



BASIC FACIALS TRAINING MANUAL

BASIC FACIALS OVERVIEW

Within this Training Manual you will learn all of the techniques necessary to complete Basic Facial treatments. This manual covers safety, environment, legislation, practitioner guidance, client care, theory and practical knowledge.

BASIC FACIALS MANUAL CONTENTS

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IDEAL CLINIC SET UP

- Wipeable Flooring
- Sink
- Hand Sanitiser
- Paper Towels
- Clinical Waste Contract
- Insurance
- Bed
- Light
- Stool
- Trolley's
- Sharps Bins
- Clinical Waste Bins
- Disinfectants
- Tools
- Couch Roll
- Gloves & PPE
- Air Conditioning or Ventilation
- Stress Balls

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Clinical waste, also known as healthcare or medical waste, is any waste generated during healthcare activities that may pose a risk of infection or other harm. This includes items contaminated with blood, bodily fluids, or other potentially infectious substances, as well as sharps like needles and syringes.

INFECTIOUS WASTE:

This includes items contaminated with blood, bodily fluids, and other potentially infectious substances. Examples include dressings, swabs, and personal protective equipment (PPE) that have been in contact with infectious materials or patients.

SHARPS:

This includes items that can puncture or cut, such as needles, syringes, scalpels, and lancets.

ANATOMICAL WASTE:

This includes human or animal tissues and body parts.

PHARMACEUTICAL WASTE:

This includes expired medications, medications in excess, and empty containers.

CONTAMINATED EQUIPMENT:

This includes items like bedpans, liners, stoma bags, and urine containers that have been contaminated.

Clinical waste needs to be handled and disposed of carefully to prevent the spread of infection and ensure safety, often requiring specialised disposal methods like incineration or autoclaving.



- 1 Set up a clinical waste contract with a local supplier
- 2 Organise regular clinical waste collections - monthly, weekly or adhoc
- 3 Ensure to use correct coloured sharps bins (aka Purple for Cytotoxic Waste - Botox)
- 4 Purchase sharps bins, clinical waste bins and clinical waste bags from supplier
- 5 Ensure to have a smooth clinical waste system throughout your clinic

Consultation forms are important because they ensure informed consent, gather essential client information, and help professionals understand client needs and preferences before a treatment. They also provide a record of discussions, agreed-upon treatments, and any allergies or conditions, acting as a paper trail for potential issues. Additionally, they can help with aftercare instructions and demonstrate a professional approach to treatment.

WHY MUST WE ENSURE THESE ARE DOCUMENTED?

INFORMED CONSENT AND LEGAL PROTECTION:

Consultation forms ensure clients understand the treatment, including risks, benefits, and aftercare instructions, demonstrating informed consent. They can act as a legal record, protecting professionals from potential disputes or misunderstandings.

GATHERING CLIENT INFORMATION:

- Forms allow professionals to collect crucial information like allergies, medical conditions, and previous treatments, helping them tailor the treatment plan.
- They enable professionals to understand client goals, expectations, and desired outcomes, ensuring a better experience.

BUILDING RAPPORT AND TRUST:

- Consultations provide an opportunity for professionals to establish a relationship with clients, fostering trust and understanding.
- Open communication and personalised attention, documented in the form, can lead to greater client satisfaction and loyalty.

STREAMLINING THE PROCESS:

- Forms can save time during the appointment by gathering information beforehand and streamlining the discussion.
- They can be accessed quickly, allowing for efficient review of client history and treatment plans.

WHO WE RECOMMEND?

We use Faces Consent App, however any reputable consent company will be sufficient.



Scan the QR code to sign up to Faces Consent
www.facesconsent.com



CONTRAINDICATIONS

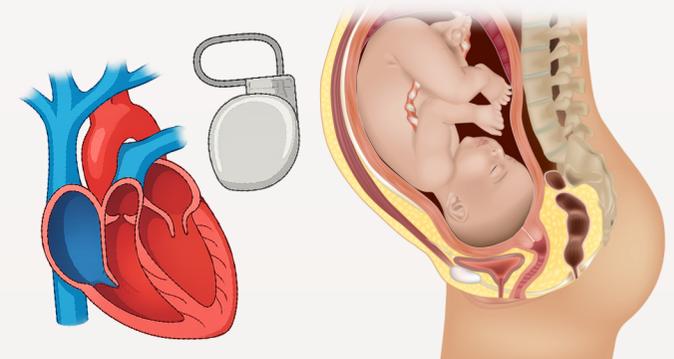
GENERAL CONTRAINDICATIONS FOR ALL CLINICARE FACIALS:

- Pregnant or Breastfeeding
- Epilepsy
- Cancer treatment (active or recent)
- Diagnosed autoimmune disorders affecting the skin
- Skin infections (bacterial, viral, fungal, or herpetic including cold sores)
- Inflammatory skin conditions such as atopic dermatitis or pemphigus
- Wounded, sunburned, or overly sensitive skin
- Known allergies or sensitivities to any of the product ingredients
- Use of certain medications which can cause skin sensitivity
- Recent aesthetic procedures in the treatment area such as dermal fillers, chemical peels, microneedling, waxing, or laser hair removal - allow the skin time to heal
- Uncooperative patients (e.g. patient is careless about sun exposure or wearing daily sunscreen)

CONSIDERATIONS

THE RESULTS ACHIEVED FROM A CLINICARE FACIAL WILL DEPEND ON:

- Careful patient selection (e.g. certain contraindications may preclude patients from receiving treatment).
- Male patients should shave the night before a treatment.
- A series of treatments is recommended for optimal results.
- Daily application of sunscreen after each treatment is advised.
- Managing patient expectations – patients will see results after the facial, but optimum results will be achieved after a series of treatments and following a recommended home care routine.



POSSIBLE COMPLICATIONS

Complications from CLINICARE facial treatments are rare, particularly when a thorough medical and aesthetic history is taken and aftercare guidelines – especially regarding sun exposure - are carefully followed. Mild, temporary side effects may include: skin redness, irritation and breakouts. These effects will typically resolve within a few hours and most patients are able to return to their normal activities the same or next day. However, in some cases, reactions may persist for up to 3-4 days as the skin adjusts and heals.

In the event of more severe erythema (redness, itchiness etc), which could indicate a sensitivity or allergic reaction, discontinue treatment immediately. Gently remove the product using cool or tepid water, apply a cool compress, and advise the patient to take an oral antihistamine if appropriate. If symptoms persist, the client should be advised to consult their GP.

All reactions are usually temporary and manageable with appropriate aftercare and product support.

FIRST AID

WE HIGHLY ADVISE ENSURING YOU ARE FIRST AID AND ANAPHYLAXIS TRAINED.

First aid training is important because it empowers individuals to confidently respond to emergencies, potentially saving lives, preventing injuries from worsening, and promoting recovery. It also boosts confidence, increases awareness of risks, and encourages teamwork, both in personal and professional settings.



Anaphylaxis training is crucial because anaphylaxis is a severe, life-threatening allergic reaction that can develop rapidly.

Training equips individuals with the knowledge and skills to recognise the signs and symptoms of anaphylaxis, understand the appropriate treatment (including adrenaline auto-injectors), and deliver first aid until professional help arrives. This knowledge is vital for protecting individuals with allergies and ensuring workplace safety.

HERE'S WHY IT'S SO IMPORTANT:

RAPID ONSET:

Anaphylaxis can develop quickly, often within minutes of exposure to an allergen. Prompt recognition and treatment are essential to prevent serious complications or death.

LIFE-THREATENING NATURE:

Anaphylaxis can cause airway obstruction, breathing difficulties, and circulatory collapse, making it a life-threatening emergency.

IMPORTANCE OF RECOGNITION:

Recognising the signs and symptoms of anaphylaxis (such as difficulty breathing, throat swelling, dizziness, and skin reactions) is the first critical step in providing timely treatment.

ADRENALINE AUTO-INJECTOR (AAI) USE:

Training includes learning how to correctly use an AAI (like an EpiPen) to administer adrenaline, which is the primary treatment for anaphylaxis.

CPR AND AED:

Some anaphylaxis training courses also cover basic life support (CPR) and the use of an Automated External Defibrillator (AED), which may be needed if the individual loses consciousness.

Ensure to have a First Aid kit and Bodily Fluids spill kit accessible within your work space.

OVERVIEW OF THE SKIN

The skin is the body's largest organ, serving as the first line of defence against environmental damage, pathogens, and dehydration. Understanding its structure and function is essential for performing safe and effective basic facial treatments.

THE SKIN HAS THREE MAIN LAYERS, EACH WITH DISTINCT ROLES:

1 EPIDERMIS

- Outermost layer of the skin.
- Provides a protective barrier and is responsible for skin renewal through cellular turnover.

COMPOSED PRIMARILY OF KERATINOCYTES, ARRANGED IN SEVERAL SUB-LAYERS:

- STRATUM CORNEUM** → Outermost layer of dead cells (corneocytes) that protect against pathogens and moisture loss.
- STRATUM LUCIDUM** → Found only in thick skin (palms, soles).
- STRATUM GRANULOSUM** → Cells begin keratinization (hardening process).
- STRATUM SPINOSUM** → Provides strength and flexibility.
- STRATUM BASALE (GERMINATIVUM)** → Deepest layer where new cells are produced.

- Melanocytes within the basal layer produce melanin, which determines skin colour and provides UV protection.

2 DERMIS

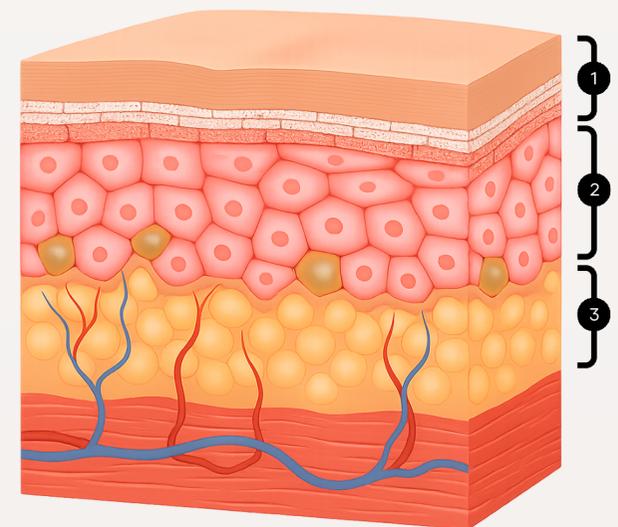
- Lies beneath the epidermis and is composed of connective tissue.
- Provides strength, elasticity, and nourishment to the skin.

CONTAINS

- COLLAGEN AND ELASTIN FIBERS** → Responsible for firmness and elasticity.
- BLOOD VESSELS** → Deliver oxygen and nutrients, assist in thermoregulation.
- NERVE ENDINGS** → Allow sensations such as touch, temperature, and pain.
- SEBACEOUS AND SWEAT GLANDS** → Regulate moisture and temperature.
- HAIR FOLLICLES** → Anchor hair and play a role in oil distribution.

3 SUBCUTANEOUS LAYER (HYPODERMIS)

- Made up of fat cells (adipose tissue) and connective tissue.
- Acts as insulation and cushioning, protecting underlying organs and bones.
- Provides a reserve of energy and helps anchor the skin to deeper structures.



AGING SKIN

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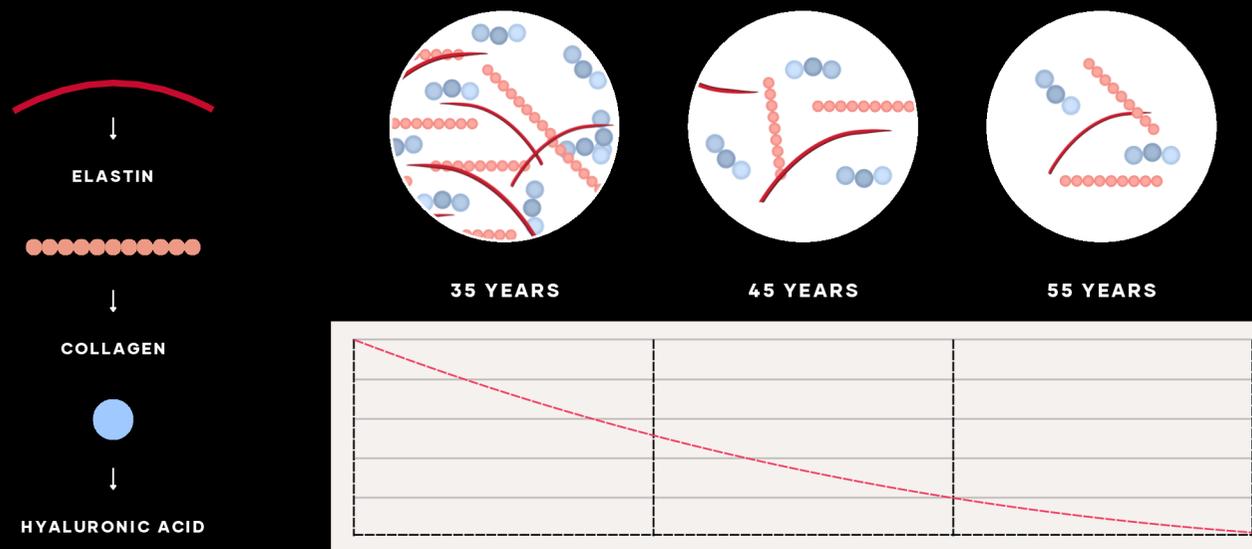
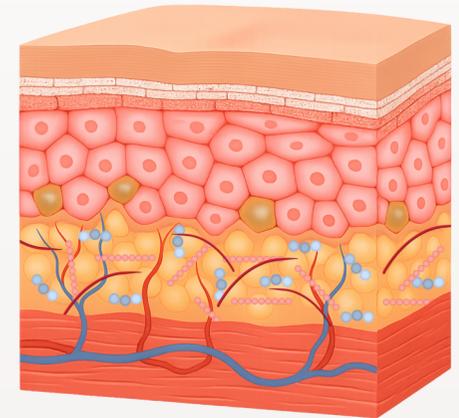
Skin changes significantly as we age. This is why protection of skin is imperative, to ensure we prolong & protect the barriers to aid in prevention of damaged or aging skin. The Skin matrix is what would remain if you took the dermis and removed all cells from it.

The skin matrix is responsible for structural integrity, mechanical resilience, stability and many other properties of the skin. The degradation of the skin matrix plays an important role in the development of wrinkles and other signs of skin ageing.

The best known components of the skin matrix are structural proteins (collagen and elastin), which are vital to skin health and youthfulness. Just like steel beams are necessary but insufficient for building a skyscraper, structural proteins (collagen and elastin) are necessary but insufficient for a healthy skin matrix.

In addition to the framework of structural proteins, the skin matrix also needs appropriate fillers, which provide mechanical cushioning, hold moisture, enhance barrier function, and so forth.

The principal skin matrix fillers are glycans. As far as skin rejuvenation is concerned, the most important glycan is hyaluronic acid (a.k.a. hyaluronan, hyaluronate or HA).



CLEANSERS

A gentle make-up cleanser for the most sensitive skin, including the delicate eye and lip area. Creates a protective moisture barrier when dry.

TONER

HYAL+ LIQUID MOISTURISER

Hydrates and soothes skin after cleansing. Its unique molecular structure is specially designed for long-lasting and skin-deep hydration.

EXFOLIATOR

INSTANT PAINLESS PEEL

This natural enzymatic peeling gel is a totally particle and pain-free instant peeling gel. Ideal as a pretreatment, it gently removes dead skin cells leaving the skin clear, smooth and soft.

SKIN BOOSTER

AHA+EGF SKIN BOOSTER

A non-invasive skin stimulation treatment that delivers mesotherapy-like results—without needles or downtime. This advanced formula combines five Alpha Hydroxy Acids (AHAs), antioxidants, and growth factors in an auto-neutralising system for controlled exfoliation and regeneration. It effectively targets multiple skin concerns, promoting smoother, clearer, and more youthful-looking skin.

RECOMMENDED FOR:

Skin rejuvenation, acne-prone skin, early signs of ageing, and photo-damaged skin. Professional use: Apply according to treatment protocol guidelines.

MASKS

The EGF facial sheet masks are available in 3 targeted masks (Glow, Pure and Refresh/Tight).

These sterile masks are also suitable for use after chemical peels, injectables, microneedling, lasers and IPL treatments to restore skin moisture and reduce redness and irritation.

EGF GLOW MASK

Infused with a blend of hydrating Hyaluronic Acid and Peptide+ complexes, as well as brightening Arbutin and Mulberry Bark Extract. This rejuvenating facial sheet mask locks in moisture and targets uneven skin tone.

EGF PURE MASK

An anti-inflammation and skin rejuvenating face mask with added active ingredients such as Hyaluronic Acid for long-lasting, multi-level hydration, Niacinamide to repair the skin's moisture barrier and Aloe Vera to soothe troubled skin.

EGF REFRESH/TIGHT MASK

A soothing and rejuvenating face mask infused with a powerful blend of Hyaluronic Acid and Peptide+ complexes, as well as wrinkle-smoothing Argireline to visibly tighten skin and reduce the signs of ageing.

ESSENCE/SERUM

This ultra-intensive, lightweight formula has a high concentration of low molecular weight Hyaluronic Acid (5%) and nutrients to protect and nourish the skin with a deep acting concentration of moisture, help form new collagen and stimulate micro-circulation. Suitable for use with LED, ultrasound, needle-free mesotherapy and iontophoresis devices.

2-IN-1 MOISTURIZING LOTION (500ML)

A hydrating, antioxidant moisturising lotion with Vitamin E and Beta Glucan to help protect the skin against environmental damage and signs of ageing. Also suitable as a gliding agent for RF technology.

SUN SHIELD CREAM SPF30 (50ML)

A lightweight broad-spectrum SPF30 sunscreen that provides effective 13 hour protection against damaging UVA and UVB rays. Added botanical extracts moisturise, soothe and nourish the skin. Suitable for post procedure care.



CLINICCARE - REFRESH/TIGHT FACIALS

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Recommended for: Rejuvenating the skin, providing deep hydration, reducing signs of ageing, and minimising fine lines. Suitable for all skin types.

PRODUCTS NEEDED:

- Concentrated Cleansing Foam
- Instant Painless Peel
- HYAL+ Liquid Moisturiser (Skin Toner)
- 2-in-1 Gel Ceramide
- AHA+EGF Skin Booster
- Refresh Sheet Mask
- HYAL+ Lip & Eye Renewal Cream
- 2-in-1 Moisturising Lotion
- Sun Shield Cream SPF30

TREATMENT PROTOCOL:

- 1 Remove make-up (if needed).
- 2 Clean the skin using Concentrated Cleansing Foam. Mix a small amount of Concentrated Cleansing Foam with water and make a light foam. Massage the skin and remove with lukewarm water and dry.
- 3 Exfoliate skin using small amounts of Instant Painless Peel on dry skin. Apply 1 full pump and gently rub in circular movements for 1 minute. Wipe off debris with HYAL+ Liquid Moisturiser.
- 4 Classic Facial: Apply a thick, even layer of the 2-in-1 Gel Ceramide as a mask on treatment area or use a Cliniccure Mask. Leave the mask on the face about 10-15 mins then remove any residue with HYAL+ Liquid Moisturiser.
- 5 Apply 2-in-1 Moisturising Lotion (Alternative: Retinol Day Cream or HYAL+ Moisturising Cream depending on skin type).
- 6 Apply HYAL+ Lip & Eye Renewal Cream on eye and lip area.
- 7 Apply Sun Shield Cream SPF30 (Alternative: Dermo Corrective Cream SPF50) on top (daytime only)

FOR ENHANCEMENT OF TREATMENT RESULTS:

- Tightening and lifting RF treatments.
- Microneedling treatments to create more collagen and elastin.
- Chemical peeling treatments to create tighter skin (CLINICCARE Refresh Peel and Peel Blender)



Recommended for: Skin rejuvenation, deep cleansing, hydration, and calming inflammation. Ideal for combination and sensitive skin types, including those with or without acne.

PRODUCTS NEEDED:

- Concentrated Cleansing Foam
- Instant Painless Peel
- Liquid Moisturiser (Skin Toner)
- 2-in-1 Gel Vitamin C
- 2-in-1 Gel Ceramide
- AHA+EGF Skin Booster
- EGF PURE sheet mask
- HYAL+ Lip & Eye Renewal Cream
- Sun Shield Cream SPF30

TREATMENT PROTOCOL:

- 1 Remove make-up (if needed).
- 2 Clean the skin using Concentrated Cleansing Foam. Mix a small amount of Concentrated Cleansing Foam with water and make a light foam. Massage the skin and remove with lukewarm water and dry.
- 3 Exfoliate skin using small amounts of Instant Painless Peel on dry skin. Apply 1 full pump and gently rub in circular movements for 1 minute. Wipe off debris with HYAL+ Liquid Moisturiser.

For Sensitive or Delicate Skin: Apply a thick, even layer of the 2-in-1 Gel Vitamin as a mask on treatment area. Leave the mask on the face about 10-15 mins then remove any residue with HYAL+ Liquid Moisturiser. Apply 2-in-1 Gel Ceramide as a moisturiser.

- 4A For Non-Delicate Skin: Apply up to 4 layers of AHA+EGF Skin Booster on the face ensuring the pipette does not touch the skin. Stop applying the solution if a soft tingling is felt. Massage in to aid penetration and wipe off AHA residue with HYAL+ Liquid Moisturiser.
- 4B Apply CLINICCARE EGF PURE mask on treatment area. Leave the mask on the face about 20 minutes or longer. Remove the mask and massage in any residue. (Do not use 2-in-1 Gel Vitamin C as alternative mask after AHA+EGF Skin Booster).
- 5 Apply HYAL+ Lip & Eye Renewal Cream on eye and lip area.
- 6 Apply Sun Shield Cream SPF30 (Alternative: Dermo Corrective Cream SPF50) on top (daytime only).

FOR ENHANCEMENT OF TREATMENT RESULTS:

- Add Blue LED to help destroy *C. acnes* bacteria. Optionally, include Lumixa Skin Normaliser as a pre-facial treatment to improve skin health.
- Progress to a course of CLINICCARE Pure Peels to target inflammation and acne.
- Consider Dr Platon cold plasma treatment which is extremely effective in destroying *C. acnes* bacteria, reducing skin inflammation, and preventing acne recurrence. Suitable from 12 years old.



Recommended for: Skin rejuvenation, deep hydration, and targeting pigmentation concerns. Ideal for skin with uneven tone, dark spots, or hyperpigmentation issues.

PRODUCTS NEEDED:

- Concentrated Cleansing Foam
- Instant Painless Peel
- HYAL+ Liquid Moisturiser (Skin Toner)
- 2-in-1 Gel Vitamin C
- AHA+EGF Skin Booster
- EGF GLOW sheet mask
- HYAL+ Lip & Eye Renewal Cream
- Retinol Day Cream
- 2-in-1 Moisturizing Lotion
- Sun Shield Cream SPF30

TREATMENT PROTOCOL:

- 1 Remove make-up (if needed).
- 2 Clean the skin using Concentrated Cleansing Foam. Mix a small amount of Concentrated Cleansing Foam with water and make a light foam. Massage the skin and remove with lukewarm water and dry.
- 3 Exfoliate skin using small amounts of Instant Painless Peel on dry skin. Apply 1 full pump and gently rub in circular movements for 1 minute. Wipe off debris with HYAL+ Liquid Moisturiser.
- 4A Brightening Facial: Apply a thick, even layer of the 2-in-1 Gel Vitamin C as a mask on treatment area. Leave the mask on the face about 10-15 mins then remove any residue with HYAL+ Liquid Moisturiser.

Apply Retinol Day Cream (Alternative: 2-in-1 Moisturising Lotion) as a moisturiser.
- 4B Brighten & Boost Facial: Apply up to 4 layers of AHA+EGF Skin Booster on the face ensuring the pipette does not touch the skin. Stop applying the solution if a soft tingling is felt. Massage in to aid penetration and wipe off AHA residue with HYAL+ Liquid Moisturiser.

Apply CLINICCARE EGF GLOW mask on treatment area. Leave the mask on the face about 20 minutes or longer. Remove the mask and massage in any residue. (Do not use 2-in-1 Gel Vitamin C as alternative mask after AHA+EGF Skin Booster).
- 5 Apply HYAL+ Lip & Eye Renewal Cream on eye and lip area.
- 6 Apply Sun Shield Cream SPF30.

FOR ENHANCEMENT OF TREATMENT RESULTS:

- Microneedling treatments using CLINICCARE EGF Glow Vial.
- Chemical peel treatments for pigmentation (CLINICCARE Glow Peel and Peel Blender).
- IPL treatments against pigmentation.



TREATMENT INTERVALS

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For the best possible results, facials should be carried out as part of a course rather than a one off treatment. Fortnightly or monthly sessions are advised, based on individual skin concerns and treatment goals.

PLEASE NOTE:

The AGA+EGF Skin Booster should not be used more than once a week, and ideally no more than 2 to 3 times per month.

To maximise results, it's important that patients also use the CLINICCARE home care products between treatments. These are specifically formulated to support and enhance the effects of the professional facials.

After the initial course, monthly maintenance facials are recommended to help maintain skin health and visible results. Always take time to guide the patient through their home care routine, as it plays a crucial role in their overall treatment outcome.

HOME CARE

Daily use of quality home care products helps maintain and improve skin over time, keeping it healthy, resilient and radiant. CLINICCARE have created 3 main ranges formulated for specific skin concerns.

GLOW

- TARGETS:** → Pigmentation, uneven skin tone, dull or tired skin and promotes skin rejuvenation.
- KEY INGREDIENTS:** → Low molecular weight Hyaluronic Acid; EGF (bioidentical epidermal growth factors); Beta Glucan; Arbutin and Mulberry Bark extract to brighten skin; and antioxidants rich in vitamin C like Purslane and Yuzu extracts.

PURE

- TARGETS:** → Sensitive, irritated, or inflamed skin and promotes skin rejuvenation.
- KEY INGREDIENTS:** → Low molecular weight Hyaluronic Acid; EGF (bioidentical epidermal growth factors); Beta Glucan; Allantoin which helps heal and protect sensitive skin; Green Tea extract which reduces free radical damage via its powerful antioxidant properties; and soothing and anti-inflammatory ingredients like Centella Asiatica, Chamomile Flower and Rosemary Leaf extracts.

REFRESH

- TARGETS:** → Targets: Fine lines and wrinkles, dehydrated skin and signs of ageing.
- KEY INGREDIENTS:** → Low molecular weight Hyaluronic Acid; EGF (bioidentical epidermal growth factors); Beta Glucan; Deep Ocean Water (rich in mineral content) which hydrates and revitalises skin and has healing properties; and Arctium Lappa Root extract, an antioxidant that has anti-ageing properties.



WITHIN THIS CORE RANGE THERE ARE 3 MAIN MOISTURISING PRODUCTS.

- 1 LIQUID MOISTURISER (100ML)** → Deeply hydrating.
- 2 ESSENCE (50ML)** → Has a gel-like consistency designed to penetrate deeply into the skin and deliver high levels of active ingredients. Perfect as a step 2 for mature skin, or as the final step before sunscreen for younger, normal-to-oily skin.
- 3 SERUM (50ML)** → Lightweight moisturiser to help lock-in nutrients and moisture, and protect the skin barrier. Perfect as a step 3 for mature skins, or as the final step before sunscreen for younger normal-to-dry skin. Alternative products that could replace the Serum for over 30s are the Retinol Renewal Cream or the Premium Time Reverse Cream

CLINICCARE have created a home daily beauty plan recommended for your client, post treatment, to optimise and maintain skin health until their next visit. There are three ranges targeted to specific skin concerns:

- GLOW RANGE** → For hyperpigmentation, age spots and dull tired skin.
- PURE RANGE** → For sensitive, irritated or inflamed skin (e.g. acne-like conditions).
- REFRESH/TIGHT RANGE** → For fine lines, wrinkles, firmness and moisture.

YOUNGER SKIN (NORMAL TO OILY)

MORNING AND EVENING

- Cleanse the face, neck and lower neck using Concentrated Cleansing Foam
- Optional - Use X3M Glow Booster on the face or specific areas of pigmentation if needed
- Tone skin by spraying the face with suitable X3M EGF Liquid Moisturizer
- Apply Lip & Eye Renewal Cream to the eye and lip area
- Follow with suitable X3M EGF Essence to face and neck
- Finish with Sun Shield Cream SPF30 or Dermo Corrective Cream SPF50 (morning only)

YOUNGER SKIN (NORMAL TO DRY)

MORNING AND EVENING

- Cleanse the face, neck and lower neck using Concentrated Cleansing Foam
- Optional - Use X3M Glow Booster on the face or specific areas of pigmentation if needed
- Tone skin by spraying the face with suitable X3M EGF Liquid Moisturizer
- Apply Lip & Eye Renewal Cream to the eye and lip area
- Follow with suitable X3M EGF Serum to face and neck
- Finish with Sun Shield Cream SPF30 or Dermo Corrective Cream SPF50 (morning only)

EVENING

- Cleanse the face, neck and lower neck using Concentrated Cleansing Foam or Cleansing Lotion
- Optional - Use X3M Glow Booster on the face or specific areas of pigmentation if needed
- Tone skin by spraying the face with suitable X3M EGF Liquid Moisturizer
- Apply Lip & Eye Renewal Cream to the eye and lip area
- Layer suitable X3M EGF Essence to face and on top of that
- Follow with suitable X3M EGF Serum, or Premium Time Reverse Cream, or Retinol Renewal Cream to face and neck



ADDITIONAL FACIAL TREATMENTS - FACIAL STEAM

WHAT IS FACIAL STEAM?

Facial steam involves directing warm, moist vapor toward the skin for a controlled period of time. It is typically performed after cleansing and before extractions or masque application.

WHY STEAM IS USED?

Steam softens the stratum corneum (outermost layer of the skin), increases circulation, and helps prepare the skin for deeper treatment steps. It also enhances product penetration and improves the effectiveness of extractions.

BENEFITS OF FACIAL STEAM:

- Softens dead skin cells, making the skin more receptive to treatment
- Helps loosen debris within pores
- Increases blood circulation and oxygenation
- Encourages relaxation and enhances the spa experience
- Prepares the skin for extractions and masques

INDICATIONS:

FACIAL STEAM IS SUITABLE FOR MOST SKIN TYPES, PARTICULARLY -

- Normal and combination skin
- Oily and congested skin
- Skin with comedonal buildup

CONTRAINDICATIONS & CAUTIONS:

STEAM SHOULD BE AVOIDED OR MODIFIED FOR CLIENTS WITH -

- Rosacea or couperose skin
- Severe acne or inflamed pustules
- Asthma or respiratory conditions
- Extremely sensitive or compromised skin

STEAM TIME SHOULD ALWAYS BE LIMITED (TYPICALLY 5-10 MINUTES) AND ADJUSTED BASED ON SKIN TYPE AND CLIENT COMFORT.



WHAT ARE EXTRACTIONS?

Extractions are the professional removal of impacted comedones (blackheads and whiteheads) using gloved fingers, cotton, or professional tools.

WHY EXTRACTIONS ARE USED?

Extractions clear blocked pores that cannot be removed through cleansing alone. They improve skin clarity and prevent future congestion when performed correctly.

BENEFITS OF EXTRACTIONS:

- Removes blackheads and whiteheads safely
- Improves skin texture and clarity
- Reduces pore congestion
- Enhances the effectiveness of homecare products
- Helps prevent future breakouts

INDICATIONS:

EXTRACTIONS ARE SUITABLE FOR CLIENTS WITH -

- Congested pores
- Open and closed comedones
- Oily or acne-prone skin (non-inflamed)

CONTRAINDICATIONS & CAUTIONS:

EXTRACTIONS SHOULD NOT BE PERFORMED ON:

- Inflamed acne lesions
- Broken skin or open wounds
- Clients using certain medications (e.g. isotretinoin/Accutane)
- Highly sensitive or fragile skin



POSSIBLE REACTIONS FROM TREATMENT:

Adverse reactions to treatment are rare, but may include temporary redness, irritation, or breakouts. These effects typically resolve within a few hours, and most people can return to normal activities the same day. However, individual responses may vary, and in some cases, these reactions may persist for up to 3-4 days as the skin returns to its normal state.

In the event of more severe erythema (redness, itchiness etc), which could indicate a sensitivity or allergic reaction, apply a cool compress, and take an oral antihistamine if appropriate. If symptoms persist, please consult your GP.

Other possible outcomes may include suboptimal results.

Please note that multiple treatment sessions may be necessary to achieve desired effects.

POST TREATMENT ADVICE:

- Gently wash the treated area on the same day, but do not rub or massage the face for 24 hours. Cleanse using a mild cleanser.
- Keep skin moisturised and drink plenty of water.
- If make up is applied, ensure it is mineral or non-comedogenic.
- Refrain from extreme temperatures such as intensive sun light, saunas, sunbed, steam bath, and hot showers for 48 hours.
- Do not participate in activities that may cause excessive perspiration for the rest of the day.
- Apply a sunscreen with an SPF30+ (such as the CLINICCARE Sun Shield Cream SPF30) on a daily basis.
- Avoid electrolysis, waxing, bleaching (face), depilatory creams, laser hair removal for at least 48 hours.
- Do not apply perfumed or other exfoliating skin care products for 72 hours after a facial.
- Avoid other facial treatments for 48 hours.
- Do not swim in chlorinated water for the rest of the day.
- Please report any concerns to your practitioner as soon as possible.

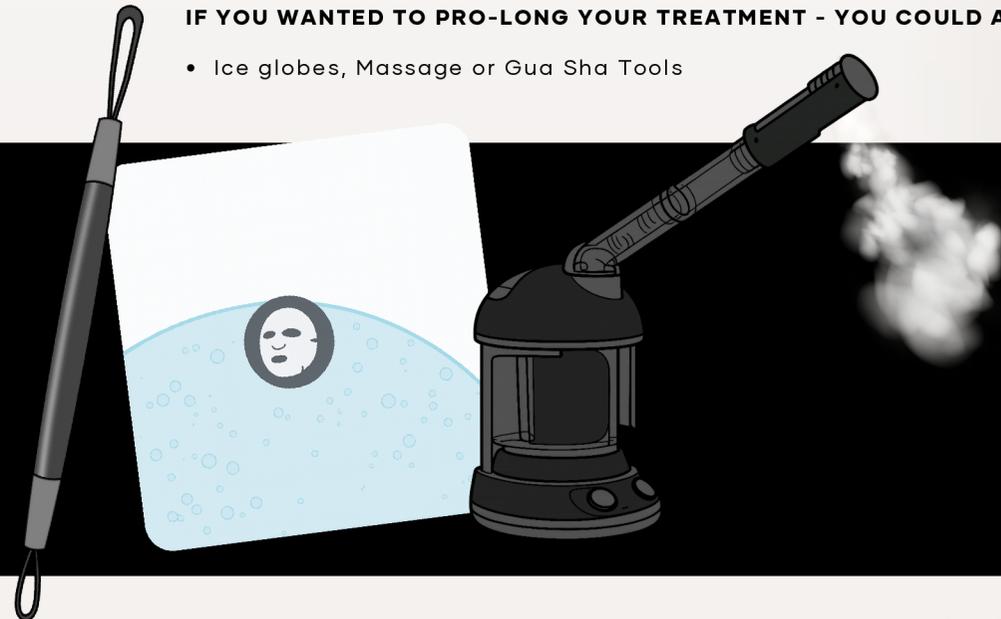
PRODUCTS NEEDED

PLEASE REFER TO THE SPECIFIC CLINICARE RANGE PAGES (ABOVE) IF YOU WANT TO TARGET SPECIFIC CONCERNS. THIS IS A GENERIC LAYOUT IF INCLUDING STEAM & EXTRACTIONS.

- Concentrated Cleansing Foam
- Steam (5-10 minutes max)
- Extractions
- Instant Painless Peel
- HYAL+ Liquid Moisturiser (Skin Toner)
- 2-in-1 Gel Vitamin C (Optional)
- AHA + EGF Skin Booster (Optional)
- EGF Sheet Mask
- HYAL+ Lip & Eye Renewal Cream (Optional)
- 2-in-1 Moisturising Lotion
- Sun Shield Cream SPF 30

IF YOU WANTED TO PRO-LONG YOUR TREATMENT - YOU COULD ADD...

- Ice globes, Massage or Gua Sha Tools





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