

# TRAINING MANUAL

## Vacuum Suction face/body



## Vacuum Suction Treatment – FACE

### Introduction

This mechanical treatment uses external suction to lift the facial tissues via small moving cups. The treatment is similar to a massage; however, suction is applied instead of pressure. If performed correctly the treatment is very relaxing. The main use of this treatment is to **stimulate** the **lymphatic** and **circulatory systems**, thus aiding the flow of waste products and tissue fluids from the area to the nearest lymph nodes.

### The vacuum suction machine

The vacuum suction unit consists of a vacuum suction pump that is powered by an electric motor, a selection of cups/ventouses and plastic tubing that is used to connect the two together. The regulating switch controls the amount of pressure exerted on the tissues and the vacuum suction gauge displays this information. The suction effect occurs due to a reduced atmospheric pressure inside the cup. As the air is sucked out, the skin and subcutaneous tissue is sucked upwards. In addition, the machine will also have an on/off switch and most units have a second outlet, which blows out air and is used to spray various preparations.

### Cups and ventouses

- **Facial cups** are available in small to medium and are used for general drainage of the face and neck and to concentrate on areas of fatty tissue on the chin and jaw line.
- **Comedone ventouse** is used to mechanically extract comedones commonly found on the chin and nose area.
- **Flat ventouse** is used to treat expression lines and wrinkles.

### Uses of the vacuum suction treatment

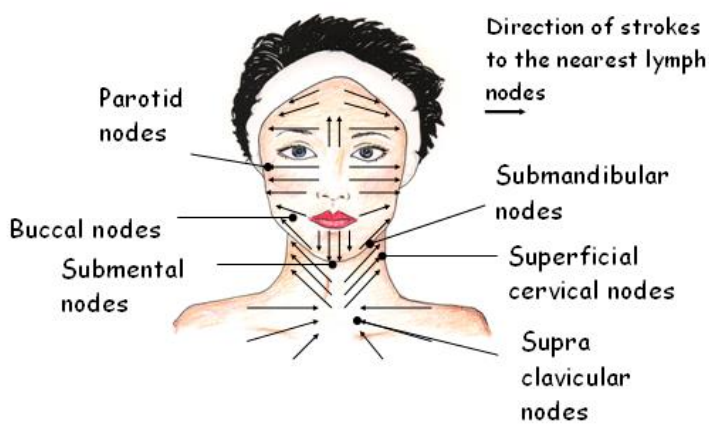
- Improves the condition of a dry skin as the sebaceous glands are stimulated and the dead skin cells are removed.
- Improves poor lymphatic circulation and drain waste products from the tissues.
- Improves poor blood circulation.
- Reduces areas of fluid retention.
- Assists with the removal of fatty deposits for example on the chin and jaw area.
- Improves the appearance and condition of the skin.
- Aids de-congestion of blocked pores and comedones.

### Restrictions to a vacuum suction treatment

In addition to the general contra-indications, the following will restrict treatment in the area:

- Broken capillaries
- Sunburn
- Loose, fragile or crepey skin
- Infected acne
- Delicate or sensitive skin

#### Direction of application for a facial vacuum suction treatment.



#### Importance of applying the treatment in a certain direction

When applying the facial vacuum suction treatment, you should direct all strokes towards the nearest lymph nodes. It is preferable that the strokes are generally applied in an upwards direction as this helps to prevent against the effects caused by everyday gravitational pull.

#### Why Treat in Direction of Lymph Nodes?

- To aid drainage of lymph
- To aid elimination of waste
- To aid elimination of excess fluid
- To aid elimination of excess lymph

#### Precautions

- Always check that the dials are at zero before applying the treatment.
- Test the machine on yourself prior to application on the client.
- Apply sufficient massage medium to the area to allow movement, to provide a seal and to prevent bruising of the tissues.
- Always release the pressure before removing the cup, by removing finger from hole or pushing finger under the cup to break the seal, if not bruising will occur.

- Do not work over the lymph nodes.
- Never exceed a 20% lift in the cup/ventouse.
- Remember to re-adjust the suction when moving from the facial area to the neck.
- Do not over treat an area. (4-6 strokes)
- Choose correct size cup / ventouse for area
- Wipe over cup with surgical spirit
- Check cup is not cracked

#### **INDICATIONS FOR USE – Face**

Deep cleansing

Used after steaming or galvanic on congested skin, to remove comedones / blockages / dead skin cells

Oedema – (non-medical)

Dehydrated / dry skins

#### **How to Deal with Contra-actions**

**Bruising** – this is caused by too much pressure or overtreating the area. Stop treatment, inform reassure client.

**Irritation** – remove product

**Excessive erythema** – apply cold compress

#### **CAUSES OF BRUISING**

- Pressure applied during strokes (always lift)
- Lifting cup off area without releasing suction first
- Pressure too high
- Area over treated

#### **Evaluate Effectiveness of Treatment**

##### **At the end of one treatment:**

An erythema should be present, Skin should look clear & clean, Skin should feel smooth & warm to touch, Comedones are reduced.

##### **After a course of treatments:**

Smooth skin texture (fewer blemishes), Healthy colour & appearance

#### **Post Treatment Restrictions**



**Following treatment:**

Skin is sensitive

Circulation is stimulated

Pores are open

Client is relaxed

**The following is recommended**

Do not apply heat or U.V. treatments to the skin

Avoid make-up

Do not handle the skin

**Future treatment needs**

Course of treatments

To reduce a specific problem (toxins/blocked pores)

For a more long-term effect

Twice a week for three weeks then review

Often at least six are needed for a good effect

**PROCEDURE – VACUUM SUCTION**

1. Check dials are at zero
2. Apply lubricant to skin
3. Test machine on self
4. Place cup on area – slowly turn up suction
5. Lift cup and glide cup towards nearest lymph nodes in long strokes – use non-working hand to guide
6. Break pressure by releasing hole in cup
7. Repeat strokes 4 – 6 times
8. Work over whole of area, overlapping strokes
9. Remove lubricant
10. Switch off machine – clean cups – store carefully

**Effects of the vacuum suction treatment on the different systems of the body**

### **Lymphatic system**

- Simulates the pumping action that the muscles normally create on the lymph vessels. By alternately applying and releasing pressure over the lymph vessels, the lymph fluid is moved towards the nearest lymph node.
- Lymphatic circulation is increased which assists with the removal of waste products from the area.
- The appearance of any puffiness will improve as treatment assists with the removal of tissue fluids from the area.

### **Circulatory system**

- Circulation is increased which brings fresh oxygen and nutrients to the area.
- Improves the efficiency of the removal of waste products from the area.
- Vasodilation of the blood vessels results in erythema.

### **Nervous system**

- Soothing effect on the sensory nerve endings.

### **Muscular system**

- Increased circulation brings fresh oxygen and nutrients to the muscles and removes waste products, thus improving muscle functioning.

### **Skeletal system**

- Increased blood supply to the area will nourish the bones.

### **Skin structures**

- Aids desquamation.
- Cell metabolism is speeded up which improves the appearance of the skin.
- Vasodilation of the blood vessels improves skin colour.
- Fatty deposits are softened, therefore helping to improve the appearance of the skin's contours.
- Sebaceous glands are stimulated and therefore secrete additional sebum.

### **Vacuum Suction – Body**

- This mechanical treatment uses external suction to lift the body tissues via moving or static cups. The treatment is similar to a massage; however, suction is applied instead of pressure. If performed correctly the treatment is very relaxing.
- The **main use** of this treatment is to **stimulate** the **lymphatic** and **circulatory systems**, thus aiding the flow of waste products and tissue fluids from the area to the nearest lymph nodes.

- The treatment can be applied to any part of the body where there is sufficient adipose tissue. It is often used in conjunction with other treatments and is most beneficial if used as a course of treatments. A full body application takes 45 minutes, whereas application to a partial area of the body takes 15 minutes.

### **The vacuum suction machine (on page 2)**

#### **What type of treatment is it?**

- Aids movement of lymph fluid to lymph nodes
- Lymphatic drainage
- Aids removal of excess fluid and toxins
- Increases the efficiency of circulatory system
- Usually combined with other treatments
- Often used for basic 'spot reduction' on specific areas
- Can only help with weight loss if in conjunction with diet and exercise
- Used on face and body

#### **Uses of the vacuum suction treatment**

- To improve and reduce areas of cellulite.
- To improve poor blood circulation.
- To improve poor lymphatic circulation and drain waste products from the tissues.
- To reduce areas of fluid retention or oedema (non-systemic).
- To assist with the removal of fatty deposits for example on the thighs, abdomen, tops of arms, buttocks or dowagers hump - all in-conjunction with diet and exercise.
- Improvement in the appearance and condition of the skin.

#### **How does it work?**

- An electrical machine works from the mains
- The client is not part of an electrical circuit – no current will flow through them
- The machine consists of a vacuum pump with a tube connected to it
- Different types of cups are attached to the tube and applied to the body/face
- The machine produces a reduced pressure over skin causing the tissues to be sucked up into the cup

#### **Restrictions to a vacuum suction treatment**

In addition to the general contra-indications, the following will restrict treatment in the area:

- Broken capillaries
- Sunburn
- Recent stretch marks
- Loose, fragile, crepey, ageing skin
- Very hairy areas
- Very bony areas
- Breast tissue
- Phlebitis

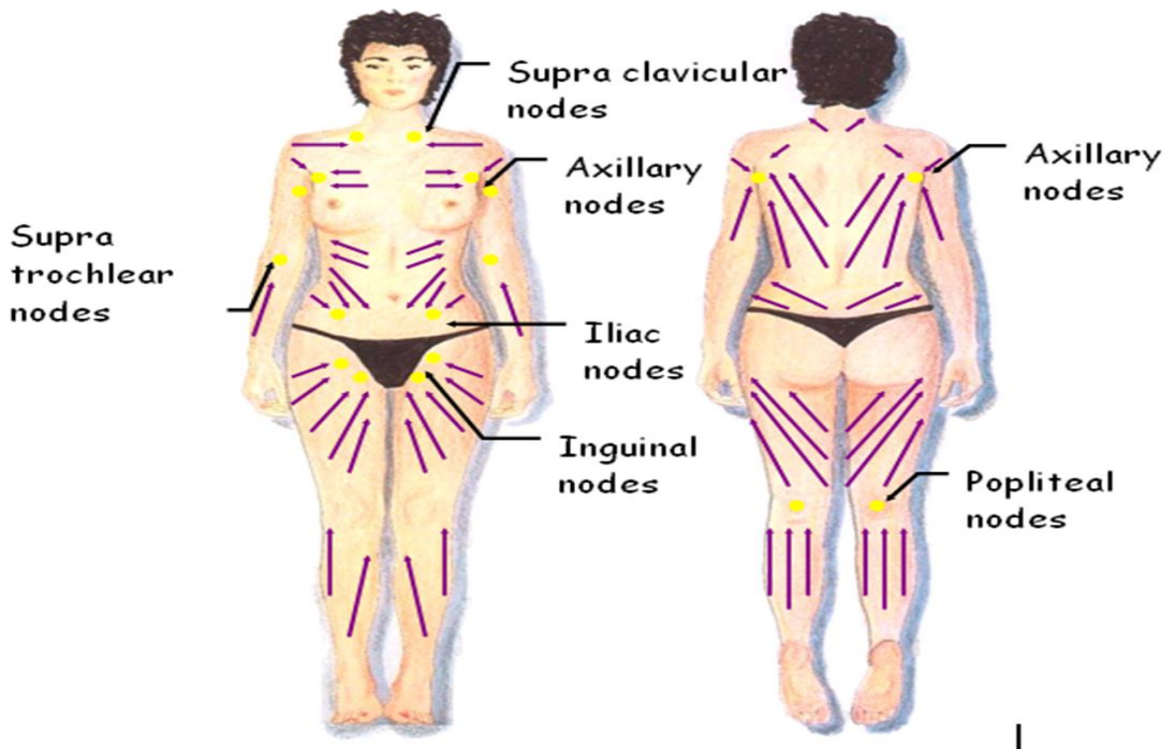
#### **Gliding vacuum suction**

- This is the most frequently used method of vacuum suction whereby the therapist moves the vacuum suction cup over the skin towards the nearest lymph nodes. The suction is continuous as opposed to a treatment using pulsating suction. When using this technique, the therapist must constantly stay with the client to apply the treatment. This technique is used to increase the dispersal of accumulated fluid and to soften areas of fatty tissues, therefore improving general functioning and appearance of the tissues.

#### **Pulsating multi-cup vacuum suction**

- This treatment applies 4-8 cups at the same time to a large, localised area. This method has the advantage of not requiring the constant attention of a therapist, however care and practise is required in order to select the correct high and low pressure for each individual cup. The high suction time must be carefully controlled so as to produce the required effect, but not too high to cause capillary damage or bruising. The low suction time must be just sufficient to keep the cup in contact with the body, but at the same time allowing the tissues to relax. The treatment must begin with longer periods of low suction, gradually introducing longer periods of high suction according to the client's needs and tolerance.





**Lymphatic system (other systems and rest on page 5/6)**

- Gravitational oedema may be reduced due to the lymph flow being speeded up; as more lymph fluid is drained away swelling is reduced.

**Consider the precautions you should take when applying the treatment.**

Ensure that dials are at zero before commencing.

Test the machine on yourself prior to application on the client.

Apply sufficient massage medium to the area, to allow movement, to provide a seal and to prevent bruising of the tissues.

Always release the pressure before removing the cup, by removing finger from hole or pushing finger under the cup to break the seal, if not bruising will occur.

Do not work over the lymph node.

Never exceed a 20% lift in the cup.

Do not over treat an area.

Remember to re-adjust the suction when moving from one area of the body to another. If moving from an area of lower adipose tissue (such as the lower limbs) to an area of higher adipose tissue (such as the abdomen) you will need to reduce the suction intensity.

**Sensations experienced by the client during a facial electrical treatment:**



- Vacuum suction – suction of tissue into the cup/ventouse, gentle gliding movements, relaxing, and the machine sometimes makes pulsing noise that can be distracting