

ADVANCED REJUVENATING CONCEPTS

Mask-Acne Clarifying Facial

PRO-LACTIC 30% PEEL & REBRIGHT PEEL

Mask-ne [a.k.a. Mask Acne]

The combination of friction, sweat, moisture, and bacteria can become a haven of inflammation and infection in the pores. Common skin concerns with mask-ne include breakouts, sensitivity to a variety of triggers, and facial redness.

COMMON CAUSES:

Acne Mechanica: Pressure and friction triggers acne.

Stress: Combining occlusion with the inflammatory response of stress hormones, like cortisol.

Dermatitis: Localized irritation and facial redness. Can be caused by an allergen or a combination of variables.

Millia: Combined occlusion and sweat traps dead skin and bacteria into tiny nodules. Exfoliation and manual extractions are necessary.

Rosacea/Rosacea Acne: Can flare up in individuals who are pre-disposed to the condition.

SKIN TYPE: Normal, Dry, Combination, Oily, or Sensitive Skin
CONCERNS: Acne, Redness, Inflammation, Texture
FREQUENCY: Every 4 to 6 weeks.

WHAT CAN YOU EXPECT WITH THIS PEEL COMBINATION?

When applied per the ARC Protocol, this treatment combination leaves the skin refreshed and vibrant. Once applied to the skin, they work at the cellular level to dissolve layers of dead skin.

Your client's skin may not visibly react, or they may experience some light flushing and tingling sensations. At the end of the facial, the skin should look vibrant and refreshed. Some light frosting may occur over lesions where Rebright Peel was applied.

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 is not recommended over acne lesions or irritated/inflamed skin, like dermatitis or rosacea.

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

- Phyto-Soothing Cleanser
- Fruitzyme Conditioner
- Pro-Lactic Peel 30% - 1.9 pH
- Herbal Moisture Mask
- Rest-N-Restore HA Complex
- Advanced Repair Serum
- Rebright Jessner Peel 14%
- Advanced Recovery Cream
- Sun Protectant
- Post Peel Recovery Balm

Upgrade Options

Brow 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.

Technology - Ultrasonic Skin Scrubber, Crystal-Free Microdermabrasion, and High Frequency are optional, but highly recommended for this facial.

Step-By-Step Facial Protocol

STEP 1: CONSULTATION & SKIN PREP

Cleanse and tone the skin with **Phyto-Soothing**, 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 **Pro-Lactic Peel** to a small dish. Using your **ARC Synthetic Peel Brush**, apply a light layer of peel solution over the face. Avoid direct contact with the eyes. Massage **Lactic 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.

SKIN-TECH OPTION: After neutralizing, 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. Perform a second cleansing.

SKIN-TECH OPTION: After extractions, perform a therapeutic pass of High Frequency with Rest-N-Restore to boost skin immunity.

STEP 4: FACIAL MASK

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. Remove the mask with damp cellulose sponges.

SKIN-TECH OPTION: After you've removed the mask, Ultrasonic Infusion can be performed using Mode 2 with an emulsion of Rest-N-Restore and Advanced Repair Serum.

STEP 5: SPOT TREAT

Using a cotton tip, apply **Rebright Peel** directly to blemishes. Do not remove. This peel is self-neutralizing.

STEP 6: COMPLETE THE TREATMENT

Apply a light application of **Advanced Recovery Cream** or **Clearifying Lotion**, and finish with **Sun Protectant**.