

## General Peel Guidance

As a rule, 80% of clearing success is attributed to the consistent and correct use of home care. Ideally, clients should be scheduled for bi-weekly treatments (for at least 3 months) to accelerate the clearing process and support their home care. Below you will find an overview of our peels, best practices, and frequently asked questions.



### Acne Peel #1-3

- ◆ Comprised of varied TCA percentage (5%, 7.5% and 10%), L-mandelic, L-lactic, kojic, Brightenyl® and Azeloglicina®
- ◆ Self-neutralizing
- ◆ Not safe for pregnant or breastfeeding clients

### 20% L-Lactic Peel

- ◆ Comprised of 20% L-lactic acid, Brightenyl, Azeloglicina, kojic acid, PerfectionPeptide P3, Exfolactive® & PhytoCellTec Symphytum™
- ◆ Not self-neutralizing—must be removed completely
- ◆ Safe for pregnant or breastfeeding clients, after approval is given from their physician

### Best Practices

- ◆ Always perform a skin sensitivity test using Glycolic-Lactic Toner. If the sensation is a 3 or higher, do not perform a peel and instead opt for Acne Hydrating Treatment.
- ◆ You may not always perform a peel at every treatment. The Skin Sensitivity Test dictates the necessity of a peel.
- ◆ For Acne Peels, we recommend no more than 2 layers of application per treatment.
- ◆ Clients will usually feel the 20% L-Lactic Peel more than the Acne Peel. Make sure you set your client's expectations for that experience.

# Pre and Post-Peel Guidance

## Pre-Peel Guidance

- ◆ Review client intake form to verify that no contraindicated conditions currently exist (i.e. severe medical conditions, cold sores, etc.)
- ◆ Wait at least 2 weeks between the last peel, laser hair removal, microdermabrasion, and tanning.
- ◆ Wait at least 1 week between waxing and peel.
- ◆ Ensure client has stopped the use of any photosensitizing medications or prescription topicals at least 2 weeks prior, and Isotretinoin (Accutane) for at least 30 days prior to treatment.

## Post-Peel Guidance

- ◆ Wait 6 hours to put any water on the skin and avoid sweat, heat and friction.
- ◆ No actives should be applied in the evening routine. Only cleanse, tone, and moisturize.
- ◆ Resume full routine the next day including active products (in the absence of any irritation/sensitivity after receiving a treatment).
- ◆ Keep skin hydrated, moisturized and protected with SPF.
- ◆ Allow at least 2 weeks after peel between laser hair removal, microdermabrasion.
- ◆ Allow at least 1 week after peel for waxing.

## FAQs

### How strong are Face Reality peels?

Face Reality peels are considered mild blends. Clients won't necessarily peel, though some clients may experience some micro peeling. There typically isn't downtime after receiving a Face Reality peel.

### Does my client need to stop actives before a peel?

For new clients, confirm they are not using actives like adapalene, Retin-A, or Accutane. Returning clients of your acne program do not need to stop actives—because our peels are blends, they are mild enough to not require discontinued use of active home care products before receiving a peel.

### How do I know when to increase the strength of a peel?

We suggest taking a progressive versus aggressive approach, increasing strength in subsequent treatments if needed. If the client is making good progress clearing, it isn't necessary to continue increasing the strength of the peel. Always consider their skin type and Fitzpatrick type when strengthening a treatment.

#### EXAMPLE 1:

During a client's first appointment, they can tolerate (2) layers of Acne Peel #1. At their next appointment in 2 weeks, apply (1) layer of Acne Peel #1 - if sensitivity is 2 or less, then progress to (1) layer of Acne Peel #2 and build from there if/as needed at the next appointment.

#### EXAMPLE 2:

If a client continues to feel a 3 or higher with Glycolic-Lactic Toner test at the first couple appointments, opt for the Acne Hydrating Treatment instead. Once they feel 2 or less with sensitivity test, then proceed with an Acne Peel or 20% L-Lactic Peel.