

Janine's Skin Care

ACNE PIMPLES

Acne is categorised by comedones, papules, pustules and nodules depending on the severity. It is due to the over activity of the Sebaceous Glands with the accompanying build up of keratinised cells blocking the duct, inflammation in the surrounding tissue and p.acne bacteria feeding on the sebum.



Topical and oral acne therapies vary greatly and the experienced aesthetician has a variety of modalities and combination therapies to choose from, from chemical peels to IPL to effective extraction facials, etc. A modality that is becoming a favourite amongst Somatologists and Beauty Therapists is the Lamprobe. This is a non-invasive, pain free option for the client as the aesthetician applies a thin layer of topical anaesthetic onto the affected area with or without steam and then proceeds to insert the Lamprobe probe into the pimple. In the process the build up of keratinised cells causing the blockage disintegrates and the pus and debris attach itself to the probe. The probe is re-inserted until the probe exits clean. The process dislodges infection, destroys the p.acne bacteria and therefore calms the inflammation. A topical anti-bacterial ointment (moist) is then applied which aids keratinocyte migration in epithelial healing as opposed to dry healing promoting the formation of a smaller almost insignificant scab. This is an excellent treatment for all those stubborn re-occurring pimples because the actual sebaceous gland that produces the sebum, can be desiccated and therefore ceased to overproduce sebum in that duct again.

MILIA

Although Milia are very superficial they are often found in awkward areas like on the delicate areas under the eye or

on the eyelids and can be difficult to extract. The easiest and totally pain-free way to remove them is with the Lamprobe. The probe is placed in the centre of the Milia, the current penetrates through the Stratum Corneum attracting the lipids that have aggregated in the Stratum Granulosum, onto the probe. There is no bleeding and no trauma and no trace of where it had been, just beautiful, smooth skin.



SYRINGOMAS

Syringomas are often mistaken as Milia, because their appearance and the site of the lesion are so similar. However Syringomas form where there is an overgrowth of keratinised cells within the sudiferous (sweat gland) duct. Not to be confused with the Sebaceous Gland! The duct becomes enlarged and clogged forming a hard round raised bump about 1-3 mm in diameter. It is often skin coloured, yellowish or white in colour. These are benign harmless lesions but they are troublesome because they are unsightly and uncomfortable and often misdiagnosed. Often people that sweat profusely or live in humid conditions have family history of Syringomas or Diabetes tend to be affected by these skin irregularities. The Lamprobe treatment is extremely precise in removing the build-up of hyper-keratinised cells to leave the skin smooth, without any hypo or hyper-pigmentation or scarring.



Another Sebaceous skin irregularity often seen on sun-exposed areas of

the skin are sebaceous hyperplasia. The centre of the lesion looks like a typical black-head or comedone, but for the beauty therapist who tries to extract these there is no joy. In fact squeezing these lesions only stimulate further growth of the lesion. The surrounding pearly donut or cauliflower



shaped yellowish papule consists of hardened lipids that have proliferated from the sebaceous gland onto the surface of the skin. These are benign, but they do become unsightly and as one gets older more and more seem to appear. Yet again the Lamprobe to the rescue! The probe is inserted into the centre and the surrounding sacks of lipids, the lipids liquify and pop to the surface. This is a very satisfying way of creating a flawless complexion. The current that is used is gentle enough that it does not affect the surrounding skin therefore eliminating possibility of scarring. Caution methods are contraindicated for Sebaceous Hyperplasia and all lipid / oil-filled lesions as this would ablate the surrounding tissue.

THE LAMPROBE

The Lamprobe treatments are safe on all skin types and safe for beauty therapists to use. This treatment modality has been used for over 2 decades worldwide and for over 10 years in South Africa.

CPUT

CPUT has just introduced the Lamprobe treatments into their paramedical curriculum for their 4th year BTEch students. The students completed the theoretical identification of all skin lesions and the practical removal

For more information on education or Lamprobe treatments please call Janine on 071 875 5348 or email janine@lamprobe.co.za

of a variety of sebaceous, hyperkeratinised and vascular lesions within the Somatologists protocol in June 2015.

It was an absolute pleasure lecturing at CPUT with my assistant lecturer Carol Maccallum to such a competent, passionate and knowledgeable group of students. **PB**