

# HERBAL SKIN

SOLUTIONS

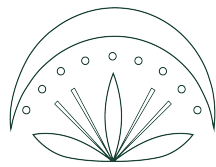
Bright Summer Glow Protocol

## Pre-treatment Instruction

- Prior to treatment, the provider must go through a full consultation of expectations, possible side effects, benefits, post-care, and treatment plan with the client. Please be sure to go over Contraindications list and list of photosensitizing medications and have the client sign for your records. **Post-treatment client cooperation is vital.**
- If patient has no contraindications and agrees to the treatment plan you may proceed.
- Please note: A test patch should be done prior to treatment
- Herbal Skin Solutions Vitamin C+ Enhancement serum can be used everyday, AM and PM, to prep the skin before treatment which includes tyrosinase inhibitors, high molecular Hyaluronic acid and Ferulic Acid.
- Client should avoid direct sun exposure and tanning beds for at least 4 weeks pre and post treatment. Sunscreen of SPF 30+ UVA/UVB Broad spectrum is recommended daily
- Client should avoid Retin-A, chemical peels, injections or fillers 2 weeks before treatment.
- Drink 8 glasses of water Alkaline water per day

## Supplies Needed

- CIT Pen w/ one fully charged lithium battery
- Nano Silicone or Nano Surgical Steel
- Protective pen sleeve (clip off top of triangle so device slides through and through)
- Chosen serum for Nano treatment
- Neroli Repair Oil
- Herbal Cream or Gel Cleanser
- Exotic Exfoliating Mask or AnteAGE Regenzyme
- Ultrasonic Skin Scrubber
- Saian Hydrating Cellulosic Sheet Mask
- Jade Rollers/Cryo-Cooling globes
- Your choice of SPF
- 4x4 disposable wipes, warm towels or disposable sponges
- Dermaplane Handle/Blade
- Small glass dish to distribute product into
- Alcohol wipes for degreasing the skin
- Disposable sharps container to place cartridges/blade when done
- Disposable hair net
- Disposable sterile towel drape to protect clients clothes.



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Step 1: Take clear before photos in a designated area with consistent lighting at various angles and concentrating on areas of concern, such as hyperpigmentation, acne scarring, texture issues, minor breakouts etc.

Step 2: Pre-cleanse the skin with Neroli Repair Oil. Wipe face with a dry 4x4.

Step 3: Cleanse skin with Herbal Skin Solutions Hydrating Cream or Gel Cleanser. Remove with a luke warm towel or disposable sponges.

Step 4: Apply a thin layer of Exotic Exfoliating Mask (enzyme) OR AnteAGE Regenzyme (botanical blend touting honeysuckle, neem, lactic, and many more plant powered ingredients in the deck.)

*\*Alternative option to steam or use MySkinBuddy over enzyme.*

Step 5: Remove enzyme after 15 minutes with Ultrasonic Skin Scrubber.

*\*Consider highlighting oil-planing (Dermaplane w/ oil glide) for a summertime special that can aid in boosting your esthetic practice's service and product profits! Since most clients tend to be more reactive to Dermaplaning on dry skin, especially with the summer sun drying everyone out, oil-planing helps to counteract the drying effect, and instead replenishes the skin's moisture levels by applying a few drops (a little bit goes a long way) of Neroli before removing the dead, keratinized skin and peach fuzz. \*Assuming this treatments is considered within your scope of practice per your State Board of Regulations*

Step 6: Apply 2-4 drops of the Neroli Repair Oil

Step 7: Dermaplane

*\*You may choose to wipe the treated area clean of any remnants left behind from dermaplaning with 4 x 4's or cleanse again*

Step 8: Apply Mandelic Acid 25% Peel

*\*Neutralize before step 9 if\* any signs of irritation or discomfort are visible*

Step 9: On the "pulsed light" setting choose blue LED for acne prone skin or red LED for age-management on the Celluma Pro. Maneuver the LED panel as close to the face as possible without it touching the skin. Leave on for 30 minutes

Step 10: Neutralize Mandelic Acid with Neutralizing solution & 4 x 4's.



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Step 11: Apply Herbal Sheet Mask. Remove mask as soon as it begins to dry or after 20 minutes. \*Option to use cold rollers or cryo globes over the mask.

Step 12: Use the Nano-Infusion cartridges (silicone or surgical steel) with CIT Pen to infuse the remainder of serum (there is a surplus of serum in the mask packaging) into the skin. *Remember to apply your protective sleeve before starting treatment to keep device like new.*  
**The disposable nano silicone and surgical steel cartridges may be used up to the lashline on the lower and upper eyelids to tighten the skin and stimulate lash growth. Sterile Saline is recommended for glide.**

Step 13: Apply your choice of mineral spf.

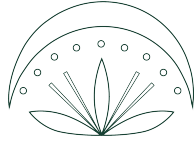
Step 12: Review post-care instructions. A hat, scarf and loose gloves may also be applied prior to client leaving the treatment room during daytime hours for extra protection. Stocking umbrellas and visors in your retail area can be helpful for those who forget to bring theirs to protect their freshly treated investment.

Step 13: Take after photo in the same spot, same angles and same lighting as the before photos for comparison. It helps to put a piece of tape on the floor so the photos are accurate each time.

Final step: Thank client and reschedule them in 2-4 weeks depending on skin goals.

### Summer Treatment post care advice

- Post treatment, it is suggested to provide clients a clear-cut list of what to avoid until their redness or sensitivity has dissipated (typically 24-48 hours post-treatment).
- Advise client to gently cleanse the treated area morning and night, using only fingertips in gentle circular motions, especially within the first 24 hours. No facial brushes or abrasive washcloths should be used until sensitivities subside.
- Clients should completely avoid direct sun exposure and heat, as it can lead to PIH (post-inflammatory hyperpigmentation). And yes, that means no getting hot and bothered via hot yoga, hot sex, working out, steam room, or quarreling. Anything that could raise client's internal core temperature is off limits until erythema/ redness from treatment subsides.



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- We trust that you will never send your clients out of your doors without everyone's BFF, SPF (even if it's just a quick trip in and out of the car – the sun can and will still damage your skin if unprotected). \* For added glow, we mix in a small drop of Neroli Nirvana Repairing Oil for a fresh, dewy look that also smells divine!
- After facial treatments, hydrating and calming sheet masks are nice to include in client's post care kit, such as our Saian Natural Clinical Skin Care Biocellulose mask. We suggest clients store their masks in the fridge until they are ready to use. The cryo-cooling effect will instantly offer relief from the mild “sunburn” feeling and provide moisture back into the skin.
- The dry summer heat is a notorious cause for sucking the moisture out of your skin, so we recommend providing post care products with ingredients that hold 1000 times its weight in water, such as Hyaluronic Acid (HA).
- Pair that HA with the lighteners, brighteners, and tighteners found in the Vitamin C + Enhancement Serum, and you have the holy grail for preventing and reversing sun damage while keeping skin dewy and supple! Consider creating a serum cocktail by mixing the Vitamin C+ Enhancement Serum with EGF Cellular Activator Serum for added hydration & barrier strengthening peptides!
- Vitamin C internally will aid the cell function, such as Herbal Skin Solutions Liposomal-C. Mix one teaspoon into blended fruit smoothies or mix into your water thermos to take on the go!
- Client should switch to a fresh, clean sheets post treatment washed in fragrance-free detergent
- Advise clients to wash makeup brushes and cell phones so to rid of dirt, debris and bad bacteria which can cause breakouts.