



THE PERFECT PEEL®
Superblend



Body Protocol

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THE PERFECT PEEL® Superblend

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

Initial Consultation:

- Assess the client's skin condition on the area to be treated.
- Explain the benefits and purpose of each product:
 - Body Wash: Provides gentle cleansing while maintaining the skin's natural moisture balance.
- Body Lotion: Hydrates and soothes the skin, promoting healing and maintaining skin health.

Prep Regimen (2-4 weeks before The Perfect Peel® Superblend):

- Provide the client with Body Wash and Body Lotion along with detailed usage instructions.

Pre-Treatment Review:

- At the appointment, review the client's use of prep products to ensure compliance.

The Perfect Peel® Superblend 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® Superblend:**
 - 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® Superblend 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 Superblend ABC serum from the Home Kit.
 - Day 3-7: Use the Superblend ABC serum to control peeling and relieve tightness and irritation. Apply Mineral Perfection 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):**
 - Provide the client with Body Wash and Body Lotion with detailed instructions on usage starting at 7-10 days post-treatment or when the skin has returned to normal.
 - Advise the client to incorporate the Body Wash and Body Lotion into their daily routine:
 - Body Wash: Use daily in the shower. Apply a small amount to damp skin, work into a lather, and rinse thoroughly.
 - Body Lotion: Apply daily after showering with the Body Wash to maintain hydration and promote healing.

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.

Post-Treatment Care Instructions

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 - Day 3-7: Use the Superblend ABC serum to control peeling and relieve tightness and irritation. Apply Mineral Perfection 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.

Important Notes:

- Sun Protection: Emphasize the importance of using Mineral Perfection 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.
- Hydration and Care: Encourage the client to stay hydrated and follow all post-care instructions meticulously for the best results.
- No Picking: Advise the client not to pick, rub, or pull at peeling skin to avoid scarring and pigmentation changes.

Note: Always adhere to the detailed instructions and safety protocols provided in the clinic/training manual for The Perfect Peel® Superblend. 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, maximizing the benefits of The Perfect Peel® Superblend for body treatments, while integrating the body lotion and body wash to enhance overall skin health and rejuvenation.