



February Treatment Focus Checklist: Restore • Calm • Strengthen

A quick-reference guide for estheticians
navigating winter skin fatigue



Euroskinsource: a division of The Euro Institute of Skin Care

February Treatment Intention

Use this checklist to guide February services toward restoration and regulation, not overcorrection.

Skin State Check (before you begin)

- Skin feels tight even after cleansing
- Increased sensitivity or stinging
- Lingering redness or uneven tone
- Client reports products “not working”
- Breakouts + dryness present together

If 2 or more are present: prioritize barrier support and calming strategies.

February Treatment Priorities

- Barrier repair over exfoliation
- Hydration that supports retention, not just surface moisture
- Calming inflammation before addressing correction
- Fewer actives, more intention
- Slower pacing and purposeful touch

Protocol Edits to Consider

- Reduce exfoliation frequency or strength
- Extend massage time instead of adding steps
- Choose one well-matched mask rather than layering multiple
- Limit heat if skin shows reactivity
- Build pauses into the treatment for skin regulation

Client Communication Prompts

Use language that reinforces professionalism and trust:

- “Your skin is in a recovery phase right now.”
- “We’re building tolerance so we can do more safely later.”
- “This approach supports long-term results, not just today’s glow.”

Retail & Home Care Support

- Emphasize consistency over intensity
- Focus on barrier-supportive products
- Reinforce why fewer products may work better right now
- Position retail as continuation of care—not correction

February Reminder:

February isn't about fixing everything. It's about creating stability, confidence, and trust—in the skin and the client.

February care sets the tone for spring results.

As February unfolds - look at how to elevate your client experience in meaningful, professional ways—through clarity, communication, and confidence—without starting from scratch or adding more to your plate.

Sometimes the most effective refinement is simply listening more closely to what the skin is asking for.



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