Face Mapping Skin Care Analysis
Dermalogica

What is Face Mapping?

Face Mapping skin analysis is a revolutionary new approach to skin analysis developed by the International Dermal Institute exclusively for Dermalogica. For the first time ever, professional skin care therapists have a comprehensive technique with which to analyse every aspect of their clients skin. Face Mapping skin analysis dramatically enhances not only the effectiveness of every treatment, but also makes the prescription of a home care regimen as focused on the client's actual needs as possible.

Using the latest skin analysis techniques, the Face Mapping skin analysis procedure provides the skin care therapist with an objective view of the skin's condition as well as an indication of the issues that might be affecting it.

Rather than analysing the skin in general terms, Face Mapping skin analysis divides the face into 14 distinct zones, each with its own set of potential problems and unique needs. Using the zones and the Dermalogica Face Map as a guide, the therapist is able to conduct an inch-by-inch, methodical analysis of the facial landscape, guaranteeing that the subsequent professional treatment and home-care prescription will fully address each client’s concerns.

zones 1 & 3 (forehead)
Traditionally, this zone is regarded as the “sister” to the bladder and digestive system. Frequent breakouts in this area might mean that the need to improve the elimination process by drinking more water and eating more whole foods.

zone 2 (the middle of the forehead between the eyebrows)
The middle of the forehead, between the eyebrows, is related to the liver. Congestion in this zone can indicate over consumption of alcohol, rich foods, and possibly a food allergy (such as lactose intolerance).

zones 4 & 10 (ears)
The ears are a highly sensitive area related to the kidneys. If you notice that the ears are very hot, you might be stressing them out – drink plenty of plain water and cut down on caffeine and alcohol should help.

zones 5 & 9 (cheeks)
The cheeks often give an accurate glimpse into any respiratory distress. Smokers or people suffering from allergies generally experience fine, broken capillaries or congestion in this area which relates to the lungs.

zones 6 & 8 (eyes)
The eyes are truly a window to the body's health because they're related to the kidneys. Dark circles, while often hereditary, are made worse by dehydration and poor elimination.

zone 7 (nose)
A reddened nose can indicate heightened blood pressure, or the early stages of rosacea. Congestion around the upper lip can occur if you use comedogenic lipsticks or liners.
zone 11 & 13 (jawline)
If you've had extensive dental surgery done, you might notice a breakout along the jaw line, near the ears.

zone 12 (chin)
Breakouts or unusual hair growth can indicate hormonal imbalance, possibly caused by extreme stress. Premenstrual breakouts are also very common on the chin which is related to sexual health.

zone 14 (neck and chest)
Just as your face is important you should not forget your neck area. This area is often one of the first to show signs of premature aging. The application of sunscreen and moisturisers is a must.