

FARADIC

REFERENCE MANUAL

carlton. professional

Setting the standard in electrotherapy equipment



Faradic is a totally transistorised passive muscle exerciser with 10 outlets feeding 20 electrode pads. It provides a form of passive muscle exercise. Shortening and tightening the muscle, thereby producing inch loss

Includes:

2x 25mm Facial electrodes and holder

16x 100mm electrode pads

4x 75mm electrode pads

10x 1700mm connecting leads

14x Elasticated body straps

1x Tape measure

1x Client alarm switch


We consider a purchase from Carlton Professional to be the beginning of a valued partnership

Welcome to Carlton Professional

Our business has manufactured professional beauty therapy equipment and furniture in the UK in our Sussex factory for over 40 years. In that time, our production has been used in the best training colleges around the world and many of the world's leading salon and spas.

Our range continues to evolve, with the addition of the very latest Carlton 'Concept' machines, that have seen the latest technologies of Radio Frequency and Electroporation added to our extensive range of treatment options. Our treatment product range that include specialist ampoules, ionised gels and serums, alongside pre and post treatment products perfected for every client, make Carlton Professional an affordable and profitable option for every salon and spa.





By partnering with **Carlton Professional**, you will have the support you need to grow as an aesthetic therapist, and as a business.



Feel reassured about gaining insurance cover, receive adequate knowledge and training, offer clients cutting edge technology, and receive the support you need as a therapist.



At Carlton Professional we offer you finance opportunities on purchasing, full training with purchases, Marketing support and help, launch event, ongoing events.



Be sure to book your launch event in today to help get your Carlton Professional treatment courses selling, and your clients looking fabulous!

Why our stockists choose Carlton Professional

Carlton team

A team passionate about creating excellent products and delivering a great service

Carlton quality in product manufacturing

Innovative, user-friendly products based on international scientific research.

In-house research & development creating advanced products that deliver results.

Use of high-grade raw materials and concentrated active ingredients.
No animal testing. Mineral Oil, Lanolin, Artificial Fragrance and Formaldehyde are Not used in our products.

Insistence on highest standards of manufacturing practice and quality control.

Carlton professional training

Education and support from dedicated training professionals.

Access to first rate training materials and literature.

Additional online support offered via interactive website

Carlton pricing

Highly attractive profit margins on retail products and professional treatments, making it a very viable business proposition.

Support for your **Carlton** business

Regular newsletters.

Access to a dedicated business website.

Advice on your salon via our consultation service.

Carlton promotional strategies & marketing materials

Sophisticated high profile marketing campaigns.

Great range of branded goods, as well as training and marketing materials.

Flexible systems which can be adapted depending on the salon space available.

Free samples with selected purchases.



The basics of Faradics

Faradic treatment delivers a low faradic current into the skin and muscles stimulating nerve endings to provide a muscle contraction, it is used to tone and tighten the muscles of the body. A major positive for this treatment is that it is a passive exercise method, affording clients to relax on the couch whilst the faradic machine exercises their muscles for them. The treatment can be targeted to work muscles in specific areas creating intensive results. Faradic treatments will not increase the heart rate therefore cannot be classed as a cardio-vascular form of exercise.

If used in conjunction with a healthy diet and exercise Faradic therapy can help to reduce inches. (But not necessarily weight)

This type of treatment can increase the muscles ability to work for longer periods without tiring.

Blood circulation and lymphatic flow are improved because of the muscular pumping actions

The metabolic rate of cellular activity is increased, so the condition of the muscles and growth & repair of tissues is stimulated.

How does Faradic current work?

Faradic was initially introduced as a medical treatment for use within hospitals and physiotherapy clinics. It was used to stimulate muscles of bed-ridden patients, and those who needed to exercise for rehabilitation but were unable to do so. Faradic was a starting point to get immobile muscles moving.

In the salon, it has several benefits; it can be used to reduce signs of visible ageing, or to help prevent signs of ageing. It can strengthen the muscles, it can lift, tighten and firm the muscles resulting in a smoother silhouette

Frequency Explained

Frequency is measured in HERTZ (HZ).

One Hz means a current is oscillating up and down ONCE per second.

250,000Hz means a current is oscillating up and down 250,000 times per second!

The higher the Hz setting, the more times a current has to go up and down per second. Therefore it limits the depth to which the current can reach into the tissues.

The HIGHER the Hz, the more SUPERFICIAL the treatment will be.

The LOWER the Hz, the DEEPER the treatment will be.

Starting settings for the Body: 90Hz

Starting settings for the Face: 120Hz

Pulse Width is measured in Micro Seconds.

The longer the time, the "stronger" a contraction will feel.

The shorter the time, the "gentler" a contraction will feel.



Because we are utilising a current to contract and relax the muscles of the body, face & neck, we can liken Faradic treatments to a gym workout, gaining similar visual benefits without putting in any of the physical effort! The more treatments a client commits to, the more they will benefit.



Ideally we recommend one course of 12 treatments, taken 3 times a week (with at least 24 hours between).

Following on to a maintenance programme, ideally once a week. This is all negotiable according to client availability, financial position, and the results they wish to achieve.



Application

Recommended treatment areas

Face, neck and jawline

Legs/Arms

Stomach

Buttocks

Back

Benefits

Reduce signs of visible ageing, or to help prevent signs of ageing.

Strengthens the muscles

Increases ability for muscles to work for longer periods without tiring

Can lift, tighten and firm muscles resulting in a smoother silhouette

Relaxing treatment with minimal discomfort.

Contra-indications

Heart conditions or Pacemaker or any other electrical devices

Metal plates or pins in the area (artificial hip joints etc.)

Cancer

Swollen, infected, or inflamed skin

Varicose veins

Dermatological conditions such as psoriasis and eczema.

Thrombosis

Pregnancy.

Loss of sensation



Therapists providing treatment should conduct a thorough consultation with clients and if they have any reservations about suitability for treatment should refer the client back to their G.P.

*Stimulation of the skin and muscle can cause Botox to be broken down faster, we are also stimulating a muscle that is temporarily frozen, this can cause an unusual sensation. Clients should avoid treatment in these areas until Botox has worn off, usually six months.

*Stimulation of skin and muscle may cause Dermal Fillers to move. Avoid until filler has dispersed.

Contra-actions

Some clients may notice the following effects. These are all normal reactions if observed in a mild effect. If any effect is noticed excessively it is vital to cease treatments immediately and refer the client to their GP. In this instance, be sure to take photographs, and fill in an accident book in accordance with your insurer's instruction.

Mild discomfort

Erythema (Redness)

Warm, or what appears to be over-sensitised skin

Mild Erythema will disappear a few hours after the treatment though either is rare, and you may want to consider and consult with client as to whether the treatment is right for them.

Client after care recommendations

Clients must avoid direct sunlight and commit to using SPF 30+, directly after, and during their treatment course for best results.

SPF30 protects up to 96% from UVA

SPF50 protects up to 98% from UVA

UVA penetrates the skin through to the dermis and breaks down the collagen. This is called “photoageing”

Recommended skincare products

MONUSKIN Hydrating Moisturiser SPF15

MONUSKIN Tinte Moisturiser SPF15

MONUSKIN Recover Balm

MONUSKIN Rich Cream Cleanser

MONUSKIN Deep Repair Complex

MONUSKIN Instant Soothing Serum

MONUSKIN Nourishing Treatment Oil

MONUSKIN Flash Relax Mask

MONUSKIN Lip & Eye Active Lift



If you are performing a treatment, designed to increase collagen production, then the client **MUST** be applying an SPF. Otherwise, as soon as they leave the clinic, they are undoing all the work you/they are trying to achieve



Clients should avoid treatments that expose them to excessive heat soon after treatment, such as sauna/steam/sunbed. Vigorous exercise



Clients should adhere to a strict skincare regime for best results, and use a regular collagen inducing/hydration inducing medium such as hyaluronic /collagen serums



Clients should drink two litres of water per day throughout course. Ask your client to drink half a litre just before coming for each treatment





Faradic instructions and care guidance



Application using an Alternating Current

Applying Faradic therapy utilising Alternating Current stimulates nerve endings, circulation and muscle fibres. This in turn will cause an involuntary contraction in the muscle fibres.



1. Ensure the machine is off at the back.
2. Insert all your 67" connecting leads into the front of the machine. Newer style machines are colour coded, and the appropriate coloured lead should be inserted into each outlet.
3. Each lead has one red and one black miniplug. Insert the plugs into Faradic pads of the corresponding colour, ensuring they are properly inserted.
4. Each pad should be wiped with Electro Lotion to ensure good conductivity.
5. Apply the pads to the appropriate muscles for the treatment, following the "BIRO" rule
B: Black I: Insertion R: Red O: Origin
6. Ensure every pad is well strapped down with the elasticated body straps, and that none of the pads overlap.
7. Turn the machine on, and choose your machine settings.



The timer **MUST** be set – otherwise the machine will not work!

The maximum recommended time is 40 minutes.



Intensity: All dials MUST be set to ZERO.

They must be "Clicked" off – otherwise the machine will not work!

Choosing Your Settings

You will need to set your **Pulse Mode; Contraction Time; Relaxation Time; Frequency; Pulse Width; Intensity**



PULSE MODES

Bi Phasic Regular Pulsing:

This means the current is coming from both the RED and the BLACK pads, and is pulsing regularly.

Mono Phasic Regular Pulsing:

The current is coming FROM THE BLACK PAD and travelling toward the RED pad. It is also pulsing regularly.

Bi Phasic Irregular Pulsing:

The current is coming from both the RED and BLACK pads, and it is pulsing IRREGULARLY – in groups of 2 contractions, and groups of 5 contractions.

Mono Phasic Irregular Pulsing:

The current is coming FROM THE BLACK PAD and travelling toward the RED pad. It is pulsing IRREGULARLY in groups of 2 contractions and groups of 5 contractions.



CONTRACTION TIME

This is measured in SECONDS. If your client very poor muscle tone, and has not exercised in a long time, start their treatments at 1.5 seconds contraction.

For clients with better muscle tone, 3 seconds contraction is fine.



RELAXATION TIME

This is measured in SECONDS.

Relaxation must be the same as your contraction setting, or even a little bit longer
Ensuring a long enough rest period between contractions reduces the risk of muscle fatigue and cramping.



FREQUENCY

The HIGHER the Hz, the more SUPERFICIAL the treatment will be.

The LOWER the Hz, the DEEPER the treatment will be.

Starting settings for the Body: 90Hz
Starting settings for the Face: 120Hz



PULSE WIDTH

The LONGER the time, the “STRONGER” a contraction will feel.

The SHORTER the time, the “GENTLER” a contraction will feel.



INTENSITY

Intensity is measured from 1 to 10, as a percentage of the unit’s potential power.

Every intensity for every muscle on every client is different. Therefore, no minimum or maximum intensities can be given.

Turn UP intensity in CONTRACTION, until movement is seen on the surface of the skin.

Turn DOWN intensity in RELAXATION.

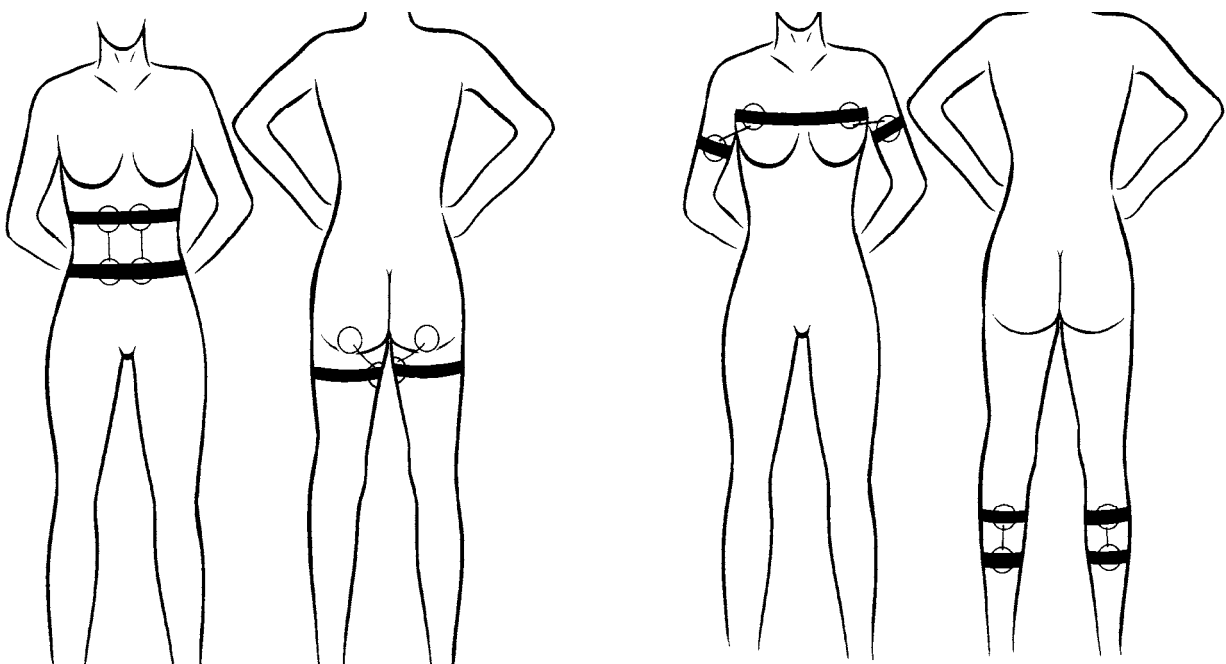
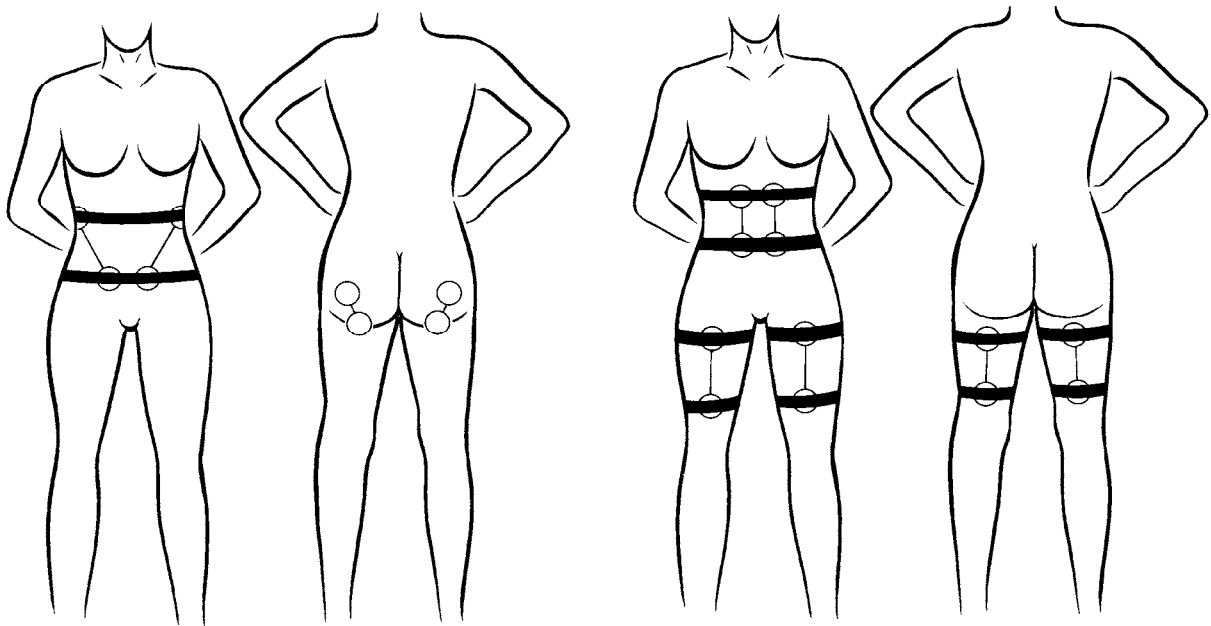


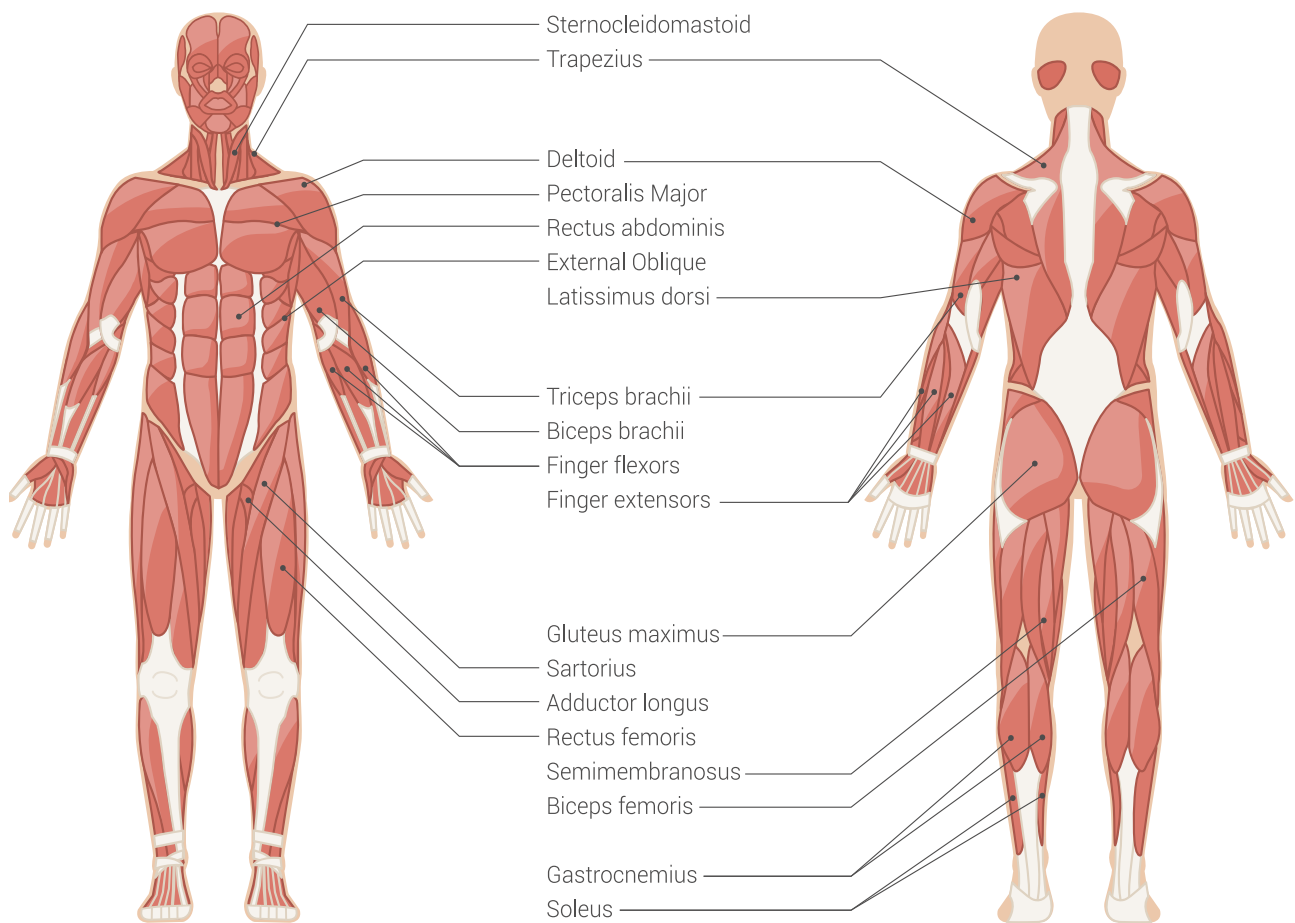
PADDING LAYOUTS

At Carlton Professional, we suggest Longitudinal Padding as our preferred method of padding, and the following diagrams detail our suggestions for some padding layouts.

If padding longitudinally, the Bi Phasic modes will give tone and definition to the muscles. The Mono Phasic modes will lift the muscles, as long as the pads have been placed correctly.

If using Split Padding, Bi Phasic should be used..





TURNING THE UNIT ON

There are 2 safety features on the Faradic machines. The unit will not work if the timer has not been set. The unit will not work if any of the intensity dials are turned on.

Ensure THE TIMER IS set.

Ensure all the intensity dials are “clicked” to ZERO.

When you press the START/RESET button, the unit will start to work.



TURNING THE UNIT OFF

You can safely stop the treatment a number of ways:

- ✓ Let the timer run to zero and the contractions will stop
- ✓ Force the timer to zero
- ✓ Press the Start/Reset button
- ✓ Press the Hand Switch
- ✓ Turn the unit off at the back
- ✓ Turn the intensity dials down one by one in Relaxation.

Facial technique

A facial treatment designed to stimulate the motor points of the muscles in the face and neck. This will in turn provide a lifting, toning effect.

Frequency of treatment



Twice a week for 10 treatments, with a minimum of one facial a month as maintenance.

Treatment Timings



Treatment with the electrodes should take approximately 15 minutes. This can be combined with other electrical or manual facial treatments, according to the client's skin tolerance.

Machine Settings



The settings that follow detail the starting point for the first treatment, and are suitable for the majority of clients. These can all be adjusted according to the client's tolerance.

Contraction: 1 Second

Relaxation: 1 Second

Frequency: 120hZ

Pulse Width: 90µS

Facial Treatment Routine



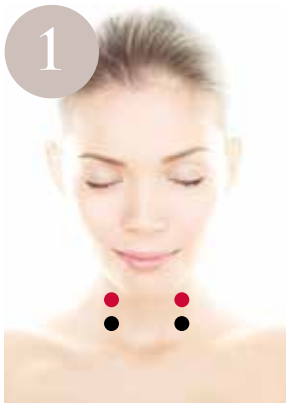
Turn up the intensity dials in CONTRACTION only, until a gentle movement on the surface of the skin is obtained. A gentle pulling of the skin in the area of stimulation is sufficient. Exaggerated movements of the facial contours should be avoided, especially around the eye area.

Exercise each muscle motor point 6-10 times.

Repeat the routine 3 times.



The facial electrodes should be kept in the facial block at all times during treatment. They should only be removed to clean the electrodes, and to insert the pin plugs if necessary.



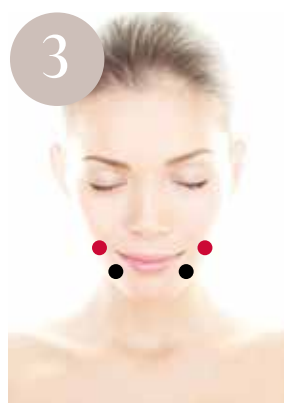
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STERNOCLIEDOMASTOID



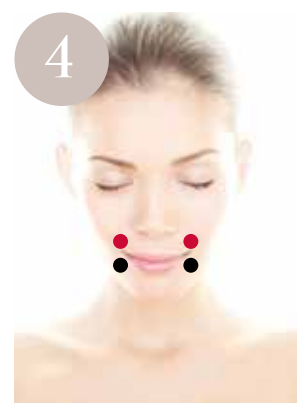
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PLATYSMA



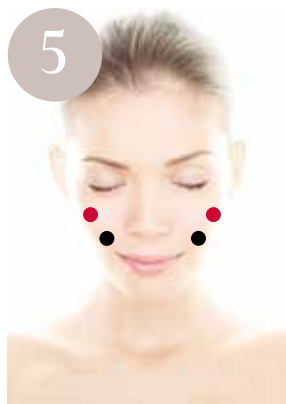
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MASSETER



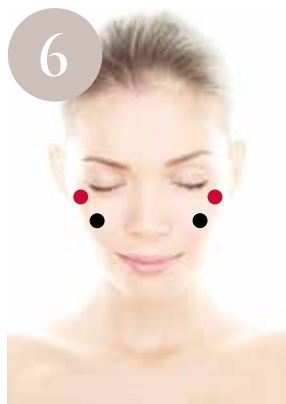
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OBICULARIS ORBIS



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RISORIUS



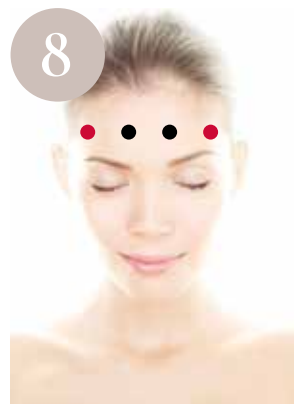
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ZYGOMATICUS



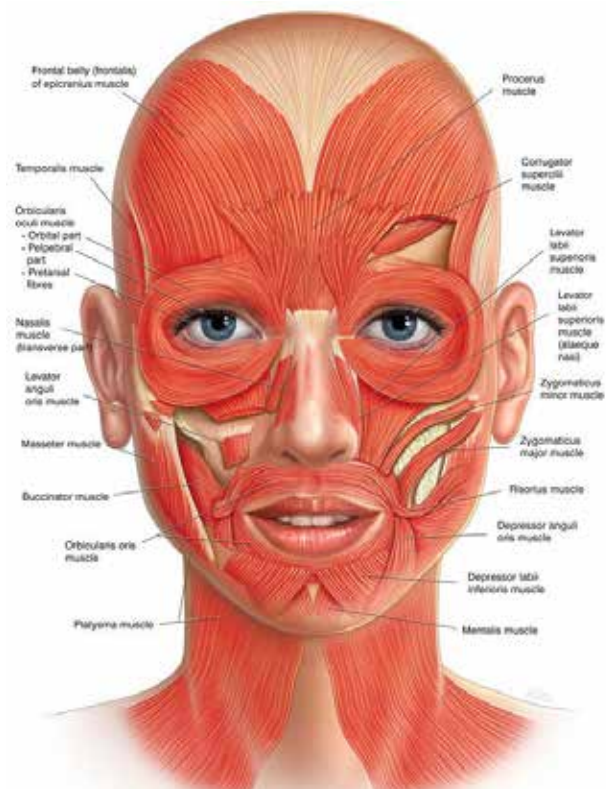
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OBICULARIS OCCULI



8

FRONTALIS





How to sell the treatment

- ✔ For best results courses should be taken in twelve sessions, every 5 days. For the purposes of pricing, you wouldn't treat for any longer than 30 minutes in a session, and then add time, depending on which treatments/products you team it with

- ✔ So that you can be commercially attractive to all budgets, we would generally recommend you also offer shorter courses. We also suggest an introductory offer to get clients in for that first treatment, giving you the opportunity to upsell a course to them

- ✔ Offer courses of 6 and 12.
Offer 4 for the price of 3 as a one off "try me" promotion

- ✔ Create a Meso Lift Pro Facial as per procedure taught

- ✔ Create a Meso Lift Pro Deluxe as an extended procedure with added massage, Occlusive mask, and ampoule

- ✔ Create a bespoke facial with added electrical treatments, masks, ampoules, serums. Tier the facial, Platinum, Gold and Silver - price accordingly

- ✔ Combine with our RF Pro machine for the ultimate electrical anti-ageing treatment
