IDI From the Beginning

IDI: Setting the Gold Standard for Professional Success

For over 25 years, The International Dermal Institute has pushed the skin care industry envelope to its limits, literally redefining professional excellence and offering skin therapists a unique opportunity to reach their personal best in the process. We do it by offering the most challenging and rewarding postgraduate skin and body therapy curriculum available anywhere today, with 38 postgraduate Training Centers worldwide; 18 of which are located in the U.S.

What we offer our students goes far beyond technical training and access to expertise you won’t find anywhere else. Our mission is to stay in touch with that original sense of “electricity” – the feeling of connecting with destiny, and creating your own future with your own heart, mind and hands. A postgraduate skin care education at The International Dermal Institute offers that connection literally around the world, and gives students their own opportunity to get “plugged in” as part of a uniquely rewarding profession which thrives on human touch and communication.

This charge to be the best in postgraduate skin care is led by Jane Wurwand, a professional skin therapist. Since founding IDI in 1983, she’s continually carried an urgent message to skin therapists: education is the key to improving every aspect of your business, from understanding galvanic current to creating a seamless booking system!

IDI is at the forefront of the evolution of skin care, elevating the respect and success of the skin care industry and the professional skin therapist around the world. Today the industry is just as competitive, and IDI maintains the international gold standard for postgraduate skin and body therapy training. Stand tall as a member of The International Dermal Institute’s worldwide student body committed to professionalism, and having the best hands in the business!

Continuing with our legacy of innovation, we are supporting FITE, Financial Independence Through Entrepreneurship, a global platform to fund women worldwide into their own business to create sustainable income. From one woman to another, one entrepreneur to another, we can evoke a positive change. Learn how you can get involved at joinFITE.org.
Machine Options for Acne and Oily Skin

For Deep Cleansing:

**Electrical Brush Cleansing**
- Recommended for oily, comedone-prone skins, but not for sensitive, infected acne lesions. Used as a “deep cleanse” for the oilier skin conditions. Ideal with foaming and clay based cleansers.

**Warm Steam Vaporization**
- Used judiciously, warm steam relaxes, warms and softens the skin, making removal of comedones easier with less trauma to the skin. While ozone used to be added to steam for its drying properties on acne, it is now considered to be a respiratory irritant, and is not recommended. Ozone addition was achieved by including a U.V. bulb in the neck of the steamer. As the water vapor passed over the bulb, the UV light would react with the oxygen naturally present, and convert it to ozone.

**UltraSonic Blade**
- Ultrasound uses sound waves at specific frequencies to create a mechanical effect in the tissues, like ripples on water. As the energy within the sound wave is passed to the material, it will cause oscillation of the particles of that material. Ultrasound allows for the release of dead surface skin cells and loosening of comedones. When using ultrasound for deep cleansing the edge of the blade may be used, held at a 45 degree angle to assist in the removal of dead skin cells, resulting in a superior deep cleansing action.

**Vacuum Suction**
- The vacuum massage is a mechanical method to stimulate lymph circulation. The treatment is ideal for oily, congested skin and may be applied after manual cleansing or steaming to reinforce the cleansing effect and increase removal of skin blockage, comedones and sebaceous matter.

**Desincrustation**
- A soap-less, skin softening solution is applied under steam and used with galvanic current. The solution conducts the electrical galvanic current which is used on the negative [-] polarity for desincrustation. The negative polarity releases hydrogen which converts the naturally occurring salts in the skin (sodium chloride) to sodium hydroxide (caustic soda). This mixes with the oily comedone plugs, and softens them, making extractions much easier.
Machine Options for Acne and Oily Skin

For Other Treatment Steps:

- **Iontophoresis**
  - Iontophoresis or ionization is a process where Galvanic current is used on the positive polarity to pass active water soluble ingredients into skin where, once penetrated, they work to control excess oil secretion and bacteria.

- **Direct High Frequency**
  - Direct high frequency, using the Tesla current [*an alternating radio wave*] uses gas-filled glass electrodes on the skin surface. The gas *(either neon or argon)* is ignited within the glass electrode, by electrical current. The gas glows, giving off UV light, which, in coming in contact with the oxygen in the air, converts it to ozone gas. Ozone is drying and germicidal to the skin surface and as it breaks down into active oxygen it's also healing and anti-bacterial. The skin must be dried before use, and the high frequency should be used over dry gauze on the skin.

- **Cool Peltier**
  - An electrically controlled metal cooling device, which is ideal for reduction of redness or inflammation of the skin especially effective for use post-extraction.

- **Dr. Lucas Pulverizer**
  - Useful in acne treatments to help remove cleansing products, clay masques and exfoliant residue from the skin without rubbing the skin with sponges. It also re-hydrates and soothes the skin with a fine mist of pulverized herbal extracts at the conclusion of the treatment.
Treatment Protocol for Acne and Oily Skin

1. Client completes a Consultation Card, check for comedogenic products, medications, vitamins, etc. Review to see if the client is using any prescription drugs or over the counter medications for acne.

2. **Cleansing:** A double cleanse is important to ensure proper removal of dirt, debris, surface oils, makeup and sunscreens.
   - 1st Cleanse – best performed with an oil-based cleanser.
     - Option of using UltraSonic Blade
   - 2nd Cleanse – best performed with a foaming antibacterial cleanser or clay based cleanser.
     - Option of using electric brushes for oily, congested skin

3. **Skin Analysis.** Using a magnifying lamp, look for areas of congestion and breakouts. Chart on your Skin Analysis sheet to review with your client at the end of the treatment.

4. **Exfoliation:** Ensure that the client is not currently using any medically prescribed exfoliants before performing this step. Then choose from the following exfoliant types:
   - **Grains or granular exfoliants** – are excellent for someone with no inflammation and work great to reduce oil production, congestion, or as a deep cleanse. Look for ingredients such as Corn Cob Meal, Rice Bran or Polyethylene Grains.
   - **Enzymes** – are slightly alkaline making them excellent to soften the skin, mild enough to use on sensitive skin or for a gentle exfoliation. Look for ingredients such as Papain (Papaya), Bromelain (Pineapple) or Bacillus Ferment.
   - **Hydroxy Acids** – dissolve excess skin cells or oils. Salicylic Acid is an ideal hydroxy acid used to treat acne, as it will decongest and dissolve sebum; not only is it antibacterial, it’s also anti-inflammatory.

5. **Desincrustation:** A pre-softening alkaline treatment applied prior to manual extractions. This skin softening solution can be applied under steam and left on during extractions, or it can be used with galvanic current on the negative polarity. It helps to soften keratin in the follicles and impacted sebum to ease extractions.
Treatment Protocol for Acne and Oily Skin – continued

6. **Manual Extractions:** It is important that you develop a safe, hygienic and effective technique. The signature *IDI Extraction Technique* specifies to work from the base of the follicle up and gently “press” blockages out. Wipe and treat with an antibacterial topical solution post extraction. Look for ingredients such as Salicylic Acid, Tea Tree and Witch Hazel.

7. **High Frequency:** Providing a germicidal and drying effect on the skin, this technology can be performed after extractions or in place of extractions on inflamed papules or pustules to reduce inflammation and bacteria. A 5% benzoyl peroxide solution can be used topically on breakouts.

8. **Microcurrent or Galvanic Iontophoresis:** Use with a water soluble complex and ionizable gels to push anti-acne ingredients deeper into the skin. Can be used during masque phase before moisturizer is applied. Look for ingredients like Salicylic Acid, Niacinamide, Horse Chestnut and Panthenol.

9. **Massage:** Pressure point or Lymphatic Drainage Massage is the preferred technique to use on a client with acne or oily skin. Incorporate purifying essential oils or an oil-free medium to enhance results without leaving the skin feeling greasy.

10. **Masque:** Can hydrate, calm, control bacteria or absorb excess oils. Look for sulfur or clay based masques with Salicylic Acid, Bentonite, Zinc, botanicals like Horse Chestnut, Menthol and Licorice.

11. **Treat and Protect:** A spot treatment can be introduced to your clients together with oil absorbing moisturizers with SPF.
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