

EXFOLIATOR GLYCOLIC/ALPHA HYDROXY ACID

The first piece of the anti-aging puzzle

Facts & Fiction

You are bombarded daily by products that will “*take years off your appearance.*” What do you really know about these products? How much care and research do you take to know how good something is or what it really does? Which products are most effective and why? This entire category of products, unfortunately, can be very confusing and misleading. It truly is *buyer beware!*

Not all skin care treatments are alike. You need to test products, and who created them. What is their intended purpose—the cosmetic industry or medical patients? You need to know what happens to the efficacy of a product when it is buffered.

We hope that the following information will give you direction and insight as to the category and the products that will best suit your client or patient's needs.

Today's Market

Your skin is the largest organ of the body. Composed of three basic sections, it is the epidermis that we see, touch and feel. Its cells rise to the surface and flake off microscopically. This natural process of exfoliation occurs all day, every day, quite inconspicuously.

This process slows down due to diseases of the skin and the skin's aging process. Irritating factors also hamper this process and cause the appearance of aging to accelerate. You can dramatically influence exfoliation through smoking, alcohol, stress, sun and tanning bed exposure. Please note and understand that sun and tanning bed exposure generate most (90%) of the skin's damage with a great deal of the damage achieved by the time we are 18. On top of this, melanoma is now running at epidemic proportions. These eventually show up as age spots, skin cancer, discoloration, wrinkles, and other skin diseases.

Proper and simple skincare maintenance can help to prevent damage and the ravages of aging. Look for a proven program of products that act as a catalyst for exfoliation and improved skin texture and appearance. Try them on yourself and know how they work. Do not, at any time, think that the biggest advertisers have the best products. They have nothing to do with one another and it is usually not the case.

What are Alpha Hydroxy Acids?

Also known as AHAs, these are non-toxic substances and they occur naturally in food. They are non-prescription dermatological products with cosmetic benefits. They do more than simple cosmetic changes but whenever you begin to discuss the changes of cell structure, you immediately change this to the realm of a drug. The industry has become so large and powerful that the FDA would have a major fight on its hands.

The most common AHAs are Citric (citrus fruit), Glycolic (sugar cane), Lactic (sour milk), Malic (apples), and Tartaric (grape wine) Acids. Today, most of these are made synthetically. These are actually better for you because both ingredients and the production are under control and never change, which makes products more consistent. Natural products are never consistent. For example, you can take the grapes from year to year and the wine will taste different every harvest.

Clinical research and patient treatments clearly prove that AHAs are effective in helping to keep the skin clear and healthier. The research also confirmed that the majority of AHAs have larger molecular structures that do not penetrate the top layer of the skin (stratum corneum) without high concentrations and lower pH levels.

Glycolic Acid is the most adaptable and beneficial AHA. Its tiny molecular structure is precisely what makes its penetration the superior benefit over all other AHAs. It enters the epidermis to accelerate the body's exfoliation process. It “loosens” the glue that bonds the cells together, allowing thickened and dead cells to “disappear.” It is an irritant on the skin and nothing more; there is no such thing as a moisturizing Glycolic Acid. The end result is smoother skin with better coloration, tone and texture.

You will see improvements in cell renewal, firmness, texture, reduction of fine lines and increased moisture levels.

- *Rough, dry and callous skin:* Improve, soften, and eliminate these problems within weeks. May be used over the entire body as well as the face.
- *Wrinkles and Crow's Feet:* Reduces and smoothes fine lines while it aids overall tone and texture.
- *Age Spots & Hyper-pigmentation:* Reduces these superficial lesions. You can treat more difficult areas with the addition of a hydroquinone solution to lighten more difficult discoloration.
- *Oily and Acne-prone skin:* Oil and dirt trapped in the glands can cause acne. This is partly due to a lack of exfoliation. Glycolic Acid can penetrate a pimple to improve exfoliation and it then goes deep to cleanse the pore and reduce the production of new comedones.
- *Shaving:* Makes shaving much easier by controlling dryness, irritation and uneven texture. Improves the tone and softness of the face and the legs; reduces and controls ingrown hairs.
- *Encrusted Nails:* Effectively softens nails to improve permeability and efficacy of fungicides.
- *Skin Peeling:* (For in-office procedures.) Termed the "lunch time peel", it only takes a few minutes and causes rapid exfoliation. You can offer a professional treatment on the face or even the entire body. Patients can be back to work (with makeup) in less than one hour. The best results are with non-buffered acids and you do not want to see peeling.

Glycolic Acid also acts as a stimulus to create a process in which the synthesis of new collagen can occur. We also see a rebuilding of fibril tissue evidenced by more even and taught skin.

Key Factors when using Glycolic Acid

Most people can use Glycolic Acid over the entire body. A small number (<5%) of people have very sensitive skin. They are not good candidates for a peel or for home maintenance products.

First, and foremost, you must know what you are using and how to use it. To maximize your results, you should be aware of four key factors when using Glycolic Acid. Listed from least to most important:

4. *Conditions Influence the skin:* Other than deep peel products, Glycolic Acid only works when left on the skin for at least twenty minutes. Glycolic cleansers are not effective. They do not offer any exfoliating capabilities. The proper mix of products, that is, a proper cleanser, Glycolic Acid and sunscreen are critical to maximize the efficacy of your program.
3. *Frequency of Application:* MORE is not better. Apply small amounts thinly and evenly. We recommend the size of a green pea for one-half the face. Start at bedtime and after two weeks, increase application to twice a day. You do not have to use the products daily but daily usage will offer improved results. Evidence indicates that if you stop using Glycolic Acid, the skin will revert to the way it was previously.
2. *Acid concentration:* This is the percentage of acid used in the formulation. Most companies do not acknowledge their concentration. You have a right to know so do not be afraid to ask. If you have a problem and do not know what you are working with, how do you fix the problem? Concentration is not a critical factor until you know the pH of the product and if it is buffered or non-buffered. Most people think that the higher the concentration amount (i.e. 15% is greater than 10%), the better the product. Nothing could be farther from the truth. Variables such as buffering agents can dramatically affect product efficacy. This is only important in non-buffered formulations. For optimal results on the body and face, start with 8% - 10% concentrations and gradually build to 20%, the maximum allowed for home maintenance. The sensitive area around the eye should use Glycolic Acid products with 1% concentration. Look for pH levels ranging above 3.0 but below 4.1.
1. *Amount of Acid delivered = pH:* This and not acid concentration is the key to results. More importantly, free acid (non-buffered) will give you even greater efficacy. This is the true amount of acid being delivered to the skin. Glycolic Acid that is buffered has reduced efficacy and does not deliver what you think you are getting or what you are being told is in the product.

The skin's pH ranges from 4.6 - 6.2. Clinical research has proven that in order to achieve maximum results Glycolic Acid products need to have a pH of 4.1 or below. A pH below 3.0 is too irritating and may only be used in a professional setting.

Ask your supplier what their pH is and find out if it is buffered. Buffering locks in a pH level but it also reduces the "active" acid because it negates it. Many products that claim to have a specific pH and are buffered may actually have as much as a 75% reduction in the amount of "active" acid.

Concept

Your skin is very intelligent. It constantly monitors and adjusts its pH level based on need and skin condition. External factors and diseases of the skin can affect its ability to function properly. Therefore, you need and want to assist your body by creating optimum conditions to allow these products to be most effective.

The goal is to utilize products that work well by themselves *and* that work synergistically. That is, they work even better when combined. Do not think that every product from one company is the answer. You need to pick and choose.

Medical offices have utilized Glycolic Acid for almost 20 years. It is the safest and most effective topical agent for cosmetic and medical usage to help with accelerated aging of the skin. It works for all ages. If you are in it for the money, then you will sell your clients once. I challenge you to do your homework. When you do, both you and your patients / clients will be in it for the long haul.

The importance of pH

All estheticians must be familiar with pH. A basic knowledge of this area will be most important in your ability to talk to and treat a client. Our ability to direct them toward the proper treatments and products is most important to our success.

pH is measured on a scale of 0 to 14 with 7 being "neutral". Water has a pH of 7.0. pH is the level or amount of acidity or alkalinity in a product.

- The more acid in a product, the lower the number. This ranges from 6.9 down to 0. However, anything below 1.0 is considered absolute acid. Chemically, acids create salts.
- The more alkaline a product is, the higher the number. This ranges from 7.1 up to 14.0. Anything above 13.0 is considered absolute alkaline. This alkaline range is also known as "base".

Products that have a very low pH can be very irritating. By the same token, products with a very high pH can be just as irritating. A pH of 2.0, for example, will cause an *acid burn* on the skin. A pH of 12.0 will cause the same harm to the skin. This is known as a *chemical burn*. The further you move away from pH 7.0, the stronger *and more irritating* the products.

Many of us fear math; yet, these numbers can most easily be understood when compared to an earthquake. You are familiar with the Richter scale; this tool informs us as to the power of an earthquake. You hear numbers like 4.5 or 5.5. Do you really know what these mean? An earthquake that registers 4.5 will do damage but is not usually life threatening. 5.5 can do a great deal of damage and may be life threatening. 6.5 will do severe damage and will cause heavy loss of life. Yet, these numbers appear similar. The difference between 4.5 and 5.5 appears to simply be 1.0. The numbers are not linear, but exponential. The difference is actually 10 times stronger. 4.5 to 5.5 is actually $10 \times 10 (10^2)$ or 100 times stronger.

So how does this relate to our work? When dealing with products, it is important to know how strong or irritating they are, what they will accomplish, and why. A product with a pH of 3.9 is actually 10% stronger than a product with a pH of 4.0. We now know the importance of this feature and its dramatic effect on the results of specific products. You also do not want anything for home maintenance that is simply too irritating and will cause the patient to stop using the product.

The acid mantle of the skin is made from lipids and sweat. This film creates a semi-protective layer on the skin to help fight dehydration and bacterial invasion. The pH of the mantle is typically 5.5 which means our skin is naturally acidic. However, very oily and acne-prone skin can be as low as 4.5, while very sensitive and dry skin can be 6.2. Any product that is applied to the skin will temporarily adjust the pH of the skin's mantle. The skin, however, is very smart. It never forgets what we do to it and it will eventually revert back to its level of pH.

Patients or clients with very dry skin tend to be more alkaline, even though their skin is acid-based. When they use a product like bar soap, which is already alkaline, they will create more dryness. This understanding and knowing what they use will allow us to improve their appearance and give them direction on better ways to take care of themselves once they leave.

Dry, thin or sensitive skin tends to produce less sebum and has a thinner acid mantle. This is why products with low pH are more irritating to them. Utilizing Glycolic treatments and knowing the pH level becomes most important for the long-term benefits for the clients.

Very oily to acne-prone skin has a lower pH level. Products with lower pH are not as irritating to them but you must still be careful not to be too aggressive due to typical inflammation and sensitivities around acne pustules.

Alkaline products, such as desincrustation solutions, break down sebum and impactions found within in the hair follicles. These solutions can soften the area. These are also used during negative galvanic treatment, which again, helps reduce the impaction and improves extractions.

Acidic products, such as AHAs or BHAs, are designed to accelerate exfoliation. The level of acid actually breaks apart the glue that holds the skin's cells together. Toners are also acidic and are designed to degrease the skin as well as adjust pH.

The most important factor when dealing with a patient or client, especially during a procedure such as a Glycolic Peel, is to never take your eyes off them. Leaving any acidic or base product on the skin too long can and will cause irritation.



ACIDIC		ALKALINE	
pH	Substance	ph	Substance
1.0	Battery Acid	13.0	Drain Cleaner
2.0	Lemon Juice	12.0	Depliatory Creams
2.4	Vinegar	11.0	Ammonia
3.0	Soda Pop	10.0	Bar Soap
4.5	Toner	9.0	Sea Water
5.0	Coffee	8.0	Pancreatic Juice
6.0	Saliva	7.35	Blood
		7.0	Water

Protocol—Home Maintenance

Please utilize this category sequence for a BEGINNER OR START-UP PROTOCOL.

PROTOCOL/BEGINNER— Use this product sequence as your CORE PROGRAM				
Product	Step			Notes
Cleanser	1	✓	✓	You may use 2 or even 3 different cleansers
Toner	Optional	✓	✓	If desired
Antioxidant	2	✓		Start using after 3 weeks on the Core Program
AHA/Glycolic	3		✓	Once a day; increase to twice a day after 3 weeks of use
Moisturizer	Optional		✓	If desired
Eye Treatment	Optional		✓	If desired
Sunscreen	4		✓	Mandatory
Makeup	Optional	✓		If desired
Face Mask	Optional		✓	One to three times a week, depending on mask

Please utilize this category sequence for INTERMEDIATE AND ADVANCED PROTOCOL.

PROTOCOL/ADVANCED— Use this product sequence as your CORE PROGRAM				
Product	Step			Notes
Cleanser	1	✓	✓	You may use 2 or even 3 different cleansers
Toner	Optional	✓	✓	If desired
Skin Lightener	Optional	✓	✓	If desired
Antioxidant	2	✓		Start using after 3 weeks on the Core Program
Vitamin A (Retinol)	3	✓		Once a day; if Rx use at bedtime and use Glycolic Acid during the day
AHA/Glycolic	4		✓	Once a day; increase to twice a day after 3 weeks of use
Moisturizer	Optional		✓	If desired
Eye Treatment	Optional		✓	If desired
Sunscreen	5		✓	Mandatory
Makeup	Optional	✓		If desired
Face Mask	Optional		✓	One to three times a week, depending on mask

You may also fall into the Intermediate or Advanced level by upgrading to a higher strength of Glycolic Acid, Vitamin A and Antioxidant Vitamin C Serum.

Special Notes

- If adding a bleaching agent, you will add this before your Glycolic Acid.
- *Retin-A® (or any other prescription strength Vitamin A) users:* Glycolic Acid and Vitamin A become more effective when utilized simultaneously. You should use one during the day and the other at bedtime.
- *Sensitive Skin:* Always start with a test site to check for possible sensitivity. Glycolic Acid may cause a mild flare-up. If it is acne it is actually the cleansing of the pores, which is normal. If you get a rash it may be erythema at which point you would not be a candidate for Glycolic Acid.
- *Antioxidant users:* Topical Vitamin works synergistically with Glycolic Acid *if it is lipid-soluble*. Water-soluble Vitamin C (ascorbic acid) utilizes ingredients with very low pH levels (2.1) causing erythema in 40% of the patients studied.
- *Wear sunscreen!* Glycolic Acid is not photosensitive like prescription strength Vitamin A but why be self-defeating? You need to protect the new cells that are being pushed up to the skin's surface.
- *Do not expect miracles overnight.* Glycolic Acid is simple, effective and safe so it requires a little patience. The results are worth a short wait.
- *Sales run as follows:* Lotion = 78%; Gel = 19%; Cream = 3%
- *Myth 1:* Glycolic Acid causes Rosacea. This is not true. Chances are the individual has a history of Rosacea in the family. Glycolic Acid may speed up the appearance of Rosacea but it has never been shown to cause it.
- *Myth 2:* Glycolic Acid causes cancer. As is typically the case with the media this has been misinterpreted and blown so far out of proportion that it has created a scare with consumers. Glycolic Acid is non-toxic to the human body. The problem that can be created is that if you do not wear a sunscreen you have a much greater chance of getting skin cancer. It is our belief that when you wear Glycolic Acid it makes a great deal of sense to protect your new fresh cells rather than run the risk of increasing the odds of getting skin cancers.

Ultra 10 Rejuvenating Gel Cleanser

Indications

- To cleanse all skin types with a soothing wash
- To moisturize while gently exfoliating

Key Features

- Gentle cleanser
- Mild pH
- Natural ingredients
- Parabens-free
- Contains Alpha Hydroxy Acids from sugar cane and multi fruit acids
- Contains Lactic Acid to moisturize the skin
- Calming and soothing Japanese Green Tea Extract
- Effective free radical fighting antioxidants including Vitamin C and Japanese Green Tea Extract
- Light foaming activity with powerful cleansing action.
- Leaves skin feeling silky smooth and fresh for hours.
- Excellent facial shaving gel for men; ladies legs
- Pharmaceutical grade ingredients

Directions

- Wet face with tepid water
- Apply liberally to face and body
- Massage into skin until foam develops
- Rinse with tepid water and pat dry
- May be used 2-3 times daily on the face

Warning

- Keep out of eyes
- Keep away from small children
- For topical use only
- If irritation develops, discontinue use
- Not to be ingested

Item/Package Details

Sizes	Item	Container	pH	Shelf Life
8.0 oz/237.0 ml	2258	Evolution Bottle w/flip disc	5.5 –6.5	44 months
32.0 oz/946.0 ml	2251	Evolution Bottle w/Pump		

CATEGORY: Glycolic Cleanser PRODUCT: Ultra 10 Rejuvenating Gel Cleanser						
Skin Type	Sensitive	Dry/Mature	Normal	Combination	Oily	Acne
	√	√	√	√	√	√
Face	Apply one nickel size drop for the face. Twice daily will last 120 days for 8.0 oz bottle.					

Ingredients

Deionized Water, Ammonium Lauryl Sulfate, Glycolic Acid, SD Alcohol 39-C, Lactic Acid, Citric Acid, Tartaric Acid, Passiflora Quadrangularis (Passion Flower) Fruit Extract, Ananas Sativus (Pineapple) Fruit Extract, Vitis Vinifera (Grape) Seed Extract, Malic Acid, Potassium Coconut Oil Soap, Glycerin USP, Aloe Barbadensis Leaf Juice, Algae Extract, Camelia Oleifera Leaf Extract, Hydroxyethylcellulose, Cola Acuminata Seed Extract, Ascorbic Acid USP, Citrus Grandis (Grapefruit) Seed Extract, Polysorbate 20, Tetrasodium EDTA, Bitter Almond Oil.

Ultra 8 Rejuvenating Crème

Indications

- To improve the softness and texture of the skin.
- To relieve visible signs of dry skin.
- To fight the ravages of aging.

Key Features

- Can be used on face, neck or body.
- Tones the skin to a healthy radiant glow.
- Continued use will reduce fine lines, crows feet.
- Bring impurities in the skin up to the surface and eliminate them.
- Cream base retains moisture. Excellent as a night cream. Can be used under makeup.
- Can be used with other AHA/Glycolic products.
- Can be used simultaneously with lipid soluble Vitamin C, Retinol (Vitamin A) and Retinoic Acid.

Directions

- Cleanse the face with a mild cleanser (we recommend Non-Drying Cleanser).
- Pat skin dry and wait 5 minutes.
- Apply sparingly to the face, neck and forehead at bedtime to start (may use twice daily after two weeks).
- Allow to dry following application. Apply sunscreen daily.

Warning

- Must be worn with sunscreen.
- Stop usage if pregnant or breastfeeding.
- For external use only. Avoid contact with eyes and mucous membranes.
- Keep out of reach of small children.
- A mild transient tingling may occur (for a few minutes) in people with sensitive skin. This is normal. If tingling sensation continues, discontinue use.
- If irritation develops and continues, discontinue use.
- Do not use an astringent with alcohol when using this product.

Item/Package Details

Sizes	Item	Bottle	pH	Shelf Life
1.76 oz/50.0 gm	2130	Silver Jar	3.8	24 months

CATEGORY: AHA/Glycolic PRODUCT: Ultra 8 Rejuvenating Crème						
Skin Type	Sensitive	Dry/Mature	Normal	Combination	Oily	Acne
		√	√	√		
Face	Apply one pea size drop for the face. Twice daily will last 90 days for 1.76 oz jar.					

Ingredient

Water, Glycolic Acid, Isopropyl Palmitate, Ammonium Glycolate, Propylene Glycol, BIS-Diglyceryl Caprylate/ Caprate/ Isostearate/ Stearate/ Hydroxy Stearate Adipate, Cetyl Alcohol, Isostearic Acid, DEA Cetyl Phosphate, Sorbitan Stearate, Dimethicone, Sodium Hyaluronate, Hydroxyethylcellulose, Stearamidopropyl Dimethylamine, Xanthan Gum, and Tetrasodium EDTA.

Ultra 10 Skin Lightener (OTC Drug)

Indications

- For the gradual fading of dark discoloration in skin such as freckles, age and liver spots, or pigment in the skin that may occur in pregnancy or from the use of oral contraceptives.

Key Features

- May be used for Melasma caused by pregnancy or use of oral contraceptives.
- 10% Glycolic Acid is the vehicle to deliver hydroquinone to the Melanocytes.
- Buffered acid base to minimize the irritation created by Hydroquinone.
- For pre- and post-op surgery, i.e., laser treatment, for hyper-pigmentation.
- Refines and improves skin texture.
- Hydroquinone will oxidize to an orange and eventually a brown* shade in the bottle. This is normal.
- After drying, you may apply other glycolic products directly over Skin Lightener as well as all other areas.
- May be used twice daily. Works well under makeup.

Directions

- Wash face with a very mild cleanser (Non-Drying Cleanser). Pat lightly to dry and wait 5 minutes.
- Adults: apply a small amount as a thin layer on the affected area twice daily, or as directed by a doctor. Children under 12: Do not use unless directed by a physician.
- Do not rub the product in. This will simply irritate the skin.
- Allow to dry. You may apply other AHA products on top of this for your normal routine.
- Must apply sunscreen at least 30 minutes prior to getting into sunlight.
- May be used twice daily. If no improvement is seen after 3 months of treatment, discontinue.
- Lightening effect of this product may not be noticeable when used on very dark skin.
- When having professional Glycolic Peels or Microdermabrasion, stop Glycolic Acid 48 hours before a treatment and do not re-start until 48 hours after the treatment.

Warning

- Stop usage if pregnant or breastfeeding.
- For external use only. Keep out of reach of small children.
- Avoid contact with eyes and mucous membranes.
- Some may experience a mild skin irritation. A mild transient tingling may occur in people with sensitive skin. This is normal.
- If tingling sensation or skin irritation becomes severe, stop use and consult a doctor.
- Do not use an alcohol-based astringent when using this product.
- Do not use for more than 3 months at a time. Give it a rest for 30 days before using again.

Special Note:

- Excellent for stubborn discoloration once you have used Glycolic Acid for at least 6 months. Glycolic Acid inherently lightens most discoloration.
- Women with Melasma must wear sunscreen. Melasma can and will return if a marginal quality broad-spectrum sunscreen is used. This discoloration is typically caused by birth control pills and is activated by UVA radiation.
- Hydroquinone by itself is not very effective. When you add Glycolic Acid, it becomes dramatically improved. It will attack Melanin from below the surface and tell it not to produce pigmentation.

Item/Package Details

Sizes	Item	Bottle	pH	Shelf Life
1.76 oz/50.0 gm	2130	Silver Jar	3.8	24 months

CATEGORY: AHA/Glycolic		PRODUCT: Ultra 10 Skin Lightener				
Skin Type	Sensitive	Dry/Mature	Normal	Combination	Oily	Acne
		√	√	√	√	√
Face	Apply one pea size (as little as possible) on cotton swab drop for the face. Twice daily will last 90 days for 1.0 oz pump.					

Ingredients

Active Ingredients: Hydroquinone 2%

Water, SD Alcohol 40, Glycolic Acid, Propylene Glycol, Ammonium Alpha Hydroxyethanoate, Polyquaternium-10, Sodium Bisulfate, Citric Acid, Sodium Sulfite, EDTA, and BHA.

Q & A

Q. *Why should I not use this beyond 3 months?*

A. The FDA regulates this product as an OTC Drug. The labeling laws require that we inform you that this product is toxic, just like any other bleaching agent.

Q. Should I start with this product for the discoloration on my face?

A. No, you always start with the standard Glycolic Acid products. They inherently lighten discoloration and may eliminate the problem without having to add a bleaching agent. Give Glycolic Acid a 6-month trial to see how much of the discoloration it will eliminate. Then, if any discoloration still exists, try the bleaching agent.

** "Browning" is due to oxidation. Only has a minor change on the stability of the product. Bottle is only 1-ounce, which should not be used beyond 90 days due to toxicity of all bleaching agents. There is no degradation of efficacy during this 90-day period.*

Ultra 10 Rejuvenating Lotion

Indications

- To relieve visible signs of dry skin.
- To enhance fine lines and improve skin tone and texture.

Key Features

- Fights the ravages of aging, wrinkles and crows feet and accelerates exfoliation process.
- Improves skin discoloration and normal color of the skin by bringing blood cells closer to the surface.
- Improves rough, dry skin and controls oils.
- Helps ingrown hairs. Use on legs to improve shaving.
- Works extremely well with makeup. Excellent home maintenance product.
- 10% concentration in a non-buffered acid; collagen and fibril tissue is stimulated at 8% concentration.

Directions

- Use at bedtime for two weeks. You may apply twice daily afterwards.
- Cleanse the face or area with a mild cleanser where AHA is to be applied.
- Pat the skin dry and wait 5 minutes. Apply thinly and evenly to all affected areas or entire body.
- Must apply sunscreen 30 minutes prior to getting into sunlight for best results.

Warning

- Stop usage if pregnant or breastfeeding.
- For external use only. Avoid contact with eyes and mucous membranes.
- Keep out of reach of small children. Not recommended for children under 12 without doctor supervision.
- A mild transient tingling may occur in people with sensitive skin; this is normal. If tingling sensation continues or irritation develops, discontinue use and consult a physician.
- Do not use an alcohol-based astringent when using this product, it may be too drying.
- When having professional Glycolic Peels or Microdermabrasion, discontinue use 48 hours before and after treatments.

Item/Package Details

Sizes	Item	Bottle	pH	Shelf Life
1.0 oz/30.0 ml	2112	Airless Pump	3.7	30 months
4.0 oz/118.5 ml	2114	Evolution Bottle		

CATEGORY: AHA/Glycolic		PRODUCT: Ultra 10 Rejuvenating Lotion				
Skin Type	Sensitive	Dry/Mature	Normal	Combination	Oily	Acne
Face		√	√	√	√	√

Ingredients

Water, Glycolic Acid, Propylene Glycol, Ammonium Hydroxide, Hydroxyethylcellulose, Isopropyl Palmitate, PEG-40 Stearate, Stearic Acid, Cetyl Alcohol, Magnesium Aluminum Silicate, Sorbitan Stearate, Cholesterol, Glyceryl Stearate, PEG-100 Stearate, Stearamidopropyl Dimethylamine, Dimethicone, Isostearic Acid, Petrolatum, Tetrasodium EDTA.

Q & A

- Q. Can skin get too thin using Glycolic Acids?
- A. No. Our skin is very resilient. Glycolic Acids simply accelerates the exfoliation process to bring healthier cells to the surface faster.
- Q. Why use Glycolic Acid instead of prescription strength Vitamin A?
- A. Glycolic Acid has proven to be as effective but without the irritation levels. It is very easy to use and has done more to change all of skincare and anti-aging than any other product since its inception.
- Q. What harm will this cause if I am pregnant?
- A. None. There are 37 years of clinical studies including 19 years of medical experience with this product. This is a natural, non-toxic product and there is no evidence that it causes any harmful side effects. However, since your body and your skin go through such extreme hormonal changes, it is our belief that there is no need to create any further irritation to the skin. Let the pregnancy and breastfeeding run its normal course and then resume using the products.

Ultra 15 Rejuvenating Gel

Indications

- To improve the texture of dry, rough or age-hardened skin.
- To smooth, tone and exfoliate dry skin.

Key Features

- A complete body and face gel to improve skin tone and texture; accelerates exfoliation process.
- Fights wrinkles and crows feet.
- Improves or may eliminate skin discoloration and skin tone by brining blood cells closer to the surface.
- Great for feet, knees, hands and elbows where skin is thicker. Excellent for reducing and eliminating callouses on hardened skin.
- Excellent for encrusted nails as it softens and thins nail beds to allow medication to be more readily absorbed.
- Penetrates deep to improve acne problems. Help controls skin oils.
- Superb home maintenance product.
- Contains 15% concentration Glycolic Acid in a non-buffered gel base.
- Glycolic Acid in a non-buffered state stimulates collagen and fibril tissue at 8% concentration. Indicates a significant increase in squamous cell turnover along with thicker, less fragmented elastic fibers.
- May not be used until lower strength ACD Glycolic Acid product is used for a minimum of 6-12 months.

Directions

- Use at bedtime for two weeks. You may apply twice daily afterwards.
- Cleanse the face or area with a mild cleanser where AHA is to be applied.
- Pat the skin dry and wait 5 minutes. Apply thinly and evenly to all affected areas or entire body.
- Must apply sunscreen 30 minutes prior to getting into sunlight for best results.
- Night: after AHA is dry; apply a moisturizer if and when needed.
- Makeup does not work well with this product. You may want to use the lotion in this situation.

Warning

- Stop usage if pregnant or breastfeeding.
- For external use only. Avoid contact with eyes and mucous membranes.
- Keep out of reach of small children. Not recommended for children under 12 without doctor supervision.
- A mild transient tingling may occur in people with sensitive skin; this is normal. If tingling sensation continues or irritation develops, discontinue use and consult a physician.
- Do not use an alcohol-based astringent when using this product, it may be too drying.
- When having professional Glycolic Peels or Microdermabrasion, discontinue use 48 hours before and after treatments.

Items/Package Details

Sizes	Item	Bottle	pH	Shelf Life
1.0 oz/30.0 ml	2103	Airless Pump	3.9	36 months
4.0 oz/118.5 ml	2100	Evolution Bottle		

CATEGORY: AHA/Glycolic		PRODUCT: Ultra 15 Rejuvenating Gel				
Skin Type	Sensitive	Dry/Mature	Normal	Combination	Oily	Acne
			√	√	√	√
Face	Apply one pea size drop for the face. Once daily will last 75 days for 1.0 oz pump.					

Ingredients

Water, Glycolic Acid, SD Alcohol 40, Propylene Glycol, Ammonium Alpha Hydroxyethanoate, Polyquaternium-10 and Tetrasodium EDTA.

Ultra 15 Rejuvenating Lotion

Indications

- To relieve visible signs of dry skin.
- To refine fine lines and improve skin tone and texture.

Key Features

- A complete body and face lotion to improve skin tone and texture; accelerates exfoliation process.
- Fights the ravages of aging, wrinkles and crows feet.
- Improves skin discoloration and skin tone by brining blood cells closer to the surface.
- Helps ingrown hairs. Use on legs to improve shaving.
- Improves rough, dry skin.
- Works extremely well with makeup. Superb home maintenance product.
- For most skin types, from flawless to problem skin, including acne-prone.
- Upgrade from Ultra 10 Rejuvenating Lotion after a minimum of 6–12 months usage. Offers 50% more Glycolic Acid than 10% concentration. Contains 15% concentration Glycolic Acid in a non-buffered solution.
- Glycolic Acid in a non-buffered state stimulates collagen and fibril tissue at 8% concentration.
- Glycolic Acid in a non-buffered state indicates a significant increase in squamous cell turnover along with thicker, less fragmented elastic fibers.

Directions

- Use at bedtime for two weeks. You may apply twice daily afterwards.
- Cleanse the face or area with a mild cleanser where AHA is to be applied.
- Pat the skin dry and wait 5 minutes. Apply thinly and evenly to all affected areas or entire body.
- Must apply sunscreen 30 minutes prior to getting into sunlight for best results.
- Night: after AHA is dry; apply a moisturizer if and when needed.
- Makeup does not work well with this product. You may want to use the lotion in this situation.

Warning

- Stop usage if pregnant or breastfeeding.
- Use proper cleanser for you skin type.
- For external use only. Avoid contact with eyes and mucous membranes.
- Keep out of reach of small children. Not recommended for children under 12 without doctor supervision.
- A mild transient tingling may occur in people with sensitive skin; this is normal. If tingling sensation continues or irritation develops, discontinue use and consult a physician.
- Do not use an alcohol-based astringent when using this product, it may be too drying.
- When having professional Glycolic Peels or Microdermabrasion, discontinue use 48 hours before and after treatments.

Item/Package Details

Sizes	Item	Bottle	pH	Shelf Life
1.0 oz/30.0 ml	2161	Airless Pump	3.9	36 months
4.0 oz/118.5 ml	2164	Evolution Bottle		

CATEGORY: AHA/Glycolic PRODUCT: Ultra 15 Rejuvenating Lotion						
Skin Type	Sensitive	Dry/Mature	Normal	Combination	Oily	Acne
			√	√	√	√
Face	Apply one pea size drop for the face. Once daily will last 90 days for 1.0 oz pump.					

Ingredients

Water, Glycolic Acid, Isopropyl Palmitate, Ammonium Glycolate, Propylene Glycol, BIS-Diglycerol Caprylate/Caprates/Isostearate/Stearate/Hydroxy Stearate Adipate, Cetyl Alcohol, Isostearic Acid, DEA Cetyl Phosphate, Sorbitan Stearate, Dimethicone, Sodium Hyaluronate, Hydroxyethylcellulose, Stearamidopropyl Dimethylamine, Xanthun Gum, Tetrasodium EDTA.

Ultra 20 Advanced Rejuvenating Lotion

Indications

- To relieve the visible signs of dry skin and the ravages of skin aging.
- To refine fine lines and improve the tone and texture of the skin.
- To refine stretch marks.

Key Features

- Great daily maintenance after light chemical peel or just for touch up control.
- For most skin types, from flawless to problem skin, including acne-prone.
- This product has shown a reversal in basal cell atypia and a more uniform melanin pattern.
- Improves the normal color of the skin by bringing blood cells closer to the surface.
- Mediates ingrown hairs. Use on legs to improve shaving.
- 20% glycolic concentration in a non-buffered translucent solution.
- Upgrade after 6-12 months of Ultra 15 Rejuvenating Lotion or Gel. Offers 25% more Glycolic Acid than 15% concentration. The skin needs to be prepared for the increase in strength.
- Glycolic Acid in a non-buffered state has shown a significant increase in squamous cell turnover along with thicker, less fragmented elastic fibers at 12% concentration.
- Glycolic Acid in a non-buffered state indicates a significant increase in collagen deposition as compared to 10% concentration or less.

Directions

- Cleanse the face or area with proper cleanser where AHA is to be applied.
- Pat the skin dry and wait 5 minutes. Apply thinly and evenly to all affected areas or entire body.
- Must apply sunscreen 30 minutes prior to getting into sunlight for best results.
- Night: after AHA is dry; apply a moisturizer if and when needed.
- May be used daily and at bedtime

Warning

- Stop usage if pregnant or breastfeeding.
- Use proper cleanser for you skin type.
- For external use only. Avoid contact with eyes and mucous membranes.
- Keep out of reach of small children. Not recommended for children under 12 without doctor supervision.
- A mild transient tingling may occur in people with sensitive skin; this is normal. If tingling sensation continues or irritation develops, discontinue use and consult a physician.
- Do not use an alcohol-based astringent when using this product, it may be too drying.
- When having professional Glycolic Peels or Microdermabrasion, discontinue use 48 hours before and after treatments.

Item/Package Details

Sizes	Item	Bottle	pH	Shelf Life
1.0 oz/30.0 ml	2220	Airless Pump	3.7	36 months
4.0 oz/118.5 ml	2214	Evolution Bottle		

CATEGORY: AHA/Glycolic		PRODUCT: Ultra 20 Advanced Rejuvenating Lotion				
Skin Type	Sensitive	Dry/Mature	Normal	Combination	Oily	Acne
		√	√	√	√	√
Face	Apply one pea size drop for the face. Once daily will last 90 days for 1.0 oz pump.					

Ingredients

Water, Glycolic Acid, Caprylic/Capric Triglyceride, Stearic Acid, Propylene Glycol, Isopropyl Palmitate, Ammonium Glycolate, PEG-100 Stearate, Cholesterol, Sorbitan Stearate, Isostearic Acid, Cetyl Alcohol, Hydroxyethylcellulose, Stearamidopropyl Dimethylamine, Magnesium Aluminum Silicate, Dimethicone, Tetrasodium EDTA, BHT.

Q & A

Q. *What is the difference between the gel, the lotion and the cream?*

A. Only the product base. They all do the same thing. It comes down to personal preference. 1) Mature skin typically likes crèmes. However, this is not a moisturizer. Glycolic Acids are simply irritants. 2) Women prefer lotion to gel. 3) Gels are typically preferred by men and for very oily to acne-prone skin.

Ultra 20 Advanced Rejuvenating Gel

Indications

- To relieve the visual signs of dry skin and the ravages of accelerated aging of the skin.
- To relieve symptoms of callused skin.
- Refines fine lines, crows feet, wrinkles and stretch marks.

Key Features

- Gently exfoliates and accelerates body's ability to do so.
- A complete body and facial lotion to improve skin texture and tone.
- Great daily maintenance after light chemical peel or just for touch up control.
- For most skin types, from flawless to problem skin, including acne-prone.
- This product has shown a reversal in basal cell atypia and more uniform melanin pattern.
- Improves the normal color of the skin by bringing blood cells closer to the surface.
- Mediates ingrown hairs. Use on face and legs to improve shaving.
- 20% glycolic concentration in a non-buffered translucent solution.
- Upgrade after 6-12 months of Ultra 15 Rejuvenating Lotion or Gel. Offers 25% more Glycolic Acid than the 15% concentration. The skin needs to be prepared for this increase in strength.
- Glycolic Acid in a non-buffered state has shown a significant increase in squamous cell turnover along with thicker, less fragmented elastic fibers at 12% concentration or higher.
- Glycolic Acid in a non-buffered state indicates a significant increase in collagen deposition as compared to 10% concentration or less.

Directions

- Cleanse the face or area with proper cleanser where AHA is to be applied.
- Pat the skin dry and wait 5 minutes. Apply thinly and evenly to all affected areas or entire body.
- Must apply sunscreen 30 minutes prior to getting into sunlight for best results.
- Night: after AHA is dry; apply a moisturizer if and when needed.
- May be used daily and at bedtime

Warning

- Stop usage if pregnant or breastfeeding.
- For external use only. Avoid contact with eyes and mucous membranes.
- Keep out of reach of small children. Not recommended for children under 12 without doctor supervision.
- A mild transient tingling may occur in people with sensitive skin; this is normal. If tingling sensation continues or irritation develops, discontinue use and consult a physician.
- Do not use an alcohol-based astringent when using this product, it may be too drying.
- Do not use if on Accutane®.
- Do not use on Eczema, Lupus, Psoriasis and Rosacea without the direction of a dermatologist.
- When having professional Glycolic Peels or Microdermabrasion, discontinue use 48 hours before and after treatments.

Item/Package Details

Sizes	Item	Bottle	pH	Shelf Life
1.0 oz/30.0 ml	2201	Airless Pump	3.9	36 months
4.0 oz/118.5 ml	2204	Evolution Bottle		

CATEGORY: AHA/Glycolic		PRODUCT: Ultra 20 Advanced Rejuvenating Gel				
Skin Type	Sensitive	Dry/Mature	Normal	Combination	Oily	Acne
		✓	✓	✓	✓	✓
Face	Apply one pea size drop for the face. Once daily will last 90 days for 1.0 oz pump.					

Ingredients

Water, SD Alcohol 40, Glycolic Acid, Ammonium Hydroxide, Propylene Glycol, Polyquaternium 10, Tetrasodium EDTA.

Q & A

- Q. What is the difference between the gel, the lotion and the cream?

A. Only the product base. They all do the same thing. It comes down to personal preference. 1) Mature skin typically likes crèmes. However, this is not a moisturizer. Glycolic Acids are simply irritants. 2) Women prefer lotion to gel. 3) Gels are typically preferred by men and for very oily to acne-prone skin.

Ultra 20 Advanced Rejuvenation Cream

Indications

- To relieve the visual signs of dry skin and the ravages of aging.
- To relieve symptoms of callused skin.
- Refines fine lines, crows feet, wrinkles and stretch marks.
- Discoloration.

Key Features

- Gently exfoliates and accelerates body's ability to do so.
- A complete body and facial lotion to improve skin texture and tone.
- Great daily maintenance after light chemical peel or just for touch up control.
- For most skin types, from flawless to problem skin, including acne-prone.
- This product has shown a reversal in basal cell atypia and more uniform melanin pattern.
- Improves the normal color of the skin by bringing blood cells closer to the surface.
- 20% glycolic concentration in a non-buffered cream.
- Upgrade after 12 months of Ultra 8 Crème or Ultra 15 Lotion. Offers significantly more Glycolic Acid than the beginner and intermediate-based products. The skin needs to be prepared for this increase in strength.
- Glycolic Acid in a non-buffered state has shown a significant increase in squamous cell turnover along with thicker, less fragmented elastic fibers at 12% concentration or higher.
- Glycolic Acid in a non-buffered state indicates a significant increase in collagen deposition as compared to 10% concentration or less.
- *This is not a moisturizing cream.* Glycolic Acid is not a moisturizer; it is an irritant to accelerate exfoliation.

Directions

- Cleanse area to be treated with a very mild or proper cleanser for your skin condition.
- Pat dry lightly and wait 5 minutes. Apply thinly and evenly to affected areas. Allow to dry.
- Daytime: Apply sunscreen at least 30 minutes prior to getting into sunlight for best results.
- Bedtime: A moisturizer may be applied after cream has dried.

Warning

- Stop usage if pregnant or breastfeeding.
- For external use only. Avoid contact with eyes and mucous membranes.
- Keep out of reach of small children. Not recommended for children under 12 without doctor supervision.
- A mild transient tingling may occur in people with sensitive skin; this is normal. If tingling sensation continues or irritation develops, discontinue use and consult a physician.
- Do not use an alcohol-based astringent when using this product, it may be too drying.
- When having professional Glycolic Peels or Microdermabrasion, discontinue use 48 hours before and after treatments.

Item/Package Details

Sizes	Item	Bottle	pH	Shelf Life
1.76 oz/50.0 ml	2233	Sliver Jar	3.7	36 months

CATEGORY: AHA/Glycolic		PRODUCT: Ultra 20 Advanced Rejuvenating Gel				
Skin Type	Sensitive	Dry/Mature	Normal	Combination	Oily	Acne
Face		√	√	√		
Apply one pea size drop for the face. Once daily will last 75 days for 2.0 oz jar.						

Ingredients

Water, Glycolic Acid, Caprylic/Capric Triglyceride, Isopropyl Palmitate, Propylene Glycol, Stearic Acid, Glyceryl Stearate, PEG-100 Stearate, Cholesterol, PEG-20 Methyl Glucose Sesquisteate, Ammonium Hydroxide, Isostearic Acid, Sorbitan Stearate, Menthyl Glucose Sesquisteate, Lanolin Alcohol, Stearamidopropyl Dimethylamine, Dimethicone, Xanthan Gum, Magnesium Aluminum Silicate, Tetrasodium EDTA, BHT.

Q & A

Q. What is the difference between the gel, the lotion and the cream?

A. Only the product base. They all do the same thing. It comes down to personal preference. 1) Mature skin typically likes crèmes. However, this is not a moisturizer. Glycolic Acids are simply irritants. 2) Women prefer lotion to gel. 3) Gels are typically preferred by men and for very oily to acne-prone skin.