



skin | adjusting treatments for sensitive skin

REMEMBER THE DAYS WHEN PEOPLE simply described their skin as oily, combination or dry? Today 50 percent of women and 40 percent of men describe their skin as sensitive. Sensitive and/or health challenged skin can arise from several internal factors, ranging from hereditary skin issues to developing skin conditions related to health challenges such as cancer, diabetes, depression and the medications/treatments involved. External factors can also be a problem. These may include UV exposure, workplace settings, environmental conditions and even frequent contact with water, alkalis or solvents, all of which can cause sensitivity. Psychosomatic factors also may play a part, causing itching symptoms and rashes to appear.

Every client with sensitive skin will be different, and the treatment needs to be altered for each individual. Since many sensitive skin clients are prone to redness and inflammation, steam should be avoided. If the client insists, place the steamer further away so that more of the mist is in the room rather than focused on their face. Clients may also enjoy the use of cool beauty globes during different phases of the facial to calm the skin. Also try using lukewarm or cool towels to avoid redness. The client will appreciate microfiber towels for cleansing and product removal, as they do not tug on the skin like traditional towels.

Other treatments that need to be altered with sensitive skins are extractions, microderm and high frequency. Extractions can still be done, but they may be more painful for clients with sensitive skin. It may be necessary to cool down these areas immediately to calm potential inflammation. Patch testing will need to be done with a microderm device, and the power should be set

can lead the client to seek medical help to calm their skin. Gentle enzymes may be a better choice. Also be aware that abrasive scrubs should be avoided. Try using a gentle creamy polish with very small beads. The cream base will keep the skin calm and hydrated. Hydrating, soothing masks will be beneficial for dry skins, and gentle acne products with low doses of salicylic, totarol and specialty

INDIVIDUALS WITH SENSITIVE SKIN ARE QUICKLY BECOMING THE MAJORITY OF THE CLIENTS WE SEE IN OUR TREATMENT ROOMS.

extremely low, followed by a cooling, soothing mask to avoid redness. High frequency can be used on bare skin, but it is recommended to use some type of gauze or cloth on sensitized skin. Do not use on skin that is red or inflamed. Beware, know all the client's health factors before using microderm, high frequency or any other machine. There could be complications from medical treatments and medications that need to be factored in.

Products in the treatment room play an important role in services for sensitive skin types and avoiding reactions. Avoid aggressive peels, especially peels in solution form, as they will tend to penetrate sensitive skin deeper, and cannot actually do the intended peeling but cause a reaction. At times, this

ingredients like glycyrrhiza inflata root extract (licorice) will be helpful in healing sensitive acne breakouts.

It is wonderful to get the client's skin in good form in the treatment room, but educating the client about their home care is necessary to continue keeping their skin in check. Simple reminders to use microfiber cloths, cleanse the skin every night, apply SPF daily and not to take steamy showers or baths are most helpful. The products for home care should include hydrating, anti-inflammatory, anti-microbial, antibacterial and anti-aging ingredients, but at a lower dose so as not to cause reactions.

Ingredients beneficial to sensitive skin and those which help the conditions of
continues

BENEFICIAL INGREDIENTS FOR SENSITIVE SKIN

Inflammation	Hydration	Anti-glycation	Rashes	UV or UVB Protection
Niacinamide	Sodium Hyaluronate	Carnosine	Aleurites Moluccana Seed Oil	Zinc Oxide
Red Algae	Joboba Oil	Blueberries	Beta-Glucan	Emblica
Ginger	Rose Hip Oil	Pomegranate	Hydroxyphenyl Propamidobenzoic Acid and 4-t-Butylcyclohexanol	Ferulic Acid
Vitamin D	Pearl Powder	Pueraria Mirifica Extract	Calamine	Milk Thistle
Horse Chestnut	Indian Sienna	Plantago Extract	Calendula	Thermus Thermophilus Ferment
Comfrey	Olive Leaf	Benfotiamine	Willow Bark	Mugwort

inflammation, dehydration, sun protection, glycation and rashes also need to be calming and restorative.

Individuals with sensitive skin are quickly becoming the majority of the clients we see in our treatment rooms. It is very important to ask these clients several questions in order to determine

the best alterations in treatments and products for their unique skin. As professionals today, we need to look at what they are using at home for products, the time between the last type of professional treatment (or even at-home peel) they have had, recent exposure to sun, medications and other health chal-

lenges. Each one of these questions will have its own set of conditions that can make the client's skin sensitive.

If we remember that every client is unique and alter the products, machines, massage intensity and movement to meet their needs, we can create a positive treatment for any client, whether they are going through a long or short term period of sensitivity. ■

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