

Revisiting the way you evaluate the skin – the Scientific Approach

by Gay Wardle

As I travel to conduct equipment training within salons I have identified that the majority of mishaps that occur are often not associated to the therapist not operating the device correctly. Regardless of the equipment they may be using, these being IPL, microdermabrasion, or any other equipment for that matter, in most cases an incident or failure to reach the expected results is due to not identifying what was really happening in the skin at the time of the treatment.

This may not mean that the therapist has been negligent in any way. However, it may be an indication that the new equipment she is now using necessitates that she has a more scientific understanding of the cellular structure of the skin and how the cells will interact with the currents that will impact them during the treatments.

In recent times Service Skills Australia has engaged in broad and in-depth consultation with industry stakeholders to determine new developments within the beauty industry. The objective was to identify what new units needed to be included in the Beauty Training Package to better service the industry. Advanced devices and technologies entering the industry have resulted in rapid changes within the domain of treatment options. These changes now necessitate that the Training Package is reviewed regularly to ensure that the training and skills delivered meet with industry requirements. But what about therapists who are already qualified, what do they need to do to ensure that they can confidently deliver the level of results that will now be required of them?

Why do we need to revisit the way we view the skin?

What are the recent changes in our industry and what expectations are they placing on the salons and their staff? We are all aware that new scientific developments have introduced more advanced and sophisticated equipment as well as products with greater concentration of anti-oxidants and more efficient delivery systems. This means that therapists now need to also update their ingredient chemistry so that they can identify new and better ways of achieving greater results through the appropriate combination of treatments and technologies working in synergy.

Even though you can expect credible training from reputable suppliers, you will not necessarily be taught how to combine them to maximise your results. This is where your knowledge of skin science and physics will allow you to critically review the new procedures you will be putting together to bring your results to the next level.

The days when everything you do has been delivered as a step-by-step training by others is fast becoming a thing of the past. The contemporary therapist is now required to think for themselves, review information they have learnt and develop their own methodologies and protocols for their own signature treatments that will be unique to their establishment.

As recently as just eight years ago the “natural” facial (without the use of equipment) was very much in vogue. Equipment was dismissed with a greater emphasis on the totally hands-on manual facial. This methodology ensured less risks, but also less impressive results.

As appearance enhancement is now a global phenomenon, skin rejuvenation and anti-ageing techniques are what consumers are looking for, in other words they want to not only feel good, but also look younger – this is now the norm and the standard expectation. Salons that do not want to embrace this change risk being replaced by their more forward-thinking competitors who are now able to offer real result in anti-ageing and skin rejuvenation. This is a fact that we must all face.

I believe that to achieve true professional results one of the most important skills we need to revisit is how we analyse the skin. It is now necessary to not only look at the surface of the skin and recognise manifestations, types and conditions, but also identify underlying conditions before determining the best method of treating it. But why is this so important now?

In previous years skin analysis was only essential on a very basic level. This was because most of the treatments we delivered did not penetrate the skin and primarily worked towards softening the skin and

conditioning it. However, now we are able to break some of those penetration barriers, both through equipment and through skincare technology. This is why skin evaluation has now come under greater scrutiny to deliver accurate evaluation of what is truly happening to the skin so that the correct course of action can be determined when treating it. To achieve this we need to undertake a more scientific approach to the way we evaluate the skin. Gaining these skills is now paramount to our professional reputation as they empower us to more accurately determine what choices will best benefit our clients' skin and determine the effectiveness of their treatments.

What you should gain from your training

If you are not sure if you will benefit from advanced training consider the following questions:

Fitzpatrick Scale – In recent years the importance of using the Fitzpatrick Scale to determine skin classifications has become a critical part of accurately assessing the skin's tolerance to procedures such as skin peels, pigmentation treatments, microdermabrasion, laser and IPL treatments. However, you cannot learn how to correctly use this tool just by reading a book. In **our Advanced Skin Analysis Training** we teach you not just to look at the colour of the skin, but also how to examine the cross-racial background of the client as this will point to underlying considerations that may change your reading of the skin. Additionally, we also train you to use this scale not as a "fixed position", but to look how factors within your client's activities may vary this scale reading from visit to visit.

Skin Cell Groups – Can you identify the three major cell groups of the skin and understand how they behave and how this knowledge can help you determine what needs the skin will have at the time of treatment?

Impaired Cell Membrane – Is the skin lacking in essential fatty acids and is the cell membrane impaired? If yes, do you know how to fix it?

Vitamin Deficiencies – Is the skin vitamin deficient? What roles do the various vitamins – Vitamins A, C, E and B play on the skin? Do you know how to identify these deficiencies and rectify them? Will you need to recommend supplementation to counteract these deficiencies?

Collapsed rete pegs – What happens to the skin when the rete pegs are collapsed or flattened? What nutrients can you recommend to assist in their repair?

The role of Peptides – What role do peptides play on the skin? Do you know the different types of peptides and how they affect the skin?

Gene factors – Do you know the different ways that skin ages? What role does the red gene factor play on ageing and how does this manifest at the epidermal junction?

The Spinosum Layer – We know that the Spinosum layer is the largest layer in the epidermis. Do you know what happens in that layer and the role it plays in the skin's vitality?

The **Advanced Skin Analysis Course** (Pastiche Method™) is a scientifically credible method that is recognised globally, with over 5000 graduates who are successfully using this method to confidently determine how to achieve excellent skin-treatment results.

If you recognise that this training can also benefit you please consider undertaking the Advanced Skin Analysis Training. **Training is available in every State. For further information email: info@ozabart.info or phone 0420 332 343. **APJ****

Gay Wardle is respected and recognised in the aesthetic industry as a leading trainer in advanced technologies and techniques as well as for her commitment to excellence. She owns two multi-award-winning salons in Queensland that allow her to constantly trial and test treatment outcomes using her expertise in Advanced Skin Analysis. She travels extensively throughout Australia training other salons on how to achieve the kind of success that she is experiencing. She is known for her gracious and generous manner and for her enormous wealth of knowledge, which she liberally shares with all whom she trains. Gay Wardle can be contacted on 0418 708 455.

