



## Rejuvenation Facial

After months of fun under the sun, your skin needs restoration and recovery. Sun damage is the leading cause of premature skin aging and chemical peels are the most economical way to improve skin tone and texture, reduce fine lines, hydrate, and reduce skin discolorations.

- Treatment time is 30 minutes to 1 hour.
- No downtime, but light sloughing may occur within 48 hours.
- 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 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 THIS PROTOCOL

- Glycolic Peel 15% / 30%
- Lactic Peel 30%
- Salicylic Peel 20%
- Blue Enzyme Peel 30% Lactic
- Citrus C Peel 30% Glycolic
- Pumpkin Peel 30% Glycolic

### 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.

#### 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.



# Rejuvenation Facial - 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.

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 // BLUE ENZYME PEEL // CITRUS-C PEEL  
LACTIC PEEL (CAUTION: MILK ALLERGY) // PUMPKIN ENZYME PEEL //  
SALICYLIC PEEL (CAUTION: ASPIRIN ALLERGY)

### OPTION

*After neutralizing, spot treat or up to two passes of microderm may be performed.*

## Step 3: Perform 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 4: Facial Massage & Mask

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

Apply a light layer of Mask to the face. Using your fingertips, spread 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.

EGF SYNTHESERUM // VITAMIN E MASSAGE CREAM  
24K LIFTING GOLD MASK // HERBAL MOISTURE MASK //  
PORE REFINING PUMPKIN MASK (EXFOLIATING)

### OPTION

*After you've removed the mask, Ultrasonic Infusion can be performed. Using Mode 2 on your Ultrasonic Rejuvenation System, penetrate an emulsion of EGF Syntheserum and Rest-N-Restore in to the skin. Once absorbed, apply a small amount of Wrinkle Release in your hand and place it directly to the forehead, glabella, crow's feet, nasolabial area, and over lip lines. Select Mode 3 on your Ultrasonic unit and glide the spatula over the serum and continue until it has been completely absorbed into the skin.*

## Step 5: Complete the Treatment

Apply a light application of Serum then Moisture, and finish with Sun Protectant.

SERUM  
OPTI-RENEW COMPLEX // ADVANCED REPAIR SERUM  
EGF SYNTHESERUM // WRINKLE RELEASE // REST-N-RESTORE

MOISTURE  
ADVANCED RECOVERY CREAM // BETA-CARROT CREAM  
REGENERATING CREAM // CLEARIFYING LOTION // ULTRA HEMP  
PHYTO-DMAE CREAM // REFIRM PEPTIDE CREAM

SUN PROTECTANT BROAD SPECTRUM SPF 30