



ADVANCED REJUVENATING CONCEPTS

Ultrasonic Owners Manual and Instruction for Use

Includes company philosophy and professional treatment protocols.

1st Edition

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ADVANCED REJUVENATING CONCEPTS

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ULTRASONIC REJUVENATION

WARRANTY INFORMATION

Thank you for purchasing the Ultrasonic Rejuvenation System. Within this packet, you will find information about the machine and the protocols associated with its use. ARC and its sister company, Skin Rejuvenation Clinique, have over a decade of experience in the operation and use of this machine to deliver beneficial results for a variety of skin concerns.

Skin care products that are compatible with this unit are offered at wholesale cost for use in facials by licensed aestheticians. Your store must meet and maintain the standards of the Advanced Rejuvenating Concepts protocols in order to receive support and warranty for the Ultrasonic Rejuvenation System.

We reserve the right to refuse sale or cancel an account if the product is not stored, maintained or used properly, or if the facility changes ownership. We do not allow Advanced Rejuvenating Concepts products to be sold online through third party websites (e.g. Amazon, Ebay, Etsy, etc.), or any other retailer that is not an ARC authorized skin care facility. We reserve the right to discontinue or limit sale of products to parties with sales strategies that do not meet our standards.

WARRANTY

By using your ARC product, you agree to be bound by the terms of the 1 year limited warranty. Do not use your product until you read the terms of the warranty. If you do not agree to the terms of the warranty, do not use the product and return it within 14 days for a refund.

WHAT IS COVERED

ARC warrants the product and accessories contained in the original packaging against defects in materials and workmanship when used normally in accordance with ARC's published treatment protocols for a period of 1 year from the original purchase date.

WHAT IS NOT COVERED

ARC does not warrant that the product will be error-free and is not responsible for damage arising from failure to follow instructions relating to the product use. This warranty does not apply: (a) to consumable parts, such as power cords and hand pieces, unless failure has occurred due to a defect in materials or workmanship; (b) to cosmetic damage, including but not limited to scratches, dents, and broken plastic; (c) to damage caused by use with another product; (d) to damage caused by accident, abuse, misuse, liquid contact, fire, earthquake or other external cause; (e) to damage caused by operating the product outside ARC's published guidelines; (f) to damage caused by service or parts from non-ARC representatives or distributors; (g) defects caused by normal wear and tear or otherwise due to the normal aging of the product, or (h) if any serial number has been removed.

YOUR RESPONSIBILITY

Your product should be plugged into a surge protector (not a power strip) at all times to protect from electrical surges or spikes. Turn off your unit when not in use. When cleaning the product, do not spray or submerge it in water. Apply a 70% or 90% alcohol to a soft cloth or disposable cotton pad, and wipe the main unit, hand piece and cord to clean and disinfect before its next use. The hand piece

should always be turned off after each mode. Never (a) submerge the hand piece in water, or cleaning solutions; (b) allow the hand piece to touch metal of any kind, or (c) allow excess skin creams, gels or serums to accumulate at the base of the spatula or handle of the hand piece.

Before receiving any warranty service, ARC may require you to provide proof of purchase details.

BREACHED WARRANTY

If during the warranty period you submit a valid claim, ARC will, (i) repair the product using new or previously used parts that are equivalent to new in performance and reliability, (ii) replace the product with a device that is at least functionally equivalent to the product and is formed from new and/or previously used parts that are equivalent to new in performance and reliability, or (iii) exchange the product for an account credit towards future purchases.

WARRANTY SERVICE

Please reference your treatment protocols, online resources, and the DVD before seeking warranty service. If the product is still not functioning properly after referencing these resources, please contact your ARC representative to determine whether or not your unit requires service and, if it does, will inform you on how ARC can provide it.

WARRANTY SERVICE OPTIONS

ARC will provide warranty service through mail-in service. A Return Authorization number is required and must be included in the shipment. Package your unit and one hand piece securely and ship to 133 Pecan Drive, Schertz, Texas 78154. ARC is not responsible for damage to the unit due to improper packaging or shipper damage, error, or loss.

ARC reserves the right to change the method by which ARC provides warranty service to you, and your products eligibility to receive service. Service options, parts availability, and response times may vary. You are responsible for shipping and handling charges to ARC.

LIMITATION OF LIABILITY

Except as provided in this warranty and to the maximum extent permitted by law, ARC is not responsible for direct, special, incidental or consequential damages resulting from any breach of warranty or condition. Including, but not limited to loss of use, loss of revenue, loss of actual or anticipated profits, loss of business, loss of opportunity, or loss of reputation.

By placing a wholesale order, you agree to adhere to our policies set forth by Skin Rejuvenation Clinique, Inc. DBA Advanced Rejuvenating Concepts.

Thank you for your business

Our Story



Aging gracefully is hard work. We make it easy.

Our Founder, Tina Zillmann: Aesthetician, Laser Professional, Founder and Executive Director

As a practicing aesthetician, professional laser technician, entrepreneur and avid learner, Tina Zillmann founded her business on the inherent need for clinical aesthetics. Her practice, the Skin Rejuvenation Clinique, began in 1991 under the wing of a Plastic Surgeon, where she learned about the skin's healing process from its subcutaneous roots.

At the time, there were no resources for patients to receive care from facial surgical procedures or laser resurfacing, and her practice flourished. Tina was instrumental in giving these patients quality care by assisting the healing process and preventing many adverse reactions. As laser procedures emerged for aging skin and scarring, she discovered the need for preventative measures for hyperpigmentation.

In 1995, Tina and her husband, Matthew (President), developed The Next Step melanin suppression system as a preparatory and post-procedural home care line for hyperpigmentation. This system was the first to target melanocyte activity and help promote a more even skin tone for sun damage and melasma Concerns. The Next Step quickly evolved to the name Advanced Rejuvenating Concepts and was preceded by clinical acne management products and aging skin solutions.

Many companies offer cookie-cutter regimens with a one-size-fits-all approach to skin care. Together, Matthew and Tina realized that every skin changed with the seasons of the year and the seasons of life. Therefore, all products are formulated to be interchangeable based on 4 common skin types and 6 Concerns. Tina's philosophy on developing a home regimen is simple, treat the problem and keep the skin balanced.

In maintaining her purpose to help individuals achieve the best look of their life, Tina educates skin care professionals across the nation and continues to share her knowledge in aesthetics and patient care in all beauty outlets. Working with surgeons, she has experience in consulting, administering and caring for skin after IPL, laser and surgical procedures, and consults on filler and neurotoxin procedures and other medical aesthetic procedures available to patients.

Through her advanced education platform, she strives to give every aesthetician the knowledge, products and treatment protocols that deliver results. Her passion for aesthetics and high standard of service continues to be rewarded with media opportunities throughout the nation.

Together, Skin Rejuvenation and Advanced Rejuvenating Concepts continue to deliver exceptional skin care treatments and results via retailers and service providers throughout the United States. And with every product and service sold, continue to help make every woman and man's skin healthier with a more youthful appearance.



Aesthetic Philosophy

Beautiful, healthy looking skin requires an aesthetician's care and a professionally formulated cosmeceutical product line. Whether your client's goal is to maintain youthful, even toned skin, or turn back the clock with medical procedures—aesthetician's are every man and woman's skin consultant.

Aesthetician: Purveyor of everything beauty and skin related.

At ARC, we believe an aesthetician's role is not limited to skin care, but the beauty realm. We call this Concierge Aesthetics because we have the ability to educate our clientele and help them achieve their best look ever with sound advice about their skin type and Concern, while offering resources to help them. From makeup application to the best color options for their complexion, aestheticians should have many different resources to extend their consulting capabilities to their clients.

Cosmeceutical Care: Products that are formulated to offer a beneficial change to the skin and improve skin health and radiance.

In the skin care industry, we have mass-produced products, cosmeceutical products and prescription products. Skin care products that are distributed by grocery stores are formulated to be safe, hydrate and offer some sort of benefit, but they do not change the skin. That is considered a reaction. However, in Cosmeceuticals and prescription skin care, we want the skin to change—this is the result.

The skin is ever changing as a result of chronic photoaging, intrinsic aging and active Concerns that compromise the barrier. Clients need to adjust their regimen as needed to help maintain a youthful, radiant tone and smooth texture.

Aesthetic Physicians: Providers who offer medical aesthetic procedures that rejuvenate the skin.

Medical procedures range from non/minimally-invasive procedures to surgery with the capability to smooth wrinkles, even skin tone and correct laxity. These procedures are necessary to make immediate changes to the look of the face, neck and décolleté, but are not a substitute for aesthetic treatments.

Aestheticians complement these procedures by helping clients maintain their results and protecting the investment of medical procedures. Without aestheticians, the long-term benefits are lost because the client did not take proactive means to maintain their results.



ADVANCED REJUVENATING CONCEPTS

Our skin changes with the seasons of the year and the seasons of life. Therefore, all Advanced Rejuvenating Concepts products are formulated to be interchangeable based on 4 common skin types and 6 common Concerns. Our philosophy, treat the problem and keep the skin balanced.

4 Skin Types

The foundation of consultation and the proper home regimen is in determining your clients Skin Type. You can do this by identifying the abundance or lack of oil on the skin's surface. Maintaining a balance is an important characteristic of healthy skin.

NORMAL | Well Balanced

Normal skin types have a healthy look and are not oily or dry. The goal for this skin type is to maintain this balance, improve skin radiance and texture with exfoliation and prevent damage from the environment and ultraviolet radiation in all seasons.

OILY | Excess Shine

Oil glands are overproducing, resulting in excess shine, a greasy look to the skin and breakouts. Advanced Rejuvenating Concepts offers natural and clinical products that help manage oil production, reduce breakouts and prevent environmental damage.

DRY | Dull and Lined

Characterized by a dull appearance, tight feel and fine lines, dry skin types suffer from natural moisture loss. Improve the look and feel of dry skin with a combination of products that help fortify the skin as a barrier to the elements with added antioxidant support and improved elasticity.

COMBINATION | T-Zone

Commonly referred to as t-zone, combination skin types are characterized as having increased oil and shine from the forehead down the nose and the chin, with dry patches on the cheeks. Balancing combination skin with Advanced Rejuvenating Concepts solutions helps prevent environmental damage, breakouts and blackheads, while refining the pores and improving the look of the skin.



ADVANCED REJUVENATING CONCEPTS

6 Skin Concerns

As aesthetic professionals, we've learned that skin care regimens should evolve with the changes of the seasons and changes related to aging. Identifying your clients skin types is the foundation of the regimen. One-size regimens are not always right for your skin, especially if you have one of these 6 common Concerns. Targeting the skin's Concern with these 6 problems will help target the regimen to the skin's specific problem and get your client on the path to healthier skin.

HYPERPIGMENTATION

Uneven skin tone, dark spots or patches of darkened skin are a result of chronic sun damage, melasma, or acne. In some cases, this Concern may be the result of hormonal fluctuations or trauma to the skin. Understanding the source of hyperpigmentation is important in developing the right regimen and treatment plan for your skin Concern. ARC products are formulated to promote and maintain a more even skin tone by suppressing pigment-inducing melanocytes, promote a more even skin tone and maintain a more even skin tone.

AGING

A combination of chronic environmental damage and intrinsic aging, this skin Concern is characterized as thin, with fine lines and wrinkling, uneven pigmentation, poor elasticity and dryness. The Cellular Solutions range is specifically formulated to promote collagen synthesis, exfoliate and moisturize for improved barrier function and overall vibrant look to the skin.

DEHYDRATION

Skin that lacks essential water and has a cellophane-like appearance to the superficial layers is characterized as dehydrated. Advanced Rejuvenating Concepts skin care products for dehydration focus on exfoliating and adding hydration back into the skin to improve the look of the skin and improve the barrier function.

ACNE

Generally related to hormonal changes in the body, acne is characterized by the types of lesions it presents, including: papules, pustules, comedones, cysts and nodules. Clarifying products are formulated to help manage oil production, prevent cellular buildup and decrease the occurrence of breakouts.

ROSACEA

Flushed skin, redness, acne-like lesions and visible blood vessels on the skin surface may be the result of an underlying Concern called rosacea. Early signs of this Concern should be managed with simple lifestyle changes that avoid the common triggers of rosacea, including reduced sun exposure, stress, alcohol and spicy foods. Sensitive/Rosacea skin care products are formulated to promote a balanced regimen and offer anti-inflammatory support, while helping to prevent inflammation and capillary damage.

SENSITIVE SKIN

Characterized and skin that reacts with burning, itching and sometimes inflammation to a variety of topical or environmental triggers; sensitive skin is a surprisingly common Concern. Determining the source of irritants can be a challenge and in some cases, it may be a result of treatment, aging, rosacea or a genetic predisposition.



Ultrasonic Use

A versatile technology-based treatment that uses pure sound waves to gently remove dead skin cells and target your skin's specific needs, including aging, dehydration, sensitive skin, dry skin, acne and rosacea. Our Ultrasonic Facial protocol uses gentle sound waves in 3 distinct modes to remove dead skin cells, penetrate beneficial topical ingredients into the skin, promote lymphatic drainage and visibly tone and tighten the look of the face.

The Benefits

- Dramatic results in one treatment
 - Removes dull/dead skin cells to improve radiance
 - Promotes smoother skin texture
 - Reduces fine lines and softens wrinkles
 - Assists with active acne treatments
 - Promotes lymphatic drainage for improved appearance
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Maintenance

- Clean the unit with a 70% or 90% alcohol. Do not spray, pour or submerge the unit. Apply the alcohol to a soft cloth, paper towel, or cotton pad and clean the unit and hand piece after each use.
 - Turn the hand piece off after completion of each mode or when transitioning from modes.
 - Turn the unit off when not in use.
 - Always use a surge protector for power supply to the unit. Do not plug the unit directly into a wall outlet or power strip.
 - Never touch the metal spatula on the hand piece to metal. This includes jewelry and metal surfaces.
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Warnings

- Always perform a thorough consultation and skin analysis before performing a treatment.
- Follow the guidelines per the Aesthetician Checklist and 10 Tips to Successful Treatments
- Do not administer this treatment on: (i) women who may be pregnant or lactating, (ii) prosthetic pacemaker or shunt, (iii) the top of the head, (iv) close proximity to the eyes, ears and thyroid, (v) tumors, acute inflammations, lesions/broken skin, varicose veins, post-surgical incisions, sensitized skin, or (vi) on clients who are not willing to follow pre and post procedural care.
- Do not make contact to the skin with the metal end of the hand piece without using a conductor (i.e. water for Mode 1, Rest-N-Restore for Mode 2, and Wrinkle Release for Mode 3). Always keep the metal end of the hand piece in movement when in contact with the skin.



ADVANCED REJUVENATING CONCEPTS

Ultrasonic Product Recommendations

Depending on your client's skin type and concern, choose professional products that will help address their concern and give a beneficial result for their skin. For more information about each product, please reference the ARC product guide.

Peel Solutions *Refer to the Signature Rejuvenation Facial Protocol for use.*

- 15% or 30% Glycolic Rejuvenating Peel Solutions (Oily, Combination or Normal)
- Blue Enzyme Peel (lactic/milk allergy warning) (Combination, Normal or Dry)
- Lactic Peel (lactic/milk allergy warning) (Combination, Normal or Dry)

Cleansers

- Clearifying Cleanser and Toner (Combination to Oily + Acne)
- Fruitzyme Cleanser and Conditioner (Combination, Normal or Dry + Dehydration or Aging)
- Melanin Cleanser (Oily, Combination, Normal or Dry + Hyperpigmentation)
- Pumpkin Cleanser and Conditioner (Combination, Normal or Dry + Sensitive or Rosacea)

Moisturizers

- Advanced Recovery Cream
- Beta-Carrot Cream
- Clearifying Lotion
- Phyto-DMAE Cream
- Pumpkin Cream
- Refirm
- Regenerating Cream
- Ultra Hemp

Key Ultrasonic Infusion Product Selections

- Rest-N-Restore, 5% hyaluronic acid skin hydrator and plumper
- Opti-Renew Complex with Vitamins A, C and E
- Advanced Repair Anti-Inflammatory Serum
- Wrinkle Release Argireline peptide serum
- Clearifying Lotion with tea tree for acne skin
- Essential Eye Complex for targeted eye and lip treatments

Masks

- Herbal Moisture Mask
- Warming Pumpkin Mask

Massage Cream

- Unscented Vitamin E Cream
- Natural – Wild Pomegranate
- Natural – Cool Cucumber
- Natural – Mandarin Vanilla



Signature Rejuvenation Facial Protocol

The foundation protocol for all ARC neutralized peel applications, including Glycolic, Lactic and Blue Enzyme Peel application for use with the Ultrasonic Rejuvenation System.

Treatment time is 30 minutes to 1 hour. | Frequency is every 4 to 6 weeks as needed.
Do not peel clients who have broken skin, inflammation, irritation, excess dryness or sensitized skin.

Step 1: Preparing the skin.

Cleanse and tone with the best ARC combination for your clients skin type. Perform an eyebrow clean up with Caronlab cream hard wax, and assess the lip and chin area for excess hair growth. After waxing, apply a light layer of Post Peel to the waxed skin and avoid applying the ARC peel solution directly over these areas.

Step 2: Apply the peel.

Apply a light layer of peel solution with your ARC Fan Brush. Avoid direct contact with the eyes. Glycolic and lactic peels may be gently massaged over the skin surface with gloved hands. ALWAYS supervise the peel and watch for visible signs of over-exfoliation. Depending on the skin's tolerance and sensitivity, these peel solutions may be left on the skin for up to 2 minutes.

Neutralize the peel with cellulose sponges wet in tepid water. Wet the skin with two passes of the damp sponges and proceed to a second cleansing. Always cleanse thoroughly in regions of the face where the peel solution may not be reached (i.e. the nasal area, lip area and any other folds or creases present). Should the client appear overly red or frosted, apply a layer of Post Peel to the affected areas.

Step 3: Perform extractions as needed.

Extract comedones as needed. Apply your preferred ARC Toner/Conditioner to a clean cotton pad, wrap the dampened pad around index fingers and gently extract blemishes. For oily skin/acne extractions, apply Clearifying Toner to the skin after extractions have been completed to help prevent the spread of bacteria.

Step 4: Facial massage and mask application.

Perform a facial massage with ARC Massage Cream or Natural Massage Cream. Avoid massaging active/cystic acne skin to help prevent stimulation and the spread of infection.

Apply a light layer of Herbal Moisture Mask or Warming Pumpkin Mask with your ARC Natural Mask Brush. The mask may be lightly massaged while damp on the skin. Allow the mask to set for up to 15 minutes, while you perform a neck, décolleté, arm and hand massage. Remove the mask with damp cellulose sponges.

Step 5: Complete the facial.

Apply a moisturizer. For added hydration and collagen-boost for aging skin, apply a serum with the moisturizer. Finish with a light application of your favorite ARC Eye Complex and Sun Protectant Lotion or Advanced Shades.



Ultrasonic Anti-Aging Protocol

Treatment time is 30 minutes to 1 hour. | Frequency is every 4 to 6 weeks as needed.

Do not peel clients who have broken skin, inflammation, irritation, excess dryness or sensitized skin. Avoid the use of Ultrasonic technology on clients who have pacemakers, high blood pressure, tumors, acute inflammations, injury to the face or head, prosthesis, magnetic shunt or pregnant/nursing mothers.

Step 1: Preparing the skin per Step 1 of the Signature Rejuvenation Facial Protocol.

Step 2: Apply the peel per Step 2 of the Signature Rejuvenation Facial Protocol.

Step 3: Mode 1–Ultrasonic cavitation.

Turn your Ultrasonic device on, select Mode 1 and turn the spatula on by gently pressing the button on the side of the hand piece only once. Do not hold the button on the hand piece. Using a damp cellulose sponge, gently moisten the skin surface and glide the ultrasonic spatula over the face. Avoid direct contact with the eyes, jewelry, and avoid spraying the water mist into the nostrils or ears. When completed, turn the hand piece off by pressing the button once.

Step 4: Perform extractions as needed per Step 3 of the Signature Rejuvenation Facial Protocol.

Step 5: Mode 2–Ultrasonic penetration.

Apply a small amount of Rest-N-Restore and Opti-Renew Complex together in your hand. Emulsify gently and apply to the forehead, cheeks and chin. Select Mode 2 on your Ultrasonic device and turn the spatula on by gently pressing the button on the side of the hand piece only one. Do not hold the button on the hand piece. Glide the spatula over the face using the emulsion and continue until it has been completely absorbed into the skin. When completed, turn the hand piece off by pressing the button once.

Step 6: Mode 3–Ultrasonic dermal conditioning.

Apply a small amount of Wrinkle Release in your hand and apply to the forehead, periorbital area and nasolabial area of the face. Select Mode 3 on your Ultrasonic device and turn the spatula on by gently pressing the button on the side of the hand piece only one. Do not hold the button on the hand piece. Glide the spatula over the forehead, periorbital area and nasolabial area of the face using the serum and continue until it has been completely absorbed into the skin. When completed, turn the hand piece off by pressing the button once and turn your device off.

For a targeted eye and lip treatment, apply a small layer of Essential Eyes to the periorbital region and penetrate into the skin on mode 3.

Step 7: Facial massage and mask per Step 4 of the Signature Rejuvenation Facial Protocol.

Step 8: Complete the facial.

Apply a moisturizer. For added hydration and collagen-boost for aging skin, apply a serum with the moisturizer. Finish with a light application of your favorite Eye Complex and Sun Protectant Lotion or Advanced Shades.



Ultrasonic Acne Therapy Protocol

Treatment time is 30-45 minutes. | Frequency is every 2 to 4 weeks as needed.

Do not peel clients who have broken skin, inflammation, irritation, excess dryness or sensitized skin. Avoid the use of Ultrasonic technology on clients who have pacemakers, high blood pressure, tumors, acute inflammations, injury to the face or head, prosthesis, magnetic shunt or pregnant/nursing mothers.

Step 1: Preparing the skin per Step 1 of the Signature Rejuvenation Facial Protocol.

Step 2: Apply the peel per Step 2 of the Signature Rejuvenation Facial Protocol.

Step 3: Mode 1–Ultrasonic cavitation.

Turn your Ultrasonic device on, select Mode 1 and turn the spatula on by gently pressing the button on the side of the hand piece only once. Do not hold the button on the hand piece. Using a damp cellulose sponge, gently moisten the skin surface and glide the ultrasonic spatula over the face. Avoid direct contact with the eyes, jewelry, and avoid spraying the water mist into the nostrils or ears. When completed, turn the hand piece off by pressing the button once.

Step 4: Perform extractions as needed per Step 3 of the Signature Rejuvenation Facial Protocol.

Step 5: Mode 2–Ultrasonic penetration.

Apply a small amount of Rest-N-Restore with Opti-Renew Complex or Advanced Repair Anti-Inflammatory Serum together in your hand. Emulsify gently and apply to the forehead, cheeks and chin. Select Mode 2 on your Ultrasonic device and turn the spatula on by gently pressing the button on the side of the hand piece only one. Do not hold the button on the hand piece. Glide the spatula over the face using the emulsion and continue until it has been completely absorbed into the skin. When completed, turn the hand piece off by pressing the button once.

Step 6: Mode 3–Ultrasonic dermal conditioning.

Apply Clarifying Lotion the face. Select Mode 3 on your Ultrasonic device and turn the spatula on by gently pressing the button on the side of the hand piece only one. Do not hold the button on the hand piece. Glide the spatula over the face using the lotion and continue until it has been completely absorbed into the skin. Concentrate the tip of the spatula over cystic spots or regions. When completed, turn the hand piece off by pressing the button once and turn your device off.

Step 7: Complete the facial.

Finish with a light application of Sun Protectant Lotion or Advanced Shades. Moisturizer is not needed for this skin type/concern.



Ultrasonic Rosacea Therapy Protocol

Treatment time is 30-45 minutes. | Frequency is every 2 to 4 weeks as needed.

Do not peel clients who have broken skin, inflammation, irritation, excess dryness or sensitized skin. Avoid the use of Ultrasonic technology on clients who have pacemakers, high blood pressure, tumors, acute inflammations, injury to the face or head, prosthesis, magnetic shunt or pregnant/nursing mothers.

Step 1: Preparing the skin per Step 1 of the Signature Rejuvenation Facial Protocol.

Step 2: Apply the peel per Step 2 of the Signature Rejuvenation Facial Protocol (optional).

Step 3: Mode 1–Ultrasonic cavitation.

Turn your Ultrasonic device on, select Mode 1 and turn the spatula on by gently pressing the button on the side of the hand piece only once. Do not hold the button on the hand piece. Using a damp cellulose sponge, gently moisten the skin surface and glide the ultrasonic spatula over the face. Avoid direct contact with the eyes, jewelry, and avoid spraying the water mist into the nostrils or ears. When completed, turn the hand piece off by pressing the button once.

Step 4: Perform extractions as needed per Step 3 of the Signature Rejuvenation Facial Protocol.

Step 5: Mode 2–Ultrasonic penetration.

Apply a small amount of Rest-N-Restore with Opti-Renew Complex together in your hand. Emulsify gently and apply to the forehead, cheeks and chin. Select Mode 2 on your Ultrasonic device and turn the spatula on by gently pressing the button on the side of the hand piece only one. Do not hold the button on the hand piece. Glide the spatula over the face using the emulsion and continue until it has been completely absorbed into the skin. When completed, turn the hand piece off by pressing the button once.

Step 6: Mode 3–Ultrasonic dermal conditioning.

Apply Advanced Repair Anti-Inflammatory Serum the face. Select Mode 3 on your Ultrasonic device and turn the spatula on by gently pressing the button on the side of the hand piece only one. Do not hold the button on the hand piece. Glide the spatula over the face using the lotion and continue until it has been completely absorbed into the skin. Concentrate the tip of the spatula over cystic spots or regions. When completed, turn the hand piece off by pressing the button once and turn your device off.

Step 7: Complete the facial.

Apply a moisturizer–if needed. Finish with a light application of Sun Protectant Lotion or Advanced Shades.



Ultrasonic Post-Surgical Lymphatic Drainage

Treatment time is 30-45 minutes. | Frequency is once a week for the first 4 weeks.

Avoid the use of Ultrasonic technology on clients who have pacemakers, high blood pressure, tumors, acute inflammations, injury to the face or head, prosthesis, magnetic shunt or pregnant/nursing mothers.

Important Considerations

- This treatment may be administered with the surgeon's approval and once surgical stitches have been removed.
 - Facial surgical incisions may be found around the eyes, in the hairline, in front of and/or behind the ears, and/or under the chin.
 - No chemicals or skin care products should be applied to the surgical incisions/affected areas.
 - Client should be using their prescribed ointment for scar prevention.
 - This is an advanced treatment protocol. Do not perform this treatment without guidance from the surgeon. Do not perform this treatment if you do not have adequate knowledge of the facial lymphatic system.
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Step 1: Preparing the skin.

Cleanse and tone with the best ARC combination for your clients skin type. Do not perform *any* facial waxing, including brow, lip or chin wax. Do not cleanse directly over surgical incisions.

Step 2: Mode 3–Ultrasonic dermal conditioning.

Apply a thin layer of Rest-N-Restore to the forehead, cheeks and chin. Select Mode 3 on your Ultrasonic device and turn the spatula on by gently pressing the button on the side of the hand piece only once. Do not hold the button on the hand piece. Glide the spatula over the face using the Rest-N-Restore gel as a conductor, following the lymphatic flow of the face, and avoiding surgical incisions. Continue until Rest-N-Restore has been completely absorbed into the skin–this may take up to 4 passes. When completed, turn the hand piece off by pressing the button once.

Step 3: Complete the facial.

Apply a Sun Protectant Lotion.

No skin care product(s) should be applied directly to healing wounds for at least 4 weeks post-surgery. Always consult with the surgeon before administering treatments on patients.

