elastin.</p> <p>When to use: High Frequency is typically integrated into the protocol after extractions and to enhance penetration of serums.</p> <p>Product companion: All Serum Absolut's can be used with High Frequency.</p>
LED	<p>What it is: Targeting several skin issues like acne, wrinkles, redness, and inflammation, LED is a non-invasive and painless treatment that promotes skin rejuvenation and healing.</p> <p>How it works: LED stands for light-emitting diode. LEDs have shown promising results in wound healing and human tissue growth. Different wavelengths of light in LED lights penetrate the skin at different depths to trigger biological processes.</p> <p>When to use: LED is typically integrated after application of any of the Serum Absolut's</p> <p>Product companion: All Serum Absolut's can be used with LED</p>
Microcurrent	<p>What it is: Microcurrent is a low-level current that mimics the body's natural current. While also providing both instant and cumulative anti-aging results.</p> <p>How it works: Microcurrent uses low-voltage electricity to stimulate muscle, adenosine triphosphate (ATP) cell growth, and collagen development in the dermis on the face.</p> <p>When to use: Microcurrent is typically integrated at the end of the treatment before moisturizing.</p> <p>Product companion: Alpine Rose Resilience Masque is a perfect product companion to use with Microcurrent.</p>
Oxygen	<p>What it is: Oxygen infusion is a specialized skin therapy treatment designed to replenish the levels of hydration in the skin while plumping and smoothing, revealing a restored youthful appearance.</p> <p>How it works: It uses oxygen under pressure to deliver essential vitamins, botanicals, antioxidants, and peptides to the skin.</p> <p>When to use: Oxygen infusion is integrated into the facial after removing the masque and applying serums and before oil or moisturizer.</p> <p>Product companion: Oxygen Dermal Complex is designed for the Luzern Oxygen infusion.</p>

Modalities Overview

MODALITIES	OVERVIEW
Dermaplaning	<p>What it is: Dermaplaning is a non-invasive procedure performed by a skincare professional or trained esthetician. It aims to exfoliate the skin, remove fine hair, and promote a smoother, brighter complexion.</p> <p>How it works: During a dermaplaning treatment, the skin is cleansed, and a surgical scalpel is used at a 45-degree angle to scrape the skin's surface gently. The scalpel removes dead skin cells, debris, and vellus hair, revealing a smoother skin texture.</p> <p>When to use: Dermaplaning is typically integrated after cleansing and exfoliation.</p> <p>Product companion: PREP: AHA BHA Exfoliating Pads, The Sublime Oil. POST: All Serum Absolutes</p>
Microdermabrasion	<p>What it is: Microdermabrasion is a non-invasive skincare treatment that exfoliates and rejuvenates the skin.</p> <p>How it works: It uses a handheld device that emits tiny crystals or a diamond-tipped wand to gently remove the outermost layer of dead skin cells. The process also includes suction, which helps to vacuum away the exfoliated skin cells and stimulate blood flow.</p> <p>When to use: Microdermabrasion is typically integrated into the protocol of cleansing and exfoliation.</p> <p>Product companion: PREP: AHA BHA Exfoliating Pads POST: All Serum Absolutes</p>
Cryotherapy:	<p>What it is: Cryotherapy, in the context of skincare, is a treatment that involves applying cold temperatures to the skin. The cold temperature helps constrict blood vessels, reduce inflammation, and temporarily numb the area. It can provide various benefits for the skin, including tightening pores, reducing puffiness, soothing irritation, and promoting circulation.</p> <p>How it works: Cryotherapy works by lowering the temperature of the skin, causing blood vessels to constrict. This constriction reduces blood flow and inflammation in the treated area. As a result, it can help to tighten the skin, reduce redness, and alleviate discomfort. Cryotherapy can also stimulate collagen production and boost oxygen and nutrient delivery to the skin.</p> <p>When to use: Pre-Facial, Post extraction treatment, Post-peel treatment, Facial massage, Post Facial.</p> <p>Product companion:</p>
Microneedling	<p>What it is: Microneedling, also known as collagen induction therapy, is a skincare treatment that involves using a derma roller or a derma pen to create tiny, controlled punctures on the skin's surface. These micro-injuries stimulate the skin's natural healing process, triggering collagen and elastin production.</p> <p>How it works: Microneedling works by creating controlled micro-injuries to the skin, which stimulates collagen and elastin production. The tiny punctures also create channels that allow for better absorption of topical skincare products. The increased collagen and elastin help improve skin texture, reduce the appearance of scars, wrinkles, and fine lines, and enhance overall skin rejuvenation.</p> <p>When to use: Microdermabrasion is typically integrated into the protocol of cleansing and exfoliation.</p> <p>Product companion: Oxygen Dermal Complex, Serum Absolute Rehydrate.</p>