

# GREEN SEA PEEL

PROTOCOL + GUIDE



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## A B O U T

The Green Sea Peel Kit contains a spongilla powder and activator made with naturally sourced ingredients. Formulated with *Durvillaea Antarctica* Extract, Hydrolyzed Sea Sponge, and Algae Extract to resurface the skin, improve hyperpigmentation, and stimulate collagen production. This peel does not contain AHA or BHA's and is a great alternative to chemical peels. *Durvillaea Antarctica* Extract is rich in amino acids, flavonoids, minerals and fatty acids which help protect against intrinsic and extrinsic factors. Hydrolyzed Sea Sponge as the name suggests is a sponge, and from it's exoskeleton, spicules are extracted. Spicules serve as natural micro-needles. The micro-channeling effect that occurs when massaged into the skin, also acts as a trans-epidermal delivery system.

When spicules are absorbed by the skin, they release a poly-pharmacy of minerals and vitamins; replenishing the skin. Spicules also increase blood flow having an oxygenating effect, and stimulate collagen production. Sea sponges also contain enzymes which inhibit the growth of microbes like fungus and bacteria.

Algae Extract is a diverse term used for a number of marine organisms. Algae contain cellulose within their cell wall, which retains water. This provides hydration to the skin. Algae is also a rich source of B-Carotene, an antioxidant. This improves skin immunity and strengthens the skin's barrier.

The Activator The Activator contains Sodium Hyaluronate as a moisturizing agent. Allantoin, extracted from the Comfrey plant, is known to be incredibly healing. The combination of hydrolyzed sponge and activator results in a better peel with less downtime, making it superior to other algae peels on the market.

## **BENEFITS**

- Resurface the skin while stimulating collagen and elastin.
- Removes sebum plugs and helps regulate sebum production.
- Improves hyperpigmentation including melasma.
- Safe for all skin types (tyrosinase inhibitor is recommended on those who are prone to PIH).
- Safe for pregnant and breast feeding mothers  
No AHA or BHA's

✓ BREASTFEEDING SAFE

✓ PREGNANCY SAFE

✓ SAFE FOR ALL FITZ

## **CONTRAINDICATIONS**

Allergy to any of the ingredients

Dermatitis (eczema, psoriasis, etc)

Diabetes or other conditions that cause impaired healing

Shellfish allergy

Sunburn

Severely impaired barrier

Severe inflammation

Not for clients who pick their skin

## WHAT YOU'LL NEED

1. [KrX Pre Peel Cleanser](#) or [Glow Cleanser](#)
2. [KrX Green Sea Peel](#)
3. [KrX Cica Masks](#) or [Corthe Ice Soothing Gel](#)
4. [Aqua Cream](#)

## PROTOCOL

1. Cleanse the skin
2. Mix Green Sea Powder + Activator
3. Apply to skin
4. Tap spicules for 1 to 2 minutes then massage with light pressure for 2 to 3 minutes
5. Leave on as a mask for up to 15 minutes
6. Apply Cica sheet mask overtop of Green Sea Peel - this will help rehydrate it for removal
7. Remove sheet mask and Green Sea Peel with COLD wet compresses
8. Apply Aqua Cream (you may skip this step for better peeling effect)

Tips: Be careful if applying numbing cream. Clients aren't always able to let the clinician know they've reached their "threshold."

You can add any [KrX Meso Booster](#) in with the Green Sea Peel. Choose a booster based on skin concern.

For best results follow the pre-care + aftercare instructions

[FREE TRAINING AVAILABLE](#)

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3. [KrX Cica Masks](#) or [Corthe Ice Soothing Gel](#)
4. [Aqua Cream](#)

## PROTOCOL

1. Cleanse the skin
2. Mix Green Sea Powder + Activator
3. Apply to skin
4. Tap spicules for 1 to 2 minutes then massage with light/medium pressure for 3 to 5 minutes
5. Leave on as a mask for up to 15 minutes
6. Apply Cica sheet mask overtop of Green Sea Peel - this will help rehydrate it for removal
7. Remove sheet mask and Green Sea Peel with COLD wet compresses
8. Apply Aqua Cream (you may skip this step for better peeling effect)

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PROTOCOL

1. Cleanse the skin
2. Mix Green Sea Powder + Activator
3. Apply to skin
4. Tap spicules for 1 to 2 minutes then massage with medium pressure for 5 to 7 minutes
5. Leave on as a mask for up to 15 minutes
6. Apply Cica sheet mask overtop of Green Sea Peel - this will help rehydrate it for removal
7. Remove sheet mask and Green Sea Peel with COLD wet compresses
8. Apply Aqua Cream (you may skip this step for better peeling effect)

Tips: Be careful if applying numbing cream. Clients aren't always able to let the clinician know they've reached their "threshold."

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### **DURING TREATMENT + IMMEDIATELY AFTER**

A prickling sensation is to be expected. Numbing is optional for sensitive clients. Redness of skin is very normal. In fact, expect skin to get progressively more red within the first 24 hours.

### **DAY 1-2**

A prickling sensation is normal for up to 48 hours. Dry, sandy feeling skin is also to be expected.

### **DAY 3-5**

Prickling sensation subsides, and skin starts to flake. Little bumps with water on the skin is normal when doing a deep peel.

### **DAY 6-7**

Less peeling and glowing skin

## PRECARE

*For at least 48 hours before treatment, do not use heavy moisturizers or hydrating masks. This may effect the amount of peeling. Aqua Cream is recommended.*

### DO NOT EXFOLIATE

Do not manually exfoliate for at least 72 hours before treatment

### TOPICALS

Stop using all exfoliating topicals at least 5 days prior to treatment.

### BIOHERB50 PRE TREATMENT

It is highly recommended to purchase the pre and postcare bundle for best results

### HIGHER FITZPATRICKS

It is advisable to use tyrosinase inhibitors (Vitamin C, Kojic Acid, Licorice Root, etc) for several weeks before performing this treatment to prevent PIH.

## **POSTCARE**

### THE FIRST 24 HOURS

Do not cleanse, apply moisturizer or SPF for best results

### AVOID EXERCISE AND EXCESSIVE HEAT

For the first 72 hours it's important to not do anything which would heat the internal body temperature ie. sauna, exercising, hot showers

### DO NOT EXFOLIATE

Do not exfoliate the skin for at least 7 days post peeling

### DO NOT PICK OR PEEL

Do not pick or peel any skin, doing so may cause PIH

### PROTECT

Stay out of the sun, and protect the skin by applying Aqua Cream or similar moisturizer and SPF daily.

#### SESSIONS + INTERVALS

Peeling is individual and may start on day 2 or up to day 4. Each session can be done 10-14 days after peeling has finished.

#### ACCUTANE OR RETIN-A

Do not use on any clients who have used Accutane within a year.

Have clients stop using Retin-A at least 5 days before treatment depending on strength.

#### AGE RECOMMENDATION

Teens to adults may receive this treatment. However, due to lifestyle choices, it's advised to use caution on teens. Lack of proper aftercare can result in PIH.

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