

 THE PERFECT PEEL®



BODY PEEL PROTOCOL

Contents

| | |
|----------------------------------|---|
| BODY PEEL PROTOCOL | 2 |
| PRE-TREATMENT PREPARATION | 2 |
| APPLICATION OF THE PERFECT PEEL® | 3 |
| POST-PEEL INSTRUCTIONS | 3 |

THE PERFECT PEEL®

BODY PEEL PROTOCOL

Keratosis Pilaris: Often referred to as "chicken skin," this common condition causes small, rough bumps, typically on the upper arms, thighs, and buttocks. It results from a buildup of keratin that blocks hair follicles, leading to patchy, sandpaper-like skin.

Dry Skin: Characterized by a lack of moisture in the epidermis, dry skin can appear rough, flaky, and may feel tight or itchy. It is often caused by environmental factors, such as cold weather, low humidity, or harsh soaps.

Scaly Skin: This condition involves the shedding of dead skin cells, creating a scaly appearance. It can be a symptom of underlying conditions like psoriasis, eczema, or ichthyosis, and often leads to rough, dry patches on the skin.

Actinic Keratosis: A precancerous condition caused by prolonged sun exposure, actinic keratosis manifests as rough, scaly patches on sun-exposed areas of the body. These lesions can potentially develop into skin cancer if left untreated.

Body Pigmentation: Changes in skin color, including dark or light patches, can occur due to various factors such as sun exposure, hormonal changes, or skin injuries. Common types include hyperpigmentation and hypopigmentation.

Inner Thigh Pigmentation: Darkening of the skin on the inner thighs can result from friction, hormonal changes, or obesity. This condition can cause discomfort and may affect self-esteem.

Knee/Elbow Pigmentation: Darkened skin on the knees and elbows is often caused by frequent friction, pressure, or accumulation of dead skin cells. This can result in rough, thickened skin that appears darker than the surrounding areas.

Pre-Treatment Preparation

Patient Assessment and Consultation:

- Conduct a comprehensive skin analysis to determine suitability for The Perfect Peel® on body areas.
- Review the patient's medical history, including any medications or skincare products currently being used.
- Ensure the patient has not used retinol or other strong skincare products for at least two weeks prior to the treatment.

Pre-Treatment Instructions:

- Advise patients to dress comfortably as the peel solution may stain clothing.
- Limit treatment to up to two body areas per appointment. Do not use more than two vials of product in one session.
- Recommend avoiding direct sun exposure and tanning beds for at least one week before the treatment.

Day of Treatment

Setup:

- Prepare all necessary materials: The Perfect Peel® solution, gauze pads, acetone or 70% isopropyl alcohol, gloves, fan or cool breeze device, and The Perfect Peel® Home Kit for the patient.

Pre-Treatment Cleanse:

- Thoroughly cleanse the treatment area with a pure acetone solution applied using a rough gauze pad to remove all oils and ensure optimal peel penetration.

Application of The Perfect Peel®

Solution Preparation:

- Remove the cap from The Perfect Peel® container and pour the solution into the provided plastic cup.
- If the patient has significant pigmentation, add the designated booster (not The Perfect Plus) and mix the solutions together.

Peel Application:

- 1st Layer: Apply the peel solution with firm pressure using a 2x2 gauze pad.
- 2nd Layer: Apply in the same manner but with more pressure on pigmented areas, aiming for a pinkish or red tone. If a moderate to heavy frost appears, do not apply additional solution to those areas.
- 3rd Layer and Beyond: Continue layering the peel solution on areas without a frost, or until the product is exhausted.
- Emphasise rubbing the peel solution into the skin to prevent evaporation.

Post-Peel Instructions:

Post-Peel Kit:

- Provide the patient with a post-peel care kit containing:
 - 2 Post-Peel wipes
 - Moisturiser
 - Instruction Sheet

Day 1:

- Six-Hour Cleanse: After six hours, cleanse the peeled area with a mild cleanser and rinse with cool water. Pat dry thoroughly. The solution may be left on until bedtime or overnight if desired.
- First wipe: 30-60 minutes before bedtime, apply the first post-peel wipe, rubbing it gently into the skin with multiple passes over the treated areas.

Day 2:

- Morning Cleanse & Sun Protection: Cleanse the peeled area with a mild cleanser, rinse with water, and pat dry. Apply an SPF 30 or higher sunscreen to exposed areas.
- Second wipe: In the evening, cleanse again with a mild cleanser, rinse, and pat dry. Apply the second towelette as before, rubbing it gently into the skin with multiple passes over the treated areas.

Day 3 and Onwards:

- Moisturiser & Sun Protection: Continue using SPF 30 or higher sunscreen on exposed areas, or ideally keep the area covered for the first 4 weeks post-peel.
- Peeling & Moisturising: Peeling typically begins on Day 4 or 5, but timing may vary. Begin using the provided post-peel moisturiser 2 or more times a day. Avoid picking at the skin or forcing the exfoliation process. Treat the skin gently and prioritise sun protection.

Day 10-14 and Beyond:

- Once peeling is complete, patients can resume using designated post-peel products to maintain results.
- Using The Perfect Body Wash and Lotion will enhance results.

This protocol should be customised based on individual patient needs and skin conditions.