



# Rebright & Texas Ruby 14% Jessner Peel Procedure

A traditional layered peel with the capability to offer superficial to mid-depth exfoliation levels, Rebright and Texas Ruby Peels are known as 7-10 day peel solutions. They are applied in layers to physically peel and slough dead skin.

- Ideal for sun damaged skin and hyperpigmentation
- Suitable for acne scar softening
- Improve the look of lines and wrinkles
  
- Treatment time is 30 to 45 minutes.
- Downtime: Peeling for up to ten days.
- Follow-up appointment at 7 days.
- Frequency is every 4 to 6 months as needed.

### PRE-PEEL PREP

Clients must qualify for these peel treatments in advance. Never perform these peels on first-time clients or individuals who do not follow post-treatment care or home care.

Discolorations can be common side effects of Jessner Peel procedures. This may be prevented by adding melanin suppressing skin care to the client's regimen at least 2 weeks before the peel procedure. Lighten More, Lighten Lotion or a prescription brightener at home is recommended.

### CONTRAINDICATIONS

- Isotretinoin (Absorbica) use within the past 6 months
- Prescription retinol use within the past 2 weeks
- History of keloid/abnormal scarring
- Allergy to resorcinol, milk, or aspirin
- 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
- Rosacea, active acne, or capillary damage
- Raised skin lesions, moles, warts or keratosis
- Injected facial fillers/Botox within the past 2 weeks
- Use of blood thinners
- Smokers who cannot refrain for up to 8 days may experience delayed healing
- Skin types/ethnicities with high melanin content are at risk for hyper- or hypo-pigmentation

### WHAT TO EXPECT

During the procedure, the client may feel burning, tingling, and warmth. The skin may appear red and/or show visible signs of frosting. The client must keep his/her skin dry for at least 24 hours.

Within 48 hours, their skin should feel tight and look aged. Once

the skin begins to crack and peel, the client must use Melanin Cleanser and Post Peel Balm to accelerate the peeling process. If peeling is delayed, the client may use a toning solution of 1 part distilled vinegar to 4 parts water to help encourage peeling.

As peeling persists, the skin may appear flushed. The client must continue the above products and add Regenerating Cream and Sun Protectant to their regimen.

Schedule a follow-up appointment to monitor progress and perform a gentle scrub with Dermabuff or a light pass of Crystal-Free/Diamond Microdermabrasion. If breakouts occurred as a result of the treatment, an extraction service can be performed at the follow-up once the skin has recovered.

About 14 days after the peel application, the client may resume his/her regular regimen.

### HOW TO APPLY

1. With damp fingertips, massage Melanin Cleanser into the skin to remove dirt and makeup, and remove with damp sponges.
2. Using cotton pads, swipe Clearifying Toner over the treatment area to prep the skin. Allow the skin to dry completely.
3. Using your fan peel brush, apply an even layer of peel. Avoid direct contact with the eyes. Start at the forehead and move clockwise around the face, ending with the nose, cheekbones, and upper lip.
4. Using a hand-held fan, dry the layer of solution for 1-2 minutes before applying the next layer.
5. Following steps 3 and 4, continue layering and drying the peel until even frosting is achieved. This may take 4-6 layers depending on your client's skin.  
  
NOTE: Some treatment areas may frost before others. If this occurs, spot layer the peel to the areas that need it. Once up to 6 layers of solution have been applied, continue fanning the face and monitoring the client's response. If the client's eyes begin to water, use tissue or clean cotton pads to prevent the tears from neutralizing the solution.
6. Once the layering is complete, no additional product is applied to the skin. The treatment area must stay dry for 24 hours for optimal peel penetration.

*Images of the layering process can be viewed at [arcskincare.com](http://arcskincare.com).*



## Rebright / Texas Ruby Post-Peel Care Sheet

Depending on the treatment administered, it may take up to two weeks for your skin to recover completely. During the repair/renewal period, you may experience slight tingling, itching, burning, redness, frosting, or tightness of the superficial layers of your skin.

No peel or any form of exfoliation should be performed at any of the below stages of the peel process. This includes washcloths, loofahs, sponges, home exfoliation products, or anything containing glycolic acid, lactic acid, citric acid, tartaric acid, malic acid, salicylic acid, scrubs, exfoliating enzymes or any other potential skin irritants.

### POST-PEEL GUIDELINES:

- Keep your skin protected from sun exposure at all times. This peel treatment increases sun sensitivity.
- No hot tub, steam room or sauna use. No strenuous exercise/activities.
- Do not pick, peel, scrape or scratch your skin.
- Do not use any skin care products, makeup or other cosmetics on your face.  
Below you will find when to incorporate products back into your regimen. This is to help prevent any adverse reaction.
- Do not use any hair removal creams, wax or sugar over the treated area.
- Avoid hair color, perm, or other salon chemical solutions.

**IMMEDIATELY AFTER THE TREATMENT:** Keep your skin dry for at least 24 hours. This helps ensure optimal peel penetration. Humidity from showers or baths, sweating, or any other form of moisture will prematurely neutralize the peel, diminishing the results you can achieve and increasing the risk of irritation and discomfort.

**STAGE 1:** The skin will begin to feel tight, dry, darkened and aged looking. This should happen within 24 to 48 hours.

**STAGE 2:** Dry skin will begin to crack and peel. At this point you may cleanse your skin with Melanin Cleanser twice daily. Apply Post Peel throughout the day to assist with the healing and peeling process, and minimize any mess from shedding skin. Do not use any other skin care products or cosmetics.

**STAGE 3:** At about the 5th day of peeling, your skin may look and feel different. Add Regenerating Cream to your morning and evening regimen. Apply Sun Protectant daily and continue to avoid excess sun exposure. Do not use any other skin care products or cosmetics.

**STAGE 4:** Characterized with minimal peeling, at this point you will need to schedule a follow-up appointment with your skin care provider. Your daily regimen should only consist of Melanin Cleanser, Regenerating Cream, Post Peel Balm and Sun Protectant.

After two weeks, and no signs of peeling, you may resume your regular regimen under the guidance of your skin care provider. Use caution when applying exfoliating products and retinol products, they may trigger some sensitivity. Your skin will be sensitive to sun exposure and burn easily.

You have invested time and money in this treatment. Maintain your results by wearing sunscreen daily and reapplying regularly when outdoors for extended periods of time. Continue using a beneficial skin care regimen for your skin type and follow the routine care your skin care provider offers. If you should have any irritation or sensitivity to a particular product over two weeks after the treatment, discontinue use of the product and consult your skin care provider.

Contact your skin care provider with any questions or concerns you may have.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_