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.
Consultation

Key questions to ask:

1. How long have they been experiencing pigmentation issues?
2. What methods have been used to lighten the pigmentation?
3. Do they ever experience a burning, itching, or stinging sensation on the skin?
4. What current and past skin products have been used to target pigmentation? Duration of use?
5. History of chemical peels, microdermabrasion, or any resurfacing or medical treatments?

Questions to help determine cause:

**Hormonal Pigmentation**
- Have there been any changes to their health? Stress or pregnancy?
- Any new or changes in medications such as HRT, birth control, thyroid, steroids or photosensitizers like antibiotics, retinoids?

**Sun-induced or Post-inflammatory Pigmentation**
- History of sun exposure, trauma, breakouts or medical treatments?
- When did they first notice the pigmentation?
- How often is SPF used and at what level?
Skin Type Classification

<table>
<thead>
<tr>
<th>Skin Type</th>
<th>Fitzpatrick classification</th>
<th>Lancer classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Always sunburns; can never tan</td>
<td>Caucasian e.g. Irish, Scottish</td>
</tr>
<tr>
<td></td>
<td>Red and blonde hair; blue eyes</td>
<td></td>
</tr>
<tr>
<td>II</td>
<td>Usually sunburns; can tan with difficulty</td>
<td>Caucasian e.g. Central European</td>
</tr>
<tr>
<td></td>
<td>Fair sandy/red hair; green or blue eyes</td>
<td></td>
</tr>
<tr>
<td>III</td>
<td>Sometimes burns; can tan to golden brown</td>
<td>Caucasian e.g. Italian, Portuguese</td>
</tr>
<tr>
<td></td>
<td>Brown, fair, sandy hair; green, hazel, blue eyes</td>
<td></td>
</tr>
<tr>
<td>IV</td>
<td>Rarely burns; can tan easily and quickly</td>
<td>Natural olive or yellow skin tones e.g. Light Asian, Light Hispanic</td>
</tr>
<tr>
<td></td>
<td>Dark brown hair; green hazel, brown eyes</td>
<td></td>
</tr>
<tr>
<td>V</td>
<td>Naturally brown skin; can tan easily and quickly</td>
<td>Natural brown skin tone e.g. East Indian</td>
</tr>
<tr>
<td></td>
<td>Dark brown and black hair; brown and dark eyes</td>
<td></td>
</tr>
<tr>
<td>VI</td>
<td>Naturally black skin</td>
<td>Natural black skin tone e.g. African American</td>
</tr>
<tr>
<td></td>
<td>Black hair, dark brown eyes</td>
<td></td>
</tr>
</tbody>
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Machine Options for Hyperpigmented Skin

Skin analysis:

- Magnifying Lamp
  - Amplify the skin to detect any surface pigmentation.

- Woods Lamp
  - Hand held lamp using a black light that shows underlying dermal and epidermal pigmentation.

- Skin Scanner
  - A device using a black light and mirrors to allow the client to see what the therapist is able to see. Some devices may use a computer program to read different levels of pigmentation.
Machine Options for Hyperpigmented Skin

Deep cleansing:

- 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 and held at a 45 degree angle to assist in the removal of dead skin cells – resulting in a superior deep cleansing action.

Product penetration and stimulation:

- Iontophoresis or ionization is a process where Galvanic current is used on the positive polarity to pass active water soluble ingredients into the skin. Once penetrated, ingredients can work to control pigmentation.

- A electrical current is emitted from one probe and returns to the other probe allowing specific focus on driving any serum or complex into the skin at a specific target.

- Light Emitting Diode (LED) is a form of non-invasive light technology, also known as phototherapy, that works by increasing energy or adenosine triphosphate (ATP) in cells to promote skin regeneration, cell mitosis, skin healing and stimulation of collagen.
Treatment Protocol for Hyperpigmented Skin

1. **Client completes a Consultation Card**, check recent medical procedures such as IPL / Laser or chemical peels that could have caused discoloration, medications such as hormone or birth control pills, recent and past sun exposure, etc. Review to see if the client is using any prescription drugs or over-the-counter brightening or exfoliating agents.

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 dual action cleanser that also exfoliates.
     - Option of using UltraSonic Blade or electric brushes to remove build up and excess debris on the skin.

3. **Skin Analysis**: Determine skin type classification by using a magnifying lamp for any surface pigmentation, and a Woods Lamp or skin scanner to look for any dermal or underlying epidermal pigmentation. 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:
   - **Chemical exfoliants – Hydroxy Acids**: Excellent for hormonal or sun-induced pigmentation. Chemical exfoliants will break down and dissolve skin cells, aiding in cell turnover. Some ingredients such as Salicylic Acid can also be anti-inflammatory. Look for other ingredients such as Lactic Acid, retinol, peptides, and Trichloroacetic Acid (TCA).
   - **Physical exfoliants – grains or granular, microdermabrasion**: are ideal for someone with no inflammation to smooth and polish the skin, aiding in product absorption. Look for ingredients such as Corn Cob Meal, Rice Bran, Polyethylene Grains and crystal or crystal-free microdermabrasion.
Treatment Protocol for Hyperpigmented Skin—continued

5. **Microcurrent or Galvanic Iontophoresis**: Use with a water soluble complex and ionizable gels to push ingredients deeper into the skin. Can be used during masque phase before moisturizer is applied. Look for ingredients like Salicylic Acid, Niacinamide, Vitamin C, Licorice, Oligopeptide-34, Zinc Glycinate and White Tea.

6. **Massage**: Effleurage can be incorporated into a treatment to encourage blood flow. Pressure point or Lymphatic Drainage Massage with essential oils is the preferred technique if someone is experiencing any signs of inflammation or breakouts.

7. **Masque**: Hydrate and calm the skin. Look for hydrating or vitamin-based masques with ingredients such as Hyaluronic Acid, Vitamin C or E, Licorice, Oligopeptide-34, Zinc Glycinate and White Tea.

8. **Treat and Protect**: A spot treatment can be introduced to your clients, together with moisturizers and SPF with a minimum of 30.
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