



Clearifying Acne Facial

Consultation and a good skin analysis are at the forefront of acne therapy. As a professional, depending on the type of acne you are treating, light chemical peels, ultrasonic therapy, microdermabrasion and laser can be instrumental at exfoliating the skin and managing bacteria growth that leads to inflammation.

Treatment alone is not sufficient enough to help reduce blemishes and maintain good skin health. Balancing home care with facial treatments is the best course of action for managing acne and preventing scarring. With the growing trend of consumers wanting 'natural' solutions that deliver results, it is important to educate your client about their condition and to let them know that there is no cure for acne. Only management. Moreover, a combination of 'natural' and 'chemical' home care may be necessary to help them improve the health and look of their skin.

- Treatment time is 30 to 45 minutes.
- No downtime, but light sloughing may occur within 48 hours.
- Frequency is every 2 to 4 weeks as needed.
- Do not peel clients who have open lesions, inflammation, irritation, excess dryness or sensitized skin.

THE BENEFITS OF CHEMICAL PEELS

- The secret to perfect skin, chemical peels can make your skin, and skin care products, work better by triggering a reaction in your cells to regenerate and rejuvenate your skin.
- They have the ability to penetrate the top layer of skin and have a profound effect on keratinization by diminishing cellular cohesion between keratinocytes.
- Glycolic and lactic acids have been shown to increase glycosaminoglycans (GAG's) and collagen synthesis, and hydrate skin.
- Salicylic acid has offered many medicinal benefits for centuries, as a chemical peel solution it acts as a bacteriostatic agent (neutralizes bacteria), keratolytic (thins the skin and causes it to loosen and shed) and comedolytic (prevents the formation of comedones).

ARC PEEL SOLUTIONS FOR ACNE

- Glycolic Peel 15% / 30% - Rejuvenation Facial Peel Protocol
- Salicylic Peel 20% - Rejuvenation Facial Peel Protocol
- A+ Retinol Peel - A+ Retinol Peel + Microderm Protocol
- Clearifying 7% Jessner Peel - Included in this protocol.

CONTRAINDICATIONS

- Isotretinoin (Absorbica or like product) use within the past six 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 2 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)

POST PEEL CARE

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 to 24 Hours Post-Peel

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

24 to 48 Hours Post-Peel

- Treat your skin with a moisturizer throughout the day, as needed, to hydrate and help improve comfort.
- Wear sunscreen daily and reapply regularly, and wear additional protection when outdoors for extended periods of time. 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 any hair removal creams or wax over the treated area.
- Avoid hair color, perm or other chemical solutions.



Clearifying 7% Jessner Chemical Peel 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.

CLEARIFYING CLEANSER + TONER

Step 2: Perform Extractions

Extract comedones as needed. Apply Clearifying Toner to a clean cotton pad, wrap the dampened pad around index fingers and gently extract blemishes. Perform a second cleansing after extractions to help reduce infection.

Step 3: Peel

APPLICATION OPTIONS

Do not perform multiple applications at once.

Do not apply a broad application of Clearifying Peel to large areas of the body.

ACNE SWIPE: Put a generous amount of Clearifying Toner, then Clearifying Peel on to a cotton pad. Swipe the dampened cotton pad over problem areas of the face.

PEEL PLACEMENT: Apply a single layer of concentrated Clearifying Peel solution with your fan brush to problem areas of the face. Avoid direct contact with the eyes. Allow the peel solution to dry completely. Do not neutralize.

SPOT TREATMENT: Use a cotton tip applicator dampened with Clearifying Peel and spot treat blemishes on the face, back or chest. This method may be performed after an Acne Swipe application. The Spot Treatment method is also beneficial for normal to dry skin with targeted adult acne breakouts.

POST PEEL CARE

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, BPO, or exfoliating products.
- Do not use any hair removal creams or wax over the treated area.
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