

LA GLOW ULTIMATE FACIAL TRAINING

COURSE CONTENTS

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- Overview of Micro-Needling Treatment
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- Ingredient Formulations, Efficacy & Rationale
- Cautions & Contraindications
- Post Treatment Care & Management
- Skincare
- Marketing: Introducing Treatment To Your Clients
- Practical Demonstrations - (Online videos included & you will be invited into clinic for your practical session)

KEY FOCUS ON SAFETY

Make safety your first priority:

- Hygiene & infection control
- Gloves **must** be worn during and after all steps where **skin has been broken** - so during the Dermaplaning and during and after the Gold Infusion treatment
- Sharps disposal - you will need to organize after training
- Always recognize your limitations e.g. - combination treatments
- Familiarise yourself with all information & consent forms
- If your unsure if you can treat don't and seek further advice
- You **MUST** arrange indemnity insurance

The LA Glow Experience

The LA Glow Experience is like no other facial.

Brings vast versatility where you can tailor it to any client. The treatment is purely bespoke.

Developed by our trainers who are experienced aesthetic nurse practitioner's and very experienced advanced aestheticians who have many years experience in the beauty industry.

12 protocols to choose from & clinically proven and active skincare with over 50 different ingredients throughout the range.

It has been developed to enable all practitioners to offer a treatment that can meet a multiple selection of client skin needs..... Including relaxation!!!

ENVIRONMENT

Warmth

- Temperature of treatment room is important. Clients having any relaxation treatment are likely to feel drops in temperature more acutely. Heated blankets help make the treatment beds warmer for your clients.

Relaxing Music

- Creates ambience and a peaceful aura. Relaxing sounds help transport your client to a place of pure relaxation.

Scents

- Ensure that your room is pleasantly scented. Consider using essential oils and aromatherapy to help lift your client's mood or aid relaxation.

Lighting

- A calm and relaxing atmosphere makes clients feel warm and at ease. It is important that you get the lighting right - too bright can make the atmosphere too clinical. Too dark might make your client (and yourself!) a little bit sleepy!

LA Glow™

90
Minutes
Monthly

DERMAPLANING • GOLD INFUSION ULTIMATE FACIAL

Tingsha Bells	1	Use Tingsha Bells to create peace & calmness pre treatment.	Dermaplane	11	Dermaplane skin. Apply Clinisept to any grazes or nicks post dermaplane.
Gentle Cleanse	2	Massage LA Glow Gentle Wash onto the skin to cleanse making sure the massage flows always keep skin contact. Remove with damp facial sponges.	Clinisept	12	Apply Clinisept Plus Prep & Procedure to skin with sterile gauze.
Glycolic Cleanse	3	Using LA Glow Glycolic Wash cleanse the face removing any oils and dirt continuing skin contact. (Use Gentle Wash for second cleanse if sensitive skin).	LA Glow Gold Infusion 0.6mm	13	Add chosen vitamins to the Gold Infusion Device and stamp over face area 2-3 times as per protocol.
Hot Face Towels	4	To remove cleanser place hot scented face towels onto clients skin. Apply pressure for 2 minutes and using the same towels remove the cleanse in an outward motion from neck upwards.	Clinisept	14	Apply Clinisept Plus Prep & Procedure with sterile gauze.
Exfoliating Mask/Scrub	5	Using a spatula take a small amount of exfoliator and apply to face and neck gently massaging into skin using small circular motions. Leave on for up to 2mins (1 minute for sensitive skin).	24K Gold Hyaluronic Mask	15	Apply hydrating mask onto the skin for 10 minutes. Apply pressure onto facial pressure points for 3 seconds on each point.
Hot Mitts	6	Remove exfoliator mask with hot mitts working from base of the neck	Head & Scalp Massage	16	While mask is on perform a head & scalp massage for 10 minutes always keeping contact to the scalp and hair. Remove the mask from bottom of the face up towards forehead.
Cleanse	7	Using LA Glow Gentle Wash. Massage into skin to remove residual scrub granules.	Hydra-Boost	17	Gently massage in LA Glow Hydra-Boost to the face moving down onto neck, chest and shoulders using hands.
Hot Face Towels	8	From the mitt heater apply scented towels to clients skin and remove cleanser.	Hydrate	18	Apply LA Glow Hydrate and massage into the skin.
Ice Globes + Gua Sha	9	Lymphatic drainage & facial massage using the LA Glow Ice Globes and Gua Sha as per protocol. Apply Hydra-Boost for glide.	SPF Protection	19	Apply LA Glow Protect SPF 50 onto the skin.
Clinisept	10	Apply Clinisept Plus Prep & Procedure with sterile gauze.	Tingsha Bells	20	Ask client to take deep breaths whilst using Tingsha Bells to finish treatment.

Massage Tips

- Always keep contact with the client
 - Apply pressure to the temples
- Keep a nice flow and rhythm at the correct speed
- Hands need to be flexible to fit contours of the face
 - Make sure you have plenty of glide

Things You Will Need

Room at warm temperature
Soothing lighting
Aromatherapy scent in the room
Apply scented aromatherapy oil to wet flannels/
face towels prior to putting them in heater
Relaxing music for calming
Tingsha Bells
Trolley
Hair Band/Hair Net
Facial sponges
Sterile Pack
Disposable Sterile Scalpel Size 10 or 14
Clinisept
Bowl of warm water
LA Glow Meso Stamp Device
RRS Vitamin Solution
LA Glow Gentle Wash
LA Glow Glycolic Cleanse
LA Glow Hydrate
LA Glow Hydra-Boost
LA Glow Protect
LA Glow Ice Globes
LA Glow Gua Sha
LA Glow Gold Hydrating Mask

Optional

- Electric Blanket
- Face Towels/Flannels
 - Mitts
 - Mitt Heater
- Shoulder Heatpad

Homecare

- Aftercare
- LA Glow Gentle Wash
- LA Glow Hydra-Boost
 - LA Glow Hydrate
 - LA Glow Protect

Treatment	Duration	Approx Cost	RRP	Frequency Of Treatment
LA Glow Express Dermaplaning	30 Minutes	£2.50	£50.00	Monthly
LA Glow Dermaplaning Oxygen Facial + LED Light Therapy	60 Minutes	£5.00	£80.00	Monthly
LA Glow Relaxing Facial	45 Minutes	£8.00	£60.00	Weekly
LA Glow Relaxing Facial + LED Light Therapy	60 Minutes	£8.00	£70.00	Weekly
LA Glow Dermaplaning + Gold Infusion Ultimate Facial	90 Minutes	£55.00	£200.00	Monthly
LA Glow Dermaplaning Facial	60 Minutes	£13.00	£90.00	Monthly
LA Glow Gold Infusion	45 Minutes	£50.00	£150.00	Monthly
LA Glow Relaxing Gold Infusion Facial	75 Minutes	£55.00	£180.00	Monthly
LA Glow Gold Infusion + Meso-Tox	45 Minutes	£55.00 + Toxin Cost	£230.00	2 - 4 Monthly
LA Glow Hair Restoration	15 - 20 Minutes	£45.00	£140.00	Weekly (4 - 12 Sessions Average)

TINGSHA BELLS



- These instruments are used to focus awareness and are used to signal the start and the end of treatments
- It is believed that the ring of the cymbals help clear the mind
- Helps create calmness & peace

LA GLOW ICE GLOBES



- Eliminates redness and calms
- Soothes and brightens the skin
- Helps to reduce large pores
- Stimulates blood circulation and oxygenates skin
- Helps sinus issues, puffy eyes, headaches and migraines
- Stimulates the nerves and exercises facial muscles
- Tightens skin and eliminates fine lines
- Provides a cool finishing touch at the end of each facial

LA GLOW GUA SHA



- The Gua Sha is designed to relieve tension in the muscles of the face
- It boosts blood circulation
- Encourages lymphatic drainage
- Helps to visibly firm the facial contours
- Awakens the skins natural glow
- Restores health and vitality to the skin

WHAT IS LYMPHATIC DRAINAGE?



The Lymphatic System is part of your body's immune system which helps fight infection.



The Lymph nodes transports nutrients and oxygen to cells collecting toxins on the way, flushing them out through the lymph nodes.



Lymphatic drainage facials act as a face workout.



The massage strengthens your facial muscles, boosts oxygen flow, and releases endorphins.

CLIENT SELECTION: INDICATIONS FOR TREATMENT

A wide variety of clients would benefit from our LA Glow Facial treatment. It offers a calming and relaxing facial or it can also treat and addresses a wide variety of skin complaints such as:

- Fine lines and wrinkles
- Skin rejuvenation
- Sun-Damage
- Dehydrated Skin
- Dull, tired skin
- Facial Sweating
- Oily & Acne prone skin
- Acne Scarring
- Melasma & Pigmentation
- Enlarged Pores
- Hair loss