

SCHOOL OF AESTHETICS

ESTHETICIAN FACIALS 101 EDITABLE TRAINING MANUAL



FACIALS

INCLUDING AROMATHERAPY & MASSAGE

Training Manual

FACIAL SKIN

What is skin? Skin is the largest organ of the body. It is the first line of defense against the environment. It is made up of three layers: the epidermis, the dermis, and the hypodermis. The epidermis is the outermost layer and is made up of cells called keratinocytes. The dermis is the middle layer and is made up of cells called fibroblasts. The hypodermis is the innermost layer and is made up of fat cells. The skin is constantly changing and is affected by many factors, including age, genetics, and environment. Understanding the skin is essential for providing effective facial treatments.

AROMATHERAPY FACIALS

Aromatherapy is the use of essential oils to promote health and well-being. Essential oils are concentrated extracts from plants that have a strong scent. They can be used in a variety of ways, including in facial treatments. Aromatherapy facials can help to improve the skin, reduce stress, and promote relaxation. There are many different essential oils to choose from, each with its own unique properties. For example, lavender oil is known for its calming and soothing properties, while lemon oil is known for its brightening and cleansing properties.

ELECTROTHERAPY & LIGHT THERAPY



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Facial Treatment	Ingredients	Instructions
Cleansing	Cleanser	Apply to damp skin, massage gently, rinse.
Exfoliation	Exfoliant	Apply to dry skin, massage in circular motions, rinse.
Steaming	Steam	Hold face over steam for 5-10 minutes.
Massage	Massage Oil	Apply oil to face, massage in upward strokes.
Facial Mask	Facial Mask	Apply mask to face, leave on for 15-20 minutes.
Facial Toner	Facial Toner	Apply toner to face with a cotton pad.
Facial Serum	Facial Serum	Apply serum to face with fingertips.
Facial Cream	Facial Cream	Apply cream to face with fingertips.



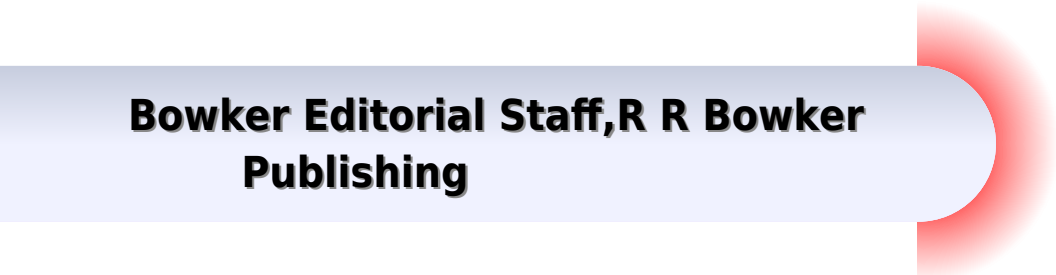
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Training Manual For Estheticians

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Training Manual For Estheticians:

Textbook of Dr. Vodder's Manual Lymph Drainage Günther Wittlinger, Hildegard Wittlinger, 2004 Manual Lymph Drainage MLD first introduced in 1936 by Drs Emil and Estrid Vodder of Denmark is a procedure which stimulates the lymphatic circulation with slow circular and careful pumping massage movements of the hand and the thumb The thin lymph vessels run through the body tissue like a drainage system which transports the lymphatic fluid via large collecting vessels the lymph nodes on to the blood circulation Manual Lymph Drainage has especially proven its worth in the case of a congestion of the lymphatic flow This is often the result of postoperative abdominal surgery and surgical treatment of breast carcinoma It is only with this smooth and harmonic form of massage that the lymphatic flow is stimulated in the sensitive lymph capillaries Painful swelling is removed and healing is encouraged This volume contains all the subject matter of the basic course and has proven its worth for many years Hildegard Wittlinger is the director of the Dr Vodder School in Walchsee Austria and has taught the MLD technique throughout the world since 1972 **Milady Standard**

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Spa Bodywork Anne Williams, 2007 This textbook guides massage therapists through each step of delivering a spa treatment from consideration of the indications and contraindications to scope of practice issues supplies room set up specific procedure steps and ideas for integrating massage techniques spa products and enhancing accents While wet room treatments are discussed the focus is on dry room treatments which can be delivered in a wider variety of settings More than 250 full color photographs illustrate each technique and treatment Treatment Snapshot boxes provide a quick overview of the treatment before the detailed step by step procedures section Sanitation Boxes offer clean up and sanitation tips Sample Treatments include promotional descriptions product recommendations and recipes for creating inviting smell scapes

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A Comprehensive Guide to Cosmetic Sources Theodora J. Myllymaki, James M. Akerson, 1993

Subject Guide to Children's Books in Print 1997 Bowker Editorial Staff, R. R. Bowker Publishing, 1996-09

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Cosmetología estándar de Milady, 2004

[Ferguson Career Resource Guide to Apprenticeship Programs, Third Edition, 2-Volume Set](#) Elizabeth H. Oakes, 2009 Each two-volume book contains four major sections: Introduction and Overview, Provides forewords by notables in the field and an outline of the book; Essays, Features eight to 10 essays on topics such as workplace issues, financial aid, diversity and more; Directory, Contains descriptions and contact information for hundreds of organizations, schools and associations arranged by topic; Further Resources, Indexes. Includes glossaries, appendixes, further reading and indexes.

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