

# DERMASCOPE

The Encyclopedia of Aesthetics & Spa Therapy

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▶ CEO OF SAIAN NATURAL  
CLINICAL SKINCARE

## DASHA SAIAN

@DashaSaian

"Facial Procedure for Acneic Skin" offers a generic, step-by-step treatment for clients suffering from acne.

**Favorite decade:** Every decade is amazing, but I remember the 1990s being super cool!

**Saturday night...Netflix or out**

**and about:** Out and about dancing to salsa. I need that dance fix!



**SAIAN®**  
**Vital-K™ Creme** by SAIAN provides a powerful dose of vitamin K to repair damaged areas, supplying the skin with the means to halt the flow of bruising and pause discoloration. This cream also uses arnica to maximize and quicken the recovery process. This natural herb, rich with anti-inflammatory and antibacterial properties, is a highly-efficient vasodilator of blood capillaries. It drastically increases the fade back time by escalating the recession of blood away from the damaged capillaries and back into the body. 800-291-1130 or saian.net



Oatmeal is often thought of as a breakfast superfood with numerous health benefits that also tastes delicious. In addition to lowering LDL cholesterol and helping reduce the risk of heart disease, oats have become known for their beauty and skin care benefits. Due to anti-inflammatory properties, oatmeal can even be used on clients who have very sensitive skin. It also has saponins, a cleansing agent, making it the perfect ingredient to use in a facial cleanser. Thanks to its exfoliating and moisturizing properties, oatmeal has been touted as a healing and non-drying scrub.

Dasha Saian says, "The main reason acne clients should be discouraged from using a scrub is because the rough particles in the scrub will not only damage and irritate the skin, causing redness, but they will spread bacteria on the face, worsening the situation. For this same reason, it is not recommended to perform a microdermabrasion treatment or use a rotating sonic brush on clients who have acne, couperose, or rosacea. These types of treatments are too rough and should be avoided. Older clients tend to have thinner skin that bruises and breaks easily and using a harsh scrub, or any other mechanical mode of exfoliation, can cause damage and pain. Enzymatic exfoliation is recommended, or, if necessary, a light oatmeal scrub."

January is  
National  
Oatmeal  
Month!



To read more, check out Dasha Saian's article, "Exfoliation: From Ancient Times to Modern Day Aesthetics," at [DERMASCOPE.com/oatmeal](http://DERMASCOPE.com/oatmeal)

Acne &  
Social Media

National Association

# FACIAL PROCEDURE FOR ACNEIC SKIN

by Dasha Saian, L.E.



**W**hen treating the acneic client, successful results come from a combination of a consistent homecare routine and professional treatments that are tailored to their acneic problems. One of the most important things to remember when treating clients that suffer from acne is that cross-contamination must be eliminated. Because bacteria plays a large role in the development of acne, it is crucial to use gloves, change tissues often while performing an extraction, and to not double dip tools. The following step-by-step treatment is a generic example of an ideal acne treatment and consists of cleansing, salicylic acid application, two masks, an extraction, high frequency, an acne spot treatment, cryotherapy globes, and sun protection.



Before starting the treatment, prepare a pair of gloves and two bowls of water, one warm and one cool. Proceed to cleanse the client's face with a foamy cleansing gel that contains alpha hydroxy acid, which will kill germs and bacteria. Other helpful ingredients to look for in a cleanser include seaweed extract and rosehip seed extract, as they nourish and strengthen the capillary walls. The cleanser should be thoroughly removed with warm water.

Saturate a glycolic applicator swab with 2 percent salicylic acid and gently buff the face upward from both sides until the client feels a light tingling sensation. For a first-time client, keep the salicylic acid on the face for a maximum of two minutes. The time that the acid is left on their face may later increase as their tolerance increases. Remove the acid with cool water after one to two minutes.

Continue the facial procedure by mixing one and a half teaspoons of an enzyme mask with warm water to make a soft paste. After applying the mask to the client's entire face for 10 minutes, turn on the steam and ozone and point

it to the client's face so that the mask stays moist and the enzymes remain active. If a steamer is not accessible, use a moist, hot towel over the mask to keep it from drying up. This mask should be based on bentonite clay, oats, and a fruit enzyme, in order to exfoliate and cleanse the pores. Remove the mask with warm water.

Perform a manual extraction, changing tissues often to prevent the spread of bacteria on the skin.



Use a high-frequency machine over the blemished areas for three to five minutes. Before using high-frequency, do not forget to ask clients if they are pregnant or if they have a pacemaker.

A mask that includes bentonite clay, sulfur, camphor magnesium, hyaluronic acid, salicylic acid, and oxygen plasma should be thinly applied to overly oily and blemished areas for 15 minutes. Proceed by washing the mask off with warm water.

Spray the client's face with a toner that does not contain alcohol or oil.

Next, apply an acne spot treatment by dipping a cotton swab in the solution and applying only to blemishes. The spot treatment should contain minerals, such as magnesium and iron, which kill germs and bacteria without leaving discoloration. When finished, close the container tightly and throw away the cotton swab. Do not dip the same swab into the container after it has already been used.

If cryotherapy globes are available, remove them from the freezer and wipe them dry to remove any excess moisture. Use the globes to massage the client's face upward to close the pores and minimize redness.

The final step is to apply sunscreen to the client's face. A water-based sunscreen should be used because it is perfect for all skin types. ▶▶



Dasha Saian is the co-founder and marketing director of SAIAN® Natural Clinical Skin Care and has over 15 years of experience in the spa industry. In addition to her Business/Marketing degree, she is a licensed esthetician, certified nutrition and wellness consultant, and certified family herbalist. Saian gives lectures and classes internationally and regularly contributes to global trade publications. She is an expert adviser on natural living, alkaline diet, alternative oncology protocols, and positive body image.