

"You Don't Have To Take or Pass a Test to get your Certificate"

[Pay Now To Get Your Certificate](#)

8 HR. HEALTHY SKIN MATTERS WHILE USING MAKE UP

COURSE OUTLINE:

- INTRODUCTION
- COSMETIC USE FOR FACIAL MAKEUP
- FOUNDATION CHEMISTRY
- STARTING WITH A CLEAN FACE
- FACE MASKS
- USING FOUNDATION
- USING CONCEALER
- FACE POWDERS
 - FACE POWDER CHEMISTRY
 - USING FACE POWDER
- CHEEK COLOR
 - CHEEK COLOR CHEMISTRY
 - USING CHEEK COLOR
- LIP COLOR
 - LIP COLOR CHEMISTRY
 - USING LIP COLOR
- LIP LINER
- EYE SHADOW
- EYE LINERS
- EYEBROW COLOR
- MASCARA
- EYE MAKEUP REMOVERS
- MAKEUP TIPS

- TIPS FOR KEEPING GREAT SKIN
- ANTI-AGING RULES
- GREASE PAINT
- MAKEUP BRUSHES AND OTHER TOOLS
- DISPOSABLE IMPLEMENTS
- CLIENT RECOMMENDATIONS
- MAKEUP COLOR THEORY
 - PRIMARY COLORS
 - SECONDARY COLORS
 - TERTIARY COLORS
- COLOR THEORY
 - WARM COLORS
 - COOL COLORS
- SELECTING MAKEUP COLORS
- DETERMINING SKIN COLOR
- COMPLEMENTARY COLOR FOR THE EYES
- ADDING CHEEK AND LIP COLOR
- HAIR COLOR AND EYE COLOR
- REVIEWING COLOR SELECTION STEPS
- MINERAL COSMETICS
- SUMMARY OF MAKEUP TOOLS
- CLIENT CONSULTATION
- LIGHTING
- MAKEUP CONSULTATION
- BEAUTY RISKING CHOICES

Section 7: Skin Care Enhancement

LESSON OBJECTIVES:

Upon completion of this class the student will be able to:

1. Categorize the cosmetic use for facial makeup.
2. Summarize the chemistry of foundations.
3. Demonstrate the use of face masks, foundations, and concealers.
4. Understand the chemistry of face powders, cheek color, and lip color.
5. Diagram the use of lip liner.
6. Determine the appropriate eye shadow, eye liner, eyebrow color, and mascara to use on a client.
7. Identify eye makeup removers.
8. Apply basic makeup tips, and tips for keeping great skin.
9. Outline the tools and implements used in the makeup procedure.
10. Distinguish between reusable and disposable implements.
11. Construct client recommendations for the makeup procedure.
12. Discuss primary, secondary, and tertiary colors in relations to the makeup color theory.
13. Demonstrate the use of warm and cool colors.
14. Select makeup colors to compliment a client's prominent features.
15. Determine a client's skin color for a more appealing makeup procedure.
16. Review the color selection steps.
17. Summarize the categories of makeup tools.
18. Implement an effective client makeup consultation.
19. Identify the risks in makeup choices when performing a service.

MAKE-UP APPLICATION

Makeup has a great quality that whispers to the cosmetologist, estheticians and the client. It makes you think of weddings, proms and big glamorous events and is often the secret to making the Hollywood stars look good. Each year this art and science increase in the sophistication of makeup. In the 21st century, the magic of makeup is more powerful than ever. Thanks to technological advances and intensive training the industry is experiencing greater potential in terms of growth and opportunity.

For most clients, makeup application should be modest. The main goal that you are trying to achieve is to accentuate the client's most attractive facial features while minimizing those

features that are less attractive. There is no fixed pattern for applying facial makeup. Makeup application may vary from one client to the next. Facial structure, eyes, hair color and skin tone must be taken into consideration before applying facial makeup.

After finding out the client's desired look, results can be realistically achieved. You will be better equipped to make use of cosmetics in your professional services when you have learned the chemical composition and preparation of cosmetics. Once you know these basics, you can use makeup to create illusions with shadowing, highlighting, and color. The client's natural beauty can be enhanced by a blend of facial makeup and hairstyle. This will help us to achieve the vitality that most professional makeup techniques mimic. These basic techniques, which took decades to stumble upon, will save you from needlessly struggling in your profession. Instead, you can begin your own transformation today.

All the motivation and information in the world won't help your client if there's no easy way to follow through. It's important to have practical, appealing solutions in order to gain the courage to leave old habits behind. Living well and staying beautiful doesn't have to be difficult or expensive; it doesn't require inflexible regimens or obscure products.

Many substances are promoted as being derived from nature. However, the body is perhaps the best judge of when the line between natural and refined has been crossed. Mineral oil and petroleum jelly may be derived from natural petroleum. They are highly processed hydrocarbons that do not readily break down in the environment or on our skin. Not only are they incompatible but these substances also block sebum while disrupting the skin's ability to regulate and receive real moisture.

Similarly, certain natural oils can be made harmful through the process of hydrogenation, which oxidizes them. Hydrogenated fats, or trans-fats such as margarine, enter our cells and unsuccessfully stand in for healthy fats, while they confuse and disrupt anti-inflammatory, immune and other processes in the body. Heat and solvents will deplete natural oil or vitamins, skin-beautifying sterolins and essential fatty acids. Even nutritional supplements can have different reactions in the body, depending on their source. The D-alpha tocopherol form of vitamin E that the body uses best comes from nature, while the petro-derived synthetic version, D-alpha tocopherol does not produce the same health benefits.

In cosmetics, processing and synthesizing ingredients increase the likelihood of contamination and interaction of chemicals within a product. Carcinogenic by products like dioxins and nitrosamines are commonly formed in highly synthetic cosmetics.

Today it is easier than ever to disconnect with our true looks because cosmetic and dermatologic technologies have allowed us to cover, sand, zap or surgically alter ourselves. With today's sophisticated texture of makeup, skin-resurfacing techniques, and botox, we can

look moist, vibrant and even emotionally unburdened. We often consider only the sand-ability or zap-ability to make us flawless, rather than what signs like discoloration, blemish patterns, poor circulation or broken capillaries convey to us about our health. Because of our choices we may therefore miss out on the opportunity to truly heal our beauty from the inside. There's more to gain from looking in the mirror than assurance that our makeup is right or our concealer is doing its job. The skin on your face changes constantly. Facial bumps, circle and changes are not there to embarrass us; they should alert, inspire and guide us to take steps to correct an imbalance that is likely affecting us in countless other ways.

Only we can attune ourselves to the revealing dialogue between our actions and our reflections. First, we need to slow down and quiet down to hear it. This sacred communication with our bodies is all too often disrupted by sensory bombardment, desensitizing quick fixes, drugs, chemicals and over stimulating foods that can short-circuit our body signals.

Now that you've begun to consider the deeper issues behind our skin challenges, you have new clues to direct your own process of shedding and to cultivate your best glow.

Without judging ourselves, look in the mirror and do a self-inventory and think about the choices you make throughout the day. Try to grasp their cumulative effects.

1. What fixes get you through the day? Which products help you thrive?
2. What could the mirror be telling you about your makeup?
3. Identify your most frequent autopilot routines. Are there products you use every day that you haven't scrutinized? Do you eat or apply anything without knowing what is in it?
4. Look at your personal care choices. Could any of your skin or health regimens be causing new problems or irritation?
5. What are your current beauty worries and priorities?
6. How do you approach your skin and body issues?
7. Do you prefer certain brand-name products?
8. Do beautiful packaging and poetic passage on the label make you overlook ingredients listed in small print?
9. Are you satisfied with products that appear natural even if you're not really sure what they are?

Certain chemical dilemmas that affect your body may have a direct impact on your success in letting go of unhealthy habits and behaviors. They include nutritional deficiencies, food sensitivities, blood sugar issues, mood affecting and chemicals imbalances, such affect weight and appetite. Skin imbalances can also be caused by sensitizing products, over-the-counter and prescription drug side effects, environmental and household toxins that challenge the body.

Listed below, are tips to keep the skin in good condition so makeup can be applied evenly and smoothly:

1. At least 70 percent of the skin's blemish and wrinkle fighting hydration comes from the water we consume. It is good to invest in a water purifier system. It is unhealthy to drink a lot of heavy metals, volatile organic chemicals and chlorine which ages the body and skin and impedes the body's ecology. Pure water will boost the value and appeal to every tea, soup and beverage you make at home.
2. If you are sensitive to sugar, like most people, a jolt of sugar such as our morning juice will start a pendulum of mood swings and cravings that will continue throughout the day. Liquid sugar does crazy things to the skin. In addition to causing the pancreas to spew too much insulin, in order to neutralize the massive sugar rush, it also caused the excess sugar to be stored as fat. The concentrated nature of beverages allows sugar to enter the bloodstream more quickly, so sugary drinks are often even more likely than food to cause weight gain and unhealthy skin. Eating an orange, however, introduces sugar into the bloodstream slowly because of the fiber that fruit has. There is a connection between sugar and everything from: inflammation, blemish and eczema related puffiness and under-eye circle to wrinkles, sagging, brown spots and overall accelerated aging. Sugar can also wreak havoc on collagen, leading to the cross-linking of the fibers that give elasticity to the skin, thereby causing wrinkles. In addition it is a known fact that another aging process caused by sugar is called **glycation**, resulting in an ugly type of protein breakdown in the skin and throughout the body. Get the support you need to wean off sugar.
3. A lot of women cake on too much makeup in an effort to mask wrinkles and imperfections, or choose the wrong color. For instance, darker-skinned women may opt for shades too light for them in an effort to lighten up a bit. Some women may choose shades that are too warm or cool for their natural skin tones. This is a mistake. Allow for a luminous, moist foundation with sunscreen protection that will give your client a smoother, glowing look. Rather than slithering makeup into creases and folds, try out different eye shadows to see which ones remains in place. Take advantage of the new lines of long-lasting lipsticks that don't smear or run into fine lines around the mouth. In addition, pay attention to the coloring. If a client decides to change her hair color, let her know she might want to change her makeup palette accordingly. Your client might also consider micro pigmentation sometimes called permanent makeup. This procedure is performed by board certified permanent makeup artist and can offer beautiful, lasting result

that are liberating. Keep in mind makeup is not bad for anyone's skin just as long as you cleanse and moisturize morning and night.

By following the tips above your skin is back in tact of being healthy and make-up can be applied evenly and smoothly.

COSMETIC USE FOR FACIAL MAKEUP

The cosmetic industry has created a wide range of products designed to enhance the skin's appearance as well as its condition. Cosmetics on the market today meet the needs of every skin type.

Foundation is a cosmetic usually tinted, that is used as a base or as a protective film applied before makeup and/or powder. Foundation evens the skin tone, hides color and minor imperfections of the skin and protects the skin from dirt, debris and the sun.

Liquid foundation and cream foundation are the most widely used types and give a natural coverage with a slight sheen. They contain essential or mineral oil and are referred to as oil-based. These products are a good choice for normal to dry skin. Oil free products are referred to as water-based, water being the main ingredient. Water-based liquid foundation, cream foundation or powder foundation generally give a more matte dull non shiny finish and help conceal minor blemishes and discolorations. These foundations are particularly effective for oily skin as they will not add more oil to the skin.

FOUNDATION CHEMISTRY

Cream foundations are predominantly water, mineral oil, stearic acid, cetyl propylene glycol, alcohol, triethanolamine, lanolin derivatives, borax and insoluble pigments. Foundation may also contain surfactants emulsifiers, humectants, perfume and preservatives such as paraben. The formulation of these products is generally suited for dry to normal skin and gives medium to full coverage.

Liquid foundations are suspensions of organic and inorganic pigments in alcohol and water-based solutions. Most liquid foundations must be shaken before used, but bentonite is added to help keep the products blended. The formulation of this product is generally suited for clients with oily to normal skin conditions who desire sheer to medium coverage.

Powder foundations consist of a powder base mixed with a coloring agent and perfume and are especially effective for oily skin. Cream foundations are moist on application but dry to a powdery finish. Many foundations contain barrier agents, such as sunscreen and silicone, to protect the complexion from environmental damage.

STARTING WITH A CLEAN FACE

For the best results, always start with a fresh face. Think of the face as a blank canvas, being the artist of this canvas, you must start with a clean slate. Makeup will go on more smoothly, more evenly, and last much longer. The first rule is to stop over cleansing the skin. Unless you work all night or became all sweaty, your morning routine should be nothing more than reactivating last night's moisturizer with a splash of warm water. Once you have cleansed the skin, toning is your next step and a very important one. The purpose of the toner is to remove residue soap, moisturizer, and oil. Lemons are a very effective toner, which is more refreshing than store bought toners. There is no need to rinse this or any toner off. The final step is moisturizing. You want to make sure you are using a moisturizer that has sunscreen in it. Much of the evidence of aging such as rough skin, wrinkles, age spots, etc., is really the result of too much sun. So protect your clients face with the right moisturizer, and you are now ready to start the makeup application.

Here are a few homemade recipes to pass on to clients:

FACE MASKS

1. **Mayonnaise:** Apply whole egg mayonnaise on your face for about 20 minutes. Rinse off with cool water.
2. **Peach and Brandy:** Mash up a peach (ripe, canned, or frozen) and mix in a tablespoon of brandy. Leave it on for 20 minutes and rinse off.
3. **Tomato Mask:** For oily skin, mash up a ripe tomato and leave it on for 15 to 20 minutes. Rinse with warm (not hot) water.
4. **Banana Mash:** Mash up a very ripe banana, add just enough honey to make a soft pulp. Apply over face; this is a very firming mask. Leave it on for 20 minutes and then rinse with warm water.
5. **Pepto Bismol:** This is a face mask particularly suited for those with sensitive skin. Apply it straight from the bottle with a cotton swab. Allow it to dry and rinse with cool water.

USING FOUNDATION

The success of the entire makeup application process depends on the correct color selection and application of the foundation. When matched correctly and applied, foundation creates an even canvas for the rest of the makeup application. Skin tone determines the selection of foundation color. Skin tones are generally classified as warm, cool or neutral.

Warm tones are generally classified as yellow, orange, or red-orange. Cool tones are generally referred to as blue, blue-green or blue-red. Neutral skin has equal amounts of warm and cool tones. Foundation should always be matched as closely as possible to the actual skin tone. If foundation color is too light, it will have a chalky or gray appearance and will sit on top of the skin giving it a dull look and exaggerating imperfections. If the color is too dark, it will look dirty or muddy on the skin.

The best way to determine the correct foundation color for your client is to apply a strip of color to clean skin on the jaw line. Blend slightly, then repeat with two or three colors. The color that disappears on the skin is the correct tone. Avoid creating a contrast between the color of the face and the color of the neck. Makeup should be matched in color and blended smoothly with no visible line of demarcation.

Liquid foundation, tinted moisturizer, and tube foundation are taken from the container with a spatula, then applied to the face with the fingertips or facial sponge. Powder and cream to powder foundation may be applied with a moist or dry facial sponge. Keep in mind there are more than forty shades between the lightest and deepest of dark skin, so finding the right foundation can be a real challenge. Always test foundation on your cheek or nose. The skin around the outside of the face is often darker than the skin in the center. Black skin has a lot of yellow pigment, so look for foundation with yellow undertones. Choose oil-free formulation, as darker skin reflects more light and is often slightly oily.

CONCEALERS

Concealers are used to cover blemishes and discolorations of the skin and may be applied before and after foundation. They are available in pots, pencils, wands and tubes or sticks in a range of colors to coordinate with or match natural skin tones. Any form of concealer may contain moisture or control oil, depending on the brand. Some specifically treat acne and oiliness, while others provide anti-aging ingredients and moisturizing benefits.

Generally, pot concealer is the heaviest and provides the most coverage. Pencil concealer gives sheer to medium coverage and may contain some moisture. Wand concealer is usually sponge or brush tipped and in fluid consistency. Tube or stick concealer is usually medium to sheer and may double as a foundation. The chemical composition of concealers is similar to that of cream foundations.

USING CONCEALER

Concealer is removed from the container with a spatula and may be applied with a concealer brush or sponge. Place it sparingly over blemish or areas of discoloration and blend it into the surrounding skin with a facial sponge. It is important to match concealer color to skin as closely

as possible. Concealer that is noticeably lighter than skin can appear to draw attention to a problem area such as dark circles under the eyes. If covering blemishes, match the skin very closely so that you do not highlight the blemish. The principles that apply to choosing foundation colors also apply to concealer colors.

APPLICATION TIMES

No matter where your client is going, the usual routine should take no longer than 15 minutes. When applying the foundation use a sponge and start under the client's eye area. This is where coverage is needed the most. Blend all over the face including the lips. Sweep more heavily over flaws, go lightly over your clients "good" areas to even out the color. Fill in any areas that need it with the concealer. The concealer can be used before or after foundation to even out the skin tone.

FACE POWDERS

Face powder is fine as baby powder but it is cosmetic powder, sometimes tinted and scented, it is used to add a matte or dull finish to the face. It improves the overall attractiveness of the skin by enhancing the skins natural color. It also helps to conceal minor blemishes and discolorations, toning down excessive color and shine. Face powder is also used to set the foundation.

FACE POWDER CHEMISTRY

Two forms of face powder are widely used in the salon, loose powder and pressed powder. These types have the same basic composition; pressed powders are simply compressed and held together with binders so they will not crumble. Face powder consists of a powder base mixed with a coloring agent and perfume. Ingredients in most powders include talc, zinc oxide, titanium dioxide, kaolin, chalk, zinc stearate and magnesium stearate. Bactericides are also added to inhibit the growth of bacteria and preserve the product.

USING FACE POWDER

Face powder is available in a variety of tints and shades and in different weights. Light and medium weights are effective on skin that is normal to oily. Face powder should match the natural skin tone and work well with the foundation. It should never appear caked, spotted, or

streaked on the face. Translucent powder blends with all foundations and will not change color when applied.

Apply face powder after foundation using a fresh cotton puff. Press the powder over the face in the desired areas, and then use a powder brush or another puff to remove the excess. When suggesting products to a client, recommend both loose and pressed powders. Press powders are compact and easy to carry for quick touch-ups during the day. Loose powder is best used at home.

Bronzing powder, is the most versatile cosmetic your client will ever own. Bronzing is the way to finish your face. The misuse of blush is at the heart of many beauty blunders! If you use blush improperly you can end up looking like a clown in the circus. So a suggestion, use more bronzing powder to add color to your face. It's the perfect tool for nonprofessionals to use in order to contour the face. You can use this type of powder on the cheeks, down the side of the nose, under the jaw line and to add color to the face. You'll find bronzing powder readily available at drugstores, cosmetic counter, wherever your budgets take you.

CHEEK COLOR

Cheek color is a cream liquid dry or loose powder cosmetic used to color the cheeks and the skin beneath the cheekbones. It gives a natural- looking glow to the face and also helps to create more attractive facial contours.

CHEEK COLOR CHEMISTRY

Powder cheek color is simply pressed or loose powder with coloring added. Cream and liquid cheek colors fall into two categories; oil-base and emulsions. The oil based formulations are combinations of pigments in an oil or fat base. Blends of waxes and oily liquids create a water-resistant product. In addition, cream cheek colors contain water; thickeners and a variety of surfactants or detergents that enable particles to penetrate their follicles and cracks in the skin.

USING CHEEK COLOR

Cheek colors are applied over foundation; cream or gel cheek colors resemble cream foundation and are generally preferred for dry and normal skin. These colors are applied with a facial sponge. Liquid cheek color blends well and is suitable for all skin types. It is applied with a facial sponge. Dry cheek color imparts a matte finish and is the most widely used. It is applied with a brush or cotton puff. Loose powder cheek color comes in a variety of shades. It is applied with a brush or cotton puff, cheek color accents the part of the face where it is applied. Peach or brown tones are most flattering to dark skin. You'll find that pink shades have too much of a blue undertone. Use a large soft brush to spread the color and for evening glamour, use a

brown shade of tones darker than your natural skin color. The following are general rules for applications:

1. Apply cheek color where natural color would normally appear in the cheeks. Do not apply the color in toward the nose beyond the center of the eye.
2. Do not extend color above the outer corner of the eye.
3. Do not apply color in a bright, round circle. Blend the color so that it fades softly into the foundation.

LIP COLOR

Lip color is a cosmetic in paste form, usually in a metal or plastic tube, manufactured in a variety of colors. It is used to color the lips and to enhance or correct the shape of the lips. Some lip colors contain sunscreen to protect the lips from the harmful effects of the sun. Others contain moisturizers to keep lips from becoming dry or chapped.

LIP COLOR CHEMISTRY

Lip color is available in a variety of forms, creams, glosses, pencils, gels and sticks. All are formulas of oils, waxes and dyes. Castor oil is the primary ingredient in lipsticks: other oils used are olive, mineral, sesame, cocoa butter, petroleum, and lecithin and hydrogenated vegetable oils. Waxes commonly included in the ingredients are paraffin, beeswax carnauba and candelilla wax.

USING LIP COLOR

Artistry has a keen sense of fashion and that fashion is essential when it comes to selecting the appropriate lip color shade or tint. The current fashions trend might call for a certain look, such as lighter or darker colors or a certain style of application, for example, heavily lined, glossy, lightly stained or matte. Consider the client's preferences, eye color, skin tone and lip shape before selecting and applying lip color. Lip color must not be applied directly from the container unless it belongs to the client.

Use a spatula to remove the lip color from the container, and then take it from the spatula with a disposable lip brush. Use the tip of the brush to line the lips, beginning at the outer corner of the upper lip and working toward the middle. Repeat on the opposite side. Connect the center peaks using rounds strokes, following the natural lip line. Repeat on the bottom lip, working from the outer corners in and connecting in the middle. Aim for symmetry and balance.

LIP LINER

Lip liner is a colored pencil used to outline the lips. It also helps to keep lip color from feathering. It is often used when doing corrective makeup. Lip liner comes in thin or thick pencil form and is available in a variety of finishes. Some lip liners double as lipstick for ease of application.

Lip liner is usually applied before lip color to ensure proper shape and definition of the lips. Choose a lip liner that coordinates with the chosen lip color. The liner should not be dramatically darker or brighter than the lip shade. If a darker liner is desired, fill in most of the lip with the liner and blend the lip color and liner to avoid harsh lines. Sharpen the lip liner pencil and wipe with a clean tissue before each use. Also, remember to sanitize the sharpener before every use.

Line the lips, beginning at the outer corner of the upper lip and working toward the middle. Repeat on the opposite side. Connect the center peaks with rounded strokes, following the natural line of the lip. Outline the lower lip from the outer corners in, and then apply liner on the lips, staying within the outline. The same rule of "the darker the skin, the darker the color" applies to the lips. Red lips are perfect for evening. You can choose reds with warm, brown tones, rather than blue undertones, which tend to be too cold. Women with darker tones usually have darker pigmentation outlining their lips, so they have their own natural lip line. If you do find that you require a lip liner, stay in the brown tones.

1. Lip liner adds depth, definition; prevent lip color from bleeding.
2. Lipstick Matte gives intense shine free long wearing color.
3. Satin gives a moist finish color intensive.
4. Sheer gives translucent color and delicate shine.
5. Lip Gloss gives intense shine see-through or opaque color depending on the formula.

The secret to keeping a good face starts with these three care basics: cleanse, moisturize and protect. For makeup to look flawless and wear well, you need to know your client skin type, understand the skin behavior and treat it with the proper skin care products. Start your prep with a suitable cleanser and follow with a moisturizer. Make sure it contains sunscreen to protect your skin. This helps to avoid incidental exposure and also maintains an even tone. Be sure to apply moisturizer immediately after you cleanse and wait a few minutes before you begin to apply makeup.

Selecting the proper textures and shades can range from a look that says nude and lovely to one that's styled and communicates a glam slam. Perfecting this artistic craft calls for selecting the right texture and shades. No matter what, you always want to select a shade that enhances one's natural beauty.

Begin by choosing the proper concealer, as we all have a little something to hide, select the proper foundation for your client skin matching both the client skin tone and undertone. To find the correct shade, select those shades closest to the complexion and apply them along the jaw line, then allow a minute for them to dry.

Powders should also fall into the scheme of things, natural and flawless. Be sure to choose the right shade, one that is not ashy or too red. More often than not, you'll find that a yellow-based powder will fit the bill.

When it comes to blush, continue the harmony of naked skin like finishes by selecting shades and textures that impart a warm glow. With experience you'll eventually find compatible bronzing creams and powders.

So let's say good-bye to those ashy or densely pigmented shadows of yesteryear, and open the door to new colors that will enhance your inner and outer beauty!

EYE SHADOW

Eye shadows are cosmetics applied on the eyelids to accentuate or contour them. They are available in almost every color of the rainbow, from warm to cool, neutral to bright, and light to dark. Some powder eye shadows are designed to be used wet or dry. They also come in a variety of finishes, including metallic, matte, frost, shimmer, or dewy.

Eye shadow is available in stick, cream, pressed, and dry powder form, and usually come with an applicator. Stick and cream shadows are water-based with oil, petrolatum, thickener, wax, perfume, preservatives, and color added. Water-resistant shadows have a solvent base, such as mineral spirits. Pressed and dry powder shadows are composed much the same as pressed face powder and powdered cheek color.

When applied to the lids, eye color or shadow makes the eyes appear brighter and more expressive. Matching eye shadow to eye color creates a flat field of color and should generally be avoided. Using color other than the actual eye color (that is, a contrasting or complementary color) can enhance the eyes. Using light and dark can also bring attention to the eyes.

Generally, a darker shade of eye color or shadow makes the natural color of the iris appear lighter, while a lighter shade makes the iris appear deeper. However, the only set of rules for selection of eye makeup colors is that they should enhance the client's eyes. Color choices should be more subtle for daytime. If desired, eye makeup color may match or coordinate with the client's clothing color. Eye shadow colors are generally referred to as highlight, base, and contour colors.

1. Highlight color is lighter than the client's skin tone and may have any finish. Popular choices include matte or iridescent (shiny). As the name suggests, these colors highlight a specific area, such as the brow bone. Remember that a lighter color will make an area appear larger.
2. Base color is generally a medium tone that is close to the client's skin tone. It is available in a variety of finishes. This color is generally used to even skin tone to the eye. It is often applied all over the lid and brow bone, from lash to brow, before other colors are applied, thus providing a smooth surface for the blending of other colors. If used this way, a matte finish is generally preferred.
3. Contour color is a color, in any finish, that is deeper and darker than the client's skin tone. It is applied to minimize a specific area, to create contour in a crease, or to define the eyelash line.

To apply eye shadow, remove the product from its container with a spatula, then use a fresh applicator or clean brush. Unless you are doing corrective makeup, apply the eye color close to the lashes on the upper eyelid, sweeping the color slightly upward and outward. Blend to achieve the desired effect. More than one color may be used if a particular effect is desired.

The general rule is that the darker the skin, the deeper the eye color. This is because darker skin tends to absorb color. Use rich eye colors like gold, deep gray, purples, russet, copper and brown. Pale pink and beige are enhancing highlighters. If your eyebrows are a little sparse, use dark brown or black pencil to fill them in. Use a Kohl pencil to rim the eyes and some coats of mascara.

EYELINERS

Eyeliner is a cosmetic used to outline and emphasize the eyes? It is available in a variety of colors, in pencil, liquid, pressed (cake), or felt tip pen form. With eyeliner you can create a line on the eyelid close to the lashes to make the eyes appear larger and the lashes fuller.

Eyeliner pencils consist of a wax (paraffin) or hardened oil base (petrolatum) with a variety of additives to create color. They are available in both soft and hard form for use on the eyebrow as well as the upper and lower eyelid.

Liquid and cake eyeliners contain alkanolamine (a fatty alcohol), cellulose, ether, polyvinylpyrrolidone, methylparaben, antioxidants, perfumes, and titanium dioxide.

Most clients prefer eyeliner that is the same color as the lashes or mascara for a more natural look. More dramatic colors may be chosen depending on seasonal color trends.

Be extremely cautious when applying eyeliner. You must have a steady hand, be sure that your client remains still. Sharpen the eyeliner pencil and wipe with a clean tissue before each use. Also, remember to sanitize the sharpener before each use. Apply the desired area with short strokes and gentle pressure; the most common placement is close to the lash line. For powder shadow liner application, scrape a small amount onto a tissue and apply to the eyes with a disposable applicator or clean brush. If desired, wet the brush before the application for a more dramatic look.

EYEBROW COLOR

Eyebrow pencils or shadows are used to add color and shape to the eyebrows, usually after tweezing or waxing. They can be used to darken the eyebrows, correct their shape, or fill in sparse areas.

The chemistry of eyebrow pencils is similar to that of eyeliner pencil. The chemical ingredients in eyebrow shadows are also similar to those on the eye shadows.

Sharpen the eyebrow pencil and wipe clean tissue before each use. Sanitize the sharpener before each use. For powder shadow application, scrape small amount onto a tissue and use a disposable applicator or a clean brush to apply shadow to brows. Avoid harsh contrasts between hair and eyebrow color, such as pale blonde or silver hair with black eyebrows.

MASCARA

Mascara is a cosmetic preparation used to darken, define, and thicken the eyelashes. It is available in liquid, cake, and cream form and in a variety of shades and tints. Mascara brushes can be straight or curved, with fine or thick bristles. The most popular mascara colors are shades of brown and black, which enhance the natural lashes, making them appear thicker and longer. Mascara and eyebrow pencils should be generally coordinate so there is no harsh contrast.

Mascara is available in tube and wand applicators. Both are polymer products that include water, wax, thickeners, film-formers, and preservatives in their formulation. The pigments in mascara must be inert (unable to combine with other elements) and usually are carbon black,

carmine, ultramarine, chromium oxide, and iron oxides. Some wand mascaras contain rayon or nylon fibers to lengthen and thicken the hair fibers.

Mascara may be used on all the lashes, from the inner to outer corners. Using a disposable wand, dip it into a clean tube of mascara and apply it close to the base of the lashes out towards the tips, making sure the client is comfortable throughout the process. Dispose of the wand. Never double-dip.

EYE MAKEUP REMOVERS

Do just that; remove eye makeup. Most eye makeup products are water-resistant, so plain soap and water is less effective for removal. Eye makeup removers are either oil-based or water-based. Oil-based removers are generally mineral oil with a small amount of fragrance added. Water-based removers are a water solution to which acetone; boric acid, oils, lanolin or lanolin derivatives and other solvents have been added.

MAKEUP TIPS

1. Lipstick makes a great cream blush. You'll find it's a perfect way to color coordinate your face.
2. A nude pencil is just right to outline lips, cover blemishes and line brows.
3. Eye shadow doubles as lip powder.
4. Mascara can create an emergency beauty mark.
5. Dark brown eye liner can be used as a lip pencil.
6. Dry blush can be used to seal lips or to change lip color.
7. Translucent powder can be used to lighten brows and to seal lipstick.
8. Concealer hides redness and thins a too prominent nose.
9. Powder puffs sprayed with hair spray help powder to stay put.
10. When retouching makeup in the middle of the day, go lightly. keeping in mind that Oil from the skin will absorb the make-ups color and intensify it, making it look artificial.
11. Pressed powder has finer texture than loose powder and looks less "floury".

12. Brush powder only on the center of the face. The sides of the face are always drier and don't require it.

OTHER TIPS

1. Baby wipes are hygienic use them once and throw them away. Baby wipes are very gentle to the face. You'll find that most versions contain lanolin which is a skin softener. This is a great tool for both cleansing the face and removing makeup This is also useful for taking off a stain or deodorant mark.

2. Hemorrhoid cream can be used for puffy eyes and along the jaw line for puffy cheeks. It is an instant face lift.

3. White eyeliner is essential to create a wide-eyed look. Use it along the lash line and softly smudge it with a sponge applicator.

4. White eye shadow is used to create a shimmering face base by mixing it with foundation. Stroke just under the brow, lifts the eye.

5. Vaseline, you can create your own tinted gloss and save lots of money by simply mixing any of your favorite lipsticks with a dab of Vaseline.

6. Instead of expensive toners, use lemon juice to remove residue and refresh your face. Make sure that you purchase juice with real lemons.

7. Teething rings are also placed on the eyes to reduce any puffiness and provide a well rested, wide-awake appearance. Another way to wake up those eyes is to hold a spoon over the eye for about thirty seconds. The coolness of the metal wakes up the eyes.

8. Here is another trick take a tooth brush and brush your lips, not only does it take away any chapping, it plumps up the lips temporarily for that sought after pouty look.

TIPS FOR KEEPING GREAT SKIN

1. Drink lots of spring water, don't smoke, and avoid fatty foods and chocolate. Boil some whole milk let it cool down lift off the film that form on the surface and apply it to the skin, after it dries, scrub it off and exfoliate the skin.

2. Don't use moisturizer under your foundation. It can look extremely greasy. Line lips and then dip a Q-tip in powder and run along the line. This will create a mouth that pops out.

3. A simple way to resist aging is sun protection. This is the number one reason why our skin ages. Wear sunscreen at all times and don't forget that the skin needs to be protected from the sun.
4. Smoking causes early wrinkling and this occurs due to the reduced levels of the oxygen needed to keep skin healthy. Smoking is the prime source of oxygen deprivation. If you are in the process of quitting make sure you drink lots of water.
5. Alcohol in excess dehydrates the body and robs it of vitamins that keep the skin both healthy and glowing. Never have an alcoholic drink without a chaser of ice water.
6. Improper Nutrition: the modern day use of convenience foods encourages the formation of free radicals. These foods are high in process fats and oils. Protection of the skin is possible by eating foods rich in vitamins A, C and E. Fresh fruits and vegetables are particularly good for keeping the skin youthful. Supplementation may be necessary if you're not getting these nutrients in your food.

ANTI-AGING RULES

Anti-Aging Rule 1: Update your makeup the way you update your wardrobe.

Anti-Aging Rule 2: Age gracefully and you'll always remain youthful.

GREASEPAINT

Greasepaint is a heavy makeup used for theatrical purposes. Cake (pancake) makeup is a shaped, solid mass applied to the face with a moistened cosmetic sponge. It gives good coverage and generally used to cover scars and pigmentation defects.

MAKEUP BRUSHES AND OTHER TOOLS

Makeup brushes come in a variety of shapes and sizes. They may be made of synthetic or animal hair with wooden or metal handles. Commonly used makeup brushes and implements include the following items:

POWDER BRUSH: Large soft brush used to apply powder or blush and for blending edges of color.

BLUSH BRUSH: Smaller, more tapered version of the powder brush, excellent for applying powder cheek color.

1. **CONCEALER BRUSH:** Usually narrow and firm with a flat edge, used to apply concealer around the eyes or over blemishes.
2. **LIP BRUSH:** Similar to the concealer brushes, with a more tapered edge; may be used to apply concealer or lip color.
3. **EYE SHADOW BRUSHES:** Available in a variety of sizes, from small to large, and diffused based on the blend of the shadow. A firm brush is better for depositing dense color than for blending it.
4. **EYELINER BRUSH:** Fine, tapered, firm bristles; used to apply liquid liner or shadow to the eyes.
5. **ANGLE BRUSH:** Firm, thin bristles; angled for ease of application of shadow the eyebrows or shadow liner to the eyes.
6. **LASH AND BROW BRUSH:** Comb-like brush used to remove excess mascara on lashes or to comb brows into place.
7. **TWEEZERS:** Available in metal or plastic; used to remove excess facial hair.
8. **EYELASH CURLER:** Metal or plastic device used to give lift and upward curl to the upper lashes.

If you invest in high-quality make-up brushes, you will have them for years. Take good care of your brushes by cleaning them gently.

A commercial sanitizer can be used for quick cleaning, although spray-on instant sanitizers contain a high level of alcohol and will dry brushes over time. A gentle shampoo or brush solvent should be used to truly clean the brushes. These products will not hurt brushes and may actually help them last longer.

One caution: the brush should always be put into running or still water with the ferrule (the metal ring that keeps bristles and handle together) pointing downwards. If the brush is pointed up, the water may remove the glue that keeps the bristles in place. Rinse brushes thoroughly after cleansing, they will dry in the shape they are left in. Reshape the wet bristles and lay the brushes flat to dry.

DISPOSABLE IMPLEMENTS

1. **Sponges:** Come in a variety of sizes and shapes, including wedges and circles, and work well to apply and blend foundation, cream or powder blush, powder, or concealer.
2. **Powder or Cotton puffs:** May be made of velour or cotton and are used to apply and blend powder, powder foundation, or powder blush.
3. **Mascara wands:** Usually plastic; used to apply mascara on a client; generally disposable, so as to ensure proper hygiene.
4. **Spatulas:** Wooden or plastic, with a wide, flat base; used to remove makeup such as lip stick, foundation, concealer, powder, blush, and shadow from their containers.
5. **Disposable lip brushes:** May be plastic or another synthetic; used to hygienically apply lip color to a client.
6. **Sponge:** Tipped shadow applicators: Used to apply shadow and lip color or to blend eyeliner; may be used to remove unwanted makeup from eyes or lips.
7. **Cotton swabs:** May be used to apply shadow, blend eyeliner, or remove unwanted makeup from eyes and lips.
8. **Cotton pads or puffs:** May be used with astringents or makeup removers; also used to apply powder products.
9. **Pencil sharpener:** Use before each application of eye or lip liner pencil to ensure hygienic application.

OPTIONS THAT YOU CAN RECOMMEND TO YOUR CLIENT

Temporary fillers, the great advantage to temporary fillers over permanent fillers is that if anything goes wrong or your client simply don't like the result, she is not stuck with the changes she made. The down side to the option is that she will need to pay for treatments several times a year to keep her desired look.

Collagen treatments are a protein naturally found in the skin. Think of it as scaffolding that provides your skin with its firm, smooth, resilient texture. As we age and are exposed to the sun the collagen frameworks break down and with repeated muscles movements overlying these areas, wrinkles begin to appear. Collagen replacement therapy restores the natural collagen support layer to your skin. Facial lines are smoothed and wrinkles are diminished. Collagen may also be used to plump up lips that have become thinner.

Chemical peels are becoming increasingly popular and the variety of ingredients used for this purpose is increasing daily. The goal of a peel is to leave the skin smoother, more even in texture and tone and less wrinkled. The newer combinations of peels adds antioxidants and humectants that make them stronger yet better tolerated. Newer techniques also allow for peels of different strengths to be used at one time to permit a deeper peel at another more delicate site. Chemical peels speed up the natural exfoliating process in which outer layer of your skins cells are sloughed off. Various types of acids are used to help break the chemical bonds between skin cells. In this way, the peels also accelerate the production of new cells as the skin heals are stimulated to renew themselves.

Glycolic Acid Peel fall into the family of alpha hydroxy acids, some of which are derived from fruits, which is why they are sometimes called fruit acids The AHAs include: *Glycolic acid* from sugarcane, *Lactic acid* from sour milk, *Citric acid* from citrus fruit, *Malic acid* from apples and *Tartaric acid* from grapes.

They are commonly used in concentrations of 8 to 5 percent in over the counter products. However, they are also commonly used by dermatologist in higher concentrations, up to 70 percent as peeling agents. This procedure may cause minimal irritation or redness lasting a few hours to a few days after the procedure, especially with the higher concentration acids. However, the skin will feel firmer and more hydrated. Fine lines, skin discoloration and age spots will appear diminished.

Lactic Acid Peel is another type of hydroxy acid that is more and more commonly being used for peels. It is also applied as a series, alone or in combination with other peels and procedures.

Salicylic Acid Peel is available in the over the counter formulations in maximal concentrations of 2 percent. In some doctors offices, concentrations of 5 to 30 percent can be used with the purpose of penetrating the epidermis (upper layer of the skin) to exfoliate the surface layer of dead skin cells and cleanse away acne-forming bacteria. Remaining surface impurities can then be removed during acne surgery. This is a process whereby blackheads are manually extracted, using a special instrument designed for this purpose.

Micro dermabrasion is a treatment in which fine crystals made of aluminum oxide crystals or salt crystals are applied with varying degrees of pressure to your skin to loosen the outer layer of dead cells. The cells are then vacuumed up, using a suction device.

The treatments listed above are great tools to use when trying to create a smooth skin texture.

MAKEUP COLOR THEORY

A strong understanding of how color works is vital for effective makeup application. Everyone sees color a little differently, and it may take a while to learn to see color naturally and easily. Let us review how to identify primary, secondary, and tertiary colors, as well as warm, cool, and complementary colors. Once you understand these basics of color theory, you can use your creative instincts to invent any color palette you desire.

PRIMARY COLORS: Are fundamental colors that cannot be obtained from a mixture. The primary colors are yellow, red, and blue.

SECONDARY COLORS: Are obtained by mixing equal parts of two primary colors. Yellow mixed with red makes orange. Red mixed with blue makes violet. Yellow mixed with blue makes green.

TERTIARY COLORS: Are formed by mixing equal amounts of a secondary color and its neighboring primary color on the wheel. These colors are named primary color first, secondary color second. For example, when we mix blue (a primary) with violet (a secondary), we call the resulting color blue-violet.

A primary and secondary color directly opposite each other on the color wheel are called **complementary colors**. When mixed, these colors cancel each other out to create a neutral brown or gray color. When complementary colors are placed next to each other, each color makes the other look brighter, resulting in greater contrast. For example, if you place blue next to orange, the blue seems bluer, the orange brighter. Try this with magic markers or colored paper to compare. The concept of complementary colors is useful when determining color choice. For example, the use of complementary colors will emphasize eye color, making the eyes appear brighter.

COLOR THEORY

A wheel colors starts from the top and goes clockwise with all other colors. Yellow, yellow green, green, blue green, blue, blue violet, violet, red violet, red, red orange, orange, yellow orange and then back at yellow.

WARM AND COOL COLORS

Learning the difference between warm and cool colors is essential to your success as a makeup artist. This is the basis of all color selection, and understanding the difference will enable you to properly enhance your client's coloring.

WARM COLORS

Warm colors are the range of colors from yellow and gold through the oranges, red-oranges, most reds, and even some yellow-greens.

COOL COLORS

Cool colors suggest coolness and are dominated by blues, greens, violets, and blue-reds. You will notice that reds can be both warm and cool. If the red is orange-based, it is warm. If it is blue-based, it is cool. Green is similar: if a green contains more gold, it is warm; if it contains more blue, it is cool.

You may hear people refer to a color as having a lot of blue in it. For example: "This lipstick has a blue base" or "That blush is very blue." This does not mean that the color is truly blue. Rather, it means that when the pigments were mixed to create that cosmetic, more blue color was added. What you are seeing might look primarily violet or magenta.

SELECTING MAKEUP COLORS

Now that we have determined warm and cool, it is time to learn a system that will help you feel more comfortable when choosing colors for your clients. Keep in mind this is simply one way of choosing colors. The art of makeup application allows for more than one way to achieve the result you are looking for. However, once you learn the rules of a basic color selection system, you can then go on to break them if you so desire.

As you look to the color wheel, think of it as a tool in determining color choice. There are three main factors to consider when choosing colors for a client: skin color, eye color, and hair color.

DETERMINING SKIN COLOR

When determining skin color, you must first decide if the skin is light, medium, or dark level. Then determine whether the tone of the skin is warm or cool. You may not see skin colors truly in the beginning. Give yourself time and practice to develop your eye.

A neutral skin tone contains equal elements of warm and cool, no matter how light or dark the skin is. Remember to always match your foundation color to the color of the skin, or use the corrective techniques discussed later in this section. Once you have determined if the skin is light, medium, or dark, you may choose eye, cheek, and lip colors to match the skin color level, or try contrast for more impact. Most skin tones and levels can wear a surprisingly wide range of eye, cheek, and lip colors.

1. If the skin color is light, you may use light colors for a soft, natural look. Medium to dark colors will create a more dramatic look.

2. If the skin color is medium, medium tones will create an understated look. Light or dark tones will provide more contrast and will appear bolder.
3. If the skin color is dark, dark tones will be most subtle. Medium to medium light or bright tones will be striking and vivid.
4. Be cautious when choosing tones lighter than the skin. If the color is too light, it will turn gray or chalky on the skin. Look for translucent, shimmery colors if you are choosing these tones.

COMPLEMENTARY COLOR FOR EYES

As you begin recommending eye, cheek, and lip colors, neutrals will always be your safest choice. They contain elements of warm and cool and work well on any skin tone, eye color, or hair color. They come in variations of brown or gray. For instance, they may have a warm cool base with brown tones. Or you might choose a plum-brown, which would be considered a cool neutral. An orange-brown would be considered a warm neutral. Charcoal gray is a cool neutral, as is blue-gray.

Contrary to popular belief, matching eye color with shadow color is not the best way to enhance it; it only creates a flat region of color. By contrasting eye color with complementary colors, you emphasize the color most effectively.

The following is a guideline for eye color selection. You may refer back to the color wheel for additional help in determining complementary colors.

1. **COMPLEMENTARY COLORS FOR BLUE EYES:** Orange is the complementary color to blue. Because orange contains yellow and red, shadows with any of these colors in them will make your eyes look bluer. Common choices include gold, warm orange-browns, like peach and copper, red-browns like mauves and plum, and neutrals like taupe or camel.
2. **COMPLEMENTARY COLORS FOR GREEN EYES:** Red is the complementary color to green. Because red shadows tend to make the eyes look tired or bloodshot, pure red tones are not recommended. Instead, use brown-based reds or other color options next to red on the color wheel. These include red-orange, red-violet, and violet. Popular choices are coppers, rusts, pinks, plums, mauves and purples.
3. **COMPLEMENTARY COLORS FOR BROWN EYES:** Brown eyes are neutral and can wear any color. Recommended choices include such contrasting colors as greens, blues, grays, and slivers.

ADDING CHEEK AND LIP COLOR

After you have chosen eye makeup, use the color wheel to determine whether your choices are warm or cool and then coordinate cheek and lip makeup on the same color family as the eye makeup. For example, if your client has green eyes, you should recommended plums for her, which is cool. Now you should stay with cool colors for the cheeks and lips in order to coordinate with the eye makeup. You may also choose neutrals, as these contain both warm and cool elements and coordinate with any makeup colors.

HAIR COLOR AND EYE COLOR

Hair color needs to be taken into account when determining eye makeup color. For example, if a woman has blue eyes, your instinct might be to select orange-based eye makeup as the complementary choice. If she has cool blue-black hair, the orange will not be flattering. In this case, you would choose cool colors to coordinate with the hair color. Red-violets (plums) would be a more flattering choice. Look at orange on the color wheel: it is warm. Go around the wheel while still remaining cool. Red-violets are the closest to orange on the color wheel while remaining cool. As stated earlier, there is a range of colors to choose from for any client.

REVIEWING COLOR SELECTION STEPS

1. Determine skin level: light, medium, or dark.
2. Determine skin undertone: warm, cool, or neutral.
3. Determine eye color: blue, green, brown and so forth.
4. Determine complementary colors.
5. Determine hair color: warm or cool.
6. Choose eye makeup colors based on complementary or contrasting colors.
7. Coordinate cheek and lip colors within the same color family: warm, cool and neutral.
8. Apply makeup.

The best thing about choosing colors is the unlimited number of choices you have. Try one or all methods of choosing color. You may choose colors based only on skin tone, or you might find that working with complementary colors makes you feel more comfortable. Bring out hair color by matching or contrasting with it, or by blending all three areas as discussed here.

Mineral Cosmetic

Mineral cosmetic can calm irritated and post treatment skin for those with allergy-prone, laser-treated or otherwise challenged skin or those who simply want to minimize the possible sensitizing factors and inherent toxic risks of conventional color cosmetics. Micronized mineral cosmetics are the best answer, Powdered mineral foundations, blushes and eye shadows, which are colored primarily by iron oxides, actually calm irritation due to their titanium dioxide and zinc oxides, which are anti inflammatory. Because they don't contain synthetic dyes, even

the lip pencils and blushes can be used in the eye area. Mineral makeup is recommended by dermatologist and plastic surgeons for use after a peel and as the first makeup usable after laser treatment. They provide a broad spectrum of UVA and UVB sun protection which can reduce added burden to sensitive facial skin. This can be avoided by applying common sunscreen products. They are also water resistant but not pore-clogging. The microscopic crystals overlap, allowing the skin to breath, but they don't crease or accentuate wrinkles as talc-based powders do. As a result of the level of coverage, the loose and pressed formulas stand in for liquid foundation and powder without the buildup or cakiness of cream-to powder foundation.

Makeup should match your natural look. It should be a proper foundation that's an exact match to your skin tone, with matching powder. When applying makeup makes sure you put emphasis on the client best features.

When your clients are applying makeup at home make sure that you educate them on using the right tools. A small collection of good quality, natural hair brushes that wash well, retain their shape and won't shed or scratch your skin are essential to the process. Dome-shaped sponges for applying foundation for blending and clean-ups. By all means, toss those compact brushes and tiny spongy applicators that come with your makeup. These basic tools will not only aid you tremendously in getting the look you desire, but allow you to apply your makeup quickly and easily with the most natural results.

Flat shadow brush: Just the tool for precise application of color to the lids.

Fluffy medium shadow brush: Great for applying shadow in the crease and unbeatable for applying a sheer wash of color on the lids.

Small angle brush: Great for lining eyes or filling in brows.

Powder brush: Perfect for face powder or bronzer.

Brow brush/ lash comb: Excellent for brushing brows into shape and combing and separating lashes.

Lip brush: For a precise application of color and coverage.

Blush brush: Perfectly contoured for applying blush accurately. The functional items listed below will also aid you in giving a great face.

Dual-size pencil sharpener used for upkeep of small and large pencils.

Tweezers: For cleaning up brows, removing occasional facial hair.

Eyelash curler: Giving eyelashes a lift upward, thereby making them appear longer.

Retractable powder brush: Great portable option for on the go touch up.

Blotting papers: To reduce oil and unwanted shine without adding color.

Velour powder puff: To apply powder and set foundation in place.

Tissue: For blotting lips, cleaning up spills.

Cotton swab: Perfect for blending and cleaning up makeup missteps.

Liquid Foundation gives sheer to medium coverage oil-free formulas are great for oil and combination skin types; water based formulas are best for normal to dry skin; both give a slightly dewy finish.

Cream foundation gives a medium to maximum coverage this products is available in oil-free and moisturizing formulas; imparts a flawless, moist finish.

Cream to Powder formulation gives moderate coverage as a foundation, dries to a matte powder finish: for all skin types.

Sticks offer medium to maximum coverage; available in oil-free and water-based formulas; gives a semi-matte finish can also be used as a concealer.

Concealer solid cream provides maximum coverage; great for minimizing under eye circles and dark spots.

Tube lightweight cream: gives medium coverage: camouflages minor imperfections, uneven tone.

Sticks give a somewhat sheer coverage, conceals minor imperfections: sticks can be applied directly onto small areas.

Wand gives semi sheer coverage best for small areas is applied on the skin with convenient sponge tip applicator.

CLIENT CONSULTATION

The first step in the makeup process, as with all other services that take place in the salon, is the client consultation. This is where you ask the client the questions that will bring out her wishes and concerns. Listen closely and try not to impose your own opinions too much. Your role is to hear your client's wishes and concerns and to make recommendations based on your knowledge. If she chooses not to act on your recommendations; do not take it personally. In time, perhaps she will.

CONSULTATION AREA

The area that you use for consultations must be clean and tidy. No one wants to see a messy makeup unit or dirty brushes lying about. Clean your brushes after each use and tidy your makeup area daily. Also, keep a portfolio in the consultation area that includes photographs of your own work or pictures from magazines. The client can go through your portfolio to find styles and colors that appeal to her.

LIGHTING

Adequate and flattering lighting is essential for both the consultation and application parts of the makeup process. Be sure your client's face evenly lit and without dark shadows. Natural light is the best choice, but if it is necessary to use artificial light, it should be combination of incandescent light (warm bulb light) and fluorescent light (cool industrial tube light). If you must choose between the two, incandescent light will be more flattering.

Make sure that the light always shines directly and evenly on the face.

And remember, good lighting makes a client look good, and clients look good are more likely to purchase the products you recommend. When this happens, everyone comes out a winner.

MAKEUP CONSULTATION

A makeup service should always begin with a warm introduction to your client. Visually assess her to understand her personal style. This will give you cues as you continue your consultation.

Engaging the client in conversation will help you determine her needs. Gather whatever information you can on her skin condition, how much or how little makeup she wears, daily versus special occasion makeup, the amount of time she spends applying makeup, colors she likes or dislikes, and any makeup areas she is having trouble with.

Record this information on a client consultation card. Also, write down your recommendations so that you may refer back to them at the end of the makeup application. Reviewing and restarting your written advice with the client at the end of the service will also help you sell the retail products you hope she will purchase. Escort your client to the reception area where you can assist her in gathering the products that you have recommended. Ask her if she has any other questions and, if so, give clear answers. If possible, set up a time for her next appointment. Then give her a business card with your name on it and shake her hand as you turn her over to the receptionist who will check her out.

BEAUTY RISKING CHOICE

Benzoyl peroxide: Drying and peeling regimens like benzoyl and vitamin A derivatives can destroy the beauty of the skin and compromise its protective and antiaging matrix. Tetracycline prescribe for moderate acne, this drug can cause photosensitivity chronic yeast overgrowth and digestive problems. Accutane, another drug of choice for treating severe acne, can cause dryness of the skin, nose, mouth and lips. It can also result in itching and peeling of the palms and soles along with high cholesterol. Some of the less common side effects include thinning hair, body aches and liver damage.

Beauty supporting choice for acne is Phosphilipids. It helps restore the acid balance that fights bacteria in the skin. Azelaic acid is a natural compound sometime prescribe as azelex instead of topical antibiotics. It has been shown to have effects comparable to topical benzoyl peroxide gel and 5% tretinoin cream. Tea tree oil has an effect similar to benzoyl peroxide 5% without making the skin flaky. Tea tree oil and salicylic acid are a good option for mild acne. Essential oils can purify and normalize skin oil. Neem oil is antimicrobial and antifungal and Neroli oil is purifying and normalizes oil production.

Considerations: Excess oil, skin cell buildup, bacteria and inflammation are the issues. Excess oil production is often hormonal or stress induced. Others factors contributing to acne may include the skin's reaction to hair products, phones, fabrics and prescription drugs such as steroid inhalers. Food allergies Iodine-containing food and poor digestion or imbalance of intestinal flora can contribute to acne. Keep in mind our modern lifestyle poses a challenge to the good bacteria (probiotics) that dwells in our bodies.

From the drugs we take to the water we drink and shower in, our precious bugs are fighting for survival and when they start to lose, more virulent bad bugs, like Candida Albicans strain, can rule over our gut and other parts of our bodies. This can contribute to a stubborn imbalance of good and bad bacteria and yeast in the gut and even on the skin, which can set the stage for autoimmune syndromes and skin disorders. Hydration is a basic defense against acne so drink plenty of pure water. Sometimes it is good to use detox measures such as green juices chlorella, milk thistle, turmeric, green tea red clover and plant sterolins help the liver and reduce the

detox burden on the skin. Zinc gluconate supplements work comparably to the antibiotic minocycline hydrochloride against inflamed acne. MSM available in topical products or supplements is the better utilized form of sulfur that inhibits bacteria and promotes healing. Alpha acid topicals can help normalize oil production and shrink pore size.

Dark Spots or Patches: skin lighteners containing hydroquinone can cause skin discoloration and allergic reaction. Hydroquinone is made from crystalline phenol a suspected carcinogen. Lasers do not perform well on melasma discoloration. Azelaic acid is an effective and safer bleaching agent. Some data suggest that topical azelaic acid, used twice daily with a broad spectrum sunscreen, works as well as hydroquinone 4% creams. Kojic Acid inhibits melanin. Vitamin C, Licorice and bioflavonoids can lighten the skin some what. Laser and micordermabrasion for brown spots that go with sun damage is recommended especially for melasma.

Consideration for Dark spots or patches: Keep in mind that hormonal changes, those associated with pregnancy or use of birth control pills, often contribute to dark spots and patches or melasma. This can only be avoided by vigilantly protecting your skin from sun exposure. Use mineral based sunscreens for maximum and safe protection. Another protection is mineral makeup, its benefits are anti-inflammatory and it gives coverage without irritation. Don't forget about antioxidants taken internally and applied to the skin can offer added protection from the sun.

Beauty risking choices for Dry lips: Phenol-containing mineral oil or petrolatum based lip balms cause skin irritation, dryness and lip balm addiction.

Beauty supporting choice: Skin compatible oil and lip balm containing ingredients like shea butter, cocoa butter, coconut oil, bees wax, calendula, aloe allantoin (comfrey root) and vitamins C and E all truly hydrate heal and protect the lips.

Consideration: Avoid contact with water in the colder months. If your lips are chapped try applying lip balm before brushing. Avoid irritating and drying products such as alcohol-containing mouth washes and toothpaste with SLS.

Beauty risking choice: Dry skin, foaming and detergent cleanser, soaps and bubble baths make dry skin worst. Mineral oil and petrolatum based body moisturizers, body oil, baby oil and lip balms can actually leave the skin and lips dryer.

Beauty supporting choice: Cleansing milks and non-stripping cleanser free of irritants like proplene glycol and detergents help your skin recover its own protection. Phospholipids and GLA containing moisturizers and supplements can rebuild the lipid barrier that prevents dry rough skin. Skin compatible oils such as jojoba, sweet almond oil, apricot kernel oil, primrose oil, avocado, azulene, squalane, emu oil, nee, olive oil contain fatty acids that work in concert

with sebum rather than against it. Injuv is a new supplement that may increase the level of hyaluronic acid in the body. Hyaluronic acid acts as a sponge, holding moisture within the skin.

Consideration: A humidifier and increased water intake will help alleviate dryness. Decreased caffeine and alcohol intake can also help. Chlorinated water can contribute to dry skin. Installing a shower filter can make an unbelievable difference.

Beauty risking choices for Wrinkles: Long term use or abuse of Alpha-hydroxy acids can leave the skin irritated, dry, tight, thin, raw and dull. It also causes makeup to look blotchy.

Synthetic vitamin A derivatives, such as Retin-A or Renova prescribed for wrinkles and acne, can be extremely irritating and leave the skin red and flaky. They also leave the skin intensely vulnerable to the sun, water loss and offending substances that are more likely to be absorbed by the skin after treatment.

Beauty supporting choice Phospholipids can rebuild the hydro lipid barrier and prevent premature aging of the skin. Studies have proven that high potency topically applied vitamin C serums can rebuild collagen. Marine Lipids and extracts Papaya enzymes and licorice-containing moisturizers soften and stimulate skin renewal without irritation.

Consideration: Smoking, too much sun, and sugar compromised skin barrier due to harsh products fat or vitamin deficiency in the diet all contribute to wrinkles.

Wrinkle alert: If you smoke, you are two to three times more likely to have moderate to severe wrinkles at age forty or older than a nonsmoker. GLA supplements help rebuild the skins barrier form moisture evaporation and help prevent premature skin aging due to water loss. Eating sugar and high glycemic foods induces glycation as well as collagen cross-linking that cause wrinkles. Alphaipoic acid inhibits the glycation process. Wrinkle fighting antioxidant that inhibit skin damage and aging are known as Vitamins C, E and A.

Skin Care Enhancements

More and more clients today consider the facial the favorite part of their salon visit. These clients are often juggling the demands of their work, family, and community. If performed correctly and professionally, the facial can serve as an oasis in a busy day, leaving the client feeling refreshed, renewed, and with a desire to return for future services.

As a professional who performs facials, you are working in one of the fastest-growing sectors

of the beauty field. Your work can boost a person's self-esteem and confidence and can change the way the person "faces" the world. Your help will be particularly valuable to many of your clients for whom skin problems cause anxiety. Recognize the pleasure that you give and know that the more you develop your expertise at performing facials, the more you will be able to establish yourself as an important member of the salon team.

DISORDERS OF THE SKIN

Like any other organ of the body, the skin is susceptible to a variety of diseases, disorders, and ailments. In your work as a cosmetologist you will often see skin and scalp disorders, so you must be prepared to recognize certain common skin conditions and know what you can and cannot do with them. Some skin and scalp disorders can be treated in cooperation with, and under the supervision of, a physician. Medicinal preparations, available only by prescription, must be applied in accordance with the physician's directions. If a client has a skin condition that you do not recognize as a simple disorder, refer the client to a physician.

It is very important that a beauty salon does not serve a client who is suffering from an inflamed skin disorder, infectious or not. The cosmetologist should be able to recognize these conditions and sensitively suggest that proper measures to be taken to prevent more serious consequences. Thus, the health of the cosmetologist, as well as the health of other clients, is safeguarded.

Lesions of the Skin

A lesion is an injury or damage that changes the structure of tissues or organs. There are three types of lesions: primary, secondary, and tertiary. The cosmetologist is concerned with primary and secondary lesions only. If you are familiar with the principal skin lesions, you will be able to distinguish between conditions that may or may not be treated in a beauty salon.

Primary Lesions

Bulla; plural, bullae- a large blister containing a watery fluid; similar to a vesicle but larger

Cyst- a closed, abnormally developed sac, containing fluid, semi fluid, or morbid matter, above or below the skin.

Papule- a pimple; small circumscribed elevation on the skin that contains no fluid but may develop pus.

Pustule- an inflamed pimple containing pus

Tubercle- an abnormal rounded, solid lump above, within, or under the skin; larger than a papule.

Tumor- a swelling; abnormal cell mass resulting from excessive multiplication of cells, varying in size, shape, and color. Nodules are also referred to as tumors but are smaller.

Vesicle-A small blister or sac containing clear fluid, lying within or just beneath the epidermis. Poison ivy and poison oak, for example, produce vesicles.

Wheal- an itchy, swollen lesion that lasts only a few hours; caused by a blow, the bite of an insect, urticaria (skin allergy), or the sting of a nettle. Examples include hives and mosquito bites.

Secondary Lesions

Secondary skin lesions are those that develop in the later stages of disease.

These include:

Crust-dead cells that form over a wound or blemish while it is healing; an accumulation of sebum and pus, sometimes mixed with epidermal material.

An example is the scab on a sore.

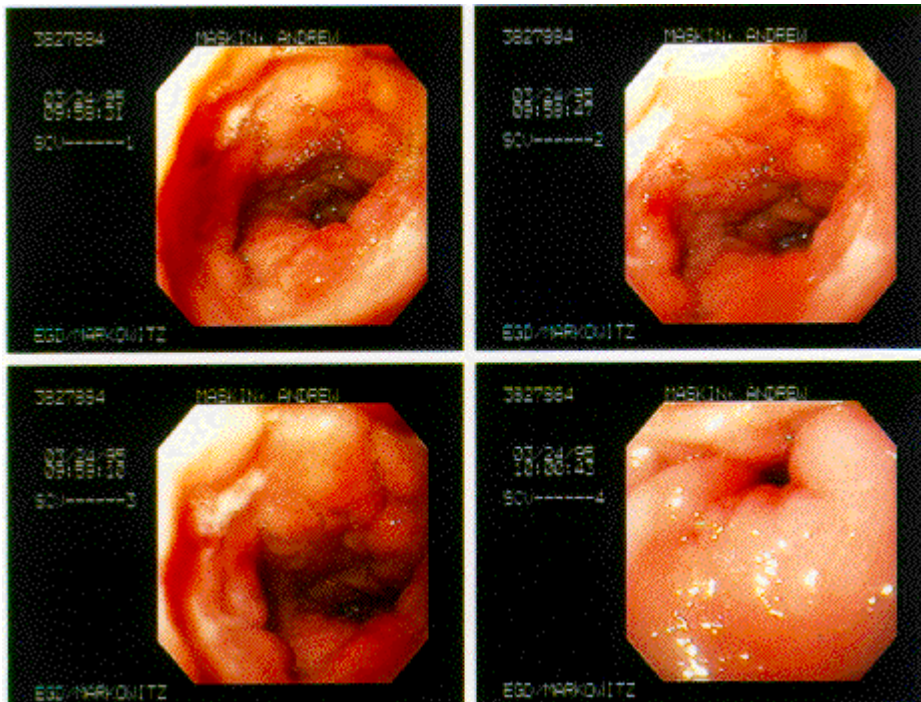
Excoriation-a skin sore or abrasion produced by scratching or scraping. Fissure- a crack in the skin that penetrates the dermis. For example, chapped hands or lips.



Keloid- a thick scar resulting from excessive growth of fibrous tissue.

Scale- any thin plate of epidermal flakes, dry or oily. An example is abnormal or excessive dandruff.

Scar or cicatrix-light-colored, slightly raised mark on the skin formed after an injury or lesion of the skin has healed.



Ulcer- an open lesion on the skin or mucous membrane of the body, accompanied by pus and loss of skin depth.

DISORDERS OF THE SEBACEOUS (OIL) GLANDS

There are several common disorders of the sebaceous (oil) glands that the cosmetologist should be able to understand and identify.



A comedone or a blackhead is a wormlike mass of hardened sebum in a hair follicle. Comedones appear most frequently on the face, especially on the forehead and nose. When the hair follicle is filled with an excess of oil from the sebaceous gland, a blackhead forms and created a blockage at the mouth of the follicle. Blackheads should be removed under sterile conditions using proper extraction procedures. Should the condition become severe, medical attention is necessary.

Milia, also called whiteheads, are small, whitish, pear-like masses in the epidermis, due to retention of sebum. They can occur on any part of the face, neck, back, chest, and shoulders. Milia are associated with fine-textured, dry types of skin.



Acne is a skin disorder characterized by chronic inflammation on the sebaceous glands from retained secretions. It occurs most frequently on the face, back, and chest. Acne, or common pimples, is also known as acne simplex or acne vulgaris.

There are two basic types of acne: simple acne and the more serious acne vulgaris. It is always advisable for the client to have the condition examined and diagnosed by a physician before receiving any service in the salon.

Seborrhea is a skin condition caused by an abnormal increase of secretion from the sebaceous glands. An oily or shiny condition indicates the presence of seborrhea.

Asteatosis is a condition of dry, scaly skin due to a deficiency or absence from the sebaceous glands. An oily or shiny condition indicated the presence of seborrhea.

Rosacea, formerly called acne rosacea, is a chronic congestion appearing primarily on the

cheeks and nose, characterized by redness, dilation of the blood vessels, and the formation of papules and pustules. The cause of rosacea is unknown, but certain factors are known to aggravate the condition in some individuals. These include spicy foods, caffeine, alcohol, exposure to extreme heat, and cold or sunlight, and stress.

A steatoma is a sebaceous cyst or fatty tumor. It is filled with sebum and ranges in size from a pea to an orange. It usually appears on the scalp, neck, and back. A steatoma is sometimes called a wen.

Disorders of the Sudoriferous (sweat) glands

Anhidrosis- Deficiency in perspiration, often a result of fever or certain skin diseases. It requires medical treatment.

Bromhidrosis- foul, smelling, perspiration, usually noticeable in the armpits or on the feet.

Hyperhidrosis-excessive sweating caused by heat or general body weakness. Medical treatment is required.

Miliaria rubra- prickly heat; acute inflammatory disorder of the sweat glands, characterized by the eruption of small red vesicles and accompanied by burning, itching skin. It is caused by exposure to excessive heat.

Inflammations of the Skin

Dermatitis- inflammatory condition of the skin. The lesions come in various forms, such as vesicles or papules.

Eczema- an inflammatory, painful itching disease of the skin, acute or chronic in nature, presenting many forms of dry or moist lesions. All cases of eczema should be referred to a physician for treatment. Its causes are unknown.



Herpes Simplex- fever blister or cold sore; recurring viral infection. It is characterized by the eruption of a single vesicle or group of vesicle on a red swollen base. The blisters usually appear on the lips, nostrils, or other part of the face, and rarely last more than a week. It is contagious.



Psoriasis- a skin disease characterized by red patches, covered with white-silver scales usually found on the scalp, elbows, knees, chest, and lower back. It rarely occurs on the face. If irritated, bleeding points occur. It is not contagious.

OCCUPATIONAL DISORDERS IN COSMETOLOGY

Cosmetologists must be sensitive to skin disorders not only in their clients but in themselves. Frequent contact with chemicals can result in abnormal skin conditions. Some individuals may develop allergies to ingredients in cosmetics, antiseptics, cold waving lotions, and aniline derivative tints. These can cause eruptive skin infections known as dermatitis venenata. In your work as a cosmetologist, it is important that you employ protective measures, such as the use of rubber gloves or protective creams, whenever possible.

Pigmentations of the Skin

Pigment can be affected from inside or outside the body in abnormal conditioned, such as prolonged exposure to the sun or other elements. Abnormal coloration also accompanies every skin disorder and many systemic disorders. A change in pigmentation can be observed as well when certain drugs are being taken internally. The following terms relate to changes in the pigmentation of the skin.

Albinism-congenital leukoderma or absence of melanin pigment of the body, including the skin, hair, and eyes. The silky hair is white. The skin is pinkish white and will not tan. Eyes are pink. Skin is sensitive to light and ages early.

Chloasma-condition characterized by increased pigmentation on the skin, in spots that are not elevated. Chloasma is also called moth patches or liver spots.

Lentigines; singular; lentigo- technical term for freckles. Small yellow to brown colored spots on skin exposed to sunlight and air.

Leukoderma-skin disorder characterized by light abnormal patches; caused by a burn or congenital disease that destroys the pigment-producing cells. It is classified as vitiligo and albinism.

Nevus-small or large malformation of the skin due to abnormal pigmentation or dilated capillaries; commonly known as birthmark.

Stain-abnormal brown or wine-colored skin discoloration with a circular and irregular shape. Its permanent color is due to the presence of darker pigment. Stains occur during aging, after certain diseases; after the disappearance of moles, freckles and liver spots. Its cause is unknown.

Tan- change in pigmentation of skin caused by exposure to the sun or ultraviolet rays.

Vitiligo-milky-white spots of the skin; acquired condition. Must be protected from overexposure to the sun.

Hypertrophies of the Sun

A hypertrophy of the skin is an abnormal growth of the skin. Many hypertrophies are benign, or harmless.

Keratoma- an acquired, superficial, thickened patch of epidermis commonly know as callus, caused by pressure or friction on the hands and feet. If the thickening grows inward, it is called a corn.

Mole-a small, brownish spot or blemish on the skin, ranging in color from pale tan to brown or bluish black. Some moles are small and flat, resembling freckles. Others are raised and darker in color. Large, dark hairs often occur in moles. Any change in a mole requires medical attention.

Skin tag- small brown or flesh-colored outgrowth of the skin. Skin tags occur most frequently on the neck of an older person.

Verruca- technical term for wart. Hypertrophy of the papillae and epidermis. It is caused by a virus and is infectious. It can spread from one location to another, particularly along a scratch in the skin.

Skin Cancer

Skin cancer from overexposure to the sun comes in three distinct forms varying in severity. Each is named for the type of cells it affects in the body.

Basal cell carcinoma is the most common type and the least sever. It is often characterized by light or pearly nodules.

Squamous cell carcinoma is more serious that basal cell carcinoma and often is characterized by scaly red papules or nodules.

The third and most serious form of skin cancer is malignant melanoma which is often characterized by black or dark brown patched on the skin that may appear uneven in texture, jagged, or raised. Malignant melanomas often appear on individuals who do not receive regular sun exposure and are most commonly located on areas of the body that are not regularly exposed. It is often nicknamed the “city person’s cancer”. Malignant melanoma is the least common but most dangerous type of skin cancer.

If detected early, anyone with any of these three forms of skin cancer has a good chance for survival. It is important for a cosmetologist to be able to recognize the appearance of serious skin disorders in order to better serve clients. It’s also important to remember that a cosmetologist should not attempt to diagnose a skin disorder but should be sensitively suggest that the client seek the advice of a dermatologist.

Basic Classifications and Chemistry of Skin Care Products

The cosmetic industry is continually turning out a wide array of products designed to improve the condition and appearance of the skin. These products can be grouped into five main categories.

1. Cleansing products.
2. Exfoliants
3. Treatments and massage creams
4. Moisturizers
5. Intensive care products

Cleansing products

All facial cleansing procedures begin with a cleanser and end with the application of a tonic lotion. The quality of your products, joined with the excellence of your skills, will determine the outcome of the facial.

Cleaners

Cleansers are designed for every skin type and skin condition and come in three basic forms: face wash, cleansing lotion, and cleansing cream.

*Face wash is a detergent-type foaming cleanser with a neutral or slightly acidic pH. Face washes vary in strength and texture. You should always have face wash available, as many of your clients are used to the foaming action of bar soap and seek the same kin of “squeaky clean” feeling. The consistency of face wash is very much like that of soap. When water is added, it foams moderately. When cleansing is done, it rinses off completely, leaving the skin feeling fresh and clean but often also a little tight. Clients with oily or combination skin (skin that has both dry and oily areas) are especially fond of face wash because it cuts excess amounts of oil. For acne-prone skin, an antimicrobial agent is added to kill bacteria. The danger of face wash is that it can over dry the skin.

*Cleansing lotion is formulated to remove makeup and soil. It is a water-based emulsion that can be used twice a day on normal and combination skin. It can also be used on slightly dry skin, although some milk cleansers that contain more oils or emollients (agents that soften or smooth

the skin surface) may be a better choice. Cleansing lotion can be applied with damp cotton pads or with your hands and should always be removed with a damp soft cloth, cotton, or sponges. Additional ingredients can be added to cleansing lotions to suit certain skin conditions such as sensitivity, dehydration, or capillary problems.

*Cleansing cream is a light-textured, oil-based emulsion used primarily to dissolve makeup and soil quickly. It is suitable for basic skin cleansing twice a day on very dry and mature skin. It is considerably heavier than cleansing lotion. Actors and other performers use these products to remove heavy stage makeup. Cleansing cream must only be used with a sponge or a soft cloth; otherwise you run the risk of leaving a residue on the skin. Cleansing creams should be followed by a tonic lotion that is strong enough to remove any residue.

Tonic lotions

Fresheners, toners, and astringents are all essentially the same type of product. They perform three specific functions.

1. They remove excess cleanser and residue left behind by face washing cleansers.
2. They have relatively low pH, helping to restore the skin's natural pH after cleansing.
3. They have a temporary tightening effect on both the skin and the individual follicle openings, helping to temporarily "shrink pores".

Tonic lotions vary in strength and alcohol content.

*Fresheners, or skin freshening lotions, have the lowest alcohol content (0 to 4 percent) and are beneficial for dry and mature skin as well as for sensitive skin conditions.

*Toners usually have an alcohol content of 4 to 15 percent and are designed for use on normal and combination skin.

*Astringents may have an alcohol content of up to 35 percent and are used for oily and acne-prone skin. They remove oil accumulation on the skin.

Exfoliants

The term exfoliant refers to the peeling and shredding of the horny (outer) layer of the skin. An exfoliant is an ingredient that assists in this process. Many different types of peeling and exfoliation treatments are available, ranging from brushing treatments and light enzyme peels to strong surgical peels that can be administered only by dermatologists and plastic surgeons.

Removing cell layers from the surface of the skin can be used to treat a variety of both cosmetic and medical problems. There are two basic types of exfoliation treatments: mechanical and chemical.

Mechanical Exfoliants

During the process of mechanical exfoliation, some method of physical contact is used to literally scrape or bump cells off the skin. Examples of mechanical peeling treatments include granular scrubs, such as those made with almond meal or jojoba beads, or treatments that use a brushing machine. When the granules of these scrubs or the bristles of a brushing machine come into contact with the surface corneum cells, the movement of the granules or the bristles literally “bump off” cells from the surface of the corneum.

The removal of dry, dead surface cells can help the skin in the following ways:

- It can make the skin appear much smoother
- It makes the extraction of clogged pores easier
- It brings lower-level cells to the surface more quickly and improves the skin’s moisture content
- It allows for deeper delivery of moisturizers and other treatments into the epidermis
- It makes it easier to apply makeup more evenly
- The mechanical treatment used in exfoliation stimulates blood flow to the surface of the skin

Granular scrubs for normal to dry skin are usually recommended two to three times per week.

One of the most recent advances in mechanical exfoliation is known as microdermabrasion. If you have ever watched an old building being cleaned by sandblasting, you’ll understand the basic concept of microdermabrasion. A microdermabrasion machine uses aluminum chloride, corundum, or sodium chloride crystals to sandblast dead cells off the surface of the skin. These crystals, directed at the skin through a vacuum or air pulsating wand, abrade the stratum corneum. At the same time, dead, skin cells are picked up along with the crystal residue. Depending on the skin and the quantity of dead cells, it may be necessary to pass the wand over the skin several times.

Microdermabrasion has been used in Europe for many years and was first introduced in the United States during the mid-1990s. The procedure respects the integrity of the skin, promotes even healing, and complements most treatment programs.

Microdermabrasion has been used to treat:

- Aging and sun-damaged skin
- Some types of acne scarring and acne
- Altered pigmentation
- Stretch marks
- Fine lines and wrinkles

Results may include:

- Improved skin tone
- Even skin color
- Refined skin pores
- Fewer breakouts
- Healthy glow
- Renewed elasticity
- Diminished appearance of scars

Microdermabrasion should be performed only after extensive training.

Chemical Exfoliants

In chemical exfoliation, dead skin cells or the intercellular “glue” that holds them together is dissolved by chemical agents such as alphahydroxy Acids and enzymes. Superficial chemical exfoliants are very gentle. You might consider using them when mechanical exfoliation is not appropriate. These exfoliating procedures, called enzyme peels, involve the use of substances called Keratolytic enzymes, which help speed up the breakdown of keratin, the protein in skin.

One enzyme often used in Keratolytic enzyme peels is papain, which is derived from juice of the papaya fruit. Another frequently used enzyme is pancreatin, which is derived from beef by-products.

There are two basic types of Keratolytic enzyme peels. In one, a cream is applied to the skin before steaming. This cream may contain paraffin or oatmeal, which dries in about seven minutes to form a hardened crust. The crust is then massaged or “rolled” off the skin. Products of this type are often called “vegetal peelings” or gommage. This treatment is actually a combination of an enzyme and a mechanical peeling.

The second, and perhaps more popular, type of enzyme peel uses a powdered form of enzyme. Mixed with warm water immediately before application, this product stays soft during application and does not dry to a crust. This type of enzyme treatment generally produces a more even peeling of the cell buildup and helps to slightly dilate the follicle openings. Enzyme peelings are suitable for the following conditions:

- Oily, clogged skin with blackheads and whiteheads and minor acne breakouts
- Dry and dehydrated skin with cell buildup, flaking, and tight dry surface
- Dull, lifeless-looking skin. This skin condition actually has a tremendous buildup of dead cells that produces a slight grey color on the surface
- Clients who desire a smoother skin appearance and a more even surface for makeup application

Another group of chemical exfoliants are those that use an alphahydroxy acids. These acids are derived from plants, mostly fruits. On oily or acne-prone skin, they loosen clogged pores to treat and prevent the excessive buildup of dead cells that can cause acne lesions. Alphahydroxy acid exfoliation should only be performed when the client has first been using a 5 to 10 percent concentration gel, lotion, or cream at home for at least two weeks. If a client does not do this first, the alphahydroxy acid exfoliation may cause discomfort and more redness and irritation

afterward.

Treatment and Massage creams

Treatment creams, also referred to as nourishing creams, are designed to hydrate and condition the skin during the night, when normal tissue repair is taking place. Treatment creams are often heavier in consistency and texture than moisturizers and contain more emollient and active ingredients. The amount of emollient added to the treatment cream depends on the type of skin it is designed for. More emollient content means that the product is designed for dry and mature skin types. Less emollient content means that the product is designed for normal or combination skin types. Treatment creams for oily skin usually have very little or no emollient.

Massage creams are lubricants with very few or no active ingredients. They are designed to give the practitioner a good slip (slippery quality) during massage, so that the skin is not stretched. These products must be removed from the skin after massage and before mask application, to allow the active ingredients in the mask a chance to penetrate.

Moisturizers

Moisturizers are products formulated to add moisture to the skin. They are water-based emulsions, which are absorbed quickly without leaving any residue on the surface of the skin. It is applied at the end of the facial and is ideal for daily use as a day cream or makeup base. Moisturizers are available for various skin types, from acne-prone to extremely mature skin.

Moisturizers usually contain an ingredient that helps retain water within the surface layers of the skin. They may also contain emollients or other active ingredients depending on which skin type they are intended for.

Intensive Care Products

Intensive care products include masks, packs, and ampules.

Masks and Packs

Masks and packs are special cosmetic preparations applied to the face to benefit and beautify the skin. They require a short application time and allow a practitioner to treat different skin conditions on the same face at the same time.

A mask is usually a setting product, which means that it dries after application and provides a complete closure to the environment on top of the skin. Ingredients such as alginate, paraffin wax, and gypsum (a kind of plaster) generally account for this effect. Masks may also use such special ingredients as clay, kaolin, and silica for their tightening and sebum-absorbing effects.

- Clay masks are clay preparations used to stimulate circulation and temporarily contract the pores of the skin. They are ready-to-use products with ingredients similar to those in treatment creams, but they also contain clay, kaolin, or silica. They absorb sebum and are used on oily or combination skin. Clay masks are applied with a mask brush and are allowed to set for 10 minutes.
- Paraffin wax masks are specially prepared facial masks containing paraffin and other beneficial ingredients. They are melted at a little more than body temperature before application. The paraffin quickly cools to a lukewarm temperature and hardens to a candle-like consistency. Paraffin masks are used with a treatment because the paraffin, which has no treatment properties of its own, allows for deeper penetration of the cream ingredients into the skin. Eye pads and gauze are also used in a paraffin mask application, as facial hair could stick to the wax if not covered and it would be difficult and painful to remove.
- Modelage masks contain special crystals of gypsum, a plaster-like ingredient. As with paraffin masks, Modelage masks are used with a treatment cream. When mixed with cold water immediately before application and applied about ¼ inch thick, the Modelage mask hardens. The chemical reaction that occurs when the plaster and the crystals mix with water produces a gradually increasing temperature that reaches approximately 105°F. As the mask is left on the skin, the temperature gradually cools until it has cooled down completely. The setting time for Modelage masks is approximately 20 minutes.

The heat increases blood circulation and is very beneficial for dry, mature skin or skin that is dull and lifeless-looking. This type of mask is not recommended for use on sensitive skin, skin with capillary problems, oily skin, or skin with blemishes. Massage is not recommended prior to or after Modelage mask application because blood circulation will already be increased by the mask itself. Modelage masks can become quite heavy on the face and should not be applied to the lower neck or to clients who suffer from claustrophobia, a fear of being closed in or confined.

- Sulfur masks contain sulfur, a common chemical, as their most important ingredient. Sulfur has been found to have a beneficial effect in reducing the production of sebum.
- You usually use prepared masks, such as clay and paraffin masks, but sometimes a client prefers a custom-designed mask made from fresh fruits, vegetables, milk, yogurt, or eggs.

Some ingredients such as honey or almond meal or oatmeal can be mixed into a paste with milk for use as a mask. These masks are generally beneficial unless the client is allergic to a particular substance. Be sure to ask the client about any allergies before applying a mask. Custom-designed masks are generally left on the face for 10-15 minutes during a one-hour treatment.

Packs, also referred to as cream masks or gel masks, is very similar in composition to treatment creams. They remain soft and creamy throughout their entire setting time. Packs are highly beneficial when used to condition sensitive skin and have excellent hydrating properties. They are applied with a mask brush and are allowed to set for about 10 minutes.

The Use of Gauze for Mask Application

Gauze is a thin, open-meshed fabric of loosely woven cotton. It can be used to hold in place certain mask ingredients that tent to run, such as sliced or crushed fruit or vegetables. Cheesecloth is sometimes used as well. These ingredients can be applied over a layer of gauze. The gauze holds the mask on the face but allows the ingredients to seep through to benefit the skin. In some cases, it is necessary to apply a second layer of gauze over the mask to keep the ingredients from sliding off. Gauze is also used to keep paraffin and gypsum/plaster masks from sticking to the skin and the tiny hairs on the skin.

To prepare gauze, cut a piece large enough to cover the entire face and neck. Cut out spaces for the eyes, nose, and mouth. Although the client is able to breathe through the gauze, the cut-out spaces will make it more comfortable.

Ampules

Ampules are small, sealed glass vials containing a single application of a highly concentrated extract in a water or oil base. These extracts are applied under a night cream or fluid or a massage cream. They are available for a wide variety of skin types and problems. Some are used in a series once a month or several times a year. Others are designed to be used nightly. The advantage of ampules is that they deliver highly concentrated active ingredients in a premature amount.

After cleansing and exfoliation, the extract is applied to the client's face with light massage movements until it has been completely absorbed.

Client consultation

The salon should designate a quiet area for facial treatments. Not only does the relaxing nature of a facial call for a quiet spot, but the area also needs to be quiet enough that you can conduct a thorough consultation with your client. All facial treatments should begin with such a

consultation.

Record-keeping

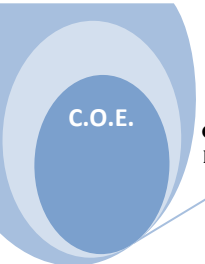
During the consultation, keep client record cards at hand so that you can write down all necessary information. The record card should contain the following information.

- The client's name, home address, and home telephone number
- The client's occupation and date of birth (this is useful so that you can determine if any signs of aging are, in fact, premature)
- The client's medical history and whether the client is presently taking or using any kind of medication. It should also be noted if the client is under the care of a physician or dermatologist.
- Any contraindications, a pacemaker, metal implants, pregnancy, diabetes, epilepsy, allergies, high blood pressure, that call for alternate methods of treatments.
- Information as to whether the client has facials before and what kind of treatments was used.
- Information on any skin care products the client is currently using.
- A notation of how the client was referred to the salon
- Observation on the client's skin type, skin condition and any abnormalities of the skin

Use the back of the consultation card to record the date and type of service and/or treatments being performed, the products that are being used and products being purchased by the client for home care. Often, a client will want to purchase a product that he has used before but has lost or discarded the container and cannot remember the name of the product.

As part of the consultation, do not hesitate to recommend services and products that will be beneficial to the client. Since the client has taken the initiative to come into the salon, she will feel disappointed if you neglect to discuss treatments and products as well as proper home care for the skin, also if you do not recommend professional products. Your client may go elsewhere for advice, such as a department store or drugstore. She might not get the kind of product you would have advised, and you and the salon will not get the retail income.

Make it clear to your client that if she wished to achieve the best results from a treatment, she must follow a proven routine of skin care at home with products that reinforce the salon treatments. Be careful, however not to make the client feel that the sole purpose of the consultation is to sell products. Review appropriate and discreet retailing techniques with your instructor to make sure you achieve the right tone with your client.



Classification of skin types

During the first consultation and before every subsequent facial treatment, it is important to perform a thorough analysis of the client's skin prior to cleansing. If the skin is oil, it will often look shiny or greasy. If the skin is dry, it may look flaky.

<u>Skin Type</u>	<u>Description</u>
Oily skin	has overabundance of sebum, May or may not be blemished Treatments will help clear Blemishes and normalize Production of sebum
Normal Skin	usually in good condition; has Adequate supply of sebum and Moisture. Usually free of Blemishes but can benefit From maintenance treatments To keep it healthy and Attractive
Dry Skin	Lacking in oil; often Dehydrated. Treatments can Stimulate sebaceous glands To produce natural oils needed To keep skin lubricated
Combination skin	May have either oily and Normal and dry areas. Treatments help normalize Functioning of sebaceous Glands and improve health And appearance of skin

Skin conditions

While specific skin types can contribute to specific skin conditions, there are a number of

conditions that can affect any type of skin. Some of the more common conditions include the following:

- If oily skin is not cleansed properly, sebum and dead cells can clog pores and lead to comedones (blackheads). These are breeding grounds for infectious bacteria and, if not given proper attention, can develop into pimples. An occasional pimple may develop into acne.
- Sensitivity can occur in all skin types as a reaction to such enemies of the skin as air pollution, chemicals present in water, and preservatives in food. Today, it is more important than ever to treat skin with proper daily care.
- Dehydration can occur in every skin type, regardless of how oily the skin is. A client's skin may have a sufficient amount of oil but can still feel dry and flaky because of an insufficient amount of water in the body. This is known as dehydration. Insufficient fluid intake, too much sun, or the use of drying cosmetics is just some of the factors that can cause dehydration. The application of moisturizers in the morning and the evening, along with regular facial treatments, can help the skin maintain the proper moisture content.
- Mature or aging skin is usually loose, wrinkled, and or lined. Treatments may be effective in slowing down the aging process and can help diminish surface lines.

Skin abnormalities

Among the notes on your consultation care will be any skin abnormalities that you observe on your client. These can include:

- Abnormalities of the sebaceous gland and hair follicle (comedones, papules, pustules, ingrown hair)
- Abnormalities of the capillaries (dilated capillaries [not broken], rosacea)
- Abnormalities in pigmentation (freckles, liver spots, moles, vitiligo)
- Abnormalities of the corneum layer (psoriasis)
- Abnormalities of the connective tissue (skin tags, scars, keloids)
- Other abnormalities (warts, cold sores, or herpes simplex)

Facial Massage

Massage is the manual or mechanical manipulation of the body by rubbing, pinching, kneading, tapping, and other movements to increase metabolism and circulation, promote absorption, and relieve pain. Cosmetologists massage their clients to help them keep their facial skin healthy and their muscles firm.

To master massage techniques, you must have a basic knowledge of anatomy and physiology

as well as considerable practice in performing the various movements. It is important that you use a firm, sure touch when giving a massage. To do this, you must develop flexible hands, a quiet temperament, and self-control.

Keep your hands soft by using creams, oils, and lotions. File and shape your nails to avoid scratching your client's skin. Your wrists and fingers should be flexible, your palms firm and warm. Cream or oil should be applied to your hands to permit smoother and gentler hand movements and to prevent drag or damage to the client's skin.

Basic massage manipulations

All massage treatments combine one or more basic movements or manipulations. Each manipulation is applied to the superficial muscles in a certain way to achieve a certain end. The impact of a massage treatment depends on the amount of pressure, the direction of the movements, and the duration of each type of manipulation involved.

The direction of movement is always from the insertion of the muscle toward its origin. The insertion is the portion of the muscle at the more movable attachment (where it is attached to another muscle or to a movable bone or joint.) The origin is the portion of the muscle at the fixed attachment (to an immovable section of the skeleton). Massaging a muscle in the wrong direction could result in a loss of resiliency and sagging of the skin and muscles.

Effleurage

Effleurage is a light, continuous stroking movement applied with the fingers (digital) or the palms (palmar) in a slow, rhythmic manner. No pressure is used. The palms work the large surfaces, while the cushions of the fingertips work the small surfaces, such as those around the eyes. Effleurage is frequently used on the forehead, face, scalp, back, shoulder, neck, chest, arms, and hands for its soothing and relaxing effects. Every massage should begin and end with effleurage.

When performing effleurage, hold your whole hand loosely and keep your wrist and fingers flexible. Curve your fingers slightly to conform to the shape of the area being massaged, with just the cushions of the fingertips touching the skin. Do not use the ends of the fingertips. They are pointier than the cushions and will cause the effleurage to be less smooth. Also, the free edges of your fingernails may scratch the client's skin.

Petrissage

Petrissage is a kneading movement performed by lifting, squeezing, and pressing the tissue with a light, firm pressure. Petrissage offers deeper stimulation to the muscles, nerves, and skin glands, and improves circulation. These kneading movements are usually limited to the back, shoulders, and the arms.

Although usually used on larger surface areas such as the arms and shoulders, digital kneading can also be used on the cheeks with light pinching movements. The pressure should be light but firm. When grasping and releasing the fleshy parts, the movements must be rhythmic,

never jerky.

Fulling is a form of Petrissage in which the tissue is grasped, gently lifted, and spread out, used mainly for massaging the arms. With the fingers of both hands grasping the arm, apply a kneading movement across the flesh, with light pressure on the underside of the client's forearm and between the shoulder and elbow.

Friction

Friction is a deep rubbing movement in which you apply pressure on the skin with your fingers or palm while moving it over an underlying structure. Friction has been known to have a significant benefit on the circulation and glandular activity of the skin. Circular friction movements are usually used on the scalp, arms, and hands. Light circular friction is used on the face and neck.

Chucking, rolling, and wringing are variations of friction and are used mainly to massage the arms and legs as follows:

- Chucking. Grasping the flesh firmly in one hand and moving the hand up and down along the bone while the other hand keeps the arm or leg in a steady position.
- Rolling. Pressing and twisting the tissues with a fact back and forth movement
- Wringing. Various movement in which the hands, placed a little distance apart on both sides of the client's arm or leg and working downward, apply a twisting motion against the bones in the opposite direction

Tapotement

Tapotement or percussion, consists of short, quick tapping, slapping, and hacking movements. This form of massage is the most stimulation and should be applied with care and discretion. Tapotement movements tone the muscles and impart a healthy glow to the area being massaged.

In facial massage, use only light digital tapping. Bring the fingertips down against the skin in rapid succession. Your fingers must be flexible enough to create an even force over the area being massaged.

In slapping movements, keeping your wrists flexible allows your palms to come in contact with the skin in light, firm, and rapid slapping movements. One hand follows the other. With each slapping stroke, lift the flesh slightly.

Hacking is a chopping movement performed with the edges of the hands. Both wrists and hands move alternately in fast, light, firm, and flexible motions against the skin. Hacking and slapping movements are used only to massage the back, shoulders, and neck.

Vibration

Vibration is a rapid shaking of the body part while the balls of the fingertips are pressed firmly on the point of application. The movement is accomplished by rapid muscular contractions in your arms. It is highly relaxing movement, and should be applied at the end of the

massage. Deep vibration in combination with other classical massage movements can also be produced by the use of a mechanical vibrator to stimulate blood circulation and increase muscle tone in muscles of the body.

Physiological effects of massage

To obtain proper results from a scalp or facial massage, you must have a thorough knowledge of all the structures involved: muscles, nerves, connective tissues and blood vessels. Every muscle has a motor point, which is a point on the skin over the muscle where the pressure or stimulation will cause contraction of that muscle. In order to obtain the maximum benefits from a facial massage, you must consider the motor points that affect the underlying muscles of the face and neck. The location of motor points varies among individuals due to differences in body structure. However, a few manipulations on the proper motor points will relax the client early in the massage treatment.

Relaxation is achieved through light but firm, slow, rhythmic movements, or very slow, light hand vibrations over the motor points for a short time. Another technique is to pause briefly over the motor points, using light pressure.

Skillfully applied massage directly or indirectly influences the structures and functions of the body. The immediate effects of massage are first noticed on the skin. The area being massaged shows increased circulation, secretion, nutrition, and excretion. The following benefits may be obtained by proper facial and scalp massage:

- The skin and all its structures are nourished
- The skin becomes softer and more pliable
- The circulation of the blood is increased
- The activity of the skin glands is stimulated
- The muscle fibers are stimulated and strengthened
- The nerves are soothed and rested
- Pain is sometimes relieved

The frequency of facial or scalp massage depends on the condition of the skin or scalp, the age of the client, and the condition being treated. As a general rule, normal skin or scalp can be kept in excellent condition with the help of weekly massage, accompanied by proper home care.

Facial Manipulations

Now that we have had an overview of basic massage/manipulation techniques and guidelines, let us examine in more depth how best to use manipulations on the face. When performing facial manipulations, keep in mind that an even tempo, or rhythm, bring on relaxation. Do not remove your hands from the client's face once you have started the manipulations. Should it become necessary to remove your hands, feather them off, then gently replace them with feather-like movements. Remember that massage movements are generally directed from the insertion toward the origin of a muscle, in order to avoid damage to muscular tissues.

The following are different movements that may be used on various parts of the body:

- Chin movement: lift the chin, using a slight pressure
- Linear movements over the forehead: slide fingers to the temples and then stroke up to the hairline, gradually moving your hands across the forehead to the right eyebrow.
- Circular movement over the forehead: starting at the eyebrow line, work across the middle of the forehead and then toward the hairline
- Crisscross movement: start at one side of forehead and work back
- Stroking movement: Slide your fingers toward the center of the forehead and then draw your fingers, with slight pressure, toward the temples and rotate
- Brow and eye movement: place your middle finger at the inner corners of the eyes and your index finger over the brows. Slide them toward the outer corners of the eyes, under the eyes, and then back to the inner corners.
- Nose and upper cheek movement: slide your finger down the nose. Apply a rotary movement across the cheeks to the temples and rotate gently. Slide your fingers under the eyes and then back to the bridge of the nose.
- Mouth and nose movements: Apply a circular movement from the corners of the mouth up to the sides of the nose. Slide your fingers over the brows and then down to the corners of the mouth up to the sides of the nose. Follow by sliding your fingers over the brows and down to the corners of the mouth again.
- Lip and chin movements: from the center of the upper lip, draw the fingers of your right hand from under the lower lip and around the mouth, moving to the center of the upper lip
- Lifting movement of the cheeks: proceed from the mouth to the ears, and then from the nose to the top part of the ears
- Optional movement: hold the head with your left hand and draw the fingers of your right hand from under the lower lip, and around the mouth, moving to the center of the upper lip
- Rotary movement of the cheeks: massage from the chin to the ear lobes, from the mouth to the middle of the ears, and from the nose to the top of the ears.
- Light tapping movement: work from the chin to the earlobe, from the mouth to the ear, from the nose to the top of the ear, and then across the forehead. Repeat on the other side
- Stroking movement of the neck: Apply light upward strokes over the front of the neck. Use heavier pressure on the sides of neck in downward strokes
- Circular movement over the neck and chest: starting at the back of the ears, apply a circular movement down the side of the neck, over the shoulders, and across the chest

Chest, Back, and Neck Manipulations (optional)

Some instructors prefer to treat these areas first before starting regular facial. Apply cleanser, then remove with a tissue or a warm moist towel. Then apply massage cream and perform the following manipulations:

- Chest and back movements: rotate the shoulders three times. Glide your fingers to the spine and then to the base of the neck. Apply circular movement up to the back of the ear, then slide your fingers to the front of the earlobe. Rotate three times.
- Shoulder and back movement: rotate the shoulders three times. Glide your fingers to the spine and then to the base of the neck. Apply circular movements up to the back of the ear, and then slide your fingers to the front of the earlobe. Rotate three times
- Back massage: to stimulate and relax the client, use your thumbs and bent index fingers to grasp the tissue at the back of the neck. Rotate six times. Repeat over the shoulders and back of the spine.

Remove cream with tissues or a warm, moist towel. Dust the back lightly with talcum powder and smooth.

Electrotherapy and Light therapy

Electric facial machines are special appliances and equipment that are used to enhance the effectiveness of facial treatments. Electric facial treatments are called electrotherapy. The currents used in electrical facial and scalp treatments are referred to as modalities. Each produces a different effect on the skin. There are many types of modalities, but cosmetologists are concerned with the galvanic, faradic, sinusoidal, and high-frequency currents. Some devices have all four currents, and some have only one or two.

An electrode is an applicator for directing the electric current from the machine to the client's skin. Except for the high-frequency modality, each of these modalities requires two electrodes, one negative and one positive, to conduct the flow of electricity through the body. A negative electrode is called a cathode, has a black plug and cord, and is marked with an "N" or a minus (-) sign. A positive electrode is called an anode, has a red plug and cord, and is marked with a "P" or a plus (+) sign.

Galvanic current

The most commonly used device is the galvanic current machine. Significant chemical changes are produced when this current is used. Depending on which electrode is used on the area treated-negative or positive-galvanic current will produce two different chemical reactions.

Your client will experience the effects of the galvanic current as the current passes through the body from one electrode to the other completes a circuit. Both the positive and negative poles

must be functioning to complete the circuit. All electrodes must be firmly wrapped with a moistened cotton pledget.

Application of Galvanic Current

The active electrode is the electrode used on area to be treated. The negative pole is the active electrode when negative reactions are desired on the face, such as forcing negative ions into the skin, opening follicles, or liquefying sebum. Plug the black cord into the metal roller or flathead stick electrode. This is the electrode you use on the client's face and is also referred to as a desincrustator, although it is not used for deincrustation only.

The passive electrode actually is not passive at all but is called passive because it is not used on the client's face. Either your client can hold the metal stick or cylinder, wrapped in a moistened cotton pledget, or you can place the wet pad on the client's right upper arm or under the right shoulder.

Deincrustation

Deincrustation is the process of softening and emulsifying grease deposits and blackheads in the follicles for easier extraction. The active electrode is wrapped with a cotton pledget saturated with an electrolyte (any compound that conducts a current of electricity). Salt water serves this purpose perfectly.

The passive electrode is wrapped in cotton moistened with water. The client holds the passive electrode in her right hand, or the wet pad is placed on a comfortable spot on the right side of the body. The active electrode (negative polarity) is placed on the client's face and moved slowly over the oily areas of the face for three to five minutes. After the procedure, all the liquefied sebum is removed from the skin before the facial continues.

Iontophoresis

The word iontophoreses comes from the Greek and means "moving ions". This process is used to force water-soluble products that contain ions deeper into the skin with the help of electric current such as galvanic current. The negative pole (cathode) forces negatively charged ions (anions) into the skin, in a process called anaphoresis. With the positive pole (the anode), positively charged ions (cations) are forced into the skin in a process called cataphoresis.

Faradic and Sinusoidal currents

Faradic and sinusoidal currents produce impulses on the muscles and force them to contract. They are used during a facial to tone the facial muscles.

Application of Faradic and Sinusoidal current

Two electrodes (one negative and one positive) are required to complete the faradic or

sinusoidal circuit. The cathode is placed on the insertion of the muscle and the anode on the origin of the muscle. Let each muscle contract five to ten times and then move on to the next muscle.

To perform muscle stimulation treatments using faradic or sinusoidal current, you must know exactly where the facial muscles are and how to locate their insertions and origins. An in-depth study and thorough hands-on training is absolutely necessary.

High-Frequency Current

High-frequency (HF) current, discovered by Nikola Tesla, has a germicidal effect, which makes it very beneficial for acne-prone skin. After treatment with high-frequency machine, the skin is well stimulated and has increased blood supply. Any products applied after a high-frequency treatment penetrates more deeply.

The electrodes for high-frequency current are made of glass, and you need only one electrode to perform a service. The facial electrodes for direct HF are mushroom-shaped and come in a variety of sizes. The long electrode for indirect HF has a metal coil inside. As the air around the glass electrode vibrates, tiny violet sparks are emitted. Some units have neon gas in the tube, which produces an orange glow. All units produce the same effects.

Application of High-Frequency (Tesla) current

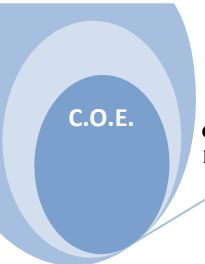
All treatments given with high-frequency current should start with a mild intensity and gradually increase to the required strength. The length of the treatment depends on the condition being treated. Allow five minutes for a general facial HF treatment. For proper use, always follow the manufacturer's instructions.

These are two methods for using High-frequency current;

1. Direct surface application. Do not apply any product to the client's skin. If the glass electrode is hard to move on the skin, use some gauze over it. The cosmetologist holds the hand piece, where the glass electrode is inserted, and applies it directly to the client's skin, moving it slowly over the entire face for stimulation. When you apply and remove the electrode from the skin, you must hold your finger on the glass electrode to prevent sparking. Remove your finger once the electrode has been placed on the skin. Dab the electrode on a spot to cause sparking for stronger germicidal effect.
2. Indirect application. The client holds the tube electrode (with the metal coil inside) while you massage the face with your hands. At no time do you hold the electrode. To prevent shock, turn on the current only after the client has firmly grasped the electrode. Turn the current off before you remove the electrode from the client's hand. The indirect application of high-frequency current stimulates all cell functions without the irritation that could occur with direct application. This treatment is highly beneficial for sensitive, dehydrated skin.

Light Therapy

Light therapy refers to the application of light rays to the skin for the treatment of disorders.



Light therapy makes use of infrared and ultraviolet rays as well as the white, blue, and red lights of the visible spectrum of light. Each of these produces a different effect on the skin.

Artificial light rays are produced by an electrical apparatus called a therapeutic lamp. The lamp has a dome-shaped reflector mounted on a pedestal with a flexible neck. The dome usually has a highly polished metal lining capable of reflecting the rays from the different types of light.'

<u>Type of Light</u>	<u>Beneficial Effects</u>
Ultraviolet	Increases the elimination of waste Products, improves the flow of Blood and lymph, had a germicidal And antibacterial effect produces Vitamin D in the skin, can be used to Treat rickets, psoriasis, and acne Produces a tan
Infrared	Heats and relaxes the skin, dilates Blood vessels and increases Circulation produces chemical Changes, increases metabolism Increases production of Perspiration and oil Deep penetration relieves pain in Sore muscles, soothes nerves
White Light	Relieves pain in the back of the Neck and shoulders, produces Some chemical and germicidal Effects, relaxes muscles
Blue Light	Soothes nerves, improves skin tone, Provides some chemical and Germicidal effects, used for mild Cases of skin eruptions, produces Little heat
Red Light	Improves dry, scaly, wrinkled skin Relaxes muscles, penetrates the Deepest, produces the most heat

Facial Treatments

A professional facial is one of the most enjoyable and relaxing services available to the salon client. Clients who have experienced this very restful yet stimulation experience do not hesitate to return for more. When received on a regular basis, facials results, in a noticeable improvement, in the client’s skin tone, texture, and appearance.

Facial Treatments fall into two categories.

1. Preservation. Maintain the health of the facial skin by cleansing correctly, increasing circulation, relaxing the nerves, and activating the skin glands and metabolism through massage.
2. Corrective. Correct some facial skin conditions, such as dryness, oiliness, comedones, aging lines, and minor conditions of acne.

As with other forms of massage, facial treatments help to increase circulation, activate glandular activity, relax the nerves, maintain muscle tone, and strengthen weak muscle tissues.

Guidelines for Facial Treatments

Your facial treatments are bound to be successful and to inspire return visits if you follow some simple guidelines:

- Help the client to relax by speaking in a quiet and professional manner. Explain the benefits of the products and service, and answer any questions the client may have.
- Provide a quiet atmosphere, and work quietly and efficiently
- Maintain neat, clean, sanitary conditions in the facial work area with an orderly arrangements of supplies
- Follow systematic procedures
- If your hands are cold, warm them before touching the client's face.
- Keep your nails smooth and short so as not to scratch the client's skin.

Another guideline you must always be sure to follow is to perform analysis of your client's skin. After the client is draped and seated in the facial bed, you should inspect the skin to see if it is dry, normal, or oily: if fine lines or creases exist; if blackhead or acne are present; if dilated capillaries are visible; if the skin texture is smooth or rough; and if the skin color is even. The results of your analysis will determine what products to use for the message, what areas of the face need special attention, how much pressure to use when massaging, and what equipment to use.

Basic facial

Special problems: There are a number of special problems to consider when you are performing a facial. These include dry skin, oily skin, and blackheads and acne.

Dry skin is caused by an insufficient flow of sebum (oil) from the sebaceous glands. The facial for dry skin helps correct this condition. Although it can be given with or without an electrical current, the use of electrical current provides better results.

Oily skin is often characterized by blackheads, or open comedones, which are caused by hardened masses of sebum formed in the ducts of the sebaceous glands. Oily skin can benefit from the facial procedure described below:

Acne is a disorder of the sebaceous glands that requires thorough and sometimes ongoing medical attention. If the client is under medical care, the role of the cosmetologist is to work

closely with the client's physician, following the physician's instructions for the kind and frequency of facial treatments. Generally, medical direction limit's the cosmetologist to the following measures in the treatment of acne:

- Cleansing the skin
- Reducing the oiliness of the skin by local applications
- Removing blackheads, using proper procedures
- Using special medicated preparations

Because acne skin contains infectious matter, you must wear protective gloves and use disposable materials such as cotton cleansing pads.

Aromatherapy

The therapeutic use of essential oils, which we now call aromatherapy, dates back to 2000 B.C. The ancient Egyptians, Greeks, and Romans all used oils derived from plants for many purposes, including healing, perfumes, hypnosis, and meditation.

Today, the skilled use of essential oils can enhance a person's physical, emotional, mental, and spiritual well-being. Using various oils and oil blends for specific benefits can create positive effects on the body, mind, and spirit.

Essential oils can be used in a variety of ways. Lighting a cinnamon candle in winter can give the salon a cozy feeling and cheer up both clients and service givers. You can use a spray bottle to spray well-diluted essential oils on yourself, the treatment room, or the sheets. For a more balanced massage, you can crest your own aromatherapy massage oil by adding a few drops of essential oil into basic massage oil, cream, or lotion. Always be careful to use essential oils lightly, however, as they sometimes have a tendency to be overpowering.

Face Value

You can see from the chapter you have just studied that the range of options open to the professional who performs facials is extensive and exciting. There is a lot to learn, with new advantages coming every year. IT is important to stay on top of your craft, to continue to learn as much as you can, and to be open to people. Your sensitivity to your clients will carry you far. If you do your job well, you will find yourself in great demand. It is very rewarding to make people feel good during a facial service and confident about how they look when they go out into the world.

HAIR REMOVAL

Unwanted or excess hair is a common problem that affects both men and women. Fortunately, a variety of hair removal methods are available, ranging from the fairly simple procedures of shaving and tweezing to more complex procedure that require special training.

Hirsuties (hur-SOO-shee-eez) or hypertrichosis (hy-pur-trih-KOH-sis) are terms that refer to the growth of an unusual amount of hair on parts of the body normally bearing only downy hair, such as the faces of women or the backs of men.

Unwanted hair has been treated throughout the ages by a variety of methods. Excavations of early Egyptian tombs indicate that abrasive materials, such as pumice stone, were used to rub away hair. Ancient Greek and Roman women were known to remove most of their body hair by similar methods. Native Americans used sharpened stones and seashells to rub off and pluck out hair.

History also records chemical means of removing excess hair. For example, the ancient Turks used rusma, a combination of yellow sulfide of arsenic, quicklime, and rose water, as a crude hair removal agent.

Facial and body hair removal has become increasingly popular as evolving technology makes it easier to perform with more effective results. Women comprise the vast majority of hair-removal clients, most often wanting to rid their bodies of hair on the upper lip, cheeks, chin, neck, underarms, navel, bikini line, buttocks, and legs. Hair removal for men is also on the rise. Men may choose to have unsightly hair removed from their backs, shoulders, and chests. If they compete in certain sports like bicycling and swimming, they may want hair removed from their legs and arms to facilitate faster competition times.

Two major types of hair removal are in use today: permanent and temporary. Salon techniques are generally limited to temporary methods.

Client consultation

Before any hair removal service, a consultation is always necessary. Ask the client to complete a questionnaire that discloses all medications, both topical (applied to the skin) and oral (taken by mouth), along with any known skin disorders or allergies. Allergies or sensitivities must be noted and documented. Keep in mind that many changes can occur between client visits. Since the last time you saw them, clients may have been placed on medications such as antidepressants, hormones, cortisone, medicine for blood pressure or diabetes, or such topical prescriptions as Retin-A, Renova, or hydroquinone. A client on any one of these prescriptions may not be a candidate for hair removal.

Contraindications for Hair Removal

One of the main purposes of the client consultation is to determine the presence of any contraindications for hair removal. Leg Waxing should not be performed on clients with varicose veins or phlebitis. Facial waxing or tweezing should not be performed on those clients who have any of the following conditions or treatments:

- *rosacea or very sensitive skin
- *sunburn
- *history of fever blisters or cold sores
- *presence of pustules or papules
- *recent chemical peel using glycolic, salicylic, or other acid-based product
- *recent Botox or collagen injections
- *cosmetic or reconstructive surgery

Clients using the following medications should also not receive hair removal treatments:

- *Retin-A, Renova, hydroquinone, or similar products
- *blood-thinning medications
- *topical or oral cortisone medication
- *Accutane

Permanent Hair Removal

Although permanent hair removal services will probably not be offered in your salon, it is useful to know the options that exist. Permanent hair removal methods include electrolysis, photo-epilation (light-based hair removal), and laser hair removal.

Electrolysis

Electrolysis is the removal of hair by means of an electric current that destroys the root of the hair. The current is applied with a very fine, needle-shaped electrode that is inserted into each hair follicle. The technique can be painful, time-consuming, and expensive, and must be performed only by a licensed electrologist.

Photo-Epilation

The U. S. Food and Drug Administration (FDA) has recently approved the use of photo-epilation for permanent hair removal. This treatment uses intense light to destroy the hair follicles. This treatment has minimal side effects, requires no needles, and thus eliminates the risk of infection. Clinical studies have shown that photo-epilation can provide 50 to 60 percent clearance of hair in twelve weeks. This method can be administered in some salons by cosmetologists and estheticians, depending on the

state law. Manufacturers of photo-epilation equipment generally provide the special training necessary for administering this procedure.

Laser Hair Removal

Lasers are a new method for the rapid, gentle removal of unwanted hair. In laser hair removal, a laser beam is pulsed on the skin, impairing the hair follicles. It is most effective when used on follicles in the growth phase, or anagen.

The laser method was discovered by chance when it was noted that birthmarks treated with certain types of lasers became permanently devoid of hair. Lasers are not for everyone; the absolute requirement is that one's hair must be darker than the surrounding skin. Coarse, dark hair responds best to laser treatment. For some clients, this method brings truly permanent results. The laser can also slow down regrowth. In certain states and provinces, cosmetologists or estheticians are allowed to perform laser hair removal. This method requires specialized training, most commonly offered by laser equipment manufacturers.

Temporary methods of Hair Removal

The following are temporary methods of hair removal, some of which may be offered in your salon or spa.

Shaving

The most common form of temporary hair removal, particularly of men's facial hair, is shaving. Shaving is usually recommended for women when the unwanted hair covers a large area, such as the underarms, and legs. It is most often done by women at home and represents a quick and convenient solution, although it can sometimes result in skin irritation, ingrown hairs, and nicks from the razor blade. A shaving cream or lotion is applied before shaving.

An electric clipper may also be used, particularly to remove unwanted hair at the nape of the neck. The application of a preshaving lotion helps to reduce any irritation.

Tweezing

Tweezing is commonly used to shape the eyebrows and can also be used to remove undesirable hairs from around the mouth and chin. Eyebrow arching is often done as part of a professional makeup service. Correctly shaped eyebrows have a strong, positive impact on the overall attractiveness of the face. The natural arch of the eyebrow follows the orbital bone, or the curved line of the eye socket. Most people have hair growth both above and below the natural line. These hairs should be removed to give a clean and attractive appearance.

Electronic Tweezers

Another method for the removal of superfluous hair used in salons and spas is the electronically charged tweezers. This method transmits radio frequency energy down the hair shaft into the follicle area. The papilla is thus dehydrated and eventually destroyed.

The tweezers are used to grasp a single strand of hair. The energy is then applied, first at a low level to prewarm and then at a higher-level for up to two minutes to remove the hair. Most manufacturers suggest that the area be steamed first in order to increase efficiency.

Electronic tweezers are not a method of permanent hair removal. Furthermore, the process of clearing any area of hair by this method is slow.

Depilatories

A depilatory is a substance, usually a caustic alkali preparation, used for the temporary removal of superfluous hair by dissolving it at the skin level. It contains detergents to strip the sebum from the hair and adhesives to hold the chemicals to the hair shaft for the five to ten minutes that are necessary to remove the hair. During the application time, the hair expands and the disulfide bonds break. Finally, such chemicals as sodium hydroxide, potassium hydroxide, thioglycolic acid, or calcium thioglycolate destroy the disulfide bonds. These chemicals turn the hair into a soft, jelly-like mass that can be scraped from the skin. Although depilatories are not commonly used in salons, you should be familiar with them in the event that your clients have used them.

If a client requests a chemical depilatory, you should perform a patch test to determine whether the individual is sensitive to the action of the depilatory. Select a hairless part of the arm, apply a small amount according to the manufacturer's directions, and leave it on the skin for seven to ten minutes. If there are no signs of redness, swelling, or rash, the depilatory can probably be used with safety over a larger area of the skin. Follow the manufacturer's directions for application.

Epilators

An epilator removes the hair by pulling it out of the follicle. Wax is a commonly used epilator, applied in either hot or cold form as recommended by the manufacturer. Both products are made primarily of resins and Beeswax. Cold wax is somewhat thicker and does not require fabric strips for removal. Because waxing removes the hair from the follicle, the hair takes longer to grow back. The time between waxings is generally four to six weeks.

Wax may be applied to various parts of the face and body, such as the eyebrows, cheeks, chin, upper lip, arms, and legs. On male clients, wax may be used to remove hair on the back and nape of the neck. The hair should be at least $\frac{1}{4}$ inch (.6cm) to $\frac{1}{2}$ inch (1.25 cm) long for waxing to be effective. Do not remove vellus (lanugo) hair; doing

so may cause the skin to lose its softness.

Before beginning a wax treatment, be sure to complete a client consultation card and have the client sign a release form. Wear disposable gloves to prevent contact with any possible bloodborne pathogens.

Safety Precautions

- ***To prevent burns, always test the temperature of the heated wax before applying to the client's skin.***
- ***Use caution so that the wax does not come in contact with the eyes.***
- ***Do not apply wax over warts, moles, abrasions, or irritated or inflamed skin. Do not remove hair protruding from a mole, as the wax could cause trauma to the mole.***
- ***The skin under the arms is sometimes very sensitive. If so, use cold wax.***
- ***Redness and swelling sometimes occur on sensitive skin. Apply an aloe gel to calm and soothe the skin.***

Threading

Threading is temporary hair removal method that is still practiced in many Eastern cultures today. It involves the manipulation of cotton thread, which is twisted and rolled along the surface of the skin, entwining the hair in the thread and lifting it from the follicle. Threading has become increasingly popular in the United States as an option to other methods. It requires specialized training.

Sugaring

Sugaring, another epilator treatment, is also becoming more popular and produces the same results as hot or cold wax. It involves the use of thick, sugar-based paste and is especially appropriate for more sensitive skin types. Removing the residue from the skin is simple, as it dissolves with warm water.

"You Don't Have To Take or Pass a Test to get your Certificate"
[Pay Now To Get Your Certificate](#)