

Jessa

SPA-PROVEN SKIN SOLUTIONS

PROFESSIONAL TREATMENT PROTOCOLS



- ❖ Address: 1615 Hill Road Unit I, Novato, CA 94947
- ❖ Phone: 415-272-3398
- ❖ Shop: www.jessaskincare.com
- ❖ Sugar: www.sugaringprofessional.com
- ❖ Spa: www.jessaskin.com
- ❖ Email: info@jessaskin.com

Our award-winning spa and skincare line has successfully treated thousands of clients. Jessa products contain medically active ingredients in the right percentages to deliver beautiful, lasting results. Our vision for healthy skin is rooted in these intentions: Love · Gratitude · Light · Oneness · Joy · Consciousness · Health

~ Jessica Roberts, Esthetician and Spa Owner

Welcome to Jessa Skincare

Jessa is dedicated to making you the best in the spa industry. Enjoy free continuing education, marketing tips, videos, webinars, cutting edge protocols and medically active formulas all at your fingertips!

Resources:

Download PDFs from Education & Wholesale tabs: www.jessaskincare.com

Jessa Esthetician YouTube: www.youtube.com/jessaesthetician

Esthetician Talk Facebook (Pros Only): www.facebook.com/groups/naturalesthetician/

Instagram: www.instagram.com/jessaesthetician/

Jessa Skincare was created 10 years ago, and has been used on thousands of clients, by Jessa “Jessica Roberts”, in her spa in Northern California. A line proudly created by an Esthetician for Estheticians. Jessa spent 8 years of her 15+ year career, as a one-woman business, she loves supporting established, new or small spa owners are her favorite!

We are a professional exclusive line, you must be licensed to retail our products, we do not allow unauthorized online sales, set your business apart, while we support you. We allow a limited amount of Jessa accounts in one region.

Jessa Skincare has fabulous benefits: it’s easy to learn, medically active, will transform your clients skin, it’s clinically proven, in the budget very affordable and organic. We believe in making you and your clients healthier. Our products are made with 70-100% certified organic ingredients; packed with the right amount of active ingredients, to produce lasting beautiful results!



Jessica “Jessa” Roberts

Custom Mini Facial

*we call it the "Time-Out Facial"

25 minutes (book for 30-35 minutes)

Cost: \$50-75

Add Ons: \$20-55 (+10-15 mins)

*add an additional 15 mins for new clients or product new recommendations.

A great facial choice between regular facials, when you do not need extractions, massage or to save time. This facial can be added to a customized facial menu.

- 1) Cleanse 5 minutes: **Sunflower Creamy Cleanser** (skin types: all) or **Honey Creamy Cleanser** (skin types: dry, mature, sun-damage), apply creamy cleanser to the face, neck and chest, dry massage for 2 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Tone skin with your choice of toner, spritz and wipe off with dry 4x4s.
- 2) Exfoliation 5-7 minutes: Make an enzyme, **5% Pumpkin Enzyme Mask** (pearl size) + **Jojoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, allow to sit under steam for 5-7 mins or wrap in a hot towel 2 mins. Tone skin with your choice of toner, spritz and wipe off with dry 4x4s. *For sensitive or reactive skin replace the enzyme with **100% Ozonated Sunflower Serum** or **10% Oxygen + Sunflower Elixir**. Do not apply around the eyes. Cover eyes with a cold 4x4 butterfly. Save butterfly pad for the mask step.
- 3) Mask 5-10 minutes: Choose a custom mask for their skin type. Apply a generous layer to the face, neck and chest. Cover eyes with a 4x4 butterfly from exfoliation step and a serum of your choice, we recommend (**Ultimate-Age, 5% Tri-Peptide, 18% Vita-C, Hyaluronic or Rose Tea + C Serums**) for the eyes. Wrap face in cold 4x4s use filtered or distilled water. Allow mask to sit for 5 mins, use 4x4s to remove as much mask as you can, use hot towel to wrap the face removing the rest of the mask.
- 4) Moisturize 5 minutes: Tone skin with your choice of toner, spritz and wipe off with dry 4x4s. Spray toner again and leave skin slightly moist. Apply serum of your choice, to eyes, face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply cream, lotion or oil of your choice. ***Daytime Mineral Defense Serum or Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product will soak in, then disappear even on dark skin tones. If the product dries too fast and you see streaks or it looks too "white", spray more toner to re-wet the area then continue blending. *If you start with too much product it will not blend in, a little bit goes a very long way!

Extraction Treatment

20 minutes (book for 25 minutes)

Cost: \$35-45

Recommended for acne, teen or oily skin, between regular facial appointments, when you need multiple extraction appointments for the initial skin clearing. We recommend one extraction treatment every 1-2 weeks for 3-6 treatments to help rapidly clear up breakouts. Fits in everyone's budget especially teens or those on a very limited income.

- 1) Cleanse 3 minutes: **Sunflower Creamy Cleanser** (skin types: all), apply creamy cleanser to the face, neck and chest, dry massage for 1 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Tone skin with your choice of toner, spritz and wipe off with dry 4x4s.
- 2) Exfoliation 3 minutes: Make an enzyme, **5% Pumpkin Enzyme Mask** (pearl size) + **Jjoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, press on a hot towel for 30 seconds. *For sensitive or reactive skin replace the enzyme with **100% Ozonated Sunflower Serum** or **10% Oxygen + Sunflower Elixir**. Do not apply around the eyes.
- 3) Extractions 10 minutes: We recommend using the **Jessa Extractor Tool** with the "Lift & Pump" method, demonstrated in Jessa's protocol videos. Start on the areas that dry out first forehead then cheeks, chin and nose. Tone the skin well after extractions, using toner of your choice.
- 4) Moisturize 4 minutes: Tone skin with your choice of toner, spritz and wipe off with dry 4x4s. Spray toner again and leave skin slightly moist. Apply serum of your choice, to eyes, face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply cream, lotion or oil of your choice. ***Daytime Mineral Defense Serum or Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product will soak in, then disappear even on dark skin tones. If the product dries too fast and you see streaks or it looks too "white", spray more toner to re-wet the area then continue blending. *If you start with too much product it will not blend in, a little bit goes a very long way!

Custom 50 Minute Facial

*we call it the "Essential Facial"

50 minutes (book for 60 minutes)

Cost: \$75-150

Add Ons: \$20-55 (+10-15 mins)

*add an additional 15 mins for new clients or product new recommendations.

The Essential Facial, is for woman, men & teens. Includes: Cleanse, enzyme scrub, extractions, skin analysis, massage of the face, scalp, neck, shoulders, and hands.

- 1) Cleanse 5 minutes: **Sunflower Creamy Cleanser** (skin types: all) or **Honey Creamy Cleanser** (skin types: dry, mature, sun-damage), apply creamy cleanser to the face, neck and chest, dry massage for 2 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Tone skin with your choice of toner, spritz and wipe off with dry 4x4s.
- 2) Exfoliation 10 minutes: Make an enzyme, **5% Pumpkin Enzyme Mask** (pearl size) + **Jjoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, allow to sit under steam for 10 mins or wrap in a hot towel 2 mins. *For sensitive or reactive skin replace the enzyme with **100% Ozonated Sunflower Serum** or **10% Oxygen + Sunflower Elixir**. Do not apply around the eyes. Cover eyes with a cold 4x4 butterfly. Save butterfly pad for the mask step.
- 3) Extractions 15 minutes: We recommend using the **Jessa Extractor Tool** with the "Lift & Pump" method, demonstrated in Jessa's protocol videos. Start on the areas that dry out first forehead then cheeks, chin and nose. Tone the skin well after extractions, using toner of your choice.
- 4) >>> ADD-ON 15 minutes: If you choose to do an add-on this is where you perform it. **30% Professional Peel, Microdermabrasion, Sonic Skin Treatment, Cupping, Nano Pen** and more. If you do a series of 6-10 treatments, twice a year and prescribe homecare product to match, your clients skin will transform!
- 5) Facial Massage 5 minutes: Apply serum then oil of your choice, serums will absorb quickly. Start with pressure point massage 1.5 mins, finish with light lymph drainage 1.5mins. Cold Stone Massage 2 minutes: massage the face, neck and chest for 2 mins with cold **Jade Facial Stones**. Tone then wipe with wet 4x4s.
- 6) Mask 10 minutes: Choose a custom mask for their skin type. Apply a generous layer to the face, neck and chest. Cover eyes with a 4x4 butterfly from exfoliation step and a serum of your choice, we recommend (**Ultimate-Age, 5% Tri-Peptide, 18% Vita-C, Hyaluronic or Rose Tea + C Serums**) for the eyes. Wrap face in cold 4x4s use filtered or distilled water. Allow mask to sit for 10 mins during the rest of the massage below, after you complete the massage use 4x4s to remove as much mask as you can, use hot towel to wrap the face removing the rest of the mask.
- 7) Massage 10 minutes: Scalp remove all oils from hands before scalp greasy hair is not a good look, neck, shoulders, hands and forearms. Remove mask.
- 8) Moisturize 5 minutes: Tone skin with your choice of toner, spritz and wipe off with dry 4x4s. Spray toner again and leave skin slightly moist. Apply serum of your choice, to eyes, face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply cream, lotion or oil of your choice. ***Daytime Mineral Defense Serum or Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product will soak in, then disappear even on dark skin tones. If the product dries too fast and you see streaks or it looks too "white", spray more toner to re-wet the area then continue blending. If you start with too much product it will not blend in, a little bit goes a very long way!

Custom 75 Minute Facial

*we call it the "Ultimate Vacation Facial"

75 minutes (book for 85 minutes)

Cost: \$100-250 Add Ons: \$20-55 (+10-15 mins)

*add an additional 15 mins for new clients or product new recommendations.

The Ultimate Facial, is for woman, men & teens includes 20 minutes of extra massage and pampering! Cleanse, enzyme scrub, extractions, skin analysis, massage of the face, scalp, neck, shoulders, and hands.

- 1) Cleanse 5 minutes: **Sunflower Creamy Cleanser** (skin types: all) or **Honey Creamy Cleanser** (skin types: dry, mature, sun-damage), apply creamy cleanser to the face, neck and chest, dry massage for 2 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Tone skin with your choice of toner, spritz and wipe off with dry 4x4s.
- 2) Exfoliation 15 minutes: Make an enzyme, **5% Pumpkin Enzyme Mask** (pearl size) + **Jojoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, allow to sit under steam for 15 mins or wrap in a hot towel 2 mins. *For sensitive or reactive skin replace the enzyme with **100% Ozonated Sunflower Serum** or **10% Oxygen + Sunflower Elixir**. Do not apply around the eyes. Cover eyes with a cold 4x4 butterfly. Save butterfly pad for the mask step.
- 3) Extractions 15 minutes: We recommend using the **Jessa Extractor Tool** with the "Lift & Pump" method, demonstrated in Jessa's protocol videos. Start on the areas that dry out first forehead then cheeks, chin and nose. Tone the skin well after extractions, using toner of your choice.
- 4) >>> ADD-ON 15 minutes: If you choose to do an add-on this is where you perform it. **30% Professional Peel, Microdermabrasion, Sonic Skin Treatment, Cupping, Nano Pen** and more. If you do a series of 6-10 treatments, twice a year and prescribe homecare product to match, your clients skin will transform!
- 5) Facial Massage 15 minutes: Apply serum then oil of your choice, serums will absorb quickly. Start with pressure point massage 5 mins, finish with light lymph drainage 5 mins. Cold Stone Massage 5 minutes: massage the face, neck and chest for 5 mins with cold **Jade Facial Stones**. Tone then wipe with wet 4x4s.
- 6) Mask 20 minutes: Choose a custom mask for their skin type. Apply a generous layer to the face, neck and chest. Cover eyes with a 4x4 butterfly from exfoliation step and a serum of your choice, we recommend (**Ultimate-Age, 5% Tri-Peptide, 18% Vita-C, Hyaluronic or Rose Tea + C Serums**) for the eyes. Wrap face in cold 4x4s use filtered or distilled water. Allow mask to sit for 20 mins during the rest of the massage below, after you complete the massage use 4x4s to remove as much mask as you can, use hot towel to wrap the face removing the rest of the mask.
- 7) Massage 20 minutes: Scalp remove all oils from hands before scalp greasy hair is not a good look, neck, shoulders, hands and forearms. Remove mask.
- 8) Moisturize 5 minutes: Tone skin with your choice of toner, spritz and wipe off with dry 4x4s. Spray toner again and leave skin slightly moist. Apply serum of your choice, to eyes, face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply cream, lotion or oil of your choice. ***Daytime Mineral Defense Serum or Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product will soak in, then disappear even on dark skin tones. If the product dries too fast and you see streaks or it looks too "white", spray more toner to re-wet the area then continue blending. *If you start with too much product it will not blend in, a little bit goes a very long way!

Ultimate-Age Facial

50 minutes (book for 60 minutes)

Cost: \$75-150 Add Ons: \$20-55 (+10-15 mins)

*add an additional 15 mins for new clients or product new recommendations.

The Ultimate-Age Facial, will help your client age gracefully, preserving what they have and improving signs of aging by 50-70% with facial series and homecare.

- 1) Cleanse 5 minutes: **Sunflower Creamy Cleanser** for aging skin with breakouts or sensitivity, **Honey Tea + C Creamy Cleanser** for dry, sun-damaged aging skin. Apply creamy cleanser to the face, neck and chest, dry massage for 2 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Tone skin with your choice of toner, spritz and wipe off with dry 4x4s.
- 2) Exfoliation 5 minutes: Make an enzyme, **5% Pumpkin Enzyme Mask** (pearl size) + **Jojoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, allow to sit under steam for 5 mins or wrap in a hot towel 2 mins. *For sensitive or reactive skin replace the enzyme with **100% Ozonated Sunflower Serum** or **10% Oxygen + Sunflower Elixir**. Do not apply around the eyes. Cover eyes with a cold 4x4 butterfly. Save butterfly pad for the mask step.
- 3) Extractions 5-10 minutes: We recommend using the **Jessa Extractor Tool** with the "Lift & Pump" method, demonstrated in Jessa's protocol videos. Start on the areas that dry out first forehead then cheeks, chin and nose. Tone the skin well after extractions, using toner of your choice.
- 4) >>> ADD-ON 15 minutes: This is where you perform your add-ons, a must for every Ultimate-Age facial: **30% Professional Peel, Microdermabrasion, Sonic Skin Treatment, Cupping, Nano Pen**. We love combining a peel, microdermabrasion or nano pen with cupping. Do a series of 6-10 treatments, twice a year and prescribe homecare your clients skin will transform!
- 5) Facial Massage 5 minutes: Apply **5% Tri-Peptide + Resveratrol, 18% Vita-C Hyaluronic Serum or Ultimate-Age Serum**. Then **100% Squalane Olive Oil** on top of that, serums will absorb quickly. Start with pressure point massage 1.5 mins, finish with light lymph drainage 1.5mins. Cold Stone Massage 2 minutes: massage the face, neck and chest for 2 mins with cold **Jade Facial Stones**. Tone then wipe with wet 4x4s.
- 6) Mask 10 minutes: Choose the **Chocolate Radiance, Rose Petal, or Peptide Repair Mask**. Apply a generous layer to the face, neck and chest. Cover eyes with a 4x4 butterfly from exfoliation step and a serum, we recommend (**Ultimate-Age, 5% Tri-Peptide, 18% Vita-C, Hyaluronic or Rose Tea + C Serums**) for the eyes. Wrap face in cold 4x4s use filtered or distilled water. Allow mask to sit for 10 mins during massage below, after you complete the massage use 4x4s to remove as much mask as you can, hot towel off the rest of the mask.
- 7) Massage 10 minutes: Scalp remove all oils from hands before scalp greasy hair is not a good look, use **10% Oxygen + Sunflower Elixir** for neck, shoulders, hands and forearms, then Remove mask.
- 8) Moisturize 5 minutes: Apply serum of **5% Tri-Peptide + Resveratrol or Ultimate-Age Serum**, to eyes, face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply **Rose C + Peptide Cell Cream** for normal aging skins not for breakouts, **Olive + Resveratrol Cream** dry aging skins, or **Peptide Repair Lotion** oily aging skin with breakouts. ***Daytime Mineral Defense Serum or Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product disappears even on dark skin tones. If the product dries, streaks or looks too "white", spray more toner to re-wet the area then continue blending. *If you start with too much product it will not blend in, a little bit goes a very long way!

Acne Facial

50 minutes (book for 60 minutes)

Cost: \$75-150 Add Ons: \$20-55 (+10-15 mins)

*add an additional 15 mins for new clients or product new recommendations.

The Acne Facial, is for problem skin of all ages. Includes: Cleanse, enzyme scrub, extractions, skin analysis, massage of the face, scalp, neck, and shoulders.

- 1) Cleanse 5 minutes: **Sunflower Creamy Cleanser**, apply creamy cleanser to the face, neck and chest, dry massage for 2 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Tone skin with your choice of toner, spritz and wipe off with dry 4x4s.
- 2) Exfoliation 5 minutes: Make an enzyme, **5% Pumpkin Enzyme Mask** (pearl size) + **Jojoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, allow to sit under steam for 5 mins or wrap in a hot towel 2 mins. *For sensitive or reactive skin replace the enzyme with **100% Ozonated Sunflower Serum** or **10% Oxygen + Sunflower Elixir**. Do not apply around the eyes. Cover eyes with a cold 4x4 butterfly. Save butterfly pad for the mask step.
- 3) Extractions 20 minutes: We recommend using the **Jessa Extractor Tool** with the "Lift & Pump" method, demonstrated in Jessa's protocol videos. Start on the areas that dry out first forehead then cheeks, chin and nose. Tone the skin well after extractions, using toner of your choice.
- 4) >>> ADD-ON 15 minutes: This is where you perform your add-ons, a must for every Acne Facial: **30% Professional Peel, Sonic Skin Treatment, Cupping, Nano Pen** and **Microdermabrasion** do not perform over cysts or active breakouts only scarring.
- 5) Facial Massage 5 minutes: Apply **5% Tri-Peptide + Resveratrol** or **100% Hyaluronic Serum** then **10% Oxygen + Sunflower Elixir**, serums will absorb quickly. Start with pressure point massage 1.5 mins, finish with light lymph drainage 1.5mins. Cold Stone Massage 2 minutes: massage the face, neck and chest for 2 mins with cold **Jade Facial Stones**. Tone then wipe with wet 4x4s.
- 6) Mask 10 minutes: Choose the **Hungarian Mud, Chocolate, Rose Petal, Peptide Repair, or Lavender Calm Mask**. Apply a generous layer to the face, neck and chest. Cover eyes with a 4x4 butterfly from exfoliation step and a serum of your choice, we recommend (**Ultimate-Age, 5% Tri-Peptide, 18% Vita-C, Hyaluronic or Rose Tea + C Serums**) for the eyes. Wrap face in cold 4x4s use filtered or distilled water. Allow mask to sit for 10 mins during the rest of the massage below, after you complete the massage use 4x4s to remove as much mask as you can, use hot towel to wrap the face removing the rest of the mask.
- 7) Massage 10 minutes: Scalp remove all oils from hands before scalp greasy hair is not a good look, use **10% Oxygen + Sunflower Elixir** for neck, shoulders, hands and forearms, then Remove mask.
- 8) Moisturize 5 minutes: Apply serum of **5% Tri-Peptide + Resveratrol** or **100% Hyaluronic Serum**, to eyes, face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply **10% Oxygen + Sunflower Elixir, Olive + Resveratrol Cream or Peptide Repair Lotion**. ***Daytime Mineral Defense Serum or Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product will soak in, then disappear even on dark skin tones. If the product dries too fast and you see streaks or it looks too "white", spray more toner to re-wet the area then continue blending. If you start with too much product it will not blend in, a little bit goes a very long way!

Brightening Facial

50 minutes (book for 60 minutes)

Cost: \$75-150 Add Ons: \$20-55 (+10-15 mins)

*add an additional 15 mins for new clients or product new recommendations.

The Brightening Facial, will help your client even out skin tone, improving dark marks and sun-damage by 50-70% with facial series and homecare. Remember epidermal pigment is on the surface layers of the skin and will brighten. Dermal pigment is in deep layers of the skin and cannot be lightened topically.

- 1) Cleanse 5 minutes: **Sunflower Creamy Cleanser** for skin with breakouts or sensitivity, **Honey Tea + C Creamy Cleanser** for dry, sun-damaged, aging skin. Apply creamy cleanser to the face, neck and chest, dry massage for 2 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Tone skin with your choice of toner, spritz and wipe off with dry 4x4s.
- 2) Exfoliation 5 minutes: Make an enzyme, **5% Pumpkin Enzyme Mask** (pearl size) + **Jojoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, allow to sit under steam for 5 mins or wrap in a hot towel 2 mins. *For sensitive or reactive skin replace the enzyme with **100% Ozonated Sunflower Serum** or **10% Oxygen + Sunflower Elixir**. Do not apply around the eyes. Cover eyes with a cold 4x4 butterfly. Save butterfly pad for the mask step.
- 3) Extractions 5-10 minutes: We recommend using the **Jessa Extractor Tool** with the "Lift & Pump" method, demonstrated in Jessa's protocol videos. Start on the areas that dry out first forehead then cheeks, chin and nose. Tone the skin well after extractions, using toner of your choice.
- 4) >>> ADD-ON 15 minutes: This is where you perform your add-ons, a must for every Brightening Facial: **30% Professional Peel, Microdermabrasion, Sonic Skin Treatment, Cupping, Nano Pen**. We love combining the **30% Mandelic Peel, 30% Sugar Twist, or 30% Luminous Peel** with cupping. Do a series of 6-10 treatments, twice a year and prescribe homecare your clients skin will transform!
- 5) Facial Massage 5 minutes: Apply **5% Tri-Peptide + Resveratrol** or **18% Vita-C Hyaluronic Serum**. Then **10% Oxygen + Sunflower Elixir** on top of that, serums will absorb quickly. Start with pressure point massage 1.5 mins, finish with light lymph drainage 1.5mins. Cold Stone Massage 2 minutes: massage the face, neck and chest for 2 mins with cold **Jade Facial Stones**. Tone then wipe with wet 4x4s.
- 6) Mask 10 minutes: Choose the **Chocolate Radiance** or **Rose Petal Bright Mask**. Apply a generous layer to the face, neck and chest. Cover eyes with a 4x4 butterfly from exfoliation step and a serum, we recommend (**Ultimate-Age, 5% Tri-Peptide, 18% Vita-C, Hyaluronic** or **Rose Tea + C Serums**) for the eyes. Wrap face in cold 4x4s use filtered or distilled water. Allow mask to sit for 10 mins during massage below, after you complete the massage use 4x4s to remove as much mask as you can, hot towel off the rest of the mask.
- 7) Massage 10 minutes: Scalp remove all oils from hands before scalp greasy hair is not a good look, use **10% Oxygen + Sunflower Elixir** for neck, shoulders, hands and forearms, then Remove mask.
- 8) Moisturize 5 minutes: Apply serum of **5% Tri-Peptide + Resveratrol, Ultimate-Age, Rose Tea + C Serum**, to eyes, face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply **Rose C + Peptide Cell Cream** for oily to normal skins not for breakouts, **Olive + Resveratrol Cream** dry or blemish prone skins. ***Daytime Mineral Defense Serum or Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product disappears even on dark skin tones. If the product dries, streaks or looks too "white", spray more toner to re-wet the area then continue blending. *If you start with too much product it will not blend in, a little bit goes a very long way!

Hydration Facial

50 minutes (book for 60 minutes)

Cost: \$75-150 Add Ons: \$20-55 (+10-15 mins)

*add an additional 15 mins for new clients or product new recommendations.

The Hydration Facial, will help dry skin clients restore moisture levels, balancing out parched skin, you must prescribe great homecare.

- 1) Cleanse 5 minutes: **Sunflower Creamy Cleanser** for skin with breakouts or sensitivity, **Honey Tea + C Creamy Cleanser** for dry, sun-damaged, aging skin. Apply creamy cleanser to the face, neck and chest, dry massage for 2 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Tone skin with your choice of toner, spritz and wipe off with dry 4x4s.
- 2) Exfoliation 5 minutes: Make an enzyme, **5% Pumpkin Enzyme Mask** (pearl size) + **Jojoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, allow to sit under steam for 5 mins or wrap in a hot towel 2 mins. *For sensitive or reactive skin replace the enzyme with **100% Ozonated Sunflower Serum** or **10% Oxygen + Sunflower Elixir**. Do not apply around the eyes. Cover eyes with a cold 4x4 butterfly. Save butterfly pad for the mask step.
- 3) Extractions 5-10 minutes: We recommend using the **Jessa Extractor Tool** with the "Lift & Pump" method, demonstrated in Jessa's protocol videos. Start on the areas that dry out first forehead then cheeks, chin and nose. Tone the skin well after extractions, using toner of your choice.
- 4) >>> ADD-ON 15 minutes: This is where you perform your add-ons, **30% Professional Peel, Microdermabrasion, Sonic Skin Treatment, Cupping, Nano Pen**. We love combining the **30% Professional Peel or Nano Pen** with cupping, the nano pen rehydrates dehydrated skin and assists in deep penetration of actives or hydrating ingredients.
- 5) Facial Massage 5 minutes: Apply **5% Tri-Peptide + Resveratrol or Ultimate-Age Serum**. Then **100% Squalane Olive Oil** on top of that, serums will absorb quickly. Start with pressure point massage 1.5 mins, finish with light lymph drainage 1.5mins. Cold Stone Massage 2 minutes: massage the face, neck and chest for 2 mins with cold **Jade Facial Stones**. Tone then wipe with wet 4x4s.
- 6) Mask 10 minutes: Choose the **Chocolate Radiance, Rose Petal Bright Mask, or Peptide Repair Mask**. Apply a generous layer to the face, neck and chest. Cover eyes with a 4x4 butterfly from exfoliation step and a serum, we recommend (**Ultimate-Age, 5% Tri-Peptide, 18% Vita-C, Hyaluronic or Rose Tea + C Serums**) for the eyes. Wrap face in cold 4x4s use filtered or distilled water. Allow mask to sit for 10 mins during massage below, after you complete the massage use 4x4s to remove as much mask as you can, hot towel off the rest of the mask.
- 7) Massage 10 minutes: Scalp remove all oils from hands before scalp greasy hair is not a good look, use **10% Oxygen + Sunflower Elixir** for neck, shoulders, hands and forearms, then Remove mask.
- 8) Moisturize 5 minutes: Apply serum of **5% Tri-Peptide + Resveratrol, Ultimate-Age, Rose Tea + C Serum**, to eyes, face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply **Olive + Resveratrol Cream** then add 1-2 drops of **100% Squalane Olive Oil** on top, you may mix it with, ***Daytime Mineral Defense Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product disappears even on dark skin tones. If the product dries, streaks or looks too "white", spray more toner to re-wet the area then continue blending. *If you start with too much product it will not blend in, a little bit goes a very long way!

Sensitive Facial

50 minutes (book for 60 minutes)

Cost: \$75-150 Add Ons: \$20-55 (+10-15 mins)

*add an additional 15 mins for new clients or product new recommendations.

The Sensitive Facial, will help your client restore balance, while improving reactive skins. This is for the client who reacts to products, gets very red easily or has rosacea.

- 1) Cleanse 5 minutes: **Sunflower Creamy Cleanser**, apply creamy cleanser to the face, neck and chest, dry massage for 2 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Tone skin with your choice of toner, spritz and wipe off with dry 4x4s.
- 2) Exfoliation 5 minutes: Make a scrub, **100% Squalane Olive Oil or 10% Oxygen + Sunflower Elixir** (pearl size) + **Jojoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, allow to sit under steam for 5 mins or wrap in a hot towel 2 mins. * Do not apply around the eyes. Cover eyes with a cold 4x4 butterfly. Save butterfly pad for the mask step.
- 3) Extractions 5-10 minutes: We recommend using the **Jessa Extractor Tool** with the "Lift & Pump" method, demonstrated in Jessa's protocol videos. Start on the areas that dry out first forehead then cheeks, chin and nose. Tone the skin well after extractions, using toner of your choice.
- 4) >>> ADD-ON 15 minutes: This is where you perform your add-ons, we recommend, **30% Luminous or Sugar Twist Peel or Nano Pen, and Cupping**. Do a series of 6-10 treatments, twice a year and prescribe homecare your clients skin will transform!
- 5) Facial Massage 5 minutes: Apply **100% Hyaluronic Oil-Free or 5% Peptide + Resveratrol Serum**. Then **100% Squalane Olive Oil** on top of that, serums will absorb quickly. Start with pressure point massage 1.5 mins, finish with light lymph drainage 1.5mins. Cold Stone Massage 2 minutes: massage the face, neck and chest for 2 mins with cold **Jade Facial Stones**. Tone then wipe with wet 4x4s.
- 6) Mask 10 minutes: Choose the **Peptide Repair Mask or Lavender Calm Milk Mask**. Apply a generous layer to the face, neck and chest. Cover eyes with a 4x4 butterfly from exfoliation step and a serum, we recommend (**Ultimate-Age, 5% Tri-Peptide, or Hyaluronic Serums**) for the eyes. Wrap face in cold 4x4s use filtered or distilled water. Allow mask to sit for 10 mins during massage below, after you complete the massage use 4x4s to remove as much mask as you can, hot towel off the rest of the mask.
- 7) Massage 10 minutes: Scalp remove all oils from hands before scalp greasy hair is not a good look, use **10% Oxygen + Sunflower Elixir** for neck, shoulders, hands and forearms, then Remove mask.
- 8) Moisturize 5 minutes: Apply serum of **5% Tri-Peptide + Resveratrol or 100% Hyaluronic Oil-Free Serum** to eyes, face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply **100% Squalane Olive Oil or Olive + Resveratrol Cream**. ***Daytime Mineral Defense Serum or Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product disappears even on dark skin tones. If the product dries, streaks or looks too "white", spray more toner to re-wet the area then continue blending. *If you start with too much product it will not blend in, a little bit goes a very long way!

Chocolate Radiance Facial

50 minutes (book for 60 minutes)

Cost: \$75-150 Add Ons: \$20-55 (+10-15 mins)

*add an additional 15 mins for new clients or product new recommendations.

The Chocolate Radiance Facial, will help your client restore balance, while improving signs of aging and brighten skin tone. Great facial as a special promotion or delicious regular item on the menu.

- 1) Cleanse 5 minutes: **Sunflower Creamy Cleanser** (quarter size) + **Chocolate Radiance Mask Powder** (dime size), apply creamy cleanser to the face, neck and chest, dry massage for 2 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Tone skin with your choice of toner, spritz and wipe off with dry 4x4s.
- 2) Exfoliation 5 minutes: Make a scrub **Chocolate Radiance Mask** (pearl size) + **Jojoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, allow to sit under steam for 5 mins or wrap in a hot towel 2 mins. Cover eyes with a cold 4x4 butterfly. Save butterfly pad for the mask step.
- 3) Extractions 5-10 minutes: We recommend using the **Jessa Extractor Tool** with the "Lift & Pump" method, demonstrated in Jessa's protocol videos. Start on the areas that dry out first forehead then cheeks, chin and nose. Tone the skin well after extractions, using toner of your choice.
- 4) >>> ADD-ON 15 minutes: This is where you perform your add-ons, we recommend, **30% Professional Peel, Sonic Skin Treatment, Nano Pen, Microdermabrasion or Cupping**. Do a series of 6-10 treatments, twice a year and prescribe homecare your clients skin will transform!
- 5) Facial Massage 5 minutes: Apply **5% Peptide + Resveratrol Serum**, then **100% Squalane Olive Oil** on top of that, serums will absorb quickly. Start with pressure point massage 1.5 mins, finish with light lymph drainage 1.5mins. Cold Stone Massage 2 minutes: massage the face, neck and chest for 2 mins with cold **Jade Facial Stones**. Tone then wipe with wet 4x4s.
- 6) Mask 10 minutes: Choose the **Chocolate Radiance Mask**, apply a generous layer to the face, neck and chest. Cover eyes with a 4x4 butterfly from exfoliation step and a serum, we recommend (**Ultimate-Age, 5% Tri-Peptide, or Hyaluronic Serums**) for the eyes. Wrap face in cold 4x4s use filtered or distilled water. Allow mask to sit for 10 mins during massage below, after you complete the massage use 4x4s to remove as much mask as you can, hot towel off the rest of the mask.
- 7) Massage 10 minutes: Scalp remove all oils from hands before scalp greasy hair is not a good look, use **Coconut + Oxygen Balm** for neck, shoulders, hands and forearms, then Remove mask.
- 8) Moisturize 5 minutes: Apply serum of **5% Tri-Peptide + Resveratrol Serum** to eyes, face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply **Olive + Resveratrol Cream. *Daytime Mineral Defense Serum or Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product disappears even on dark skin tones. If the product dries, streaks or looks too "white", spray more toner to re-wet the area then continue blending. *If you start with too much product it will not blend in, a little bit goes a very long way!

Rose Petal Facial

50 minutes (book for 60 minutes)

Cost: \$75-150 Add Ons: \$20-55 (+10-15 mins)

*add an additional 15 mins for new clients or product new recommendations.

The Rose Petal Facial, is a great specialty facial to add to your menu or offer as a special promotion. Your clients will enjoy brighter radiant skin while surrounded by the smell of fresh roses.

- 1) Cleanse 5 minutes: **Sunflower Creamy Cleanser** (quarter size) + **Sea-Rose Gentle Foamy Cleanser** (dime size), apply creamy cleanser to the face, neck and chest, dry massage for 2 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Use the **Tri-Tea DMAE + Resveratrol Toner** for the entire facial, spritz the skin and wipe off with dry 4x4s.
- 2) Exfoliation 5 minutes: Make a scrub **Rose Petal Bright Mask** (pearl size) + **Jjoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, allow to sit under steam for 5 mins or wrap in a hot towel 2 mins. Cover eyes with a cold 4x4 butterfly. Save butterfly pad for the mask step.
- 3) Extractions 5-10 minutes: We recommend using the **Jessa Extractor Tool** with the "Lift & Pump" method, demonstrated in Jessa's protocol videos. Start on the areas that dry out first forehead then cheeks, chin and nose. Tone the skin well after extractions, using toner of your choice.
- 4) >>> ADD-ON 15 minutes: This is where you perform your add-ons, we recommend, **30% Professional Peel, Sonic Skin Treatment, Nano Pen, Microdermabrasion or Cupping**. Do a series of 6-10 treatments, twice a year and prescribe homecare your clients skin will transform!
- 5) Facial Massage 5 minutes: Apply **Rose Tea + C Ester Serum**, then **100% Squalane Olive Oil** on top of that, serums will absorb quickly. Start with pressure point massage 1.5 mins, finish with light lymph drainage 1.5mins. Cold Stone Massage 2 minutes: massage the face, neck and chest for 2 mins with cold **Jade Facial Stones**. Tone then wipe with wet 4x4s.
- 6) Mask 10 minutes: Choose the **Rose Petal Bright Mask**, apply a generous layer to the face, neck and chest. Cover eyes with a 4x4 butterfly from exfoliation step and a serum, we recommend **(Rose Tea + C Ester Serum)** for the eyes. Wrap face in cold 4x4s use filtered or distilled water. Allow mask to sit for 10 mins during massage below, after you complete the massage use 4x4s to remove as much mask as you can, hot towel off the rest of the mask.
- 7) Massage 10 minutes: Scalp remove all oils from hands before scalp greasy hair is not a good look, use **Coconut + Oxygen Balm** for neck, shoulders, hands and forearms, then Remove mask.
- 8) Moisturize 5 minutes: Apply serum of **Rose Tea + C Ester Serum** to eyes, face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply **Olive + Resveratrol Cream**. ***Daytime Mineral Defense Serum or Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product disappears even on dark skin tones. If the product dries, streaks or looks too "white", spray more toner to re-wet the area then continue blending. *If you start with too much product it will not blend in, a little bit goes a very long way!

Oxygen O2 Facial

50 minutes (book for 60 minutes)

Cost: \$75-150 Add Ons: \$20-55 (+10-15 mins)

*add an additional 15 mins for new clients or product new recommendations.

The Oxygen O2 Facial, is a great specialty facial to add to your menu or offer as a special promotion. Your clients will enjoy brighter, improved hydration, tone and texture. It is best to let clients know before you begin that the oxygen smells like pure oxygen from an oxygen tank, slightly sulfur/vinegar smell but lighter, some clients love it, some don't mind it, some dislike it, but the oxygen is really good for them!

- 1) Cleanse 5 minutes: **Sunflower Creamy Cleanser** (quarter size) + **10% Oxygen + Sunflower Elixir** (dime size), apply creamy cleanser to the face, neck and chest, dry massage for 2 mins, add water to finger tips massage again, remove with warm moist 4x4s or a hot towel. Use the toner of your choice and spritz the entire face, then wipe off with dry 4x4s.
- 2) Exfoliation 5 minutes: Make a scrub **100% Fully Ozonated Sunflower Serum** (1/2 pearl size) + **Jojoba Bead Hydration Scrub** (pinch) + **Sunflower Creamy Cleanser** (dime size), mix in your hand or a small dish, apply with hands or fan brush, allow to sit under steam for 5 mins or wrap in a hot towel 2 mins. Cover eyes with a cold 4x4 butterfly. Save butterfly pad for the mask step.
- 3) Extractions 5-10 minutes: We recommend using the **Jessa Extractor Tool** with the "Lift & Pump" method, demonstrated in Jessa's protocol videos. Start on the areas that dry out first forehead then cheeks, chin and nose. Tone the skin well after extractions, using toner of your choice.
- 4) >>> ADD-ON 15 minutes: This is where you perform your add-ons, we recommend, **30% Professional Peel, Sonic Skin Treatment, Nano Pen, Microdermabrasion or Cupping**. Do a series of 6-10 treatments, twice a year and prescribe homecare your clients skin will transform!
- 5) Facial Massage 5 minutes: Apply **100% Hyaluronic Oil-Free Serum**, then **10% Oxygen + Sunflower Elixir** on top of that, serums will absorb quickly. Start with pressure point massage 1.5 mins, finish with light lymph drainage 1.5mins. Cold Stone Massage 2 minutes: massage the face, neck and chest for 2 mins with cold **Jade Facial Stones**. Tone then wipe with wet 4x4s.
- 6) Mask 10 minutes: Apply 2 drops of the **100% Fully Ozonated Sunflower Serum** to the face allow them to soak in, then choose the **Peptide Repair Mask or your choice**, apply a generous layer to the face, neck and chest. Cover eyes with a 4x4 butterfly from exfoliation step and a serum, we recommend **(Ultimate-Age Serum)** for the eyes. Wrap face in cold 4x4s use filtered or distilled water. Allow mask to sit for 10 mins during massage below, after you complete the massage use 4x4s to remove as much mask as you can, hot towel off the rest of the mask.
- 7) Massage 10 minutes: Scalp remove all oils from hands before scalp greasy hair is not a good look, use **10% Oxygen + Sunflower Elixir** for neck, shoulders, hands and forearms, then Remove mask.
- 8) Moisturize 5 minutes: Apply serum **10% Oxygen + Sunflower Elixir** to face, neck, chest, apply a few drops of **100% Squalane Olive Oil** to the lips. Apply **Olive + Resveratrol Cream** dry skin or **Peptide Repair Lotion** oily to normal skins. ***Daytime Mineral Defense Serum or Cream**, use 1/8th pearl-size on fingertips, spray toner on face and finger tips then begin blending, if desired you may also add 2 drops of oil before you begin. Fully blended means the product disappears even on dark skin tones. If the product dries, streaks or looks too "white", spray more toner to re-wet the area then continue blending. *If you start with too much product it will not blend in, a little bit goes a very long way!

Jessa Peel Procedure

*add an additional 15 mins to any facial treatment or create a peel facial.

The Jessa Professional Peels, are a great way to dramatically increase results. Your clients will enjoy brighter, smoother, improved hydration, tone, signs of aging and texture, it is not uncommon to see 50-80% improvement after a series.

Peels are a wonderful way to increase your clients results and loyalty. We highly recommend that you get all your acne, anti-aging, and sun damaged clients on monthly professional exfoliation!

Add-On peels make an excellent add-on to 50-80% of the facials you perform. Apply the peel after extractions, before your mask. We recommend charging between \$20-\$45 per add-on, be sure to book an additional 10minutes for your facial, this is an easy treatment to squeeze in even if you didn't book extra time

Quick Radiance Peel this is an affordable option for clients who need a series or quick peel. We suggest charging \$35-55 for this quick treatment when you don't need a full facial. Cleanse (3min), Peel (1-5mins), Moisturize (3mins) TOTAL 15mins

During The Peel

- 1) Take 2x2 or fan brush, apply pearl to quarter size, of the peel best suited for their skin type. Depending on how strong it feels you can apply 2-3 layers. You can also double layer over problem areas. First time clients, it's best to allow the peel to sit no more than 1-2 minute, do minimal double layering, see how their skin reacts the first appointment, then go stronger next time.
- 2) Inform your client before you apply the peel, it will give them a stingy, tingly, bubbly sensation. We like to call it a "stingle".
- 3) Ask your client if the peel feels like it is applied evenly.
- 4) Ask your client: "On a scale of 1 to 10, (10) ten being it is so strong take it off, (1) one being you feel nothing. What number are you now? After 30 seconds repeat the question again, the sensation will start to peak then taper off.

Client Numbers

- (1 - 2) apply 1-2 more layers, if it is their first appointment do not apply more, allow peel to sit 2-5 minutes.
 - (3 - 4) should be wiped off after 1-3 minutes. If the skin is turning red or they are new remove after 1 minute.
 - (5 - 8) should be wiped off in 30 seconds - 1 minute, no additional layering it will cause frosting or heavy peeling.
 - (9 or 10) take it off immediately with cold water, cool skin down with a very calming not sensitizing mask.
- 5) **IMPORTANT!** Each client's pain tolerance will alter their answer! Please take this into consideration, ask if they have a low, medium or high thresh hold for pain. You may not put peel on a client's eyes or lids, you may treat the outer edges of crow's feet with caution.
 - 6) Remove with cold distilled water on 4x4s, if the sensation keeps going wipe a second time with new wipes, as the current wipes collect the peel they can re-activate it if you do not flip them around to fresh sides.
 - 7) Spritz with a calming toner, apply Squalane, Ozonated Oil Serum, or 100% Hyaluronic Serum with Daily Mineral Defense. Make sure your client goes very neutral on products for 48hrs, gentle cleanser and a different moisturizer. Active products can cause a reaction.
 - 8) Send them home with products for continuing the results like enzymes and the fruit acid action peel. Serums and other actives will be more effective and penetrate deeper when clients are doing professional exfoliation.

JESSA PEEL BEFORE, DURING & AFTER

What to expect before your peel?

A consultation is essential. Your esthetician will talk to you about your history. Tell your Esthetician, if you have had a cosmetic procedure in the past, scar easily or have ever had a type of raised scar known as a keloid, or took isotretinoin (Accutane). After the consultation, your esthetician will look at your skin, and tell you which peel will be best for your skin condition.

Your Esthetician will give you a Superficial depth peel also known as the “Lunch Time” peel. Penetrates the outer layer of skin to gently exfoliate. Reducing fine lines, wrinkles, freckles, sun spots, scarring, acne creating an over-all glow revealing healthy new cells. Medium depth, penetrates the outer layer of skin and reaches into the middle layer of skin to remove damaged skin cells. We do not typically intend on going to this depth as an Esthetician, if your peel goes deeper you will need to know what to do and what normally occurs. Deep depth, reaches deep into the middle layer of skin. This will always be done by a dermatologist only. The skin will look like it has a 3rd degree burn, and will be bleeding. The doctor will use general anesthesia, putting you to sleep for this procedure.

Before applying the peel, the skin is prepped. Your esthetician will quickly and evenly apply the peel. Typically for 1-10 minutes at a time you will feel a stingle (sting and tingle together) depending on how strong it feels and how your skin looks your esthetician will increase or decrease the timing. They may also layer more peel on to go deeper.

After the peel is removed, with cool compresses your esthetician will apply a protective salve and SPF. Do not go home and wash your face or apply harsh products ask your esthetician what to do for the next 48hrs. A mild oil or pure Hyaluronic Serum may be applied after a superficial or medium-depth peel to help soothe the skin.

4 Important Home Care Tips

1. Do not scratch or rub the treated skin. While the skin may burn, itch, or swell, it is important to resist the urge to scratch or rub. To alleviate the discomfort, apply a cold compress.
2. Keep your skin moist and supple. If the skin dries out and cracks, scarring may occur.
3. Do not pick at dry skin. After a peel, the face tends to flake, but picking can increase the risk of an infection, skin discoloration, and scarring.
4. Wear sunscreen daily once your skin heals. Applying sunscreen before your mineral makeup will help maintain the results.

What to Expect After a Peel

Over the next 1 to 7 days, new skin will appear, older cells will peel off. This should be mild if you are well moisturized you will barely notice this happening. If your peel goes to medium depth expect healing time of up to 14 days and the symptoms below.

All peels require follow-up care. You will be given specific instructions to follow, which will include everything from how to wash your skin to sun protection. It is important to keep in mind that sun exposure and smoking can cause unwanted side effects, including infection and scarring.

What to expect after each type of peel

Superficial Peel, Healing Time: 1 - 7 days skin maybe red for a few hours. After the redness disappears, scaling may develop, which lasts 3 – 7 days. Oil, Serum or Lotion needs to be applied until the skin heals, followed by daily use of sunscreen. 3-10 peels (1-2 weeks apart) are necessary to get the results you desire.

Medium Peel, Healing Time: 7 - 14 days skin will be red and swollen. Swelling worsens for 48 hours. Eyelids may swell. Blisters, Rash or Bumps can form or break open. Skin crusts and peels off in 7 – 14 days. Daily soaks for a specified period, apply ozonated oil or squalane . Apply mild lotion or cream avoid sun until skin heals, 5 – 7 days can wear mineral makeup. For a medium depth peel see your doctor, you may see some of these symptoms after a superficial peel with your esthetician.

DOCTOR ONLY Deep Peel, Healing Time: 14 – 21 days. Area will be bandaged and red, avoid sun, recovery 3 – 6 months.

JESSA ACNE CHECKLIST

Homecare Product & Professional Guidance you must use the right products at home or you will not clear, a professional needs to adjust your product usage, the first 2-4 weeks. Always wash twice daily! Missing ONE wash can cause a breakout. Using proper home care is 50% + professional treatments are 50% of getting flawless clear skin. Professional extraction treatments 2-3 times a month until clear, peels 2 x a month until clear, after that monthly maintenance is all you need! It is important that you and your esthetician monitor your skin the first 2-4 weeks, it is common need to swap out products to achieve the right cocktail for your skin. The key is custom rotation so your skin never acclimates to your regime.

1. Food allergies can be tested at an allergist, food irritations are not testable by prick test; watch for symptoms, runny nose, lower energy, upset digestion/bowel movements, gas, bloating, body aches, head ache, grouchy. TOP 8 FOOD ALLERGIES: milk, eggs, peanuts, tree nuts (almonds, cashews, walnuts), fish (bass, cod, flounder), shellfish (crab, lobster, shrimp), soy, wheat (gluten). Cut foods out to see how you feel, it can take up-to 6 months for your digestive track to heal, take a probiotic we recommend Original Medicine. For acne an irritation to a food can be just as bad as an allergy.
2. Eat organic watch out for toxins, pesticides and GMOS. GMOS produce pesticides in your digestive track, they contain roundup (containing agent-orange) which causes severe acne all over the body. Get these Organic instead, common GMO Foods: Sugar, Corn, Soy, Aspartame, Milk, Canola Oil, Zucchini, Papaya, Yellow Squash, Tomato.
3. Iodized Salt — Avoid pre-salted foods, things from the sea kelp, seaweed, if you can get your food unsalted you can use Himalayan Salt as an alternate. Some pools are treated with salt and can cause a huge flare up, here is your answer to clients who insist on ocean swimming helping their skin.
4. Biotin — Avoid your body does not need large doses of this supplement side effects of too much iodine are acne.
5. Caffeine - Do not drink too much it raises hormones and stresses your adrenals which is not good for acne.
6. Alcohol, Soy — Raises your estrogen levels, causes dehydration and toxicity. Beer bellies are caused by the 'pregnant' look high levels of estrogen give you.
7. Environmental Allergies + Smoking — If you have allergies or smoke this can cause a large breakout zone in the cheek area. Eliminating food allergies often significantly reduce environmental/seasonal allergies. If you smoke consider vaporizing, completely stopping is best for acne.
8. Hormones — We go through a massive hormone change every 7-10 years which can cause breakouts to start. Teen years are one of these times. Using products with fragrance, parfum, or other toxins/chemicals disrupt hormones. Food Hormones - Non-natural meat or dairy, soy, flax, eating or drinking out of plastic. Peanuts contain large amounts of progesterone avoid them completely. Soy contain large amounts of estrogen avoid.
9. Birth Control - Makes 1/3 of its users breakout horribly, 1/3 stay the same, 1/3 clear-up, if you have cancer risks in your family especially breast cancer you should not be on birth control.
10. Water H2O — Stay hydrated without water the skin cannot properly balance itself or detox, because we are 70% water and the skin is our largest organ losing chronic dehydration can cause acne to increase. It will make your skin slow moving, slow cell turn over and healing time. It also stays more oily and toxic. Soda, caffeine, heavy sweating can cause dehydration.
11. Sweat — If you do any activities where you sweat you must wash your face right after you sweat! Even if you are washing 3 x a day. Sweat can cause bacteria and clogging almost instantly even if you break a light sweat because it's hot outside.
12. Pillow Case — Use the flip method sleep on a fresh area of pillow case every night flip four times to use for four days then change. Phone, Talking on the phone make sure it's clean, wipe with rubbing alcohol often!
13. Hair — Make sure hair oils or hair product is not touching the skin, fragrance/parfum toxic hair products are major culprits, get organic or non-toxic products. If you don't wash your hair everyday it can cause breakouts. Toxic hair products can cause a big breakout issue. And hairspray yikes, use a shield!
14. Toothpaste— Use a clean toothpaste, many contain parabens and toxins. We really like the Kiss My Face Brand!
15. Stress / Lost Sleep — Cause hormones to rise and breakouts to begin keep it mellow and get your rest!
16. Laundry Detergent / Fabric Softener — Get Free & Clear Laundry Detergent only. Do not use any fabric softeners even the natural kind
17. Makeup — Most makeups are huge cloggers! You have to go Mineral. Not all minerals are created equal, popular minerals can contain toxins or irritants like bismuth oxide. Any non-mineral brand = breakout city!!! Do not use brushes to apply your base foundation or powder with disposables 2x2s, brushes must be cleaned daily you always run the risk of breathing in toxic particles, titanium = lung toxin, brushes cause minerals become air born, not to mention they grow bacteria after one use.
18. Oils — Using oils on your hair or face is a bad idea! The only safe oil in moderation would be Sunflower Seed Oil. Wash your hands if you have touched oil for the body you can't risk touching your face with contaminated fingers!
19. Icing — For cystic or inflamed areas you can ice the skin, apply the ice bare or with a clean wet towel barrier massage in a circular motion for 10-30 seconds, stop for a few seconds then repeat several more times. This slows the progression of the bacteria and reduces inflammation.
20. Breakout Zone — If you have acne your face is a detox zone slight changes internally or externally can set off a mini explosion! Acne is about management not a cure, expect from time to time you will have 1-2 pimples show up, with the right program you will also have weeks where you are clear!

Lifestyle Changes are Essential in Achieving Beautiful Skin!



FACIAL TREATMENT INTAKE FORM

Client Name: _____ Date: _____

This information will be kept confidential. Thank You.

Please list the medications & vitamins you are taking? _____

How many 8oz glasses of water do you drink per day? _____

How many ounces of caffeine do you drink per day? _____

Stress level monthly (please circle): low moderate high very high

How many days per week do you get exercise? _____

What kind of exercise? _____

How many days per week do you relax / meditate? _____

During massage what pressure do you prefer? Light Medium Deep

List any allergies to foods, ingredients, or environmental that you know of? _____

Skincare Products you use: _____

**** Before Hair Removal: are you using any exfoliating creams/lotions/serums, Retin A, Glycolic, Accutane, as well as other medications that may make you sensitive to waxing? YES / NO**

Please circle your skincare concerns:

- | | | | | |
|------------|---------------|--------------|--------------|-------------|
| Aging | Dryness | Oiliness | Pigmentation | Sensitivity |
| Acne | Clogged Pores | Rosecea | Eczema | Psoriasis |
| Sun Damage | Lacks Glow | Dark Circles | Puffiness | Dehydrated |

Other Skin Concerns Describe: _____

Client Print & Sign: _____ Date: _____