

 THE PERFECT PEEL®



SKIN REJUVENATION
PROTOCOL

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The Ageing Skin

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Intrinsic Ageing

Intrinsic ageing, also known as chronological or natural ageing, is primarily driven by genetic factors and the passage of time. This process typically becomes noticeable in the late 20s or early 30s and continues throughout life. The most significant changes are often observed in the dermis where the production of collagen, elastin, and hyaluronic acid decreases. These are

key components of the skin's structure, elasticity, and hydration.

Hormonal changes can significantly impact intrinsic ageing. For example, with the onset of menopause, the decline in oestrogen production can lead to dryness, decreased elasticity, and thinning of the skin. Similarly, androgens like testosterone, which decrease with age in both men and women, also play a role in skin health.

Extrinsic Ageing

Extrinsic ageing is influenced by environmental and lifestyle factors. The most significant of these is sun exposure, but other factors like pollution, smoking, poor diet, lack of exercise, and stress can also contribute. These factors can lead to oxidative stress in the skin cells, causing damage and accelerating the ageing process.

Ultraviolet radiation (UVR) from the sun is a primary extrinsic factor, contributing to premature skin ageing, also known as photoaging. It can cause damage to the skin's collagen and elastin fibres, leading to wrinkles, rough texture, and uneven pigmentation.

Hormonal changes can also affect how the skin responds to these external factors. For instance, stress hormones like cortisol can impair the skin's ability to repair itself, making it more susceptible to damage from extrinsic factors.

Oxidative stress

A major cause of ageing is "oxidative stress." It is the damage to DNA, proteins, and lipids (fats) caused by oxidants, which are highly reactive substances containing oxygen. These oxidants are produced normally when we breathe, and also result from inflammation, infection, consumption of alcohol and cigarettes.

Hit Reset's Rejuvenation Benefits

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 Officinalis (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?

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. A 3% encapsulated retinol product would 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.

5- a day's Rejuvenation Benefits

Glutathione: Is a powerful antioxidant that helps protect the skin from oxidative damage caused by free radicals and environmental pollutants. reduce melanin production, which may lighten the skin and diminish the appearance of dark spots and hyperpigmentation.

Squalane: A brilliant emollient that makes skin supple and assists in preventing moisture loss.

Calendula: This powerful anti-inflammatory, anti-fungal, and anti-bacterial properties, calendula helps soothe the skin, heal wounds, and reduce inflammation.

Wheat: Provides a natural source of vitamins and antioxidants, which promotes skin healing and rejuvenation. It also acts as a humectant, drawing moisture into the skin and improving hydration.

Carrot: High in beta-carotene and vitamin A, carrot oil can help stimulate cell turnover, slow ageing, and protect against UV damage.

Acetyl Hexapeptide-8 & Octapeptide-3: Known as "Botox in a jar". They can help to relax facial muscles, reducing the appearance of fine lines and wrinkles.

Arnica: Known for its healing and anti-inflammatory properties, Arnica can help soothe and renew the skin after exposure to stress.

Ginkgo: Rich in antioxidant compounds, it can improve skin moisture and reduce symptoms of inflammatory skin conditions and ageing.

Aloe Vera: Calms and soothes irritated skin, provides hydration, and accelerates the healing process of the skin.

Plantain: An astringent that can help dry up excess oil and reduce the chances of acne breakouts. It also promotes wound healing and reduces inflammation.

Vitamin E: This potent antioxidant that helps protect the skin from environmental damage and has moisturising and healing benefits. It also helps to strengthen skin barrier function.

Tea Tree: With powerful antiseptic properties, tea tree oil can help to combat oily skin and acne by killing the bacteria.

Propolis: It has antimicrobial and anti-inflammatory properties, making it useful for wound healing. Propolis can also help stimulate the production of collagen and elastin, improving the firmness and elasticity of the skin.



How to Use

Apply 1-2 pumps, am and pm daily, or as often as you need. Use alone, or on top of any serum to lock in moisture

Hit Reset and 5-a-Day's Direct Benefit's for Rejuvenation

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.

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.

Pre-Treatment Preparation

Initial Consultation:

- Assess the client's skin condition and determine if they need to prep their skin with Hit Reset and 5-a-Day.
- Explain the benefits and purpose of each product:
 - Hit Reset: Exfoliates and renews the skin.
 - 5-a-Day: Hydrates and nourishes the skin.
 - The Perfect Cleanser: Cleanses the skin thoroughly without stripping natural oils.
- Prep Regimen (2-4 weeks before The Perfect Peel®): Provide the client with Hit Reset, 5-a-Day, and The Perfect Cleanser along with detailed usage instructions. Instruct the client to stop using Hit Reset approximately 2 weeks before the treatment.
- 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 client's skin with The Perfect Cleanser.

Apply The Perfect Peel® following the training and protocol in your clinic/training manual:

- Use 100% pure acetone solution or 70% isopropyl alcohol on a gauze to cleanse the skin thoroughly.
- Pour the peel solution into the provided application cup and apply evenly using the provided gauze in a cross-hatch pattern.
- Continue applying layers until the solution is gone or the desired response is observed. Be cautious of frosting and redness.
- Explain that the client may feel a slight stinging or tingling sensation which should subside after a few minutes.

Post-Treatment Care Instructions:

- Explain the post-peel process, including expected peeling and downtime.

Provide 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 wipes from the Home Kit.
- Day 3-7: Use 5-a-Day to control peeling and relieve tightness and irritation. Apply SPF 30-50 for sun protection.

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, 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 and 5-a-Day for 6-8 weeks for optimal results.

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.

NB: 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 photodamaged skin or skin rejuvenation.

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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

- Body areas may peel for 2-3 weeks.
- We advise completion of client Progress Note
- 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.