



THE PERFECT PEEL®



PIGMENTATION PROTOCOL

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Introduction to Pigmentation

Skin pigmentation disorders come in many forms and can have varying levels of severity, depending on the individual case.

Hyperpigmentation

A common skin condition where patches of skin become darker than the surrounding areas. This occurs when an excess of melanin forms deposits in the skin. Conditions like melasma, post-inflammatory hyperpigmentation (PIH), and lentigenes (or age spots) fall under this category. Hyperpigmentation is generally a cosmetic concern and does not have any harmful physical health effects. However, it can cause psychological or emotional distress due to changes in appearance.

Hypopigmentation

Refers to patches of skin that are lighter than your overall skin tone. This can happen due to a variety of reasons, such as infections, blisters, burns, or certain conditions like vitiligo or albinism. Just like hyperpigmentation, hypopigmentation is generally not physically harmful, but it can cause distress due to changes in physical appearance. Conditions like albinism can be associated with other health concerns, such as visual problems.

Vitiligo

A specific condition where patches of skin lose their pigment and become white. It is believed to be an autoimmune condition where the body's immune system attacks the pigment-producing cells in the skin. Vitiligo itself is not dangerous, but it can cause significant psychological distress. Individuals with vitiligo are also at a higher risk of sunburn and skin cancer because the affected areas lack melanin, which provides some protection against harmful UV rays.

Melasma

Sometimes referred to as 'chloasma' or 'the mask of pregnancy', causes brown to grey-brown patches on the face. Hormonal changes during pregnancy or in women who take oral contraceptives often trigger it. Like other pigmentation disorders, melasma is generally not harmful and is primarily of cosmetic concern.

Albinism

A rare, genetically inherited disorder characterised by a substantial lack of melanin in the skin, hair, and eyes. Albinism can cause significant issues, including vision problems and an increased risk of skin cancer due to the lack of melanin. It's important for individuals with albinism to use appropriate sun protection to avoid UV damage.

Important notes to consider:

In general, while these pigmentation disorders aren't typically harmful in terms of physical health, they can cause significant distress due to changes in appearance. They may also indicate underlying health conditions (like Addison's disease) or increase the risk of other issues (like skin cancer or vision problems in albinism).

Treating persistent pigmentation effectively can require a span of up to 26 weeks. This duration is necessary due to the numerous steps involved in melanogenesis, where interference is required. This underlines the point, for both you and your client, that unfortunately, there isn't a speedy solution to pigmentation issue

Hit Reset's Pigmentation Benefits and 5- a day's Pigmentation Benefits

Antioxidant Protection: Protect the skin from free radical damage and environmental stressors, which are significant contributors to photo-ageing.

Deep Hydration and Nourishment: Provide deep hydration, helping to maintain skin elasticity and reduce the appearance of wrinkles and fine lines

Exfoliation and Skin Brightening: The presence of Kojic Acid, Azelaic Acid, and Ethyl Ascorbic Acid in "Hit Reset" can exfoliate the skin, reducing pigmentation, improving skin texture, and brightening the skin tone.

Stimulation of Collagen and Elastin: Retinol and Acetyl Hexapeptide-8 & Octapeptide-3 stimulate the production of collagen and elastin, which are vital for maintaining skin's firmness and elasticity. Smoothing out wrinkles and improving skin's overall youthful appearance.

Niacinamide: It helps in reducing inflammation and improving skin barrier function. Additionally, it regulates melanin production, which can help lighten dark spots and hyperpigmentation.

Soothing and Healing: The combination of Aloe Vera, Calendula, Arnica, and Plantain have soothing and healing properties, helping to calm inflammation and speed up skin recovery from damage.

Barrier Strengthening: Niacinamide and Vitamin E strengthen the skin barrier function, preventing moisture loss and improving skin resilience against environmental stressors.

Targeting Hyperpigmentation: Arbutin, Licorice, and Tranexamic Acid are known for their ability to reduce hyperpigmentation and even out skin tone, targeting photo-aged skin with dark spots or uneven coloration.

Consultation

The Perfect Peel® consultation appointment

- Decide if your client is to “prep” their skin using Hit Reset and 5-a-Day before The Perfect Peel® treatment. The duration of this prep is advised as 4- 6 weeks depending on the severity of the condition
 - Explain to your client the need to stop using Hit Reset approx 2 weeks before treatment.
 - Explain to the client exactly what each product is and about The Perfect Peel® treatment.
 - If employing a “prep” regime, send the client home with Hit Reset and 5-a-Day and The Perfect Cleanser and Instructions on usage
 - Before The Perfect Peel® treatment, review your client’s use of prep products (if given) to ensure compliance and that they have stopped using Hit Reset for 2 weeks.
 - Apply The Perfect Peel® Superblend as per training and protocol in your clinic/training manual.
- Hand over and explain The Perfect Peel® home care pack. NB:
- If not already given for prep, send the client home with Hit Reset, 5-a-Day & The Perfect Cleanser and the client Instructions. Explaining the application of each and when to use them - ideally this is at 7-10 days post treatment or when skin has returned to normal.
 - Review your client at 4 weeks post treatment.

Treatment

During the treatment process you must ensure clients:

- Should be instructed to wash skin with water for the first few days, or mild, non-drying soap or cleanser. 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 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 with 5-a -day or a non-comedogenic moisturiser and to use SPF. Should be reassured that one’s diet, including soda and chocolate, does not aggravate acne. Maintenance therapy should be discussed, because acne tends to recur without an ongoing maintenance regimen.

General notes

Client compliance is paramount during prep and post treatment and can affect outcomes. Advise how vital an SPF regime is. Advise on the fact multiple peels may be necessary to achieve results. Ensure the client is aware final results can take up to 28 days and outcomes are not guaranteed.