

INTERMEDIATE PROFESSIONAL PEEL SKIN LAYER TREATMENT I

- ▶ **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.

- ▶ **ENZYME EXFOLIATE PAPAYA COMPLEX + SONIC SKIN SCRUBBER:** Follow the below recommendations:
 - ENZYME EXFOLIATE:** On a dry skin apply approximately 5 ML using a facial brush to face, neck, and decolletage. Use fingertips and hands to massage for 1-2 minutes. Wet hands and massage for another 1-2 minutes (May use steam for 3-5 minutes) 10-12 inches away from the face.
 - SONIC SKIN SCRUBBER:** Make sure skin stays moist during the scrubber application. May perform 2-passes.Once completed remove with a ROOM TEMPERATURE moistened towel. No Hot Towels.

- ▶ **TONER:** Use Instant Soothing Toner a 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, decolletage. 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: 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: 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: 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 up to 4-passes. It depends on skin evaluation and sensitivity.

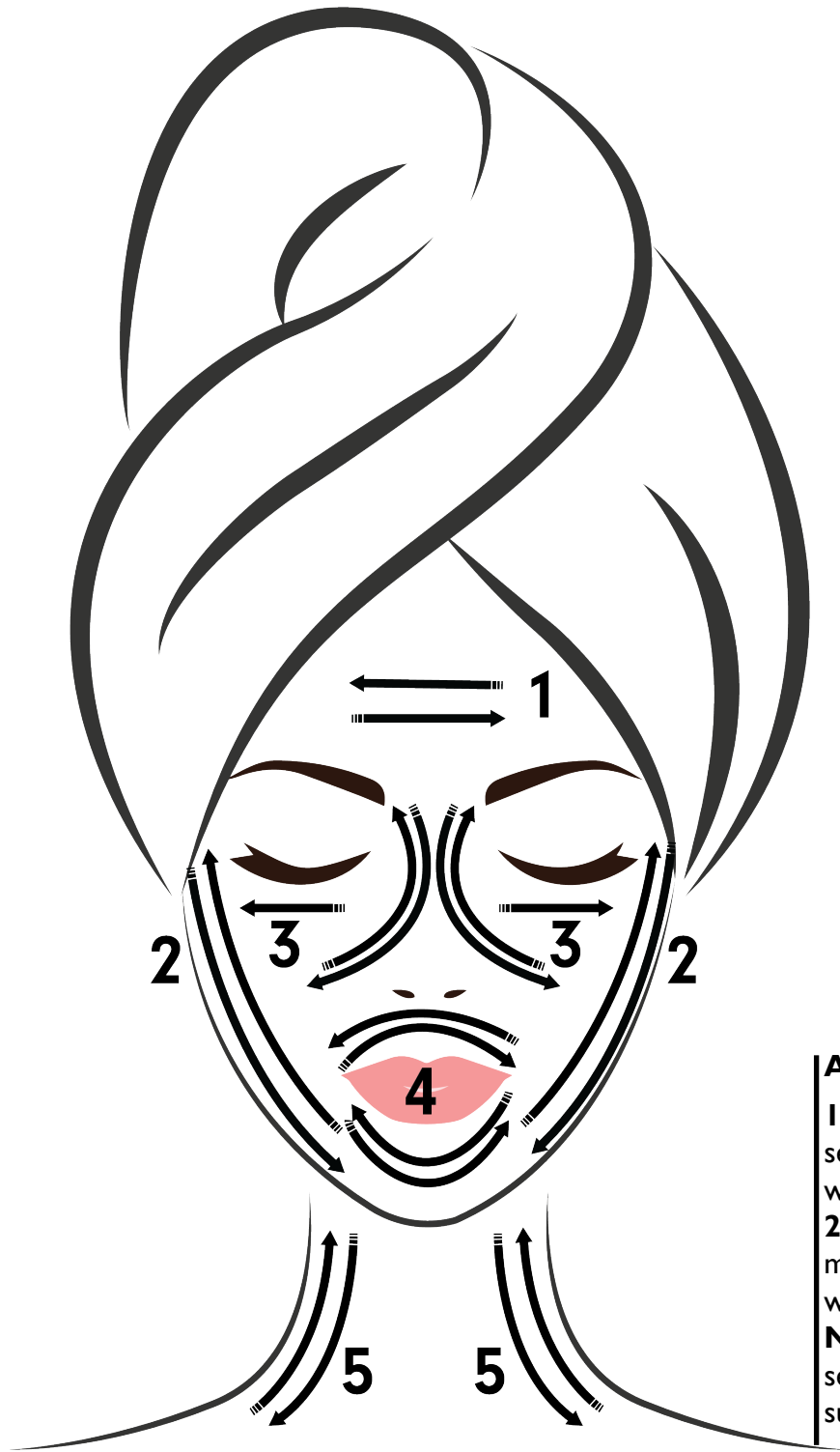
Follow the face mapping diagram on next page. Please follow the steps below:

#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.

► **TONER:** Use Instant Soothing Toner a 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 with using light massage movements with fingertips until toner is absorbed.

- ▶ **RED LED LIGHT:** On 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.**
- ▶ **TONER:** Use Instant Soothing Toner a 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.
- ▶ **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.
- ▶ **TONER:** Use Instant Soothing Toner a 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.
- ▶ **SERUM:** Apply a generous amount of a vitamin C serum, hyaluronic acid, nourishing corrective ingredients 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.
- ▶ **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.

60-75 minute treatment