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# Dermaplaning Course

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# Course Structure

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# Aims and Objectives



The aim of this manual is to teach you the theory related to dermaplaning, this manual also covers the background, benefits, treatments, consultations, contra-indications, contra-actions, aftercare, equipment and products needed.

You will be taught the theory and practical element of the course.

The objective of this course is that by the end of it you are able to perform a professional treatment in a safe and hygienic manner in a commercially acceptable time, along with gaining experience of carrying out a consultation with the knowledge of the background, benefits, contra-indications, contra-actions, aftercare, equipment and products needed.

During this course you will learn how to:

Prepare the treatment area, prepare the client for treatment, carry out a client consultation, carry out the treatment to a standard that meets client's requirements and provide after care advice. You will also study related hygiene, health and safety, related anatomy and physiology, contra indications, contra actions, treatment procedures. You will study theory and practical elements required to perform a professional treatment. Once you have successfully completed, you will receive an accredited certificate

**Good luck and enjoy!!**

# Introduction



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A client generally books a dermaplaning facial treatment to have their skin cleansed professionally or if they are having issues with their skin. Dermaplaning is skin rejuvenation at its finest, this 21<sup>st</sup> century treatment is better known as a luxury shave and will remove all dead skin from the face, body and cleans the surface of the skin through exfoliation that tightens and firms the skin also will remove any unwanted light facial hair.

Superficial exfoliation facials remove skin through a portion of the epidermal layer. These are the "refreshing" forms of 'lunch time facials'. It is a method of exfoliation that consists of using a 10-gauge scalpel to gently scrape off the top layer of dulling dead skin cells in order to reveal a smoother, brighter complexion.

To cut it short and sweet it is a luxury facial shaving device that removes dead skin and is a painless procedure.

This is a great treatment if you are pregnant or nursing and want exfoliation without the risk of harsh chemicals absorbing into the blood stream and potentially harming your baby.

Dermaplaning is fantastic as a pre-treatment before offering such things as collagen induction therapy or forms of peels as this will exfoliate the skin and remove dead cells ready for that fresh layer to be treated.

The downtime is minimum however your skin will be extremely sensitive, so a high sun factor is required for a minimum of 24 hours to reduce the risk of hyperpigmentation. This will remove a minimum of 21 days of dead skin so be sure to book your clients in monthly for this luxury facial treatment

# Benefits

## Some of the key benefits of dermaplaning include:

- Helps exfoliate skin with broken capillaries
- Offers better results than traditional microdermabrasion
- Little downtime
- Skin is only slightly red and puffy after the treatment
- Can temporarily remove fine, downy hair with ease
- Performed just like shaving
- Can be performed with other treatments such as chemical peel / microdermabrasion.

## Supplies you will need:

- Facial cleanser
- Sun cream
- Cotton pads
- Large bowl
- Small bowl
- Facial sponge x2
- Alcohol wipes
- Disposable gloves
- Disposable aprons
- 10-gauge rounded edge scalpel
- Sharps box

# Hygiene, health & safety

Maintaining a high standard of hygiene as a therapist is essential. Not only from a health and safety perspective, but clients will not return if the salon, treatment area, or equipment are not clean. It is vital therefore to ensure that we provide a safe environment for clients.

The Health and Safety at Work Act 1974 places a duty on employers and the self-employed to protect the health and safety of themselves and others they employ, this also includes our clients.

A hazard is anything that can cause harm

Hazards therapist need to be aware of:

- RIDDOR (Reporting of Injuries Diseases & Dangerous Occurrences Regulations) 1995
- Moving & Handling of heavy loads or objects
- First aid training
- Ensure PPE (Personal Protective Clothing) is available and utilised where necessary using hazardous substances, materials or chemicals, especially those which can affect the skin.

For further information check out [www.hse.gov.uk](http://www.hse.gov.uk)

# Hygiene, health & safety (Continued..)

## Reporting Accidents and Incidents

The reporting of all accidents/incidents should be recorded in the accident book, which should be kept with a first aid kit on the premises.

The incident report within your accident book should include the full name and address of person(s) involved, circumstances of accident/incident, date & time of accident/incident and details of any contributing factors

## Salon/Treatment area hygiene

- Clean the salon thoroughly daily and clean the treatment area before and after every client.
- Use clean fresh towels for each client (dirty linen must be laundered at a minimum of 60°)
- Creams, lotions and sprays should be dispensed from purpose-specific pump or spray bottles where possible, otherwise use a clean disposable spatula to remove products from bottles/jars.
- Sterilise all tools and replace all lids after removing products from the bottles/jars.
- Empty bins and dispose of contents accordingly
- Protect client's clothing by using towels.
- Store products safely and in accordance with safety data sheets



# Sterilising Equipment



Micro-organisms that may cause disease must be controlled through cleaning, sanitation, sterilisation or disinfection.

**Sanitation** reduces the number of pathogen bacteria. The lowest form of decontamination and is safe to use on the skin. This process removes dust, dirt and organic matter along with a large proportion of micro-organisms from an object. Sanitation is essential before sterilisation or disinfection, the process is carried out by applying sanitising sprays, soaps or gels directly onto the skin, equipment or instruments.

**Sterilisation** kills all living organisms. There are several ways to sterilise the equipment including :

- UV light - An enclosed steel cabinet that emits UV light when closed to kill off any bacteria
- Autoclave - Works by heating water under pressure to 100° which kills all germs.
- Barbicide - Liquid used to soak instruments, ammonia can be used as the liquid within the barbicide.

**Disinfection** greatly reduces pathogenic bacteria on work surfaces, this method is not suitable for skin, hair or nails. Disinfection is used on floors, work surfaces, work stations, walls, bowls. A guide for specific tools is:

- Large and small bowl – Chemical sterilisation between each client
- Facial sponge x2 and Extractor tool – Chemical sterilisation
- 10-gauge rounded edge scalpel – disposed of in sharps box, single use only.
- Sharps box – kept in a safe area and wiped clean after use with surgical spirit.

# Professional ethics

For some students this is the beginning of your journey as a professional therapist. It is important to learn any therapy correctly but more importantly strive to become a great therapist.

A therapist should:

- maintain the highest standard of professional conduct, conduct herself/himself in a professional, honest and ethical manner. Dress appropriately with hair tied back, always wash your hands before and after giving a treatment – avoid soap with a strong scent.
- ensure clients comfort, safety, privacy and confidentiality at all times.
- keep all records of treatments complete and up to date. Discuss and record any health problems, contra-indication or symptoms.
- full professional treatment with aftercare advice.
- treatment room should be welcoming and relaxing, putting your clients at ease. The room should be warm enough for the client and well ventilated.

# Standards of practice



The practice of good ethics is essential to the reputation of the field of beauty therapists and the welfare of the clients and practitioners of the therapies. The following is a statement of standards and ethics for therapists, including standards of ethical and proper behaviour.

A Therapist will:

- take a full medical history on the client's first visit and use this information to decide whether treatment is suitable for the client. Take time to clearly explain the treatment to the client.
- on the client's next visit, discuss and record any changes that they may have noticed in their symptoms.
- refer the client to their GP if necessary.

A Therapist should:

- be comfortable touching people.
- be a good communicator, able to explain treatments to clients and ask appropriate questions.
- have good listening skills and be able to make clients feel relaxed and comfortable.
- have empathy with clients and be able to respect professional boundaries.
- know when to advise clients to seek conventional medical advice.
- always respect confidentiality.

This is intended to encourage you to think about your own working environment and working practices.

# Human anatomy and physiology



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Skin makes up around 12% of an adult's body weight. It's very adaptable and able to mould into different shapes, covering bones and muscles to perform various functions of the body's make up. The functions of the skin are:

- Sensation - main sensory organ for temperature, pressure, touch and pain.
- Heat regulation - Regulates the body temperature by sweating to cool the body down when it over heats and shivering when the body is cold.
- Absorption - Some creams, essential oils and some medicines can be absorbed through the skin.
- Protection - Too much UV light may harm the skin, so the skin protects itself by producing a pigment, seen in a tan called melanin. Bacteria and germs are prevented from entering the skin by a protective barrier called Acid Mantle. The barrier also helps protect against moisture loss.
- Excretion - waste products and toxins are eliminated from the body through the sweat glands.
- Secretion - sebum and sweat are decreased onto the skins surface. The sebum keeps the skin lubricated and soft and the sweat combines with the sebum to form the acid mantle.

The skin covering the body is the largest organ of the body. The skin and all the components within the layers of skin are called the integument system. The word Integument, itself, means covering. There are two main parts that make up this system; however, it is very complex and each part has a vital role. The Epidermis, the Dermis and the subcutaneous (hypodermis)



# Epidermis

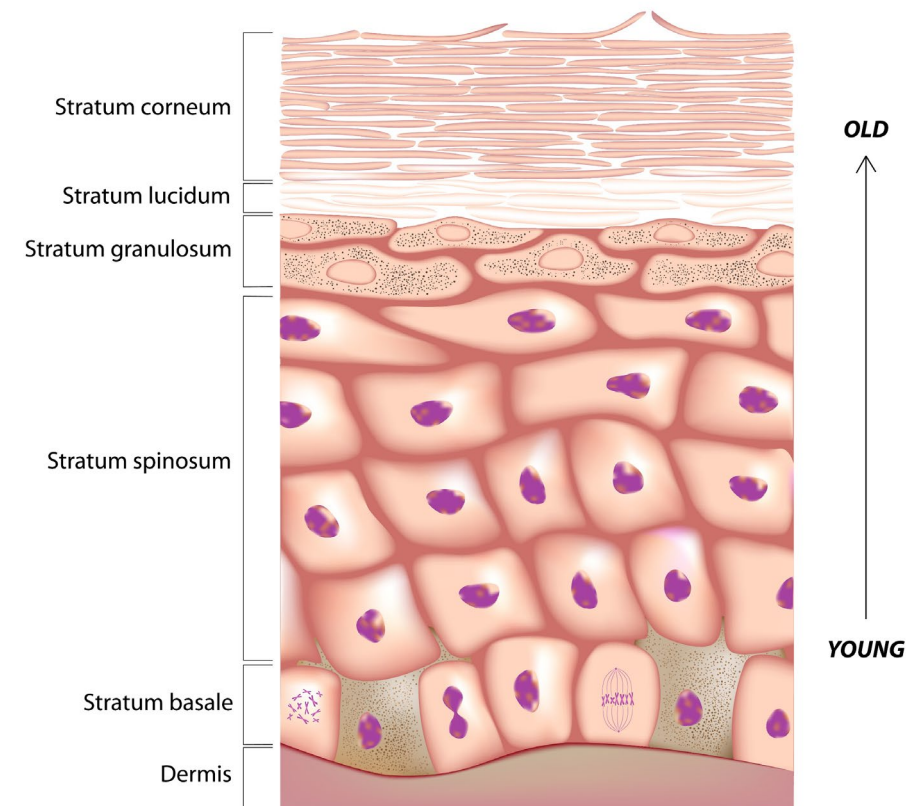
The Epidermis makes up most of the tough outside layer of the skin. Epidermal cells are keratinised. Keratin is a protein which helps to give the skin its protective properties.

The Epidermis is made up of many layers of fibrous connective tissue, there are no blood vessels in the epidermis but it's the deepest layer and is supplied with lymph fluid.

This skin is further divided into five, separate layers. In order from most superficial to deepest, they are the:

- **Stratum Corneum** - This layer is composed of the many dead skin cells that you shed into the environment—as a result, these cells are found in dust throughout your home. This layer helps to repel water.
- **Stratum Lucidum** - This layer is found only on the palms of the hands, fingertips, and the soles of the feet.
- **Stratum Granulosum** - This is the layer where part of keratin production occurs. Keratin is a protein that is the main component of skin.
- **Stratum Spinosum** - This layer gives the skin strength as well as flexibility.
- **Stratum Basale** - This is where the skin's most important cells, called keratinocytes, are formed before moving up to the surface of the epidermis and being shed into the environment as dead skin cells. This layer also contains melanocytes, the cells that are largely responsible for determining the colour of our skin and protecting our skin from the harmful effects of UV radiation. These harmful effects include burns in the short term and cancer in the long run.

## Structure of the Epidermis



# Dermis

The Dermis is considered the blood layer of the skin.

Composed of Connective Tissue Proper and heavily imbedded with Collagen and elastic fibres that provide the support and covering of all the important soft tissues of the body.

Found in the Dermis of the skin is sensory receptors, blood vessels, lymph vessels, hair follicles, and sweat glands. The exchange of nutrients and waste that feeds the skin is found in the Dermis layer.

## Appendages of the Skin Glands

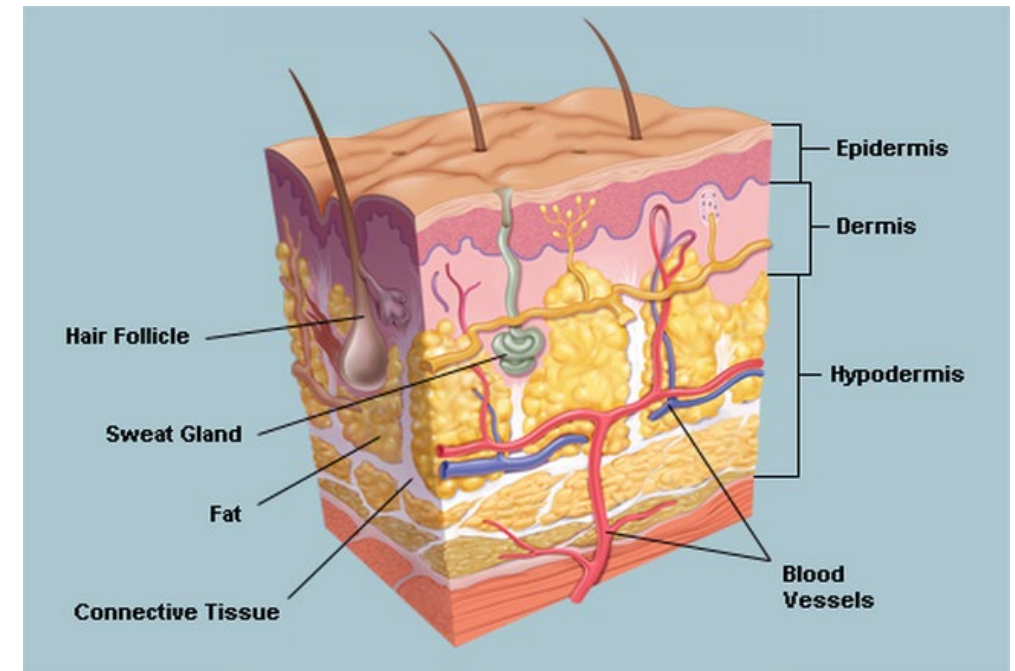
Along with all of the connective tissue and the cells that make up the skin as a living part of the body are additional appendages attached to the Epidermis of the skin.

## Sebaceous Glands

The Sebaceous Glands are the oil glands that secrete a fluid called sebum. Sebum is just an accumulation of lipids and dead cell material that is secreted onto the hair follicle (see below) or a pore of the skin. Sebum has two functions: retain moisture in the skin and hair and prevent moisture from escaping the skin.

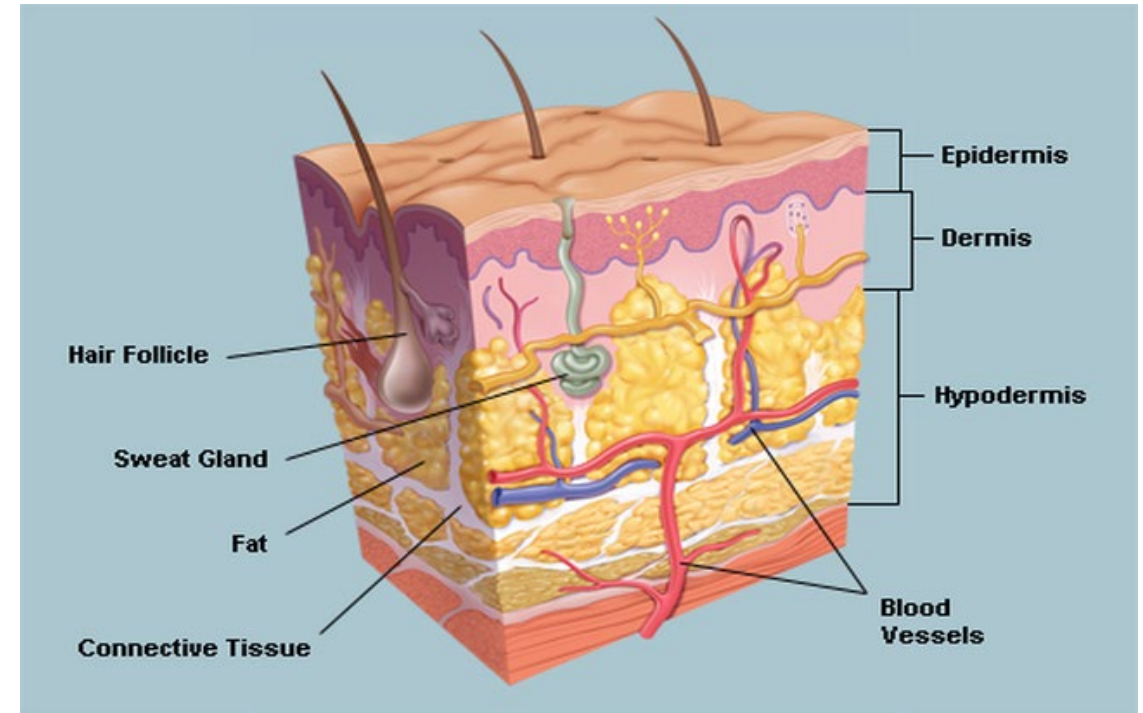
## Sweat Glands

Sweat glands are found all over the body except on the palms and soles of the feet. These glands secrete Sweat which contains some blood plasma mixed in with electrolytes and waste. The secretions of these glands are regulated by the Autonomic Nervous System and we have little control over the production of sweat.



# Subcutaneous (Hypodermis)

This layer of skin is located on the bottom of the skin diagram. It connects or binds the dermis to its underlying organs. The subcutaneous layer is mainly composed of loose fibrous connective tissue and fat cells interlaced with blood vessels. The main functions of the subcutaneous layer is insulation, storage of lipids, cushioning of the body and temperature regulation.





# Anatomy of the Face

Our face shape is created by the underlying bone and muscle structure. The skin is the largest living organ of the body and therefore should be looked after and kept well presented. The skin is underlined by the skull, A skull is composed of two main parts - the cranium and the mandible. The cranium is a series of joined bones, which allow for very little movement, and the mandible is the moving lower jaw.

## Cranial bones:

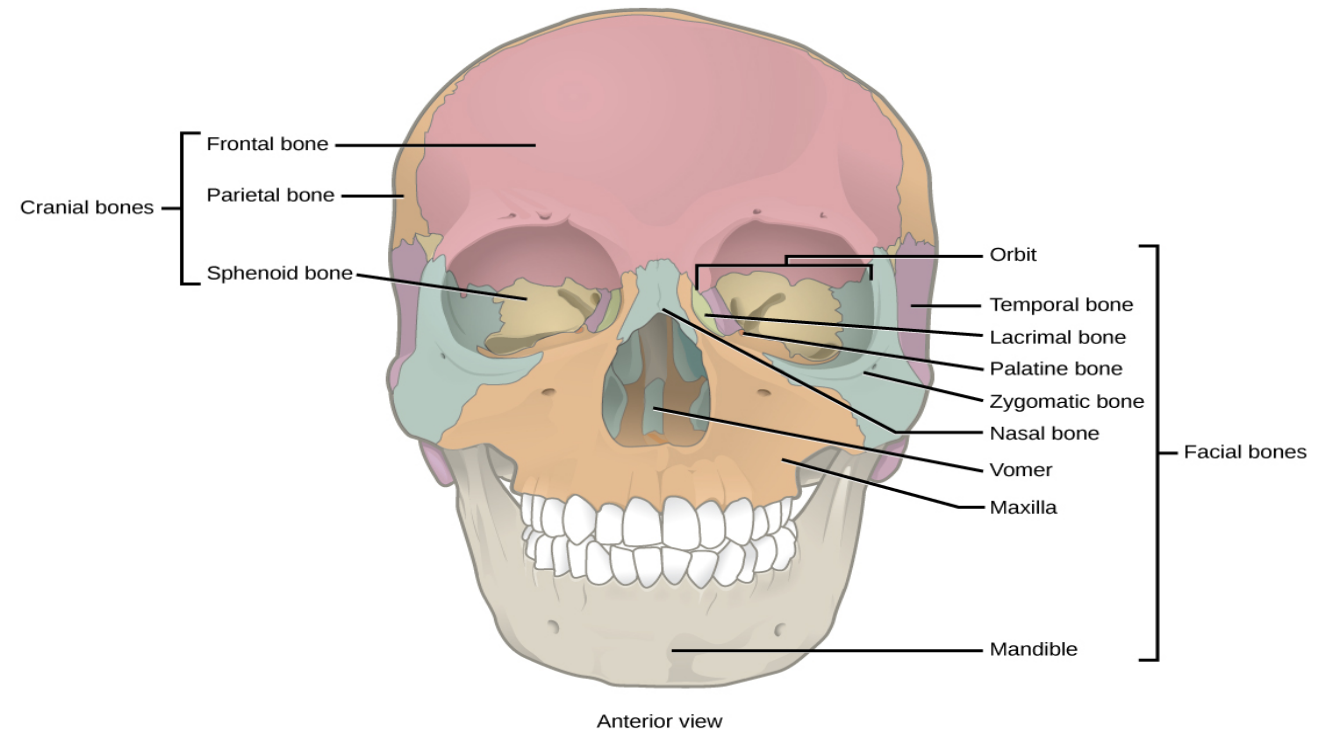
- Frontal bone
- Two parietal bones
- Sphenoid bone

Collectively, these bones provide a solid bony wall around the brain, with only a few openings for nerves and blood vessels.

## Facial Bones

The 14 bones that support the muscles and organs of the face are collectively known as our facial bones:

- Mandible
- maxillae (singular: maxilla)
- Vomer
- palatine bones
- nasal bones
- zygomatic bones
- nasal conchae (singular: concha)
- lacrimal bones
- Temporal bones
- Orbit



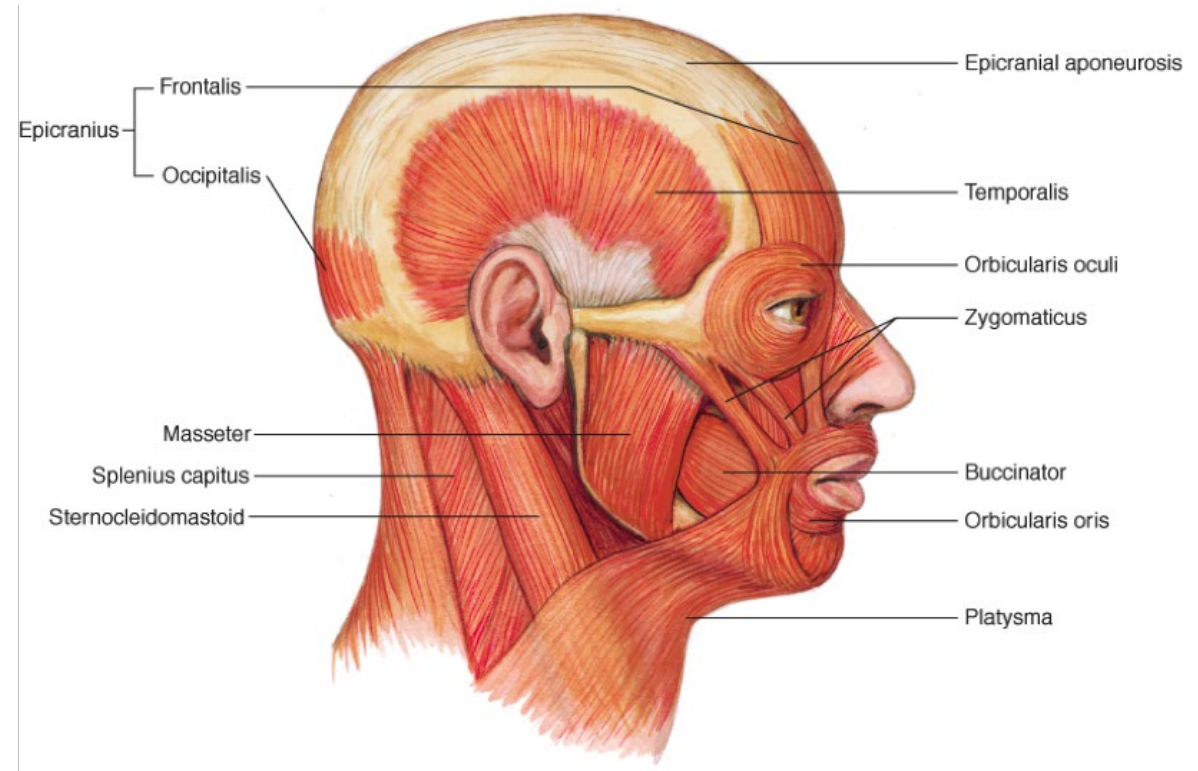
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# Facial Muscles

The facial muscles include

- Frontalis
- Occipitalis
- Epicranial aponeurosis
- Temporalis
- Orbicularis oculi
- Masseter
- Splendours capitus
- Sternocleidomastoid
- Buccinator
- Zygomaticus
- Platysma



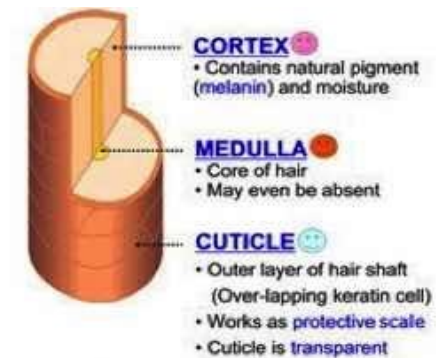
# Hair Shafts

The part of the hair seen above the skin is called the hair shaft. The hair shaft is made up of dead cells that have turned into hard material, together with small amounts of water. The structure explains why we do not feel any pain while our hair is getting cut.

Each strand of hair has two main components: the hair shaft and the root. The shaft is formed from the old cells that are pushed out as a result of new cell growth in the root.

By understanding the components which make up a strand of hair (and their functions), we can more easily treat and rejuvenate damaged areas. The parts of the hair are divided into 3 segments which include:

- ❖ Cuticle
- ❖ Cortex
- ❖ Medulla



## The cuticle

Forms the outer layer, the cuticle is made up of hard, transparent cells that overlap each other like the scales of a fish. General hair condition is largely determined by the condition of the cuticle, since it is the layer giving elasticity and resiliency to the hair.

## The cortex

Forms the middle layer, the cortex is protected by the cuticle and consists of rope-like protein fibres. If the cuticle is damaged, the cortex becomes exposed, allowing for moisture loss. When this happens the cortex unravels, causing split ends and damaged hair.

## The medulla

Is the supporting structure for a strand of hair, It is interesting to note that the medulla can be absent or interrupted without weakening the hair strand.

# Hair Growth Cycle

Each hair follicle lives in a cycle consisting of a long period of growth followed by a relatively short period of rest. During the rest period the hair is still attached to the hair follicle, but it is not growing. After the resting phase the hair is shedding, and a newer hair begins to grow, thus, starting a new hair growth cycle.

There is a genetic precision of each hair follicle to follow a particular pattern of growth and rest. Hair follicles are programmed to stop producing hair and spend more time in the resting stage with the progression of age.

The growth cycle of a hair consists of 3 stages:

## Anagen

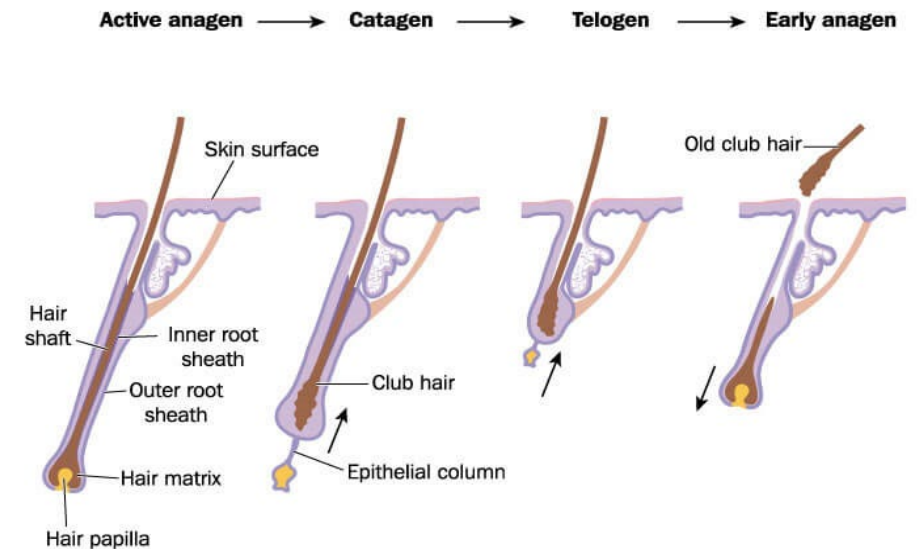
Anagen is the growing period of a hair follicle.

## Catagen

At the end of the growth period, hair follicles prepare themselves for the resting phase.

## Telogen

Telogen is the resting period of a hair follicle, it is usually 3-4 months in length and at the end of this period older hairs that have finished their life will fall out and newer hairs will begin to grow.



# Hair Growth Stages

The growing stage constitutes about 90% of the growth cycle of a hair follicle, while intermediate and shedding stage constitutes only 10% of it.

## Types of hair

There are 3 types of hair growing on the human body:

- Vellus
- Terminal
- Intermediate

### Vellus hairs

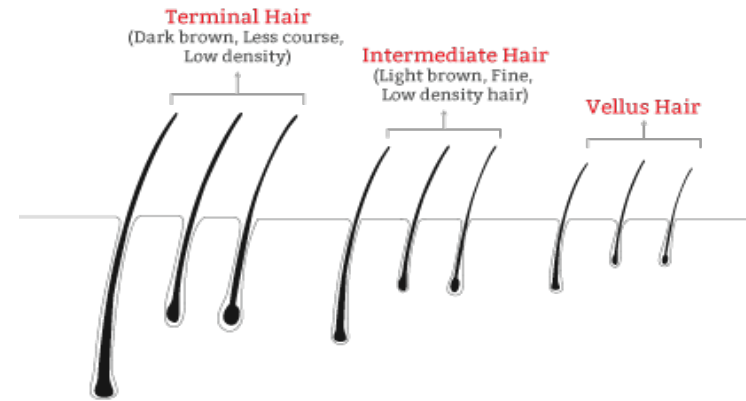
Vellus hairs are short hairs of a centimetre or two long. A vellus hair contains little or no pigment, and this, is colourless. Vellus hair follicles do not have adjacent sebaceous glands. At the same time, their shaft does not have a melanin layer. Vellus hairs are fine and soft and are not cosmetically important.

### Terminal hairs

Terminal hairs are long hairs that grow on the scalp and in many people on the body. They are produced by hair follicles with adjacent sebaceous glands. Terminal hairs have large, dark pigmented hair fibres that have a medulla at the innermost part.

### Intermediate hairs

An intermediate hair shows the characteristics of both vellus hairs and terminal hairs. Intermediate hairs have a medulla and contain a moderate amount of pigment, less than that found in the terminal hair type. During the balding process terminal hair follicles and intermediate hair follicles change in such a way that they no longer produce terminal hairs. In these areas, hair follicles grow vellus hairs rather than terminal hairs.





# Client Consultation



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A consultation is a one to one discussion with your client which allows you to find out the important and confidential information that will help you advise and give clients the best treatment.

Always introduce yourself to your client and treat clients a whole taking into consideration general well-being, i.e. health, emotional, physical and mental states. You need to explain clearly why you are carrying out a consultation.

Within your consultation it is important to make the most out of your session, not only getting to know your client but getting to know their requirements for treatment, this is done through visual observation, verbal questioning and physical examination.

Use open questions to encourage your client to give you information without them feeling interrogated, this will allow you to connect with your client and offer them the best possible solution which will match their criteria, work together to set an objective for the treatment.



# Contra-Indications



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Contra-indications are the presence of a condition which may make the client unsuitable for a treatment. The treatment may not take place, or it may need to be adapted.

When treating a client if they show any signs of a contra-indication tactfully refer them to their GP for treatment or advice. Never tell your client what contra – indication they may have even if you are sure you know what it is. You may be wrong!! If you are ever unsure about a contra - indication then do not treat the client, refer them to their GP. This way you are protecting yourself and your client.

Be very careful when dealing with contra -indications, it is a controversial subject and you never want to leave yourself open for further implications. We also have to consider other clients, so always make sure your environment, implements and you are clean to avoid cross infection.

Contra-indications that **prevent** a dermaplaning treatment

- Viruses such as colds, cold sores, warts
- Bacterial infections such as impetigo, boils, conjunctivitis, sties
- Fungal infections such as ringworm, blepharitis
- Undiagnosed lumps or swelling
- Broken bones.
- Known sensitivity or allergy to products.
- It is recommended for all skin types except those with acne skin. If your client has deep cystic acne, wait until breakouts are clear before trying this treatment.

# Contra-Indications (Continued...)

Contra-indications that could **restrict** a dermaplaning treatment. The following conditions are contra-indications 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 tag
- Mila
- No live acne
- Going directly on sunshine holiday
- Rosacea
- Diabetes – may cause delayed healing – check with doctor
- Recent sunburn
- Current medication that may affect treatment needs to be disclosed
- Claustrophobia
- Broken capillaries/veins
- Contact lenses to be removed
- Areas of botox administered minimum 2 weeks prior to be avoided



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# Contra-Actions

Contra-actions are reactions of a client caused by a treatment taking place.

You must explain to your client what/if any reactions to expect during/after the treatment.

It is always advisable to do a patch test with products that you are using for the first time to make sure that your client is not allergic to anything in them.

With all contra-actions, tell your client to get in touch with their GP for advice if they do not improve within 24 hours.

Contra-actions to dermaplaning is a reaction to the treatment. The signs to look for are;

- Watery eyes
- Skin reaction
- Allow warts or moles to be covered and piercings to be removed before the treatment.



# Treatment

Always make sure you give yourself plenty of time to prepare and set up your work space before the client arrives.

Begin by covering your client with blankets, removing their hair out their face and ensure that a towel is placed at either side of the neck to prevent water running down their neck.

## Dermaplaning process

- Prep with gloves and apron and hair tied back
- Cleanse skin once using appropriate products for client's skin.
- Dry skin area and Apply sterile wipe to face.

You may choose to offer Dermaplaning as a pre-treatment to treatments such as microdermabrasion to give the skin a light boost or a peel to offer a deeper removal of dead cells.

- Unpack your sterilised scalpel and begin to start the treatment.
- Gently hold skin taught and start at the top of the face
- Whilst holding the blade at approximately a 40 degree angle, gently scrape the surface of the skin - Use short, steady strokes and work around the entire face. Concentrate on one area of the face at a time, while holding the skin in that specific area taut.
- Do not go over any one area twice.
- Dry pat the skin and remove any excess dead skin
- Apply light moisturiser / factor 50 is required or 24hours.



# After Care

It is very important to give your client clear instructions about what to expect and what to do at home in order to get the best from their treatment, as it will prolong the effects of the treatment.

## 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 or spray tan 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 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.
- No sunbeds
- No sauna / steam
- No makeup
- No direct sunlight
- No excess gym / sweating
- Sun cream factor 50 minimum for 3 days



# Product Storage and Insurance

## Storage

All products require a copy of Material Safety Data Sheet (MSDS) these can be obtained from your supplier.

Store all products correctly following the guidance of the MSDS, carry out a risk assessment on each product or COSHH report if required.

Keep all products in original containers where possible and ensure any decanted products are fully labelled in smaller, purpose-built containers.

Keep all flammable products out of direct sunlight and at room temperature or below.

Mobile therapists must make suitable travel arrangements to avoid spillage and ensure safe working practice and be professional in appearance.

## Insurance

There are several types of insurance that are potentially relevant to you as a therapist. The most important are the 'professional indemnity insurance' and 'public liability insurance' both of these are required in the unlikely event that a client decided to sue you.





# Self Assessment

**Do I have a good understanding of:-**

- ✓ What is dermaplaning
- ✓ Hygiene, health and safety
- ✓ Sterilisation
- ✓ Professional ethics
- ✓ Anatomy and physiology
- ✓ How to carry out client consultation
- ✓ Contra – indications
- ✓ Treatable non-medical conditions
- ✓ Contra actions
- ✓ After care
- ✓ Storage and insurance
- ✓ Required items and supplies

**Can I:**

- ✓ Set up my area
- ✓ Complete a thorough consultation
- ✓ Complete a dermaplaning facial
- ✓ Give aftercare advice



**Well done!!!**