

Cryofacial™



What is it?



The Cryofacial™ is a cryogenic treatment, in which a controlled beam of vaporized liquid nitrogen is used to freeze the skin of the face, scalp, and neck area.

The scalp and neck area are included in the facial treatment, to maximize stimulation of temperature.



Benefits of Cryofacial™

***Vasoconstriction causes pore sizes to be decreased**

***Collagen production is stimulated, which tightens the skin
and reduces wrinkles**

Toxins in the skin are reduced by increasing blood flow

**When treating the scalp: hair growth is stimulated,
by increasing blood flow**

Reduces *inflammation and puffiness of the skin

***see slide with terms & definitions**

Key terms & definitions



*Collagen:

Collagen is the name of the proteins that are located in the skin and other parts of the body. Collagen is responsible for making the different parts of the face appear supple and tight. A cryofacial removes a very small portion of the cells from the surface of the skin that is being treated. The cold also penetrates below the surface. This causes the body to react by creating more collagen and new cells. The result is that skin appears younger. This development of collagen in the face and neck occurs naturally in response to the cryofacial although time will eventually cause the new cells to fade. Repeating the treatment will trigger new growth.

*Vasoconstriction:

Vasoconstriction occurs when the blood vessels tighten and become smaller in order to reduce the circulation in an area.

Vasodilatation is the opposite of this process where vessels open wider to increase blood flow. A cryofacial causes **vasoconstriction** initially in response to the cold. This reduces the appearance of large pores and tightens the skin temporarily. The subsequent **vasodilatation** that occurs causes more oxygen and nutrients to be carried to the area. This increases collagen production and gives the skin a healthier appearance

*Inflammation:

Inflammation (also known as swelling) is part of the complex biological response of vascular tissues to harmful stimuli, such as pathogens, damaged cells or irritants. The classic signs of acute inflammation are pain, heat and redness. Inflammation often causes detrimental processes in the body that degrade collagen and prevent the natural growth of new cells. Regular Cryotherapy will assist the body in regulating these processes. The initial vasoconstriction that occurs helps to reduce inflammation in the face and neck. People who are suffering from a chronic condition like eczema will see noticeable improvements after a cryofacial. This will also help to improve the long-term health of the skin on the face, neck and scalp.

Recommended use of levels

Level 1 & 2

Slow and close

Apply beam of cold air close (1 inch) over forehead, eyes, checks, lips, chin, neck
Repeat 2/3 times

Level 3 & 4

Just in the middle

Apply beam of cold air similar to the first level just from a little bit further away. Use faster movements. Ideal for treating neck and chest area

Level 5 & R

Far and fast

Apply beam of cold air on every part of the face with a 7 inch distance. Level 4, 5, and R are ideal to treat the scalp, depending on thickness of hair

How to do the treatment



- The local device has six intensity settings
- As the setting is increased, the force of the beam is increased and temperature is decreased.

i.e. Setting 1 allows you to go over the face a bit more slowly and closely, without running the risk of a burn

*Keep in mind that setting 1 will be colder, if used immediately after setting 4 or 5

- Generally, settings 3-5 are used when treating the scalp (depending on thickness of hair)
- Settings 1-4 are used to treat the face and neck area, depending on the clients sensitivity

Cryofacial™ Techniques



Start with a higher lever: The elephant needs up to one minute to cool down and reach the desired cold temperature. Do the first one/two minutes on a higher level & with faster movements. Once the skin has gotten use to the temperature go down to a lower level & use slower motions.

Individually addressing clients needs: Some clients like a more intense cold, others prefer a mild cold. Some clients like to focus more on the neck, others around the eyes.
Key: never keep the nozzle too long in one spot.

Time Frame: Between 10 – 12 minutes seems to be long enough to get a “glow” and tightened feeling of the skin.
Product: You may use a facial cream after the Cryofacial™ or give a sample for home use, but it is not necessary as the treatment is also effective on its own.

Cryofacial™ Techniques



Avoid the ears unless the client specifically would like to treat them as well, in which case the ear ways can be blocked with cotton balls



Develop a couple varying techniques for going over the face, in order to increase client relaxation and satisfaction with the treatment. Having more than one technique will also aid in decreasing the risk of a burn



Use different motions and play with the levels: switch between small circular motions and brush stroke patterns. In both instances, it is best to follow the contour of the face.

***Tip:** With continuous use, the nozzle of the hose may freeze up, disrupting the flow of nitrogen. If this happens simply remove the ice from the nozzle, using a dry towel.

Risks of Cryofacial™

- The risk of a Skin Burn is **increased**:

*If the client has too much makeup on, and the technician is unable to see if the skin is blanching (stage before a burn occurs)

*If the cold beam is held in one place for too long

*If the client has had a severe injury to the face or recent cosmetic surgery (especially superficial hematoma). In these cases, the Cryofacial™ can be extremely effective in aiding with recovery. However, extra precautions must be taken during the treatment due to fluids that may be trapped under the skin, which are prone to freezing.