



Renew & Rejuvenate

ELEVATING YOUR FACIAL WITH GROWTH FACTORS AND PEPTIDES

Take the rejuvenation process to a whole new level! The Renew & Rejuvenate Facial Protocol will elevate your client's experience by incorporating intelligent skin care with layering techniques, and massage motions that contour the look of the face, while delivering immediate and long-term benefits for more youthful looking skin.

- Treatment time is 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.

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.

ARC PRODUCTS FOR THIS PROTOCOL

Phyto-Soothing Cleanser: Amaranth proteins and botanical extracts soothe and hydrate as it cleanses.

Clearifying Toner: Gly-Sal peel-prep toner.

Lactic Peel 30% - 1.9 pH: Softens skin texture and encourages a more youthful skin appearance with added spin trap, carotenoids, and probiotics.

Rest-N-Restore: A 10% hyaluronic gel with vitamins A, C and E for supple, soft skin.

Wrinkle Release: A 10% Argireline Peptide concentration to help soften and diminish dynamic wrinkles.

Reform Peptide Cream: Matrixyl 3000, collagen, and PHA soften texture and help diminish the look of lines and wrinkles.

Advanced Shades: CC cream with skin soothing hydration, green tea extract, and pigment-infusion technology.

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 milk
- 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 or 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 if wounding occurs)

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.



Renew & Rejuvenate Facial 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.

Phyto-Soothing Cleanser: With damp fingers, Massage over skin surface for 1-2 min. Remove with tepid water and sponges.

Clearifying Toner: Using a cotton pad, apply toner to the pad and gently swipe over the treatment area. Fold over the cotton pad to dry any excess moisture on the skin's surface.

Step 2: Peel

Using a fan peel brush and small dish, pour about a teaspoon or quarter-size amount of **Lactic Peel** to the dish. Apply gloves to your hands when working with peel solutions.

Using your fan brush, apply a light layer of Lactic Peel to the face. Start at the forehead, moving in a clockwise direction around the face, then down the bridge of the nose to the cheekbones and upper lip (note: the center of the face should be the last area where the peel is applied). Avoid direct contact with the eyes and eye lids. Apply quickly for peel placement.

Using gloved hands, massage the peel over the skin surface for an even exfoliation treatment. Concentrate your massage over thicker skin or problem areas. *Always supervise the peel and watch for visible signs of over-exfoliation. Depending on the skin's tolerance and sensitivity, Lactic Peel may be left on the skin 1-2 minutes.*

Using cellulose sponges wet with tepid water, begin the neutralizing process with two passes of the damp sponges and proceed to a second cleansing with **Phyto-Soothing Cleanser**. Always cleanse thoroughly in regions of the face where the peel solution may seep (i.e. the nasal folds, lip creases, 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 and avoid manipulating these areas with massage.

Step 3: Perform Extractions (optional)

With gloved hands, extract blackheads and whiteheads as needed. Apply **Clearifying Toner** to a clean cotton pad, wrap the dampened pad around index fingers and gently extract. If bleeding occurs, toss the soiled cotton pad and start with a fresh one.

Step 4: Facial Massage & Mask

Perform a penetrating [effleurage] face and neck massage with a generous application of **Rest-N-Restore** for 3-5 minutes.

Apply a generous layer of **24k Lifting Gold Mask** to the face. Using your fingertips, place the mask over the face, then lightly massage the mask evenly over the face and allow it to set for about 15 minutes while you perform a neck, décolleté, arm and hand massage. Remove the mask with damp cellulose sponges.

Step 5: Complete the Treatment

Target wrinkles starting with 2-3 pumps of **Wrinkle Release** to your fingertips. Place Wrinkle Release at the glabella (or 1 / 11 lines between the brows), crow's feet, nasolabial folds and forehead. Massage Wrinkle Release into the skin at these areas using your fingertips or ultrasonic spatula until the product is absorbed.

Apply **Refirm Peptide Cream** to the face, neck and décolleté until absorbed.

Apply **Advanced Shades** to the face, neck and décolleté, gently placing and patting the mineral-based moisturizer until it is evenly distributed.