

## The 5 P's of Peeling

- Pre-Treat
- Percentage
- pH
- Peels
- Post Care



## What is an Acid?

- An Acid is any substance that is capable of donating or giving up a hydrogen ion,  $H^+$ .

## Why do we Use Acids on the Skin?

- The purposes of using acids on the skin is to remove surface proteins, and to initiate an injury response in the skin.

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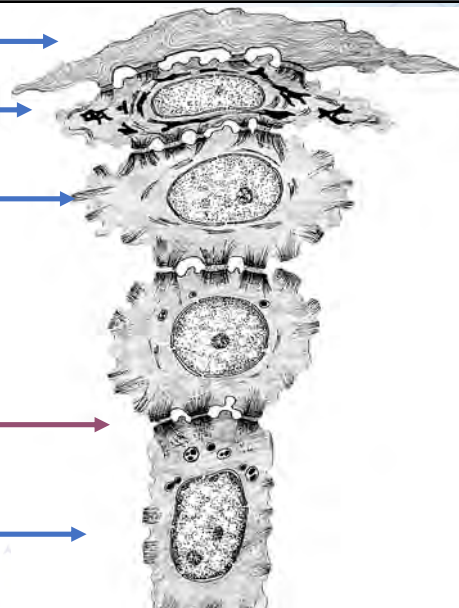
Cornified cell

Granular cell

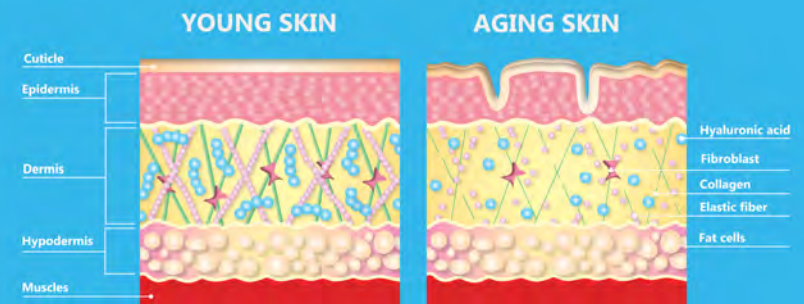
Spiny cell

Desmosomes

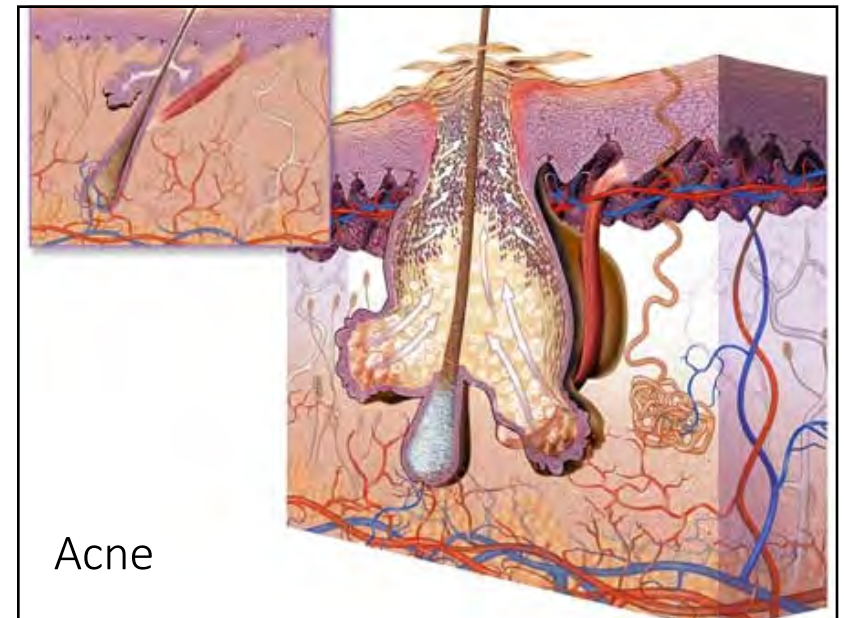
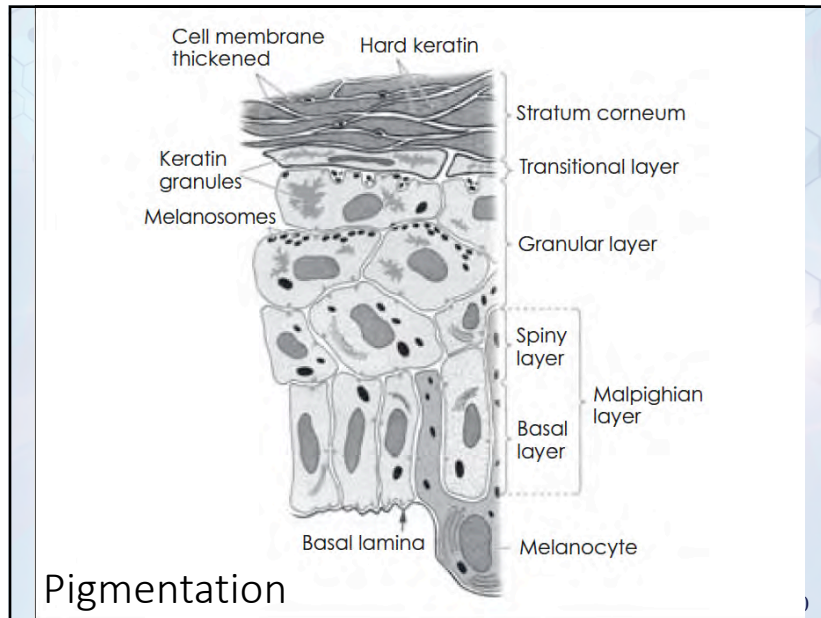
Basal cell



## Aging Skin



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## Benefits of Pre-Treating

### **Aging**

- Break down highly keratinized surface proteins
- Stimulate cell turnover
- Enhance peel penetration
- Enhance skin hydration

### **Pigmentation**

- Reduce melanin production
- Melanosome transfer inhibitor
- Alpha MSH inhibitor
- Tyrosinase Inhibitor

### **Acne**

- Reduce inflammation
- Reduce bacteria

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## Pre-Treating Aging Regimen

- **Cleanser**- Amandola Milk Cleaner, Micro-Exfoliating Honey Cleanser, Cleansing Gel with Salicylic Acid
- **Protect**- Vitamin C Reversal Serum
- **Repair**- Nighttime Repair, Plus, Vitamin A Boosting Cream
- **Hydrate**- AquaPorin Hydrating Cream

### **Facial Pre-Treat**

- Zymase Enzyme
- Caviar Lime & Passionfruit Enzyme Mask
- Australian Superberry Mask
- Firming Peptide Mask

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## Pre-Treating Pigmentation Regimen

- **Cleanser**- Amandola Milk Cleaner, Micro-Exfoliating Honey Cleanser,
- **Protect**- Vitamin C Reversal Serum
- **Repair**- White Veil Brightener, Licorice & Bearberry Brightening Mist

### Facial Pre-Treat

- Raspberry Enzyme
- Caviar Lime & Passionfruit Enzyme Mask
- Australian Superberry Mask

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## Pre-Treating Acne Regimen

- **Cleanse**-Cleansing Gel with Salicylic Acid, Micro-Exfoliating Honey Cleanser
- **Protect**- Vitamin C Reversal Serum
- **Repair**- Vitamin A Boosting Cream, Vitamin A Gel, Daytime Control, Spot Stop, White Willow & Juniper Clearing Mist, Chrono-Calm

### Facial Pre-Treat

- Cocoa Enzyme
- Caviar Lime & Passionfruit Enzyme Mask
- Oxygen Rx System
- Green Tea Mask
- Firming Peptide Mask

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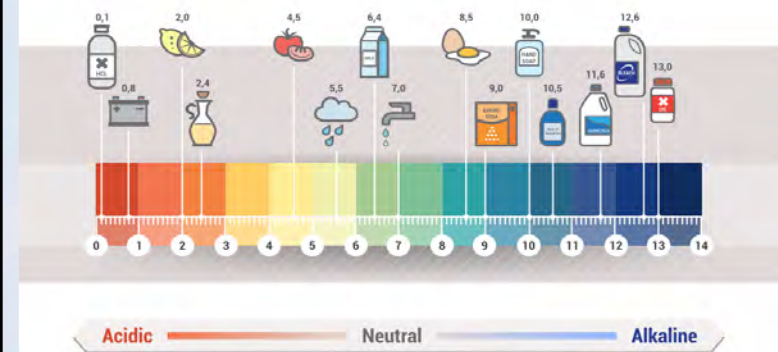
## The pH Concept

- The strength of an acid is measured by the content of hydrogen ions in the acid solution. We call this the pH of the acid and it literally means the acid concentration.
- The concept of pH is fundamental to using acids on the skin for any purpose.
- In chemistry a small p is used in place of writing – log<sub>10</sub> and the H here represents [H<sup>+</sup>], the concentration of hydrogen ions.

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### The PH Scale

The pH scale is an inverse scale, that is, the lower the number the stronger the acid. The scale goes from 0 to 14 with pH 7 being neutral, as is water. Our body is pH 7.4.



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## Percentage of Acid

### The Hydrogen Ion

Without an understanding of the hydrogen ion and the role it plays in measuring an acid strength we can not understand the use and effects of acid peels. We designate the hydrogen ion in chemistry as  $H^+$ .

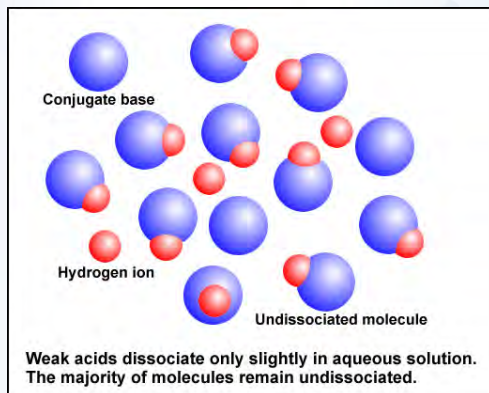
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## What Are Proteins?

- Proteins are complex biochemical compounds made of amino acids.
- The structure and function of a protein is determined by the sequence of amino acids that make up the protein.

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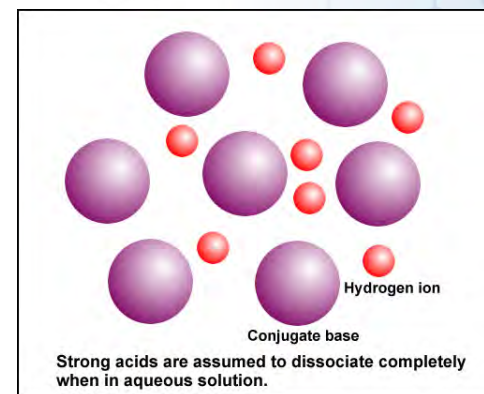
## A Weak Acid



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## Hydrochloric Acid in Water

All hydrogen ions are free to react



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## The Concept of pK

The pKa is the logarithmic expression of the pH at which an acid contains equal amounts of hydrogen ion and salt.

## The Importance of pK

The pKa has great value in the use of acid peels for it tells you the pH you need to get a good peel. If you use an acid with a pH of 3.5 and the pK is 3.0 you have more salt than acid and you may just as well forget the result.

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## pK Values

- |                  |      |
|------------------|------|
| • Glycolic acid  | 3.87 |
| • Lactic acid    | 3.86 |
| • Salicylic acid | 2.97 |
| • Acetic acid    | 4.76 |
| • Ascorbic acid  | 4.17 |
| • Citric acid    | 3.12 |
| • TCA            | 0.7  |

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## Peel Buffering

A specific pH value means you have so many  $H^+$  in solution. To raise that pH from, say pH 3 to pH 4, you need to get rid of some  $H^+$ . The only way to do this is to add a substance called a base, which has a higher pH.

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## Delivery Vehicle for Acids

- Ethanol, or denatured alcohol. Utilized for quick and deep penetration through the stratum corneum and beyond.
- PEG, or polyethelene glycol. Utilized for its slow penetration for a gentler more surface exfoliation.
- Cleansers, Mask, Enzymes
- Serums

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## Gel based peels

**Lactic (Lactic 30%, Lactic 35%, Lactic 45%)  
Alpha/Beta (30/10 & 40/15)**

- Must be timed, neutralized and removed
- Clients should expect little to no physical peeling
- These peels can often be combined with other treatments such as Circadia enzymes masks for enhanced results
- Clients can return to regular skincare program the next day.



**NO STEAM**

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## Lactic Acid Peel 30%, 35%, 45% pH-1.9-3

**Indications:**

Photodamaged, Hyperpigmentation, Aging

**Contraindications:**

Rosacea, AHA Sensitive

**Benefits:** Gel based lactic acid with no down time.

**Lactic Acid-** Reagent grade acid, Hydrating, Exfoliating

- Must be timed, neutralized and removed
- Clients should expect little to no physical peeling
- Clients can return to regular skincare program the next day.



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## Alpha Beta Peel 30/10%, 40/15% pH-1.2-1.6

**Indications:**

Oily, acne prone, pigmentation, aging

**Contraindications:**

Rosacea, AHA Sensitive

**Benefits:** Exfoliation, anti-bacterial, brightening

**Ingredients:**

**Lactic Acid-** Reagent grade acid, Hydrating, Exfoliating

**Salicylic acid-** Anti-inflammatory, Exfoliating, Anti-bacterial

- Must be timed, neutralized and removed
- Clients should expect little to no physical peeling
- Clients can return to regular skincare program the next day.



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## Ethanol based peels

**DermaFrost (Salicylic- 12.5%)**

**DermaFrost (Salicylic- 25%)**

**Jessners-14% Lactic, Salicylic, and Resorcinol**

**Mandeliclear-7% Lactic, Salicylic, and Resorcinol with 9% Mandelic**

**Vitamin A Accelerator**

- Self Neutralizing
- Post Care Required
- Clients can expect mild to heavy peeling
- These peels should not be combined with any other treatments or services unless specified



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## DermaFrost 12.5% & 25% pH- 2.5-2.7

### Indications:

Sun damaged skin, Rough calloused skin, Acne vulgarize types I and II, Pigmentation abnormalities, Aging skin, fine lines, wrinkles, Deep wrinkling and loss of elasticity.

### Contraindications

Asprin or salicylic sensitivity, History of "cold sores" (Herpes Simplex-Type I), Seborrhea or atopic dermatitis, Accutane within the past year, Pregnant or Nursing, History of being highly allergic, Antibiotics - topical or systemic, Broken skin

**Salicylic acid - %**- Anti-inflammatory, Exfoliating, Anti-bacterial

- Self Neutralizing
- Clients can expect mild to heavy peeling
- These peels should not be combined with any other treatments or services unless specified



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## MandeliClear Peel - pH-3

### Indications:

Lightening of post-inflammatory pigmentation due to: acne, melasma or photodamage, mild acne scarring, Fitzpatrick 1-5

### Contraindications

Aspirin or salicylic sensitivity, pregnant or nursing, open wounds or suspicious lesions, highly sensitive skin types.

**Salicylic acid 7%, Lactic Acid 7%, Resorcinol 7%  
Mandelic Acid 9%**

- Self Neutralizing
- Clients can expect mild to heavy peeling
- These peels should not be combined with any other treatments or services unless specified
- Maximum of 3 layers



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## Vitamin A Accelerator

### Indications:

Suitable for all skin types- aging, dry, fine lines, lightening of post-inflammatory pigmentation, photo damaged

### Contraindications

Vitamin A sensitivity, pregnant or nursing, open wounds or suspicious lesions, highly sensitive skin types.

**Retinol 2.5%**- Promotes cell turnover, Increases collagen and elastin through fibroblast stimulation

- Self Neutralizing
- Clients can expect mild to heavy peeling
- These peels should not be combined with any other treatments or services unless specified



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## Jessner Peel - pH-1.8

### Indications:

Lightening of post-inflammatory pigmentation due to: acne, melasma or photodamage, mild acne scarring, Aging Fitzpatrick I-III

### Contraindications

Aspirin or salicylic sensitivity, pregnant or nursing, open wounds or suspicious lesions, highly sensitive skin types.

**Salicylic acid 14%, Lactic Acid 14%, Resorcinol 14%**

- Self Neutralizing
- Clients can expect mild to heavy peeling
- These peels should not be combined with any other treatments or services unless specified



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## Post Peel Complications

### Pruritus

- Excessive itching
  - Recommendation: Post Peel, OTC 1% Hydrocortisone

### Edema

- Excessive swelling
  - Recommendation: Ice pack

### Erythema

- Excessive redness
  - Recommendation: Post Peel

### Urticaria

- Raised rash
  - Recommendation: OTC 1% Hydrocortisone, contact Medical Provider

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## Post Peel Complications

### Systemic Reaction

- Light Headiness, Nausea, Headache, Chills, Flu like symptoms
  - Recommendation: Drink Plenty of Fluids, Contact Medical Provider

### Post Inflammatory Hyperpigmentation

- Exposure to heat and sun
  - Recommendation: Time, Chrono-Calm, Aloe and Calendula Calming Mist, Bright White Serum

### Fissure

- Laceration (premature pulling or picking of the skin)
  - Recommendation: Post Peel

### Infection

- Touching contaminated surfaces
  - Recommendation: Contact Medical Provider

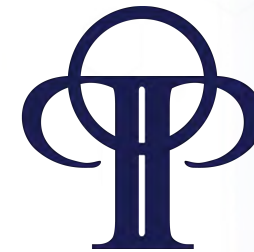
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## Post Care

1. After 12 hours cleanse with the Vitamin Veil Cleanser, applying to fingertips and lightly cleanse in a circular motion over face and neck. **DO NOT USE A CLOTH.** Rinse with cool water and pat dry.
2. Apply 2 drops of Vitamin C Reversal Serum, allow to dry.
3. Apply Post Peel Balm to entire treated area.
4. Avoid direct sunlight for the duration of the peel. Apply Light Day Sunscreen Broad Spectrum SPF-37. **SUN PROTECTION AT ALL TIMES IS VERY IMPORTANT.**
5. Continue normal home regimen after peeling is completed. The use of retinols can resume 14 days after the peel.



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