

## ADVANCED REJUVENATING CONCEPTS

# Pro-Pumpkin Facial

30% GLYCOLIC + PUMPKIN PEEL SOLUTION

### Dual-Action Acid-Enzyme Blend

#### 30% Glycolic Acid [2.0 pH]

Unlike other pumpkin "peels" available, ARC Pumpkin Peel is formulated with sensitivity and rosacea skin concerns in mind. It's unique, clinical formula targets textural concerns while actively reducing redness and inflammation, and boosting hydration and matrix support for improved skin health for all skin types.

**Exfoliant Blend [Glycolic Peel, Pumpkin Enzyme + PHA]**  
polish and perfect skin appearance with multi-level exfoliation.

- 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, Oily, Sensitive Skin  
**CONCERNS:** Sun Damage, Aging, Acne, Hyperpigmentation  
**FREQUENCY:** Every 4 to 6 weeks.

**INGREDIENTS:** Aqua (Water), Glycerin, Glycolic Acid, Cucurbita Pepo (Pumpkin), Cinnamomum Cassia (Cinnamon) Leaf Oil, Zingiber Officinale (Ginger) Root Oil, Eugenia Caryophyllus (Clove) Leaf Oil, Gluconic Acid (D), Pectin, Yeast, Sucrose, Cellulase, Hamamelis Virginiana (Witch Hazel) Water, Alcohol, Hydroxypropyl Methylcellulose, Zinc Salicylate.

### WHAT CAN YOU EXPECT WITH A PUMPKIN PEEL?

When applied per the ARC Protocol, Pumpkin 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 client's skin may not visibly react, or 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](http://ARCSkinCare.com)  
Demonstrations available at [YouTube.com/ARCSkinCare](http://YouTube.com/ARCSkinCare)

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### Products Used in This Protocol

- Pumpkin Cleanser & Conditioner
- Vitamin E Massage Cream
- Pore-Refining Pumpkin Mask OR
- Herbal Moisture Mask
- Advanced Repair Serum
- Beta-Carrot Cream OR
- Pumpkin 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.

**Ultrasonic Infusion** - Perform after the mask is removed. Emulsify Rest-N-Restore with Advanced Repair Serum.

**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.

## Step-By-Step Facial Protocol

### STEP 1: CONSULTATION & SKIN PREP

Cleanse and tone the skin with **Pumpkin**, 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 **Pumpkin 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 **Pumpkin 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 or use the skin scrubber mode on your Ultrasonic System to assist with extractions.*

### STEP 3: PERFORM EXTRACTIONS

Extract comedones as needed. Apply **Pumpkin Conditioner** or **Clarifying Toner** 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** or **Pore Refining Pumpkin Mask** with your **Mask Brush**. 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.

*NOTE: Pore Refining Pumpkin Mask and Pumpkin Cream are gentle exfoliants and should not be used if the client is experiencing redness or sensitivity after the peel, or if there are visible signs of over-exfoliation. They are, however, suitable for a thicker, sun damaged skin that may tolerate the bonus exfoliation.*

### STEP 5: COMPLETE THE TREATMENT

Apply a light application of **Advanced Repair** then **Beta-Carrot Cream** or **Pumpkin Cream**, and finish with **Sun Protectant**.