

## ADVANCED REJUVENATING CONCEPTS

# Blue Enzyme Smoothing Facial

BROMELAIN + 30% LACTIC BLENDED PEEL

### Stimulating Dual-Action Peel

**30% Lactic Acid [2. pH]** naturally hydrates as it gently exfoliates dead skin cells, softening the look of lines, wrinkles and large pores while removing dehydration.

**Blue Blend [Agave, Bilberry, Kelp + Passionflower]** antioxidant and anti-inflammatory support for the skin and help contribute to supporting healthy collagen and elastin synthesis..

**Bromelain [Pineapple Enzymes]** exfoliates very superficial dead skin cells to polish the skin while improving radiance.

- Activates skin cells to rejuvenate and regenerate
- Encourages hydration and moisture retention
- Reduces the look of lines and wrinkles
- Brightens discolorations and encourages an even tone
- Contributes to an overall improvement in complexion

**IDEAL FOR:** Normal, Dry, Combination or Oily Skin  
**CONCERNS:** Sun Damage, Hyperpigmentation, Aging, Acne  
**FREQUENCY:** Every 4 to 6 weeks.

**INGREDIENTS:** Aqua (Water), Lactic Acid (L) (30%), Glycerin, Hamamelis Virginiana (Witch Hazel) Water, Caprylic/Capric Triglyceride, Agave Tequilana (Blue Agave) Leaf Extract, Stearic Acid, Cetyl Alcohol, Glycol Distearate, Alcohol, Bromelain, Ascophyllum Nodosum Extract, Vaccinium Myrtillus (Bilberry) Fruit Extract, Dioscorea Villosa (Wild Yam) Root Extract, Santalum Austrocaledonicum (Sandalwood) Wood Oil, Citrus Grandis (Grapefruit) Peel Oil, Passiflora Incarnata (Passionflower) Flower Extract, Tocopheryl Acetate (D-alpha), Glycine Soja (Soybean) Oil, Allantoin, Sodium Metabisulfite, Dimethicone, Hydrolyzed Corn Starch, Titanium Dioxide, Guaiazulene, Xanthan Gum.

### WHAT CAN YOU EXPECT WITH THE BLUE ENZYME PEEL?

When applied per the ARC Protocol, Blue Enzyme Peel leaves the skin refreshed and vibrant. Once applied to the skin, it works at the cellular level to dissolve layers of dead skin. Your skin may not visibly react, or you may experience some light flushing and tingling sensations. Once neutralized and removed, the skin should look vibrant and refreshed.

### PRE-PEEL PREP

A thorough consultation is recommended prior to every facial. This is necessary to note any changes your client may have in their routine. ALWAYS ASK:

- Are they using retinols, exfoliants, or bleaching creams?
- When was their last facial service? What was it?
- Have they had any facial injections in the last 48 hours?
- Are they prone to cold sores? Is it managed?
- Are they pregnant or nursing?
- Have they seen/or are in care of a Dermatologist for their skin?

### ARC PEEL RULES

Never use hot towels or steam. Never set a timer, always watch for signs of over-exfoliation.

Post Peel Recovery Balm can be applied to the skin after a brow, lip or chin wax. This helps prevent peel penetration and a chemical burn over the freshly waxed areas. Full-face waxing should be scheduled independently and never during the peel procedure.

Dermaplaning with a safety razor may be performed after the peel is neutralized.

Ultrasonic Rejuvenation, Crystal or Crystal-Free Microderm may be incorporated after the peel has been neutralized.

### CONTRAINDICATIONS

- Isotretinoin (i.e. Absorbica or like) use in the past 6 months
- Prescription retinol use within the past 48 hours (Retin-A, Renova, Tazorac, or the like)
- Allergy to select peel ingredients
- Inflammatory eczema or psoriasis
- Pregnant or nursing mothers
- Waxing, depilatories, or laser within 2 weeks
- Tanning or excessive/occupational sun exposure
- Active herpes/cold sores (prescription recommended)
- Rosacea or inflammatory acne. Sensitive skin.
- Raised skin lesions, moles, warts or keratosis
- Injected facial fillers/Botox within the last 48 hours
- Use of blood thinners, fish oil, or aspirin supplements

### POST PEEL: 24-48 HOURS

- Treat skin with a moisturizer as needed to hydrate and improve comfort.
- Apply sunscreen daily and reapply regularly when outdoors.
- Avoid sun exposure.
- No hot tub, steam room or sauna.
- No strenuous activities or exercise.
- Do not pick, peel, scrape or scratch the skin.
- Do not use any retinol, lightening, or exfoliating products.
- Do not use hair removal creams or wax over treatment area.
- Avoid hair color, perm or other chemical solutions.

### QUESTIONS?

Call toll free 800 689-0499 / ARCSkinCare.com

Demonstrations available at YouTube.com/ARCSkinCare

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### Products Used in This Protocol

- Fruitzyme Cleanser and Conditioner
- Blue Enzyme Peel Blend
- Vitamin E Massage Cream
- Herbal Moisture Mask
- Opti-Renew Complex
- Phyto-DMAE Cream
- Sun Protectant
- Post Peel Recovery Balm
- ARC Synthetic Fan Peel Brush
- ARC Natural Mask Brush

### Upgrade Options

**Brow, Lip or Chin Wax** - Perform before the peel and balm the waxed areas of the skin.

**Brow Tint or Lash Tint** - Perform after the facial massage, before applying Herbal Moisture Mask.

**Neck/Chest Treatment** - Extend product use to these areas within each step of the facial treatment.

**Hand/Arm Treatment** - While the client is masking, cleanse, peel and massage per the facial protocol. Balm the cuticles to prevent burning.

**Back Peel** - Cleanse, peel and massage per the facial protocol. Perform a scrub with Dermabuff prior to peeling. Warm (not hot) towels may be used in lieu of sponges.

## Step-By-Step Facial Protocol

### STEP 1: CONSULTATION & SKIN PREP

Cleanse and tone the skin with **Fruitzyme**, then assess tone, texture, hydration and overall appearance. Advise the client about the procedure, expectations, and post-procedure skin care, and ask them about what they want to change in their skin.

### STEP 2: PEEL

Dispense a quarter-size amount of **Blue Enzyme Peel** to a small dish or the back of your gloved hand. Using your **ARC Synthetic Peel Brush**, apply a light layer of peel solution over the face. Avoid direct contact with the eyes. Massage **Blue Enzyme Peel** 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 and tepid water. Remove the peel and dampen the skin with two passes of the wet sponges, and proceed to a second cleansing. Be sure to cleanse the nasal area, lip area, and any other folds or creases present where the peel may remain and potentially burn the skin. Should the client appear overly red or frosted, apply a layer of **Post Peel Balm** to the affected areas.

*UPGRADE OPTION: After neutralizing, dermaplane with a safety razor, perform up to two passes of microderm, or use the skin scrubber mode on your Ultrasonic System to assist with extractions.*

### STEP 3: PERFORM EXTRACTIONS

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

### STEP 4: FACIAL MASSAGE & MASK

Perform a penetrating [effleurage] facial massage with a light application of **Vitamin E Massage Cream**.

Once the facial massage is completed, apply a light layer of **Herbal Moisture Mask** with your **ARC Natural Mask Brush**.

Using damp fingertips, gently massage the mask evenly over the face and allow it to set for up to 15 minutes, while you perform a neck, décolleté, arm and hand massage with **Vitamin E Massage Cream**.

Remove the mask with damp cellulose sponges.

*UPGRADE OPTION: After you've removed the mask, Ultrasonic Infusion can be performed using Mode 2 and/or Mode 3 on your Ultrasonic Rejuvenation System, per equipment protocol.*

### STEP 5: COMPLETE THE TREATMENT

Apply a light application of **Opti-Renew Complex** then **Phyto-DMAE Cream**, and finish with **Sun Protectant**.