

WHY DIGITAL DETOX?

Computers, cell phones and other digital devices make life more convenient in many ways, but constant digital stimulation can overtax the eyes, neck, hands, arms and even the brain. This can lead to increased stress levels and lack of sleep, which can dull the appearance of the skin and accentuate signs of premature skin aging.

A Digital Detox service gives the mind and body a break from digital overstimulation.

Benefits can include:

- less toxic stress
- more mindfulness
- a deeper connection to other people
- increased creativity
- more restful sleep
- better skin

Lowering stress can help decrease the skin's reactivity, while restful sleep can provide dramatic effects on the skin due to increased blood flow. Increased downtime through a Digital Detox service also allows the skin to switch from "defense mode" to "regeneration mode," so it focuses more on repairing and renewing itself. As a professional skin therapist, you can take advantage of this time to apply restorative ingredients such as vitamins A, C and E, which are found in many of our products (MultiVitamin Power Firm, MultiVitamin Power Recovery® Masque, Multivitamin Power Serum, etc.). These vitamins help accelerate the skin's natural repair process, strengthen elasticity and improve smoothness while defending against Reactive Oxygen Species (ROS – free radicals).

ProSkin 60 time-tailored treatments are truly revolutionary because they are customized by you at every step, based upon your client's consultation and Face Mapping® skin analysis. Using a unique modular approach driven by your knowledge and expertise, ProSkin treatments place the power to change how clients value and care for their skin in your hands.



reboot.
recharge.
revitalize.

Digital Detox

proskin 60 enhancement

WHAT IS A DIGITAL DETOX?

A Digital Detox is a customized ProSkin 60 service enhancement that allows your client to disconnect from the digital world and reconnect with the power of touch – all while you transform their skin to its healthiest-looking state ever.

This treatment not only addresses your client's top skin concerns but also shows how Dermalogica promotes a healthy lifestyle by offering your client time to cleanse from digital pollution.

DIGITAL DETOX PROTOCOL

The Digital Detox service enhancement is based on the ProSkin 60 modules with customization.

1. Double Cleanse (including Face Mapping®)

2. Resurfacing

3. Touch Therapy

4-5. Digital Detox

This is the portion of the treatment that allows your client to completely disconnect with the outside world and reconnect with themselves.

- 1) Begin with the application of the appropriate **IonActive™ Serum**.
- 2) Apply the **Contour Masque** using the following technique:



a) Place tissues around the client to protect linens and headband.



b) Apply **Colloidal Masque Base** on the face, followed by **MultiVitamin Power Recovery® Masque**.



c) Apply gauze over brows, lashes and then over the entire face.



d) Mix the **Contour Masque** and lay it over the entire face, leaving the nostrils uncovered.

- 3) Let the client rest for 20 minutes.



If you are not comfortable with the Contour Masque, forego it and place the weighted eye pillow over the eyes.

6. Dermal Layering

Every treatment should end with this module, which prepares your client to leave with their healthiest-looking skin and our signature “Dermalogica glow.” Now is the time to apply and layer any finishing products that should remain on your client's skin for the rest of the day.

Your client should feel **rebooted, recharged and revitalized!**