

ADVANCED PROFESSIONAL PEEL + MICRODERMABRASION SKIN LAYER TREATMENT 2

- ▶ **CLEANSE 1:** It is important to use a “milky cleanser” for all skin types and conditions. Do not add water, use the cleanser directly on the skin. Massage and manipulate for 1-2 minutes before adding water to the hands and fingertips. Once wet massage for another minute and remove with lukewarm water. “NO HOT TOWELS”. Dry skin well.
- ▶ **CLEANSER 2:** Select a skin specific cleanser after completing Cleanse 1. Perform the same steps found in Cleanse 1. Once completed remove with lukewarm water. “NO Hot Towels”.
- ▶ **TONER:** Use the appropriate toner for the client’s skin. It is better to use a cotton round, a dry 2x2 or 4x4 gauze. Once applied use fingertips to gently blend into the skin. Blend until the toner is absorbed.
- ▶ **MICRODERMABRASION TREATMENT:** Follow the below recommendations: *No more than 1-pass at a mild vacuum setting.*

FITZPATRICK I & II

CRYSTALS: Set for a moderate flow.

DIAMOND: Use 120 or 180 grit tip.

LIQUID: Mild setting, build to a moderate setting for movement of liquid.

NATURAL GRAINS: Set to a mild to moderate setting.

Vacuum Setting: 10-12 inches/Hg. All gauges read inches/Hg. Set between 10 and 12 on the gauge.

FITZPATRICK III & IV

CRYSTALS: Set for a moderate flow.

DIAMOND: Use 120 or 180 grit tip.

LIQUID: Mild setting, build to a moderate setting for movement of liquid.

NATURAL GRAINS: Set to a mild to moderate setting.

Vacuum Setting: 8-10 inches/Hg. All gauges read inches/Hg. Set between 8 and 10 on the gauge.

FITZPATRICK V & VI

CRYSTALS: Set for a moderate flow.

DIAMOND: Use 120 or 180 grit tip.

LIQUID: Mild setting, build to a moderate setting for movement of liquid.

NATURAL GRAINS: Set to a mild setting.

Vacuum Setting: 6-8 inches/Hg. All gauges read inches/Hg. Set between 6 and 8 on the gauge.

▶ **TONER:** Use a soothing, desensitizing, calming toner for a skin cool-down after the mechanical exfoliation. Apply a generous amount on a dry gauze or cotton pad to the face, neck, décolletage. Blend will using light massage movements with fingertips until toner is absorbed.

▶ **PRO RADIANCE PEEL:** Follow the below recommendations:
Depending of skin evaluation and sensitivity.

FITZPATRICK I & II

PASSES: Apply using a 2x2 gauze.
May apply up to 3 passes.

Note** May apply one after the other without waiting in between applications. Do not remove.

TIME: Wait 30 seconds to 1-minute. Make sure the skin is dry before transitioning to the Professional Peel salicylic, lactic, citric.

FITZPATRICK III & IV

PASSES: Apply using a 2x2 gauze.
May apply up to 2-3 passes.

Note** May apply one after the other without waiting in between applications. Do not remove.

TIME: Wait 30 seconds to 1-minute. Make sure the skin is dry before transitioning to the Professional Peel salicylic, lactic, citric.

FITZPATRICK V & VI

PASSES: Apply using a 2x2 gauze.
May apply up to 1-3 passes.

Note** May apply one after the other without waiting in between applications. Do not remove.

TIME: Wait 30 seconds to 1-minute. Make sure the skin is dry before transitioning to the Professional Peel salicylic, lactic, citric. Fitzpatrick V (ONLY).

FITZPATRICK VI: ONLY
use Pro Radiance Peel as the stand-alone peel. **DO NOT** use Professional Peel salicylic, lactic, citric.

- **PROFESSIONAL PEEL salicylic, lactic, citric:** Saturate a 2x2 gauze. The below face mapping is with 2-passes of application. Applied in opposite directions. However, you may perform 1-pass. It depends on the skin evaluation and sensitivity after the microdermabrasion application.

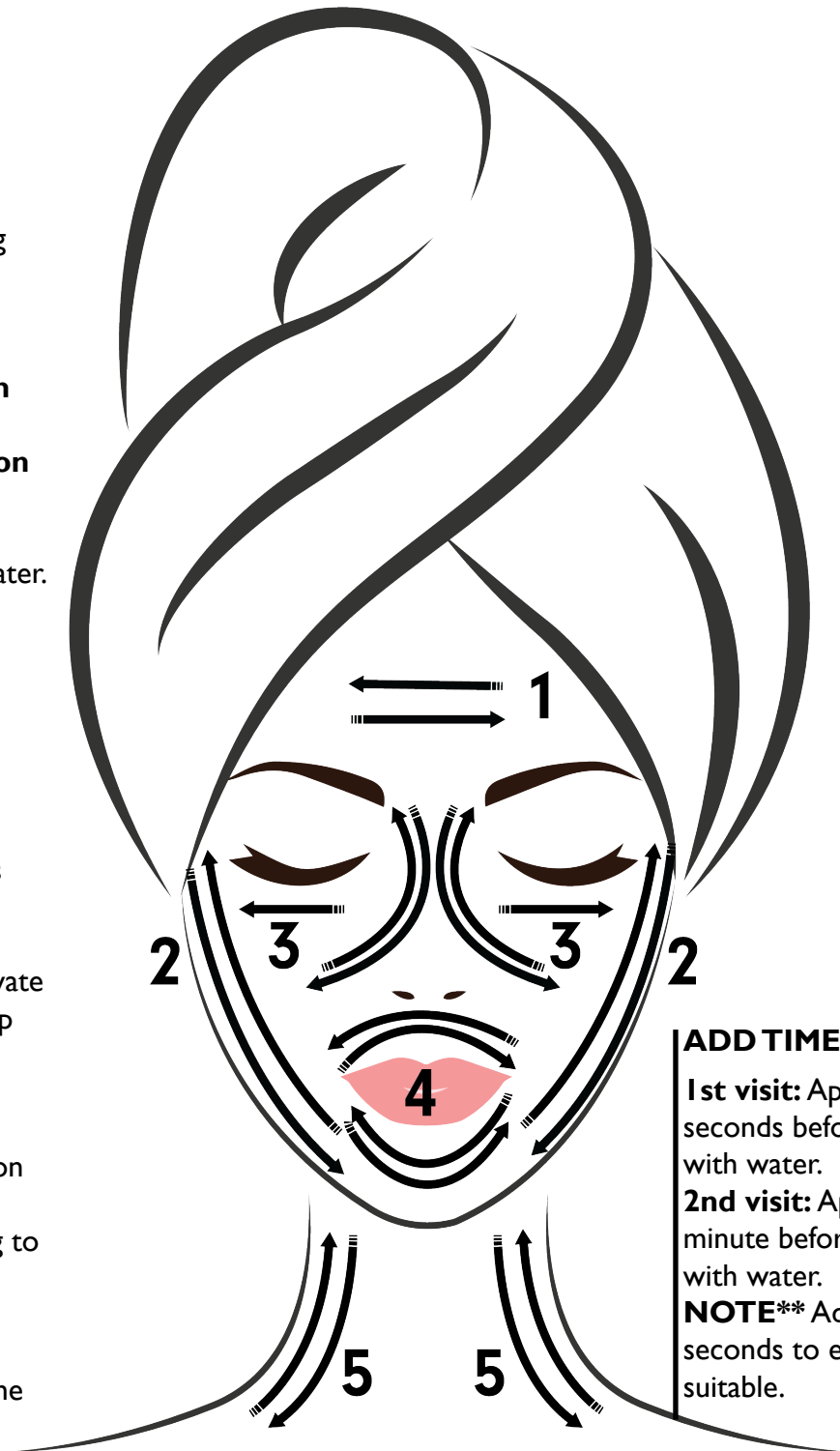
Follow the face mapping diagram:

#1: Start with the Forehead. Apply from temple to temple in one direction. When adding layers apply in an opposite direction.

It is important to perform the following to each quadrant, before moving on to the next area.

1. Prepare a bowl of cold water. May add ice to keep the water cold.
2. Saturate 4x4 gauze in the bowl of water. Make sure they are completely submerged.
3. Wring the gauze but make sure the gauze stays saturated with the cold water.
4. Use firm pressure to activate the professional peel. Keep applying the saturated moistened gauze until the sensation is at a zero.
5. When the client's sensation is at a zero, dry the skin completely before moving to another quadrant/area.

These steps of activation and deactivation of the peel are the same for all quadrants.



ADD TIME PER VISIT:
1st visit: Apply for 30 seconds before activating with water.
2nd visit: Apply for 1 minute before activating with water.
NOTE** Add 30 seconds to each visit, if suitable.

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- ▶ **OXYGEN INFUSION:**
 1. Use one of the Oxygen Infusion phase 1 gels. Apply a medium-thick layer with a facial brush. Make the application even.
 2. Manipulate and massage for 1-3 minutes to enhance product penetration. Do Not Remove.
 3. Fill the airbrush cup with Oxygen Infusion phase 2 activator. Spray at least 3-passes over the face, neck, and décolletage for the final conversion of O₂ on a cellular level.
 4. Once completed manipulate/massage for another 1-2 minutes.
 5. Remove with a room temperature moistened towel. **NO HOT TOWELS.**

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- ▶ **RED LED LIGHT:** On a dry skin apply RED LED Light Therapy for 20 minutes. Hand pieces: apply directly to the skin for 90 seconds per area for a maximum time of 20 minutes to complete the treatment for the face, neck, and décolletage. **Avoid direct contact with center of throat.**

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- ▶ **SERUM:** Apply a generous amount of a vitamin C serum to rehydrate, improve skin integrity, and build proteins within the layers of the skin. Blend well.

- ▶ **MOISTURIZER:** Nourish the skin by applying an anti-inflammatory moisturizer along with moisture and lipid ingredients to maintain the skin's balance.

- ▶ **HYDRATING MASK:** Apply an even application to the face, neck, and décolletage. Try Skin for Life's Revitalizing Mint Mask, CryoAlgae, or Charcoal Mask. Leave on the skin for 5-minutes before removing. Maximum time is 10 minutes before removal.
Remove with a room temperature moistened towel.
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- ▶ **PHYSICAL SUNSCREEN:** Apply a generous amount to face, neck, and décolletage. Blend well. Ask the client to reapply every hour if outside 5-minutes or more.

90 minute treatment

POST CARE INSTRUCTIONS:

- No exercise for 48 hours.
- No performance products, i.e., glycolic acids, retinols, retin-a, or any products that overly stimulates the skin.
- Apply Vital Recovery Concentrate, blend well and then apply Moisture Complex for additional hydration. May apply as an eye cream and/or lip balm.
- Avoid the sun for 48-72 hours. If in the sun apply a physical sunscreen, SOL Defense Natural Tint as a complete skin protection. Apply every hour.