



TheraFace PRO

Signature Facial



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Protocol 1

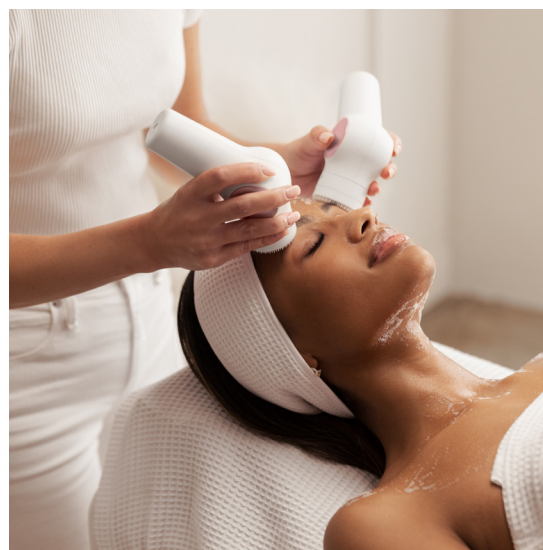
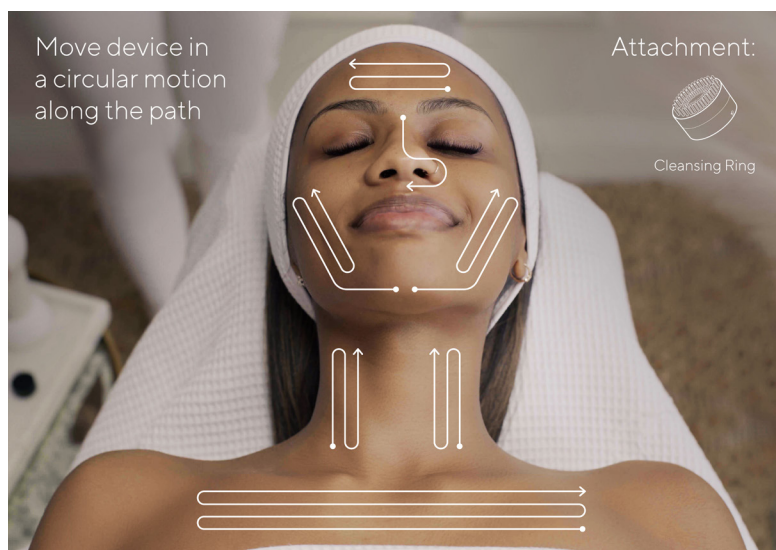
Device: 2 TheraFace PRO devices with all attachments including Hot & Cold rings

Product: Use TheraOne Conductive Gel for Microcurrent treatment. For all other steps you may use the TheraFace PRO with any product line.

Step 1: Initial Cleanse

Perform your initial cleanse to remove all traces of makeup, dirt and debris. If you would like to use steam during this portion, you may do so.

Step 2: Second Cleanse



Attachments:

Cleansing Ring

Frequency:

Speed 1: (1750 rpm)
for relaxation

Speed 2-3: (2100-2400 rpm)
for energizing

Duration:

1 minute per side

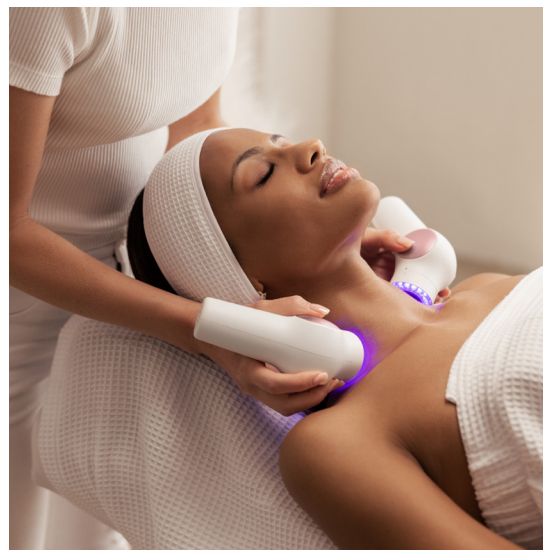
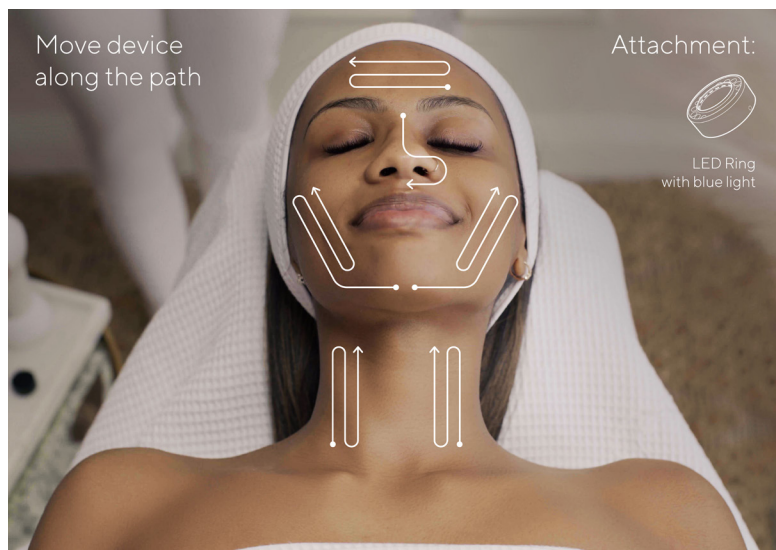
1. Use the Cleansing Ring on your TheraFace PRO.
2. Apply cleanser and water to your clients' face, neck, and chest.
3. Beginning on the sides of the chest near the underarms, work your way across the chest using circular movements.
4. Work your way up towards the collarbone.
5. Once you reach the collarbone, move upwards towards the base of the jaw in circular movements, moving across the neck.
6. Once the neck is completed, move both devices to the center of the chin and move in circular movements towards the ears and back, until the sides of the face are covered.
7. End at the temples and then move across the forehead in circular movements.
8. Then, come down the center of the nose and across the upper lip.
9. Rinse and remove all cleanser.

Protocol 1

Step 3-5: Analysis, Exfoliation, and Extractions

After the cleansing, you may perform your skin analysis, exfoliation and extractions (if needed).

Step 6: Blue LED



Attachments:

LED Ring with blue light

Frequency:

Do not use Percussive with LED blue light

Duration:

2 minutes

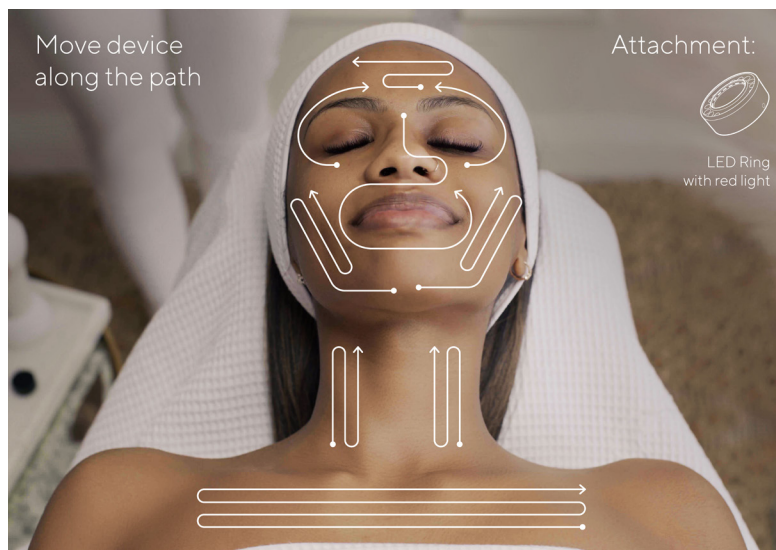
1. Perform passes with the Blue LED light on the neck and face.
2. Starting at the base of the collarbone, glide up towards the base of the jaw and back down again until the entire neck is covered.
3. Starting at the center of the chin, glide along the jawline towards the ears and back again, moving up the sides of the face towards the temple.
4. Then, glide across the forehead, down the center of the nose, and across the upper lip.
5. You may apply toner after the Blue light

Pro tip: you can spot treat longer on certain breakouts by holding the device for 3-4 beeps over the breakout.

Protocol 1

Step 7: Percussive + Red LED

Perform a massage on the face, neck, and chest using the Flat percussive attachment and the Red LED light.



Attachments:

LED Ring with Red Light
Flat percussive attachment

Frequency:

Speed 1: (1750 rpm)
for relaxation

Speed 2-3: (2100-2400 rpm)
for energizing

Duration:

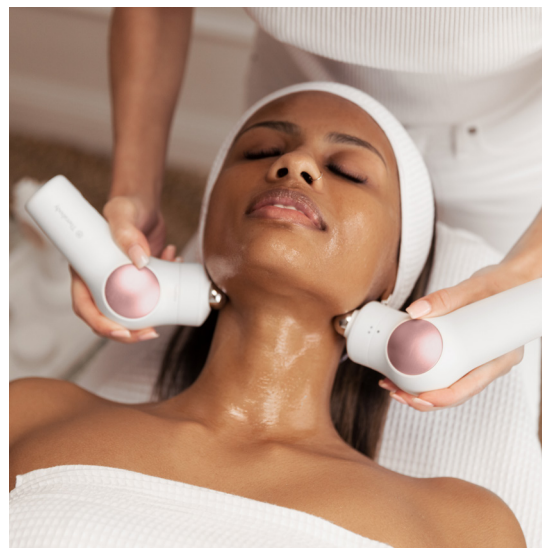
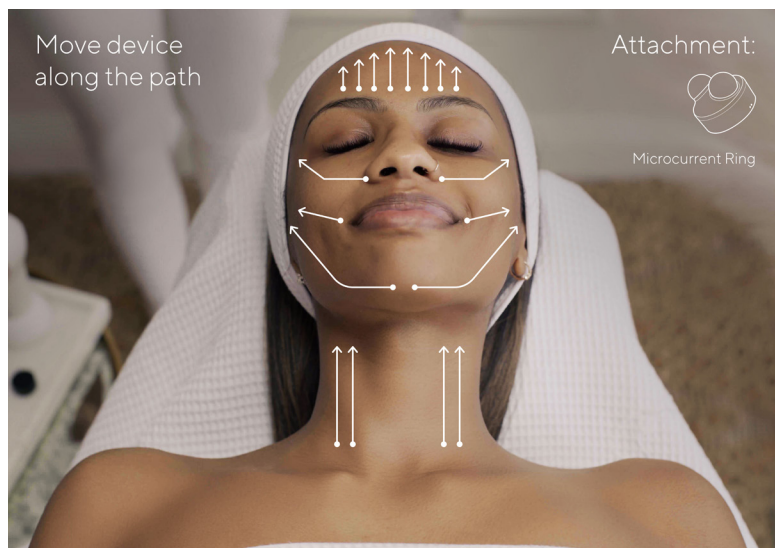
3 minutes

1. Place the devices on the client's chest underneath the collarbone, so they can familiarize themselves with the percussive therapy.
2. Then, slowly move back and forth across the chest until the entire chest is covered, ending at the collarbone.
3. Move to the sides of the neck and perform 3 passes. Then, slowly move across the neck, stopping near the center of the throat (do not go over the center of the throat with the percussive therapy).
4. Move to the center of the chin and glide towards the ear, pausing for a few seconds on the pressure point by the ear.
5. Next, glide towards the center of the chin back to the temple, pausing for a few seconds on the temple.
6. Then, make 3 circles around the eyes and end at the temples.
7. Glide across the forehead 3 times and end at the temples.
8. Glide down the nose and across the upper lip.
9. Lastly, make 3 circles around the mouth and end at the temple, pausing for a few seconds.

Protocol 1

Step 8: Microcurrent

Make sure the skin is completely dry and no oil-based products have been previously applied.



Attachments:

Microcurrent Ring

Frequency:

3 Intensity options. Choose the intensity level to the client's comfort.

Duration:

5-6 minutes

Pro tip: When using the Microcurrent Ring, slowly glide the device using light to medium pressure, keeping both spheres on the face at once.

1. Apply a light layer of Conductive Gel to the neck and face to ensure the treatment is delivered correctly. We recommend using the TheraOne Conductive Gel to allow the TheraFace PRO to glide easily and comfortably over the skin. Reapply the gel throughout the treatment as needed.
2. Starting at the collar bone, glide up to the base of the chin and jaw.
3. Take the device off the neck to begin the second pass at the base of the collarbone—slightly to the left of where you had the first pass. Repeat until the entire neck is covered. Do not go over the center of the neck or throat.
4. Starting at the center of your chin, glide with light to medium pressure to the ear.
5. Starting at the corner of the mouth, glide with light to medium pressure to the ear.
6. Starting at the corner of the nose, glide with light to medium pressure to the temple.
7. Then, move to the forehead. Begin on the forehead near the eyebrows and glide upwards towards the scalp. Continue to move across the forehead, making passes from your eyebrows to your scalp.
8. Complete the sequence two more times for a total of three complete treatments.
9. Rinse and remove the conductive gel.

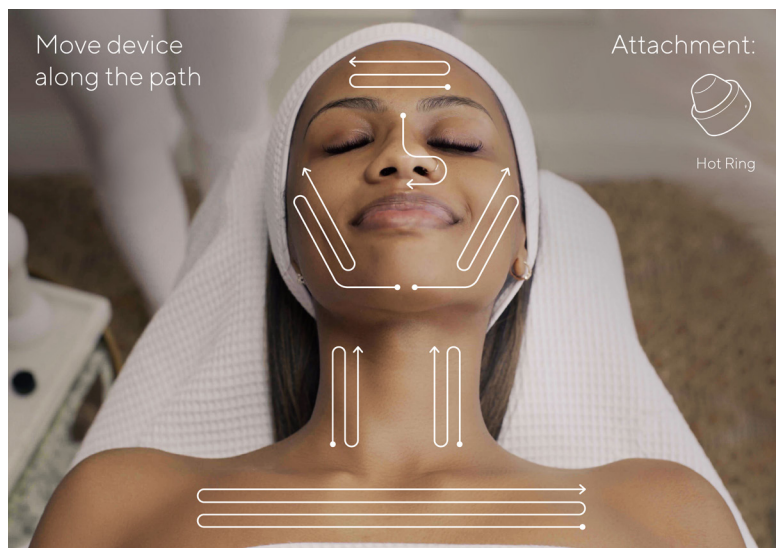
Protocol 1

Step 9-10: Mask and Product Application

Now apply your mask and any additional serums, oils or moisturizers that follow the mask.

Step 11: Hot Ring

You may use the Hot Ring over any oils, serums or moisturizers or just on bare skin.



Attachments:

Hot Ring

Temperature:

3 temperature levels. Choose the temperature to the client's comfort.

Level 1: 95F°/35C°

Level 2: 102F°/39C°

Level 3: 109F°/43C°

Duration:

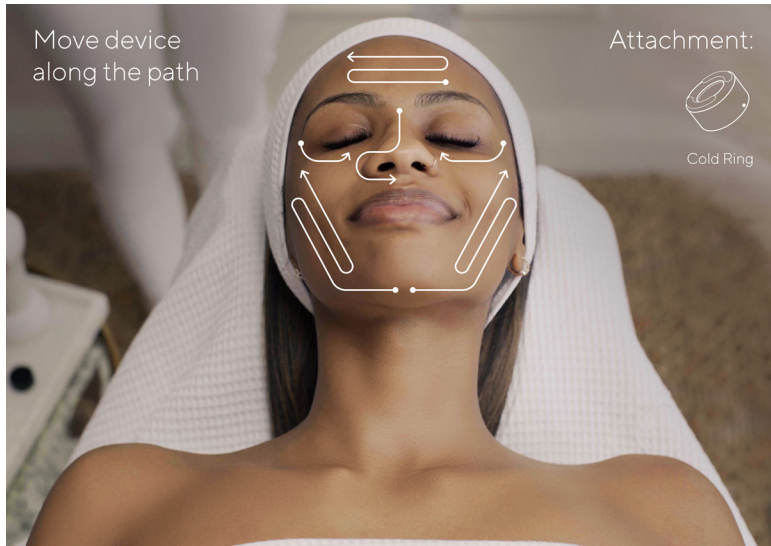
45-60 seconds

1. Starting on the chest near the underarms, slowly glide across the chest until you reach the collarbone.
2. Move to the sides of the neck and perform 3 passes, then slowly move across the neck.
3. Move to the center of the chin and glide towards the temple and back again, until the sides of the face are covered, ending at the temple.
4. Glide across the forehead 3 times.
5. Lastly, glide down the nose and across the upper lip.

Protocol 1

Step 12: Apply Eye Cream and Additional Moisturizers, Oils, Serums

Step 13: Cold Ring



Attachments:

Cold Ring

Temperature:

3 temperature levels.

Choose the temperature to the client's comfort.

Level 1: 79F°/26C°

Level 2: 72F°/22C°

Level 3: 64F°/18C°

Duration:

60 seconds

1. Starting at the temple, make 3 gliding passes underneath the eyes and end at the temple.
2. Move to the center of the chin and glide towards the temple and back again, until the sides of the face are covered, ending at the temple.
3. Glide across the forehead three times.
4. Lastly, glide down the nose and across the upper lip.

Step 14: End Treatment and Finish with SPF, if needed

Protocol 2

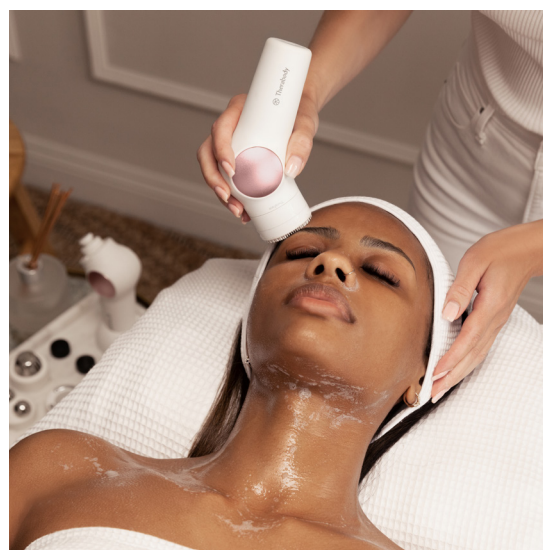
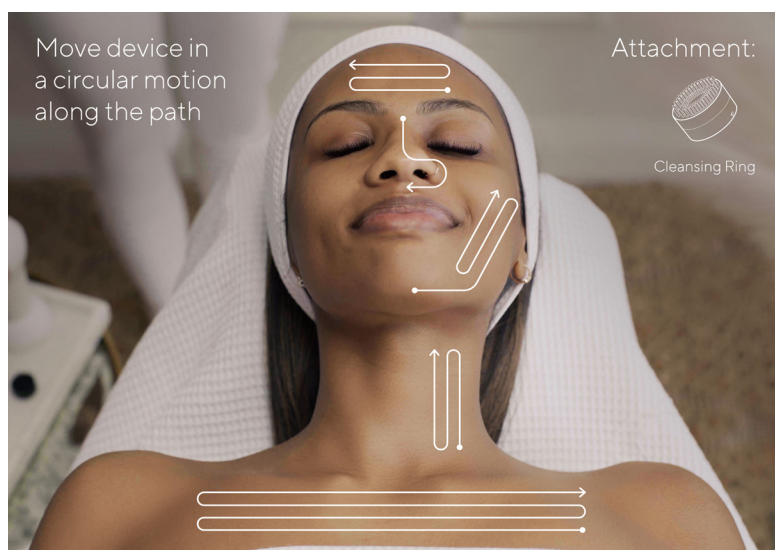
Device: 1 TheraFace PRO devices with all attachments including Hot & Cold rings

Product: Use TheraOne Conductive Gel for Microcurrent treatment. For all other steps you may use the TheraFace PRO with any product line.

Step 1: Initial Cleanse

Perform your initial cleanse to remove all traces of makeup, dirt and debris. If you would like to use steam during this portion, you may do so.

Step 2: Second Cleanse



Attachments:

Cleansing Ring

Frequency:

Speed 1: (1750 rpm)
for relaxation

Speed 2-3: (2100-2400 rpm)
for energizing

Duration:

45-60 seconds

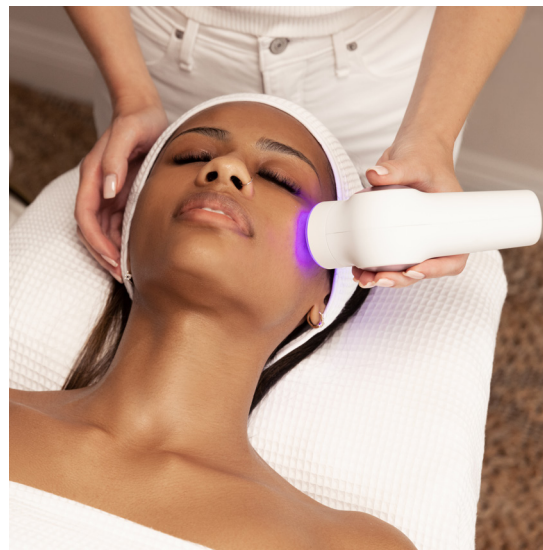
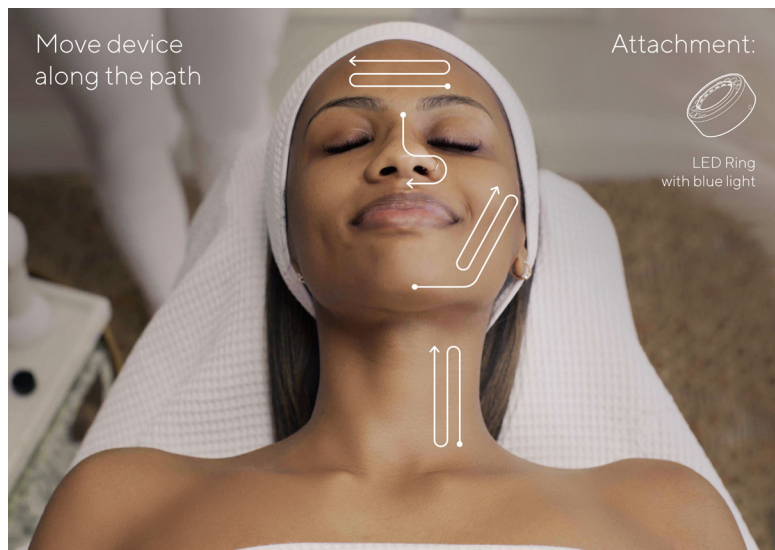
1. Use the Cleansing Ring on your TheraFace PRO.
2. Apply cleanser and water to your clients' face, neck, and chest.
3. Beginning on the sides of the chest near the underarms, work your way across the chest using circular movements.
4. Work your way up towards the collarbone.
5. Once you reach the collarbone, move upwards towards the base of the jaw in circular movements, moving across the neck.
6. Once the neck is completed, move both devices to the center of the chin and move in circular movements towards the ears and back, until the sides of the face are covered.
7. Then repeat these steps on the left side of the face.
8. End at the temples and then move across the forehead in circular movements.
9. Then, come down the center of the nose and across the upper lip.
10. Rinse and remove all cleanser.

Protocol 2

Step 3-5: Skin Analysis, Exfoliation, and Extractions

After the cleansing, you may perform your skin analysis, exfoliation and extractions (if needed).

Step 6: Blue LED



Attachments:

LED Ring with blue light

Frequency:

Do not use Percussive with LED blue light

Duration:

2 minutes

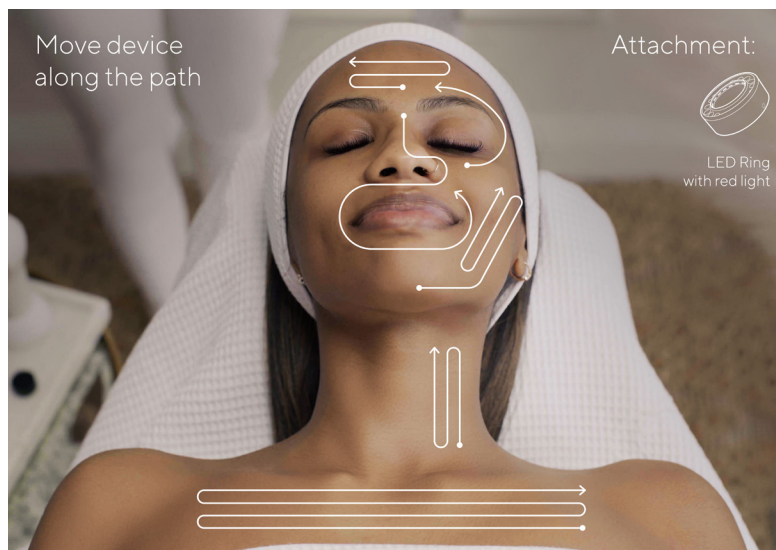
1. Perform passes with the Blue LED light on the neck and face.
2. Starting at the base of the collarbone, glide up towards the base of the jaw and back down again until the entire neck is covered.
3. Starting at the center of the chin, glide along the jawline towards the ears and back again, moving up the sides of the face towards the temple.
4. Repeat these steps on the left side of the face.
5. Then, glide across the forehead, down the center of the nose, and across the upper lip.
6. You may apply toner after the Blue light.

Pro tip: you can spot treat longer on certain breakouts by holding the device for 3-4 beeps over the breakout.

Protocol 2

Step 7: Percussive + Red LED

Perform a massage on the face, neck, and chest using the Flat percussive attachment and the Red LED light.



Attachments:

LED Ring with Red Light

Flat percussive attachment

Frequency:

Speed 1: (1750 rpm)
for relaxation

Speed 2-3: (2100-2400 rpm)
for energizing

Duration:

3 minutes

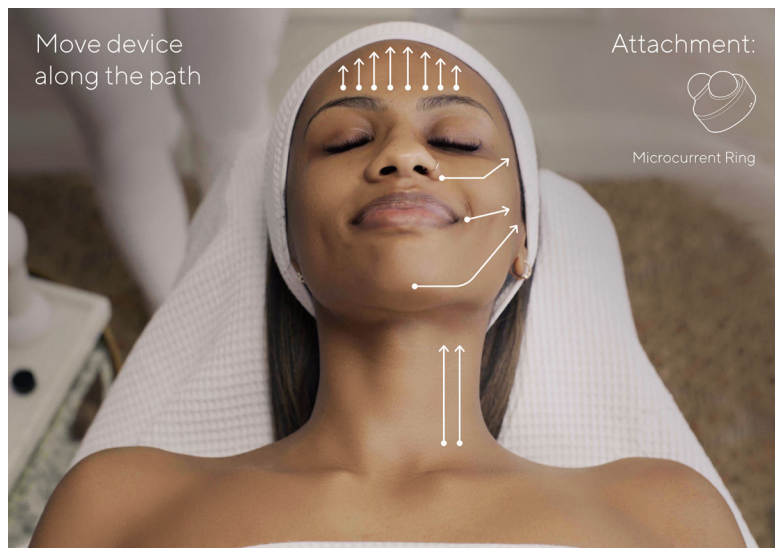
1. Place the devices on the client's chest underneath the collarbone, so they can familiarize themselves with the percussive therapy.
2. Then, slowly move back and forth across the chest until the entire chest is covered, ending at the collarbone.
3. Move to the sides of the neck and perform 3 passes. Then, slowly move across the neck, stopping near the center of the throat (do not go over the center of the throat with the percussive therapy).
4. Move to the center of the chin and glide towards the ear, pausing for a few seconds on the pressure point by the ear.
5. Next, glide towards the center of the chin back to the temple, pausing for a few seconds on the temple.
6. Then, make 3 circles around the eyes and end at the temples.
7. Repeat these steps on the left side of the face.
8. Glide across the forehead 3 times and end at the temples.
9. Glide down the nose and across the upper lip.
10. Lastly, Make 3 circles around the mouth and end at the temple, pausing for a few seconds.

Pro tip: When you get to the forehead, adjust your grip on the device for comfort and lighten the pressure to avoid bouncing

Protocol 2

Step 8: Microcurrent

Make sure the skin is completely dry and no oil-based products have been previously applied.



Attachments:
Microcurrent Ring

Frequency:
3 Intensity options.
Choose the intensity level
to the client's comfort.

Duration:
6-8 minutes

PRO Tip: When using the Microcurrent Ring, slowly glide the device using light to medium pressure, keeping both spheres on the face at once.

1. Apply a light layer of Conductive Gel to the neck and face to ensure the treatment is delivered correctly. We recommend using the TheraOne Conductive Gel to allow the TheraFace PRO to glide easily and comfortably over the skin. Reapply the gel throughout the treatment as needed.
2. Starting at the collar bone, glide up to the base of the chin and jaw.
3. Take the device off the neck to begin the second pass at the base of the collarbone—slightly to the left of where you had the first pass. Repeat until the entire neck is covered. Do not go over the center of the neck or throat.
4. Starting at the center of your chin, glide with light to medium pressure to the ear.
5. Starting at the corner of the mouth, glide with light to medium pressure to the ear.
6. Starting at the corner of the nose, glide with light to medium pressure to the temple.
7. Repeat these steps on the left side of the face.
8. Then, move to the forehead. Begin on the forehead near the eyebrows and glide upwards towards the scalp. Continue to move across the forehead, making passes from your eyebrows to your scalp.
9. Complete the sequence two more times for a total of three complete treatments.
10. Rinse and remove the conductive gel.

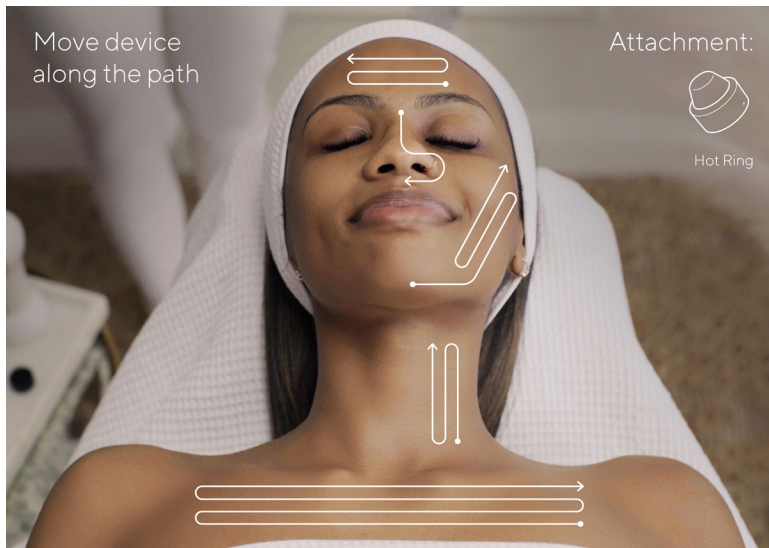
Protocol 2

Step 9–10: Mask and Product Application

Now apply your mask and any additional serums, oils or moisturizers that follow the mask.

Step 11: Hot Ring

You may use the Hot Ring over any oils, serums or moisturizers or just on bare skin.



Attachments:

Hot Ring

Temperature:

3 temperature levels. Choose the temperature to the client's comfort.

Level 1: 95F°/35C°

Level 2: 102F°/39C°

Level 3: 109F°/43C°

Duration:

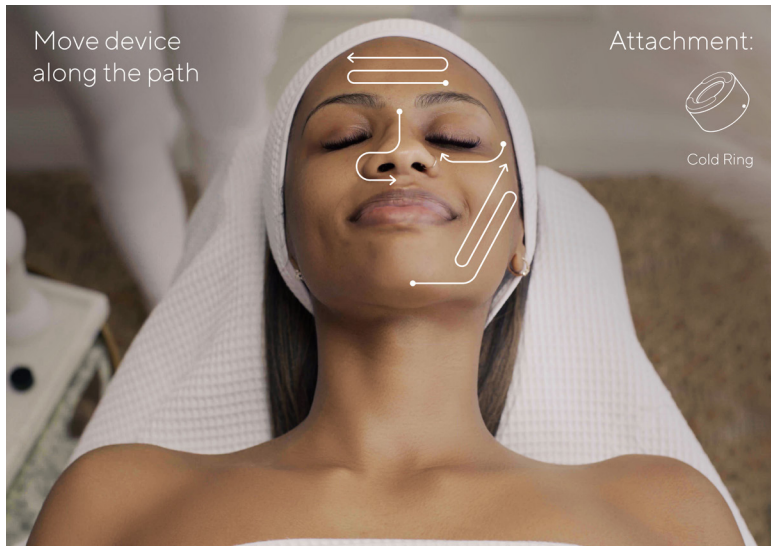
60 seconds

1. Starting on the chest near the underarms, slowly glide across the chest until you reach the collarbone.
2. Move to the sides of the neck and perform 3 passes, then slowly move across the neck.
3. Move to the center of the chin and glide towards the temple and back again, until the sides of the face are covered, ending at the temple.
4. Repeat these steps on the left side of the face, ending at the temple.
5. Glide across the forehead 3 times.
6. Lastly, glide down the nose and across the upper lip.

Protocol 2

Step 12: Apply Eye Cream and Additional Moisturizers, Oils, Serums

Step 13: Cold Ring



Attachments:

Cold Ring

Temperature:

3 temperature levels.
Choose the temperature
to the client's comfort.

Level 1: 79F°/26C°

Level 2: 72F°/22C°

Level 3: 64F°/18C°

Duration:

60-75 seconds

1. Starting at the temple, make 3 gliding passes underneath the eyes and end at the temple.
2. Repeat these steps on the left side of the face.
3. Move to the center of the chin and glide towards the temple and back again, until the sides of the face are covered, ending at the temple.
4. Glide across the forehead three times.
5. Lastly, glide down the nose and across the upper lip.

Step 14: End Treatment and Finish with SPF, if needed