

## Ethetician Cheat sheet Cheat Sheet

by desiraev via cheatography.com/145884/cs/31474/

SUPPLIES	1 hr. Facial Steps	Clean Up
SMA	Cleanse 2x - 10 Min	Sheets & Towels in Laundry
(3) Hot Towels	Analyze- 5 Min	Rinse Supplies
(2) Sheets	Exfoliate-10 Min	Soak in Barbicide (10 min)
Headband	Extract- 10 Min.	Wipe Down Bed
Gown	Toner	Remove Items From Barbicide
(2) Towels for Head	Massage- 10 Min.	
(6) Esthi Wipes	Mask - 10 Min.	Dry Skin Type
Facials	Toner	Small Pores
(2)Bowls	Serum>Eye Cream> Moisturizer>SPF	Dry Rough Skin
Gloves		Flaking
Steamer	Acne	Tightness
	Large Pores	
Normal Skin Type	Breakouts	Cream Cleanser
Pores Barely Visible	Inflammation	Lanolin
Even Skin	excessive Sebum	Seaweed/ algae
Minimal Skin Sensitivities		Kojic Acid
Minimal Blemishes	salicylic acid	Hylauronic acid
	benzoyl peroxide	Glycerin
Treatment Based on Current Skin Condition	sulfur	gel mask
Gel Cleanser	clay	

Aging Skin	
Wrinkles	(
Age spots	- 1
lack of tone/ firmness	
Milky/ cream Cleanser	(
Glycolic Acid	
Vitamin c	

ceramides
Hyaluronic acid
chemical peels
squalane
multivitamin mask
enzyme mask

Oily Tzone	
Dry/ Normal in other areas	
Two or More skin textures	
double masking for each area	
Massage Movements	
Massage Movements Effleurage	
· ·	
Effleurage	

Gel Cleanser

double masking for each area	
Massage Movements	
Effleurage	
Petrissage	
Tapotement	
Friction	
Vibration	



Mud Mask

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