NVQ Level 3
Beauty Therapy Lecturer Copy

Facial Electrical Treatments

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Facial Electrical Treatments

Contents

1 Introduction

2 Electrical safety

3 Electrical science

7 Industry Codes Of Practice

Sterilisation And Hygiene

11 Cost effectiveness

12 Preparation of the work area

13 Consultation techniques

17 Selecting appropriate treatment to meet objective

18 Contra-indications

20 Preparation for the facial electrical treatment

22 Facial analysis

24 Skin types & conditions

27 Milia extraction

28 Direct high frequency

This electrical treatment is applied directly to the skin and can be used to heal, stimulate or sanitise the skin. The current is applied via a glass electrode and when the electrode is fitted into the holder, it connects with the metal plate situated inside the holder, which passes the current through to the glass electrode. Within the glass electrode is a very small amount of gas that ionises when the current passes through, the current then flows through the tube and passes into the skin tissues. The electrode will glow a certain colour depending on the gas contained inside.

During the direct high frequency treatment the glass electrode is placed directly onto the skin or over a layer of gauze and is applied using slow circular motions. The current passes through the electrode and is dispersed into the skin. When the direct high frequency is applied, the client will feel a slight warmth and tingling sensation.

Effects:

• Drying effect on any oily areas
• Destroys bacteria and helps heal any pustules
• Improves the condition of a blemished skin
• Improves a dry skin due to the stimulation of the sebaceous glands if applied for a short time (5 minutes)

The high frequency machine:

The machine uses a high frequency current that alternates over 100,000 cycles per second. The output of the machine is a high frequency, alternating current of 250,000 Hz at a high voltage and low current flow. A high frequency machine will have an on/off switch and an intensity control.

A contra-indication to this treatment includes those who are allergic to the frequency of the machine, those who have had previous skin reactions to electrical treatments and those who have had a facial electrical treatment within the last 24 hours.
Galvanic facial treatment

Electro muscle stimulator treatment

Micro-current

Lymphatic drainage with vacuum suction

Micro-dermabrasion

Aftercare advice

Threats to the skin

Contra-actions

Risk assessment for electrical facial treatments

How age limits the effectiveness of the treatment

Client feedback

Micro-current has been used within the medical field to promote skin tissue healing for many years.

Micro-current involves the application of low-intensity direct current to the skin. This produces low-frequency pulses of different waveforms. Micro-current treatments are very safe and effective at promoting skin tissue healing, although it is important for the client suffering from acne not to perform the treatment on the affected area.

The treatment takes up to 20 minutes, and can be adjusted to suit the severity of the condition. The client should have two treatments per week, with at least a one day break in between the treatments to allow the tissues to relax. Once the desired result has been achieved, the client should receive a monthly maintenance treatment. The client will therefore need to be dedicated and committed to investing in their appearance.

In order to fully emphasise the results achieved, it may be beneficial to offer a before and after photographic service. This will illustrate to the client that their money and time has been well spent.

Micro-dermabrasion is a mechanical skin peeling treatment that uses a controlled amount of force to break down the stratum corneum and any other debris sitting on the skin's surface.

The first type of micro-dermabrasion system uses an apparatus where some air is drawn into the applicator when it is not in contact with the skin. When the applicator comes into contact with the skin, a vacuum is created resulting in the micro-crystals being sucked through at high speed and propelled onto the skin. The amount of force that is used when the micro-crystals hit the skin can be altered on the machine by adjusting the compressor suction setting.

A different type of machine has recently been introduced onto the market which uses a dual air-pressure technique. The micro-dermabrasion machine can then use a controlled amount of force to break down the stratum corneum and any other debris sitting on the skin's surface.

The main benefits are:

• Skin will appear soft and toned.
• Reduction in the appearance of fine lines and wrinkles.
• Diminished post-acne marks and scars.
• Even skin colour and gradual reduction of pigmentation disorders.
• Gradual recovery of ageing skin and elasticity.
• Improved appearance of coarse skin with open pores.
Why have an electrical facial treatment?

A beauty therapist needs to have a thorough knowledge of facial electrical treatments, skincare advice and products in order for the client to feel confident in the therapist’s skills.

A therapist therefore needs to understand the benefits of each facial electrical treatment. In addition, each skincare company will design their facial to have additional benefits and these are called unique selling features. For this reason, you will often find that facial procedures vary greatly. Each facial electrical treatment is carried out for different benefits however; the general reasons for a client wanting a facial electrical treatment are outlined below:

- To improve the appearance of the skin.
- To balance out problems of the skin.
- To deep cleanse the skin.
- To help improve muscle tone.
- To speed up cell renewal therefore helping to slow down the ageing process.
- To keep the skin soft, by removing dead skin cells.
- For relaxation and pampering.
- To encourage the client to look after their skin at home.
Safety When Working With Electrical Equipment

<table>
<thead>
<tr>
<th>Equipment must comply with British Safety Standard.</th>
</tr>
</thead>
<tbody>
<tr>
<td>The equipment must be wired correctly and checked by a qualified electrician every 12 months - a sticker would indicate this.</td>
</tr>
<tr>
<td>Any equipment that is broken or damaged should not be used. This includes things such as exposed wires, cracked sockets etc.</td>
</tr>
<tr>
<td>Sockets should never be overloaded.</td>
</tr>
<tr>
<td>Place electrical equipment on a solid, stable trolley.</td>
</tr>
<tr>
<td>Place the equipment within easy reach to prevent over stretching of wires.</td>
</tr>
<tr>
<td>No liquids should be placed near the electrical equipment.</td>
</tr>
<tr>
<td>Leads should not be dangling.</td>
</tr>
<tr>
<td>Equipment must be cleaned regularly.</td>
</tr>
<tr>
<td>Always check the equipment is working properly before use - remember it is your responsibility to check the equipment every time.</td>
</tr>
<tr>
<td>Dials should be returned back to zero or turned off each time after use.</td>
</tr>
<tr>
<td>Always insert batteries correctly to avoid damaging the equipment.</td>
</tr>
</tbody>
</table>

When purchasing a piece of electro-therapy equipment you should:
- Only purchase from a reputable company.
- Look for the CE mark to show that the machine meets with the electrical safety standards.
- Check that the machine has a guarantee.
- Consider if the manufacturer provides support or training.
- Investigate if the manufacturer supplies a replacement machine if the machine becomes faulty.
- If unsure, ask for a demonstration - exhibitions are good places to research electrical equipment and observe demonstrations.
Electrical Science

Electrical equipment is either powered by the mains supply via a socket or from a battery.

<table>
<thead>
<tr>
<th>Mains supply</th>
<th>Battery</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Alternating current</td>
<td>• Direct current</td>
</tr>
<tr>
<td>• 240 volts</td>
<td>• Created from a chemical reaction</td>
</tr>
</tbody>
</table>

**Electrical terminology**

- **Volts** - the measurement used to explain a unit of electrical pressure.
- **Amps** - the unit of electrical strength.
- **Watts** - the power or energy used by electrical equipment.
- **Ohm** - a unit of electrical resistance.
- **Circuit** - the movement of an electrical current from its source through the conductor and back to the original source.
- **Conductor** - a substance that allows electricity to pass through it, for example metals and electrolyte solutions.
- **Insulator** - a substance that resists the flow of electricity for example rubber, plastic and wood.

**Fuses**

A fuse is a safety device that is designed to blow if an excessive amount of current flows through a circuit, therefore protecting the electrical equipment. A fuse is fitted into the plug to protect the cable from overheating. A fuse may also be fitted inside the electrical equipment itself to provide extra protection. When attaching a plug to a piece of electrical equipment a calculation is made to decide the correct size of fuse required:

\[
\text{watts} = \text{amps} \times \text{volts}
\]

Fuses have different current ratings and should be selected accordingly:

1. 3 amp fuse for appliances up to 700 watts
2. 5 amp fuse for appliances between 700-1000 watts
3. 13 amp fuse for appliances between 1000-3000 watts

If the fuse blows, it should be replaced with another of the same value.
### Wiring a plug

When wiring a plug it is important that you never use frayed wire, wires with split insulation or excessive lengths of wire. Always use wire strippers to cut insulation and remember to select the correct value fuse.

![Wiring diagram](image)

### Alternating current

This is the current that is produced by the mains electricity. The number of cycles this current completes each second is measured in hertz (Hz). The width, depth and frequency of the current can be varied to achieve different effects. If the current alternates a few times each second it is said to be low frequency, whereas if the current alternates more than 100,000 times it is said to be high frequency. The frequency of the UK mains is 50 Hz. A high frequency treatment uses an alternating current.

### Direct current

A direct current is produced by a battery or by smoothing out the alternating current from the mains supply. Two electrodes are necessary - the anode (+) and the cathode (-), one electrode acts as the active electrode and will be placed on the skin with the other acting as the indifferent electrode and this completes the circuit - allowing the current to flow. Galvanic, faradic and micro-current and micro-dermabrasion treatments all use this current, although the latter treatments modify the current before use.
### Changing the electrical current

There are certain devices contained within electrical equipment that change the electrical current:

- **Transformer** - alters the voltage of the alternating current without changing the frequency.

- **Rectifier** - changes an alternating current into a direct current, allowing it to flow in one direction only.

- **Capacitor** - smoothes out the current after it has been through rectification.

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**Task**

Answer the following questions to demonstrate your knowledge of electrical science.

1. How can electrical equipment be powered?

   Electrical equipment is either powered by the mains supply via a socket or from a battery.

2. What voltage is the mains electricity?

   Mains electricity is an alternating current at 240 volts.

3. Define the following:

   a) **Volts** - the measurement used to explain a unit of electrical pressure
   
   b) **Amps** - the unit of electrical strength
   
   c) **Watts** - the power or energy used by electrical equipment
   
   d) **Ohm** - unit of electrical resistance
e) **Circuit** - the movement of an electrical current from its source through the conductor and back to the original source

f) **Conductor** - a substance that allows electricity to pass through it for example metals and electrolyte solutions

g) **Insulator** - a substance that resists the flow of electricity for example rubber, plastic and wood

4. What is the function of a fuse?

A fuse is a safety device that is designed to blow if an excessive amount of current flows through a circuit, therefore protecting the electrical equipment.

5. When wiring a plug, what colour is the neutral wire?

Blue

6. What is an alternating current?

An alternating current has a flow that constantly changes direction many times per second. This is the current that is produced by the mains electricity.

7. What facial electrical treatment uses an alternating current?

A high frequency treatment uses an alternating current.

8. Explain a direct current.

A direct current flows in one direction only - from positive to negative, and is produced by a battery or by smoothing out the alternating current from the mains supply.
Industry Codes Of Practice Sterilisation And Hygiene

A therapist must be aware that high standards of hygiene are essential to prevent cross infection and secondary infection occurring.

**Cross infection** occurs due to certain contagious micro-organisms (germs such as fungus, virus or bacteria) being transferred through direct or indirect contact.

**Secondary infection** occurs because germs enter a cut or broken skin. For example, if the client has a small graze and you use unhygienic practices, the graze could become infected.

<table>
<thead>
<tr>
<th>Personal appearance of the therapist</th>
</tr>
</thead>
<tbody>
<tr>
<td>As a therapist, you are required to present a professional image at all times. In order to do this you should:</td>
</tr>
<tr>
<td>• Have clean teeth and avoid eating strong smelling foods and smoking.</td>
</tr>
<tr>
<td>• Bathe daily and wear deodorant.</td>
</tr>
<tr>
<td>• Wear a subtle, professionally applied make-up.</td>
</tr>
<tr>
<td>• Ensure you have a clean, pressed uniform daily.</td>
</tr>
<tr>
<td>• Secure your hair away from your face if it is long. If hair is shorter it should be presented in a way that does not interfere with the treatment. Remember if you touch your hair at any time during the treatment, you are required to wash your hands each time.</td>
</tr>
<tr>
<td>• Have clean nails that are free from enamel and are short, so as not to interfere with the treatment.</td>
</tr>
<tr>
<td>• Cover any cuts on the hands with a waterproof plaster</td>
</tr>
<tr>
<td>• Wear only minimal jewellery. Only a plain wedding band or stud earrings are allowed. (No facial piercings).</td>
</tr>
</tbody>
</table>
• Wear shoes that are clean, low heeled and fit securely around your feet.
• Wear tights to protect legs/feet and to prevent offensive odours.
• Wear appropriate PPE – in particular powder-free disposable gloves during micro-dermabrasion and milia extraction treatments.
• Not go into work/college if you have an infectious disease such as impetigo.

Sterilisation and sanitisation

Task
Define the following:

Sterilisation is the total destruction of all living micro-organisms and their spores.

Sanitisation is the destruction of some, but not all micro-organisms. It inhibits their growth.

Disinfect is to use a chemical that kills micro-organisms but not their spores. They keep the micro-organisms at an acceptable level.

The hygienic methods that we use in a facial electrical treatment are:
• Always wash hands before and after each client. You should thoroughly wash your hands as it takes up to 3 minutes to destroy all germs.
• Cover mask brush, cotton buds etc. with a tissue.
• Place sponges and mask brushes in chemical disinfectant for 20-30 minutes before use.
• Metal tools (such as a comedone extractor) and plastic spatula should be cleaned with surgical spirit and then placed in either autoclave (only for metal tools) or chemical sterilising fluid such as Cidex for 20 minutes. They should then be stored in the barbicide jar for the duration of the electro-therapy facial.
• Headbands should either be disposable or boil washed after each client.
• All towels must be boil washed after each client.
• If wooden spatulas are used for the removal of products they should be disposed of after each client.
• Only use spatulas to remove products from any containers, never fingers.
• Replace lids straight away on all products.
• Dispose of waste correctly.
• Clean and wipe over all surfaces with a detergent or surgical spirit.
• Any equipment being used must be clean and hygienic. To ensure this follow these procedures:
  * Galvanic rollers, faradic pads and high frequency electrodes should be cleaned in hot water and detergent and then wiped over with surgical spirit.
  * Sanitise metal micro-current probes by wiping over with surgical spirit and if detachable, placing in chemical or autoclave sterilisation for 20 minutes.
  * Clean vacuum suction ventouse/cup with hot water and detergent and then wipe over with surgical spirit or appropriate disinfectant. Glass ventouses/cups can be sterilised in the autoclave or chemical fluid. Purchase a small flexible spiral brush to clean debris from the inside of the ventouse.
  * Use disposable applicator heads for micro-dermabrasion.
  * Use disposable cotton buds for micro-current application.
• Once equipment is sterilised it should be stored the UV cabinet until it is ready for use.
• Micro-lance are single use items and are disposed of after use in a sharps box.

### Methods of sterilisation and sanitisation

**Task**
Provide a list of the different methods of sterilisation and sanitisation.

<table>
<thead>
<tr>
<th>Sterilisation</th>
<th>Sanitisation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Autoclave</td>
<td>UV cabinet</td>
</tr>
<tr>
<td>Chemical</td>
<td>Surgical spirit</td>
</tr>
<tr>
<td>Glass bead</td>
<td>Sanitiser</td>
</tr>
<tr>
<td></td>
<td>Barbicide</td>
</tr>
<tr>
<td></td>
<td>Disinfectant tablet</td>
</tr>
</tbody>
</table>

### Disposal of waste

All waste must be placed straight into a bin, which has a lid and contains a bin liner. At the end of the day/session this should then be sealed and disposed of immediately into the main bin liner. Any waste that has met body fluids should be placed into a yellow bin liner if a large item,
otherwise into a yellow 'sharps' container. This will then be collected and incinerated (burnt) at a suitable site.

**Surfaces and floors**

Clean surfaces and floors daily with hot water and detergent and then disinfect with surgical spirit or a similar product. In a training environment, the top of the trolley should be wiped over before use every time.

**Task**

Explain how you would clean the following pieces of equipment:

**Galvanic rollers, faradic pads and high frequency electrodes**

Galvanic rollers, faradic pads and high frequency electrodes should be cleaned in hot water and detergent and then wiped over with surgical spirit.

**Micro-current probes**

Sanitise metal micro-current probes by wiping over with surgical spirit and if detachable, placing in chemical or autoclave sterilisation for 20 minutes.

**Vacuum suction ventouse/cup**

Clean vacuum suction ventouse/cup with hot water and detergent and then wipe over with surgical spirit or appropriate disinfectant. Glass ventouses/cups can be sterilised in the autoclave or chemical fluid. Purchase a small flexible spiral brush to clean debris from the inside of the ventouse.
Cost Effectiveness

To work cost effectively in all treatments you need to consider three main areas:

- **Minimising waste**
- **Being cost effective with your time**
- **Charging an appropriate price for the treatment**

**Minimising waste**
For a business to run cost effectively and make a profit, it is important that all wastage is minimal. To work cost effectively:
- Use the minimal amount of product to produce the desired outcome.
- Split tissues, bedroll and cotton wool.
- Use minimal amount of towels.
- Place tops back on products to work hygienically and prevent spillages.
- Always turn off taps and don’t run the water excessively.
- Store products correctly - usually dark, cool, dry and upright.
- Turn out lights when not in use.
- Switch electrical equipment off when not in use.

**Timing and pricing of treatments**
A calculation is made for how long each treatment should take to ensure that the price charged is correct and profitable. When a price is decided for the treatment you should take into consideration the products used, equipment needed and timing of treatments.

**Task**
1. Why is it important that you complete the service within the agreed time?
   - It prevents time wastage within the salon.
   - Clients can calculate the time required for the treatment.
   - Clients are not left waiting.
   - An effective appointment system is guaranteed.

2. How much does your salon charge for electrical facial treatments?
Preparation Of The Work Area

You should prepare your work area by considering the following points:

1. **Firstly sterilise all tools and equipment** and then prepare your work area with the required equipment.
2. **Check electrical equipment** is working properly.
3. All **products** should be available in clean containers and placed on trolley in order of use.
4. A supply of **bedroll, cotton wool and tissues** should be available.
5. **Record card** and pen should be placed on the bottom shelf of your trolley. You may need to check details of the client’s previous treatments.
6. Adequate **ventilation or heating** will be required, open windows/doors, turn heating on/off.
7. **Subtle lighting** is recommended that you use additional light such as a magnifying light when carrying out a skin analysis. Otherwise, the lighting should be dim so that it is not bright on the client’s eyes; the client needs to be able to relax.
8. **Ambience,** the room should smell pleasant, you may need to use aromatherapy oils or air fresheners. You should also consider the use of appropriate relaxing background music during the treatment (the radio would be inappropriate for a facial treatment).
9. **Two chairs** will be required.
10. An adequate supply of freshly laundered **towels** will be needed.
11. A **blanket** may be needed to keep the client warm during the treatment. Alternatively, some salons use a heated electrical blanket underneath the bed cover to keep the client warm.
One of the most important parts of the treatment is the consultation. In order for the client to be satisfied with the treatment you must know what is expected. As a therapist, you must be able to put the client at ease and be good at encouraging clients to give you the required information. Considerations:

- **Good communication skills** - both verbal and non-verbal; examples of good body language are good posture, eye contact, smiling and encouraging head nods. You need to speak clearly, varying your tone and at the appropriate pace. Use words that your client will understand and always look at the client when you are talking to them.

- **Good questioning techniques** - this is vital to gain the information that you require to carry out the treatment. You will need to mainly use open questioning techniques.

- **Allow the client time to ask questions** - this will give the client the opportunity to clarify any concerns or worries and makes them feel valued.

- **Good observation skills** - you need to be able to read your client’s body language as it will help you to understand how your client is feeling.

- **Visual and manual assessment** - you will need to assess the client in order to select suitable treatment applications and products, also to consider any special requirements.

- **Reference to other records** - you should obtain any previous record cards and check previous treatment and product details to provide a background about the client’s treatment history. You may also need to check medical conditions and establish if any contra-indications have been given previous medical consent.

- **Adapting your consultation** - adapt your consultation for each individual client taking into consideration their age, gender, previous knowledge of massage treatments, culture, religion and any disabilities.

The first part of the consultation is greeting the client and making them feel comfortable. It is important that you welcome the client, preferably greet them by their name, and introduce yourself by name before beginning the consultation.
During the consultation procedure you would:

Introduce yourself and exchange pleasantries.
Complete the record card.
Discuss the client’s requirements.
Suggest a treatment to meet the client’s needs.

Recommend aftercare or retail products if a certain result is to be achieved.
Discuss cost, time, frequency and possible courses of treatments.
Explain the treatment procedure.
Carry out any necessary sensitivity tests.

Questions to ask
“What is your main reason for wanting the treatment?”
“How long have you had this problem?”
“Which area would you like me to concentrate on today?”
“How often do you normally receive this treatment?”
“Have you had an electrical facial treatment before?”
“What were the results from the previous treatments that you tried?”

Task
What may happen if a consultation is carried out ineffectively?

- You would be less likely to meet the client’s requirements.
- The client would not relax during the treatment as they do not feel confident in your service.
- You would not present a professional image to the client.
- You would feel less confident performing the treatment as you do not have all the required information.
- The client may be dissatisfied with the result.
- If you did not obtain important information such as client signature or check for contra-indications, then you could put the client at risk. This could result in the client taking legal action against the salon.
- You would not get repeat business from the client.
- They would not recommend the salon to friends etc.
- All the above would have a negative effect on the salons takings.

Treating minors
If the client is under 16 years of age (in England) you are required by law to have a parent or guardian present throughout the consultation and treatment.
Record keeping

A record card should be completed for all treatments and contains confidential personal information about each client that is specific to each treatment. They should be stored in alphabetical order by surname in a locked metal filing cabinet or box. This should be easily accessible to the therapist, when ready to perform a treatment. This information could also be updated onto a computerised system.

The record card should contain the following information:

- Personal details
- Doctors name and telephone number
- Any medical details
- List to check for contra-indications
- Treatment aims and outcomes
- Treatment plan on which to base future treatments
- Client’s signature or parent/guardian signature if client is under 16
- Current skin care routine
- Results of skin analysis
- Current intensity and application time/techniques
- All products used
- Retail sales

After each treatment, you should update the record card. This would be particularly useful in the following instances:

- You need to contact a client urgently due to a cancellation etc.
- You need to check up on a particular detail of the treatment.
- If another therapist is to take over the treatment.
- The client wishes to purchase a product that you have used in a previous treatment.
- As a legal record in case the client was to sue the salon.

Data Protection Act 1998

This legislation is in place to protect client’s privacy and confidentiality. You will be required to keep records of your clients’ treatments; these could be either computer or paper based. Inform the client that their records will be stored and will only be accessed by those authorised to do so. The information should be:

1. Adequate, relevant and not excessive for the purpose
2. Accurate
3. Kept for no longer than is necessary
4. Secure
**Treatment plan**

A treatment plan is carried out to give you and the client a plan to follow in order to achieve the best results possible to meet the client’s needs. Your client’s requirements will mainly be discussed during the consultation however, some additional information may be gained during the facial, and this should be added to the record card at the end of the treatment. When deciding on a treatment plan you should consider:

- The client’s wishes.
- Any medical conditions.
- Contra-indications.
- The outcome that the client is expecting.
- Current skin conditions.
- Previous treatment history.
- The cost involved – discuss alternatives.
- How much spare time the client has available.
- Their occupation – some occupations demand that the client looks their best.
- The client’s usual skin care routine.
- The lifestyle factors that may affect their skin condition.
  - Occupation
  - Domestic situation
  - Dietary and fluid intake
  - Means of relaxation
  - Exercise habits
  - Smoking habits
  - Exposure to pollution, UV rays, free radicals etc.

It is important that the therapist and client agree on an accurate treatment plan as this will ensure that the result will be far greater than that of a client who is trying to follow an unrealistic treatment plan. Remember that you must always advise the client that the results will be far more effective if the treatment is combined with the use of professional skincare products and a good homecare routine.

As part of the treatment plan you may also recommend suitable complementary treatments such as: eye treatments, file and polish, scalp massage or a foot massage. This would increase revenue for the salon and should hopefully be reflected in your wage.
Selecting Appropriate Treatment To Meet Objectives

It is important that you can match the treatment to the client’s requirements. If you carry out a thorough consultation, it should become apparent what the client’s priorities are.

Sometimes a client may have more than one need and in this situation, you should encourage the client to prioritise their most important objective, and where possible choose a treatment that meets as many of the client’s requirements as possible.

Task
Complete the appropriate treatment/s for each treatment objective.

**Improved skin condition**
If a client wished to improve the condition of the skin the most beneficial treatment would be galvanic, micro-current, direct high frequency or a lymphatic drainage treatment.

**Improved contour and muscle condition**
An electro muscle stimulator or a micro-current treatment would be most beneficial for a client with this treatment objective.

**Improved skin texture**
Improved skin texture would be best achieved through a micro-dermabrasion, galvanic or micro-current treatment.
Contra-indications To Facial Electrical Treatments

The contra-indications that prevent a facial electrical treatment from being carried out are:

- **Contagious skin conditions** – i.e. impetigo, herpes simplex, tinea, conjunctivitis and scabies – to prevent the spread of infection or making the condition worse.
- **Dysfunction of the nervous system** – i.e. Parkinson’s disease, Muscular dystrophy and Multiple sclerosis – the client may not be able to feel sensations if the machine was too strong etc. or they may be hypersensitive to the sensations created by the treatment.
- **Heart disease or disorder** – anti-coagulation drugs prescribed to treat these conditions would interfere with the skin healing process.
- **Undergoing medical treatment** – it would be unprofessional to treat and may interfere with the results of the treatment.
- **Pacemaker** – the electrical current would interfere with the pacemaker.
- **Recent scar tissue** – it could cause the scar tissue to open and may cause secondary infection.
- **Undiagnosed lumps and swellings** – as you are not sure of the causes of the swelling it would be unprofessional to treat as it may worsen the condition.
- **Medication causing thinning or inflammation of the skin** – i.e. steroids, retinol, accutane, recent dermabrasion – due to the effects these medications and treatments have on the skin treatment should not proceed as the skin would be aggravated further.

Contra-indications that restrict the application of the facial electrical treatment, you may need to avoid the area, adapt the treatment or it may restrict your choice of electrical treatments:

- **Epilepsy** – certain electrical currents could affect the client adversely.
- **Diabetes** – A diabetic client has reduced healing and therefore certain electrical treatments such as micro-dermabrasion would not be recommended.
- **High or low blood pressure** – could be made worse by the treatment.
- **Micro-pigmentation** – certain treatments such as micro-dermabrasion would remove some of the pigmentation from the area.
• History of a thrombosis or embolism – treatment may cause movement of the thrombosis or embolism resulting in it blocking a vital capillary such as to the lungs or heart, which could be fatal.
• Dermal fillers – may make the results of the treatment unpredictable.
• Metal plates or pins – these would conduct the current making it uncomfortable for the client.
• Medication i.e. retinoid or oxytetracycline – certain medication causes drying or irritation of the skin and treatments such as micro-dermabrasion would aggravate the skin further.
• Pregnancy – if the client is pregnant they can not receive a galvanic or faradic treatment.
• Piercings – you may catch the piercing or the current could intensify in this area which would be uncomfortable for the client.
• Anxiety – certain treatments make noises or sensations that would make the client even more anxious.
• Cuts or abrasions – would make the treatment uncomfortable and may cause secondary infection to occur.
• Bruises – treatment would be uncomfortable if applied over the bruise.
• Chemical peels – cause mild thinning of the skin, treatments such as micro-dermabrasion would aggravate the skin further.
• IPL or laser hair removal – may make the skin more sensitive to further treatments.
• Epilation – may make the skin more sensitive to further treatments or cause secondary infection to occur.

Do not name a specific contra-indication to the client as it is unprofessional, you are not qualified to diagnose and it may worry the client unnecessarily if you get it wrong.

• Refer the client to their GP if necessary in order to get the condition diagnosed and to receive treatment to help with the condition.

If the client is contra-indicated to one treatment, it doesn’t mean they will be to all treatments – offer a suitable alternative instead.

• Offering a suitable alternative will prevent the client from feeling as though they have wasted their time, and will also mean income for the salon.
Preparation For The Facial Electrical Treatment

1. Prepare work area, following general safety precautions for electrical equipment. Check that the equipment is working correctly by testing on therapist. Ensure that all dials are returned to zero.
2. Sterilise all applicator heads using appropriate methods (refer to page 9).
3. Greet the client.
4. Carry out consultation and complete record card - check verbally for contra-indications.
5. Instruct the client how to prepare for the treatment:
   - Ask them to remove jewellery from the area, contact lenses and glasses if worn. (Reinforce the importance of removal of jewellery).
   - Clothing to the upper body should be removed (underclothes should be kept on however; the shoulder area must be free from straps).
   - Explain to the client how to lie on the couch - flat and straight, preferably without the legs crossed. Bolsters may be used to provide support for under the knees or head.
   - A large towel should be provided for the client to cover themselves with.
   - The client should be left in privacy to prepare for the treatment.
6. On your return, you may wish to cover the client over with a blanket and then apply a headband to secure all hair away from the face.
7. Wash hands.
8. Check visually for contra-indications,
9. Perform skin sensitivity tests.
11. Conduct skin analysis and decide on appropriate treatment plan and products for the client’s needs.
13. Perform any other preparatory treatments - for example exfoliation, steam or hot towels.

Therapist and client positioning

The couch may be positioned at a slightly inclined position or flat, in which case the therapists chair should be at the appropriate height so that no stretching is required and all of the face and shoulders are visible to the therapist. Some clients cannot lie flat and need to be raised so therefore
the therapist will need to stand throughout the treatment. In addition, the client may prefer to have additional support behind their knees or neck, so always check client comfort throughout the treatment.

Remember that it is very important that good posture is maintained throughout the treatment for the therapists comfort and safety.

Incorrect posture:
- Arms, shoulders, neck and legs will ache.
- If legs are constantly crossed, broken veins will occur.
- You will tire easily and become agitated.
- You cannot carry out the treatment as effectively.

When sitting - the therapist should sit on a chair with a back, at the correct height for the treatment. Both feet should be placed on the floor, at shoulder distance and directly under the knees. The back should be straight and shoulders pushed back where possible. Try to hold the probes in a comfortable position to avoid discomfort to the arms and shoulder muscles.

When standing - place both feet on the floor at shoulder distance apart without pushing back on the knee joints. Weight should be evenly distributed between both legs. The back should be straight and shoulders pushed back slightly where possible.

Task
1. How do you maintain the client’s modesty during an facial electrical treatment?

Close curtains when changing, keep record card details confidential, talk with a lowered voice, use towels to protect the client’s modesty, leave the client in private to prepare.

2. Why do you think that it is important to maintain the client’s modesty during treatment?

To ensure that they can relax and feel secure in the environment, otherwise they will not enjoy the treatment.
A facial analysis is performed to decide what the client’s needs are and to select a treatment and products to match to those needs. Using your fingers touch the client’s skin to feel the texture of the skin, muscle tone, skin tone, amount of subcutaneous tissue and sebaceous secretions.

When carrying out your facial analysis you will need to use methods to assess the following points:

- Muscle Tone
- Skin Type
- Skin conditions
- Skin sensitivity
- Testing

Clients are more satisfied when they have been properly assessed and received any tests before a treatment is carried out. Information received during an accurate assessment will ensure that the most effective treatment is planned for the client. When carrying out any tests/assessments on a client you should:

- Explain the procedure to the client and encourage them to ask any questions
- Ensure that the client is warm and comfortable
- Conduct the assessment in a private place, preferably in the treatment room
- Before commencing you should wash and dry your hands
- Cleanse the skin
- Good lighting will be needed when conducting the examination/analysis
- Tactfully question the client to determine the cause of conditions that you have come across
- Write down any details you notice as you discover them during the examination
### Muscle tone

To determine muscle tone, carry out an assessment by looking at and feeling the area. An area that is firm to the touch would indicate good muscle tone, whereas an area that feels softer to the touch would indicate poor muscle tone. A muscle that has good tone would display smooth and even contours with good definition.

### Skin type and conditions

There are various skin types which you must be able to analyse effectively in order to give the client the best possible treatment and advice. When determining the client's skin type and conditions you should use three techniques:

1. Look
2. Touch
3. Question

### Testing

The different types of tests that you need to have knowledge of, and be able to perform are:

**Hot and cold** tests check the client’s skin sensitivity to temperature change. You will require two test tubes and should fill one with hot water and one with cold water. You then ask the client to look away and whilst placing the test tube on the skin, ask the client to distinguish between the different temperatures. If the client cannot distinguish, it indicates a loss of skin sensation.

**Hard and soft** tests check the client’s skin sensitivity to touch. Using a piece of cotton wool and an orange stick, ask the client to look away and then ask the client to distinguish between the two sensations as you apply them alternately to the skin. If the client cannot distinguish, it indicates signs of loss of skin sensation.

If the client cannot distinguish between the different sensations then the electrical facial treatment should not go ahead. You may need to recommend that the client seek medical advice to investigate possible loss of skin sensation.
Skin Types And Conditions

**Sensitive**

Sensitivity can accompany any skin type and if present, the skin would be prone to irritation, erythema and broken capillaries. There are two types of sensitive skin:

**Touch sensitive** - is sensitive to touch, heat and embarrassment and therefore needs to be treated gently. Otherwise, it can be treated using products for its main skin type.

**Allergic sensitive** - is prone to allergic reactions and must be treated with products that are designed for treating a sensitive skin. They will contain very natural ingredients, which have often been dermatologically tested for sensitive skins. These products will normally be labelled hypoallergenic.

**Dehydrated**

The skin tissues are lacking in water and all skin types can be affected. The characteristics of a dehydrated skin are:

- Superficial criss-cross lines.
- Broken capillaries.
- Skin feels tight.
- A clean, non-greasy tight shine is present in severe cases.

**Congested skin**

The skin may have blocked pores, comedones and a build up of dead skin cells and cellular matter. Papules and pustules may also be present.

**Mature**

The word mature is associated with clients of a more mature age although in the beauty industry a client over the age of 25 is generally classed as mature. A mature skin often has characteristics of a dry skin although it can be present with any of the other skin types mentioned. A mature skin will show signs of some, or all of the following in varying degrees:

- Expression lines appear, particularly around the eye area.
- Loss of elasticity.
- Facial contours may become slack.
- Epidermis becomes thinner.
- Broken capillaries often appear around the eye area.
- Irregular patches of pigmentation form liver spots.
• Blood circulation is not as efficient and therefore the skin often appears sallow.
• Metabolic rate slows down therefore waste products are not removed as effectively and the skin often looks puffy.
• Fatty deposits are often laid down.
• Pores look more enlarged as the skin is not as tight.

<table>
<thead>
<tr>
<th>Oily</th>
</tr>
</thead>
<tbody>
<tr>
<td>This skin type is most common in teenage years although can be found on skins of all ages. This skin type has overactive sebaceous glands, which are controlled by the hormone levels. Common characteristics that you will see all over the face on this skin type are:</td>
</tr>
<tr>
<td>Open pores.</td>
</tr>
<tr>
<td>Papules (red spot).</td>
</tr>
<tr>
<td>Pustules (pustular spot).</td>
</tr>
<tr>
<td>Comedones.</td>
</tr>
<tr>
<td>Seborrhoea, producing a greasy shine.</td>
</tr>
<tr>
<td>A build up of dead skin cells making the skin appear coarse in texture.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dry</th>
</tr>
</thead>
<tbody>
<tr>
<td>This skin type is often associated with mature skins although can be found on skins of all ages. The sebaceous glands of this skin type are under-active and do not produce sufficient sebum. Using products that are too harsh for the skin may also cause the skin to become dry. This skin will often have:</td>
</tr>
<tr>
<td>Dry flaky patches, which may become red and irritated.</td>
</tr>
<tr>
<td>Tight pores.</td>
</tr>
<tr>
<td>Eyebrow dandruff.</td>
</tr>
<tr>
<td>Milia - often found on the skin around the eyes and cheeks.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Combination</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is a combination of two skin types with the skin typically having:</td>
</tr>
<tr>
<td>• An oily ‘T Zone’ that comprises of the forehead, nose and chin. You will see some or all of the following: comedones, papules, pustules, open pores and a greasy shine.</td>
</tr>
<tr>
<td>• The cheeks and neck will be either normal or dry. In these areas, you will see the recognised characteristics for that skin type.</td>
</tr>
</tbody>
</table>
### Task
In the table below, explain the key points that you would use when describing the skin types/conditions.

<table>
<thead>
<tr>
<th>Sensitive</th>
<th>Dehydrated</th>
<th>Combination</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Irritation</td>
<td>• Superficial criss-cross lines appear</td>
<td>• An oily 'T Zone' - comedones, papules,</td>
</tr>
<tr>
<td>• Erythema</td>
<td>• Broken capillaries</td>
<td>pustules, open pore and a greasy shine</td>
</tr>
<tr>
<td>• Broken capillaries</td>
<td>• Skin feels tight</td>
<td>• The cheeks and neck will be either normal or</td>
</tr>
<tr>
<td></td>
<td>• A clean, non-greasy tight shine</td>
<td>dry</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Oily</th>
<th>Dry</th>
<th>Congested</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Open pores</td>
<td>• Dry flaky patches, which may become</td>
<td>• Blocked pores</td>
</tr>
<tr>
<td>• Papules</td>
<td>red and irritated</td>
<td>• Comedones</td>
</tr>
<tr>
<td>• Pustules</td>
<td>• Tight pores</td>
<td>• Papules</td>
</tr>
<tr>
<td>• Comedones</td>
<td>• Eyebrow dandruff</td>
<td>• Pustules</td>
</tr>
<tr>
<td>• Seborrhoea</td>
<td>• Milia</td>
<td>• Build up of dead skin cells or cellular matter</td>
</tr>
<tr>
<td>• Coarse in texture</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

List the characteristics of a mature skin.

- Expression lines appear, particularly around the eye area.
- Loss of elasticity.
- Facial contours may become slack.
- Epidermis becomes thinner.
- Broken capillaries often appear around the eye area.
- Irregular patches of pigmentation form liver spots.
- Blood circulation is not as efficient and therefore the skin often appears sallow.
- Metabolic rate slows down therefore waste products are not removed as effectively and the skin often looks puffy.
- Fatty deposits are often laid down.
- Pores look more enlarged as the skin is not as tight.
Milia Extraction Using A Micro-lance

Milia or white spots, appear as pearly white bumps under the skin and are found on the face, especially around the eyes. Milia can be hereditary, or found on skin with acne symptoms. However, frequently they are caused by the use of a skin care or make-up product that is comedogenic, such as lanolin, synthetic oils or D & C red dyes. These ingredients become blocked in a pore, which over a period of time, creates its own outer membrane.

The only way milia can be removed is by inserting a micro-lance needle to break through their membranes then gently extracting the pearly matter using the finger tips and tissues. The micro-lance is a tiny, disposable one sided needle which is used to remove milia from the skin. Removal may leave a tiny red pin prick mark which tends to disappear within 24 hours.

- It is important that you do not remove milia from the delicate tissue around the eye area.
- As the skin can bleed during this procedure it is vital that you wear suitable talc free disposable gloves. Ensure all waste is disposed of in a sharps box.
- Milia removal is most effective after a facial treatment that softens and warms the skin such as desincrustation or steaming.
- Use a magnifying light during removal to ensure maximum visibility.
- After removal apply direct high frequency and/or a suitable mask to minimise the risk of infection occurring at the site of removal.

Advice

To prevent formation of milia advise the client:

- To monitor the use of products in the area that may be causing the milia to develop such as concealer, foundation, eye make-up remover.
- Regularly use of an AHA exfoliant to minimise the production of dead skin cells.
- Never to attempt self removal at home.
Direct High Frequency

The high frequency machine

The machine uses a high frequency current that alternates over 100,000 cycles per second. The output of the machine is a high frequency, alternating/oscillating current of 250,000 Hz at a high voltage and low current flow. A high frequency machine will have an on/off switch and an intensity control.

This electrical treatment is applied directly to the skin and can be used to heal, stimulate or sanitise the skin.

The current is applied via a glass electrode and when the electrode is fitted into the holder, it connects with the metal plate situated inside the holder, which passes the current through to the glass electrode. Within the glass electrode is a very small amount of gas that ionises when the current passes through, the current then flows through the tube and passes into the skin tissues. The electrode will glow a certain colour depending on the gas contained inside.

During the direct high frequency treatment the glass electrode is placed directly onto the skin or over a layer of gauze and is applied using slow circular motions. The current passes through the electrode and is dispersed into the skin. When the direct high frequency is applied, the client will feel a slight warmth and tingling sensation.

Effects:
• Drying effect on any oily areas
• Destroys bacteria and helps heal any pustules
• Improves the condition of a blemished skin
• Improves a dry skin due to the stimulation of the sebaceous glands if applied for a short time (5 minutes)
**Electrodes**

**Mushroom** is the most popular electrode for the direct method. It is used on any part of the body, and is particularly ideal for facial work. It is often supplied in two sizes, the larger for body work, and the smaller for facial work.

**Flattened dome** is excellent for moulding around the contours of the chin and nose during direct high frequency application.

**Horseshoe electrode** is used for directly working over large curved areas of the body such as the neck or trapezius muscle.

**Fulgurator** is used to produce an accurate effect directly over papules or pustules.

### Direct high frequency

- The glass electrode is placed directly onto the skin or over a layer of gauze over the client's face.
- It is applied using slow circular motions.
- The current passes through the electrode, when it comes into contact with oxygen - ozone is produced.
- The current is then dispersed into the skin.
- Contact with the skin must be maintained throughout, with the therapist's free hand holding the cable.
- When direct high frequency is applied, the client will feel a slight warmth and tingling sensation.
### Task
Complete the table.

<table>
<thead>
<tr>
<th>Method of application</th>
<th>Direct high frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>A glass electrode is moved in circular motions slowly over the skin.</td>
<td></td>
</tr>
</tbody>
</table>

| Sensation | Client will feel a warm, tingling/buzzing sensation. |

<table>
<thead>
<tr>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Drying effect on any oily areas</td>
</tr>
<tr>
<td>• Destroys bacteria and assists with the healing of any pustules</td>
</tr>
<tr>
<td>• Improves the condition of a blemished skin</td>
</tr>
<tr>
<td>• Improves a dry skin due to the stimulation of the sebaceous glands if applied for a short time (5 minutes)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Oily/combination skin - 7-15 minutes</td>
</tr>
<tr>
<td>• Normal - 5-8 minutes</td>
</tr>
<tr>
<td>• Dry/mature - 4-5 minutes</td>
</tr>
</tbody>
</table>

*Note a higher current intensity is used on a combination/oily skin than that of a dry skin. A younger skin is usually treated for longer than a mature skin.*

### Restrictions to direct high frequency treatment
In addition to the general contra-indications, the following conditions will restrict application to an area:

- Highly vascular conditions
- Sunburn
- Blocked sinuses
- Tense or nervous client (due to the noise produced by the equipment)
- Migraine
- Acne rosacea
Additional items that you will need to carry out a direct high frequency facial treatment.

![Diagram of items needed for direct high frequency facial treatment]

**Treatment procedure for direct high frequency**

1. Prepare for the facial treatment in the usual manner.
2. Apply sufficient oxygenating product to the skin and cover the face with clean gauze to aid with the movement of the electrode.
3. Select appropriate glass electrode & insert correctly into the handle.
4. Test the machine on therapist in front of the client.
5. Place finger on to the electrode and switch on the timer.
6. Apply the electrode to the client’s forehead and remove finger, slowly increase the intensity as required.
7. Apply using circular movements over the face and neck without breaking contact with the skin. If the treatment is applied very superficially, the treatment will produce greater stimulation.
8. Intensify the current to any pustules, fold the gauze over so that you have 3 layers of gauze creating a layer of air in-between.
9. Lower the intensity of the machine and switch off before breaking contact with the client’s skin. Alternatively, an automatic timer may cut off the current to the skin.
10. Remove the talc or oxygenating product from the client’s skin.
11. Continue with the facial treatment as normal.
## Effects of direct high frequency treatment

<table>
<thead>
<tr>
<th>Body system</th>
<th>Effects of direct high frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin structures</td>
<td>• Stimulates sebaceous gland activity when applied for a short period of time.</td>
</tr>
<tr>
<td></td>
<td>• Germicidal effect is produced which destroys bacteria, therefore effective at treating pustular conditions.</td>
</tr>
<tr>
<td></td>
<td>• Speeds up cell metabolism, which improves the appearance of the skin.</td>
</tr>
<tr>
<td></td>
<td>• Blood vessels vasodilate resulting in improved colour to the skin.</td>
</tr>
<tr>
<td></td>
<td>• Constricting effect on the pores.</td>
</tr>
<tr>
<td></td>
<td>• Due to the oxygen being converted to ozone the treatment has a drying effect on the skin.</td>
</tr>
<tr>
<td>Circulatory system</td>
<td>• Increased blood circulation results in vasodilation of the blood vessels causing an increase in heat to the area.</td>
</tr>
<tr>
<td></td>
<td>• Circulation is increased which brings fresh oxygen and nutrients to the area.</td>
</tr>
<tr>
<td></td>
<td>• Improves the efficiency of waste product removal.</td>
</tr>
<tr>
<td>Lymphatic system</td>
<td>• Increases lymphatic circulation, assisting with the removal of waste products.</td>
</tr>
<tr>
<td>Nervous system</td>
<td>• Stimulates superficial sensory nerve endings.</td>
</tr>
</tbody>
</table>
Precautions when applying direct high frequency

Task
Complete the missing words:
The precautions that you should take when performing a direct high frequency treatment are:

• Ensure dials are at **zero** before applying the electrode onto the client.
• Test the machine on **yourself** prior to application.
• Always remove all **jewellery** from the client and yourself to prevent **shocks**.
• Ensure that both you and the client are not in contact with anything **metal** otherwise you may feel a shock.
• Explain to the client about the **buzzing** noise, ozone smell and **glow** produced by the electrode.
• Always keep the electrode in **contact** with the skin to prevent shocks.
• Remember to reduce the intensity when working over **bony** areas.
• Do not use any products containing **alcohol** on the skin as it has **flammable** properties.
• Check **client** comfort throughout.

dials    zero   金属    jewellery    self    clients    contact    bony    alcohol    flammable    metal    shocks    buzzing    glow
The Galvanic Facial Machine
The galvanic facial treatment uses one pair of roller electrodes and one ball electrode to apply the current to the face and neck area. The machine will have the following features:

- An on/off switch
- Outlets for the attachment of the electrodes
- Intensity control switch – operates variable resistance
- Polarity switch – alters current from - to +
- Milliamp meter – to show the flow of current through the client

This treatment uses a direct/galvanic current that can be applied in two different ways:

Desincrustation
This deep cleansing treatment softens dead skin cells and sebum.

Iontophoresis
This penetrating treatment introduces water-soluble preparations into the skin.

A continuous and smooth direct current is used to produce the chemical effects of galvanic therapy. If a smooth current was not used it would cause the facial muscles to contract. Modern galvanic units operate from the mains electrical supply.

Inside the machine, the alternating current at 240 volts is converted into a smooth direct current at up to 100 volts. This is achieved through a three-stage process by devices contained within the unit:

Transformer
Reduces the voltage of the mains current.

Rectifier
Changes the current from alternating to direct.

Capacitor
Smoothes out any irregularities in the direct current.

The current can now be applied to the skin via the roller or ball electrode in the form of a smooth galvanic current.
Electrical science of the galvanic treatment

During the treatment, a galvanic current is used to bring about a chemical reaction. Electrically charged water based solutions known as electrolytes are applied to the skin to increase its electrical conductivity. When dissolved in water an electrolyte partly splits and forms ions, which carry either a positive charge (cation) or a negative charge (anion).

When the galvanic current (continuous direct current) is applied the ions within the solution start to move – they are attracted towards either the positive pole (anode) or negative pole (cathode). This is because:

- The current can pass through the body because the body’s tissue fluids contain ions.
- In order for the treatment to work, both positive and negative connections are required.
- The electrode that creates the chemical effect is known as the active electrode and this is applied to the face.
- The other electrode is known as the indifferent electrode, and this is placed in the client’s hand in order to complete the circuit.
- The galvanic solution will contain active ingredients that have a positive or negative charge and this will be indicated by a + or - symbol on the product. The solution is repelled into the skin by the active electrode, which must be the same polarity as the galvanic solution.
Diagrams Of Galvanic Facial Treatment

Galvanic unit switched to **NEGATIVE**

Active electrode **NEGATIVE** cathode

**Negative** ions in product
- Skin tissue softens
- Blood vessels vasodilate, increasing erythema
- Stimulates nerve endings
- Emulsification & removal of grease
- Relaxes pores

Indifferent electrode acting as **positive** pole, attracting **negatively** charged ions

Galvanic unit switched to **POSITIVE**

Active electrode **POSITIVE** anode

**Positive** ions in product
- Skin tissue hardens and firms
- Blood vessels vasoconstrict, reducing erythema
- Soothes nerve endings
- Astringent and germicidal

Indifferent electrode acting as **negative** pole, attracting **positively** charged ions