

# Glycolic Acid Peels

All acid peels work best when the skin hasn't been cleansed with overly-alkaline products, which contain soap and/or based detergents. You can remedy the topical problem by using a gentle facial scrub 24 hours before you peel and switch to a non-soap based cleanser. We recommend our Green Tea Cleanser, listed on our website.

**NEVER APPLY A CHEMICAL PEEL TO IRRITATED SKIN, OPEN WOUNDS ETC.**

**Please do a patch test before using this product.**

Do the test on a sensitive area, such as the side of your neck or an inconspicuous area of the face. Follow the directions below for your patch test. Test an area about the size of a quarter, then wait 24 hours to see if you have any adverse reaction. Do not get into eyes. Do not use on eyelids. If the peel feels too strong, see our Troubleshooting tips below.

## Troubleshooting:

- If, after doing your patch test, you find the peel you've chosen to be too strong, pH prep the skin, per above, then splash the face with water. Pat it dry, but leave it very moist. Then apply the peeling solution. The moistness will dilute the peel enough to lessen your sensitivity to the stronger acids.

## Troubleshooting:

- Your skin may appear slightly pink, or it may feel warm after the treatment. This is normal.

## Use a sunscreen or makeup with an SPF of 15+ after using this product.

- Recommended usage – once a week for 6-8 weeks for optimal results.

**If you have questions please call us during our normal business hours toll-free at: 1.877.316.9400**

## Directions for Use:

- Cleanse skin and allow to dry completely.
  - Using a wash cloth with a "nubby" texture will help to remove surface oils and allow for a better peel.
  - Soak a cotton ball with pH prep solution and go over all the areas to be treated.
  - Prep the skin vigorously to help remove excess surface sebum.
  - Allow the pH prep solution to dry completely. Don't rinse off.
  - Squeeze a small amount of glycolic acid serum onto fingertips and begin to apply to areas of treatment. Cover thoroughly. Be careful not to get the product into the eyes.
  - Leave on skin for 30 seconds to 1 minute in an effort to determine your own sensitivity level.
- If the peel burns, remove immediately.**
- A "tingling" sensation of the skin is normal and to be expected, however.
- If your skin does well at the 1-minute mark, then do your next peel for 1-2 minutes.
  - Subsequently add 1 minute per week to the length of time you leave it on the skin, but do not leave on longer than 10 –12 minutes no matter what your sensitivity level, particularly at the 50% level.
  - Less is best so don't over-use the product and follow the above directions exactly as noted.
  - Rinse with a wash cloth of soap and water to neutralize the peel. Again, be careful not to get the peeling serum into the eyes to avoid irritation. Once you've gotten the majority of the serum off the face with your wash cloth, you can splash to further remove any residue. Pat dry.
  - Water-only will also neutralize the acid...just be sure to rinse thoroughly.
  - Moisturize with our Peptide Serum or our Phytocell Renewal Serum.

### FDA December 2, 2002 Posting — Sun Sensitivity

Clients need to be aware that by using glycolic acid and other peeling products, your skin will be more photo-sensitive than normal. It is recommended that you use a sunscreen with an SPF of at least 15, preferably SPF 30 or higher, after using skin peel products. The FDA recommends using an SPF for one week post-peel.

### Disclaimer

Information provided within this entire website is intended to be used as general information-only and is in no way intended to replace medical advice, is not to be used as a medical treatment program, nor to diagnose or cure of any disease or medical condition. Always consult with a qualified physician for medical legal disclaimer advice. You are solely responsible for the use and misuse of products offered and for all actions and consequences of that use or misuse. Because each person's skin is unique, we make

no warranties, expressed or implied, regarding the effectiveness of products. You are using products listed on our web site at your sole risk and are responsible for all actions and consequences of use and misuse. Always patch test products before use.

**Keep products out of reach of children!  
Misuse of chemical products can cause injury and burns.**

### AGREEMENT

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