



DMK Protocols

DMK Method of Natural
Pharmacology

DMK

Danné Montague-King®

Introduction

DMK Protocols

Welcome to the DMK Protocols manual, a therapist's go-to guide for information on the full range of DMK Treatments. Split into five simple sections, this handbook helps you stay on top of which products and protocols to use, making it even easier to create life-changing results for your clients.



Every client is different,
there is never one set
program for all.

Part 1 – DMK Individual Product Protocols

Part 2 – DMK Treatment Protocols

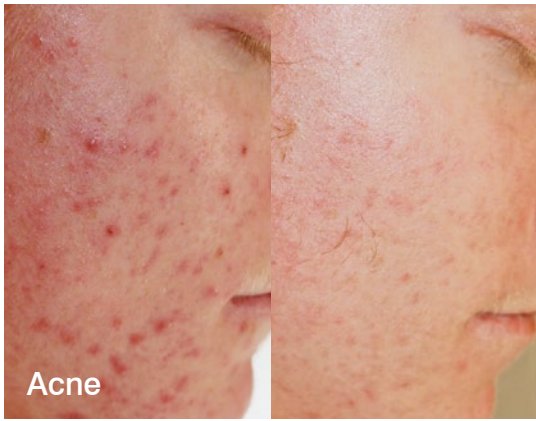
Part 3 – DMK Skin Nutrition Protocols

Part 4 – DMK Treatment Programs

Part 5 – DMK Combining Modalities

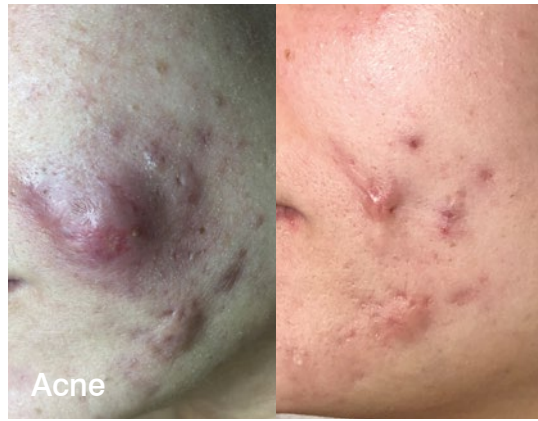
Important: Do not perform any of the treatment protocols that you are not trained or validated in.

To source more information on DMK Education or to watch videos of DMK Protocols being performed visit **MyDMK**



Acne

© Skin Fairy Clinic



Acne

© HÜD Skin + Body



Age management

© LUMA



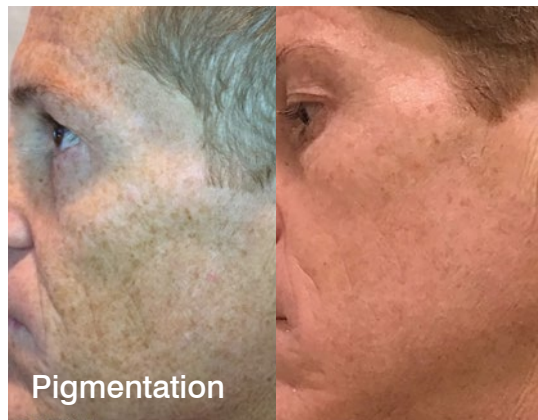
Age management

© Dream Skin and Body Clinic



Pigmentation

© Fuss Advanced Skin & Body



Pigmentation

© Paige McGee



Scarring

© Eden Beauty Clinic



Scarring

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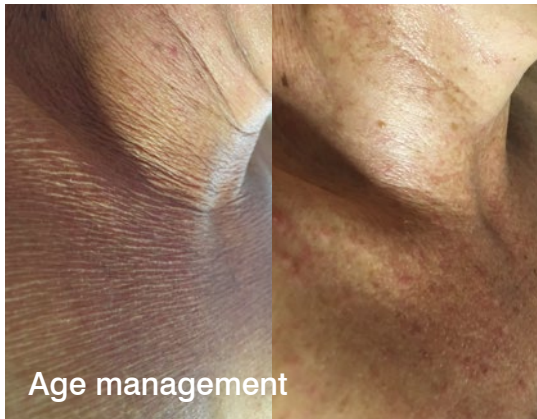
Acne

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Acne

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Age management

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Age management

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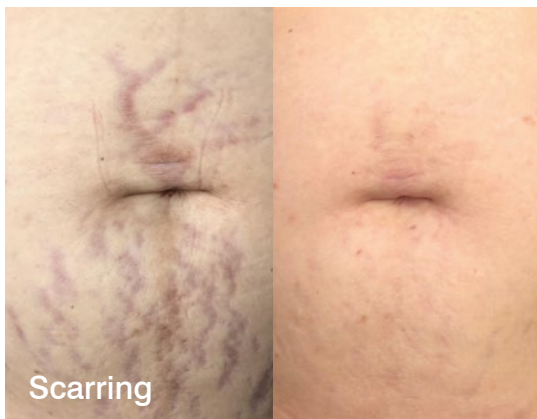
Pigmentation

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Scarring

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Scarring

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Part 1

DMK Individual Protocols

This is a guideline: always consult each individual case and establish the client's expectations – to create their skin revision program. Every client is different, there is never one set program for all. Often multiple dysfunctions and conditions are present.

The protocols in this booklet are aimed at DMK Skin Technicians who require guidance while performing protocols and programs.

Checklist for all Treatments

- A patch test must be carried out 24 hours prior to conducting the treatment on all skin types.
- Ensure client signs the appropriate consent forms.
- Take before and after photos so you can illustrate progress to your clients.
- Document any specific areas of concern on the consultation form.
- Explain the importance of sun protection when revising pigmentation.
- Inform clients about the exfoliation procedure they need to perform three days after their treatment to support the results ongoing.
- Educate clients on the importance of DMK Home Prescriptives, to protect and maintain results.

Cleansing Protocol
Desquamate Protocol
Enzyme Masque #1 Protocol
Enzyme Masque #2 and #3 Protocol
Epitoxyl Protocol
Exoderma Peel Protocol
Hydra Louffa Protocol
Melanotech Drops Protocol
Pore Reduction Plus Protocol
Pro Alpha #1 Protocol
Prozyme Protocol
Quick Peel Protocol
Sebum Soak Protocol

Finishing and Upgrade Protocols

Enbioment™ Upgrade
FibroMax C Upgrade
Transepidermal Finishing Protocol



Cleansing Protocol

Aids in the removal of impurities, excess oil, make-up and toxins from the outside environment.

Procedure

- Mix a pea-sized amount of **Enbioment™ Cleanser, Acu-Klenz, Deep Pore or Milk Cleanser** in a DMK Mixing Bowl. Add enough water to whip with a DMK Fan Brush into a light and fluffy consistency.
- Cleanse the skin using flowing circular movements starting from the décolleté and working your way up the neck to cover the entire face.
- Remove cleanser with a warm, moist towel.



Desquamate Protocol

A 'quick' non-irritating dead cell remover that smooths and brightens the skin. Works by helping to dissolve protein links holding dead cells to the healthier epidermal cells below.

Procedure

- Apply a film of **Desquamate** to the face, neck and décolleté with a DMK Prozyme Brush.
- May be left on skin for 10 minutes for more reactive skin or can occlude using cling film and hot towel for 10-15 minutes.
- Remove **Desquamate** formulation with warm, moist towel.



Enzyme Masque #1 Protocol

Enhances optimal skin function by working with internal systems to increase circulation, oxygenation and lymphatic drainage. Reverse osmosis flushes through the cells helping to clear toxins and free radicals while stimulating collagen production.

Procedure

- Mix two heaped teaspoons or one heaped tablespoon of **Enzyme Masque #1** with either **Aqua D'herb**, **Exoderma Peel** or **Desquamate** to create a fluffy consistency using the DMK Fan Brush.

Using the **Enzyme Masque #1** can help ensure that the structural integrity of the skin is stronger and that it will be more responsive to protocols.

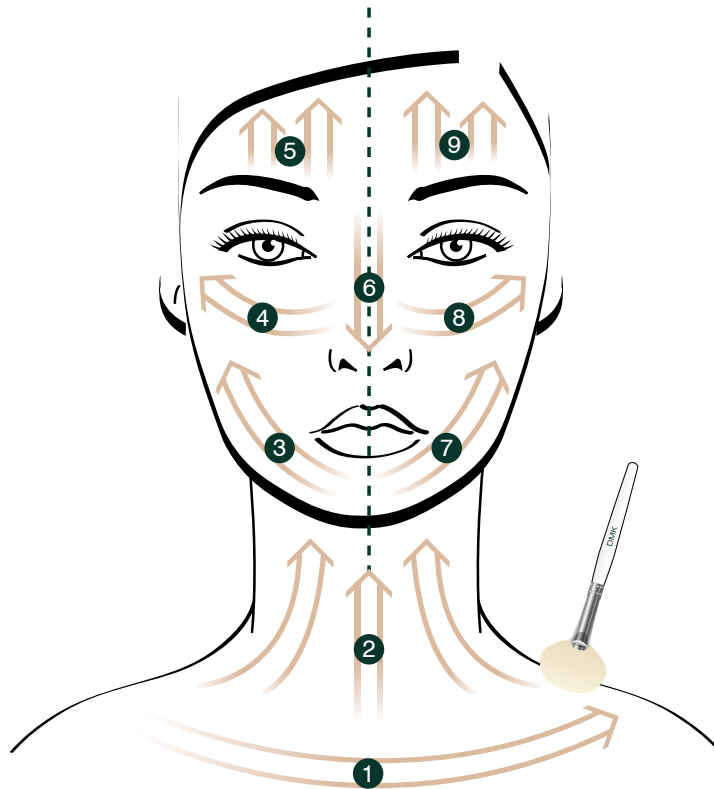
Enzymes stimulate at a cellular level to help the skin function properly on its own.

Aqua D'herb – our most common mixer is a polarised water formula containing hand-soaked herbs. When mixed with **Enzyme Masque #1**, this formulation suits most skin types, including thin, reactive and fragile skin. It has the least amount of hydrolysing. This is the only DMK Protocol that can safely be performed on a client who is using medication such as Roaccutane® or Retin A. Client must be weaned off and free of these drugs before receiving any of the DMK exfoliating protocols.

Exoderma Peel – a multi-purpose liquid gel derived from seaweed, **Exoderma Peel** can be used directly on the skin as a mini masque to help lift off dry dead skin, or as an activator when mixed with **Enzyme Masque #1**. It is very good on reactive, inflamed or dry, rough skin as it acts as a microscopic exfoliator.

Desquamate – mixed with **Enzyme Masque #1**, **Desquamate** increases the hydrolysing power which breaks the surface tension and assists the removal of additional dead cell material on thicker, oilier skin.





- Start at the base of the décolleté (see diagram above) then sweep across the chest in a half circle motion below the clavicle and up onto the neck. Divide the face in half, stroking upwards and outwards on the jawline and moving up the cheek to under the eye. Complete the circle by taking the DMK Fan Brush up on the forehead and down on the nose.

Note: Do not allow formulation to get into the eyes, nostrils or the corners of the mouth.

- Leave the masque on for 45 minutes.
- Mix up a combination of **Milk Cleanser** and **Deep Pore** cleanser with a DMK Fan Brush and apply to the masque in circular motion.
- Soften the masque by applying a hot, moist towel.
- Start removing masque.
- Remove the remaining of the masque by working a mix of warm water, **Deep Pore** and **Milk Cleanser** into the skin using circular strokes. You may massage with water to further soften and remove with a warm moist towel. Repeat until the masque is completely removed.

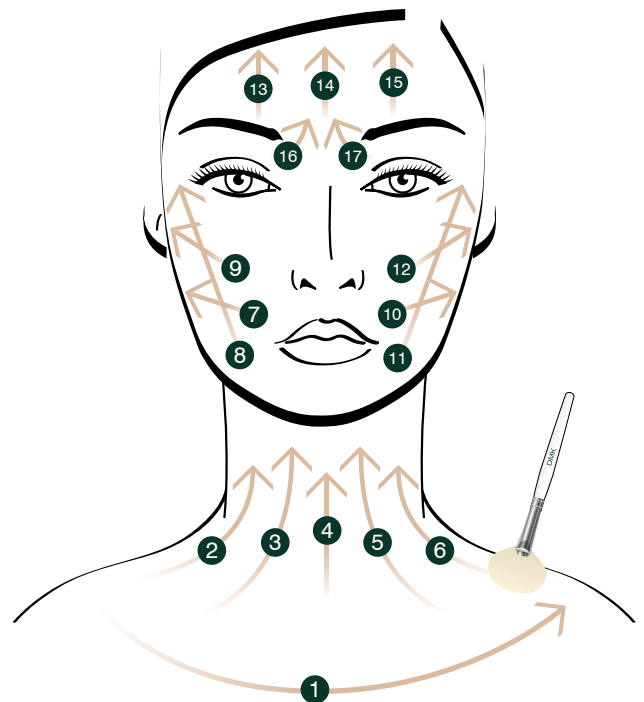
Enzyme Masque #2 and #3 Protocol

Enzyme Masque #2 works towards contracting muscles, tightening skin and strengthening tissue, while **Enzyme Masque #3** acts as an intensifier. **Enzyme Masque #2** and **#3** should always be used together as this combination helps produce stronger, firmer and tighter-looking skin.

Procedure

- Mix two heaped teaspoons or one heaped tablespoon of **Enzyme Masque #2** with **Aqua D'herb**, using a DMK Fan Brush.
- Apply the **Enzyme Masque #2** in upward and outward strokes from motor point to motor point. Starting at the base of the décolleté, sweep across the chest in a half circle below the clavicle and then up onto the neck. Divide the face in half, stroking upward and outward in bands to lift and tighten the skin. Apply to entire face except on the nose, around the mouth and eyes. These muscles are round in nature, and contracting leads to undesirable results.
- Mix ¼ teaspoon of **Enzyme Masque #3** with **Aqua D'herb** to create a light, fluffy consistency.
- Float **Enzyme Masque #3** gently over **Enzyme Masque #2**. Leave on for 45 minutes.
- Mix up a combination of **Milk Cleanser** and **Deep Pore** cleanser with a DMK Fan Brush and apply to the masque in circular motion.
- Soften the masque by applying a hot, moist towel.
- Gently remove the masque.
- Remove remaining masque by working a mix of warm water, **Deep Pore** and **Milk Cleanser** into the skin using circular strokes. Soften and remove with a warm moist towel. Repeat until the masque is completely removed using the least amount of drag on the skin as possible.

Note: Remember to never massage the skin after **Muscle Banding** as this will negate the contraction. **Enzyme Masque #2** and **#3** can also be applied over the top of **Enzyme Masque #1**. Never perform an **Enzyme Masque #2** without an **Enzyme Masque #3** over the top, as they are designed to work together to achieve the desired result.



Epitoxyl Protocol

Acts like a liquid magnet drawing out and vaporising toxins from the skin.

NOTE: Inform your client they may smell strong odours due to its vaporising effect. If you are going to use **Sebum Soak** on the client's skin, apply **Epitoxyl** after **Sebum Soak**.

Procedure

- Pour **Epitoxyl** onto a cotton ball and wipe over cleansed face, neck and décolleté staying away from the eye area. Steam skin if desired.
- Leave on for three minutes.
- Remove **Epitoxyl** formulation with a warm, moist towel.



Exoderma Peel Protocol

Exoderma Peel can be used as a very gentle, microscopic exfoliator as well as a pH neutraliser for **Alkaline Wash**, with the aim of rapidly reducing redness and inflammation.

Exfoliation Procedure

- Apply a film of **Exoderma Peel** to cleansed skin.
- Leave on for 10 minutes.
- Remove **Exoderma Peel** formulation with a warm, moist towel.

Neutralising Alkaline Solution Procedure

- Apply a film of **Exoderma Peel** to the area being treated immediately after the **Alkaline Wash** solution is removed with gloves. Ice over the top of the neutraliser.
- Leave on the skin for a minimum of five minutes.
- Remove with a cool, moist towel and then ice again.



Hydra Louffa Protocol

A procedure for cleansing and exfoliating the body containing no harsh detergents, **Hydra Louffa** leaves the skin soft, smooth, calm, and fresh.

Procedure

- Mix a pea-sized amount of **Hydra Louffa** into a DMK Mixing Bowl, add water and whip into a light and fluffy consistency with the DMK Fan Brush.
- Apply to the skin in circular motions or massage with effleurage movements.
- Remove **Hydra Louffa** with a warm, moist towel or shower off.



Melanotech Drops Protocol

Melanotech Drops help to suppress melanin production while minimising acne infections and brightening the skin. **Melanotech Drops** are designed to inhibit pigmentation, reduce inflammation and help kill infection. Leave on the skin.

Procedure

- Ice.
- Blot the skin with a tissue, drop and spread **Melanotech Drops** onto the forehead, each side of the face, chin, neck and affected areas.
- **Melanotech Drops** stay on the skin.



Pore Reduction Plus Protocol

Aims to constrict and reduce the appearance of open pores. This product works towards soothing red reactive skin, rosacea, acne and congestion in addition to post-hair removal. It also acts as a multi-vitamin multi-mineral for the skin.

NOTE: **Pore Reduction Plus** can only reduce and contract pores which are empty. They should always be applied before serums and nourishing crèmes but can also be applied before and after masques.

Procedure

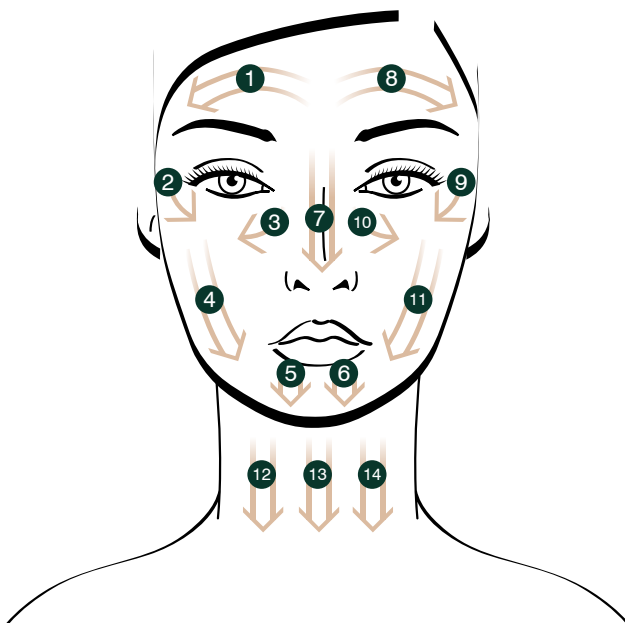
- Blot the skin with a tissue, drop and spread **Pore Reduction Plus** onto the forehead, each side of the face, chin, neck and affected areas.
- **Pore Reduction Plus** stay on the skin.



Pro Alpha #1 Protocol

Designed to hydrolyse dead cell material, drawing water up to the surface, dislodging and pushing sebum plugs to the surface and increasing dermal hydration.

Note: After the occlusion, remove the **Pro Alpha #1** solution with a warm moist towel. Ensure there is no residue of the **Pro Alpha #1** solution left on the skin before applying the unique transfer messenger enzyme formulation. **Enzyme Masque #1** and **Pro Alpha #1** solution work hand in hand to help improve skin function. **Pro Alpha #1** pulls up free water levels, while **Enzyme Masque #1** moves the water with reverse osmosis.



Procedure

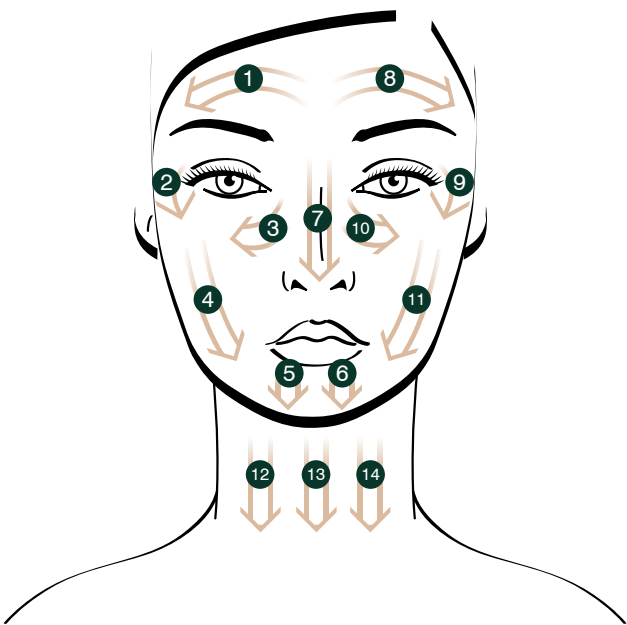
- Begin application on the forehead. Using two cotton tips, apply a thin layer over the forehead, up under the eyes, down the cheekbone and onto the chin. Apply on the nose with a downward stroke. Repeat on the other side of the face and finish the application by stroking downwards onto the neck and décolleté if required.
- Do not allow formulation to get into the eyes, nostrils or the corners of the mouth.
- Occlude with cling wrap and a hot towel for five minutes.
- Remove the Pro Alpha #1 formulation with a warm, moist towel.



Prozyme Protocol

An enzymatic exfoliation formula designed to remove the accumulation of old, redundant dead cell material and pigmentation.

NOTE: Inform your client they may experience some irritation after **Prozyme**. Clients may experience a slightly sunburnt feeling with some dryness and flakiness after a **Prozyme** treatment. This is more common with the first treatment. You may recommend they use ice at home for relief.



Procedure

- Preheat the skin with a hot towel.
- Mix one to two teaspoons of **Prozyme** mixed with **Aqua D'herb** into a paste using a DMK Spatula.
- Remove the hot towel and quickly apply **Prozyme** with a DMK Prozyme brush to the full face, neck or décolleté, or to the areas being treated.
- Do not allow formulation to get into the eyes or corners of the nose or mouth.
- Occlude with cling wrap and a hot towel.
- Alternate hot towels throughout the process – the hotter the better.
- **Prozyme** can be left on for 5-25 minutes depending on the amount of removal required (Indian and Asian skins only require 5-10 minutes. For first time clients, start with five minutes on Indian skin and 10 minutes on Caucasian skin).
- Remove the **Prozyme** formulation with a warm, moist towel.
- Apply ice to the skin to neutralise and flush out any remaining **Prozyme** and to reduce the chance of any irritation.
- Apply **Melanotech Drops** and **Pore Reduction Plus**.

Quick Peel Protocol

Quick Peel hydrolyses superficial dead corneum (cell build-up) with lactic acid suspended in a methylcellulose base. Rubefacients in the formula create pseudo heat to flush out surface toxins and dilate capillaries.

Procedure

- Apply **Quick Peel** onto cleansed skin using a plastic spatula starting at the clavicle, spreading **Quick Peel** in long strokes upwards. Cover entire face and neck, avoiding eyes.
- Leave on skin for three to five minutes.
- Fan the client's face while **Quick Peel** is on.
- Remove the **Quick Peel** formulation with a warm, moist towel.
- Effleurage option.



Sebum Soak Protocol

Sebum Soak spirals down a congested pore while hydrolysing hardened sebaceous plugs. Applying hot towels advances the further liquification of hardened sebum.

Procedure

- Mix **Sebum Soak** with **Aqua D'herb** in a DMK Mixing Bowl using two cotton tips.
- Mix until fluffy.
- Apply **Sebum Soak** to cleansed skin with cotton tips directly onto skin (only on the area where you wish to extract).
- Occlude with cling wrap and a hot towel or use galvanic on negative.
- Leave for five minutes.
- Remove hot towel and cling wrap.
- Extractions.
- Thoroughly remove **Sebum Soak** formulation with a warm, moist towel.
- Ice skin to reduce inflammation.



Enbioment™ Upgrade

Transepidermal Finishing Protocol

Enbioment™ Microbiome System restores the balance of the micro flora on skin with a combination of pre and post biotics. The **Enbioment™ Upgrade** is recommended when performing treatments on acne, rosacea, dermatitis, eczema, psoriasis and any impaired skin conditions.

Procedure

- Cleanse with **Enbioment™ Cleanser**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- Apply a light spray of **Enbioment™ Spray**.
- Apply a generous amount of **Enbioment™ Serum**.
- Allow 60 seconds for **Enbioment™ Serum** to absorb.
- Apply **Direct Delivery Vitamin C** and **Beta Gel**.
- Apply **Herbal Pigment Oil** or **Seba-E**.
- Spray with **Herb & Mineral Mist**.
- Choose the appropriate nourishing crème according to the skin condition. Some options include **Acu Crème**, **Crème Citrique**, **Pro Amino**, **Biogen C** and **Contraderm**, **Eye Tone** or **Fine Line** for the eye area.

- Spray with **Herb & Mineral Mist**.
- Infuse with cling wrap and a hot towel.

Note: Do not infuse when performing treatments using **Alkaline Wash**.

- Lock in with **Hydroloc** or **Solar Damage Gel**.
- Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

Note: Do not use the following formulations when using **Enbioment™**, **Acu-Klenz**, **Acu-Klear**, **Acu-Mist**.



FibroMax C Upgrade

Transepidermal Finishing Protocol

FibroMax C intense vitamin C therapy is an exclusive formula of liquid droplets encapsulated in silica particles. Perfect when revising fine lines, pigmentation or any areas needing lifting and support.

Procedure

- **Melanotech Drops** and **Pore Reduction Plus**.
- Immediately after gently tap **FibroMax C** onto the areas of concern (eyes, pigmentation, scarring, lip lines or neck) and massage in with fingertips. *Note: Do not wear gloves.*
- Apply **Direct Delivery Vitamin C** and **Beta Gel**.
- Apply **Herbal Pigment Oil** or **Seba-E**.
- Spray with **Herb & Mineral Mist**.
- Choose the appropriate nourishing crème according to the skin condition. Some options include **Acu Ī Citrique**, **Pro Amino**, **Biogen C** and **Contraderm**, **Eye Tone** or **Fine Line** for the eye area.
- Spray with **Herb & Mineral Mist**.
- Infuse with cling wrap and a hot towel.

*Note: Do not infuse when performing treatments using **Alkaline Wash**.*

- Lock in with **Hydroloc** or **Solar Damage Gel**.
- Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.



Transepidermal Finishing Protocol

The transepidermal delivery nutrition system is designed to restore vital nutrients, proteins, amino acids, essential fatty acids and moisture at a cellular level.

Procedure

- **Melanotech Drops** and **Pore Reduction Plus**.

Optional: **FibroMax C Upgrade**.

- Apply **Direct Delivery Vitamin C** and **Beta Gel**.
- Optional **Acu Klear** on breakouts.
- Apply **Herbal Pigment Oil** or **Seba-E**.
- Spray with **Herb & Mineral Mist**.

- Choose the appropriate nourishing crème according to the skin condition. Some options include **Acu Crème**, **Crème Citrique**, **Pro Amino**, **Biogen C** and **Contraderm**, **Eye Tone** or **Fine Line** for the eye area.

- Spray with **Herb & Mineral Mist**.
- Infuse with cling wrap and a hot towel.

Note: Do not infuse when performing treatments using **Alkaline Wash**.

- Lock in with **Hydroloc** or **Solar Damage Gel**.
- Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.



Part 2

DMK Treatment Protocols

Acutrol Protocols

Acutrol Advanced Acne Treatment Protocol
Acutrol Advanced Body Acne Protocol
Acutrol Advanced Body Sun Damage Protocol
Acutrol Advanced Milia Protocol
Acutrol Advanced Pigmentation Protocol
Acutrol Advanced Resurfacing Protocol
Acutrol Advanced Rosacea Protocol
Acutrol Advanced Scar Revision Protocol
Acutrol Advanced Stretch Mark Protocol

Alkaline pH Revision for Hair Removal Protocol

Alkaline Wash Neutralising Protocol

Allergic Reaction Protocol

Alpha Bright, De-Pigmenting Protocol

AlphaZyme Protocol

Bihaku Protocol

Body Enzyme Protocol

Body Sculpting Protocol

Desquaplex Pigmentation Protocol

DMK First Time Client Protocol

DMK Vitamin A Peels Protocols

DPE Protocol

Eliminaire Protocol

Enzyme Masque #1 Lift-off Protocol

Epifill Protocol

Evacuderm Protocol

Follicuzyme® Protocol

Hydradermaze Protocol

Hydroplex Pigmentation Protocol

Instant Lift Protocol

Intense Eye and Neck Treatment

Liquid Laser Protocol

Lunchtime Peel Protocol

MediPedi® Protocols

MelanoBright, Pigment Lift Protocol

Pro Alpha Peel Protocol

Pro Lift Protocol

Red Vein Treatment (RVT) Protocol

Repair and Renew Peel Protocol

Rhinovac Protocol

RP (Remodelling Procedure) Protocol

Skin Recovery Resurfacing Protocol

Skin Refresh Protocol

Pre & Post Operative, and Cosmetic Enhancement Protocols

Breast Surgery Protocol

DMK and Fillers Protocol

Eliminate Bruising Protocol

Facial and Neck Surgery Protocol

Liposuction Protocol

Pre & Post Botox® Protocol

Pre & Post PRP Protocol

Post Operative Protocol

Pre Operative Protocol

Tummy Tuck Protocol



Acutrol Protocols

Protocols are used for acne, rosacea, scar revision and stretch marks. Designed to increase healing, fight bacteria and encourage a faster recovery.

Acutrol Basic

Optional: Exfoliation can be performed using: **Desquamate, Quick Peel, Pro Alpha #1, Prozyme** or **Microdermabrasion**.

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Melanotech Drops and Pore Reduction Plus.**
- **Métier® Low Level Laser.**
- Dust the skin over with **Actrol Powder** using a clean dry brush.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and a light dusting of **Actrol Powder**.

Optional: **Enbioment™ Upgrade** on treatment two.

Acutrol Advanced

The client must sign a consent form before any treatment can commence.

- **Cleansing Protocol.**
- **Alkaline Protocol.**
- **Alkaline Wash Neutralise Protocol.**
- **Ice.**
- **Melanotech Drops and Pore Reduction Plus.**
- **Métier® Low Level Laser.**
- Dust over with **Actrol Powder**.
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and a light dusting of **Actrol Powder**.

Note: No infusion after **Alkaline Wash**.

Optional: **Enbioment™ Upgrade** on treatment two.



Acutrol Advanced Acne Treatment Protocol

Inflamed congested acne

Function

DMK Skin Technicians work with inflamed acne with the aim to reduce inflammation as quickly as possible. This can be achieved with careful application of the **pH Revision** formulation.

pH Revision is designed to swell, soften and dissolve the skin, which helps to remove excess cell build-up, to release the inflammation and impaction, plus to kill the P-acnes bacteria.

pH Revision is very effective in helping to clean out impacted hair shafts and dissolve the hair at the same time. **pH Revision** combined with **Enzyme Masque #1** will help dislodge the underlying waste material. When treating clients with **pH Revision** it is advised to treat every 14 days.

Alternating **pH Revision** with **Prozyme**, **DMK Enzyme Therapy** or **Hydradermaze** treatments will encourage the skin to respond more rapidly. The DMK Skin Technician should always treat the skin according to what presents itself.

Warning

- **Alkaline Wash** is ONLY to be used by DMK Skin Technicians who have completed the **pH Revision** training course.
- Do not use on Indian skin.
- Clients may experience redness, irritation, dryness and some scabbing after treatment.

Procedure

The client must sign a consent form before any treatment can commence.

- **Cleansing Protocol.**
- **Alkaline Wash Acne Protocol.**
- **Alkaline Wash Neutralising Protocol.**
- Extractions.
- Ice.
- **Melanotech Drops and Pore Reduction Plus.**

Optional: **Métier® Low Level Laser Protocol.**

- Apply a light dusting of **Actrol Powder.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and a light dusting of **Actrol Powder.**

Note: No infusion after **Alkaline Wash.**

Optional: **Enbioment™ Upgrade** on treatment two.



Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Acu-Klenz**.
- **Pore Reduction Plus**.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- Apply **Acu-Klear** to congestion.
- Spray the skin with **Herb and Mineral mist** and apply **Acu-Mist** only onto the infected areas and breakouts.
- Apply **Acu-Moist**.
- Spray again with **Herb and Mineral Mist**.
- Apply with **Solar Damage Gel**.
- Dust over with **Actrol Powder**.

☾ NIGHT

- Cleanse the skin and apply **Acu-Therm** to breakouts.
- Leave for three to five minutes, blot excess with a tissue, and apply a liberal amount of **Revitosin**.
- After six in-clinic Enzymes, **Red Vein Crème** can be introduced every alternate night to address vascular scarring and to push out deep congestion.

Home treatments

It is advised that clients do a home exfoliation treatment three days after any **pH revision** treatment. With acne clients, getting them to do home treatments should ensure their progress is

faster. Here are some examples of home treatment combinations your clients can perform at home.

Example

- Cleanse, **Epitoxyl, Pore Reduction Plus** and **Foamy Lift** mixed with **Exoderma Peel**. Leave on for 30 minutes then remove and finish with normal **DMK Home Prescriptives** routine.
- Cleanse, **Epitoxyl, Micro Peel, Pore Reduction Plus** and **Foamy Lift** mixed with **Exoderma Peel**. Leave on for 30 minutes. After the masque is removed you can apply **Acu Masque** for 5-10 minutes. Finish with **DMK Home Prescriptives**.
- Cleanse and apply **Red Vein Crème** to the congested areas. Spray with **Herb & Mineral Mist**. Leave five minutes, blot, then apply **Foamy Lift** mixed with **Exoderma Peel** over the top, leave on for 30 minutes then remove and finish with **DMK Home Prescriptives**.
- Cleanse and apply **Acu-Therm** to the breakouts and congested areas. Leave for three minutes then blot and apply **Foamy Lift** mixed with **Exoderma Peel** over the top. Leave for 30 minutes. Finish with **DMK Home Prescriptives**.
- Cleanse, **Epitoxyl, Micro Peel** for 5-10 minutes. Remove, then apply **Acu Masque** or **Hydrating Masque** for 10 minutes. Remove and finish with **DMK Home Prescriptives**.

Acutrol Advanced Body Acne Protocol

Procedure

The client must sign a consent form before any treatment can commence.

- Hydra Louffa Protocol.
- Alkaline Wash Acne Protocol.
- Alkaline Wash Neutralising Protocol.
- Extractions.
- Ice.
- Melanotech Drops and Pore Reduction Plus.
- Apply light dusting of Actrol Powder.
- Body Enzyme Protocol.
- Transepidermal Finishing Protocol using Contraderm and Maximum Moisture as the nourishing crèmes and a light dusting of Actrol Powder.

Note: No infusion after **Alkaline Wash**.

Optional: **Enbioment™ Upgrade** on treatment two.

Warning

- **Alkaline Wash** is ONLY to be used by DMK Skin Technicians who have completed the **pH Revision** training course.
- Do not use on Indian skin.
- Clients may experience redness, irritation, dryness and some scabbing after treatment.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Hydra Louffa** or **Acu-Klenz**.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- **Acu-Klear**.
- **Acu-Mist**.
- Finish with **Maximum Moisture**.
- **DMK Soleil Protect SPF15** or **DMK Soleil Protect SPF50+** if exposed to the sun.
- Dust with **Actrol Powder**.

☾ NIGHT

- Apply **Acu-Therm** to pustules and breakouts.
- **Revitosin**.

Optional: **Enbioment™ Upgrade** on treatment two.



Acutrol Advanced Body Sun Damage Protocol

Exposure to UV light can manifest in freckles, lentigo, uneven pigmentation, premature ageing and dull skin tone.

Observed conditions

Heavily sun-damaged or thickened skin on the body, especially the décolleté, arms, back of the hands and legs.

Procedure

The client must sign a consent form before any treatment can commence.

- **Hydra Louffa Protocol.**
- **Alkaline Wash Resurfacing Protocol.**
- **Alkaline Wash Neutralising Protocol.**
- Ice.
- **Melanotech Drops and Pore Reduction Plus.**
- Apply light dusting of **Actrol Powder.**
- **Body Enzyme Protocol.**
- **Transepidermal Finishing Protocol** using **Contraderm** and **Maximum Moisture** as the nourishing crèmes and a light dusting of **Actrol Powder.**

Note: No infusion after **Alkaline Wash.**

Optional: **Enbioment™ Upgrade** on treatment two.

Warning

- **Alkaline Wash** is ONLY to be used by DMK Skin Technicians who have completed the **pH Revision** training course.
- Do not use on Indian skin.
- Clients may experience redness, irritation, dryness and some scabbing after treatment.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Hydra Louffa.**
- **Melanotech Drops.**
- **Beta Gel.**
- **Direct Delivery Vitamin C.**
- **Herbal Pigment Oil.**
- **Herb & Mineral Mist.**
- **Maximum Moisture.**
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+** if exposed to the sun.

☾ NIGHT

- Alternate between **Revitosin** and **Super Bright.**

Optional: **Melanotech Drops** can also be applied under **Super Bright.**



Acutrol Advanced Milia Protocol

Acutrol Advanced addresses milia by helping to remove the thick layer of tissue covering the clogged pores. Unless the condition is very mild, most patients will require more than one treatment.

Observed conditions

Small white or yellowish cyst-like masses.

Warning

- **Alkaline Wash** is only to be used by trained DMK Skin Technicians who have completed the **pH Revision** training course.
- Do not use on Indian skin. Caution on Asian skin and darker skin prone to hyperpigmenting.
- Clients may experience redness, irritation, dryness and some scabbing after treatment.

Procedure

The client must sign a consent form before any treatment can commence.

- **Cleansing Protocol.**
- **Pro Alpha #1 Protocol.**
- **Alkaline Wash – Acne Protocol** for two minutes.
- **Alkaline Wash Neutralising Protocol.**
- Use a comedone extractor to gently scrape down the sides of milia. Do not force the milia out that does not release.
- Ice.
- **Melanotech Drops** and **Pore Reduction Plus.**

Optional: **Métier® Low Level Laser Protocol.**

- Apply a light dusting of **Actrol Powder.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- Rinse, extract remaining milia without using force.
- **Pore Reduction Plus Protocol**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and a light dusting of **Actrol Powder.**

Note: No infusion after **Alkaline Wash.**

Optional: **Enbioment™ Upgrade.**

Home Prescriptives

The client must do **Foamy Lift** mixed with **Exoderma Peel** or **Micro Peel** at home three days after their **pH Revision** professional treatment.

● DAY

- Four **EFA Ultra** per day.
- DMK prescribed cleanser.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- **Seba-E** or **Herbal Pigment Oil**.
- **Herb & Mineral Mist**.
- The nourishing crème will be according to the presenting skin.
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

- **Revitosin** or **Revise-A**.



Acutrol Advanced Pigmentation Protocol

Pigmentation or hormonal pigmentation anywhere on the face or body, or pigmentation resulting from trauma such as acne or scarring.

Function

Alkaline Wash is a powerful and unique formulation designed to soften and desquamate skin cells, dissolving the hyperpigmentation.

Melanotech Drops help to further inhibit melanin production, thereby brightening the skin and re-balancing the optimal environment.

Warnings

Alkaline Wash is only to be used by trained DMK Skin Technicians who have completed the **pH Revision** training course. Heat should never be applied after **Alkaline Wash**.

- For large areas of pigmentation or hormonal pigmentation, a **Pro Alpha Peel** or **RP (Remodelling Procedure)** might need to be done, with the **Alkaline Wash** used on any smaller, more stubborn areas of pigment.
- Do not use on Indian skins. Caution is required on Asian or darker skin tones.
- Clients may experience redness, irritation, dryness and some scabbing after treatment.

Procedure

The client must sign a consent form before any treatment can commence.

- **Cleansing Protocol.**
- **Alkaline Wash Pigmentation Protocol.**
- **Alkaline Wash Neutralising Protocol.**
- Ice.
- **Melanotech Drops** and **Pore Reduction Plus.**

Optional:: **Métier® Low Level Laser Protocol.**

- Apply light dusting of **Actrol Powder.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.** For pigmentation on the body use **Body Enzyme Masque** mixed with **Aqua D'herb.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème, **Maximum Moisture** on the body, and a light dusting of **Actrol Powder.**

Note: No infusion after **Alkaline Wash.**

Optional: **Enbioment™ Upgrade.**

Home Prescriptives for Pigmentation

Ensure the client is exfoliating at home three days after their professional **pH Revision** treatment and every week. On a thicker skin it should be twice per week with **Foamy Lift** and **Exoderma Peel** or **Micro Peel**, or alternating exfoliation modalities.

● DAY

- Four **EFA Ultra** per day.
- DMK prescribed cleanser.
- **Melanotech Drops**.
- **FibroMax C**.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- **Herbal Pigment Oil**.
- **Herb & Mineral Mist**.
- **Melanotech Crème** or **Crème Citrique** for oily skin.
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

- Alternate nights:

Night One: Apply liberal amount of **Revitosin**. Apply a second layer of **Revitosin** over pigmented areas. Leave on the skin overnight.

Night Two: **Melanotech Drops** to the pigmented areas. Apply **Super Bright**. Apply second layer of **Super Bright** over pigmented areas.



Acutrol Advanced Resurfacing Protocol

The essence of **DMK Resurfacing** is helping to refine the skin through the removal of dead skin cells and to rebuild a stronger, healthier and firmer skin.

Observed conditions

Wrinkles, pigmentation, sun damage, thickened, scarred or ageing skin.

Procedure

The client must sign a consent form before any treatment can commence.

- **Cleansing Protocol.**
- **Alkaline Wash Resurfacing Protocol.**
- **Alkaline Wash Neutralising Protocol.**
- Ice.
- **Melanotech Drops** and **Pore Reduction Plus.**
- Apply a light dusting of **Actrol Powder.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and a light dusting of **Actrol Powder.**

Note: No infusion after **Alkaline Wash.**

Optional: **Enbioment™ Upgrade.**

Warning

- **Alkaline Wash** is ONLY to be used by DMK Skin Technicians who have completed the **pH Revision** training course.
- Do not use on Indian skin.
- Clients may experience redness, irritation, dryness and some scabbing after treatment.

Home Prescriptives

Ensure the client is exfoliating at home three days after their professional **pH Revision** treatment and every week. On a thicker skin it should be twice per week with **Foamy Lift** and **Exoderma Peel** or **Micro Peel**, or alternating exfoliation modalities.

● DAY

- Four **EFA Ultra** per day.
- DMK prescribed cleanser.
- **FibroMax C.**
- **Beta Gel.**
- **Direct Delivery Vitamin C.**
- **Herbal Pigment Oil** or **Seba-E.**
- **Herb & Mineral Mist.**
- **Contraderm.**
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+.**

☾ NIGHT

- **Revitosin** or alternate **Revitosin** and **Super Bright.**



Acutrol Advanced Rosacea Protocol

Acutrol Advanced Rosacea treatment functions in the following way:

- Bacteria-fighting agents should kill causative bacteria and demodex mite, helping to reduce inflammation, heat and swelling.
- The skin's structure should be strengthened to encourage repair and restoration of cellular integrity. A stronger healthier skin is more able to hold water and has a better defence system that is less likely to inflame.

Procedure

The client must sign a consent form before any treatment can commence.

- **Cleansing Protocol.**
- **Alkaline Wash Acne Protocol.** The same treatment steps as acne are used, without moving the **pH Revision** solution around on the skin. Instead, allow the formulation to sit on the skin and do not perform any extractions.
- **Alkaline Wash Neutralising Protocol.**
- Ice.
- **Melanotech Drops** and **Pore Reduction Plus.**

Optional: **Métier® Low Level Laser.**

- Apply a light dusting of **Actrol Powder.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol** using **Contraderm** and light dusting of **Actrol Powder.**

Note: No infusion after **Alkaline Wash.**

Optional: **FibroMax C Upgrade.**

Optional: **Enbioment™ Upgrade** following treatment two.

Warning

- **Alkaline Wash** is ONLY to be used by DMK Skin Technicians who have completed the **pH Revision** training course.
- Do not use on Indian skin.
- Clients may experience redness, irritation, dryness and some scabbing after treatment.



Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Milk Cleanser** or **Enbioment™ Cleanser**.
- **Pore Reduction Plus**.
- **Melanotech Drops**.
- **Enbioment™ Mist** and **Enbioment™ Serum**.
- **Beta Gel**.
- **Direct Delivery Vitamin C** or **FirMatrix™**.
- **Seba-E**.
- **Herb & Mineral Mist**.
- **Biogen C**, **Contraderm** or **TransGenesis™**.
- **Hydroloc** or **Solar Damage Gel**.
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.
- Dust with **Actrol Powder**.

☾ NIGHT

- Alternate nights:

Night One: **Red Vein Crème** sprayed in with **Herb & Mineral Mist**.

Night Two: **Revitosin**.

WEEKLY

- The client must do **Foamy Lift** mixed with **Exoderma Peel** at home three days after their **pH Revision** professional treatment.
- Alternate **Micro Peel**, **Acu Masque** and **Foamy Lift** and **Exoderma Peel** masque at home every three days.



Acutrol Advanced Scar Revision Protocol

Alkaline Wash dissolves and softens the area in order to stimulate the tissue to reform, and **Enzyme Masque #1** improves skin functionality to rebuild a smooth skin.

Warning

- Only trained DMK Skin Technicians who have completed the **pH Revision** training course can perform this. Please read before beginning:
- Do not massage after treatment.
- Do not use on Asian or Indian skin.
- Clients may experience redness, irritation, dryness and some scabbing after treatment.

Procedure

The client must sign a consent form before any treatment can commence.

- **Cleansing Protocol.**
- **Alkaline Wash – Resurfacing Protocol.**
- **Alkaline Wash Neutralising Protocol.**
- Ice.
- **Melanotech Drops** and **Pore Reduction Plus.**

Optional: **Métier® Low Level Laser.**

- Apply a light dusting of **Actrol Powder.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and a light dusting of **Actrol Powder.**

Note: **Enbioment™ Upgrade** following treatment two in-clinic and at home.

Note: No infusion after **Alkaline Wash.**

Home Prescriptives

The client must do **Foamy Lift** mixed with **Exoderma Peel** or **Micro Peel** at home three days after their **pH Revision** professional treatment.

● DAY

- Four **EFA Ultra** per day.
- DMK prescribed cleanser.
- **FibroMax C.**
- **Beta Gel.**
- **Direct Delivery Vitamin C.**
- **Herbal Pigment Oil** to soften hypertrophic scars and repair barrier function.
- **Herb & Mineral Mist.**
- **Contraderm .**
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+.**
- Dust with **Actrol Powder.**

☾ NIGHT

- **Revitosin.** Do not use **Revitosin** for three days post treatment or on any red raw areas. Must wait until skin has crusted over.

Acutrol Advanced Stretch Mark Protocol

pH Revision treatments should swell, soften and dissolve damaged tissue in order to stimulate the tissue to re-knit. This is a heavy removal procedure followed up by the rebuilding power of **DMK Enzyme Therapy**.

Observed conditions

Stretch marks on the stomach, breast tissue, buttocks or legs.

Warning

- **Alkaline Wash** is only to be used by DMK Skin Technicians who have completed the **pH Revision** training course.
- Do not occlude as heat should never be applied after **Alkaline Wash**. Do not massage after treatment.
- Do not use on darker skin.
- Clients will experience redness, irritation, dryness and some scabbing after treatment.

Procedure

The client must sign a consent form before any treatment can commence.

- **Hydra Louffa Protocol**.
- **Alkaline Wash – Body Protocol**. Apply to stretch marks with a gloved finger. First across and then up and down the stretch mark until pink but not red raw. For the first treatment – less is always best.
- **Alkaline Wash Neutralising Protocol**. Do not ice as this will restrict blood flow to the area.
- **Melanotech Drops** and **Pore Reduction Plus**.

Optional: **Métier® Low Level Laser Protocol**.

- Apply a light dusting of **Actrol Powder**.
- **Body Enzyme Protocol**.

- **Transepidermal Finishing Protocol** using **Contraderm** and light dusting of **Actrol Powder**.

Optional: **Enbioment™ Upgrade** following treatment two.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Hydra Louffa**.
- **FibroMax C**.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- **Herbal Pigment Oil**.
- **Herb & Mineral Mist**.
- **Contraderm**.
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+** to areas exposed to sun.
- Dust with **Actrol Powder**.

☾ NIGHT

- **Revitosin**. Do not use **Revitosin** for three days post treatment or on any red raw areas. Must wait until skin has crusted over.

Alkaline pH Revision for Hair Removal Protocol

Observed conditions

- Hair on the lip, chin, sides of the face and full face.
- Bikini, underarm, arm, leg, nipple, buttock, back and stomach hair.
- Excessive facial hair caused by acne.
- Embedded and congested hair follicles.
- Darker skin that suffers pigmentation with waxing.

In general beards are too strong to dissolve using **Alkaline Wash** without causing excessive skin irritation. However, men who are just starting to shave can have **Alkaline Wash** to remove the fine fluffy hair and prevent folliculitis and pimples.

Function

Alkaline Wash helps to dissolve hair.

Warning

- **Alkaline Wash** is only to be used by DMK Skin Technicians who have completed the **pH Revision** training course.
- Caution when used on Asian or Indian skin.
- Clients may experience redness, irritation, dryness and some scabbing after treatment.
- Do not use on the eyebrows as they will dissolve, nor the eyelid.

Procedure

The client must sign a consent form before any treatment can commence.

- Do NOT cleanse the area.
- Apply **Exoderma Peel** to protect eyebrows and hairline.
- Wear gloves and use a DMK Plastic Spatula.
- Mix **Alkaline Wash** in a DMK Mixing Bowl with distilled/demineralised water. Mix to create a creamy consistency. A thicker mixture is best for hair removal.
- Apply alkaline in the direction of hair growth.
- Do NOT move around and NEVER let alkaline dry on the skin. Keep wet by spraying with distilled/demineralised water.
- There is no timing for any **Alkaline Wash Treatments**. Use your visual skills. When the hair is dissolved it will look buckled.
- Remove as quickly and as gently as possible.
- Apply **Alkaline Wash Neutralising Protocol** immediately.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and a light dusting of **Actrol Powder**.

Note: No infusion after alkaline.

Optional **Enbioment™ Upgrade** following treatment two.

Frequently Asked Questions about pH Revision

Q. Is **pH Revision** bad for my skin?

A. No, **pH Revision** is used in many of our skin revision systems. It is always followed up with the appropriate products to help restore optimal skin health.

Q. Will my hair grow back thicker or darker?

A. No. **pH Revision** is designed to weaken and eventually reduce hair growth.

Q. How often will I need to have this done?

A. In the case of hair removal, as often as you would wax the area. As the hair growth weakens, the treatments are further apart.

Q. Can I wear make-up afterwards?

A. Yes.

Q. What are the benefits of using **pH Revision** over other options?

A. **pH Revision** is better for removing facial hair as it is designed to improve the skin texture and colour at the same time. Waxing can cause the area to go darker but **pH Revision** aims to lighten the area being depilated. It helps to remove ingrown hairs and folliculitis and prevent their reoccurrence. **pH Revision** aims to weaken hair and reduces its growth over time.



Alkaline Wash Neutralising Protocol

Designed to neutralise **Alkaline Wash** and rapidly reduce redness and inflammation.

Procedure

- Apply a film of **Exoderma Peel** to the area.
- Leave for 5-10 minutes.
- Apply ice over the top of the **Exoderma Peel** in a circular motion, using a tissue to soak up water run-off. This will help to rapidly reduce redness and inflammation caused by **Alkaline Wash**.
- Gently remove the **Exoderma Peel** with a cool, damp towel. Follow with **Melanotech Drops, Pore Reduction Plus** and **LLL (Métier® Low Level Laser)**.



Allergic Reaction Protocol

Procedure

- Ice.
- **Beta Gel.**
- **Contraderm.**
- **Solar Damage Gel.**
- For best results apply **Métier® Low Level Laser.**

If a client has a reaction to the DMK Home Prescriptives and you are unsure of the root of the reaction, ask the client to stop using all products and ice the skin until the reaction has completely vanished.

Warn the client that as the reaction settles, the skin will feel tight and dry, however it is temporary and not permanent.

Book the client in for a treatment and perform the following protocol:

- Apply **Exoderma Peel** to exfoliate the dry skin.
- **Hydrating Masque.**
- **Beta Gel.**
- **Contraderm.**
- **Solar Damage Gel.**

After this you can ask your client to introduce one product at a time for four to five days. Once they have implemented one product into their routine safely, they can introduce another until they are certain with their regime.



Alpha Bright, De-Pigmenting Treatment Protocol

An advanced brightening treatment with superior tyrosinase inhibitors to target all types of pigmentation whilst balancing and hydrating the skin.

Procedure

- **Cleansing Protocol.**
 - **Epitoxyl.**
 - Mix 2ml or a ¼ of a teaspoon of **Pro Alpha #1**, **Pro Alpha #2** and **Super Bright**. Optional five drops of **Melanotech drops**.
 - Using two cotton tips, apply the solution to the areas of pigmentation, occlude with cling wrap and a hot towel for 5-10 minutes.
 - Remove **Alpha Bright** formulation with a warm, moist towel.
 - Ice.
- **Melanotech Drops** and **Pore Reduction Plus.**
 - **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
 - **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **FibroMax C Upgrade.**



AlphaZyme Protocol

Helps to dislodge acne impaction, clear the pores and revises the texture of the skin. **AlphaZyme** can be used for many different skin conditions, such as open pores, sun damage and thickened, ageing skin.

Procedure

- Cleansing Protocol.
- Epitoxyl.
- Pro Alpha #1 Protocol.
- Prozyme Protocol.

Option: Heat the skin, mix **Sebum Soak** with **Aqua D'herb**, and apply to the congested areas. Heat and leave on for three to five minutes. Perform extractions then remove the **Sebum Soak** and ice.

- Epitoxyl (if extractions have been performed).
- Melanotech Drops and Pore Reduction Plus.
- Métier® Low Level Laser (LLL).
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Transepidermal Finishing Protocol using **Contraderm** as the nourishing crème, optional **Acu-Klear** on acne impactions and a light dusting of **Actrol Powder**.

Optional: **Enbioment™ Upgrade**.



Bihaku Protocol

A brightening facial treatment designed to plump, hydrate and even-out skin tone.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Mix equal proportions of **Pro Alpha #1** and **Super Bright** (½ teaspoon or 2ml of each formulation) in a small bowl with two cotton tips.
- Apply to the area being treated. This can include under the eyes, full face, neck, décolleté and back of hands.
- Occlude with cling wrap and hot towels for approximately five minutes.
- Remove **Bihaku** formulation with a warm, moist towel.
- **Melanotech Drops and Pore Reduction Plus.**

- **Enzyme Masque #1 Protocol** mixed with **Desquamate.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **Enbioment™ Upgrade** and **FibroMax C Upgrade.**



Body Enzyme Protocol

A deep **DMK Enzyme Treatment** for the body that stimulates the circulatory and lymphatic system. Great for revising loose, sagging skin, and for helping to tighten the stomach after pregnancy. **DMK Body Enzyme** is also designed to be a breast lifting and firming treatment, and is good for fluid retention and flabby upper arms, working towards smoother, tighter-looking skin. Anything we treat on the face can also be treated on the body, using the pre-treatment formulations followed with **DMK Body Enzyme**.

Procedure

- Cleanse and exfoliate the skin with **Hydra Louffa**.
- **Epitoxyl**.

Optional: Pre treatment formulations such as **Prozyme, Acutrol Advanced, Pro Alpha, Red Vein Crème** or **Micro Peel** can be used prior to **Body Enzyme**.

- Mix **Body Enzyme Masque** with **Aqua D'herb**.
- Apply to the area being treated with the DMK Body Brush.
- Leave for 30-40 minutes.
- Mix up **Hydra Louffa** and warm water with a DMK Fan Brush and apply to the masque in circular motion.
- Soften the masque by applying a warm, moist towel. Gently remove the masque.
- Remove remaining masque by working a mix of warm water and **Hydra Louffa** into the skin using circular strokes. Soften and remove with a warm moist towel. Repeat until the masque is completely removed.
- Finish with **Maximum Moisture** body crème emulsified with water.



Body Sculpting Protocol

Effective for cellulite, fluid retention and areas of accumulated fat.

Body Sculpting is best performed as a program. Treatments are carried out weekly over 6, 8 or 12 weeks. **Body Sculpting** can be conducted on areas of concern like thighs, tummy, buttock and/or upper arms.

Procedure

- Cleanse and exfoliate the skin with **Hydra Louffa**.
- **Epitoxyl**.
- Apply a generous amount of **Body Sculpting** crème to the area being treated, do not rub the crème into the skin just apply over the areas.
- Wrap the client in cling wrap firmly.
- The cling wrap must be left on anywhere from 30-45 minutes.
- A scalp and foot massage can be performed whilst the treatment is processing.
- Remove cling wrap and massage remaining **Body Sculpting** crème into skin. DO NOT REMOVE.
- Advise the client that the crème should be left on for at least 8-12 hours, preferably overnight.



Desquaplex Pigmentation Protocol

Hyper-pigmented skins such as melasmas, uneven darker toned skin, passive and inflammatory pigmentation.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Mix one teaspoon of **Desquamate** with $\frac{1}{2}$ teaspoon of **Melanotech Drops** and apply to the area being treated with the DMK Prozyme Brush.
- Occlude with cling wrap and a hot towel for 10 minutes.
- Remove **Desquamate** solution with a warm moist towel.
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Desquamate**.
- **Transepidermal Finishing Protocol.**

Optional: **FibroMax C Upgrade.**



DMK First Time Client Protocol

The following protocol outlines an appropriate treatment for a client who hasn't had a DMK treatment before. It will introduce them to DMK **Enzyme Therapy** and is an appropriate detoxifying treatment for reactive or weakened skins. It is also the perfect starting point for Asian, Indian or dark-skinned clients.

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Desquamate Protocol.** For reactive skin do not occlude.
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'Herb.**
- **Transepidermal Finishing Protocol.**



DMK Vitamin A Peels Protocols

The **DMK Vitamin A Peels** offer exceptionally versatile protocols for clients who need results with minimal downtime. This treatment is the little sister of the full **Remodelling Procedure**. Offering a selection of three different applications with varied strengths that can be tailored to the client's needs and skin concerns, designed to resurface and remodel the skin, can be performed as a one-off or over a series of treatments, it's perfect for ageing, sun damage, hyper pigmentation, scarring, congested skin, open pores and uneven skin texture.

A1 Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Mix ¼ teaspoon of **Pro Alpha #1**, ¼ teaspoon of **Pro Alpha #2** and ¼ teaspoon of **Revitosin**. Apply one layer of the solution and leave on for 5-10 minutes, we recommend always starting less and building on it.

Optional: you can occlude the solution.

- Remove with a warm, or cool, moist towel.
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb** or **Desquamate**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **Enbioment™ Upgrade.**

- We highly recommend the client does **Foamy Lift** and **Exoderma Peel** at home three days after this treatment.

A2 Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Mix ¼ of a teaspoon of **Pro Alpha #1**, ¼ of a teaspoon of **Revitosin** and ½ a teaspoon of **Pro Alpha #2**. Apply one layer of the solution and leave on for 5-10 minutes.

Optional: you can occlude the solution.

- Remove with a warm, or cool, moist towel.
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb** or **Desquamate**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.
- We highly recommend the client does **Foamy Lift** and **Exoderma Peel** at home three days after this treatment.

Note: These can also be done as a program where the client comes weekly or every two weeks.

A3 Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Choose the weaker or the stronger mixture from the A1 or A2 protocols and apply one to two layers of the solution to the client's skin, the client will leave the solution on for eight hours or overnight.

Day 3

- Perform **Enzyme #1 Lift-off Protocol.**
- **Transepidermal Finishing Protocol** using **Contraderm** as nourishing crème.

Optional: **Enbioment™ Upgrade.**



DPE Protocol (Desquamate, Pro Alpha #1 and Enzyme Therapy)

Desquamate, Pro Alpha occlusion and **Enzyme Therapy** combination. Gently exfoliates and brightens the skin while increasing hydration and improving skin functioning. Suitable for various skin conditions.

Procedure

- Cleansing Protocol.
- Epitoxyl.
- Desquamate Protocol.
- Pro Alpha #1 Protocol. This can be performed on the full face or just on areas of concern e.g. pigment, wrinkles, fine lines and open pores.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Transepidermal Finishing Protocol using Contraderm as the nourishing crème.

Optional: **FibroMax C Upgrade.**



Eliminare Protocol

An acne treatment protocol created to help flush and eradicate deep congestion and redness. Also good on fragile capillaries, rosacea and red vascular scarring

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Desquamate Protocol.**
- Apply **Red Vein Crème** to impacted areas and spray with **Herb & Mineral Mist**. Work it into the skin until absorbed.
- Leave for three minutes and blot excess with a tissue.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb** or **Enzyme Masque #2** and **#3** full face application.
- **Transepidermal Finishing Protocol** using **Acu Crème** or **Biogen C** as the nourishing crème.



Enzyme Masque #1 Lift-off Protocol

The **Enzyme Lift-off** not only helps remove peeling skin, it also stimulates fresh blood flow to the new tissue, bringing vital nutrients and deep oxygenation to the skin.

DMK rebuilds and supports the healing process with enzyme treatments. Mixed with **Enzyme Masque #1**, **Desquamate** increases the hydrolysing power, which breaks the surface tension while aiding the removal of additional dead cell material.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Ice.**
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Desquamate.**
- **Ice.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **FibroMax C** and **Enbioment™ Upgrade.**



Epifill Protocol

A treatment protocol created to put the bounce back into your skin. Works like filler without injections.

Procedure

- **Cleansing Protocol** using **Mediterranean Pearls™**.
- **Epitoxyl**.
- Optional pre treatment: **Desquamate Protocol** or **Pro Alpha #1 Protocol**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **FibroMax C**.
- **FirMatrix™**. Allow the solution to sink in for five minutes. Or for an extra boost occlude with cling wrap.
- **Enzyme Masque #2** and **#3** either a full face or the **Muscle Banding Protocol**.
- **Transepidermal Finishing Protocol** using **Pore Reduction Plus**, **Melanotech Drops**, **FibroMax C**, **FirMatrix™**, **Eye Web™**, **Seba-E** or **Herbal Pigment Oil**. Spray with **Wetter than Water™**, **TransGenesis™** or **Fine line sprayed with Wetter than Water™**. Infuse with a hot towel and cling wrap. Lock in with **Hydroloc**. Finish with **Soleil Defence SPF15** or **DMK Soleil Defence SPF50+**.



Evacuderm Protocol

Evacuderm treatment protocol is for deep-seated congestion, where the compaction is trapped deep down in the sebaceous glands and hair shafts. This needs to be brought to the surface in order for us to effectively clean it out.

Note: **Evacuderm** is a protocol designed for small areas of the face, not the full face. Never perform more than two layers, otherwise the client should be having a **Pro Alpha Peel**.

Procedure

- **Cleansing Protocol** using **Deep Pore**.
- **Epitoxyl**.
- Option one – ½ teaspoon **Pro Alpha #1**
½ teaspoon **Pro Alpha #2**
- Option two – ½ teaspoon **Pro Alpha #1**
1½ teaspoons **Pro Alpha #2**

Apply two layers of the mixture to the specific area using two cotton tips.

Client will leave this solution on overnight or for a minimum of 8-12 hours. The next morning they will rinse it off with warm water and apply the normal day routine, and apply **Revitosin** at night.

Day three or four:

- **Cleansing Protocol**.
- **Prozyme Protocol**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and light dusting of **Actrol Powder**.

Optional: **FibroMax C** and **Enbioment™ Upgrade**.

Note: Never perform on full face or as a first treatment option. **Pro Alpha #1** and **#2** is used to lift the trapped sebum dead cell material up to the surface. Once the congested material is on the surface it is easily eradicated.

Prozyme is then used to help remove the dead cell and waste material. **Enzyme Masque #1** and **Aqua D'herb** aim to restore optimal skin functioning, improving the lymphatic drainage, circulation, and bringing fresh nutrients and oxygen to the skin.



Follicuzyme® Protocol

Follicuzyme® is designed to effectively and professionally address bumps on the upper arms, ingrown hairs and folliculitis. **Follicuzyme®** can be performed anywhere on the body for both men and women.

Seen typically as a red rash with bumps or white heads anywhere on the body; folliculitis and ingrown hairs are irritating concerns, in more ways than one.

Areas commonly affected:

- Back and chest (more common in men)
- Face
- Anywhere that acne is present
- Upper arms
- Bikini
- Legs

Procedure

Note: The client must read and sign the **Follicuzyme®** consent form prior to commencement of the treatment.

- Cleanse with **Hydra Louffa** (body), **Deep Pore** or **Milk Cleanser** (face).
- Mix **Alkaline Wash** and distilled/demineralised water into a paste consistency and apply the solution to the area being treated. Keep the solution moist at all times by lightly spraying with water.
- Allow the alkaline solution to sit on the area until the hair becomes frizzy-looking and has dissolved. Gently work the paste in a circular motion (one to three circles). Do not rub hard or aggressively – this must be a very light, gentle motion. If the client experiences any tingling or discomfort, remove immediately.
- **Alkaline Wash Neutralising Protocol**
- **Melanotech Drops** and **Pore Reduction Plus**.

Note: There maybe a stinging effect on the skin. Please notify the client of this discomfort

- Lightly dust over skin with **Actrol Powder** using a dry DMK Fan Brush.
- **Body Enzyme Protocol** or **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel** on the face.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and a light dusting of **Actrol Powder**.

Note: No infusion after **Alkaline Wash**.

Note: The duration of treatments will vary from client to client. Between two and eight treatments may be needed, depending on the severity of the condition. The price will also vary depending on the size of the area treated.

Contraindications

Medication: Roaccutane and Warfarin. All medications should be checked.

If skin becomes red, itchy and inflamed, the client should consult with the therapist and discontinue use until further diagnosis. Follow the **Allergic Reaction Protocol**.

The client should do either **Foamy Lift** mixed with **Exoderma Peel** or **Micro Peel** followed by either **Acu Masque** or **Hydrating Masque** at home three days after the professional Follicuzyme treatment.

Warning

- **Alkaline Wash** is ONLY to be used by DMK Skin Technicians who have completed the **pH Revision** training course.
- Do not use on Indian skin.
- Clients may experience redness, irritation, dryness and some scabbing after treatment.



Hydradermaze Protocol

Hydradermaze is an advanced treatment program designed to accelerate results when working with very congested skin. This can also be done as a 12-week skin revision program for ageing, wrinkles and sun damage. Aim for faster and more efficient results by combining the forces of **Revitosin**, **Prozyme**, **Pro Alpha #1** and **Enzyme Masque #1**.

Procedure

- **Cleansing Protocol** using **Deep Pore**.
- **Epitoxyl**.
- **Prozyme Protocol**.
- **Pro Alpha #1 Protocol**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.
- Ensure the client is well informed that they may experience the following after **Hydradermaze**:
 - Skin may be red. The duration will depend on the individual.
 - Skin may feel hot and stinging for one to two days after the treatment.
- The client should do either **Foamy Lift** mixed with **Exoderma Peel** or **Micro Peel** followed by either **Acu Masque** or **Hydrating Masque** at home three days after the professional **Hydradermaze** treatment.

Home Prescriptives

- DAY
 - Four **EFA Ultra** per day.
 - Cleanse with DMK cleanser of choice.
 - **Pore Reduction Plus**.
 - **Melanotech Drops** and **FibroMax C**.
 - **Beta Gel**.
 - **Direct Delivery Vitamin C**.
 - **Seba-E** or **Herbal Pigment Oil**.
 - **Herb & Mineral Mist**.
 - Nourishing crème of choice.
 - **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.
- ☾ NIGHT
 - Cleanse then apply **Revitosin**. Alternate nights with **Super Bright** on hyper pigmented skin, darker skins prone to hyperpigmentation and hotter climates.

Hydroplex Pigmentation Protocol

To address the multifaceted condition of hyperpigmentation, the **Hydroplex Pigmentation** treatment has been developed using a combination of skin brightening, melanin inhibiting, antioxidant, anti-inflammatory, hydrating and skin strengthening ingredients.

Used for pigmentation on the face, back of the hands, décolleté or anywhere on the body.

Any successful pigmentation revision will require a program and consistent use of the DMK Home Prescriptive products. There is no magic bullet in the revision of hyperpigmentation.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Mix one teaspoon of **Pro Alpha #1** with ½ teaspoon of **Melanotech Drops**. Apply to the area being treated and occlude for five minutes. Remove well.
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Desquamate**. On the body mix **Body Enzyme Masque** with **Aqua D'herb** and leave on for 30-40 minutes.
- **Transepidermal Finishing Protocol.**

Optional: **FibroMax C Upgrade.**

Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Deep Pore** or **Milk Cleanser.**
- **Melanotech Drops** on the pigment only.
- **FibroMax C** on the pigment only.
- **Direct Delivery Vitamin C.**
- **Beta Gel.**
- **Herbal Pigment Oil** either full face or just on the hyperpigmentation face or body.
- **Herb & Mineral Mist.**
- **Melanotech Crème.** If oily, **Crème Citrique.**
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+.**

☾ NIGHT

- Alternate **Revitosin** with **Super Bright.** Apply **Melanotech Drops** to stubborn areas of pigment prior to applying **Super Bright** if required.

Instant Lift Protocol

Our special occasion treatment, get your skin red carpet ready for any special occasion. Always perform the **Instant Lift** treatment the day before the special occasion as you look better the next day.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 plus mixer Protocol, then Enzyme Masque #2 and #3 Muscle Banding Protocol** over the top. Leave on skin for 45 minutes from application of **Enzyme Masque #2.**
- **Transepidermal Finishing Protocol** using **Biogen C** or **Fine Line** as the nourishing crème.

Optional: **FibroMax C Upgrade.**

Note: Remember not to massage or put excess drag on the tissue.



Intense Eye and Neck Treatment

The **Intense Eye and Neck Treatment** addresses age management concerns of the delicate eye neck and décolletage.

This treatment will focus on re-establishing free water levels, stimulating collagen and elastin, supporting the ECM, snapping up, tightening and strengthening these areas leaving the skin supple, firm and vibrant. Focusing on rebuilding the skin from within.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Choice of exfoliant (level 2 or 3).

Optional: **Red Vein Crème & Herb & Mineral Mist.**

- Décolletage and neck treatment: **Body Enzyme** mixed with **Aqua D'herb.**
- Facial treatment: **Enzyme Masque #1 Protocol, Enzyme Masque #2 & #3 Protocol Full Face or Muscle Banding or Enzyme Masque #1,#2 and #3**
- **Transepidermal Finishing Protocol** with **FibroMax C Upgrade** and a thick layer of **Fine Line** crème as the nourishing crème. Occlude for 3-5 minutes and massage remainder in.

Elevate Upgrade for neck & décolletage.

Liquid Laser Protocol

Liquid Laser is a gentle resurfacing procedure with supreme rebuilding and strengthening properties. It can be performed on a full face, neck and décolleté, or it can be applied to specific areas such as around the eye or mouth area.

Symptoms to expect

The client may experience the following symptoms during this treatment:

- Dry, flaky-looking skin. Do not pick at the skin. Allow it to come off when cleansing.
- Slight yellow or orange skin tone (this is just the staining of beta-carotene in the **Revitosin**).
- The skin being treated may look very 'aged' and even more wrinkled. This is simply a build-up of old dead cells that have not yet detached from the skin. This is actually a good sign that the treatment is working and that you must continue with the nightly routine. All this dead skin will eventually detach and the new underlying skin will look smooth and fresh.

Strengths of the solution

- 100% – **Pro Alpha #1** (one layer).
- 100% – **Pro Alpha #1** (two layers).

Client preparation

- Take photos.
- Have client read and sign the DMK Informed Consent Form. Client to purchase DMK Home Prescriptives including **Revitosin**.

Procedure

The initial treatment should take only a few minutes during which the **Pro Alpha #1** solution will be applied. This must be left on for at least 8-12 hours before cleansing off at home. You will then follow the home use instructions for six days before returning for your first **Lift-off Treatment** on day seven. You will then continue using your DMK Home Prescriptives for another six days before returning for your final **Enzyme Lift-off** treatment on day 14. To complete the strengthening and tightening follow with six weekly treatments of **Enzyme Masque #2** and **#3 Muscle Banding Protocol** to complete the **Liquid Laser** program.

Home Prescriptives

The DMK Home Prescriptive products are an integral part of this treatment and must be strictly adhered to.

● DAY

- Four **EFA Ultra** per day.
- **Deep Pore** or **Milk Cleanser**.
- **Melanotech Drops**.
- **FibroMax C**.
- **Direct Delivery Vitamin C**.
- **Beta Gel**.
- **Herbal Pigment Oil**.
- **Herb & Mineral Mist**.
- **TransGenesis™**, **Betagen** or **Contraderm**.
- **Fine Line** or **Eye Tone** can be used around the eye and neck area.
- During this procedure, it is very important that you use **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+** every day, as you will be more photo-sensitive.

☾ NIGHT

- Every night apply two layers of **Revitosin** to areas being treated and massage into the skin.



Lunchtime Peel Protocol

The **Lunchtime Peel** performs a controlled micro-removal of the epidermis – leaving the skin looking instantly radiant and luminous. It is also a great option to minimise fine-lines and wrinkles, minimise open pores and brighten the skin.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Mix equal amounts of **Pro Alpha #1** and **Pro Alpha #2** together (½ teaspoon of each). Apply one layer of the solution to area being treated. Area can include full face, neck and décolleté. Let settle for five minutes for the first treatment and up to 10 minutes every treatment thereafter. We recommend always starting less and building on it.
- Remove with a warm, moist towel.

Optional: after two treatments can increase intensity by occluding with cling wrap and a hot towel for 5-10 minutes.

- Neutralise with **Exoderma Peel**, leave on for five minutes, and then remove with a warm moist towel.
- **Hydrating Masque** for 7-10 minutes; removed with a warm moist towel.

- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **FibroMax C Upgrade**

- Three days after the client should perform a **Foamy Lift** and **Exoderma Peel** masque at home.
- Make sure the client is on a full **DMK Home Prescription** to support the results that you are achieving in clinic.



MediPedi® Protocols

Foot treatments that can be done alone or combined with a pedicure. Helps to smooth dry, cracked and calloused areas on the feet.

Treatment one: MediPedi® without full pedicure using Alkaline Wash

Before starting the **MediPedi®** foot treatment, assess the feet and establish problem areas, looking for thickened calloused areas on the feet, toes and tops of the feet. Also look for any bubbling skin or cracked areas.

A thorough examination ensures you know which areas will require more dissolving – work on those areas first and for longer. There is no timing, so just go by look and feel. Also ask your client for any change in feeling or sensation in the treated areas.

Usually dead thickened skin on the feet has a dull yellow or white appearance. When revised the skin should restore to a fresh pink colour and the skin should feel slippery. Remember you cannot always remove everything in one treatment, some conditions will be revised over a period of treatments – it is always better to perform an extra treatment rather than revise the skin down too much.

Procedure

- Soak the feet in a foot bath with a pea-sized amount of **Hydra Louffa**. Or cleanse the feet with **Hydra Louffa** and warm water, then remove with a warm, moist towel.
- Mix one level teaspoon of **Alkaline Wash** with distilled/demineralised water. Divide the foot into sections, then, using gloves, apply the **Alkaline Wash** to the most thickened areas. Keep the solution wet by spraying with water. Leave for three minutes then begin on one foot working in firmly with a pedi paddle or

pumice stone. Once you have revised the skin, remove the alkaline with a warm, moist towel and neutralise with **Exoderma Peel**.

- Repeat as above on the next sections until all areas have been treated. Then, leaving the neutraliser on the first foot, do the same on the second foot.
- Once both feet have been alkalined and neutralised, go back to the first foot. Remove the neutraliser and apply a few drops of **Herbal Pigment Oil** and **Calerase** massaged in with warm water.

The use of **Herbal Pigment Oil** and **Calerase** is imperative after the **Alkaline Wash** as it helps soften and nourish the skin. The **Calerase** is designed to restore the pH of the skin, as it contains lactic acid. The **Calerase** also sinks into the skin, helping to prevent dryness of the feet, which can result from the alkaline.

OPTION: After the **Herbal Pigment Oil** and **Calerase** have been worked in you can apply a hot towel or a paraffin foot treatment for extra softening.

Repeat as above on the second foot.

For dark areas or fungal conditions you can apply **Melanotech Drops** to the area after the **Exoderma Peel** is removed and before the **Herbal Pigment Oil** and **Calerase** is applied. Pack with **Actrol Powder**.

Treatment two: MediPedi® incorporated into a pedicure using Alkaline Wash

Always examine the feet for problem areas.

Procedure

- Soak the feet in a foot spa with a pea-sized amount of **Hydra Louffa**.
- Remove first foot from the foot spa, file the nails, then massage a small amount of **Calerase** into the cuticles. Put foot back into soak. This provides a superb cuticle treatment as it helps to soften and remove dry excess cuticle build-up. The skin should literally roll away.
- Repeat on the second foot.
- Remove the first foot from the water. Using a cuti stone, push back the cuticle. Any excess cuticle that doesn't roll away may be clipped. This is personal choice, as some clients do not like clipping. Always check with your client and ask what they prefer. Next, mix the **Alkaline Wash** and perform the callous dry skin removal part of the treatment. Once neutralised with the **Exoderma Peel** repeat on the second foot.
- Remove the neutraliser then apply **Herbal Pigment Oil** and **Calerase**. Massage in with warm water. To infuse, apply a steamy hot towel or perform a paraffin foot treatment.

Maintenance

Clients should purchase **Calerase** and **Herbal Pigment Oil**. Apply every night or two to three nights a week, depending on condition of their feet. Educate your clients that they should still have the professional treatments every one to two months.

Treatment three: MediPedi® for therapists not trained in the DMK procedures

Procedure

- Soak the feet in a foot spa with a pea-sized amount of **Hydra Louffa**.
- Remove first foot from the foot spa and massage in **Calerase**. Occlude with cling wrap and hot towels.
- Remove second foot from the foot spa, file the nails, then massage a small amount of **Calerase** into the cuticles. Any excess cuticle that doesn't roll away may be clipped. This is a personal choice, as some clients do not like clipping. Check what your client prefers.
- Using the same foot, massage in **Calerase** and occlude with cling wrap and hot towels.
- Remove cling wrap from the first foot, remove excess **Calerase** and, using the pedi paddle, buff the foot.
- Repeat the cuticle treatment on this foot.
- Using a combination of **Calerase** and **Herbal Pigment Oil** (alternatively the in-salon massage crème), perform massage on feet.
- Finish pedicure using standard method.



MelanoBright, Pigment Lift Protocol

An advanced hyper-pigmentation skin revision protocol that can be incorporated into a pigmentation skin revision program.

Caution on darker skin tones or reactive skin.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol.** Apply either full face or areas of hyperpigmentation.
- Mix equal amounts of **Pro Alpha #1**, **Pro Alpha #2** and **Super Bright**, optional five drops of **Melanotech Drops**.
- Using two cotton tips, apply the solution to the areas of pigmentation.
- Occlude with cling wrap and a hot towel for 5-10 minutes.
- Remove **MelanoBright** formulation with a warm, moist towel.

- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **FibroMax C Upgrade.**



Pro Alpha Peel Protocol

A resurfacing and skin remodelling procedure which aims to remove dead skin cells and instigate collagen development. Designed to improve the structural integrity of the skin and help revise skin back to a youthful, healthy state.

Intensive resurfacing procedure designed to be tailored in strength to the client's skin condition.

Effective for:

- Sun-damaged and aged skin.
- Fine lines, wrinkles and glycation
- Thickened, coarse skin.
- Acne scarring.
- Uneven skin conditions.
- Passive hyperpigmentation .
- Anyone wanting to refresh their appearance and prevent ageing.

Contraindications:

- Inflamed acne or Inflamed skin.
- Excessively oily clients.
- Anyone who has chronic cold sores or herpes.
- Indian skin.
- Anyone on excessive medication.
- Auto immune disorders.
- Caution on clients with depression, anxiety and any psychological problems.

Preparation

- The client must sign a consent form before any treatment can commence.
- The client should receive a copy of the home instructions for the **Pro Alpha Peel**.
- The client must use **Revitosin** nightly or alternating **Revitosin** and **Super Bright** for seven, 10 or 14 days prior to this treatment, stopping the night before treatment.
- The client should take four **EFA Ultra** per day before and during the procedure.
- The client must use a full DMK Home Prescription and wear the **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+** when they start using **Revitosin**.
- The client must have at least two DMK **Enzyme Therapy** treatments prior to the **Pro Alpha Peel**.
- Three to six DMK **Enzyme Therapy** treatments are preferable for optimum results.

Home Prescriptives

All **Pro Alpha Peel** clients must use the following DMK Home Prescriptives regime in order to prepare the skin and support the process.

DMK Home Prescriptives are essential to ensure the architecture of the skin is revised and any complications are avoided.

● DAY: Body

- Four **EFA Ultra** per day.
- **Hydra Louffa**.
- **Beta Gel** and **Direct Delivery Vitamin C**.
- **Herbal Pigment Oil** with **Herb & Mineral Mist**.
- **Contraderm** with **Herb & Mineral Mist**.
- Lock in with **Maximum Moisture**.
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+** if exposed to the sun.

● DAY: Face

- Four **EFA Ultra** per day.
- **Deep Pore** or **Milk Cleanser**.
- **Melanotech Drops**.
- **Beta Gel** and **Direct Delivery Vitamin C**.
- **Herbal Pigment Oil** with **Herb & Mineral Mist**.
- **Contraderm** with **Herb & Mineral Mist**.
- Finish with **Solar Damage Gel** and **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

- **Hydra Louffa** for body and **Milk Cleanser** or **Deep Pore** for face.
- Alternate between **Revitosin** and **Super Bright** for 10 -14 nights before application of **Pro Alpha Peel** solution.



Strengths of solution mixture

Medium – for darker skin tones prone to hyperpigmentation.

- Two teaspoon **Pro Alpha #1**
- Two teaspoon **Pro Alpha #2**

Strong – Caucasian skin

- One teaspoon **Pro Alpha #1**
- Three teaspoons **Pro Alpha #2**

Application

Treatment Schedule

- Day 1 – first day of layers.
- Day 2 – second day of layers.
- Day 3 – contact client, either by phone or a short five minute consultation, or ask them in and perform the **Métier® Low Level Laser**.
- Days 3-5 – this is when they will be peeling the most. The client can do **Foamy Lift** and **Exoderma Peel** at home during this time.
- Days 5-6 – perform **Enzyme Masque #1 Lift-off Protocol**.
- Day 10-11 – perform second **Enzyme Masque #1 Lift-off Protocol** or see alternative options if the client breaks out or does not peel.



Procedure

Day 1

- Cleanse. Apply the solution using two cotton tips in layers overlapping each stroke over the entire face or area being treated. The amount of layers can be tailored to areas of the skin – anywhere from 6-12 layers.

Client leaves the solution on overnight or for 8-12 hours.

Day 2

- Client needs to be advised to remove solution in the shower in the morning with warm water, not hot. Gently pat dry.
- During the day the client should apply: **Melanotech Drops, Direct Delivery Vitamin C, Beta Gel, Herbal Pigment Oil** sprayed in with **Herb & Mineral Mist. Contraderm** sprayed in with **Herb & Mineral Mist.** Lock in with **Solar Damage Gel.** Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**
- On day two the client returns for second day of layers. The solution can be the same strength or different, based on how the skin has responded. You can also apply more layers to particular areas.
- If the client is Fitzpatrick three, four or five, do not apply any solution in the middle T-zone area.
- Client leaves the solution on overnight or for 8-12 hours and is advised to rinse the next morning with warm water. Pat dry and apply Home Prescriptives and **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+.**

Days 3-5

- Contact client, either by phone or a quick five minute consultation. To aid increased skin rejuvenation, do **Métier® Low Level Laser Therapy (LLLT).**
- Reiterate the **Pro Alpha Peel** process to boost the client's confidence.
- Days three to five are the days the client peels the most.

Day 5 or 6

- Perform first **Enzyme Masque #1 Lift-off Protocol.**

Day 10 or 11

- Perform second **Enzyme Masque #1 Lift-off Protocol.**

On ageing skin always follow with 6, 8 or 12 weeks of **Muscle Banding** to help tighten and firm the skin.

Pro Lift Protocol

Recommended for more mature skin to help gain a fresh, bouncy, youthful complexion. Can be done as a one off or a program of 8-12 weeks, the ultimate in anti-ageing and age management. If performing it in a program for best results alternate pre-exfoliants. Do not use **Quick Peel** when performing **Enzyme Masque #3** due to both containing cassia.

Procedure

- Cleansing Protocol.
- Epitoxyl.
- Pro Alpha #1 Protocol.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 plus mixer Protocol, then Enzyme Masque #2 and #3 Muscle Banding Protocol over the top. Leave on the skin for 45 minutes from application of Enzyme Masque #2.

- Transepidermal Finishing Protocol using **Biogen C** or **Fine Line** as the nourishing crème.

Optional: **FibroMax C Upgrade.**

Note: Remember not to massage or put excess drag on the tissue.



Red Vein Treatment (RVT) Protocol

RVT is a versatile protocol that can be beneficial for a variety of different skin conditions. Please remember to relate the function of **Red Vein Crème** to its benefits and effects on the condition:

- Fragile capillaries.
- Diffused redness.
- Rosacea (this would not be the first treatment you would perform on rosacea).
- Stubborn congested areas.
- Red/ purple scarring in acne skins.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Apply **Red Vein Crème** to impacted areas and spray with **Herb & Mineral Mist**. Work it into the skin until absorbed.
- Leave for three minutes and blot excess with a tissue.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Biogen C** as the nourishing crème with **FibroMax C Upgrade**.

Home Prescriptives

☾ NIGHT

Red Vein Crème should be used at home as a night treatment crème to continue the strengthening action on the capillaries and to prevent further weakening. Before introducing **Red Vein Crème** to be used as a DMK Home Prescriptive, clients must have had at least six DMK **Enzyme Therapy** treatments.

To introduce **Red Vein Crème** with the least amount of discomfort to the client, the following instructions should be followed. As **Red Vein Crème** will initially cause temporary redness, the weaker the vessels, the longer the skin will stay red. Therefore, introducing **Red Vein Crème** slowly minimises downtime:

- Every third night for the first two weeks with a light spray of **Herb & Mineral Mist**.
- Every second night for the following two weeks with a generous spray of **Herb & Mineral Mist**.
- If there is no redness in the morning, continue use every night for six to eight weeks to work towards a 40-60% reduction of the condition.

Please note: Clients must be on a full DMK Home Prescription – especially both serums (**Beta Gel** and **Direct Delivery Vitamin C**) and should be using **Foamy Lift** and **Exoderma Peel** once per week. If your client has had **IPL** treatments previously to cauterise capillaries, they should be using **Red Vein Crème** to help strengthen and prevent weakening of new blood vessels. “Prevention is better than cure.”



Repair and Renew Peel Protocol

A good skin booster. Power packed results in a short time, this treatment offers the regenerating benefits of vitamin A together with acids to remodel the skin and reveal a smoother more luminous skin. Ideal for ageing, sun damage, scarring and uneven skin texture.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Mix ¼ teaspoon **Pro Alpha #1** with ¼ teaspoon of **Revitosin** and ¼ teaspoon **Pro Alpha #2**. Apply a fine film with two cotton tips, occlude for 5-10 minutes.
- Remove with a warm, moist towel.
- Neutralise with **Exoderma Peel**, leave on for five minutes and remove with a warm, moist towel.
- **Hydrating Masque** for 7-10 minutes, remove with a warm moist towel.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **FibroMax C Upgrade.**



Rhinovac Protocol

Open pores and sebum plugs or deep congestion. Recommended for rhinophyma, or small areas of congestion. Not recommended for large areas.

Performance characteristics

Alkaline Wash helps to swell, soften and dissolve, then the **Pro Alpha #1** solution uses water to encourage trapped sebum plugs up and onto the surface, where enzymes will flush it away and strengthen the underlying structures.

Procedure

- **Cleansing Protocol** using **Deep Pore**.
- **Alkaline Protocol**.
- **Alkaline Wash Neutralise Protocol**.
- **Pro Alpha #1 Protocol** to area of concern.
- **Melanotech Drops and Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and a light dusting of **Actrol Powder**.

Note: No infusion after **Alkaline Wash**.

Optional: **Enbioment™ Upgrade**.



RP (Remodelling Procedure) Protocol

DMK's **Remodelling Procedure (RP)** is suitable for both the face and body. **RP** is focused on fulfilling client expectations.

“Remodel: to reconstruct, return to its original healthy state.”

RP is not a peel. **RP** is a system based on our Remove, Rebuild, Protect and Maintain philosophy. It revises the architecture of the skin, addressing the underlying condition, with an aim to return these areas to a strong, healthy and youthful condition. Consumer interest in correcting the signs of photodamage, including wrinkles, pigmentation, sagging or surface roughness is rapidly increasing. **RP** is based on the preservation of healthy and attractive skin on the body and face.

Treatment for:

- Inflammatory and passive pigmentation.
- The signs of ageing.
- Sagging skin.
- Skin texture.
- Vascular scarring.
- Acne scarring.
- Stretch marks.
- Body.

The eight standard RP treatments:

- **ARP (Arm Remodelling Procedure)**
- **DRP (Décolleté Remodelling Procedure)**
- **FRP (Face Remodelling Procedure)**
- **HRP (Hand Remodelling Procedure)**
- **LRP (Leg Remodelling Procedure)**
- **SRP (Stomach/Stretch Marks Remodelling Procedure)**
- **RP and IPL combination** – for weakened vascular and capillaries.
- **RP and IPL combination** – for pigmentation.

Contraindications

The following contraindications for **RP** Protocols should be carefully observed:

- Do not use on Indian skin. Caution is required on darker skin.

Always check the client's genetic background

- Clients that are allergic to **Revitosin** or **Pro Alpha #1** or **#2**. Clients must have a patch test applied to the area being treated. Note that while some people are allergic to **Revitosin** on the face, they might not be allergic on the body and vice versa. Test a fist-sized circle on the body and leave it on overnight.
- Do not use on eczema, dermatitis, psoriasis or any inflamed skin condition.
- Do not use on anyone who is averse to peeling or dry flaking skin.
- Not suitable for clients on medications, pregnant or breast feeding, or clients with herpes or autoimmune disorders.

Preparation

- The client must sign a consent form before any treatment can commence.
- The client should receive a copy of the home instructions for the **RP (Remodelling Procedure) Protocol**.
- During the 10-day preparation period the client is required to have a minimum of two **DMK Body/Face Enzyme Treatments**.
- Four **DMK Enzyme Treatments** is a perfect preparation for the rebuilding phases of the tissue.
- Never do as a first treatment. **A1** or **A2 Vitamin A Peel** is an excellent option to incorporate into a skin revision program for clients, who need a peel but don't want the down time.

Home Prescriptives

All **RP** clients must use the following **DMK Home Prescriptives** regime in order to prepare the skin and support the process.

DMK Home Prescriptives are essential to ensure the architecture of the skin is revised and any complications are avoided.

- **DAY: Body**
 - Four **EFA Ultra** per day.
 - **Hydra Louffa**.
 - **Beta Gel** and **Direct Delivery Vitamin C**.
 - **Herbal Pigment Oil** with **Herb & Mineral Mist**.
 - **Contraderm** with **Herb & Mineral Mist**.
 - Lock in with **Maximum Moisture**.

- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+** if exposed to the sun.
- **DAY: Face**
 - Four **EFA Ultra** per day.
 - **Deep Pore** or **Milk Cleanser**.
 - **Melanotech Drops**.
 - **Beta Gel** and **Direct Delivery Vitamin C**.
 - **Herbal Pigment Oil** with **Herb & Mineral Mist**.
 - **Contraderm** with **Herb & Mineral Mist**.
 - Lock in with **Solar Damage Gel**.
 - **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

- **Hydra Louffa** for body and **Milk Cleanser** or **Deep Pore** for face.
- Alternate between **Revitosin** and **Super Bright** for 10 nights before application of **RP** solution.

Day 1

- Cleanse the area with **Deep Pore**.
- Blend the following ingredients in a plastic or glass bowl using two cotton tips:
 - Two teaspoons of **Pro Alpha #2**
 - One teaspoon of **Pro Alpha #1**
 - One teaspoon of **Revitosin**
- Apply layers until skin will not absorb anymore then lightly massage solution into the skin.
- If there is remaining solution on the skin then you can drive the **RP** solution by applying one to two layers of the following **Pro Alpha Peel Solution** mix.

- Option one:
½ teaspoon of **Pro Alpha #1**
½ teaspoon of **Pro Alpha #2**
- Option two:
½ teaspoon of **Pro Alpha #1**
1 ½ teaspoon of **Pro Alpha#2**
- Leave the solution overnight or for 8-12 hours.

Day 2

- In the morning, or after the appropriate processing time, the client will gently cleanse the skin and apply **Melanotech Drops, Direct Delivery Vitamin C, Beta Gel, Herbal Pigment Oil, Contraderm, Herb & Mineral Mist, Solar Damage Gel** or **Maximum Moisture** (body), and **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.
- In the afternoon, ask the client back into the clinic to apply the second layer of solution where needed. Perform **Métier® Low Level Laser** to help decrease the inflammation and enhance skin rejuvenation.
- Cleanse the skin and mix up the solution using the same ratio as day one. Apply solution only to thickened or deep pitted scarred skins and where needed. Drive in with **Pro Alpha Peel Solution** if needed. Leave on overnight or for 8-12 hours.

Days 3-5

- Contact client, either by phone or a quick five minute consultation. To aid increased skin rejuvenation, do **Métier® Low Level Laser Therapy (LLLT)**.
- Reiterate the **RP Peel** process to boost the client's confidence.

- Days three to five are the days the client peels the most.
- Client will continue morning and night with:
 - Cleanse the skin, **Melanotech Drops, Direct Delivery Vitamin C, Beta Gel, Herbal Pigment Oil, Contraderm, Herb & Mineral Mist, Solar Damage Gel** or **Maximum Moisture** (body), **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+** (during the day).

Day 5 or 6: first Lift-off

- **Enzyme Masque #1 Lift-off Protocol** or **Body Enzyme Masque** mixed with **Aqua D'herb** (body).

Days 6-9

- Client will continue morning and night with: **Melanotech Drops**, optional **FibroMax C**. Apply **Direct Delivery Vitamin C, Beta Gel, Herbal Pigment Oil, Herb & Mineral Mist, Contraderm, Solar Damage Gel** or **Maximum Moisture** (body), morning and night. Apply **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+** during the day.

Day 10

- **Enzyme Masque #1 Lift Off Protocol** or **Body Enzyme Masque** mixed with **Aqua D'herb** (body).

Skin Recovery Resurfacing Protocol

Firm, fresh, plump skin. Peel away the old and tighten and strengthen the skin. This treatment is for clients who need to advance their results now. Ageing, scarring and congestion, removing dead cell build up whilst adding more water to the skin. **Enzyme Masque #1, #2 and #3** ensure cell functioning and tissue strengthening is continued on day three.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Desquamate Protocol.**
- Mix ½ teaspoon of **Pro Alpha #1** and ½ teaspoon of **Pro Alpha #2** and apply a fine film to the skin using two cotton tips. Leave solution on for 10 minutes or occlude with cling wrap and a hot towel for 10 minutes, then remove with a warm, moist towel.
- Neutralise with **Exoderma Peel**. Leave on for five minutes then remove with a warm, moist towel.
- **Melanotech Drops and Pore Reduction Plus**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Day Three

- Perform **Enzyme #1 Lift-off Protocol** followed by **Enzyme Masque #2 and #3 Protocol.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **Enbioment™ Upgrade.**



Skin Refresh Protocol

Improving hydration and plumping the skin, this treatment targets skins that are looking a bit tired, dull, uneven signs of ageing, scarring and congestion, whilst the addition of **Pro Alpha #2** works on evening out skin texture.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Desquamate Protocol.**
- Mix equal amounts of ½ teaspoon of **Pro Alpha #1** and ½ teaspoon of **Pro Alpha #2**. Apply a fine film with two cotton tips, occlude for 5-10 minutes. Remove with a warm, moist towel.
- Optional ice.
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **Enbioment™ Upgrade.**



Pre and Post Operative, and Cosmetic Enhancement

Breast Surgery Protocol

DMK and Fillers Protocol

Eliminate Bruising Protocol

Facial and Neck Surgery Protocol

Liposuction Protocol

Pre & Post Botox® Protocol

Pre & Post PRP Protocol

Post Operative Protocol

Pre Operative Protocol

Tummy Tuck Protocol



A holistic approach to longer
lasting results and a faster
recovery time.



Breast Surgery Protocol

Pre surgery

Professional treatments

One to six **Body Enzyme** treatments prior is optimal for best preparation. However one is better than none. Treatments should occur once a week before surgery, with the last treatment approximately five to seven days prior to surgery.

Post operative treatments

Three days after surgery:

- **Cleansing Protocol.**
- **Epitoxyl .**
- Apply **Body Enzyme** to the breast area leaving it 3cm from the sutures.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème. **Beta Gel** can be packed into the sutures. **Actrol Powder** can also be applied over the sutures.

Perform the **Body Enzyme** treatment day three, five, nine and then weekly.

Home Prescriptives

- Use **Hydra Louffa** body wash to cleanse breasts day and night.
- Apply **Beta Gel** directly on the area of surgery day and night.
- Apply **Direct Delivery Vitamin C** directly on the area of surgery day and night.
- Apply **Biogen C** and spray with **Herb & Mineral Mist** not to the sutures just the breast area. Pack the sutures with **Actrol Powder**.
- If the scarring looks dark or raised after week three, apply **Herbal Pigment Oil**. Use three times a day. Massage the oil deeply into the incision area. Apply **Herbal Pigment Oil** over **Beta Gel** and **Direct Delivery Vitamin C** in the morning and at night. An additional application of **Herbal Pigment Oil** can be applied midday. Morning and night applications are sufficient if three times a day is inconvenient. Three times a day, however, will speed up results.

Professional treatments

If there are any conditions such as hyperpigmentation, stretch marks or scarring that are of concern, consult with your therapist to determine if professional DMK treatments can be beneficial.

DMK and Fillers Protocol

This protocol is best performed before the fillers to ensure healthier skin to inject into. Fillers last longer in a skin with better structural integrity and free water levels, **DMK Enzyme Therapy** will ensure this.

Procedure

- **Cleansing Protocol** using **Milk Cleanser**.
- **Epitoxyl**.
- **Desquamate Protocol**. This is optional, for clients requiring a gentle exfoliation.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Biogen C** as the nourishing crème.

Note: If the client bruises, the client can have a **DMK Enzyme Therapy Treatment** the next day following the **Eliminate Bruising Protocol**.

If the client does not bruise then a **DMK Enzyme Therapy Treatment** is recommended five to seven days post filler.



Eliminate Bruising Protocol

When a patient experiences bruising from injections or any non-surgical procedure, the client should visit their DMK Skin Technician the very next day, to help eliminate bruising rapidly.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Apply **Red Vein Crème** to impacted areas and spray with **Herb & Mineral Mist**. Work it into the skin until absorbed.
- Leave for three minutes and blot excess with a tissue.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'Herb**.
- **Transepidermal Finishing Protocol** using **Biogen C** as nourishing crème.

Note: If the client is unable to visit the clinic, then they can use this home treatment:

- Apply **Red Vein Crème** to the bruising, spray with **Herb & Mineral Mist** and gently work it into the skin. Leave on.
- Blot.
- Apply **Foamy Lift** mixed with **Exoderma Peel** over the top. Leave on for 30-40 minutes.
- Finish with DMK Home Prescriptives regime and **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.



Facial and Neck Surgery Protocol

Pre surgery

Professional treatments

One to six **Enzyme Therapy Treatments** prior is optimal for best preparation. However, one is better than none. Treatments should occur once a week before surgery, with the last treatment approximately five to seven days prior to surgery.

Post operative treatments

Three days after surgery:

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb** to the face area leaving it 3cm from the sutures.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème. **Beta Gel** can be packed into the sutures. **Actrol Powder** can also be applied over the sutures.

Perform the **Enzyme Masque #1** treatment day three, five, nine and then weekly.

Home Prescriptives

- Use **Milk Cleanser** or **Mediterranean Pearls™** to cleanse face and neck day and night.
- Apply **Beta Gel** directly to skin day and night, especially to sutures, around eyes and areas of fine lines.
- Apply **Direct Delivery Vitamin C** directly to skin day and night, especially around eyes and areas of fine lines.
- Use **Biogen C** day and night, apply small amount onto the skin, spray with **Herb & Mineral Mist** and lightly massage in. Pack the sutures with **Actrol Powder**.
- **DMK Soleil Defence SPF50+** must be applied if client will be exposed to the sun.

Professional treatments

Three days after surgery (as determined by the surgeon) an **Enzyme Treatment** should be performed to stimulate and maintain circulation. Continued professional treatments are highly recommended for general skin maintenance and to assist in correcting other presenting skin conditions.

Liposuction Protocol

For any area on the body or under the chin.

Pre Liposuction Treatment

- Four to six **Body Enzyme Treatments** on the area to be treated.

Post Liposuction Treatment Protocol

Remove the support garment three days after the treatment.

- Cleanse with **Hydra Louffa**.
- **Red Vein Crème** to the area that has been treated especially where there is a lot of bruising. Spray with **Herb & Mineral Mist** and very gently work into the skin.
- Leave for three minutes and blot excess with a tissue.
- **Body Enzyme Masque** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Contraderm** and **Maximum Moisture** as the nourishing crèmes.

The client should receive treatment on day three, five and nine post liposuction.



Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Hydra Louffa** for the body.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- **Biogen C** sprayed with **Herb & Mineral Mist**.
- Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

Alternate Nights:

Night one

- **Hydra Louffa** for the body.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- **Maximum Moisture** emulsified with water.

Night two

- **Red Vein Crème** sprayed with **Herb & Mineral Mist**.
- Prescribe **Body Sculpting** to be used at home weekly after day nine **Body Enzyme** in-clinic treatment. Wait five to seven days following in-clinic **Body Enzyme** before starting.

Pre and Post Botox® Protocol

Pre BOTOX® application:

- Cleansing Protocol using **Milk Cleanser**.
- **Epitoxyl**.
- **Quick Peel Protocol**.
- **Melanotech Drops** and **Pore Reduction Plus**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Biogen C** as the nourishing crème.

Post BOTOX® application:

- Finish with **Beta Gel**, **Solar Damage Gel** and **DMK Soleil Protect SPF15**.

Note: The client can have another DMK **Enzyme Therapy** treatment 24 hours after the BOTOX® application, and then monthly basis to maintain the results.



Pre and Post PRP Protocol (Plasma Rich Protein)

Pre PRP Treatments:

Perform one week prior to ensure optimal skin functioning, for the PRP injections.

- **Cleansing Protocol** using **Milk Cleanser**.
- **Epitoxyl**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **FibroMax C Upgrade**.

Post PRP Treatment:

- **Beta Gel** and **Contraderm** sprayed with **Herb & Mineral Mist**. **Solar Damage Gel**.
- Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

We recommend the client come in the day after the treatment also.

- **Cleansing Protocol**.
- If there is bruising apply **Red Vein Crème** to the area and spray with **Herb & Mineral Mist**. Work very gently into the skin and leave on.
- Leave for three minutes and blot excess with a tissue.
- **Enzyme Masque #2 and #3 Protocol**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

For best results to assist in tightening the skin and to aid in collagen enhancement, clients can continue on a program of **Enzyme Masque #2** and **Enzyme Masque #3 Muscle Banding Treatments** once a week, for six weeks.

If they client cannot commit to the six week program; they can have monthly DMK **Enzyme Therapy** treatments instead. The client should perform **Foamy Lift** and **Exoderma Peel** at home weekly to maintain the skin.

Home Prescriptives

● DAY & ☾ NIGHT

- Four **EFA Ultra** per day.
- **Deep Pore, Milk Cleanser** or **Mediterranean Pearls™**.
- **Melanotech Drops**.
- **FibroMax C**.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- **Seba-E** or **Herbal Pigment Oil** sprayed with **Herb & Mineral Mist**.
- **Biogen C** sprayed with **Herb & Mineral Mist**.
- **Solar Damage Gel**.
- Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

- Three weeks after the PRP injections, introduce **Revitosin** or **Revise-A** at night.



Post Operative Protocol

Procedure

For use after surgery on day three, day five, day nine and weekly for three weeks.

- **Cleansing Protocol** using **Milk Cleanser**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**, 3cm away from the sutures.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day to resume two weeks post surgery.
- Prescribed DMK cleanser.

Optional: **Melanotech Drops** to suppress and prevent hyperpigmentation, if the client is prone to hyperpigmentation.

- Apply **Beta Gel** and **Direct Delivery Vitamin C**.

Optional: **Herbal Pigment Oil** if the client is prone to keloid scarring or hyperpigmentation.

- **Biogen C**.
- Spray with **Herb & Mineral Mist**.
- **Solar Damage Gel**.
- Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.



Pre Operative Protocol

Six weeks of preparation is optimal for skin to properly prepare for surgery. However if the client cannot manage six, for whatever reason, four or (at the very least) one will do.

Procedure

- **Cleansing Protocol** using **Milk Cleanser**.
- **Epitoxyl**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Biogen C** as the nourishing crème.

If your client cannot attend the salon for treatments, they can complete the **Foamy Lift** and **Exoderma Peel** masque in the comfort of their own homes.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day. Must stop **EFA Ultra** three weeks prior to surgery.
- Prescribed DMK cleanser.

Optional: **Melanotech Drops** three nights week prior to surgery, to suppress and prevent hyperpigmentation, if the client is prone to hyperpigmentation.

- Apply **Beta Gel** and **Direct Delivery Vitamin C**.

Optional: **Herbal Pigment Oil** if the client is prone to keloid scarring or hyperpigmentation.

- **Biogen C**.
- Spray with **Herb & Mineral Mist**.
- **Solar Damage Gel**.
- Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.



Tummy Tuck Protocol

Pre surgery

Professional treatments

One to six **Body Enzyme** treatments prior is optimal for best preparation. However one is better than none. Treatments should occur once a week before surgery, with the last treatment approximately five to seven days prior to surgery.

Post operative treatments

Three days after surgery:

- Cleanse with **Hydra Louffa**.
- **Epitoxyl** .
- Apply **Body Enzyme Masque** mixed with **Aqua D'herb** to the tummy area leaving it 3cm from the sutures.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème. **Beta Gel** can be packed into the sutures. **Actrol Powder** can also be applied over the sutures.

Perform the **Body Enzyme** treatment day three, five, nine and then weekly.

Post surgery

Home Prescriptives

- Use **Hydra Louffa** body wash to cleanse tummy day and night.
- Apply **Beta Gel** directly on the area of surgery day and night.
- Apply **Direct Delivery Vitamin C** directly on the area of surgery day and night.
- Apply **Biogen C** and spray with **Herb & Mineral Mist** not to the sutures just the tummy area. Pack the sutures with **Actrol Powder**.
- If the scarring looks dark or raised after week three, apply **Herbal Pigment Oil**. Use three times a day. Massage the oil deeply into the incision area. Apply **Herbal Pigment Oil** over **Beta Gel** and **Direct Delivery Vitamin C** in the morning and at night. An additional application of **Herbal Pigment Oil** can be applied midday. Morning and night applications are sufficient if three times a day is inconvenient. Three times a day, however, will speed up results.

Professional treatments

If there are any conditions such as hyperpigmentation, stretch marks or scarring that are of concern, consult with your therapist to determine if professional DMK treatments can be beneficial.

Part 3

DMK Skin Nutrition Protocols

Customised Skin Nutrition Protocol

Elevate Skin Nutrition Protocol

Skin Nutrition Eye Fusion Protocol

Skin Nutrition (First Time Client) Protocol

Skin Nutrition Masque Protocol

Skin Nutrition Massage Protocol

Skin Nutrition Sebaceous Purification Protocol

Skin Nutrition Ultimate Eye Protocol



Customised Skin Nutrition Protocol

A bespoke combination of ingredients that address's a multitude of skin concerns. This treatment can be customised to suit individual concerns and is suitable for all skin types.

A relaxing and nourishing introduction to skin treatments and completely personalised to your clients skin's needs.

The best of both worlds! Who said you can't relax AND get results?

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Choose the exfoliation to suit your clients skin needs:
 - **Desquamate Protocol**
 - **Quick Peel Protocol**
 - **Pro Alpha #1 Protocol**
 - **Prozyme Protocol**
- **Transepidermal Finishing Protocol** using **Biogen C** as the nourishing crème.
- **Skin Nutrition Massage Protocol** using **Hydroloc** or **Solar Damage Gel**.

Note: if choosing **Pro Alpha #1** as the pre exfoliant, follow with **Exoderma Peel** for 3-5 minutes to neutralise. Remove with a warm, moist towel.

- **Melanotech Drops** and **Pore Reduction Plus**.
- **Skin Nutrition Masque Protocol** using **Hydrating Masque** or **Acu Masque**.



Elevate Skin Nutrition Protocol

By using a potent combination of vitamins, minerals, peptides, super hydrating ingredients and skin volumising serums, the skin fills up and restores up to five years of skin density. Complete with warm compresses and creams that elevate, tighten and brighten, leaving your skin fuller, firmer, and fresher.

Procedure

- **Cleansing Protocol** using **Mediterranean Pearls™**.
- **Epitoxyl**.
- Optional pre treatment: **Desquamate Protocol** or **Pro Alpha #1 Protocol**.

Note: if choosing **Pro Alpha #1** as the pre exfoliant, follow with **Exoderma Peel** for 3-5 minutes to neutralise. Remove with a warm, moist towel.

- **Melanotech Drops** and **Pore Reduction Plus**.
- **FirMatrix™**. Allow the solution to sink in for five minutes. Or for an extra boost occlude with cling wrap.

- **Skin Nutrition Masque Protocol** using **Hydrating Masque**.
- **Transepidermal Finishing Protocol** using **Melanotech Drops**, **Pore Reduction Plus**, **FibroMax C**, **FirMatrix™**, **Eye Web™**, **Seba-E** or **Herbal Pigment Oil**. Spray with **Wetter than Water™**, **TransGenesis™** or **Fine Line** sprayed with **Wetter than Water™**. Infuse with cling wrap and a hot towel. Lock in with **Hydroloc**. Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.



Skin Nutrition Eye Fusion Protocol

Dark circles or loose skin around the eye area.

Reduces circles and tightens eye skin through a strong combination of active ingredients.

Procedure

- **Cleansing Protocol**
- Choose the exfoliation to suit your clients skin needs:
 - **Exoderma Peel Protocol**
 - **Micro Peel**
 - **Desquamate Protocol**
 - **Pro Alpha #1 Protocol**

Note: if choosing **Pro Alpha #1** as the pre exfoliant, follow with **Exoderma Peel** for 3-5 minutes to neutralise. Remove with a warm, moist towel.

- **Transepidermal Finishing Protocol** using **Eye Tone** as nourishing crème.
- Occlude with a preheated DMK Eye Compress for five to seven minutes.

Note: If the client has puffy eyes use a cold DMK Eye Compress.
- Perform a relaxing scalp massage while the DMK Eye Compress is on the client.
- Remove the DMK Eye Compress.
- **Skin Nutrition Massage Protocol** using **Solar Damage Gel**.



Skin Nutrition (First Time Client) Protocol

For all skin conditions, great on dark skin and reactive skin.

A bespoke combination of complementary ingredients, that can address common concerns experienced by many first time clients. A nice gentle approach for a clients' first treatment.

- **Transepidermal Finishing Protocol** using **Biogen C** as the nourishing crème.
- **Skin Nutrition Massage Protocol** using **Solar Damage Gel** or **Hydroloc**.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Choose the exfoliation to suit your clients skin needs:
 - **Desquamate Protocol.**
 - **Micro Peel.**
 - **Exoderma Peel Protocol** for desensitising.
- **Melanotech Drops and Pore Reduction Plus.**
- **Skin Nutrition Masque Protocol** using either **Acu Masque** or **Hydrating Masque** depending on the skin condition.



Skin Nutrition Masque Protocol

The masque has regulating and restorative benefits.

Masque Options

- **Acu Masque** lifts dead skin cells, reduces inflammation, promotes healing, purifies, decongests and tightens pores.
- **Hydrating Masque** restores vital moisture encouraging a healthier, firmer, more youthful skin.

Procedure

- Apply a layer of your chosen masque to the using the Prozyme brush or your finger tips.
- Leave on for 10 minutes.
- While the masque is on, perform a pressure point scalp massage and/or a foot massage.
- Remove the masque with a warm, moist towel.

Note: Both masques can also be applied in areas of the clients skin i.e. **Acu Masque** to the centre panel and **Hydrating masque** to the cheeks and under the eyes.



Skin Nutrition Massage Protocol

Finish your clients experience with a tailored indulgent massage.

Massage Procedure for face, neck and décolleté

- Apply a liberal amount of **Hydroloc** to the palms of your hands and add some warm water to increase the slip.
- **Hydroloc** is a rich crème that locks infused proteins, amino acids, lipids, vitamins and minerals into the skin to ensure supreme hydration.
- For an oilier skin, apply **Solar Damage Gel** without water.
- **Solar Damage Gel** restores skin that has been affected by age, ultraviolet rays, climatic conditions and external aggravation. It is uniquely formulated to repair and re-establish deficiencies in essential elements, and to sustain and stimulate youthful, healthy skin.
- Proceed to massage the clients face, neck and décolleté.
- The length and technique of the massage is at your discretion.
- Finish with **DMK Soleil Protect SPF15**.

Massage Procedure for hand, arm or foot

- Use **Maximum Moisture** infused with warm water to increase the slip. The length and technique of the massage is at your discretion.
- Finish with **DMK Soleil Defence SPF50+** or **DMK Soleil Protect SPF15**.



Skin Nutrition Sebaceous Purification Protocol

Congested, oily and acne-prone skins.

Sebum Soak spirals down into the skin's pores and dissolves hardened sebum wax on the epidermis to facilitate extractions. **Epitoxyl** then pulls toxins up and out of the epidermis. **Acu Masque** purifies the skin, kills infection and tightens the pores.

Procedure

- **Cleansing Protocol** using **Deep Pore**.
- **Sebum Soak Protocol**.
- Extractions.
- Ice.
- **Epitoxyl**.

Optional: **Métier® Low Level Laser**.

- **Skin Nutrition Masque Protocol** using **Acu Masque**.
- **Transepidermal Finishing Protocol** using **Acu Crème** as the nourishing crème.
- **Skin Nutrition Massage Protocol** using **Solar Damage Gel**.



Skin Nutrition Ultimate Eye Protocol

Fragile lines around the eye area.

Provides the nutritional elements, amino acids, proteins, and vitamins necessary to restore, strengthen and rebuild the delicate skin tissue surrounding the eye.

Procedure

- **Cleansing Protocol.**
- Choose the exfoliation to suit your clients skin needs:
 - **Exoderma Peel Protocol**
 - **Micro Peel**
 - **Desquamate Protocol**
 - **Pro Alpha #1 Protocol**

Note: if choosing **Pro Alpha #1** as the pre exfoliant, follow with **Exoderma Peel** for 3-5 minutes to neutralise. Remove with a warm, moist towel.

- **Skin Nutrition Masque Protocol using Hydrating Masque.**
- **Transepidermal Finishing Protocol.** In the case of dark circles or pigmentation under the eye, replace **Seba-E** with **Herbal Pigment Oil**. Then **Fine Line** sprayed with **Herb & Mineral Mist**.
- **Skin Nutrition Massage Protocol using Solar Damage Gel.**



Part 4

DMK Treatment Programs

Acne > Inflamed Acne: 12-Week Program

Acne > Non-Inflamed Acne: 12-Week Program

Ageing Treatment Programs

A-Lift® (Aesthetic Lift) Program

Bihaku Revision Protocol

Bihaku Series Protocol

Body Forming Program Treatment Programs

Body Sculpting Treatment Program

Congestion Treatment Programs

Eczema/Psoriasis/Dermatitis Treatment Programs

Glycation Treatment Programs

Muscle Banding Programs

Muscle Banding Treatment Program (Basic – Lifting and Strengthening)

Pigmentation > In Salon Treatment Option 1

Pigmentation > In Salon Treatment Option 2

Pigmentation > MelanoZone Advanced Hyper Pigmentation Skin Revision

Pigmentation > MelanoZone Treatment Program

Pro Peel Treatment Program

Rosacea Treatment Programs

Scar Revision Program

Stretch Mark Revision Program

Telangiectasia, Vascular Matting Treatment Programs

The Clear, Refine & Revise Program

Transepidermal Water Loss Treatment Programs



Acne > Inflamed Acne: 12-Week Program

This is an example of a sequence of treatments to provide a guideline. It can be modified and adjusted according to the presenting condition.

Treatment 1 – week 1

- Cleansing Protocol.
- Desquamate Protocol.
- Sebum Soak Protocol.
- Extractions.
- Epitoxyl.
- Ice.
- LLL (Métier® Low Level Laser) or HF (High Frequency).
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Transepidermal Finishing Protocol using Contraderm as the nourishing crème.

Optional: **FibroMax C Upgrade.**

Treatment 2 – week 2

- Cleansing Protocol.
- Quick Peel Protocol.
- Sebum Soak Protocol.
- Extractions.
- Epitoxyl.
- Ice.
- LLL (Métier® Low Level Laser) or HF (High Frequency).
- Melanotech Drops and Pore Reduction Plus.

- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Follow the same Transepidermal Finishing Protocol.

Treatment 3 – week 3

ACUTROL Advanced Acne Protocol. Get the client to start **Foamy Lift** and **Exoderma Peel** at home three days after the **ACUTROL** treatment, then **Micro Peel** and **Acu Masque** three days after that. They will keep doing this routine to assist the results with the home treatments.

Treatment 4 – week 5

Treatments are now done every two weeks. **Hydradermaze Protocol.**

Treatment 5 – week 7

ACUTROL Advanced Acne Protocol.

Note: No hot towel infusion following **Alkaline Treatment.**

Treatment 6 – week 9

Hydradermaze Protocol. Red Vein Crème can be introduced at home. We recommend they use **Acu-Therm** and **Revitosin** one night then **Red Vein Crème** on the worst areas the other night.

Treatment seven – week 11

ACUTROL Advanced Acne Protocol.

Treatment eight – week 13

- **Cleansing Protocol.**
- **Quick Peel Protocol.**
- **Sebum Soak Protocol.**
- Extractions.
- **Epitoxyl.**
- Ice.
- **LLL (Métier® Low Level Laser) or HF (High Frequency).**
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol mixed with Aqua D'herb.**
- Follow the same **Transepidermal Finishing Protocol.**

Treatment nine

If the inflammation has gone, you can now do an **RP (Remodelling Procedure) Protocol** or you can continue to do treatments every two weeks, alternating treatment options. Also now add in **AlphaZyme, Eliminare and DMK Vitamin A Peels**. Even after the **RP (Remodelling Procedure) Protocol** there will need to be some fine tuning to clear the last areas.



Acne > Non-Inflamed Acne: 12-Week Program

This is an example of a sequence of treatments to provide a guideline. It can be modified and adjusted according to the presenting condition.

Treatment 1 – week 1

- **Cleansing Protocol** using **Deep Pore**.
- **Desquamate Protocol**.
- **Sebum Soak Protocol**.
- Extractions.
- **Epitoxyl**.
- Ice.
- **LLL (Métier® Low Level Laser)** or **HF (High Frequency)**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Treatment 2 – week 2

- **Cleansing Protocol** using **Deep Pore**.
- **Prozyme Protocol** 10 minutes.
- **Sebum Soak Protocol**.
- Extractions.
- **Epitoxyl**.
- Ice.
- **LLL (Métier® Low Level Laser)** or **HF (High Frequency)**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel**.
- Follow the same **Transepidermal Finishing Protocol**.

Treatment 3 – week 3

Hydradermaze Protocol. Only do the **Pro Alpha #1** occlusion on the congested areas.

Treatment 4 – week 4

- **Cleansing Protocol** using **Deep Pore**.
- **Quick Peel Protocol**.
- **Sebum Soak Protocol**.
- Extractions.
- **Epitoxyl**.
- Ice.
- **LLL (Métier® Low Level Laser)** or **HF (High Frequency)**.

- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- Follow the same **Transepidermal Finishing Protocol**.

Treatment 5 – week 5

Hydradermaze Protocol.

Treatment 6 – week 7

Treatments are now done every two weeks.
ACUTROL Advanced Acne Protocol.

Note: No hot towel infusion following **Alkaline Treatment**.

Treatment 7 – week 9

Eliminare Protocol. **Red Vein Crème** can be introduced at home. We recommend they use **Acu-Therm** and **Revitosin** one night then **Red Vein Crème** on the worst areas the other night.

Treatment 8 – week 10

AlphaZyme Protocol.

Treatment 9 – week 12

- **Cleansing Protocol.**
- **Quick Peel Protocol.**
- **Sebum Soak Protocol.**
- **Extractions.**
- **Epitoxyl.**
- **Ice.**
- **LLL (Métier® Low Level Laser)** or **HF (High Frequency).**

- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- Follow the same **Transepidermal Finishing Protocol**.

Treatment 9 – week 14

If the inflammation has gone you can now do an **RP (Remodelling Procedure) Protocol** or you can continue to do treatments every two weeks, alternating treatment options. Also now add in **AlphaZyme**, **Eliminare** and **DMK Vitamin A Peels**. Even after the **RP (Remodelling Procedure) Protocol** there will need to be some fine tuning to clear the last areas.

Treatment 10 – week 16

Rhinovac Protocol only on the worst areas.

Treatment 11 – week 18

ACUTROL Advanced Acne Protocol.

Treatment 12 – week 19

Eliminare Protocol.

Now do monthly treatments.



Ageing Treatment Programs

Treatment 1

- Cleansing Protocol.
- Epitoxyl.
- Prozyme Protocol or Desquamate Protocol 10 minutes.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Exoderma Peel.
- Transepidermal Finishing Protocol using Biogen C as nourishing crème.

Optional: **FibroMax C Upgrade.**

Treatment 2

- Cleansing Protocol.
- Epitoxyl.
- Pro Alpha #1 Protocol.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #2 and #3 Muscle Banding Protocol.
- Follow the same Transepidermal Finishing Protocol.

Treatment 3

- Acutrol Advanced Resurfacing Protocol.

Optional: **Enbioment™ Upgrade.**



Treatment 4

- Hydradermaze Protocol.

Optional: **FibroMax C Upgrade.**

Treatments 5

- DMK Vitamin A Peel Protocol (A1).
- Enzyme Masque #2 and #3 Muscle Banding Protocol or Enzyme Masque #1 plus mixer Protocol, then Enzyme Masque #2 and #3 Muscle Banding Protocol over the top.

Optional: **FibroMax C Upgrade.**

Treatment 6

- Eliminare Protocol with Enzyme Masque #2 and #3 Full Face Protocol.

Optional: **FibroMax C Upgrade.**

Treatment 7

- DMK Vitamin A Peel Protocol (A1 or A2).
- Enzyme Masque #2 and #3 Muscle Banding Protocol or Enzyme Masque #1 plus mixer Protocol, then Enzyme Masque #2 and #3 Muscle Banding Protocol over the top.

Optional: **FibroMax C Upgrade.**

Treatments 8

- Cleansing Protocol.
- Epitoxyl.
- Métier® Low Level Laser along the areas that need the most lifting.
- Enzyme Masque #2 and #3 Muscle Banding Protocol.
- Transepidermal Finishing Protocol using Biogen C as nourishing crème.

Optional: **FibroMax C Upgrade.**

Treatment 9

- Skin Refresh Protocol.

Optional: **FibroMax C Upgrade.**

Treatment 10 and 11

- Cleansing Protocol.
- Epitoxyl.
- Métier® Low Level Laser along the areas that need the most lifting.
- Enzyme Masque #2 and #3 Muscle Banding Protocol.
- Transepidermal Finishing Protocol using Biogen C as nourishing crème.

Optional: **FibroMax C Upgrade.**

Treatment 12

Epifill Protocol.

Option 2

- Pro Alpha Peel Protocol.
- Followed by 6, 8, or 12 weeks of Muscle Banding.

Option 3

- FRP Protocol.
- Followed by 6, 8, or 12 weeks of Muscle Banding.

Option 4

- Hydradermaze Protocol once a week for 8 or 12 weeks.

Option 5

- Pro Peel Protocol.

Option 6

- A-Lift® (Aesthetic Lift) Program.

Option 7

- Course of 6 DMK Vitamin A Peels followed by 6, 8 or 12 weeks of Muscle Banding.

A-Lift® (Aesthetic Lift) Program

Designed as an age management and prevention program that aides the lifting and tightening of the skin. **A-Lift®** aims to provide your clients with long-term maintainable results.

Procedure

Complete initial consultation and have the client read and sign consent forms. Ensure thorough documentation of client. Take a before photo.

Week 1

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** 15 minutes.
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol** using **Biogen C** as nourishing crème.

Optional: **FibroMax C Upgrade.**

Week 2

- **Cleansing Protocol.**
- **Epitoxyl.**
- Optional before any **Muscle Banding** treatment, you can do the **Métier® (LLL)** on areas that need increased firming and tissue regeneration.
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #2 and #3 Muscle Banding Protocol.**
- Follow the same **Transepidermal Finishing Protocol.**
- Do not massage after the **Muscle Banding.**

Week 3

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** 15-20 minutes.
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** with **Exoderma Peel.**
- Follow the same **Transepidermal Finishing Protocol.**

Week 4

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #2 and #3 Muscle Banding Protocol.**
- Follow the same **Transepidermal Finishing Protocol.**
- Continue to document client's progress. Take a picture to monitor progress during treatment.

Week 5

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** 15-20 minutes.
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** with **Exoderma Peel.**

- Follow the same Transepidermal Finishing Protocol.

Week 6

- Cleansing Protocol.
- Epitoxyl.
- **Melanotech Drops and Pore Reduction Plus.**
- Enzyme Masque #2 and #3 Muscle Banding Protocol.
- Follow the same Transepidermal Finishing Protocol.

Week 7

- Cleansing Protocol.
- Epitoxyl.
- Pro Alpha #1 Protocol.
- **Melanotech Drops and Pore Reduction Plus.**
- Enzyme Masque #2 and #3 Muscle Banding Protocol .
- Follow the same Transepidermal Finishing Protocol.

Week 8

- Cleansing Protocol.
- Epitoxyl.
- **Melanotech Drops and Pore Reduction Plus.**
- Enzyme Masque #2 and #3 Muscle Banding Protocol.
- Follow the same Transepidermal Finishing Protocol.

Week 9

- Cleansing Protocol.
- Epitoxyl.
- Pro Alpha #1 Protocol.
- **Melanotech Drops and Pore Reduction Plus.**
- Enzyme Masque #2 and #3 Muscle Banding Protocol .
- Follow the same Transepidermal Finishing Protocol.

Weeks 10, 11 and 12

- Cleansing Protocol.
- Epitoxyl.
- **Melanotech Drops and Pore Reduction Plus.**
- Enzyme Masque #2 and #3 Muscle Banding Protocol.
- Follow the same Transepidermal Finishing Protocol.
- Document progress in week 12. Take an after treatment photo.

Note: This is a guide for the **A-Lift®** protocol. Clients may require alternate treatment protocols depending on presenting condition. Please use your discretion upon completion of the initial consultation and as the client's repeat visits take place.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Milk Cleanser** or **Mediterranean Pearls™** .
- **Melanotech Drops** and **FibroMax C**.
- **Beta Gel**.
- **Direct Delivery Vitamin C** or **FirMatrix™** .
- **Seba-E** or **Herbal Pigment Oil**.
- **Herb & Mineral Mist** or **Wetter Than Water™** .
- Choose from **TransGenesis™** , **Betagen** or **Nite Firming** crème.
- **Fine Line, Eye Tone** or **Eye Web™** around the eye and on the neck.

Optional: **Solar Damage Gel**

- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+** .

☾ NIGHT

Alternate nights:

Night one

- Cleanse.
- **Revitosin**.

Night two – Age Buster Combo

- Cleanse.
- **Beta Gel** and **Direct Delivery Vitamin C Serum**.
- **Seba E** sprayed with **Aminodine Spritz**.
- Choice of crème sprayed with **Aminodine Spritz Age Busters Combo** and **Revitosin** or **Revise-A**.



Bihaku Revision Protocol

A 10-day in clinic professionally applied revision protocol designed to brighten and even out skin tone.

Day 1-4

- **Cleansing Protocol.**
- **Epitoxyl** only day one.
- Mix equal proportions of **Pro Alpha #1**, **Pro Alpha #2** and **Super Bright** (1ml of each formulation) in a small bowl using two cotton tips.
- Apply to the area being treated, which can include the face, neck, under the eyes, décolleté and back of hands.
- Leave the solution on the skin overnight, 8-12 hours.
- Advise the client to cleanse the following morning with **Deep Pore** or **Milk Cleanser**. The client must also apply the daily maintenance to support the progressive **Bihaku** brightening treatment. This includes **Melanotech Drops**, **FibroMax C**, **Direct Delivery Vitamin C**, **Beta Gel**, **Herbal Pigment Oil**, **Melanotech Crème** or **Contraderm**, **Herb & Mineral Mist**, **Solar Damage Gel** (optional) and **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.
- Four **EFA Ultra** per day.

Day 5

- **Cleansing Protocol.**
- **Epitoxyl.**
- Ice
- **Métier® Low Level Laser.**
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Desquamate.**
- Mix equal proportions of **Pro Alpha #1**, **Pro Alpha #2** and **Super Bright** (1ml of each formulation) in a small bowl.
- Apply to the area being treated, which can include the face, neck, under the eyes, décolleté and back of hands.
- Leave the solution on the skin overnight.

Note: If client is experiencing any redness, sensitivity or darker skin, finish with **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Days 6-9

- **Cleansing Protocol.**
- Mix equal proportions of **Pro Alpha #1**, **Pro Alpha #2** and **Super Bright** (1ml of each formulation) in a small bowl.
- Apply to the area being treated, which can include the face, neck, under the eyes, décolleté and back of hands.
- Leave the solution on the skin overnight.
- Advise the client to continue their prescribed **Home Prescriptives** every morning.

Day 9 or 10

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Métier® Low Level Laser.**
- Ice.
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Desquamate.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **FibroMax C Upgrade.**



Bihaku Series Protocol

A nine day series of treatments designed to brighten and even out skin tone in the comfort of your client's home.

Day 1

- Decipher how many **Bihaku** Series Home Packs your client will need to purchase by the size and severity of the area being treated. Please note that the packs are sold as two syringes per box (3ml per syringe).
- Mix the **Bihaku** formulation (equal parts **Pro Alpha #1** and **Super Bright**) with two cotton tips and fill the amount of syringes needed to the 3ml line.
- **Cleansing Protocol.**
- **Epitoxyl.**
- Use remaining **Bihaku** solution in bowl to apply to area being treated using two cotton tips. This can include under eyes, full face, neck, décolleté and back on hands.
- Lightly work into the skin. Advise client that solution must remain on the skin overnight or for 8-12 hours before cleansing and applying full DMK Home Prescription.
- Guide the client through the home **Bihaku** process on days two, three and four using the **Bihaku** Home Series pack brochure.
- Client will apply 1-2 ml of **Bihaku** solution to the area being treated on nights two, three and four.

Day 5

The client returns for a **Lift-off Treatment**:

- **Cleansing Protocol.**
 - **Epitoxyl.**
 - **Melanotech Drops** and **Pore Reduction Plus.**
 - **Enzyme Masque #1 Protocol** mixed with **Desquamate.**
 - Mix equal proportions of **Pro Alpha #1** and **Super Bright** (1ml of each formulation) in a small bowl with two cotton tips.
 - Apply **Bihaku** solution to the area being treated. This can include under the eyes, full face, neck, décolleté and back of hands.
- Note: If client is experiencing any redness, sensitivity or darker skin, finish with **Transepidermal Finishing Protocol** with **Contraderm**. For Fitzpatrick four and above allow one week break before commencing second round of **Bihaku** solution application.
- Decipher whether the client needs to purchase additional **Bihaku** Home Series packs for days six, seven and eight.

Day 9 or 10

The client returns for the final **Lift-off Treatment**.

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Desquamate.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **FibroMax C Upgrade.**

Home Prescriptives

- **Deep Pore or Milk Cleanser.**
- **Melanotech Drops** (optional).
- **Beta Gel.**
- **Direct Delivery Vitamin C.**
- **Herbal Pigment Oil.**
- **Herb & Mineral Mist.**
- **Melanotech Crème.**
- **Solar Damage Gel** (optional).
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+.**
- **Four EFA Ultra** per day.



Body Forming Program Treatment Programs

Great for cellulite, weak sagging skin, areas of accumulated fat, puffy areas, fluid retention, after weight loss to strengthen and tighten the skin.

Alternate weekly treatments

Treatment 1

- **Hydra Louffa**.
- **Epitoxyl**.
- **Body Enzyme Masque** mixed with **Aqua D'herb** 30-40 minutes.
- **Maximum Moisture** emulsified with water.

Treatment 2

- **Body Sculpting Protocol**.

Keep alternating **Body Enzyme Masque** and **Body Sculpting** for 12-24 weeks.

Home Prescriptives

- **DAY**
- Four **EFA Ultra** per day.
- Cleanse with **Hydra Louffa** body wash.
- Moisturise with **Maximum Moisture** body lotion emulsified with water.
- The week the client has the **Body Enzyme Masque** ensure they apply **Body Sculpting** at home three to four days after.



Home recommendations

- **First thing in the morning**
Drink warm water with lemon juice to alkalise and detox the system.
- **Breakfast**
Drink a cleansing juice:
Celery
Parsley/or mint
Kale
Beetroot
Green apple
- **Snacks**
Nuts
Seeds
Celery sticks
Juice
- **Lunch**
Protein and salad
- **Dinner**
Protein and vegetables or salad



Body Sculpting Treatment Program

Through harnessing **Body Sculpting** for the purpose of cellulitis revision, this treatment plan will assist the body to expel toxic fatty lipids away from tissue areas prone to dimpling and uneven texture.

Function

This treatment program is designed to be performed weekly over either a 6, 8, or 12-week period depending on the severity of the treatment area, as the **Body Sculpting Program** is intended to revise fatty lipids from tissue areas prone to dimpling and uneven texture; whilst assisting to improve overall skin function, oxygenation and lymphatic drainage for long-term results. Also, include the dietary considerations incorporated into this program for optimal results.

Remember: Before you begin always weigh and measure the client. Take before photos of the area to be treated.

Treatment

- Cleanse the area with **Hydra Louffa**.
- **Epitoxyl**.
- Apply **Body Sculpting** and firmly wrap the area with cling film, leave on for 30 minutes.
- Carefully cut the side of the cling film and remove; work any excess **Body Sculpting** into the skin, and leave it on for 8-12 hours.
- As active ingredients keep working post treatment for up to 8-12 hours, inform the client not to shower for a minimum of eight hours after the conclusion of the treatment.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- Cleanse with **Hydra Louffa** body wash.
- Moisturise with **Maximum Moisture** body lotion emulsified with water.

Home recommendations

- At home **Body Sculpting** once a week between in clinic treatments.
- **First thing in the morning**
Drink warm water with lemon juice to alkalise and detox the system.
- **Breakfast**
Drink a cleansing juice:
Celery
Parsley/or mint
Kale
Beetroot
Green apple
- **Snacks**
Nuts
Seeds
Celery sticks
Juice
- **Lunch**
Protein and salad
- **Dinner**
Protein and vegetables or salad



Congestion Treatment Programs

Treatment 1

- **Cleansing Protocol** using **Deep Pore**.
- **Prozyme Protocol** 10 minutes.
- **Sebum Soak Protocol**.
- Extractions.
- **Epitoxyl**.
- Ice.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel**.
- **Transepidermal Finishing Protocol** using **Acu Crème** as the nourishing crème and a light dusting of **Actrol Powder**.

Treatment 2

- **Cleansing Protocol** using **Deep Pore**.
- **Pro Alpha #1 Protocol**.
- **Sebum Soak Protocol**.
- Extractions.
- **Epitoxyl**.
- Ice.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Desquamate**.
- Follow the same **Transepidermal Finishing Protocol**.



Treatment 3

- Hydradermaze Protocol.

Treatment 4

- Cleansing Protocol using **Deep Pore**.
- Quick Peel Protocol.
- Sebum Soak Protocol.
- Extractions.
- Epitoxyl.
- Ice.
- **Melanotech Drops and Pore Reduction Plus**.
- Enzyme Masque #1 Protocol mixed with **Desquamate**.
- Follow the same Transepidermal Finishing Protocol.

Treatment 5

- Acutrol Advanced Acne Protocol.
- Follow the same Transepidermal Finishing Protocol with Contraderm as nourishing crème.

Treatment 6 – 2 weeks after

- Eliminare Protocol.

Treatment 7

- AlphaZyme Protocol.

Treatment 8

- Acutrol Advanced Acne Protocol or optional Evacuderm Protocol.

Treatment 9 – 2 weeks after

- Eliminare Protocol.

Treatment 10

- Hydradermaze Protocol.

Treatment 11

- Acutrol Advanced Acne Protocol.

Treatment 12 – 2 weeks after

- Eliminare Protocol.



Eczema/Psoriasis/Dermatitis Treatment Programs

Treatments 1 and 2

- **Cleansing Protocol** using **Milk Cleanser** or **Enbioment™ Cleanser**.
- **Epitoxyl**.
- **Métier® Low Level Laser**.
- **ACUTROL Basic** using **Desquamate** or **Exoderma Peel** as pre-exfoliant.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Treatment 3

- **Cleansing Protocol** using **Milk Cleanser** or **Enbioment™ Cleanser**.
- **Epitoxyl**.
- **Métier® Low Level Laser**.
- **Pro Alpha #1 Protocol**.
- **Melanotech Drops and Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Hydrating Masque** or **Acu Masque** for 7-10 minutes.
- Follow the same **Transepidermal Finishing Protocol**.

Optional: **Enbioment™ Upgrade**.

Treatment 4

- **Cleansing Protocol** using **Milk Cleanser** or **Enbioment™ Cleanser**.
- **Epitoxyl**.
- **Métier® Low Level Laser**.
- **Desquamate Protocol**.
- **Ice**.
- **Melanotech Drops and Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Hydrating Masque** or **Acu Masque** for 7-10 minutes.
- Follow the same **Transepidermal Finishing Protocol**.

Optional: **Enbioment™ Upgrade**.

Treatment 5

- **Cleansing Protocol** using **Milk Cleanser** or **Enbioment™ Cleanser**.
- **Epitoxyl**.
- **Métier® Low Level Laser therapy**.
- **Exoderma Peel Protocol**.
- **Melanotech Drops and Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- Follow the same **Transepidermal Finishing Protocol**.

Optional: **Enbioment™ Upgrade**.

Treatment 6

- Cleansing Protocol using **Milk cleanser** or **Enbioment™ Cleanser**.
- **Epitoxyl**.
- **Métier® Low Level Laser**.
- **Pro Alpha #1 Protocol**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #2** and **Enzyme Masque #3 Protocol** full face.
- **Transepidermal Finishing Protocol** with **Contraderm** as the nourishing crème.

Optional: **Enbioment™ Upgrade**.



Glycation Treatment Programs

Option 1

Pro Peel followed by 6, 8 or 12 weeks of Muscle Banding.

Option 2

Acutrol Advanced for Resurfacing Protocol.

Option 3

Pro Alpha Peel or RP (Remodelling Procedure), followed by eight weeks of Muscle Banding.

Option 4

Alternate Hydradermaze and Enzyme Masque #2 and #3 Muscle Banding for 12-24 weeks.

Option 5

A-Lift® (Aesthetic Lift) Program.

Option 6

Instant Lift Protocol.

Option 7

ProLift Protocol.

Option 8

Alternate DMK Vitamin A Peels (either A1, A2 or A3) and Enzyme Masque #2 and #3 Muscle Banding for 12 weeks.



Muscle Banding Programs

This treatment is designed to lift and tighten tired, sagging facial muscles by sending deep, contracting signals to the muscle. In fact, any of the 57 muscles of the face, except the upper Orbicularis oris (mouth) and under Orbicularis oculi (eyes), can be helped to passively contract and constrict with this treatment.

The 'banding' is the technique of application on the muscles of the face where you apply **Enzyme Masque #2** and **#3** in bands. This treatment is ideal for men and women who are just starting to and those who are showing signs of sagging at specific points of the face.

Option one: Basic Weekly Program

Week 1

- **Enzyme Masque #1** and mixer Protocol (depending on skin condition).

Week 2

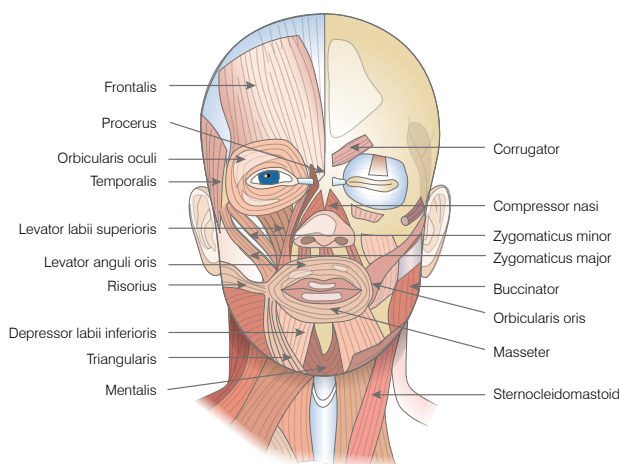
- **Enzyme Masque #2** and **Enzyme Masque #3** Muscle Banding Protocol.

Week 3

- **Enzyme Masque #1** and mixer Protocol (depending on skin condition).

Continue to alternate these masques for the remaining weeks (6 -12 weeks). Prescribe **Foamy Lift** and **Exoderma Peel** once a week at home.

Facial muscles



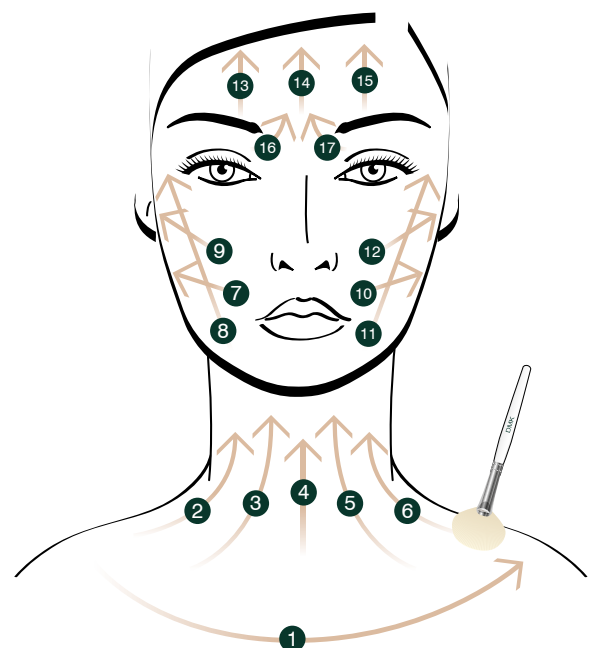
Option two: Rebuilding Program

Perform resurfacing in combination with **Muscle Banding Therapy**.

Choices for pre-exfoliation before **Enzyme Masque #1** are:

- **Prozyme.**
- **Desquamate.**
- **Microdermabrasion**
- **Pro Alpha #1.**

Enzyme Masque #2 and #3 Muscle Banding application



Muscle Banding with Exfoliation Program

This would normally be an eight week program.
This is just an example:

Week 1

- Cleansing Protocol.
- Epitoxyl.
- Prozyme Protocol for 10 minutes.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Exoderma Peel.
- Finish with Transepidermal Finishing Protocol.

Optional: **FibroMax C Upgrade**

Week 2

- Cleansing Protocol.
- Epitoxyl.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #2 and #3 Muscle Banding Protocol.
- Finish with Transepidermal Finishing Protocol.

Optional: **FibroMax C Upgrade**.

Week 3

- Cleansing Protocol.
- Epitoxyl.
- Prozyme Protocol for 15 minutes.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Exoderma Peel.
- Finish with Transepidermal Finishing Protocol.

Optional: **FibroMax C Upgrade**.

Week 4

- Cleansing Protocol.
- Epitoxyl.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #2 and #3 Muscle Banding Protocol.
- Finish with Transepidermal Finishing Protocol.

Optional: **FibroMax C Upgrade**.



Week 5

- Cleansing Protocol.
- Epitoxyl.
- Prozyme Protocol for 15 minutes.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Exoderma Peel.
- Finish with Transepidermal Finishing Protocol.

Optional: **FibroMax C Upgrade**

Week 6

- Cleansing Protocol.
- Epitoxyl.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #2 and #3 Muscle Banding Protocol.
- Finish with Transepidermal Finishing Protocol.

Optional: **FibroMax C Upgrade.**

Week 7

- Cleansing Protocol.
- Epitoxyl.
- Pro Alpha #1 Protocol.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Finish with Transepidermal Finishing Protocol.

Optional: **FibroMax C Upgrade**

Week 8

- Cleansing Protocol.
- Epitoxyl.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #2 and #3 Muscle Banding Protocol.

Optional: **FibroMax C Upgrade**

After the eight week program the client will use **Foamy Lift** and **Exoderma Peel** at home every week and have a professional **Muscle Banding Treatment** once a month, in the clinic.



Muscle Banding Treatment Program

(Basic – Lifting and Strengthening)

Thin, fragile skin in need of minimal removal. The focus is on strengthening and tightening. A 6-24 week Treatment Program performed weekly that lifts and tightens the skin. After the program the client will move to monthly maintenance treatments to keep the skin stimulated and to maintain the firmness of the skin. Faster results have been observed from more regular treatments because of muscle memory.

Treatment 1 – week 1

- **DMK First Time Client Protocol.**

Treatment 2 – week 2

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #2 and #3 Muscle Banding Protocol.**
- **Transepidermal Finishing Protocol.**

Optional: **FibroMax C Upgrade.**

Treatment 3-12 – weeks 3- 6, 12-24

- Alternate treatment from weeks one and two for the remaining weeks.

Note: For maximum efficiency, the treatments should be no shorter than five days and no longer than seven days apart.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Milk Cleanser** or **Mediterranean Pearls™**.
- **Melanotech Drops** and **FibroMax C.**
- **Beta Gel.**

- **Direct Delivery Vitamin C** or **FirMatrix™**.
- **Seba-E** or **Herbal Pigment Oil.**
- **Herb & Mineral Mist** or **Wetter Than Water™**.
- Choose from **TransGenesis™**, **Betagen** or **Nite Firming** crème.
- **Fine Line, Eye Tone** or **Eye Web™** around the eye and on the neck.

Optional: **Solar Damage Gel.**

- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+ .**

☾ NIGHT

Night one

- Cleanse.
- **Revitosin.**

Night two – Age Buster Combo

- Cleanse.
- **Beta Gel** and **Direct Delivery Vitamin C.**
- **Seba-E** sprayed with **Aminodine Spritz.**
- Choice of crème sprayed with **Aminodine Spritz.**

Pigmentation > In Salon Treatment Option 1

Procedure

- 8-12 week treatment program.
- Client can pay in three instalments.
- Create a program that includes DMK Home Prescriptives.

Week 1

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** 10 minutes.
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finish Protocol** using **Contraderm** as the nourishing crème.

Optional: **FibroMax C Upgrade.**

Weeks 2-4

- **Bihaku Treatment Protocol.**

Optional: **FibroMax C Upgrade.**

Week 5

- **DPE Protocol.**
- Follow the same **Transepidermal Finishing Protocol.**

Weeks 6-8

- Alternate treatments of week 1, week 2 and week 5.



Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Deep Pore** or **Milk Cleanser**.
- **Melanotech Drops** and **FibroMax C** on the pigmentation only.
- **Direct Delivery Vitamin C** and **Beta Gel**.
- **Herbal Pigment Oil**.
- **Herb & Mineral Mist**.
- **Melanotech Crème** (dry skin) or **Crème Citrique** (oily skin).
- **Solar Damage Gel** (optional).
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

- Once a week your client has to do a **Foamy Lift** and **Exoderma Peel** treatment at home. This should be done three days after the professional treatment.

☾ NIGHT

Night one

- Cleanse.
- **Revitosin**.

Night two

- **Melanotech Drops** on pigment.
- **Super Bright**.
- You can do a second layer of **Revitosin** and **Super Bright** on problem areas.



Pigmentation > In Salon Treatment Option 2

Other choices for pigmentation

- Pro Peel Protocol.
- Pro Alpha Peel Protocol.
- RP (Remodelling Procedure) Protocol.
- Bihaku Series Protocol or Bihaku Revision Protocol.
- Alpha Bright, De-Pigmenting Protocol.
- MelanoBright Pigment Lift Protocol.
- The Clear, Refine & Revise Program.
- DMK Vitamin A Peels.

Example

- Enzyme Masque #1 Protocol weekly.
- Prep the client for either a Pro Alpha Peel or an RP (Remodelling Procedure).
- Pro Alpha Peel is better on passive pigmentation. RP is better on inflammatory sun damage type of pigmentation, pigmented scarring.
- During the prep do another one to two DMK Enzyme Therapy treatments.
- After the peel, alternate Prozyme Protocols and Acutrol Advanced Pigmentation Protocol, every two weeks until the client is satisfied with the result.



Pigmentation > MelanoZone Advanced Hyper Pigmentation Skin Revision

Treatment 1 – week 1

- Cleansing Protocol.
- Epitoxyl.
- Desquamate Protocol.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Transepidermal Finishing Protocol using Contraderm.

Optional: **FibroMax C Upgrade.**

Treatment 2 – week 2

- Cleansing Protocol.
- Epitoxyl .
- Prozyme Protocol for 10 minutes.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Exoderma Peel.
- Transepidermal Finishing Protocol using Contraderm as the nourishing crème.

Optional: **FibroMax C Upgrade.**

Treatment 3 – week 3

- Acutrol Advanced Pigmentation Protocol.

Treatment 4 – week 5

- Bihaku Treatment Protocol.

Treatment 5 – week 6

- Acutrol Advanced Pigmentation Protocol.

Treatment 6 – week 8

- MelanoBright, Pigment Lift Protocol.



Treatment 7 – week 10

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** for 10 minutes.
- Ice.
- **Melanotech Drops and Pore Reduction Plus.**

OPTIONAL: **Métier® Low Level Laser**

- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- Follow the same **Transepidermal Finishing Protocol.**

Optional: **FibroMax C Upgrade.**

Treatment 8 – week 12

- **Bihaku Treatment Protocol.**

Treatment 9 – week 13

- **Alpha Bright, De-Pigmenting Protocol.**

Treatment 10 – week 15

- **Acutrol Advanced Pigmentation Protocol.**

Treatment 11 – week 17

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** for 10 minutes.
- Ice.
- **Melanotech Drops and Pore Reduction Plus.**

Optional: **Métier® Low Level Laser.**

- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Treatment 12 – week 18

- **Bihaku Treatment Protocol.**

Pigmentation > MelanoZone Treatment Program

DMK **MelanoZone** Treatment is a treatment program designed to revise undesirable pigmentation.

What is MelanoZone Ideal For?

- Sun-induced pigmentation on the face and body.
- Trauma-induced pigmented scars such as acne.
- Stubborn patches of pigmentation.
- Skin prone to pigmentation such as Asian skin.
- Inflamed acne skins with pigmentation.
- Hormonal or any internal chemical imbalance.
- Medication induced pigmentation.

Using **MelanoZone**, it is possible to safely revise these types of pigment irregularities and help restore an even, glowing complexion.

MelanoZone Treatment Program

Function

A series of eight treatments over a period of 12 weeks that is designed to dissolve dark pigmented areas in order to even out the skin's colour. It utilises a range of specialised formulations and skin treatments including **Melanotech Drops**. These help brighten the complexion, as well as suppress and inhibit further melanin production.

DMK **Enzyme Therapy** aims to regulate and enhance optimal skin functioning through improved circulation, oxygenation and lymphatic drainage. It works towards reducing inflammation and promoting healing by helping to strengthen the skin.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- Prescribed DMK cleanser.
- **Melanotech Drops** and **Pore Reduction Plus**
- **FibroMax C** to pigmented areas.
- **Direct Delivery Vitamin C**.
- **Beta Gel**.
- **Herbal Pigment Oil** sprayed with **Herb & Mineral Mist** (not on oily or acne prone skin).
- Apply nourishing crème of choice, **Melanotech Crème** or **Crème Citrique**, sprayed with **Herb & Mineral Mist**.
- Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

Alternate nights

Night one

- Cleanse.
- **Melanotech Drops**.
- **Super Bright**.

Night two

- Cleanse.
- **Revitosin**.

Exfoliation Regime

- **Cleansing Protocol**
- Apply **Melanotech Drops** to stubborn areas.
- The client must use **Foamy Lift** and **Exoderma Peel Plus** three days after an **Alkaline Wash** treatment to exfoliate any dryness.
- Alternate **Foamy Lift** and **Exoderma Peel** with **Micro Peel** every three days.

Note: **Micro Peel** can be followed by **Acu Masque** or **Hydrating Masque** for added benefits depending on the skin's condition.

Treatment 1 – week 1

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Desquamate Protocol.**
- Ice.
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **FibroMax C Upgrade.**

Treatment 2 – week 2

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** for 10 minutes.
- **Melanotech Drops and Pore Reduction Plus.**

Optional: **Métier® Low Level Laser**

- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- Follow the same **Transepidermal Finishing Protocol.**

Treatment 3 – week 3

- **Hydroplex Pigmentation Protocol.**

Treatment 4 – week 4

- **Acutrol Advanced Pigmentation Protocol.**

Treatment 5 – week 6

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** 15-20 minutes. (Do not exceed 10 minutes on a Fitzpatrick four, five or six).
- Ice.
- **Melanotech Drops and Pore Reduction Plus.**

Optional: **Métier® Low Level Laser.**

- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel Plus.**
- Follow the same **Transepidermal Finishing Protocol.**

Treatment 6 – week 8

- **Acutrol Advanced Pigmentation Protocol.**

Treatment 7 – week 10

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Treatment Protocol** 20-25 minutes (do not exceed 10 minutes on Fitzpatrick four, five or six).
- **Melanotech Drops and Pore Reduction Plus.**

Optional: **Métier® Low Level Laser.**

- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- Follow the same **Transepidermal Finishing Protocol.**

Treatment 8 – week 12

- **Acutrol Advanced Pigmentation Protocol.**

Following treatments

Reassess the skin. Some people will need more treatments every two weeks, others can come every four weeks.



Pro Peel Treatment Program

Resurfacing procedure for those considering a **Pro Alpha Peel**, but do not want the down time, have a medical condition or are taking various medications.

- Uses a combination of **Revitosin, Prozyme** and **Enzyme Masque #1**.
- Remember to take photos to illustrate results – the client may forget the condition their skin was in prior to commencing treatments.
- Advise the client that the skin may look worse initially.
- Ensure client reads and signs the consent forms before commencing treatment.

Procedure

- **Cleansing Protocol**
- **Epitoxyl**
- **Prozyme Protocol** 20-25 minutes. The hotter you keep the **Prozyme**, the more efficiently it works.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Desquamate**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **Fibromax C Upgrade**

- Repeat the same procedure every week for 6, 8, 10 or 12 weeks. If irritation occurs around the mucous membranes or any other area, avoid **Prozyme** in that area.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- Cleanse.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **FibroMax C**.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- **Herbal Pigment Oil** or **Seba-E**.
- **Herb & Mineral Mist** and crème of choice.
- **Solar Damage Gel**.
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

- Apply two generous layers of **Revitosin** every night or alternate with **Super Bright**.



Rosacea Treatment Programs

Treatment 1 – week 1

- **Acutrol Basic Protocol** using **Desquamate** as pre-exfoliant.

Treatment 2 – week 2

- **Cleansing Protocol** using **Milk Cleanser** or **Enbioment™ Cleanser**.
- **Métier® Low Level Laser therapy (LLL)**.
- **Epitoxyl**.
- **Quick Peel Protocol**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- Ice.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and a light dusting of **Actrol Powder**.

Optional: **Enbioment™ Upgrade**.

Treatment 3 – week 3

- **Acutrol Basic Protocol** using **Pro Alpha #1** as pre-exfoliant.

Treatment 4 – week 4

- **Acutrol Advanced Protocol**.
- After any **pH Treatment** the next treatment will be done two weeks after.
- At this point the client needs to apply **Foamy Lift** and **Exoderma Peel** masque at home three days after their professional treatment, then **Micro Peel** followed by **Acu Masque** or **Hydrating Masque** three days after that. The client will now be alternating these two home treatments every three days.

Treatment 5 – week 6

- Repeat Treatment 2.

Treatment 6 – week 7

- **RVT Protocol (Red Vein Treatment)**.



Treatment 7 – week 8

- **Cleansing Protocol** using **Enbioment™ Cleanser**.
- **Epitoxyl**.
- **Métier®** Low Level Laser therapy (LLL).
- **Pro Alpha #1 Protocol**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #2** and **#3 Protocol** full face application.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.
- **Enbioment™ Upgrade**.

Treatment 8 – week 9

- **Acutrol Advanced Protocol**.
- Next treatment in two weeks.

Treatment 9 – week 11

- **Eliminare Protocol**.



Scar Revision Program

Example 1

Treatment 1 – week 1

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Desquamate Protocol.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D’herb.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **Fibromax C Upgrade.**

Treatment 2 – week 2

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** for 10 minutes, work into scarred area.
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol** as above.

Treatment 3 – week 3

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- Repeat the same **Transepidermal Finishing Protocol** as treatment one.
- After this treatment prepare for **RP (Remodelling Procedure)** for two weeks, alternating **Revitosin** and **Super Bright** at night. Follow the full Home Prescriptive routine and four **EFA Ultra.**

Treatment 4 – week 5

- **RP (Remodelling Procedure) Protocol.**

Treatment 5 – Week 7

- After the **RP**, alternate **Acutrol Advanced** and **Prozyme** treatments, focusing only on the last areas of scarring. The other option is to perform **Liquid Laser** on the last areas of scarring to revise them back even further.

Example 2

Treatment 1 – week 1

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Melaontech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Desquamate.**
- Follow the same **Transepidermal Finishing Protocol.**
- After the fourth treatment prepare the skin for a **Pro Alpha Peel.**

Treatment 2 – week 6

- **Pro Alpha Peel Protocol.**

Treatment 3 – week 8

- **Enzyme Masque #2 and #3 Protocol** full face application.

Treatment 4 – week 9

- **Enzyme Masque #2 and #3 Protocol** full face application.

Treatment 5 – week 10

- Prep the scarred areas for **RP (Remodelling Procedure).**

Treatment 6 – week 12

- Perform **RP (Remodelling Procedure Protocol)** on the scarred areas only.

Treatment 7 – week 14

- Reassess the skin and perform any last revision alternating **Acutrol Advanced Scar Revision Protocol** and **Prozyme Protocol** treatments until the client is satisfied with the result.



Stretch Mark Revision Program

Treatment 1

- Cleanse with **Hydra Louffa**.
- **Epitoxyl**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Body Enzyme Protocol**.
- **Transepidermal Finishing Protocol** using **Maximum Moisture** as the nourishing crème with **Fibromax C Upgrade**.

Treatment 2

- Four **Acutrol Advanced Stretch Marks Protocol**, done a month apart. **Body Enzymes** can be done weekly in between.

Treatment 3

- **SRP (Stretch Mark Remodelling Protocol)**.

Treatment 4

- Two to four **Acutrol Advanced Stretch Mark Protocol** performed monthly.



Post treatment care

Depending on the degree of the pH Revision on the stretch marks. If the skin is red and open after the treatment only apply:

- **Hydra Louffa**.
- **Beta Gel**.
- **Contraderm**.
- Dust over with **Actrol Powder**.
- Apply these day and night for the first three to five days.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Hydra Louffa**.
- **Melanotech Drops** and **FibroMax C**.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- **Herbal Pigment Oil**.
- **Herb & Mineral Mist**.
- **Contraderm**.
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+** if the area is exposed to sunlight.

☾ NIGHT

- **Hydra Louffa**.
- Two good layers of **Revitosin**.
- If the client is prone to post inflammatory hyper pigmentation, alternate **Revitosin** with **Melanotech Drops** followed by **Super Bright**.

Telangiectasia, Vascular Matting

Treatment Programs

Treatment 1 – week 1

- Cleansing Protocol.
- Epitoxyl.
- Desquamate Protocol.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Transepidermal Finishing Protocol.

Treatment 2 – week 2

- Cleansing Protocol.
- Epitoxyl.
- Métier® Low Level Laser therapy (LLL).
- Quick Peel Protocol.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Transepidermal Finishing Protocol with FibroMax C upgrade.

Treatment 3 – week 3

- Cleansing Protocol.
- Epitoxyl.
- Pro Alpha #1 Protocol.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Follow the same Transepidermal Finishing Protocol.

Treatment 4 – week 4

- Repeat Treatment 2.

Treatment 5 – week 5

- RVT Protocol

Treatment 6 – week 6

- Cleansing Protocol
- Epitoxyl.
- Pro Alpha #1 Protocol.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #2 and #3 Protocol full face application.
- Follow the same Transepidermal Finishing Protocol.

Treatment 7 – week 7

- Eliminare Protocol.

Treatment 8 – week 8

- Cleansing Protocol.
- Epitoxyl.
- Quick Peel Protocol.
- IPL to cauterise.
- Follow the same Transepidermal Finishing Protocol.

Treatment 9 – week 9

- Continue with four to six weeks of Enzyme Masque #2 and #3 Muscle Banding Protocol or full face application.



The Clear, Refine & Revise Program

As the name implies, this treatment program will clear away old dead redundant cell material, any pigmentation and congestion, refine wrinkles and fine lines, and revise the skin back into a healthy, youthful appearance. Smooths and refines the texture of the skin, evens out the colour and pushes out any blackheads and old congestion, deeply cleansing the skin while restoring a vibrant, healthy, firm, glowing complexion.

A versatile program, suitable for ageing, hyper pigmentation, thickened, open pores, congested skin. Anyone wanting a real freshen-up.

Procedure

Treatments can be performed weekly or every two weeks as a six, eight or 12 week program.

Home Prescriptives

- Four **EFA Ultra** per day (two morning and two at night).
- DAY
 - The client must be on a full day **Home Prescriptives** regime, according to their skin condition and concerns.

☾ NIGHT

- Alternate **Revitosin** and **Super Bright**.
- The client can also perform either **Micro Peel** and **Hydrating Masque** or **Acu Masque**, or **Foamy Lift** masque, three days after their professional treatment at home.

Treatment 1 – week 1

- **Cleansing Protocol**.
- **Epitoxyl**.
- **Desquamate Protocol** for 10 minutes.
- **Sebum Soak Protocol**.
- Extractions, if needed.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol**.

Treatment 2 – week 2

- **Cleansing Protocol**.
- **Epitoxyl**.
- **Prozyme Protocol** for five minutes on a darker Fitzpatrick, 10 minutes on lighter skin tones.
- **Sebum Soak Protocol**.
- Extractions, if needed.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol**.

Treatment 3 – week 3

- Cleansing Protocol.
- Epitoxyl.
- Pro Alpha #1 Protocol for five minutes.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Transepidermal Finishing Protocol.

Treatment 4 – week 4

- Hydradermaze Protocol.

NOTE: On congested skin, add in **Sebum Soak** after the **Prozyme**, before the **Pro Alpha #1**.

Treatment 5 – week 5

AlphaZyme Protocol.

Treatment 6 – week 6

Hydradermaze Protocol.

Treatment 7 – week 7

AlphaZyme Protocol.

Treatment 8 – week 8

Hydradermaze Protocol.

Treatment 9 – week 9

AlphaZyme Protocol.

Treatment 10 – week 10

Hydradermaze Protocol.

Treatment 11 – week 11

AlphaZyme Protocol.

Treatment 12 – week 12

Enzyme Masque #1, #2 and #3 Protocol.



Transepidermal Water Loss Treatment Programs

Treatment 1 – week 1

- Cleansing Protocol.
- Epitoxyl.
- Desquamate Protocol.
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Transepidermal Finishing Protocol.

Treatment 2 – week 2

- Cleansing Protocol.
- Epitoxyl.
- Pro Alpha #1 Protocol.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Transepidermal Finishing Protocol using Biogen C as nourishing crème and FibroMax C Upgrade.

Treatment 3 – week 3

- Cleansing Protocol.
- Epitoxyl.
- Quick Peel Protocol.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #1 Protocol mixed with Aqua D'herb.
- Follow the same Transepidermal Finishing Protocol.

Treatment 4 – week 4

- Hydradermaze Protocol.

Treatment 5 – week 5

- Cleansing Protocol.
- Epitoxyl.
- Pro Alpha #1 Protocol.
- Melanotech Drops and Pore Reduction Plus.
- Enzyme Masque #2 and #3 Protocol full face application.
- Follow the same Transepidermal Finishing Protocol.

Treatment 6 – week 6

- DPE Protocol.
- With **Enzyme Masque #2 and #3 Protocol** full face application.
- Follow the same **Transepidermal Finishing Protocol**.

Home Prescriptives

- Four **EFA Ultra** per day (two morning and two at night).

● DAY

- **Deep Pore** or **Milk Cleanser**.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- **Seba-E** or **Herbal Pigment Oil**.
- **Herb & Mineral Mist** or **Wetter than Water™**.
- Crème of choice according to the oil flow and other accompanying conditions. **TransGenesis™** is an excellent choice for transepidermal water loss.
- **Solar Damage Gel** or **Hydroloc**.
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

- Regimen can be the same as the day routine or they can use a different nourishing crème at night for skin repair and regeneration.
- **Revitosin** can be added in alternate nights once water levels improve.



Part 5

DMK Combining Modalities

Fat Freezing Machinery and DMK Protocol

Infra-Red Dome Protocol

IPL for Capillaries and Pigmentation Protocol

IPL/Laser and DMK Protocol

IPL with Photo Rejuvenation Protocol

LED Protocol

MediLift Protocol

Métier® Low Level Laser Protocol

Microdermabrasion Protocol

Needling and DMK Protocol

Needling and DMK Skin Revision Therapy
for Stretch Marks Protocol

Radio Frequency Protocol

RP and IPL Body Pigmentation Protocol

RP and IPL Facial Vascular Protocol

RP and IPL Facial Pigmentation Protocol

Skin Needling and DMK Protocol

Skin Tightening Modalities and DMK Protocol



Fat Freezing Machinery and DMK Protocol

When you freeze the fat it needs good circulation and lymphatic drainage to drain it away and also to restore optimal circulation and oxygenation to the area, this is why we recommend doing the **DMK Body Enzyme** after any of these devices to give enhanced results and overall better outcomes for your clients.

- Cleanse the area with **Hydra Louffa**.
- **Epitoxyl**.
- Perform the fat cavitation or freezing procedure.
- **Melanotech Drops** and **Pore Reduction Plus** (optional).
- **Body Enzyme Protocol** for 30-40 minutes.
- Finish with **Maximum Moisture** emulsified with water.

*Sell the client **Body Sculpting** crème to perform three to five days after at home.



Infra-Red Dome Protocol

To support the client's results, we recommend the client starts taking the **Regul8® Digestive Tune-Up®** herbs and **EFA Ultra**.

Procedure

- Use Infra-Red Dome.
- Perform **Body Enzyme Masque** or **Body Sculpting**. You can perform **Body Enzyme Masque** or **Body Sculpting** after using the Infra-Red Dome, or you can alternate them.



IPL for Capillaries and Pigmentation Protocol

Capillary photo rejuvenation

Using **Quick Peel** will help to 'pump' fresh oxygenated blood through the capillaries while the **IPL** will assist cauterisation of the capillary.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Quick Peel Protocol.**
- Perform the **IPL** treatment.
- After the **IPL** treatment, remove gel.
- **Transepidermal Finishing Protocol** using **ContraDerm** as the nourishing crème and **FibroMax C Upgrade.**

Optional: You may apply **Hydrating Masque** to the face post **IPL** treatment.

A week afterwards your client can book in for a **Muscle Banding** Treatment. This will help to strengthen the skin and the underlying structures.

Pigmentation photo rejuvenation

Using the **Melanotech** system in conjunction with **IPL/Laser** will help the skin to respond positively to the treatment rather than adversely. Making use of **DMK Enzyme Therapy** will assist achieving maximum results with the **IPL/Laser**. Encourage your client to use the **Melanotech Drops** every night seven days prior to treatment on the specific area. **Melanotech Drops** are a superior formulation designed to inhibit melanin and to be a great preventative for hyperpigmentation.

Procedure

- **Cleansing Protocol.**
- Apply gel and conduct **IPL/Laser** treatment.
- Remove well. Apply ice to the treated area and melt the ice cube into skin.
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème and **FibroMax C Upgrade.**
- Re-book your client in a week later for a **Desquamate, Prozyme or Acutrol Advanced Pigmentation** treatment and **DMK Enzyme Therapy.** Alternate this treatment with **IPL/Laser** treatments. The **Prozyme** and enzyme treatment will help to lift the treated pigment.



IPL/Laser and DMK Protocol

Pigmentation

- IPL is a modality that works in conjunction with the DMK concept.
- If the client has a lot of dead cuticle build-up it is advised the client should be on a DMK Home Prescriptive to help remove cuticle and rebuild the strength of the skin.
- Melanin is carried to the surface in keratinocytes. If the majority of the cuticle has been removed, the IPL will be more effective in revision as it will be absorbed at the target site.
- The **Melanotech Drops** and **Enzyme Masque #1** mixed with **Aqua D'herb** should be applied after IPL and icing for its rebuilding properties.
- Clients using **Revitosin** and **Revise-A** should discontinue use one week prior to the IPL session.
- DMK Home Prescriptives will help achieve optimal results and minimise downtime and complications.

DMK and IPL Pigment Professional Revision Protocol

Week 1

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol.**

Week 2

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** for 10 minutes.
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol.**

Week 3

- **IPL.**
- **Ice.**
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **Fibromax C Upgrade.**

Week 4

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol** as above.

Week 5

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** 10-15 minutes.
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol** as above.

Week 6

- Repeat Week 3.
- Reassess the skin.



Vascular

- Regular **DMK Enzyme Therapy** treatments and **DMK Home Prescriptive** will aid maximum long term results and minimise downtime and complications.
- Vascular revision can be achieved by increasing oxygen to the tissue. Any vessels that do not respond to this are considered to be dysfunctional and **IPL** is an effective tool to help eliminate them.
- The **IPL** will cauterise (remove) the vessel so **DMK Enzyme Therapy** should not be performed straight after. One to two weeks after perform **Enzyme Masque #1** mixed with **Aqua D'herb.**
- Clients using **Revitosin** and **Revise-A** should discontinue use one week prior to the **IPL** session.
- **DMK Enzyme Therapy** is designed to achieve supreme tissue oxygenation and will work on rebuilding the structure of the skin vessels so results are maintained and long term.
- **Red Vein Crème** should only be introduced to a client who has had a program of **DMK Enzyme Therapy** and is on all other **DMK Home Prescriptives**. It should be introduced gradually to their home routine.

Home Maintenance Treatment for Red Vascular Skin

- Introduce **Red Vein Crème** at home by applying every third night for two weeks with a light spray of **Herb & Mineral Mist**, then every second night for two weeks with a more generous spray of **Herb & Mineral Mist**. After that apply **Red Vein Crème** every night for four to six weeks. Then drop back to two to three nights per week as maintenance.
- Once a week apply **Red Vein Crème** to specific vascular area and spray with **Herb & Mineral Mist**, massage into the skin. Leave on skin for three to five minutes. Blot excess and apply **Foamy Lift** and **Exoderma Peel**.

TIP: To help achieve maximum results on skin with ageing and capillaries, alternate between **Age Busters Combo**, **Red Vein Crème** and **Revitosisin**. Rotate these three at night.



DMK and IPL Vascular Professional Revision Protocol

Week 1

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb.**
- **Transepidermal Finishing Protocol.**

Week 2

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Prozyme Protocol** 10 minutes.
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Exoderma Peel.**
- **Transepidermal Finishing Protocol** using **Biogen C** as the nourishing crème with **FibroMax C Upgrade.**

Week 3

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Quick Peel Protocol.**
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol mixed with Aqua D'herb.**
- **Finish with above Transepidermal Finishing Protocol.**

Two weeks later perform IPL

- **Cleansing Protocol.**
- **Epitoxyl.**
- **Quick Peel Protocol.**
- **Melanotech Drops and Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol mixed with Aqua D'herb.**
- **Finish with above Transepidermal Finishing Protocol.**

Two weeks after IPL

- **RVT Protocol.**
- **Muscle Banding Protocol** six to eight treatments weekly.
- **Reassess the skin.**

IPL with Photo Rejuvenation Protocol

Using **IPL/ laser** in conjunction with DMK for **Photo Rejuvenation** can deliver incredible results. Alternating treatment modalities can provide optimal results for the client's concerns.

Skin rejuvenation

- DMK and **IPL** for skin rejuvenation can also be successful when following a program. There are several ways to incorporate **IPL** for skin rejuvenation depending on the conditions of the skin. The most basic way is to use **IPL** for skin rejuvenation, then follow it with **DMK Enzyme Masque #2** and **#3 Muscle Banding Protocol**.
- The client may need a **Pro Alpha Peel** or **RP** revision followed by **IPL** and **Muscle Banding Protocol**.
- Clients using **Revitosin** and **Revise-A** should discontinue use one week prior to the **IPL** session.
- An **A-Lift®** program is a good recommendation for these clients as it combines regular professional skin removals, **DMK Enzyme Therapy** and **Muscle Banding** treatments.
- **IPL** for skin rejuvenation can be performed throughout the **A-Lift®** program.



Home Prescriptives for Ageing

- **DAY**
 - Four **EFA Ultra** per day.
 - **Milk Cleanser** or **Mediterranean Pearls™**.
 - **Melanotech Drops** and **FibroMax C**.
 - **Beta Gel**.
 - **Direct Delivery Vitamin C** or **FirMatrix™**.
 - **Seba-E** oil or **Herbal Pigment Oil**.
 - **Herb & Mineral Mist** or **Wetter Than Water™**.
 - **TransGenesis™** or **Betagen** or **Biogen C**.
 - **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

Night one

- Cleanse.
- **Revitosin**.

Night two – **Age Buster Combo**

- Cleanse.
- **Beta Gel** and **Direct Delivery Vitamin C**.
- **Seba-E** sprayed with **Aminodine Spritz**.
- **Nite Firming** with **Aminodine Spritz**.

LED Protocol

LED can be performed as a one-off treatment; however, it works best as a program over 6, 8 or 12 weeks.

Procedure

- **Cleansing Protocol..**
- **Epitoxyl.**
- Choose the appropriate pre-exfoliation according to the skin condition and concerns. (Desquamate, Prozyme, Pro Alpha #1 or Quick Peel).
- Perform LED.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb.**
- **Transepidermal Finishing Protocol** using **Biogen C** as the nourishing crème.

Optional: **Enbioment™ Upgrade.**



MediLift Protocol

MediLift can be performed as a one-off treatment, however it works best as a program over 6, 8 or 12 weeks.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Optional exfoliation. **Desquamate Protocol.**
- Perform the **MediLift.**
- **Enzyme Masque #2 and #3 Protocol** either full face or for sagging skin utilise the **Muscle Banding Protocol.**
- **Transepidermal Finishing Protocol** using **Biogen C** as nourishing crème with **FibroMax C Upgrade.**



Métier® Low Level Laser Protocol

Designed to alleviate inflamed areas while enhancing healing and skin regeneration.

Procedure

Use the **Métier® Low Level Laser** on any red or reactive areas. This will help alleviate inflammation and increase the rate of healing within the skin. Use the **Métier®** low level laser in one minute intervals and apply this every two square centimetres.

Microdermabrasion Protocol

When performing a **Microdermabrasion** treatment it is imperative that we rebuild the skin after the removal. If you don't rebuild, the results may not be as effective and the client's concerns may not be fully addressed.

DMK Enzyme Therapy and **Home Prescriptives** work fantastically in conjunction with **Microdermabrasion**. The REMOVE, REBUILD, PROTECT and MAINTAIN philosophy is still followed to help achieve the results. This concept will help create a positive change in the skin.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Perform **Microdermabrasion** treatment.
- Wipe skin of any left over crystal residue.
- **Melanotech Drops** and **Pore Reduction Plus.**
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb.**
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **FibroMax C Upgrade.**

If incorporating the use of **LED** into any treatments, you may do so before or after **DMK Enzyme Masque** while the skin is clean and has nothing on the surface.

Using the **DMK Enzyme Masque** can help ensure that the structural integrity of the skin is stronger and that it will be more responsive to treatments. Enzymes create change at cellular levels and this is what you can inform the client of during the consultation. Enzymes will help the skin to function properly on its own.

Recommending **DMK Home Prescriptives** will maintain the client's results that they achieve in salon.



Needling and DMK Protocol

For optimal results

At least two weeks prior to **Needling**, client needs to start using relevant DMK Home Prescriptives for their skin condition. These must include:

● DAY

- Four **EFA Ultra** per day.
- DMK cleanser of choice.
- **Melanotech Drops**.
- **Beta Gel**.
- **Direct Delivery Vitamin C**.
- **Seba-E** or **Herbal Pigment Oil**.
- **Herb & Mineral Mist**.
- **Contraderm**.
- **Solar Damage Gel**. **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

- **Revitosin**.
- **Super Bright** alternated at night if prone to hyperpigmentation.

At least two DMK **Enzyme Treatments** must be performed prior to the **Needling** treatment along with the appropriate removal if required.

In some instances a **Pro Alpha Peel** prior to the treatment is recommended for optimal results. In this instance, **Muscle Banding** treatments are to be performed weekly, after the second **Lift-off** treatment, for three weeks, before the **Needling** treatment can take place.

Procedure

Week 1

Enzyme Masque #1 Protocol with appropriate removal method (if required). Client starts with DMK Home Prescriptives.

Week 2

Enzyme Masque #1 Protocol with appropriate removal method (if required).

Week 3

Needling followed by either **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**, **Enzyme Masque #2 and #3 Protocol** or **Enzyme Masque #1, #2 and #3 Protocol**.

Finish with **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Note: Client must have had Enzyme masque #2 and #3 before having after needling and not on first time needling. **Revise-A** or **Revitosin** should only be reintroduced one to two weeks after the treatment.

Week 4

Enzyme Masque #1 Lift-off Protocol.

Weeks 5, 6 and 7

Muscle Banding Protocol.

Week 8

Repeat Week 3.

Continue as above.

Needling and DMK Skin Revision Therapy for Stretch Marks Protocol

Procedure

Perform the following weekly treatment on:

Week 1

- Cleanse with **Hydra Louffa**.
- **Epitoxyl**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Body Enzyme Masque Protocol**.
- **Transepidermal Finishing Protocol** using **Maximum Moisture** as the nourishing crème with **FibroMax C Upgrade**.

Week 2

- **Acutrol Advanced Stretch Marks Protocol**.

Week 3, 4, 5

- Cleanse with **Hydra Louffa**.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Body Enzyme Masque Protocol**.
- Follow the same **Transepidermal Finishing Protocol**.

Week 6

- Cleanse the area being treated with **Hydra Louffa**.
- Perform **Skin Needling Protocol** on **Stretch Marks**, to area being revised.
- **Body Enzyme Masque Protocol**.
- Follow the same **Transepidermal Finishing Protocol**.

Weeks 7 and 8

- Cleanse the area being treated with **Hydra Louffa**.
- **Body Enzyme Masque Protocol**.
- Follow the same **Transepidermal Finishing Protocol**.

Week 9

- **Acutrol Advanced Stretch Marks Protocol**.

Week 10

Prepare the skin for **SRP (Stretch-mark Remodelling Procedure)**. If the client does not want to proceed with the **SRP**, keep alternating with the above system instead.

Post SRP

Two weeks after the **second Lift-off Treatment** of the **SRP**, alternate the **Needling** and **Alkaline pH Revision Protocols** monthly; with the **Body Enzyme Therapy** treatments until the desired stretch mark revision is achieved.

Home Prescriptives

● DAY

- Four **EFA Ultra** per day.
- **Hydra Louffa**.
- **Beta Gel**.
- **Direct Delivery Vitamin C..**
- **Herbal Pigment Oil**.
- **Contraderm**.
- **Herb & Mineral Mist**.
- **Actrol Powder**.
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+** if skin is exposed to the sun.

☾ NIGHT

- Two layers of **Revitosin**.

IMPORTANT: After the **Alkaline Wash Treatment and Needling**: do not apply **Revitosin** for one week after treatment, continue morning routine instead.



Radio Frequency Protocol

Protocol

Radio Frequency can be performed as a one-off treatment; however, it works best as a program over 6, 8 or 12 weeks.

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- Optional exfoliation. **Desquamate Protocol.**
- Perform the radio frequency.

- **Melanotech Drops and Pore Reduction Plus**
- **Enzyme Masque #2 and #3 Protocol** either full face or for sagging skin utilise the **Muscle Banding** technique or **Enzyme Masque #1, #2 and #3 Protocol**. Leave on skin for 45 minutes starting from application of **Enzyme Masque #2**.
- **Transepidermal Finishing Protocol** using **Biogen C** as the nourishing crème.

Optional: **Enbioment™** and **FibroMax C Upgrade**.



RP and IPL Body Pigmentation

(Remodelling and Intense Pulsed Laser)

Observed conditions

Pigmentation on the décolleté, arms and hands.

Treatment 1: procedure

One week before **RP** Treatment.

- Cleanse with **Hydra Louffa**.
- Perform **IPL** for pigmentation.
- Ice.
- **Melanotech Drops**.
- **Body Enzyme Masque Protocol**.
- **Transepidermal Finishing Protocol** using **Maximum Moisture** as the nourishing crème.

Treatment 2: procedure

Begin the relevant **RP** treatment program for the body one week after treatment one.

Note: DMK Skin technicians must perform minimum four **Body Enzyme** treatments prior to **RP**.



RP and IPL Facial Vascular Protocol

(Remodelling and Intense Pulsed Laser)

Observed conditions

Weakened capillaries/vascular matting on the face and décolleté.

Home Prescriptives

Client must perform the following DMK Home Prescriptives regime for 10 nights prior to the first **RP Treatment**:

● DAY

- Four **EFA Ultra** per day.
- Cleanse with **Deep Pore or Milk Cleaner**.
- **Direct Delivery Vitamin C**.
- **Beta Gel**.
- **Herbal Pigment Oil** sprayed with **Herb & Mineral Mist**.
- **Contraderm** sprayed with **Herb & Mineral Mist**.
- **Solar Damage Gel**.
- Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

Night one

- Cleanse.
- **Revitosin**.

Night two

- **Melanotech Drops** on pigment.
- **Super Bright**.

- Can apply a second layer of **Revitosin** and **Super Bright** to areas of concern.

Pre-Treatment: Procedure

- DMK Skin Technicians must perform a minimum four to six DMK **Enzyme Therapy** treatments.

Procedure

- After the 10-day preparation, book the client in and follow the **RP (Remodelling Procedure) Protocol**.
- **Cleansing Protocol** using **Deep Pore**.
- **RP for Face Protocol**.

One week after the second **Lift-off**:

- **Cleansing Protocol** using **Deep Pore**.
- Perform **IPL** for vascular to cauterise the vessels.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Note: Do not perform an Enzyme Treatment.

The client may need a couple of **IPL** sessions for vascular. We recommend doing them in conjunction with a four, six or eight-week course of **Muscle Banding** to really strengthen the vascular network and prevent the occurrence of more weakened capillaries and vascular matting.

Red Vein Crème and Muscle Banding Treatment

Clinics that do not use IPL should try a combined course of **Red Vein Crème** and **Muscle Banding** treatments to help strengthen capillaries.

Instruct your client to apply the **Red Vein Crème** every third night for two weeks, followed by every second night for two weeks, then every night for six to eight weeks.

Continued maintenance of two nights per week should help generate a 60% reduction in the presence of red veins.

To aid enhanced results, conduct a course of **Muscle Banding** in the clinic every week.



Home Prescriptives for Vascular

● DAY

- Four **EFA Ultra** per day.
- **Milk Cleanser**.
- **Melanotech Drops** and **FibroMax C**.
- **Direct Delivery Vitamin C**.
- **Beta Gel**.
- **Seba-E** or **Herbal Pigment Oil**.
- **Herb & Mineral Mist**.
- **Biogen C**.
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

Night one

- Cleanse.
- **Beta Gel** and **Direct Delivery Vitamin C**.
- **Seba-E** and **Aminodine Spritz**.
- **Nite Firming** and **Aminodine Spritz**.

Night two

- Cleanse.
- **Red Vein Crème**.
- **Herb & Mineral Mist**.

RP and IPL Facial Pigmentation

(Remodelling and Intense Pulsed Laser)

Observed conditions

Pigmentation on the face.

Treatment 1: procedure

One week before **RP** Treatment.

- **Cleansing Protocol** using **Deep Pore**.
- Perform **IPL** for pigmentation.
- Ice.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème with **FibroMax C Upgrade**.

Treatment 2: procedure

Begin the **FRP** treatment program one week after the **IPL**.

DMK Skin Technicians must perform four to six **Enzyme** Treatments prior to client undergoing **RP**.

Home Prescriptives for Pigmentation

● DAY

- Four **EFA Ultra** per day.
- Prescribed DMK cleanser.
- **Melanotech Drops**.
- **FibroMax C**.
- **Direct Delivery Vitamin C**.
- **Beta Gel**.
- **Herbal Pigment Oil**.
- **Herb & Mineral Mist**.
- **Melanotech Crème**.
- **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.

☾ NIGHT

Night one

- Cleanse.
- **Melanotech Drops** to areas of pigment.
- **Super Bright**.

Night two

- Cleanse.
- **Revitosisin** between in-clinic treatments.

Skin Needling and DMK Protocol

Procedure

- **Cleansing Protocol** using **Deep Pore**.
- **Epitoxyl**.
- Perform needling.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- **Transepidermal Finishing Protocol** using **Contraderm** as the nourishing crème.

Optional: **Enbioment™ upgrade**.



Skin Tightening Modalities and DMK Protocol

Procedure

- **Cleansing Protocol.**
- **Epitoxyl.**
- For a gentle exfoliation apply **Desquamate Protocol**. This can be replaced with any DMK exfoliation procedure of your choice according to the presenting skin condition.
- **Melanotech Drops** and **Pore Reduction Plus**.
- **Enzyme Masque #1 Protocol** mixed with **Aqua D'herb**.
- Perform the chosen skin-tightening modality.
- **Transepidermal Finishing Protocol** using **Biogen C** as the nourishing crème with **FibroMax C Upgrade**.
- Follow with six **Muscle Banding** treatments done weekly. If the skin-tightening modality is done in a series you can combine your **Muscle Banding** into a program.

Home Prescriptives

- **DAY**
 - Four **EFA Ultra** per day.
 - Prescribed DMK cleanser.
 - **Melanotech Drops** and **FibroMax C**.
 - **Beta Gel**.
 - **Direct Delivery Vitamin C** or **FirMatrix™**.
 - **Herbal Pigment Oil** sprayed with **Herb & Mineral Mist** or **Wetter than Water™**.
 - **Biogen C** or **TransGenesis™** sprayed with **Herb & Mineral Mist** or **Wetter than Water™** and **Solar Damage Gel**.
 - Finish with **DMK Soleil Protect SPF15** or **DMK Soleil Defence SPF50+**.
- ☾ **NIGHT**
 - **Revitosin** and **Super Bright** on alternate nights.





DMK Education,
DMK Expertise

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DMK

Danné Montague-King®