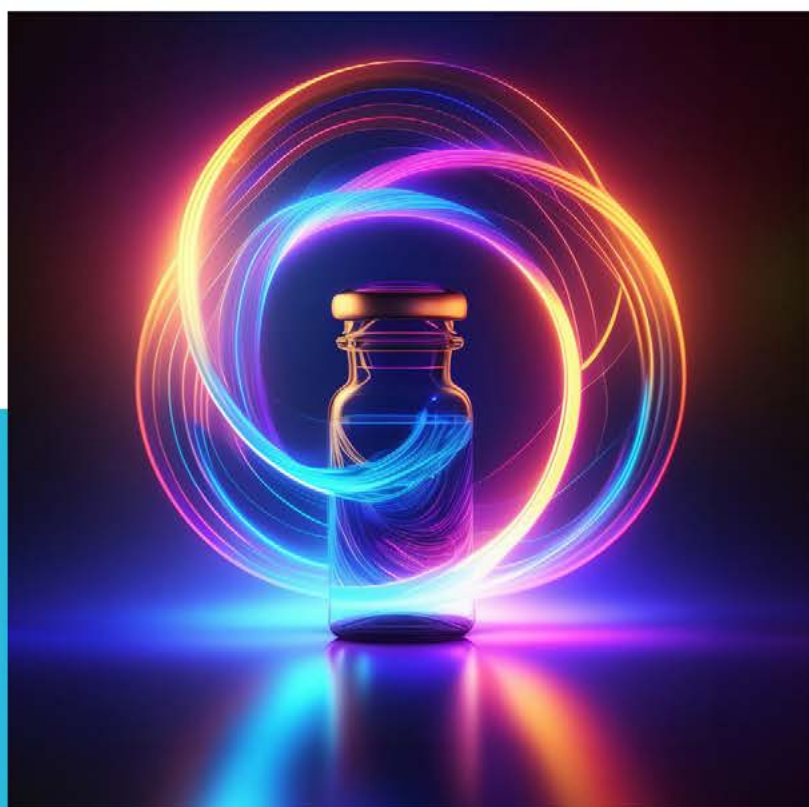


 THE PERFECT PEEL®



ACNE PROTOCOL

# Contents

Introduction to Acne Skin	2
What is acne?	2
Types & severity of acne	2
Hit Reset	3
As a Lake	4
Hit Reset and As a Lake direct Benefits for Acne:	5
Consultation	5
The Perfect Peel® Treatment	6
Post Treatment Follow Up	6
Important Notes	7



## What is acne?

Acne, also known as acne vulgaris, is a common skin condition that happens when your hair follicles, or pores, become plugged with oil and dead skin cells. It's characterised by blackheads, whiteheads, pimples, oily skin, and potential scarring, typically on the face, chest, upper back and shoulders. Pores are connected to oil glands located under the skin via follicles, or small canals. These glands produce sebum. Normally, the sebum carries dead skin cells through the follicles to the surface of the skin. If these follicles get blocked, spots can form.

## Acne formation:

- Overproduction of oil (sebum): Various factors can stimulate your oil glands to produce more sebum, such as hormonal changes during puberty, menstrual cycle, stress, and certain medications.
- Irregular shedding of dead skin cells: Sometimes, dead skin cells are not shed properly and they remain in the pores, which can contribute to clogging.
- Bacterial growth: *P. acnes*, a type of bacteria that lives on our skin, can also get trapped inside the clogged pore. Inside the pore, the bacteria have a perfect environment to multiply quickly.
- Inflammation: As a response to the trapped bacteria, the body's immune system responds, causing inflammation, which results in redness and swelling. This inflammation can lead to acne symptoms like pimples, cysts, nodules, and papules.

Apart from these, certain lifestyle and genetic factors can also make you more susceptible to acne.

## Types & severity of acne

Acne is a common skin condition that affects most people at some point in their lives. It causes pustules (spots) to develop on the skin, usually on the face, back and chest. These usually start as mild surface comedones such as blackheads and whiteheads, which can develop into deep, inflamed, pus-filled pustules and cysts, which can be severe and long lasting, leading to scarring.

- Mild acne involves less than one fourth of the face and includes the presence of papules and pustules but no nodules or scarring.
- Moderate acne includes about half of the face with some nodules and few scars.
- Severe acne involves three quarters or more of the face. There are usually many nodules and scars present at this stage.

# Hit reset

**Glutathione:** This antioxidant can combat oxidative stress in the skin.

**Acids (Tranexamic, Ethyl Ascorbic, Ferulic, Kojic & Azelaic):** These acids have various properties beneficial for skin health. Tranexamic acid can help with pigmentation, Ethyl Ascorbic acid is a stable form of vitamin C that fights free radicals, Ferulic acid enhances the stability and efficacy of vitamin C and E, Kojic acid is known to help with hyperpigmentation and age spots, and Azelaic acid can reduce inflammation, kill acne-causing bacteria, and help with skin cell turnover.

**Arbutin:** This ingredient is commonly used to lighten the skin, reduce dark spots, and improve overall skin complexion.

**Squalane:** Squalane is an excellent moisturiser, helping to hydrate and soothe the skin. It is also a good emollient that can smooth and soften skin.

**Licorice:** Licorice extract has anti-inflammatory properties and can help to brighten and even out your skin tone.

**Aloe Vera:** Aloe Vera is known for its soothing and calming properties. It can help to reduce skin irritation and inflammation.

**Niacinamide:** Also known as vitamin B3, niacinamide can reduce inflammation, improve skin texture, regulate oil production, and minimise the appearance of pores, making it particularly useful for acne-prone skin.

**Glycerin:** This is a hydrating ingredient that attracts moisture to the skin, keeping it moisturised and healthy. Hydrated skin can better facilitate the shedding of dead skin cells, reducing the chance of pore blockage which can lead to acne.

**Helianthus Annuus (Sunflower) Seed Oil:** This oil is high in vitamin E and helps retain moisture in the skin and is also rich in beta-carotene which can help reduce sun damage. Ethyl Ferulate & Rosmarinus Offi cinalis (Rosemary): These are potent antioxidants that can help protect the skin from environmental stressors.

**Tocopherol (Vitamin E):** This is a potent antioxidant that helps protect the skin from damage and supports overall skin health.

**Encapsulated Retinol Complex:** Retinol is a vitamin A derivative that's known for promoting skin cell turnover and collagen production. It can help clear out acne, reduce the appearance of fine lines and wrinkles, and improve skin texture. Encapsulation helps to stabilise retinol and allows it to deliver its benefits more effectively.



## How to Use

Start with 1 pump 3 times a week in the evening. Increase to 2 pumps 4-5 times a week if tolerated. Irritation, dryness and some peeling effect is normal. Follow up with '5 a day' to keep skin healthy, hydrated and supple.

## Why encapsulated retinol?

**20% Encapsulated retinol (3%)** | Encapsulated retinol is housed within a carrier system to protect it from oxidation and degradation. The encapsulation also helps control the release of retinol, ensuring it gets delivered to your skin in a more sustained, effective manner. This can help reduce potential irritation that can occur with retinol use, making the product more tolerable for sensitive skin types. 3% encapsulated retinol is considered quite potent. Retinol products typically range from 0.01% to 1% concentration. Hit reset will therefore deliver a strong dose of retinol, but it's important to note that the encapsulation might make it less immediately intense due to the slower, more controlled release.

## As a Lake

**Acids (Salicylic & Azelaic):** Salicylic acid is a beta-hydroxy acid known for its ability to exfoliate the skin, unclog pores, and reduce inflammation, making it effective for acne management. Azelaic acid is also beneficial for acne-prone skin, as it has anti-inflammatory properties, can reduce hyperpigmentation, and kill acne-causing bacteria.

**Allantoin:** This ingredient is known for its soothing and skin-softening properties. It can help heal damaged skin and stimulate the growth of new tissue.

**Crosspolymer HA and Hydrolyzed HA:** These refer to different forms of hyaluronic acid, a humectant that draws water into the skin, helping to keep it hydrated and plump.

**Caffeine:** It's an antioxidant that can protect against environmental damage, reduce puffiness, and tighten skin.

**Acetyl Hexapeptide-8 & Octapeptide-3:** Stimulate collagen production and reduce the appearance of wrinkles.

**Licorice:** Licorice extract has anti-inflammatory properties and can help to brighten and even out skin tone.

**Red Algae:** It's rich in antioxidants and can help hydrate and condition the skin.

**Niacinamide:** Also known as vitamin B3, niacinamide can reduce inflammation, improve skin texture, regulate oil production, and minimise the appearance of pores, making it particularly useful for acne-prone skin.

**Glycerin:** This is a hydrating ingredient that attracts moisture to the skin, keeping it moisturised and healthy.

**Centella Asiatica:** Is a plant extract known for its calming and hydrating properties, and its ability to promote collagen production.

## Hit Reset and As a Lake direct benefits for acne:

**Exfoliation and Pore Unclogging:** Salicylic acid and azelaic acids help to exfoliate the skin and unclog pores, reducing the chance of acne breakouts.

**Reduction of Inflammation:** The anti-inflammatory properties of niacinamide, licorice, and centella asiatica, can help to reduce the redness and swelling common in acne.

**Skin Hydration:** Glycerin and hyaluronic acid are excellent for skin hydration. Keeping skin adequately hydrated can facilitate the natural shedding of skin cells and reduce the likelihood of pore blockage.

**Regulation of Oil Production:** Niacinamide helps regulate sebum production. Overproduction of sebum can lead to acne, so this can be particularly beneficial for those with oily skin.

**Antioxidant Protection:** Glutathione amongst many of the ingredients help protect the skin from environmental damage, reduce inflammation, and support overall skin health.

**Skin Repair and Healing:** Allantoin and peptides can support skin healing and repair, which can be beneficial for healing acne lesions and reducing the appearance of acne scars.

**Brightening and Evening Skin Tone:** Licorice and glutathione can help to brighten the skin and reduce hyperpigmentation, which can be a concern for many people after acne breakouts.

## Consultation

### The Perfect Peel® consultation appointment

#### 1. Initial Consultation:

- Assess the client's skin condition, focusing on acne and any related concerns.
- Explain the benefits and purpose of each product:
  - Hit Reset: Exfoliates and renews the skin.
  - 5-a-Day: Hydrates and nourishes the skin.
  - Hyaluronic Perfection Serum: Provides deep hydration and helps in skin repair.
  - The Perfect Cleanser: Cleanses the skin thoroughly without stripping natural oils.

#### 1. Prep Regimen (2-4 weeks before The Perfect Peel®):

- Provide the client with Hit Reset, 5-a-Day, Hyaluronic Perfection Serum, and The Perfect Cleanser along with detailed usage instructions.
- Instruct the client to stop using Hit Reset approximately 2 weeks before the treatment.

#### 2. Pre-Treatment Review:

- At the appointment, review the client's use of prep products to ensure compliance.
- Confirm that they have stopped using Hit Reset for at least 2 weeks prior to the peel.

# The Perfect Peel® Treatment

## Treatment Day

- Cleanse the Area:
  - Use The Perfect Cleanser to thoroughly cleanse the treatment area.
  - Apply a pea-sized amount to damp skin, work into a lather, then rinse thoroughly.
- Prepare the Skin:
  - Use 100% pure acetone solution or 70% isopropyl alcohol on a gauze to cleanse the skin thoroughly.
  - This step removes any oils and residues that might barrier the acids.
- Apply The Perfect Peel®:
  - Pour the peel solution into the provided application cup.
  - Using the provided gauze, apply the peel evenly in a cross-hatch pattern to the entire area to be treated.
  - Continue applying layers until the solution is gone or the desired response is observed. Be cautious of frosting and redness.
  - Explain to the client that they may feel a slight stinging or tingling sensation which should subside after a few minutes.
- Post-Treatment Care Instructions:
  - Immediately After Treatment:
  - Explain the post-peel process, including expected peeling and downtime.
  - Provide the client with The Perfect Peel® Home Kit and explain its usage:
    - Day 1-3: Keep the peel on for at least 6 hours before washing off with water. Apply the Post-Peel Protectant from the Home Kit.
    - Day 3-7: Use the Post-Peel Protectant to control peeling and relieve tightness and irritation. Apply SPF 30 for sun protection.
  - Instruct the client to avoid washing, touching, or applying any products to the treated area for at least 6 hours.

## Post-Treatment Follow-Up

- At-Home Maintenance (After peeling process is complete):
  - If not already provided during prep, give the client Hit Reset, 5-a-Day, Hyaluronic Perfection Serum, and The Perfect Cleanser with detailed instructions on usage starting at 7-10 days post-treatment or when the skin has returned to normal.
  - Instruct the client to continue using Hit Reset, 5-a-Day, and Hyaluronic Perfection Serum for 6-8 weeks for optimal results:
  - Morning Routine:
    - i. Cleanse: Use The Perfect Cleanser.
    - ii. Hydrate: Apply Hyaluronic Perfection Serum.
    - iii. Moisturize: Apply 5-a-Day.
    - iv. Sun Protection: Apply SPF 30-50.

- Night Routine:
  - i. Cleanse: Use The Perfect Cleanser.
  - ii. Exfoliate: Apply Hit Reset (every other night).
  - iii. Hydrate: Apply Hyaluronic Perfection Serum.
  - iv. Moisturize: Apply 5-a-Day.
  
- 4-Week Review:
  - Schedule a follow-up appointment 4 weeks post-treatment to assess the client's progress and results.
  - Address any concerns and adjust the skincare regimen if necessary.

### **Important Notes:**

- Sun Protection: Emphasize the importance of using SPF 30 to protect the treated area from sun exposure, reapplying every 2 hours when exposed to the sun.
  
- Avoidance of Irritants: Instruct the client to avoid any activities that can cause excessive sweating, such as heavy exercise, saunas, or hot tubs, for at least 48 hours post-treatment.
  
- No Picking: Advise the client not to pick, rub, or pull at peeling skin to avoid scarring and pigmentation changes.
  
- Hydration and Care: Encourage the client to stay hydrated and follow all post-care instructions meticulously for the best results.

**Note:** Always adhere to the detailed instructions and safety protocols provided in the clinic/training manual for The Perfect Peel®. Regular training and updates for practitioners are essential to ensure the best outcomes and client satisfaction.

This in-clinic protocol ensures that clients are properly prepped, treated, and cared for, maximising the benefits of The Perfect Peel® for acne treatment while integrating Hit Reset, 5-a-Day, and Hyaluronic Perfection Serum to enhance overall skin health and rejuvenation.

### **During the treatment process you must ensure clients:**

- Should be instructed to wash skin with a The Perfect Cleanser, mild, non-drying soap. Frequent washing/scrubbing and use of harsh soaps should be discouraged.
  
- Should select hair and skin products, including cosmetics, sunscreens, and moisturisers, that are labelled noncomedogenic or nonacnegenic.
  
- Should avoid traumatising acne lesions (for example, by picking or squeezing lesions and using occlusive athletic gear over acne) to avoid scarring.



- Should avoid traumatising acne lesions (for example, by picking or squeezing lesions and using occlusive athletic gear over acne) to avoid scarring.
- Should be instructed that treatment is a long-term process requiring several weeks to months for the control of initial symptoms, followed by ongoing maintenance therapy.
- Should be warned of the potential for initial “worsening” because of dryness or irritation of the skin before the skin clears. They should be reminded to keep skin hydrated for dryness with 5-a -day or a non-comedogenic moisturiser and to use SPF.
- Should be reassured that diet, including fizzy drinks and chocolate, does not aggravate acne.
- Maintenance therapy should be discussed, because acne tends to recur without an ongoing maintenance regimen.
- Should be reminded to STOP retinol for 2 weeks prior to peeling, then recommence use around day 10.



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