



ULTRADERM

REFERENCE MANUAL

INCORPORATING MODEL CC2312

Aims and Objectives

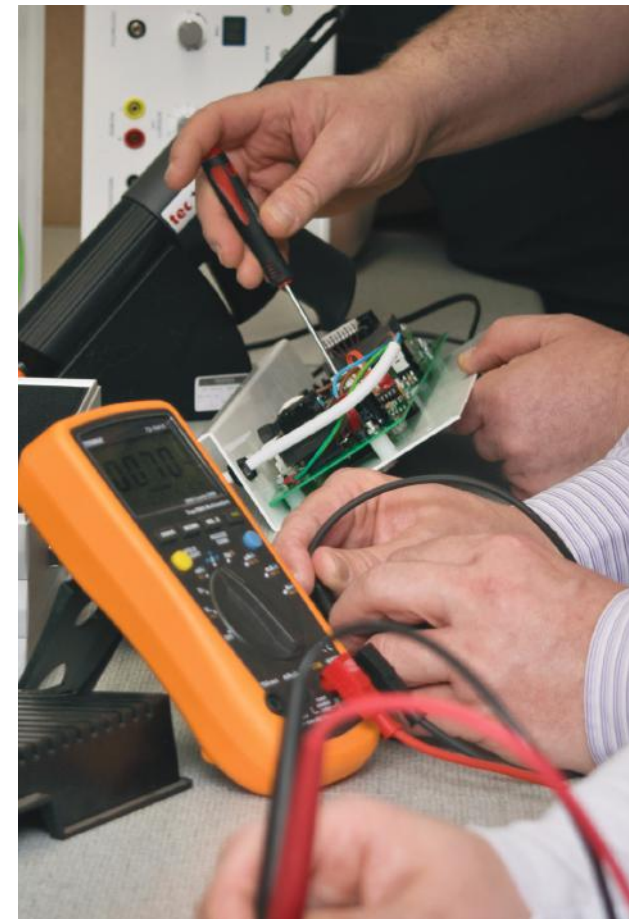
Welcome	page 3
Structure of the Skin	page 6
Getting Started with cc2312 Ultraderm	page 9
Galvanic Introduction	page 11
Direct Frequency Introduction	page 12
Application Benefits	page 13
Treatments	page 14
Desincrustation	page 15
Iontophoresis	page 16
Direct High Frequency	page 17
Sparking	page 18
Indirect High Frequency	
Complete Ultraderm Facial	page 20
Movement Sequences	page 22
Contra-Indications	page 24
Client aftercare recommendations	page 25
How To Sell The Treatments	page 26

Welcome to Carlton Professional


Our business has manufactured professional beauty therapy equipment and furniture in the UK in our Sussex factory for over 40 years. In that time, our production has been used in the best training colleges around the world and many of the world's leading salons and spas.

Our range continues to evolve, with the addition of the very latest Carlton 'Concept' machines, that have seen the latest technologies of Radio Frequency and Electroporation added to our extensive range of treatment options. Our treatment product range that include specialist ampoules, ionised gels and serums, alongside pre and post treatment products perfected for every client, make Carlton Professional an affordable and profitable option for every salon and spa.

www.carltonhub.com. For further information on MONU skincare please visit monuskin.co.uk



CARLTON Professional **CARLTON** Professional **THE CARLTON** BEAUTY AND SPA GROUP **carlton** professional



By partnering with **Carlton Professional**, you will have the support you need to grow as an aesthetic therapist, and as a business.



Feel reassured about gaining insurance cover, receive adequate knowledge and training, offer clients cutting edge technology, and receive the support you need as a therapist.



At Carlton Professional we offer you finance opportunities on purchasing, full training with purchases, Marketing support and help, launch event, ongoing events.



Be sure to book your launch event in today to help get your Carlton Professional treatment courses selling, and your clients looking fabulous!

We consider a purchase from Carlton Professional to be the beginning of a valued partnership

Why our stockists choose Carlton Professional

Carlton team

A team passionate about creating excellent products and delivering a great service

Carlton quality in product manufacturing

Innovative, user-friendly products based on international scientific research.

In-house research & development creating advanced products that deliver results.

Use of high-grade raw materials and concentrated active ingredients.
No animal testing. Mineral Oil, Lanolin, Artificial Fragrance and Formaldehyde are Not used in our products.

Insistence on highest standards of manufacturing practice and quality control.

Carlton professional training

Education and support from dedicated training professionals.

Access to first rate training materials and literature.

Additional online support offered via interactive website

Carlton pricing

Highly attractive profit margins on retail products and professional treatments, making it a very viable business proposition.

Support for your **Carlton** business

Regular newsletters.

Access to a dedicated business website.

Advice on your salon via our consultation service.

Carlton promotional strategies & marketing materials

Sophisticated high profile marketing campaigns.

Great range of branded goods, as well as training and marketing materials.

Flexible systems which can be adapted depending on the salon space available.

Free samples with selected purchases.



The structure of the skin

It is estimated that our skin is made up of around 70 trillion skin cells making it the largest organ of the body. It gives us our shape by supporting all of our internal organs, bones and blood and provides a waterproof covering. The thickness of the skin can vary, the thinnest skin is around the eyes and eyelids, and is approximately 0.5mm, the thickest skin is found on the soles of the feet and can be up to 4mm in thickness. The epidermis is a vascular, nourished by diffusion from the dermis below it.

Skin Structure - Epidermis

The epidermis is made up of six layers, each plays a different part, and these layers are called

Stratum Germinativum – This is the deepest layer of the epidermis, also known as the Stratum Basale. It is within this layer that a process called mitosis takes place. Mitosis means cell division and that's exactly what happens, the cells divide making more new fresh, plump cells, it is here when the cell are first created that they are at their most receptive. As this process of mitosis happens, the older cells start to move upwards through the layers towards the surface. In this layer, blood vessels connect to the dermis and this is where, through deep product penetration to the epidermis, we are able to communicate with the dermis via this layer. The Stratum Germinativum also contains melanocytes; these are melanin producing cells which provide the body its natural protection against harmful UV rays.

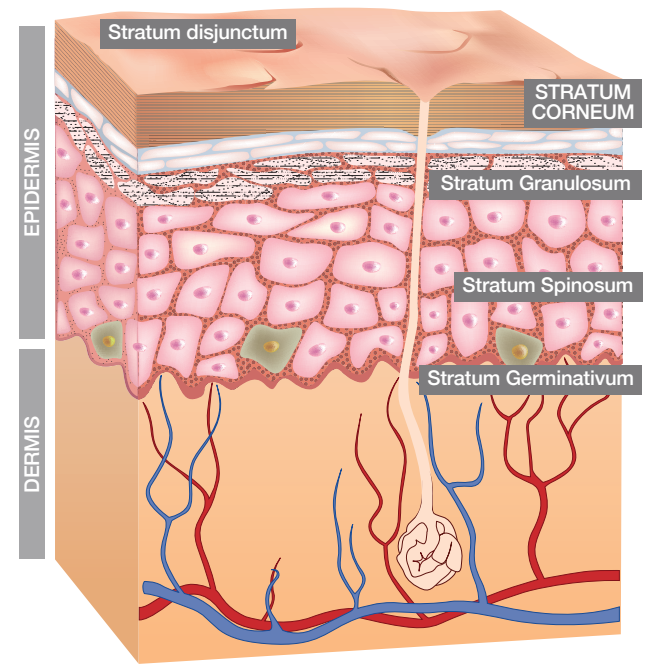
Stratum Spinosum– This is where the first stage of keratinisation takes place. Cells are pushed up from the Stratum Germinativum and begin to flatten slightly then start to synthesis keratin. This layer is also known as the prickle cell layer. Lipids are present in this layer; these lipids create a hydrolipidic barrier between the Stratum Granulosum and the Stratum Lucidum, which prevents dehydration.

Stratum Granulosum – Also called the granular layer, it is in this layer that keratinisation continues, the nucleus within the cells become void and starts to fill with keratin. The cells flatten further and continue to move up into the next layer.

Stratum Lucidum – This is a clear layer and has 2-3 layers of irregular clear flat cells. The Stratum Lucidum only tends to be found in thicker skin, therefore is commonly found on the soles of the feet and the palms of the hands.

Stratum Corneum - This layer is made up of between 15-20 layers of completely flattened cells, these cells are full of the protein keratin. This is the last part of the life cycle of the cell, which will eventually be shed from the skins surface. The keratin within these flattened cells, help to absorb water helping to keep the skin hydrated and preventing water from evaporating.

The Stratum disjunctum - This is the outer most layer and is part of the stratum corneum. The dead skin cells from this layer shed naturally over time. We lose between 30,000-40,000 dead skin cells from this surface daily, therefore the skin is constantly renewing itself. The desquamation process unfortunately slows over time the older we get.



The renewal of skin cells, or **Keratinisation**, on average takes 28 days, however, after the age of 36, your age represents the number of days the process of keratinisation takes.

Function - Epidermis

The whole process of a single cell moving up through the layers of the skin, takes approximately 28 days.

The epidermis is connected to the dermis by an undulating surface, due to this undulating surface; it gives a larger surface area, where all biological changes and nutritional exchange can take place. As we age, the epidermis and dermis start to separate, therefore causing all chemical reactions and processes to slow down quite dramatically, a classic example of this would be skin healing. When we are young, if we cut or graze the skin, it heals very quickly without too much trouble, however as we age, the process of healing can take much longer, meaning the skin is susceptible to infection. Therefore as we age, it is even more important to ensure we are taking care of our skin and treating it correctly.

The epidermis has a chemical protection called the acid mantle on its surface. The acid mantle is made up of sweat and sebum and these acts as a fungal and bacterial deterrent. The acidity of the skin helps to neutralise the chemical effects of contaminants, this is why skincare products are slightly acidic so as not to disrupt the skins balance. Free radicals constantly attack our skin and can weaken this natural barrier; this is why it is so important to protect our skins from the sun.

Skin Structure - The Dermis

Within the dermis there are two layers, the lower layer is called the reticular layer, it is this layer that gives the skin its overall strength and elasticity, it has coarser elastin fibres and denser collagen bundles.

Above the reticular layer is called the papillary layer. This layer contains smaller looser collagen and elastin fibres. This layer has a rich blood supply and nerve supply which provides the basal layer (or Stratum Germinativum) of the epidermis with sensation and nutrients.

Function - The Dermis

Within the dermis are a number of specialised cells, all with important functions to carry out. Eccrine glands are the primary sweat glands of the human body; they produce a clear, odourless substance consisting mainly of water. Hair follicles are also found in this layer, attached to the hair follicles are little muscles called erector pili, these muscles lift the hair when the body gets cold to trap warm air and retain heat, and as you would expect, the muscles relax to flatten the hair to cool the body.

Nerves are also located in the dermis and enable the body to respond to pain, temperature, touch and pressure.

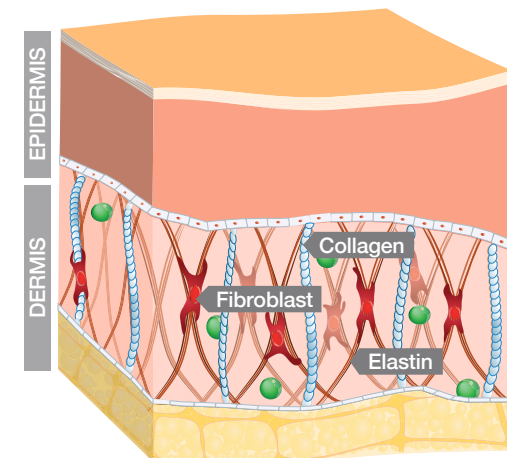
The proteins **collagen and elastin** are found in both layers of the dermis, but both have different effects on the body –

Collagen – Maintains the tone and structure of the skin because the molecules are rigid and

resistant to stretching. It is made up of three polypeptide chains wrapped around one another as a triple helix.

Collagen is formed in **fibroblasts** within the dermis, this can breakdown within the skin. The main cause of this is due to the enzyme Collagenase. This breaks down old collagen at a precise rate, however, this rate speeds up with sun damage, exposure to free radicals, age and UVA exposure (which is an inhibitor).

Elastin – Gives our skin resilience, keeping it toned, tight and springy. Like collagen it is produced by fibroblasts and forms a network of elastic tissue. The breakdown of elastin is what causes the skin to sag. Again, like collagen, elastin can also breakdown, the enzyme elastase is responsible for this breakdown under normal conditions, however with free radical attack, advanced ageing and sun exposure, this breaking down process will speed up resulting in an increased loss of elasticity within the skin.



Getting started with Ultraderm

The 'ULTRADERM' treatment has been specially designed to maximise the effects of **Galvanic Desincrustation** to deep cleanse the soft tissue of the face and neck, **Iontophoresis** – the introduction of product to assist the treatment and increase cellular metabolism in the area and **High Frequency** to purify and tone.



Roller Electrode

Twin Ball Electrode

Galvanic Milliamp (Intensity) Display

Galvanic Intensity Control Dial

Time Set Dial & Display

High Frequency Intensity Control Dial

Galvanic/High Frequency Switch

Polarity Switch (Denotes polarity of Black lead(s))

Red and Black Electrodes sockets

Single Probe hand piece

Cleansing sponge

Sponge Applicator hand piece



THE UNIT WILL NOT WORK IF THE TIMER IS NOT SET.

Selecting Electrodes

All of Carlton's glass electrodes are made of Perspex glass. This makes them tougher than normal glass would be, and means they don't shatter if broken. It does not make them indestructible!



All Carlton brand electrodes are filled with Argon.

This is a natural, inert, noble gas. (Inert = Will not react with anything, Noble = Similar to other noble gases, such as helium).

Argon will glow anything from Pale Baby Blue, to Dark Purple, and everything in between. It will vary in colour naturally. It is safe to breathe in, and will not react with other chemicals.



The Argon gas acts as a medium through which we pass electricity. The Argon carries the current through the electrode, and causes a chemical reaction in the air surrounding the electrode.

How OZONE is produced

The air around the electrode is oxygen - O^2 . When we pass an electrical current of this nature through the air, the O^2 gains an extra electron, and becomes O^3 . O^3 is also known as OZONE.

Ozone gives this treatment a metallic odour and is drying, antibacterial and germicidal.



CARE OF ELECTRODES

After each treatment, the electrodes must be wiped with an antiseptic solution, dried and then placed in a sanitiser.

Large Facial Bulb



Used for Direct High Frequency facial and body work, particularly useful for larger areas, i.e. the back. Also used for sparking treatments.

Small Facial Bulb



This electrode is used for Direct High Frequency facial treatments and is ideal for working on difficult areas, such as around the nose and ears. Also used for sparking treatments.

Neck Electrode



This Direct High Frequency electrode is specifically contoured for working on the neck area, but also can be used on any curved area, i.e. arms, shoulders.

Roller Electrode



This electrode is very versatile and can be used for both face and body work. As it rolls freely over the treatment area, no gauze or sliding agent is necessary (but is still optional). As this electrode will not spark when lifted from the skin, it is ideal for use on nervous clients.

Saturator



This electrode is used for Indirect High Frequency. The metal spiral inside the glass ensures that only a gentle current is required to give maximum effect.

How does Galvanic therapy work on the skin?

Galvanic skin treatment is rooted in ‘galvanism’ discovered by Luigi Galvani, which shows the effects of electricity on muscle tissue. The principle of galvanism indicates that ‘charged ions in the skin are either attracted or repelled from the electrodes, resulting in certain chemical effects’. Based on that principle, the treatment works by penetrating active ingredients into the subcutaneous tissues of the skin with the help of the direct galvanic current.

Desincrustation

This first phase is aimed at cleansing the skin deeply by emulsifying the sebum trapped in the pores around the hair follicles. It is the ‘negative charge cycle’ in which a negatively charged pre-treatment gel (a sodium chloride solution) is used to cover the skin to be treated. Now, the negatively charged galvanic facial machine is moved over the skin smoothly to apply the galvanic current to it. This combination of the alkaline solution and electricity repels the negative charges present in the gel and pushes it into the deepest layer of the skin. Desincrustation basically softens the skin and prepares it for the safe and painless removal of comedones. It may again be followed by a manual extraction.

Iontophoresis

This second phase involves an electrochemical process (electro-osmosis) for nourishing the skin intensely. It is the ‘positive charge cycle’ in which a negative electrode is placed near the shoulder to push the positively charged water-soluble gel (with anti-aging components) deep into the epidermal layers of the skin. This increases the efficacy of all skincare products used afterward by neutralizing the toxins and harmful free radicals in the skin. Iontophoresis not only makes the skin firm and flawless with its amazing tightening effect but also soothes the endings of the nerves.



Galvanic skin treatment exfoliates and detoxifies the skin so that it feels healthy, bright, and relaxed. The electric current used in it stimulates the skin by enabling lymph drainage, which allows the skin to cleanse itself and draws out harmful toxins from deep within it.

Galvanic current boosts the circulation of blood to the surface of the skin and sloughs off dead cells promoting cell regeneration. This process helps in tightening and revitalising the skin.

Galvanic treatment keeps premature ageing at bay by boosting hydration and collagen production in the skin, thus restoring its balance and making it smoother. Works as a highly effective, non-invasive, anti-ageing treatment.

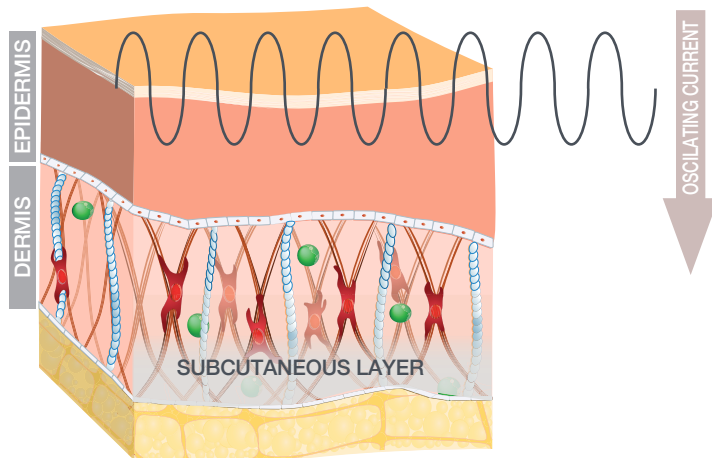
Products applied directly to the skin penetrate deep into the layers of the skin so that they are immediately absorbed.

Galvanic facial turns a rough and dull skin into a smooth and glowing one through deep cleansing, gentle exfoliation, and complete detoxification. It also makes the complexion significantly clearer and brighter.

As the negative ions in the Galvanic current draw all dirt, grime, and impurities out of the skin pores, they get unclogged and clear. This not only helps in reducing the appearance of acne but also prevents its further occurrences.

How does High Frequency work on the skin?

High frequency (also known as the Tesla high frequency current) was first developed in the late 1800's by renowned scientist Nikola Tesla. While it offers a number of functions, before the invention of 'modern' antibiotics it was largely used for medical purposes such as in the treatment of strep throat and other infections. In the 1970's, European salons discovered the cosmetic and healing benefits of high frequency electrical stimulation on the skin and by 1980, the technology became widely used by skin care professionals.



Rapid Oscillating Alternating Current

High Frequency operates on a Rapid Oscillating Alternating Current. A current will travel up and down in waves. This movement (Up and down) is called an OSCILLATING movement.

High Frequency operates at around 250'000Hz. This means that the current is OSCILLATING up and down 250'000 times per second. Therefore each OSCILLATION is very tiny effectively making High Frequency a very superficial treatment only penetrating no deeper than the epidermis.

The current also ALTERNATES between positive (At the peak of the OSCILLATION), and negative (At the bottom of the OSCILLATION).



All high frequency machines function by using a perspex electrode to treat various contours of the face and body. When applied to the surface of the skin, a mild electrical current passes through a neon, or argon gas filled electrode, causing it to emit a subtle glow neon red/orange or violet/blue and buzzing noise.

Traditionally, acne prone skin is treated with violet and aging skin is treated with red, however, recent studies show that both are effective regardless of the skincare concern.

During the high frequency treatment, enriched oxygen molecules are produced that create an anti-bacterial action and a "natural" thermal tissue warming. This reaction helps blood vessels push away toxins, while the skin cells are enriched with nutrients. This in turn creates an increase in blood circulation and cell renewal that supports increased levels of collagen and elastin. The skin is left feeling instantly energized and noticeably softer after just one treatment.

High frequency has proven to be effective on almost any skin lesion from acne and burns, to waxing procedures and cold sores. High frequency facials are considered to be a safe, gentle and therapeutic approach to skin rejuvenation, quickly healing and restoring skin's health.



Application

Recommended treatment areas

Face, neck and décolletage

Jaw line

Eye area

Cheeks

Benefits

Deep Cleanses and Detoxifies the Skin

Promotes Blood and Oxygen Flow

Great All-Rounder

Suitable For All Skin Types



Treatments

Desincrustation Treatment Protocol

Iontophoresis Treatment Protocol

Direct High Frequency Treatment Protocol

Complete Ultraderm Facial

Desincrustation Treatment Protocol

This treatment can be used on all but the most sensitive skins and will promote the removal of grease and excess sebum from the skin.



MAX GALVANIC SETTINGS

Dry / Sensitive skin 0.15 mA

Normal / Combination skin 0.20 mA

Oily / Problem skin 0.25 mA



Standard Facial Galvanic 25 minutes

Remove all jewellery both from the client and yourself.

Remove client's eye makeup, then cleanse the face and neck thoroughly. Tone and blot dry

Apply Electro Lotion to the skin with the finger tips or a mask brush - this solution helps to overcome the skin's natural resistance to the galvanic treatment.

Apply Desincrustant Gel to the area being treated.

Ensure galvanic intensity dial is set to zero. Place the black rocker switch to galvanic position. Set timer for required treatment time.

Give the client the indifferent electrode (attached to the red lead) in dampened sponge cover. The cleanse electrode should be placed onto one of the black leads. If using roller electrodes these should be placed, one on each of the black leads.
Set the polarity switch to negative (-), which makes the black lead(s) negative and the red lead positive.

Set the milliamp reading to the required setting by applying one roller or cleanse electrode to the face and turning up gently until the correct reading is registered (as stated on the table to the left)

If using rollers **apply the other roller to the face** and work for 3-7 minutes using the 'roller diagram' as a guide for the sequence of movement. Repeat each movement 4 times. This can also be performed with the pair of small twin ball electrodes.

When complete, and **if more intense treatment needs to be carried out**, apply more gel where necessary and using one small twin ball electrode work on the areas shown on the diagram, using a setting of 0.10 to 0.20 mA. **When completed switch off intensity before removing electrode** from the skin.

Remove Desincrustation Gel from the skin, tone & blot dry.

If not continuing with iontophoresis, apply clean layer of Desincrustation Gel, reverse the polarity of the black leads (So that they become (+) positive) and complete this procedure again for the last minute of treatment, to restore ph balance of the skin*.

When completed switch off intensity before removing electrode from the skin. Remove any remaining gel, tone, blot dry and apply after care products if iontophoresis is not to follow.

*** If you are continuing with Iontophoresis then you do not need to reverse the polarity at this stage.**

Iontophoresis Treatment Protocol

This treatment helps the introduction of suitable products into skin. It maximises the depth of product penetration to assist the treatment and increase cellular metabolism in the area. For best results, Iontophoresis should be performed after thorough cleansing: i.e. desincrustation, steaming, comedone extraction or peeling.



MAX GALVANIC SETTINGS

Dry / Sensitive skin 0.15 mA

Normal / Combination skin 0.20 mA

Oily / Problem skin 0.25 mA



Standard Facial Galvanic 25 minutes

Remove all jewellery both from client and yourself.

If desincrustation has not been performed, cleanse face and neck thoroughly. Tone and blot dry.

Connect red lead to indifferent electrode placed inside the dampened sponge cover. Instruct client to hold firmly.

Apply Carlton Electro-Lotion to skin with finger tips or a mask brush to help overcome the skin's natural resistance to the galvanic current.

Select an Ionto-Ampoule for specific condition, carefully snap open neck and spread contents over treatment area.

Choose an Ionto-Gel according to skin type and smooth over the area to facilitate smooth operation of electrode and conduction of galvanic current.

NB. Ampoule can be mixed with gel before application.

Connect black lead to working electrode. If rollers are to be used, place a black lead in each of the electrodes.

Set polarity switch as indicated on the product to be ionised. POSITION OF SWITCH DENOTES POLARITY OF BLACK LEAD(S)

NB. SKINCARE PLUS products are all marked (- to +) showing that the polarity of the working electrode(s) should be (-) negative.

Switch main switch to 'ON' and set Timer. Unit will not work if the timer is not set.

Set the milliamp reading to the required setting by applying one roller electrode to the face and turning up gently until the correct reading is registered. See settings shown, left.

Perform treatment as illustrated on diagrams on page 19 for between 5 - 10 minutes then reverse the polarity for the final minute to restore the natural balance of the skin.

Remove one electrode from the skin. Decrease intensity to "0" then remove other electrode from the skin. Remove excess gel, tone and blot dry. The skin should be left free of facial make-up, apart from eye or lip colour for approximately eight hours.

Application of Direct High Frequency

This treatment helps to purify the skin, dry excess sebum, and leave an antibacterial layer to combat pustules and papules. It also increases circulation, aids vasodilation, has a drying effect on the skin, and aids desquamation. It is suitable for clients with oily skin.

It can be performed after extractions, in order to kill any bacteria present, or can be performed at the end of the facial, to leave an antibacterial layer on the skin.



We suggest adjusting the timings to suit the skin type you are working on:

Dry Skin: 2-3 minutes

Normal/Combination Skin: 5 Minutes

Oily Skin: 7 minutes



Remove all jewellery both from client and yourself.

If desincrustation has not been performed, cleanse face and neck thoroughly. Tone and blot dry.

Apply a thin layer of Ozo Cream to the area to be treated, with a mask brush. To intensify the treatment, apply clean sterilised dry gauze over the area (this is not necessary for sparking treatments).

Ensure High Frequency dial is set to zero.

Place the black rocker **switch to High Frequency** position.

Set timer for required treatment time:

Apply High Frequency (bulb electrode) to face and gently turn up current until the correct setting is obtained. Work for the required time.

Remove gauze and any remaining cream from the skin with toner, then blot dry.

Complete the treatment with the application of an appropriate moisturiser.

Sparking

Sparking is possible with Direct High Frequency. This creates a larger gap between the skin and the electrode, creating a “lightening bolt” of Ultra Violet light, which is antibacterial, and effectively kills germs in a specific area.



Only use the Small Bulb Electrode. Position it on it’s side, directly over the area to be sparked. Lift the electrode off the skin, following these guidelines:

Remove any gauze

Position electrode no more than half a centimetre off the skin

Apply no more than 3 sparks on one area

**A low intensity
(No more than “9 o’clock” on the dial)**

If sparking is needed over a large area, it is possible to use double or triple thickness of gauze, and to work over the area in this way, creating lots of sparks as you work.



Application of Indirect High Frequency

This treatment is used mainly for dry, dehydrated, mature or sensitive skins. It is ideal to use to ease aches and pains. It is applied via Viennese massage techniques, and warms the tissues, increasing circulation, and aiding lymphatic drainage.

It is usually performed during the massage stage of a facial, before the mask or Iontophoresis is applied.



We suggest setting the following timings:

Dry Skin: 10-15 minutes

Mature/Sensitive Skin: 15-20 Minutes



Remove all jewellery both from client and yourself.

If desincrustation has not been performed, cleanse face and neck thoroughly. Tone and blot dry.

Ensure High Frequency dial is set to zero.

Set the black rocker **switch to High Frequency** position.

Insert the Saturator Electrode into the High Frequency handle, and give this to your client to hold.

Set timer for required treatment time (10 – 20 minutes)

Apply a layer of massage cream or oil to the area to be treated.

Apply one hand to your client's skin and gently turn up current until the correct setting is obtained. Work for the required time, always keeping at least one hand in constant contact with the client, making sure to avoid all tapotement movements.

To finish, **turn the intensity down slowly** before breaking contact with the client.

Remove excess massage medium with toner, and blot dry.

Complete the treatment with the application of an appropriate moisturiser.

Complete Ultraderm Facial protocol



Remove all jewellery both from the client and yourself.

Remove client's eye makeup, then cleanse the face and neck thoroughly. Tone and blot dry.

Apply Electro Lotion to the skin with the fingertips or a mask brush - this solution helps to overcome the skin's natural resistance to the galvanic current.

Apply Desincrustant Gel to the area being treated.

Ensure galvanic intensity dial is set to zero. Place the black rocker switch to galvanic position. Set timer for required treatment time.

Give the client the indifferent electrode (attached to the red lead) in dampened sponge cover. The cleanse electrode should be placed onto one of the black leads. If using roller electrodes these should be placed, one on each of the black leads. Set the polarity switch to negative (-), which makes the black lead(s) negative and the red lead positive.

Set the milliamp reading to the required setting by applying one roller or cleanse electrode to the face and turning up gently until the correct reading is registered.

If using rollers **apply the other roller to the face** and work for 3-7 minutes using the 'roller diagram' as a guide for the sequence of movement. Repeat each movement 4 times. This can also be performed with the pair of small twin ball electrodes.

When complete, and **if more intense treatment needs to be carried out**, apply more gel where necessary and using one small twin ball electrode work on the areas shown on the diagram, using a setting of 0.10 to 0.20 mA. When completed decrease intensity to "0" before removing electrode from the skin.

Remove any remaining gel, tone and blot dry. Perform extractions if necessary.



We suggest setting the following timings:

Treatment Time: 1 hour 15 minutes

Frequency:

Treatment is recommended once a month on normal/dry skins, twice monthly on problem skins until the condition has improved.

MAX GALVANIC SETTINGS

Dry / Sensitive skin 0.15 mA

Normal / Combination skin 0.20 mA

Oily / Problem skin 0.25 mA

PRODUCTS REQUIRED

Cleanser, Toner & Moisturiser

Electro-Lotion

Desincrustant Gel

Galvanic Ionto Ampoule

Galvanic Ionto Gel

Ozo-Cream

Gauze

continued...

Select an Ionto-Ampoule for specific condition, carefully snap open neck and spread contents over treatment area.

Choose an Ionto-Gel according to skin type and smooth over the area to facilitate smooth operation of electrode and conduction of galvanic current.

NB. Ampoule can be mixed with gel before application.

Connect black lead to working electrode. If rollers are to be used, place a black lead in each of the electrodes.

Set polarity switch as indicated on the product to be ionised.

NB. SKINCARE PLUS products are all marked (- to +) showing that the polarity of the working electrode(s) should be (-) negative.

Set timer to required treatment time.

Place one electrode onto the skin and increase intensity until client feels a tingling sensation, then decrease intensity slightly. If using a pair of electrodes place the other on the skin. If only using one electrode continue to work.

Perform treatment as shown on diagrams for between 5 - 7 minutes reversing the polarity for the final 2 minutes to restore the natural balance of skin. Remove excess gel.

Apply a thin layer of Ozo Cream to the area to be treated. To intensify the treatment apply a clean sterilised dry gauze over the area (this is not necessary for sparking treatments)

Ensure High Frequency dial is set to zero. Place the black rocker switch to high frequency position. Set timer for required treatment time.

Apply High Frequency (bulb electrode) to face and gently turn up current until correct setting is obtained. Work for between 5 - 7 minutes.

Remove gauze and any remaining cream from skin with toner, then blot dry.

Apply moisturiser.

MOVEMENT SEQUENCE FOR SINGLE TWIN BALL ELECTRODE

1. Movements commence with up/down strokes from the centre of the forehead down the bridge of the nose.
2. Strokes above and under eye area (do not go too close to eye).
3. Strokes to the side of nose and nasolabial fold.
4. Stroke around the mouth and Marionette line.
5. Stroke along the both sides of jawline.
6. Strokes to Mental Crease below mouth.
7. Stroke around the mouth and Marionette line.
8. Strokes between nose and mouth.
9. Strokes to the side of nose and nasolabial fold.
10. Strokes above and under eye area (do not go too close to eye)



Each movement to be repeated 4 times. When movements 1 - 10 have been completed, work again over any areas which need more intensive treatment.

MOVEMENT SEQUENCE FOR ROLLER OR 2 X TWIN BALL ELECTRODES

1. Movements commence with up/down strokes to the sides of the neck.
2. Sideward strokes to the throat (do not apply too much pressure to this delicate area).
3. Strokes to the side of the jaw line.
4. Figure of 8 movements to the chin.
5. Strokes to the side of mouth.
6. Strokes to the cheeks.
7. Strokes around under eye area (do not go too close to eye).
8. Strokes to temple and corner of eye.
9. Movement across to forehead.
10. Using alternate electrodes use up and down movements between eyes and the bridge of the nose.

Perform each movement 4 times then repeat complete series in reverse order.



Contra-indications

High/low blood pressure

Heart conditions

Epilepsy

Asthma

Eczema

If client suffers from any of the above conditions a letter from GP is advised before commencing treatment.

Diabetes

Pregnancy

Lack of skin sensation

Metal in area (excessive number of fillings)

Swelling in area

Bruising

Cuts or abrasion

Skin infections

Hyper sensitive skin

Clients with nervous disposition

Couperose skin conditions



Therapists providing treatment should conduct a thorough consultation with clients and if they have any reservations about suitability for treatment should refer the client back to their G.P.

*Stimulation of the skin and muscle can cause Botox to be broken down faster, we are also stimulating a muscle that is temporarily frozen, this can cause an unusual sensation. Clients should avoid treatment in these areas until Botox has worn off, usually six months.

*Stimulation of skin and muscle may cause Dermal Fillers to move. Avoid until filler has dispersed.

Contra-actions

Some clients may notice the following effects. These are all normal reactions if observed in a mild effect. If any effect is noticed excessively it is vital to cease treatments immediately and refer the client to their GP. In this instance, be sure to take photographs, and fill in an accident book in accordance with your insurer's instruction.

Mild discomfort

Erythema (Redness)

Warm, or what appears to be over-sensitised skin

Mild Erythema will disappear a few hours after the treatment though either is rare, and you may want to consider and consult with client as to whether the treatment is right for them.

Client after care recommendations

Although the side effects of Ultraderm treatments are minimal there are some essential after care recommendations.

For 24 Hours after treatment:

Apply as much moisturiser as is needed

Avoid touching the area with unwashed hands

No heat treatments

No swimming/exercise

No perfumed products

No make-up

For the following 7 days:

No exfoliation

No Sunbathing or Sun Beds

Apply minimum of SPF15 or higher



Recommended skincare products

MONUSKIN Hydrating Moisturiser SPF15

MONUSKIN Tinted Moisturiser SPF15

MONUSKIN Recovery Balm

MONUSKIN Rich Cream Cleanser

MONUSKIN Deep Repair Complex

MONUSKIN Instant Soothing Serum

MONUSKIN Nourishing Treatment Oil

MONUSKIN Flash Relax Mask

MONUSKIN Lip & Eye Active Lift

⊘ **Avoid exfoliation** at home when having a course of treatment, or exfoliation for minimum of 7 days after a 1 off session. Too much exfoliation removes dead skin cells and therefore all the skin's natural protection. We must allow the skin to protect itself and complete a natural cycle.

😊 Important to **nourish the skin**, so try to sell retail to help client

⊘ **Avoid touching** the area treated

⊘ **Avoid irritants** such as heat treatments (steam, sauna, sun beds), swimming (chlorine) gym/excessive exercise (sweat is drying and an irritant), perfumed products or makeup for 24 hours

😊 **Apply a MIN of SPF 15** every day after treatment (min 1 week)

☹ **Avoid MDA treatment before a holiday** (Sun/sand/sea all irritate)

⊘ **Avoid products with Retinol**

How to sell the treatments

For best results courses should be taken in twelve sessions, every 5 days.

For the purposes of pricing, you wouldn't treat for any longer than 30 minutes in a session, and then add time, depending on which treatments/products you team it with

Be commercially attractive to all budgets,

We recommend you also offer shorter courses. Try an introductory offer to get clients in for that first treatment, then you will have the opportunity to upsell.

Offer courses of 6 and 12.

Offer 4 for the price of 3 as a one off "try me" promotion

Create a Deluxe Treatment

An extended procedure gives you the opportunity to include massage, masks, and ampoules

Create bespoke facials

Include electrical treatments, masks, ampoules, serums. Also tier the facial, Platinum, Gold and Silver - price accordingly

Combine with other treatments for the ultimate electrical anti-ageing treatment



Many thanks for attending
and good luck on the completion of
your course.

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