

## **Glow-Up Nano-Infusion Full Facial Protocol ft. My Skin Buddy**

### 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 the Contraindications list and list of photosensitizing medications and have the client sign for your records. **Post-treatment client cooperation is vital.**
- If the client 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.
- Clients 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
- Clients 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 (Vitamin C+ Enhancement Serum, AnteAGE & HSS Co-branded Microchanneling Solutions, Saian Pure Hyaluronic Acid Serum)
- Gloves
- My Skin Buddy
- Neroli Repair Oil
- Hydrating B5 Cleanser
- AnteAGE Regenzyme
- Herbal Sheet Mask
- Jade Rollers/Cryo-Cooling globes
- Daily Tinted Moisturizer
- 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.

Step 1: Take clear pre-treatment 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: Prep skin with a double cleanse. Use My Skin Buddy on mode 1 (deep cleansing & exfoliation w/ red LED) paired with Herbal Skin Solutions Neroli Repair Oil for 2-3 minutes around the face and neck in slow circular motions. Emulsify remaining oil on skin with water and wipe excess oil off with disposable sponges.

Step 3: Apply a small amount of Herbal Skin Solutions Hydrating Herbal Cleanser to face and neck with fingertips and repeat cleansing mode 1 with My Skin Buddy to thoroughly cleanse the skin of all dirt, oil, makeup & debris. If the skin starts to dry, evenly spritz skin with Herbal Skin Solutions pH Balance Toner or Hydrating Mist w/ Chamomile & Lavender so My Skin Buddy glides gently across the treated area. After the pre-set 5 minute My Skin Buddy cleanse is complete, remove any remaining product with a luke warm towel or disposable sponges.

Step 4: Apply a thin layer of AnteAGE Regenzyme (botanical blend including papaya, pumpkin, honeysuckle, neem, lactic, and many more luscious ingredients in the deck.) Use My Skin Buddy on the product-infusion mode of your choice (Mode 2 for acne treatment & prevention, mode 3 for calming and brightening, mode 4 for skin rejuvenation & anti-aging, mode 5 for multi-symptom “disco light” or mode 6 for product infusion with no LED light) After 5 minutes have passed or once product has visibly absorbed, wipe enzyme remnants with a warm towel or disposable sponges.

*\*Consider highlighting oil-planing (Dermaplane w/ oil glide) for a treatment room add-on 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 treatment & combination is considered within your scope of practice per your State Board of Regulations.*

Step 5 : Apply 2-4 drops of the Neroli Repair Oil across the entire face and neck and massage into skin. Follow with Dermaplane.

Step 6: After cleansing and exfoliating (if applicable) restore the skin's pH with My Skin Buddy device and Herbal Skin Solutions pH Balance Toner. Spray cotton round with pH Balance Toner and place cotton round over My Skin Buddy massage head. Secure with provided cosmetic cotton cover. Repeat cleansing mode 1 (deep cleansing & exfoliating) for 5 minutes working in sweeping motions from the center of the face out starting at the forehead and working down the entire face and neck. After 5 minutes the device will shut off automatically.

Step 7: Using your CIT Pen and attached Nano-Infusion cartridge of choice (silicone or surgical steel) infuse your serum of choice based on the clients concerns to the treated area, performing a minimum of 4 passes or working until serum is no longer absorbed by the skin. Massage any leftover serum into the skin.

*Remember to apply your protective sleeve before starting treatment to keep devices like-new.*

**Please keep in mind that the disposable Nano silicone and surgical steel cartridges may be used up to the lash line on the lower and upper eyelids to tighten the skin and stimulate lash growth. A patch test should be performed when using anything other than sterile saline for glide.)**

Step 8: Apply Herbal Skin Solutions Herbal Sheet Mask. Use My Skin Buddy in Product-Infusion setting to calm skin and aid in serum penetration from the mask packaging. For My Skin Buddy, choose mode 2 with blue LED for acne prone skin, mode 3 with green LED for calming and skin brightening, mode 4 with red LED for skin rejuvenation & age-management, mode 5 for multi-symptom "disco mode" with rotating LED colors or mode 6 for product-infusion without LED lights.) Remove the mask as soon as it begins to dry or after the preset 5 minutes.

Step 9: Apply finishing serum based on clients concerns and long-term skin goals, such as Herbal Skin Solutions Vitamin C+ Enhancement Serum, EGF Cellular Activator and Neroli Repair Oil

Step 10: Apply favorite physical SPF followed by Herbal Skin Solutions Daily Tinted Moisturizer.  
*Tip: Add a couple drops of Neroli Repair Oil to your Tinted Moisturizer for a dewy glow.*

Step 11: Review post-care instructions. A hat, scarf, clean sunglasses (and gloves when including hand treatments) may also be worn prior to the client leaving the treatment room during daytime hours for extra protection.

Step 12: 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 the client and reschedule them in 2-4 weeks depending on skin goals.

### 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 clients to gently cleanse the treated area using My Skin Buddy and Herbal Skin Solutions Hydrating Herbal Cleanser morning and night, in gentle circular motions. No clarisonic brushes or washcloths should be used.
- After in-office treatments, hydrating and calming sheet masks are a fun item to retail to your clients, like our Herbal Sheet Mask w/ CBD. 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.
- Encouraging your clients to use My Skin Buddy at home can maintain their in-office results and allow the products they purchase from you to work much more efficiently and effectively.
- Next, don't even think twice about sending your clients out your doors without your BFF, SPF (even if it's just a quick trip in and out of your car – the sun can and will still damage your skin if unprotected).
- 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 a client's internal core temperature is off limits!
- 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 to rid of dirt, debris and bad bacteria which can cause breakouts.