



**QUICK REFERENCE PEEL GUIDE**

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### Which peel does my client need?

Acne/Oily - Salicylic Acid Peel

Sun Damage/Uneven tone - Vitamin C Peel

Light Rejuvenation/No downtime - Glycolic Peel

Stubborn Hyperpigmentation/Deep Wrinkles/Intense Anti-Aging - TCA Peel

Universal Peel for all Skin types - Fusion Medium Strength

### Pre-Peel Skin Preparation

For best results, your client should use a daily exfoliator (facial scrub, glycolic 10%, salicylic 2%, etc.) for one week leading up to the peel. This will allow for a better application and results. This step may be skipped if your client has sensitive skin.

### Peel Application Tips

Be sure to apply enough of the peel solution to the skin. The skin should be slightly damp, but not dripping or messy.

### Post-Peel Skin care for optimal results

Your clients can cleanse the skin daily with a mild facial cleanser and moisturize the skin as needed. Always apply a minimum of broad spectrum Spf 30. If a deep peel application has been applied and the skin is raw or oozing then you can apply a barrier ointment such as Aquaphor, Neosporin, or Hydrocortisone. Educate your client that picking, pulling, or scratching the skin while it is healing can cause scarring. Do not try to encourage the skin to peel off. Avoid the use of any other type of exfoliant for at least 5 days following the peel treatment.

## PEEL RE-APPLICATION SCHEDULE:

### Mild / Light Strength Peels

(All AHA Vitamin C, All Glycolic, Salicylic 10%, TCA 10%) - Typically can be repeated once every two weeks. A series of 6-8 treatments is recommended for best results

### Medium Strength Peels

(Fusion Peel, TCA 20%, Salicylic 20%, Jessner) - Typically can be repeated once every 2-3 weeks. A series of 3-6 treatments is recommended for best results, depending on type of peel used, what you are trying to achieve, and how your client's skin responds to the peel.

### Deep Strength Peels

(Salicylic 30%, Aggressively applied Jessner) - Typically can be repeated after 4 weeks, depending on how your client's skin has responded to the peel. A series of 2-4 treatments is recommended for best results, depending on type of peel used, what you are trying to achieve, and how your client's skin responds to the peel.

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- 1) Glycolic, Lactic, and AHA Vitamin C are the mildest types of peels (all alpha hydroxy acids)
- 2) Very minimal to no downtime.
- 3) Skin may feel tight or dry for a few days following peel & may show slight flaking similar to dry skin.
- 4) No visible flaking is common. Peel is working on a cellular level to exfoliate the top layers of skin.
- 5) Can be repeated every 2 weeks, 30% can be used weekly if skin tolerates it well.
- 6) Good for overall light rejuvenation/anti-aging, light hyperpigmentation, fine lines.
- 7) Can be used in between deeper peel treatments to maintain results.
- 8) New peel users age 30+ who do not have sensitive skin can start at the medium 50% level. 70% is for experienced peel users.
- 9) Generally safe for all skin tones when used properly.
- 10) Water soluble and can not penetrate through the natural oils in the skin making it best suited for dry, normal, and combination skin types (not oily).
- 11) Prepping the skin with some Peel Prep Solution is a must for best penetration of the peel. Can also prep with rubbing alcohol or an acetone solution.
- 12) Good for treating hormonal acne in dry/normal skin types. (not the best choice for oily/acneic skin)

# AHA VITAMIN C PEELS

Processing Time:  
2-20 minutes

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- 1) Details listed for Glycolic also apply to Vitamin C Peel.
- 2) Blend of alpha hydroxy acids Glycolic and Lactic (30% Vitamin C peel contains 15% Glycolic and 15% Lactic to make up 30%) and Vitamin C.
- 3) Amount of Vitamin C is about 3%.
- 4) Depth of peel basically the same as a Glycolic in the same percentage.
- 5) Gives better results with lightening hyperpigmentation and discoloration (sun damage, age spots, discoloration from past acne, etc.) than glycolic or lactic alone.
- 6) Lightens discoloration and promotes an overall even skin tone. Does not contain bleaching agents and will not make the skin lighter than its naturally lightest tone. Does not make the skin several shades lighter than it would naturally be.
- 7) Safe alternative to products containing Hydroquinone.

# SALICYLIC PEELS

Processing Time:  
**2-8 minutes** (self neutralizes after 8 minutes)

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- 1) Best choice for acne/oily skin types.
- 2) Also provides anti-aging benefits for an oily skin type and can remove discoloration from past acne.
- 3) Anti-bacterial, anti-inflammatory, and oil suppressing properties.
- 4) Treats and prevents acne, unclogs pores.
- 5) Can be repeated about every 2-3 weeks, depending on which strength is used.
- 6) 30% is a very deep peel for experienced peel users. 20% is appropriate for men age 25+ or experienced users, everyone else should start at the 10% strength.
- 7) Initial treatments may cause a purging of impurities from the skin and a mild breakout. This typically resolves by the third treatment.

# JESSNER PEEL

Processing Time:  
**2-15 minutes from last layer**

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- 1) 14% Salicylic, 14% Lactic, 14% Resorcinol.
- 2) Not appropriate for African American or medium-dark to dark skin tones because of risk of post inflammatory hyperpigmentation.
- 3) Good for oily/acne skin with hyperpigmentation.
- 4) Popular with estheticians for treating anti-aging concerns but may be too drying for mature skin due to the amount of salicylic acid.
- 5) Depth of the peel determined by number of layers applied. You can go from a mild/medium peel to a deep peel by increasing layers.
- 6) New users should begin with 1-3 layers and the max is 8.
- 7) Generally this peel continues to be layered until a frosting is seen on the skin.
- 8) Can be repeated about every 2-4 weeks, depending on how deep of a peel is performed.
- 9) Very common for this peel to make the skin turn dark before it flakes off.
- 10) Moderate downtime.

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- 1) Created to be an alternative to peels containing Retin A, which can only be used by doctors/medspas.
- 2) Blend of several different acids and fruit enzymes.
- 3) Exact percentage of the acids can not be provided because it is a proprietary blend but the depth of the peel is very similar to TCA 10% or a mild Jessner peel.
- 4) Appropriate for all skin tones. Initial peel should only be one layer.
- 5) Peel can be layered up to 3 times on experienced users.
- 6) Can be repeated about every 2 weeks.
- 7) Good step up from Glycolic peels.
- 8) Appropriate for all skin types (oily, dry, combination, normal.)
- 9) Treats many different skin conditions/concerns. Can be used by almost anyone for almost any skin condition.
- 10) One layer results in minimal downtime, redness, or irritation and some visible flaking.

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- 1) Most aggressive type of peel.
- 2) Good for significant skin concerns such as deep lines, stubborn hyperpigmentation and sun damage, overall rejuvenation, improves skin texture.
- 3) Best peel choice for improving acne scarring that has pitting and/or texture (but may not completely remove them.)
- 4) Good choice for use on the body.
- 5) TCA 10% is a good step up for Glycolic users looking for something with more visible peeling. 10% is also a very universal treatment for almost all skin tones and skin types.
- 6) Can be layered up to 3 times. Initial peel should be one layer.
- 7) TCA 20% is an aggressive peel and should only be used by experienced TCA peel users. Can cause significant downtime.
- 8) 20% generally not recommended for darker skin tones.
- 9) We do not promise that our TCA peels will remove actual scars, stretch marks, or tattoo removal/lightening.
- 10) We do not recommend that our TCA peels be diluted and we do not give instructions on how to do so.