

Institute Treatments

I.T.

# MICRODERMABRASION

Technologically-Advanced Mechanical Exfoliation

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**Intensive Resurfacing Treatment — 40 to 50 min.**

All skin types except sensitive and reactive skin.

Targets the most superficial layer of skin by projecting a well-guided and fully customized jet of pharmaceutical-grade corundum crystals onto a specific area. The result is a beautifully resurfaced epidermis, a deep follicular pore cleansing and toned skin.

Goal: smooth out fine lines and wrinkles, restore radiance, and blur imperfections (spots, hyperkeratosis, coarse skin, enlarged pores).  
Deeply cleanse the skin.



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M a d e i n S w i t z e r l a n d

## Step 01

### Surface Treatment

#### 1. Remove makeup — 5 min

Waterproof Eye Make-up Remover + Aqua Relax Eye Care + Water Eyes & eyebrows //

3 pumps + 3 pumps (5 ml + 5 ml + running water)

Alpine Rose Cleansing Foaming Lotion

Face + neck // 3 pumps (8 ml)

Oligo Lotion - rinse

Face + neck // 5 pumps (15 ml)

#### 2. Exfoliate — 20 to 30 min (microdermabrasion device combined with cosmetics)

### Light

20 min

Microdermabrasion device  
(Vortex Peel, Versalis, Essential  
Peel, Silver Peel) > Corundum  
crystals or Crystal-free system +  
specific tip

Face + neck //

about 50 g or Ø (15 min)

Myo-Massage > Massage Cream  
Face + neck //1 dab (7.5 ml)

Oligo Lotion – rinse  
Face + neck // 5 pumps (15 ml)

Fruit Exfoliating Lotion +  
Non-woven Face Mask  
Face + neck // (5 ml) (5 min)

### Médium

25 min

Microdermabrasion device  
(Vortex Peel, Versalis, Essential  
Peel, Silver Peel) > Corundum  
crystals or Crystal-free system +  
specific tip

Face + neck // about 50 g or Ø  
(15 min)

Myo-Massage > Massage Cream  
Face + neck //1 dab (7.5 ml)

Oligo Lotion – rinse  
Face + neck // 5 pumps (15 ml)

Fruit Exfoliating Lotion +  
Non-woven Face Mask  
Face + neck // (5 ml) (5 min)

Fruit Peeling Cream  
Face + neck // (7.5 ml) (5 min)

### Strong

30 min

Microdermabrasion device  
(Vortex Peel, Versalis, Essential  
Peel, Silver Peel) > Corundum  
crystals or Crystal-free system +  
specific tip

Face + neck // about 50 g or Ø  
(15 min)

Myo-Massage > Massage Cream  
Face + neck //1 dab (7.5 ml)

Oligo Lotion – rinse  
Face + neck // 5 pumps (15 ml)

Fruit Exfoliating Lotion +  
Non-woven Face Mask  
Face + neck // (5 ml) (5 min)

Fruit Peeling Cream  
Face + neck // (7.5 ml) (5 min)

Biden Pilosa Radiance Mask  
Face + neck // (7.5 ml)  
(5 min) > massage during  
application

## Step 02

### In-Depth Treatment

**1. Activator — 2 min**

C+ Serum

Face + neck // 1 entire pipette (3 ml)

**2. Tweak-Mask — 10 min**

### Light

Renewing Mask

Face + neck // 1 dab (15 ml)

Oligo Lotion - rinse

Face + neck // 5 pumps (15 ml)

### Médium

Vitamin C Soupl'ex Mask

Face + neck // 40 g + 70 ml water

### Strong

Expert Face & Neck Patch Mask

Face + neck // 2 pieces

## Step 03

### Final Treatment

**1. Serum — 1 min**

C+ Serum

Face + neck // 1 entire pipette (3 ml)

**2. Contour — 1 min**

Hydra-Active Eye Contour Gel

Eye contour // 1 pump (1 ml)

**2. Perfecteur — 1 min**

Signature Cream

Face + neck // 1 dab (4 ml)

# Institute Treatments

## **Supplement for Cabex Microdermabrasion**

- As a course of 1 to 4 treatment sessions depending on skin type and thickness (choose the depth of treatment by customizing the level of abrasion), or as a one-time radiance boosting treatment.
- 7 to 15 days between treatments :
  - \* 7 days for thick skin
  - \* 15 days for thinner and more reactive/sensitive skin
- Intensity needed for the face and neck :
  - \* Between 20 and 40% for the Vortex Peel
  - \* Between 1 and 3 for the Versalis
  - \* Between 1 and 8 for the Essential Peel
  - \* Between 1 and 5 for the Silver Peel
- Speed at which handpiece is moved :
  - \* Fast : light exfoliation
  - \* Slow : deep exfoliation
- Number of times needed to go over the face and neck :
  - \* Between 1 and 3 times depending on the desired exfoliation depth, thickness of the treatment area, and the specific areas targeted.
- The back of the hands and the décolleté may be exfoliated at the same time as the face and neck or as a separate specific treatment.
- The protocol also applies to stretch marks and scars.

## **Supplement for Cabex Exfoliation Cosmetics**

By combining mechanical and cosmetic microdermabrasion, the skin's radiance and luminosity are restored, fine lines and wrinkles are blurred, skin texture is refined and complexion is evened out, much more so than if the treatments were carried out separately.

The deep cleansing effect is heightened and, owing to the combination of fruit acids and enzymes, results in :

- More even and intense superficial cell lysis
- Weakened corneocyte cohesion, decreasing the connection between dead skin cells, allowing them to peel off more easily following mechanical microdermabrasion

### **Targets of Microdermabrasion I.T. :**

- Men and women
- All phototypes (most suitable for phototypes I to III)
- All skin types except sensitive and thin skin

### **For those concerned with :**

- Loss of brightness/radiance
- Pigmentation spots
- Skin and complexion irregularities
- Fine lines and wrinkles
- Dehydrated skin
- Dyschromia
- Enlarged pores
- Thick and scarred skin

# Institute Treatments

## Microdermabrasion Recommendations

- Recovery time will depend on the depth of the abrasion.
- More aggressive treatments may require a longer interval between sessions.
- A course of treatments involves approximately 8 consecutive treatments. This number may increase however, based on the state of the client's skin.
- One treatment per month is recommended to maintain the results achieved during the course of treatments.

La profondeur de la microdermabrasion dépend de 3 facteurs :

- The intensity with which the corundum crystals are projected;
- The speed at which the handpiece is moved on the skin (the slower the handpiece is moved, the deeper the abrasion. During the first treatment, move more quickly on sensitive areas and thinner skin);
- The number of times that an area is treated during the course of a session.

Adjust these 3 factors according to the treatment area, the thickness of the skin, the exfoliation step and client sensitivity.

In every instance, always start treatment at a lower intensity, then evaluate the skin. The same goes for the application time of the various active ingredients (scrubs and cosmetic exfoliants). To successfully treat stretch marks, minute hemorrhagic spots (tiny red pinpoint spots that do not produce bleeding and that disappear within 1 to 4 days) must occur.

### Other important tips:

Always protect the client's eyes with glasses or specially designed self-adhesive patches.

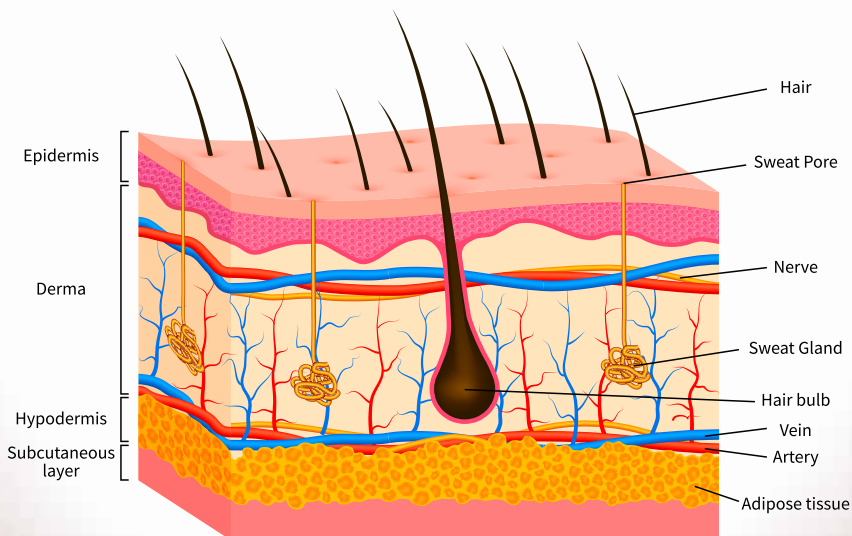
Dry skin well between each step.

Always use a brush that is clean and dry to apply scrubs/exfoliants.

Opt for gauze or compresses to remove residue.

During treatments, the use of a magnifying lamp is strongly recommended.

Hold on well to skin tissue during mechanical microdermabrasion.



# Institute Treatments

## Microdermabrasion Application Technique



**PHASE I**  
Short linear sweep  
Face + neck



**PHASE II**  
Square pattern sweep,  
circular sweep  
Specific areas



**PHASE III**  
Long linear sweep  
Face

The square pattern sweep technique is used with the Silver Peel

## I.T Client Cards- Microdermabrasion

### Skin analysis :

- Texture
- Thickness
- Elasticity
- Complexion

### Hyperpigmentation :

- Solar keratosis
- Birthmarks
- Superficial acne scars
- Chloasma

### Aging :

- Superficial fine lines
- Deep wrinkles
- Dehydration (moisture loss)
- Loss of elasticity (collagen loss)

### Scars or stretch marks :

- Cause
- Date of onset
- Size
- Depth
- Color
- Skin elasticity

### Congested skin :

- Acne
- Sebaceous cysts
- Comedos
- Enlarged pores

### Treatments received :

- Laser
- Glycolic acid peel
- Other chemical peels

### Products used :

- AHA
- Retinol-A
- Essential oils
- Creams - Masks - Serums

### Health issues :

- Diabetes
- Rosacea
- Inflammatory acne
- Disease of the immune system

# Institute Treatments

## **Before a Microdermabrasion Treatment**

### **1 week before**

- Stop using products that contain Retinol.

### **3 months before**

- Stop resurfacing treatments as well as chemical peels.

### **6 months before**

- Stop taking acne medication such as Accutane.

### **Postpone**

- If the client is pregnant, has an allergic reaction.
- If the client has a Herpes simplex (cold sore) flare-up, even if a lesion has not yet appeared.
- If the client is planning sustained or intense sun exposure: sailing, skiing, cruise, beach...If the client develops infected dermatitis or inflammation such as acne, rosacea, psoriasis, eczema, etc.

## **Contraindications for Microdermabrasion I.T.**

- Sores
- Dermatoses (eczema, psoriasis)
- Inflammatory acne or pustules (infected)
- Herpes simplex flare-up (postpone treatment)
- Pigmented actinic (or solar), thick, evolving or erythematous keratoses with irregular borders
- Contagious autoimmune diseases
- Insulin-dependent diabetes
- Anticoagulant users (prescription)

## **Home Care for Microdermabrasion I.T.**

### **First 48 hours after treatment**

The client may experience a mild tingling and burning sensation, especially after the application of cosmetic products.

Mild skin redness is normal / the skin may peel in certain areas.

Avoid saunas, pools, and hot tubs.

Make-up may be applied immediately after the treatment.

### **Until completion of the course of treatments**

Avoid any and all exposure to sunlight and artificial UV light.

Apply sunscreen with a SPF of 30 (reapply regularly throughout the day).

Wear a hat and stay in the shade.

Apply moisturizing products regularly and as often as needed.

### **Only use products recommended by the esthetician**

The skin may peel or flake 3 or 4 day after the treatment. It will improve after a few treatments – an exfoliation may be performed to remove dead skin cells.

### **3 weeks after the last treatment session**

The use of regular products such as retinol-A, AHA or essential oils may be resumed.

# Institute Treatments

Advice : retail line

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