



Integrative  
Esthetician  
Track

— Integrative Dermatology Symposium —



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What is  
**Integrative  
Esthetics?**

**LEARNSKIN™**  
Leaders in dermatology education

# WHAT IS INTEGRATIVE ESTHETICS

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Complementary and Alternative medicine (CAM) in dermatology encompasses a wide variety of methods of diagnosis and treatment that either supplement or substitute for conventional dermatologic practice.

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*-Fitzpatrick's Dermatology in General Practice; 2007*

Expanding beyond conventional esthetics, an integrative approach incorporates various perspectives on skin health, skin imbalances, and the influence of gut, mind, and body connections. Systems like Ayurveda, Traditional Chinese Medicine (TCM), and Naturopathy address skin wellness through diet, stress, and lifestyle management. These holistic practices offer a framework to better identify imbalances in the skin and the body, analyze the skin, and customize treatment protocols to suit your client's needs and empower them to live their best and balanced lives.

## Āyur = Science + Veda = Life



## Ayurveda

The 5,000-year-old tradition of medicine known as Ayurveda, which means the science of life, is the oldest known system of medicine. This ancient science identifies five elements found in nature: ether, air, fire, water, and earth and bridges them to physiology and function in the skin and body. These elements have unique compositions in each person and allow for a personalized approach to the skin's imbalances and treatment protocols. Estheticians trained in Ayurvedic treatments administer balancing therapies to improve skin health.

## TCM

Traditional Chinese Medicine (TCM) dates back to over thousands of years. When incorporating TCM into esthetics, the skin care practitioner seeks to balance their client's Qi, or energy. Skin conditions are said to reflect an imbalance in dual forces known as Yin and Yang.



**Yin = Moisture and Yang = Dryness**

# HOW TO INTEGRATE

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## 1

### Consultation

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The ability to better assess skin physiology, understand how to differentiate treatment based on skin type, color, and tendencies for imbalance.



## 2

### Skin Analysis

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Integrative estheticians make diagnostic choices based on evaluation of the skin's subtle shifts in inflammation, photoaging, and hyperpigmentation to understand the skin on a deeper level.



## 3

### Customizing Treatments

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Integrative estheticians consciously push the boundaries of their knowledge to develop their philosophy. Modalities rooted in Ayurveda, Traditional Chinese Medicine, and Naturopathy enhance conventional esthetics.

Ayurvedic treatments incorporate scrubs, masks, and massages to address everything from skin eruptions to signs of aging. With the growing popularity of Ayurveda's sister sciences, yoga and meditation, many clients have developed an appreciation for these treatments.

#### List of Modalities:

- Kansa Wand
- Marma Point Facial Massage
- Shirodhara



## 4

### Traditional Chinese Medicine

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Estheticians who elevate their practice with TCM attribute reduced wrinkles, rosacea, clogged pores, dryness, and discoloration. All of these conditions are considered to be a qi deficiency.

#### List of Modalities:

- Acupressure
- Cupping
- Gua Sha
- Facial Rollers



## 5

### Naturopathy

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Naturopathic medicine incorporates practices that support the client's overall health; body, mind, and spirit. In addition to addressing the symptom, the naturopathic approach aims to give more tools to the esthetician to address root cause.

#### List of Modalities:

- Herbs
- Hydrotherapy
- Diet
- Exercise
- Massage



In this era where treatment protocols rely heavily on electric modalities, clients are still looking for the best therapies and a more comprehensive approach to care for their skin. Integrative medicine offers an extra edge to have more holistic tools available than with conventional approaches. As clients seek a more whole-body and preventative approach to skin concerns like aging, acne control, and hyperpigmentation, integrative approaches will help estheticians address clients more completely. Integrative estheticians will be best poised to support harmony and in restoring balance to the skin.

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