



## A+ Retinol Peel + Microderm Facial

A+ Retinol Peel helps restore radiance, improve skin tone and smooth texture. Ideal for dull skin, sun damage and acne scarring, this self-neutralizing peel ideal to use after microderm treatments to encourage rapid regeneration of the skin and provide additional peeling.

- Treatment time is 30 minutes to 1 hour.
- Downtime (light peeling) may last up to 7 days.
- Frequency is every 4 to 6 weeks as needed.
- Do not peel clients who have open lesions, inflammation, irritation, excess dryness or sensitized skin.

Clients who suffer from discolorations or dark spots must be using Hyperpigmentation products two weeks prior to treatment for optimal lightening results

### THE BENEFITS

- Ideal for sun damage, discolorations, acne and scars.
- Stimulates collagen synthesis and cell renewal.
- Brightens skin tone and reduces the appearance of discolorations.
- Reduce the appearance of lines and wrinkles, soften texture.
- Decrease the frequency of acne breakouts and fade scars.

### WHY MICRODERMABRASION?

Crystal-free microderm is ideal for normal to dry skin types who want to remove signs of sun damage and discolorations, and reduce the look of lines and wrinkles.

Corundum crystal, or traditional microderm is ideal for normal to oily, and combination skin types who want to reduce acne breakouts, acne scarring, and post-inflammatory hyperpigmentation (PIH). It's also suitable for sun damage skin concerns who want a more aggressive approach to rejuvenation without the downtime associated with laser procedures.

Both types of dermabrasion use vacuum pressure during the procedure to assist in the removal of dead skin cells and encourage blood circulation. Bringing blood to the skin's surface helps oxygenate active cells, nourishing and activating cells to facilitate collagen and vital renewal processes, and removes waste from cells.

### THE BENEFITS OF RETINOL

An essential vitamin to our skin, retinol and its esters are found throughout the epidermis where they are responsible for cell renewal. Unfortunately, there are a variety of factors that deplete the amount of vitamin A in our skin: poor nutrition, UV exposure, oxidative stress, and intrinsic aging. Replenishing your skin's vitamin A content topically can offer several benefits:

- Plays a vital role in epidermal renewal and keratin synthesis, and contributes to the strength of collagen and elastin proteins.
- Helps skin filter UV rays while preventing burning and redness.
- When paired with other beneficial antioxidants, retinol can help enhance our skin's defense against photoaging and improve the visible signs of aging.

### CONTRAINDICATIONS

- Isotretinoin (or like product) use within the past 6 months
- Prescription retinol use within the past 48 hours (Retin-A, Renova, Tazorac, or like product)
- Allergy to select peel ingredients (primarily milk/lactic acid, or aspirin/salicylic acid)
- Inflammatory eczema or psoriasis
- Pregnant or nursing mothers
- Waxing, depilatories, or laser within two weeks
- Tanning or excessive/occupational sun exposure
- Active herpes/cold sores (inactive and oral Rx managed pre- and post-procedure)
- Rosacea or active acne (inflammation, bacterial or fungal infection)
- Raised skin lesions, moles, warts or keratosis
- Injected facial fillers/Botox (must wait at least 48 hours before procedure)
- Use of blood thinners (fish oil or aspirin supplements may increase bleeding)



# A+ Retinol Peel + Microderm Facial Protocol

## Step 1: Consultation & Prep

Cleanse and tone, and assess the tone, texture, and overall appearance of the skin. Advise the client about the procedure, expectations, and post-procedure skin care.

FRUITZYME CLEANSER + CONDITIONER (BALANCED-DRY SKIN) //  
CLEARIFYING CLEANSER + TONER (COMBINATION-OILY SKIN) //  
PUMPKIN CLEANSER + CONDITIONER (SENSITIVE/RED SKIN) //  
MELANIN CLEANSER // PHYTO-SOOTHING CLEANSER

## Step 2: Peel

Apply a light layer of peel solution with your fan brush. Avoid direct contact with the eyes. Glycolic and lactic-based peels may be massaged over the skin surface with gloved hands. Always supervise the peel and watch for visible signs of over-exfoliation. Depending on the skin's tolerance and sensitivity, these peel solutions may be left on the skin for up to two minutes.

Neutralize the peel with cellulose sponges wet with tepid water. Wet the skin with two passes of the damp sponges and proceed to a second cleansing. Always cleanse thoroughly in regions of the face where the peel solution may not be reached (i.e. the nasal area, lip area, and any other folds or creases present). Should the client appear overly red or frosted, apply a layer of Post Peel Balm to the affected areas.

15% / 30% GLYCOLIC PEEL // CITRUS-C PEEL // LACTIC PEEL  
(CAUTION: MILK ALLERGY) // PUMPKIN ENZYME PEEL  
SALICYLIC PEEL (CAUTION: ASPIRIN ALLERGY)

## Step 3: Microdermabrasion

Perform up to two passes of Microdermabrasion over the skin. If using Crystal Microdermabrasion technology, perform another gentle cleansing afterwards to help remove crystal residue.

## Step 4: Extractions

Extract comedones as needed. Apply Clearifying Toner or Fruitzyme Conditioner to a clean cotton pad, wrap the dampened pad around index fingers and gently extract blemishes.

## Step 5: Complete the Treatment

Apply an even layer of A+ Retinol Peel to the face, sides of the neck, and décolleté. Finish with a light application of Sun Protectant.

A+ Retinol Peel must be left completely dry for at least 12 hours. Clients should avoid any type of moisture (steam from showers or baths, sweat, or cleansing); moistening of the skin can prematurely neutralize the peel and diminish results.

*NOTE: Peeling/sloughing of the skin may occur for up to five days post-treatment. In order for A+ Retinol Peel to work effectively it must be allowed to fully absorb into the skin—the skin must remain dry for 12 hours. Post Peel recovery balm may be used to assist with the peeling process and help accelerate repair of the skin.*

A+ RETINOL PEEL // SUN PROTECTANT BROAD SPECTRUM SPF 30

## POST PEEL CARE

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Depending on the depth of treatment administered, it may take up to one week for the skin to recover completely. During the repair/renewal period, the client may, or may not, experience slight tingling, itching, burning or tightness of the superficial layers of your skin. These sensations will gradually diminish.

### 12 Hours Post-Peel

- Keep the treated areas dry (avoid steam from showers or baths) to allow the peel application to optimally absorb into your skin.

### 24 to 48 Hours Post-Peel

- Avoid sun exposure.
- No hot tub, steam room or sauna.
- No strenuous activities or exercise.
- Do not pick, peel, scrape or scratch your skin.
- Do not use any retinol, lightening, or exfoliating products.
- Do not use any hair removal creams or wax over the treated area.
- Avoid hair color, perm or other chemical solutions.

### 7-10 Days Post Treatment

- Do not use any retinol, lightening, or exfoliating products.
- Do not use any hair removal creams or wax over the treated area.
- Avoid hair color, perm or other chemical solutions.