

TEXT CONTENT PREPARED FOR

Provision Esthetics Website

The following pages contain the text that will appear throughout the Provision Esthetics website.

- Special notes are highlighted in [brackets].
 - On-site links are highlighted in **BLUE** and the URLs for the links are shown in [blue brackets] and will open in the same window.
 - Off-site links are highlighted in **RED** and the URLs for the links are shown in [red brackets] and will open in a new window to keep the user on the site.
 - Image usage is highlighted in **PURPLE** and the filenames are shown [purple brackets].
 - Dynamic content is highlighted with a **YELLOW** background.
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Home

Slideshow Section:

Panel 1

Painless Hair Removal with Threading - **No more messy Waxing.** [Learn how \[threadinghairremoval.php\]](#)

[Global Image: threading.jpg]

Panel 2

The Pleasures of Facial Pressure Point Massage - **Relax your Client and save your hands** [facialpressurepointmassage.php]

[Global Image:pressurepoint.jpg]

Panel 3

Increase Your Business with Advanced Skin Analysis - **Take your skills to the next level** [advancedskinanalysis.php]

[Global Image: analysis.jpg]

Panel 4

Lymphatic Facial Massage - Your Clients key to a Gorgeous Glow - **Learn about the Amazing Benefits** [lymphaticfacialmassage.php]

[Global Image: lymphatic.jpg]

Body Text

Let us prepare you for a successful career in skin therapy, by giving your skills the boost they need to succeed. The Provision Esthetics has been providing specialized classes targeted to Cosmetology professionals with a special emphasis on Esthetics.

What we offer:

- Adult continuing education classes for Licensed Cosmetology professional with a focus on Skin Treatments and Advance Hair Removal.
- Continuing Education Credits (CEU's) are approved by the Georgia State Board of Cosmetology. Registration number 2010-000
- All classes include 2 FREE hours of required DTAE Health and Safety education.
- Lecture and Hands on training.

Many businesses seek out students from the Provision Esthetics and their host the Atlanta Institute of Esthetics because they know the quality of the education we provide.

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[Social media links - Facebook, twitter, LinkedIn]

About Us

Body Text

Getting to know your instructor

[image: jocelynash-blue.jpg]

- Jocelyn Ash is the Director at Provision Esthetics
- Provision Esthetics is committed to providing quality continuing education with value, integrity & inspiration for individuals in the Esthetics cosmetology, Barbering, and nail Industries.
- Since September 2003, Jocelyn has also been a lead instructor at the Atlanta Institute of Esthetics, a division of the Atlanta School of Massage
- She obtained her initial esthetics training in 1995 in Washington State. She completed her Instructor Training at the prestigious Euro Institute of skin Care in 1997 and served as a lead instructor.
- Her work and training since 1995 nationally and internationally has included certification in over 5 major skincare lines, Micro-Dermabrasion and Manual Lymphatic Drainage. She has worked for upscale day spas and wellness centers in Washington and California, and served as U.S. trainer for a German skin care line.
- Jocelyn has served as a lead instructor for the Atlanta Institute of Esthetics, a division of Atlanta School of Massage where she has helped provide curriculum development and staff training in addition to teaching.
- Jocelyn is passionate about all facets of the Skin Care and Wellness Industry. She loves to share her knowledge and strives to impart passion and the quest for quality education with each of her students.

Recommendations

"Jocelyn was employed at my spa, Beauty Kliniek and was a dedicated and loyal employee with integrity and enthusiasm for everything she did. She is a leader, and is also a great educator with a vast knowledge of skin care. Linda Anne Kahn HHP Beauty Therapist at Beauty Kliniek Aromatherapy Day Spa"

-- [LindaAnne Kahn, was Jocelyn's client \[http://www.beautykliniek.com/lindanne.htm\]](http://www.beautykliniek.com/lindanne.htm)

Linda-Anne is Board Certified as an internationally recognized CIDESCO Diplomat. She is certified as a Clinical Aromatherapist from Eve Taylor, London. She also holds an International certification as a Manual Lymph Drainage Therapist and Lymphedema Specialist from the Dr Vodder School, Austria and the Foldi School in Germany. She has also has a certification from Drs. Judith and John Casley-Smith, University of Adelaide, Australia as a Lymphedema specialist.

"Jocelyn is a dedicated Aesthetician and Instructor. She is well versed in and very passionate about educating others about the skin. Her knowledge has impacted me as a student by providing me with an excellent foundation to build my career. She instructed in a very professional manner and encourages students to always research and keep abreast of the industry. World class educator best describes Jocelyn."

-- Michelle A. Mills, CPP, PHR, Student, Atlanta institute of Esthetics, studied with Jocelyn at Atlanta Institute of Esthetics.

In the News

[Atlanta School of Massage News \[http://www.atlantainstituteofesthetics.com/Jocelyn-ash-of-the-atlanta-institute-of-Esthetics-receives-gaap-crystal-award\]](http://www.atlantainstituteofesthetics.com/Jocelyn-ash-of-the-atlanta-institute-of-Esthetics-receives-gaap-crystal-award)

[AIA Celebrates 10th Anniversary and Honors Jocelyn Ash with NCEA Gerson Award \[http://asmwellness.com/aia-celebrates-10th-anniversary-and-honors-jocelyn-ash-with-ncea-gerson-award/\]](http://asmwellness.com/aia-celebrates-10th-anniversary-and-honors-jocelyn-ash-with-ncea-gerson-award/)

Education

- [Euro Institute of Skin Care \[www.euroinstitute.com\]](http://www.euroinstitute.com)
Renton, WA 98055
Certificate, esthetics Instructor, Lymphatic Draining, 1997 - 1997
- [Esthetics Northwest Institute \(formerly ABC Nail & Skin College\) \[http://www.Estheticsnw.com\]](http://www.Estheticsnw.com)
Bellevue, WA
Certificate, Esthetics & Nail Care, 1994 - 1995
- [University of Alaska Fairbanks \[https://www.uaf.edu\]](https://www.uaf.edu)
Fairbanks, AK
General Studies, 1991 - 1994

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[[Social media links - Facebook, twitter, LinkedIn](#)]

Contact Us

Questions? Interested in registering for a class or being a class model? Please fill in the form or contact:

[Image: jocelynash-green.jpg]

Jocelyn Ash
404-969-7170

I look forward to hearing from you!

[Form: contactus.php]

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[Social media links - Facebook, twitter, LinkedIn]

Thank You

Thank you! I'll be in touch soon!

[Image: social media signs]

Help us spread the word...

Tell your friends about the class and make it a reunion while you learn! We've made it easy;

SHARE US ON YOUR FACEBOOK, TWITTER AND LINKEDIN PAGES

[Social media links - Facebook, twitter, LinkedIn]

THE PERSON IN CLASS WITH THE MOST SHARES WILL RECEIVE SPECIAL RECOGNITION!

FAQS

Frequently Asked Questions

About the classes

Where are the classes held?

We are proud to say our classes are hosted at the prestigious [Atlanta Institute of Esthetics](http://www.atlantainstituteofEsthetics.com/contact/).
[<http://www.atlantainstituteofEsthetics.com/contact/>]

How should I dress for class?

Since esthetics is all about image, we encourage our students to dress professionally as they would when performing services. Many students find solid colored scrubs a suitable choice.

For hands-on classes will there be models available or how will I practice

We occasionally have models available for class. Our models are volunteers and as such availability cannot be guaranteed. You should anticipate the possibility of performing and receiving an exchange of service from a fellow classmate.

Will there be hands-on time?

For classes related to performing treatments, there will be opportunity to perform a service under the guidance of the instructor. Based on availability, you may need to bring a model. In some classes you may exchange with a fellow classmate. Details will be provided after you register for the class.

I am interested in being a Model in exchange for a free service. What do I need to do?

Call Jocelyn Ash at 404-969-7170 for information.

About the facilities

Is there a cafeteria?

There is a break room with a vending machine with healthy snacks and beverages on premises. There are nearby fast food restaurants within a short distance such as: Mexican, Chinese, Pizza, Thai, 2 Delicatessens, Wendy's, McDonalds, Burger King and other venues.

Is there parking available?

Yes, free parking is available for students. Our student parking lot is across the driveway from the school. We ask that students reserve the main parking lot in front of the building for our Student Clinic Patrons.

Contraindications / Restrictions for participation

What about Contraindications for receiving services?

If you KNOW that you are contraindicated for giving or receiving a particular class service please call Jocelyn Ash at 404-969-7170 to discuss your options. The following conditions may prevent or restrict you from giving or receiving specific services. Please note that while this list covers many contraindications, there may be others not listed below that would also prevent you from receiving or performing services and we reserve the right to determine what constitutes a contraindications. Speak with Jocelyn if you have any questions or concerns.

Contraindications that PREVENT a facial treatment

Viruses such as colds, cold sores, warts, Bacterial infections such as impetigo, boils, conjunctivitis, sty's, Fungal infections such as ringworm, blepharitis, Undiagnosed lumps or swelling, Broken bones, known sensitivity or allergy to products. Eczema, psoriasis, cold sores, fresh bruising, open sores, bleeding, tooth abscess, broken jaw or other facial bone, facial cancer, head lice, recently consumed alcohol, under the influence of drugs, unstable blood pressure, recent head injury, recent neck injury, fever, contagious disease, recent hemorrhage, recent scarring, and severe acne.

Contraindications that COULD RESTRICT a facial treatment

The following conditions are contraindications that will not necessarily stop the treatment from taking place but they may mean that the treatment is restricted or may have to be adapted: Cuts/abrasions/broken skin, Bruises or swelling, Recent scar tissue (less than six months old), Eczema, Dermatitis, Psoriasis, Acne vulgaris, Acne rosacea, Skin tags, Millia, Recent sunburn, Current medication that may affect treatment needs to be disclosed, Claustrophobia, Broken capillaries/veins. Immediate aftercare: The skin has been deep cleansed, stimulated and nourished. No aftercare is needed except to leave it alone. Avoid picking, squeezing pimples or touching the area. Do not apply make-up for at least 8 hours if possible, Avoid any further overstimulation and heat treatments for at least 12 hours, Avoid highly perfumed products, No depilation (hair removal) should take place after a facial, If any rash, irritation or itching occurs just apply a cool flannel to the area. Long-term and homecare advice: Regular use of homecare products will help the skin; Regular facials will help to regulate a problem skin

Contraindications that PREVENT or RESTRICT massage

- **Fever:** When you have a fever, your body is trying to isolate and expel an invader of some kind. Massage increases overall circulation and could **therefore work against your body's natural defenses.**
- **Inflammation:** Massage can further irritate an area of inflammation, so you should not administer it. Inflamed conditions include anything that ends in -itis, such as phlebitis (inflammation of a vein), dermatitis (inflammation of the skin), arthritis (inflammation of the joints), and so on. In the case of localized problems, you can still massage around them, however, avoiding the inflammation itself.
- **High blood pressure:** High blood pressure means excessive pressure against blood vessel walls. Massage affects the blood vessels, and so people with high blood pressure or a heart condition should receive light, sedating massages, if at all.
- **Infectious diseases:** Massage is not a good idea for someone coming down with the flu or diphtheria, for example, and to make matters worse, you expose yourself to the virus as well.
- **Hernia:** Hernias are protrusions of part of an organ (such as the intestines) through a muscular wall. It's not a good idea to try to push these organs back inside. Surgery works better.
- **Osteoporosis:** Elderly people with a severe stoop to the shoulders often have this condition, in which bones become porous, brittle, and fragile. Massage may be too intense for this condition.
- **Varicose veins:** Massage directly over varicose veins can worsen the problem.
- **Skin problems:** You should avoid anything that looks like it shouldn't be there, such as rashes, wounds, bruises, burns, boils, and blisters, for example. Usually these problems are local, so you can still massage in other areas.
- **Cancer:** Cancer can spread through the lymphatic system, and because massage increases lymphatic circulation, it may potentially spread the disease as well. Simple, caring touch is fine, but massage strokes that stimulate circulation are not. Always check with a doctor first.
- **Other conditions and diseases:** Diabetes, asthma, and other serious conditions each have its own precautions, and you should seek a doctor's opinion before administering massage.
- **HIV infection:** Some people still think of AIDS as something that can be "caught" through simple skin- to-skin contact, but is not the case not the case. If there is no exchange of bodily fluids (blood, semen, vaginal fluids, or mother's milk), HIV can't be transmitted during massage. So, HIV infection is not contraindicated for this reason. However, some of the infections that people suffering from the later stages of AIDS experience are contraindicated, and you should avoid those infections. Loving, soothing contact is extremely important for people at any stage of infection, but in the case of any visible rashes, sores, lesions, or swelling, mass age is best left to a professional. If you have any cuts or scrapes or scratches on your hands, it's an especially good idea to wear thin surgical gloves while massaging an HIV-infected person with any signs of open lesions.

Waxing and Threading Contraindications

Waxing and threading are methods of semi-permanent hair removal which removes the hair by the root. New hairs will not grow back in the previously epilated area for two to eight weeks. Almost any area of the body can be waxed, including eyebrows, face, bikini area, legs, arms, back, abdomen and feet. Threading is mostly confined to areas of the face. There are many types of waxing suitable for removing unwanted

hair. Pain tolerance will depend on each individual client. However if you know you don't tolerate pain easily then take a couple of pain relief tablets (that you have used before and have had no reaction to previously) about an hour prior to treatment and this should reduce the pain somewhat.

Contraindications that PREVENT waxing and threading

Contagious skin condition – wait for the condition to clear before waxing, Thin or fragile skin – can cause bruising and tearing of the skin which may lead to infection, Use of steroid medication – this can cause a thinning of the skin. Waxing and threading should not be done whilst using such medication, and not until 3 months after completing the treatment, Unidentified lumps or swelling, Previous allergic reaction to treatment.

Contraindications that MAY RESTRICT waxing and threading

Raised moles and skin tags. Wax should not be applied directly over them, Abrasions, bites, broken skin, bruises – avoid waxing the affected area until healed, Varicose veins – do not wax over the affected area

Treatment Aftercare

Immediate aftercare for waxing and threading

The waxed area may be red and there may be some blood spots, especially where the hairs are strong, i.e. on the bikini line or underarm. An after wax cream containing Aloe Vera may be applied to help cool the skin, reduce the redness and keep the skin moisturized. Aftercare for a period of 24 hours following treatment: No sunbathing or sunbeds, Avoid bathing in sea or swimming pool, Do not take a hot bath or shower, a cool one is absolutely fine, Do not use deodorant/antiperspirant, Avoid tight clothing, Do not use perfumed products on the area, No make-up or self-tanning preparations, Do not keep touching or picking at the area.

Long term aftercare for waxing and threading

Look after your skin on your body as you would on your face, Lots of moisturizer will stop the skin becoming too dry, especially in the winter months, Sloughing the skin with a clean loofah in the shower will help to keep the blood circulation stimulated, bringing lots of oxygen and nutrients to the skin to keep it in good condition, Massage will help remove the build-up of toxins in the skin and keep the area both nourished and smooth, Exfoliating the skin will help to stop the hairs becoming ingrown, Gentle exercise, regular sleeping patterns and eating plenty of fruit and vegetables, whilst cutting down on smoking and alcohol and drinking lots of water, really does work and not just for the face.

[Image: social media signs]

Help us spread the word...

Tell your friends about the class and make it a reunion while you learn! We've made it easy;

SHARE US ON YOUR FACEBOOK, TWITTER AND LINKEDIN PAGES

[Social media links - Facebook, twitter, LinkedIn]

Course Catalog

[Painless Hair Removal with Threading \[threadinghairremoval.php\]](#) [Global image: [threading.jpg](#)]

Threading is an ancient hair removal technique using thread instead of wax to remove facial hair and shape beautiful eyebrows. Threading helps protect facial skin while still providing hair removal.

[The Pleasures of Facial pressure Point Massage \[facialpressurepointmassage.php\]](#) [Global image: [pressurepoint.jpg](#)]

Relax muscles, reduce puffiness, and contribute to general wellness, skin tone and circulation with this gentle technique. This is especially beneficial for clients with delicate sensitive skin, rosacea, and acne.

[Building Business with Advance Skin Analysis \[advancedskinanalysis.php\]](#) [Global image: [analysis.jpg](#)]

Build your business and stand out from the crowd with Advanced Skin Analysis Techniques. Learn about the inflammation cascade and the phases of wound healing, working with sun damaged skin, the ABCDE's of Melanoma, how hormones affect acne... and more!

[Lymphatic Facial Massage - Your Clients Key to a Gorgeous Glow \[lymphaticfacialmassage.php\]](#) [image: [lymphatic.jpg](#)]

The gentle touch of Facial Lymphatic Massage can relieve sinus pressure from allergies and reduce fluid retention in the face and leave your clients with beautiful glowing skin. Learn more about this extremely gentle technique and the profound effects it can have on your clients' skin!

Tell your friends about our classes - [Social media links - Facebook, twitter, LinkedIn]

Painless Hair Removal with Threading

[Countdown timer: days to class]

Painless Hair Removal with Threading (Earn 5 CEUs)

Eye Brow Threading History

[Global Image: threading]

The origins of threading came to us from the eastern cultures and is believed to have started in Turkey or possibly India . It has popularity in Indian and Persian cultures and goes far back into their history. In Iran it has become almost a ceremonial requirement for special occasions like weddings. In Persia, eye brow threading was performed as a sign that that a young girl had made the transition to becoming a woman. We may never know that actual country of origin since many of these cultures exchanges ideas early in their history. There were trading routes that carried goods and cultural exchange throughout much of the East.

[Image: threadingwoman.jpg, threadingman.jpg]

Threading is a quick and painless, long lasting solution to hair removal. This procedure allows the hair-pulling from the root, so the effect lasts a long time. The method is very hygienic and ecological. Therapist use only clean, new threads, the old piece is removed right after treatment. Some medical conditions and medications often push people to this method of eyebrow removal. In many instances, most dermatologists advise people with acne to use eyebrow threading only.

[TIRED OF THE EXPENSE AND MESS OF WAXING? LEARN OUR SIMPLE THREADING TECHNIQUE! \[contactus.php\]](#)

Advantages of Threading

The treatment is kinder to the skin than waxing as no heat or chemicals are applied. Most waxes are used warm, but can be heated up too much and burn the skin resulting in extreme pain and scabby skin; the thread is also able to pick up very fine hairs that you might miss with tweezers; Delicate skin. The skin around the eyes is thin, and can get easily irritated from waxing even if it doesn't bother other body zones. Threading eyebrows is a true life saver for hair removal in the eye area; Threading just pulls the hair, unlike waxing which pulls the skin, over time waxing causes the skin to loosen and develop premature wrinkles; Threading lifts the hair from the follicle, therefore if it is done on a regular basis, it weakens the hair follicle so hair growth becomes less dense over time, and new hair will grow finer and sparser.

[Image: threadingbeforeafter.jpg]

Disadvantages

It is hard to find a very skilled practitioner, and it is a painful process with an unskilled practitioner.

[STAND OUT FROM THE CROWN BY TAKING THIS COURSE! \[contactus.php\]](#)

Threading only works on flat surfaces and does not work on bikini lines or knees; For people with severe acne, threading can cause acne ruptures; Like other hair removal methods, threading can cause folliculitis, reddening of the skin and skin pigment change; Discomfort. Most people get used to threading and find the discomfort is only slight, while some claim to have no pain at all.

This makes threading the most effective method of hair removal on the face for everyone. It is the choice of the person on how to get rid of unwanted body hair, what method the choice may be; there are consequences with any body hair removal. Try consulting a skilled practitioner when you would like to try threading as means of hair removal method. Threading reduces facial hair growth and its make eyebrows perfect shape without damage in skin.

At the end of the class you will know how to:

1. Maintain safe and effective methods of working when providing threading services. Review the importance of preparing your working area, hygiene, equipment, products, and work wear.
2. Consult, plan and prepare for threading services with clients.
3. Remove unwanted hair
4. Provide aftercare advice

[RESERVE YOUR SEAT IN CLASS TODAY! \[contactus.php\]](#)

Share this class with your friends - [\[Social media links - Facebook, twitter, LinkedIn\]](#)

The Pleasures of Facial Pressure Point Massage

[Countdown timer: days to class]

The Pleasures of Facial Pressure Point Massage (Earn 5 CEUs)

“LIFE IS A SUCCESSION OF LESSONS WHICH MUST BE LIVED TO BE UNDERSTOOD.”

-THOMAS CARLYLE

[Global Image: pressurepoint.jpg]

Relax muscles, reduce puffiness, and contribute to general wellness, skin tone and circulation with these gentle techniques.

Do you worry about carpal tunnel or stress related hand injuries? Worry no more with this method. It's gentle on your hands and benefits your clients with its gentle, rhythmic, static pressure.

[DO YOU SUFFER FROM TIRED HANDS? LEARN THIS SIMPLE TREATMENT AND GIVE THEM RELIEF!](#) [contactus.php]

Whether you have practice esthetics for many years or are new to esthetics, learning new massage movements is like adding spices to your recipe. These specialty techniques will be enjoyed by both you and your clients. Each of the face and neck movements are independent movements that you can select and incorporate based on the client's skin and your personal preferences.

[Image: pressurepoint1.jpg, pressurepoint2.jpg]

A good massage is like a dance choreographed between you and your client. Fluidity, continuity, and suitability for the client are key components. To build your skills, practice these movements and start blending them into the massage you have already learned. Vary the mass age slightly from time to time for your client so you do not become totally predictable. Your client may comment that he or she especially enjoys a specific movement, which you can note and include in every treatment the client receives.

Also, be advised that adding new massage movements does not mean you have to learn a new massage. You just master the new movements and incorporate them at logical points in your current massage, where they flow smoothly and rhythmically.

LEARN BOTH SHIATSU AND REFLEXOLOGY POINTS FOR THE FACE AND NECK [Image: pressurepoint1.jpg, pressurepoint2.jpg]

[SIGN UP NOW](#) [contactus.php]

Performing Facial Pressure Point Massage

[Image: pressurepointorgans.jpg]

Facial Pressure point massage is based on the ancient art of Shiatsu massage, a form of physical therapy for the body. This technique originated in japan and involves the application of pressure to acupuncture points throughout the body. Acupuncture is the Chinese practice based on the belief that the body is made of energy pathways that connect to various organs and parts of the body. A person's health is influenced by this flow of energy. When the flow of this energy is insufficient, unbalance, or interrupted, it can adversely affect the health of that organ and potentially the entire body. While acupuncture has a long history, there is less scientific documentation on the effects of Shiatsu.

THE ADVANTAGE FOR ESTHETICIANS IS THAT SHIATSU IS EASIER TO LEARN AND SAFER TO INCORPORATE.

Shiatsu is easy to learn, it requires no special equipment, supplies, or oils, and can be performed as often as once a day. It is easily incorporated into any facial treatment at any time in the facial treatment, however, it is usually recommended as the final close of your regular massage or in place of regular massage.

It's as simple as 1-2-3!

1. Touch the skin
2. Apply Pressure
3. Release Pressure

[RESERVE YOUR SEAT IN CLASS TODAY!](#) [contactus.php]

Share this class with your friends - [\[Social media links - Facebook, twitter, LinkedIn\]](#)

Increase Your Business with Advanced Skin Analysis

[Countdown timer: days to class]

Increase Your Business with Advanced Skin Analysis (Earn 5 CEUs)

“THERE IS OVERWHELMING EVIDENCE THAT THE HIGHER THE LEVEL OF SELF-ESTEEM, THE MORE LIKELY ONE WILL TREAT OTHERS WITH RESPECT, KINDNESS, AND GENEROSITY.”

-NATHANIEL BRANDEN

[Global Image: analysis.jpg]

Build your business and stand out from the crowd with Advanced Skin Analysis techniques.

Skin that is not healthy is considered unhealthy and distressed skin. This skin commonly exhibits symptoms such as wounds, sun damage, or skin lesions, as in acne and rosacea. As you move into more advanced treatments or work in a medical setting, you need to have a thorough knowledge of distressed skin, how the skin heals, and what can go wrong. This better enables you to assist your clients, plan for series treatment protocols, or refer clients to the best qualified person, when necessary. Many times clients will come to you for removal of what they think are blemishes but are, in fact, sun damage. The ability to identify what can and cannot be treated is critical. The more you know about acne and rosacea, the better you will be able to evaluate treatment products for effectiveness and appropriateness for an individual client.

[Image: analysiswoundhealing1, analysiswound healing2, , analysiswound healing3]

The inflammation cascade is a series of chemical reactions that occurs when the skin is irritated. When a cell is irritated, it releases special chemicals called inflammatory mediators (chemicals released by irritated cells that alert the immune system to the irritation). The immune system then sends leukocytes, or white blood cells, to the site of irritation, and the leukocytes release another special chemical called a cytokine (a chemical released by cells that signals other chemical immune responses). The cytokine signals cells to produce “self-destruct” enzymes, which are chemicals that break down substances in the skin. These enzymes break down collagen, elastin, and hyaluronic acid, which are responsible for the smoothness, firmness, and moisture content of the skin.

It is important to keep in mind that there are two levels of inflammation, clinical and subclinical. Clinical inflammation is visible upon inspection; subclinical inflammation is not visible. This is potentially more damaging, because you don't treat what you cannot see, and you may not know it is time to stop a specific aggressive treatment.

For example, when you do a peel microdermabrasion treatment, you should expect some mild redness as a response, but that redness should be allowed to heal completely before another treatment.

This is a fine line you as an esthetician will have to walk: You must determine when a client's skin has had enough and needs to rest and repair rather than be insulted again. Chronic skin irritation has a cumulative effect on skin aging and deterioration via the irritation cascade of reactions. Therefore, it is extremely important to avoid chronically irritating the skin, whether from sun exposure or constant stripping from harsh chemicals or treatments. The ability to identify what can and cannot be treated is critical.

[INCREASE YOUR SKIN ANALYSIS SKILLS \[contactus.php\]](#)

To be most effective, Estheticians should study and have a thorough understanding of advanced skin disorders because:

- Most clients who visit skin care salons have some sort of skin concern they want resolved.
- Learning about frequently seen esthetic conditions such as redness/couperose, acne-prone skin, hyperpigmentation, and aging, all of which may indicate distressed skin issues, will direct you to specific treatment therapies to address them.
- You will need to recognize and refer commonly seen conditions that are not in the scope of esthetic practice.
- Clients often have skin conditions, including skin cancers that require medical referral. You need to be able to recognize the signs of conditions that need to be referred.
- Distressed skin often has both esthetic and medical needs

In a basic esthetics course, you learned about the Fitzpatrick skin typing scale as a method of identifying various skin colorations. In this chapter you will learn additional techniques for more accurate evaluation. Medical professionals have developed methods for classifying the stages of aging to help them determine the protocol needed for improving a patient's skin. An understanding of these techniques can help you, too, regardless of where you practice.

It is important to observe the skin thoroughly, using both a magnifying lamp and a Wood's lamp. Observation under the magnifying lamp determines overall skin texture, tissue elasticity, and visible conditions. The Wood's lamp allows you to see different skin conditions, including hyperpigmentation, hypopigmentation, oiliness, sun damage, or dehydration. You should record this information on the treatment form with other protocol or home care notes.

You should continue observation throughout the treatment, noting how the skin responds to products, massage, and the overall facial.

There are three levels of gathering information that are important for a proper skin analysis: determining the Fitzpatrick type, determining skin type based on genetics, and observing any existing skin conditions. You can observe these easily under a Wood's lamp and a magnification loupe (sometimes

referred to as a mag lamp). Once you have recorded this information on a client assessment form, you have reference material that will be helpful when you create a treatment plan and home care regimen for that client.

[I'M READY TO START SEEING DRAMATIC RESULTS IN MY CLIENTS SKIN! \[contactus.php\]](#)

Your Benefits of Taking this Class

- Skin typing and aging analysis allows you to reasonably predict the outcome of treatments and determine which services will best meet the client's goals.
- Skin typing and aging analysis provides guides you can use to prescribe the proper home care program to enhance treatment success.
- Using skin typing and aging analysis together will guide you in proper clinical treatment selection for the best results and client satisfaction.
- Using aging analysis will help you identify client behaviors that should be changed in order to improve the quality of the skin and achieve a higher level of client satisfaction.

[RESERVE YOUR SEAT IN CLASS TODAY! \[contactus.php\]](#)

Share this class with your friends - [\[Social media links - Facebook, twitter, LinkedIn\]](#)

Lymphatic Facial Massage - Your Clients Key to a Gorgeous Glow

[\[Countdown timer: days to class\]](#)

Lymphatic Facial Massage - Your Clients Key to a Gorgeous Glow (Earn 5 CEUs)

[\[Global Image: lymphatic.jpg\]](#)

Lymph massage for the Face and Neck

By the end of the class, you'll be able to:

1. Identify the contraindications of Lymphatic Facial Massage
2. Describe the basic movement of Lymphatic Facial Massage
3. Explain the process of Lymphatic Facial Massage
4. Explain the process of Machine-Aided Lymphatic Facial Massage
5. Know the Pros and Cons for Manual Lymphatic Facial Massage and Machine-Aided Lymphatic Facial Massage

Unless there is edema and/or scar tissue elsewhere in the body that needs attention, it is very useful to give Lymphatic Facial Massage to the face and neck. The head and neck are rich with lymph nodes because disease-causing organisms easily enter the body via the mouth, nose, and eyes. Lymphatic Facial Massage stimulates the circulation of lymph and lymphocytes through the facial and cervical lymph nodes.

[\[Image: lymphprofile\]](#)

Lymphatic Facial Massage to the face and neck very effectively reduces bruising and edema following injury or surgery, including dental and cosmetic surgery.

Facial edema can be due to allergies, hormones, medication, fatigue, illness, infection, injury, excess salt in the diet, weeping, and so on.

Lymphatic Facial Massage stimulates a sluggish immune system to more activity by increasing the circulation of lymph and lymphocytes. Those with this type of system may benefit from a series of Lymph Drainage massage sessions at the beginning of cold and flu season. You can recommend at least three sessions in one week, although up to seven sessions in one week would be more beneficial.

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Similarly, Lymphatic Facial Massage benefits clients with low energy. Low energy can result from stress, overwork, illness, or depression, any of which can depress the immune system. Stimulating immune circulation will help a fatigued client resist illness. In contrast, clients with high energy levels who overwork and over exercise are prone to illness and injuries because they do not rest. Lymph Drainage Massage is deeply relaxing and may be used to help speed healing, as well as give overworked clients some rest.

[\[Image: lymphstroke\]](#)

Although Lymphatic Facial Massage is focused on superficial tissues, the muscles underneath also respond to the light, skillfully directed touch and will relax. Pain due to muscle tension will reduce or disappear. For instance, Lymphatic Drainage massage can help relax the muscles that cause muscle-tension headaches. When facial muscles relax, the facial expression softens and relaxes, which contributes to a more youthful and healthy look.

- Regular Lymphatic Facial Massage reduces size of lymph nodes

- Improves Circulation
- Benefits low energy clients
- Relaxes high energy clients
- Can relax muscle-tension headaches

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