

Sun Damage Collection Level 3: Clinical Therapy Cost per Treatment: \$8.00

Recommended For:

All Non-Sensitive Skin Types Showing Sun Damage, Aging, Uneven Pigment and Texture, Ashiness or Melasma.

Menu Treatment Description:

This rejuvenating powerhouse of a facial treatment picks up where others have left off. Specifically developed for the motivated client who wants the renowned skin smoothing and brightening results of laser resurfacing but who cannot afford the down time, this clinically proven treatment helps improve skin texture and firmness, reduce the signs of aging (lines, wrinkles) and reverse the signs of sun damage (age spots, uneven pigment, roughness). TCA, a proven anti-aging peeling agent, paired up with skin rejuvenating Vitamin A work synergistically to deliver age defying results. Expect to experience some peeling for a few days after the treatment but once the week is out, welcome to your absolutely gorgeous and glowing new face! Best done in a series for cumulative firming smoothing and rejuvenating results.

Professional Treatment Description:

This peel is ideal for men and women who are concerned with the signs of aging, hyperpigmentation, acne scars, and texture problems. The results last longer than lighter (AHA) resurfacing peels.

Recommended Skin Type:

Beneficial for a variety of skin types and skin concerns. It is excellent for aging, menopausal, and sluggish skin.

Product Overview:

- Gentle Facial Wash
- Exfo Tonic
- Skin Refining TCA
- Crystal C Serum
- Firming Tri-Peptide Serum
- Multi-Complex Fade Gel
- Vitamin A Micro Peel Pro
- Intensive Skin Lightening Cream SPF 30

Equipment and Supplies Overview:

- Cotton rounds
- Wood lamps
- 3 Warm Towels
- Essential Oils
- 2 x 2 Gauze or Cotton Squares
- Q-tips
- 2 Hand Towels
- Vaseline
- Fan



Clinical A+ Peel



Special Notes:

A step up from the basic peels, and very specialized for clients wanting the results of a slightly deeper peel that will usually provide light, yet notable peeling during the first week. Peeling varies from client to client, depending upon many factors. Some clients will get very red for a few days; some clients will peel more than others.

Below is our **facial protocol** that gives the client the most exfoliation. Should you want to reduce the visible peeling, perform the TCA without the **Vitamin A Micro Peel Pro**. When applied with the **Skin Refining TCA Peel**, The **Vitamin A Micro Peel Pro** will increase cell turnover and cause more noticeable peeling. This is excellent for non-sensitive clients that want a light peel, but want to see the skin cells actually "peel".

For the best outcome: All clients receiving this treatment should have been using pre-treatment products for at least two weeks. Pre-treatment ingredients would include retinols, retinoic acid prescriptives AHAs, BHAs and skin lightening agents if hyperpigmentation is a concern. It is recommended that all clients receiving the Advanced TCA Peel with Vitamin A, schedule a post-facial 7-10 days later to restore, balance and hydrate the skin.

It is recommended that the Clinical A + Peel can be performed in a series of three, about 4 weeks apart to realize the best results. It can also be used four times per year, as a booster to create a more intense peel than the lighter, superficial peels.

Optional: Pre-Treatment Products

Melanin Inhibitors

Multi Complex Fade Gel
Crystal C Serum
Intensive Skin Lightening Day Cream SPF 30

Exfoliators

Smoothing Repair Gel
Gly Lotion 10%

TCA Peeling is very popular due to its flexibility and safety profile when performing a light epidermal peeling. This is not a peel for a first time client. It is for a client that you have already had some experience with and has been exposed to lighter peeling agents such as Glycolic, Salicylic and/or Lactic Acid peels.

The **Skin Refining TCA** facial peel is different than traditional AHA peels in that it searches out epidermal and dermal protein in the skin to neutralize itself, therefore water does not neutralize the TCA. In some clients the skin will slightly frost and in other clients they will just get pink and you will notice some slight erythema. As with all clients, there are always risks when performing peels, so it is always best to begin less aggressively on the first treatment and see how they do.

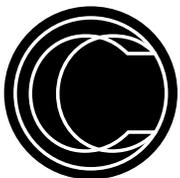
Keep in mind that TCA is a powerful chemical and as with all peeling agents, there are potential risks, including but not limited to post-inflammatory hyperpigmentation, breakouts, scarring, temporary redness and photo-sensitivity.

This peel is ideal for men and women who are concerned with the signs of aging, hyperpigmentation, acne scars and texture problems. The results last longer than lighter (AHA), resurfacing peels. When the client leaves the spa their skin will look slightly pink. The skin will peel lightly a few days later on some clients and heavier on others, and will usually take 5-10 days, depending upon the client, their skin condition, how well prepped the skin is, how you perform the procedure, and whether you incorporate the **Vitamin A Micro Peel Pro** with it.

Contraindications:

- Clients should have been off Accutane at least 6 months
- Any recent history of cancer treatment or diagnosis
- Sunburn, skin irritation including dermatitis and/or eczema on the face
- Pregnant or breast feeding
- Any waxing or laser treatments within the two weeks
- Diabetes
- Clients with autoimmune disease such as Lupus
- History of sun allergies
- Open skin
- Sensitive skin

Clinical A+ Peel



Treatment Duration:

30 Minute Spa Clinical Therapy

Cleanse Phase – Time 5-7 minutes

- Step 1 Apply **Gentle Facial Wash** and cleanse the face, neck and décolleté. Rinse and Remove.
- Step 2 Soak cotton rounds in warm water and spray a small amount of **Soothing Chamomile Eye Makeup Remover**. Apply to eyes and wrap face in a warm towel with an aromatic calming blend. Compress towel and let client breathe in the essential oil for approximately 30 seconds. Unwrap towel; remove eye pads and excess make-up.
- Step 3 Saturate tissue or cotton round with the **Exfo Tonic** and smooth over face to remove lipids off the skin.

Skin Analysis – Time 5 minutes

- Step 4 Perform Skin Analysis with Woods Lamp. Take Before Photo.
- Step 5 Apply Vaseline to lips and any sensitive areas you want to avoid such as the corners of the nose, or eyes. Apply damp cotton rounds on eyes if desired. Give the client an electric fan to hold and turn it on. Have client keep eyes closed when applying solution

TCA Peel Application – Time 15 minutes

- Step 6 Applying the **TCA** solution:
- Pour **Skin Refining TCA Peel**, (approximately a dropper (2cc) in a dish) - enough to saturate 2"x2" gauze pad. The gauze should not be dripping, just saturated. Wring out any excess.
 - Using firm strokes, apply your first coat of solution to the face, neck and décolleté if desired. Begin at the forehead and go around the face, lastly carefully under the eyes (never do eye lids, and be careful to stay at least 1/8" away from eyes)*. The application should be smooth and even. The client will feel a hot stinging initially, but it will subside after about 2-3 minutes. Wait 5 minutes and watch the skin to notice any redness or light frosting.
 - *You may use a cotton tip applicator (Q-Tip) for under the eye area if desired, just be careful to stay at least 1/8 " away from the eye.
 - The TCA solution is **not removed** or "neutralized" with water; it self neutralizes.
 - Clients may lightly frost in some areas, and most will just get pink. Everyone is different. Clients do not need to frost to get a result. In fact, many clients will feel the burning, get red, and get absolutely no frosting. This is fine; they are still getting a result.
 - Often with TCA peels the term "end point" is used. End point refers to the point at which you should stop applying more solution because redness, erythema, or desired frosting levels are achieved. With the **Skin Refining TCA Peel**, the end point is when the client exhibits mild erythema or some barley frosted areas.
 - **(Optional) After waiting 5 minutes, repeat application a second time avoiding any area that has frosted. This will achieve a deeper peel. Wait another 5-7 minutes until dry. Do not reapply where frosting is evident. Light frosting is normal and you do not need to apply any more to an area that frosts lightly.**

NEVER APPLY MORE THAN TWO COATS of TCA!! DO NOT APPLY ON THE BODY. THIS PROTOCOL IS FOR THE FACE NECK AND/OR DECOLLETE ONLY.

- Step 7 After waiting 5-7 more minutes, make sure the skin is dry and then apply a cool damp towel to face and leave on 2-3 minutes, gently pressing to cool the skin.



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Step 8 With fingers, apply a small amount of serum(s) according to skin condition and skincare goals. You can use all three in the same treatment if desired.

- **Crystal C Serum** – skin strengthening, antioxidant
- **Firming Tri-Peptide Serum** – anti aging, firming
- **Multi-Complex Fade Gel** – hyperpigmentation

Step 9 If you do not want to use the **Vitamin A Micro Peel Pro**, you can finish the treatment here with an application of **Oil Free Sunscreen SPF 30** or **Intensive Skin Lightening Day Cream SPF 30**. Otherwise continue with Step 11.

Step 10 Apply a thin coat of **Vitamin A Micro Peel Pro** with gloved fingers, and gently massage into the skin. This feels good to the client. The client's skin will be slightly tacky, and yellowish. This is normal. The client will go home with the **Vitamin A Micro Peel Pro** on their face.

Step 11 Instruct the client to do nothing the rest of the night and **do not wash off Vitamin A Micro Peel Pro for at least four hours**. They can sleep with the product on or rinse with water.

Step 12 Once the **Vitamin A Micro Peel Pro** has been applied, end the treatment by reviewing the home care product usage and schedule a post-treatment facial.

Step 13 Review the post peel instructions.

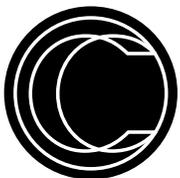
Step 14 Schedule a follow-up facial which is recommended, but not mandatory.

NOTES:

- The skin may feel "sunburned" tight and dry over the first several days.
- Clients will usually begin to get light flaking between days 3-6 and may peel for up to 7 days.
- Advise clients not to pick at their peeling skin. If they get a "raw" spot, just apply Vaseline or Aquaford over very dry areas.
- The client may feel mild stinging when they cleanse their face on the sensitive areas the first day or so. It should subside.
- Some clients will get "darker" before the skin peels.
- Client should go home with post peel products.
- Client must wear sunscreen daily and avoid prolonged sun exposure during the first two weeks post treatment.

Retail Follow-Through:

Ultimate Repair Skincare Kit



Clinical A+ Peel

The way to achieve optimal results for client's skin requiring sun damage repair is to encourage a series of peels.

POST TREATMENT (10-14 Days Post):

Step 1 Cleanse with **Gentle Facial Wash**

Step 2 Apply **Sensitive Skin Tonic**

Step 3 **Mix Zyme Peel (Powder/Activator)** and steam on skin 5-7 minutes

Step 4 Remove Enzyme peel and perform extractions if needed

Step 5 Optional: Use LED Lights at this time if desired or High Frequency

Step 6 Apply **Hydra Calm Massage Oil** or **Skin Nourishing Balm** and perform facial massage for 5 - 10 minutes

Step 7 Apply **Sensitive Skin Enzyme Mask**. Leave on 5-7 minutes then remove

Step 8 Apply **Firming Tri-Peptide Serum** with fingers and massage in

Step 9 Apply **Anti-Wrinkle Face & Neck Cream** generously

Step 10 Finish treatment with application of **Oil Free Sunscreen SPF 30**

Advise clients after the facial post treatment: Clients must continue to use their sunscreen to protect the freshly exfoliated skin, and resume skin lighteners if they suffer from hyperpigmentation.

The **Vitamin A Micro Peel Pro** is an outstanding anti-aging peel lotion formulation that aids in reducing fine lines, wrinkles, breakouts, dark spots and textural problems. It may be applied at the end of most facials, when light peeling is desired. An active combination of Vitamin A, this peel will be enjoyed by many of your clients looking for noticeable improvement with their skin. Since the 1940's early research proved that orally administered vitamin A could help stimulate new cell growth in the epithelium and produce a smoother and softer skin.

Because topically applied vitamin A induces self-proliferation of new cell growth, it turns over the skin cells (sheds) faster (from a normal 28 days, to 10-15 days) and the stratum corneum is more compact, reducing the cell layers, helping to stimulate dermal collagen, lessen sun damage, and exfoliate impacted acne lesions.