



# RF PRO THERMA VISAGE

---

REFERENCE MANUAL

# AIMS AND OBJECTIVES

---

- To understand the Carlton Professional brand
- How Therma Visage works
- Understand the structure of the skin
- To learn RF benefits
- Recognise treatment contra-indications
- About the Therma Visage machine
- Understand machine care
- Treatment application techniques
- Client aftercare
- Treatment routine

# 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.

[www.carltonhub.com](http://www.carltonhub.com)

For further information on MONU skincare please visit [monuskin.co.uk](http://monuskin.co.uk)



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.

# THERMA VISAGE PRO

---

The Carlton professional Therma Visage Pro is a 3 in 1 system, combining Radio frequency (RF), Vacuum suction and Chroma therapy. It can be used for face and body treatments and will give immediate and long lasting results.

It is results driven, non invasive technology that is completely different to other traditional anti ageing treatments. It is a simple yet effective treatment to administer and is the perfect transition from salon/spa to the world of aesthetics.

RF delivers a gentle heat, deep into the dermis at approximately 38-41 degrees. This contracts muscle fibres to produce more collagen.

Vacuum suction allows detoxification and remodelling of the features

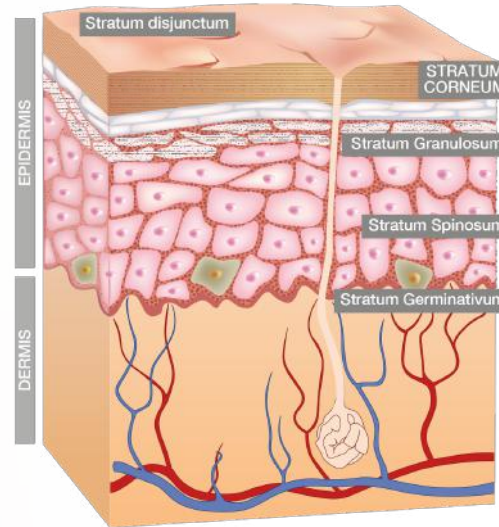
Chromotherapy enhances the effect of the treatment (RED- rejuvenating, increases blood flow, increases cell turnover. BLUE- eliminates toxins, soothes, reduces swelling)





## Structure of the skin

It is estimated that our skin is made up of around 70 trillion skin cells making it the largest organ of the body. It gives us our shape by supporting all of our internal organs, bones and blood and provides a waterproof covering. The thickness of the skin can vary, the thinnest skin is around the eyes and eyelids, and is approximately 0.5mm, the thickest skin is found on the soles of the feet and can be up to 4mm in thickness. The epidermis is a vascular, nourished by diffusion from the dermis below it.



The renewal of skin cells, or **Keratinisation**, on average takes 28 days, however, after the age of 36, your age represents the number of days the process of keratinisation takes.

## Epidermis

The **epidermis** is made up of six layers, each plays a different part, and these layers are called **Stratum Germinativum** – This is the deepest layer of the epidermis, also known as the Stratum Basale. It is within this layer that a process called mitosis takes place.

Mitosis means cell division and that's exactly what happens, the cells divide making more new fresh, plump cells, it is here when the cell are first created that they are at their most receptive. As this process of mitosis happens, the older cells start to move upwards through the layers towards the surface. In this layer, blood vessels connect to the dermis and this is where, through deep product penetration to the epidermis, we are able to communicate with the dermis via this layer. The Stratum Germinativum also contains melanocytes; these are melanin producing cells which provide the body its natural protection against harmful UV rays.

**Stratum Spinosum**– This is where the first stage of keratinisation takes place. Cells are pushed up from the Stratum Germinativum and begin to flatten slightly then start to synthesis keratin. This layer is also known as the prickle cell layer. Lipids are present in this layer; these lipids create a hydrolipidic barrier between the Stratum Granulosum and the Stratum Lucidum, which prevents dehydration.

## Function - Epidermis

The whole process of a single cell moving up through the layers of the skin, takes approximately 28 days.

The epidermis is connected to the dermis by an undulating surface, due to this undulating surface; it gives a larger surface area, where all biological changes and nutritional exchange can take place. As we age, the epidermis and dermis start to separate, therefore causing all chemical reactions and processes to slow down quite dramatically, a classic example of this would be skin healing. When we are young, if we cut or graze the skin, it heals very quickly without too much trouble, however as we age, the process of healing can take much longer, meaning the skin is susceptible to infection. Therefore, as we age, it is even more important to ensure we are taking care of our skin and treating it correctly.

The epidermis has a chemical protection called the acid mantle on its surface. The acid mantle is made up of sweat and sebum and these acts as a fungal and bacterial deterrent. The acidity of the skin helps to neutralise the chemical effects of contaminants, this is why skincare products are slightly acidic so as not to disrupt the skins balance. Free radicals constantly attack our skin and can weaken this natural barrier; this is why it is so important to protect our skins from the sun.



## Structure - The Dermis

Within the dermis there are two layers, the lower layer is called the reticular layer, it is this layer that gives the skin its overall strength and elasticity, it has courser elastin fibres and denser collagen bundles.

Above the reticular layer is called the papillary layer. This layer contains smaller looser collagen and elastin fibres. This layer has a rich blood supply and nerve supply which provides the basal layer (or Stratum Germinativum) of the epidermis with sensation and nutrients.

## Function – The Dermis

Within the dermis are a number of specialised cells, all with important functions to carry out. Eccrine glands are the primary sweat glands of the human body; they produce a clear, odourless substance consisting mainly of water. Hair follicles are also found in this layer, attached to the hair follicles are little muscles called erector pili, these muscles lift the hair when the body gets cold to trap warm air and retain heat, and as you would expect, the muscles relax to flatten the hair to cool the body.

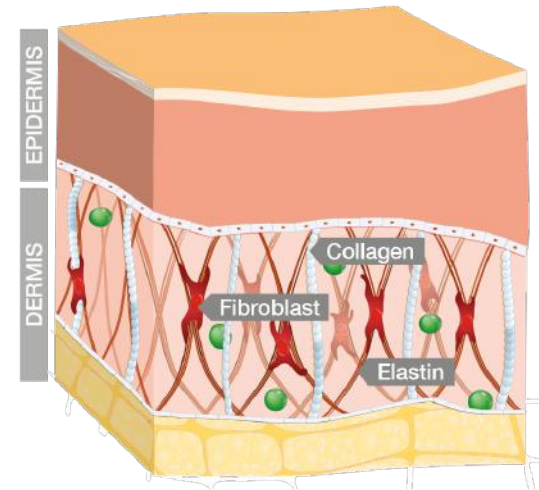
Nerves are also located in the dermis and enable the body to respond to pain, temperature, touch and pressure.

The proteins **collagen** and **elastin** are found in both layers of the dermis, but both have different effects on the body –

**Collagen** – Maintains the tone and structure of the skin because the molecules are rigid and resistant to stretching. It is made up of three polypeptide chains wrapped around one another as a triple helix.

Collagen is formed in **fibroblasts** within the dermis, this can breakdown within the skin. The main cause of this is due to the enzyme Collagenase. This breaks down old collagen at a precise rate, however, this rate speeds up with sun damage, exposure to free radicals, age and UVA exposure (which is an inhibitor).

**Elastin** – Gives our skin resilience, keeping it toned, tight and springy. Like collagen it is produced by fibroblasts and forms a network of elastic tissue. The breakdown of elastin is what causes the skin to sag. Again, like collagen, elastin can also breakdown, the enzyme elastase is responsible for this breakdown under normal conditions, however with free radical attack, advanced ageing and sun exposure, this breaking down process will speed up resulting in an increased loss of elasticity within the skin.



# RADIO FREQUENCY

---

## HOW IT WORKS

RF generates heat deep within the dermis from 36-37 degrees to 38-40 degrees, causing the collagen fibres to shrink and contract giving a tightening effect.

The treatment heads have 4-6 metal contact points that touch the clients skin. These alternate from a positive to a negative current at approximately 800,000 times per second. The cells try to line up with this fast, alternating current. Think of it like an exercise class in the dermis! This produces heat which stimulates cells, and in turn makes them produce collagen and elastin within a faster cell renewal cycle.

As the heat reaches the dermis, it is just hot enough for the body to think it is under attack and trigger collagen and elastin production.

It also works on fat cells, putting them under compression until they disperse, causing refinement of contours on the body and jawline.



## Recommended treatment areas

Face, Neck and Décolletage

Double chin/Jaw line/Jowls

Under eye area and brow lift

Nasal labial folds

Marionette lines

Frown Lines/Crows Feet

Cheeks

Stomach area

Upper inner arms

Inner thigh area

Sagging knees

Bum lift

# TREATMENT BENEFITS

## Face

- Great for hooded eyes
- Lines and wrinkles
- Tightening jawline
- Increased collagen and elastin production

## Body

- Cellulite reduction
- Toning inner thighs
- Tightening and smoothing skin
- Body contouring

# Contraindications

- Heart conditions or Pacemaker or any other electrical devices
- Metal plates or pins in the area (artificial hip joints etc)
- Cancer
- Thyroid disease and other hormonal disorders
- Deep vein thrombosis, varicose veins, inflammation of the veins, phlebitis
- Psychological disorders (referring mainly to schizophrenia)
- Endocrine disorders (Pheochromocytoma etc)
- Hypersensitive skin or heat sensitivity
- Pregnancy and/or breastfeeding
- Skin diseases and infections/eye infections
- Cuts, abrasions, bruises
- Diabetes
- Epilepsy
- Very high blood pressure
- Muscle paralysis
- Blood thinning, anti-coagulant medication
- Rosacea or excessive dilated capillaries
- Excessive or very apparent surface vascular presence
- Fillers and Botox (to be discussed)\*
- Blood disorders (HIV/AIDS)
- Cellulitis

# 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.



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.

MODE BUTTONS  
Top – Constant pulse  
2nd – Fast pulse  
3rd – Slower pulse  
4th – Slower pulse



The machine will automatically know which head is plugged in and adjusts the settings accordingly

# RF PRO THERMA VISAGE

The RF PRO THERMAVISAGE is a new technology to the beauty world and offers a non invasive advanced facial. The machine can be used on its own or with a stand (purchased separately).

## The RF PRO machine comes with 4 heads

- 2 x Small for the face (one red, one blue)
- Intermediate for chest, arms, stretch marks
- Large for the body -buttocks/stomach/legs

*All treatments must be performed with our contact lotion which is a glycerine based cream formula. It allows for maximum glide of the treatment heads across the skin and allows current to conduct effectively into the tissue.*

# MACHINE MAINTENANCE

---

- Clean heads with anti bacterial wipes after every treatment
- Once a week use a wire brush to clean centre of head.
- Do not use surgical spirit on machine
- Store head on holder and place on base or stand
- Replace cotton wool filter in back of machine.  
If replacing too frequently you are using too much product.

# APPLICATION TECHNIQUES

- **FACE**

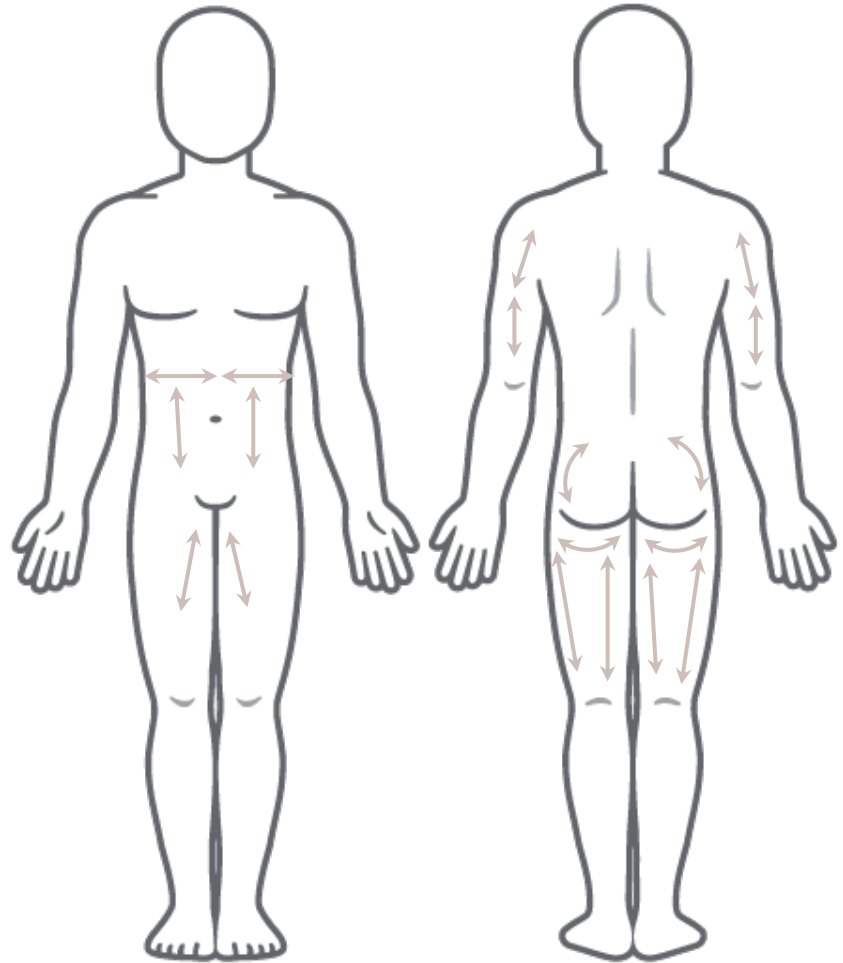
- Use very light pressure
- Use small heads
- Work in small areas
- Use quick strokes and don't overlap treatment area
- RF set to 5  
(6 on jawline, down to 3 on eyes)
- Apply contact lotion to half of the face
- Avoid thyroid, windpipe and carotid artery



# APPLICATION TECHNIQUES

## BODY







- Use firm pressure
- Use intermediate and large heads
- Work following contours of body
- RF set to up to 8
- Avoid lymph nodes





# CLIENT AFTERCARE

---

-  Avoid direct sunlight and wear SPF daily
-  Avoid excessive heat such as sauna/steam room
-  Avoid vigorous exercise
-  Drink at least 2 litres of water a day
-  It is strongly recommended that the appropriate MONU homecare should be used to achieve maximum results within the skin
-  Avoid applying makeup on the skin for at least the remainder of the day



Treatment is best taken as a course of 6-8 or 10-12

A gap of 4 days must be left between treatments

Monthly/6 weekly treatments are needed following treatment course

Results last around 1 week after first facial and will continue after the course has finished

# TREATMENT ROUTINES

## **RF Lunchtime Treat** *(45 mins)*

- Cleanse
- Tone
- Apply contact lotion
- 30 minutes RF
- Remove contact lotion
- Eye cream
- Lip balm
- Serum
- Moisturiser
- Rosewood reviving mist

## **RF Treatment** *(75 minutes)*

- Cleanse
- Tone
- Exfoliate
- (Essential compress procedure)
- Apply contact lotion
- 30 minutes RF
- Apply facial oil
- Perform facial massage
- Apply facial mask (leave for 10 minutes)
- Scalp massage
- Remove mask
- Eye cream
- Lip balm
- Serum
- Moisturiser
- Rosewood reviving mist