



THE PERFECT PEEL®  
*Superblend*



HINTS TIPS AND  
CONSUMABLES

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This document has been created to help you navigate through The Perfect Peel® Superblend in practice.

## Reduced, minimal or no peeling

The degree of visible peeling can vary greatly from person to person and even from treatment to treatment. Some people may experience substantial visible shedding of skin, while others may experience minimal or no visible peeling at all.

This can be influenced by several factors:

1

Skin type.

2

The condition of the skin.

3

Skin's tolerance to the peel.

It's essential to allow the peeling process to complete naturally. This is a crucial part of the skin's regeneration process. Depending on the number of layers applied, it can take 7-10 days for this process to complete.

During this time the ideal client advice is to minimally wash, avoid cleansing, or applying any moisturisers to the skin. While it may seem counterintuitive, moisturising products can actually inhibit the peeling process by softening the skin and preventing the dead skin cells from shedding effectively.

It can be normal to not shed, but you need to find out if your client has applied any moisturising SPF or creams before they should do.

As a practitioner, it's crucial to inform your client about the aftercare process following The Perfect Peel® Superblend. While moisturising is typically a vital part of their normal home skincare, it's important to communicate that in the context of post-peel care, excessive moisturising can actually hinder the desired results.

Moisturisers soften the skin and could potentially slow down the peeling process, a necessary step in the regeneration and renewal of the skin. By keeping the skin overly moisturised, we risk minimising the peeling action, and as a result, the skin might not shed as effectively. This can lead to prolonging the overall peeling process.

However, it's also essential to remember that we don't want the skin to become overly dry or irritated, as this can lead to other issues and delay the healing process. Therefore, instruct your client to ensure they use the 5-a-day on day 5, on the new skin only, avoiding the old and caution them not to overdo it.

**SPF** NB: Note from our Clinical team

Clients can absolutely use SPF, ideally factor 50, not a moisturiser containing SPF. True rules of peeling suggest that "the skin should not be washed, cleansed and ideally moisturised until the peeling action has completed and this may be as long as seven days" ..... we know that is unrealistic for most, so the closest we can hope for is usage of an SPF as soon as day 2/3.....(until ours launches), I suggest Clinicare Sunshield, La Roche Posay Anthelios invisible fluid, Heliocare 360 invisible fluid. Then start to moisturise on day 5 with 5-a-day, twice daily.

## Importance of the Home Kit - Best advice

The 'Home Kit' is a VITAL part of the treatment process, containing the ABC Serum and the 5-a-Day moisturiser. The importance of the Home Kit is essential in treatment results, post healing and reduction in complications.

## The Home Kit provides essential elements:

### ABC serum

This high potency serum is designed to be applied as a 2nd step to promote additional peeling and intense regeneration of collagen. The soothing, healing, and skin-rejuvenating ingredients including Vitamin C, Aloe Vera, Green Tea Extract, and Retinol, can help accelerate skin recovery, soothe irritation, stimulate collagen production, and protect against free radicals after The Perfect Peel® Superblend.

### 5-a-day

**Hydrate** | Hydration is the first step in repairing the skin barrier, 5-a- day contains ingredients to lock in moisture and reinforce the skin barrier.

**Nourish** | 5- a- day is rich in antioxidants (like vitamins C and E) and essential fatty acids that offer a broad spectrum of nutrients to the skin, supporting its natural healing process.

**Soothe** | 5- a- day contains soothing ingredients like aloe vera, chamomile, or allantoin. These can help calm any redness or inflammation resulting from the peel, while promoting healing and restoration of the skin barrier.

**Patience and Consistency** | Skin barrier repair doesn't happen overnight. Ensure clients are patient and stay consistent with their routine, and ensure they avoid the temptation to introduce new products until skin is fully healed.

## Glutathione - 'Smell objection handling'

Glutathione is packed with sulphur atoms that have a unique role in protecting your skin. They neutralise harmful free radicals and assist in detoxifying your patients' skin. Far from being a problem, sulphur atoms are an important aspect of skincare. This element is an essential part of what makes glutathione so beneficial.

When it comes to skin, glutathione is all about maintaining balance. It neutralizes free radicals, keeping your skin looking young and fresh. But its benefits don't stop there.

As you know glutathione also helps detoxify your skin. The sulphur atoms within it can bind with heavy metals and toxins, effectively removing them and leaving your patients skin healthier and more vibrant.

So, don't underestimate the power of glutathione. It's a sulphur-enriched skincare ingredient that truly makes a difference. Incorporating glutathione into your patients' skincare routines is imperative to skin health.

In the Glutaceuticals® range, sulphur isn't something to shy away from, it's an ingredient to embrace. Glutathione is leading the way in helping to improve your patients skin's health and appearance.

## FAQs

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**Q.** Is there an age requirement or restriction to use The Perfect Peel® Superblend?

**A.** 18 (advised) to 75 years old dependent on skin fragility, those with any health conditions should check with their Doctor prior to treatment.



**Q.** Is sun exposure permitted post peel?

**A.** Sun exposure should be limited or avoided before and during the peel process to avoid post inflammatory hyperpigmentation.

## The Gauze & The 70% IPA

IPA link to purchase [HERE](#)

The importance of using 70% IPA to degrease the skin: Before applying a chemical peel like The Perfect Peel® Superblend, it is important to degrease the skin, often using solutions that contain alcohol or acetone. Degreasing the skin is an essential step in The Perfect Peel® Superblend process to ensure both safety and efficacy.

## 5-a-day

**Removal of Skin Oils** | The natural oils produced by your skin can act as a barrier to the chemical peel. These oils can inhibit the peel from penetrating evenly and effectively. By degreasing the skin, you are ensuring that the chemical peel has the best possible contact with the skin.

**Promote Even Penetration** | Oils and debris can cause The Perfect Peel® Superblend to distribute unevenly, leading to a patchy peel. When the skin is thoroughly cleansed and degreased, the peel solution can spread more evenly across the skin surface for uniform penetration and results.

**Reduce Risk of Post-Peel Breakouts** | If oils, dirt, or makeup are left on the skin, they can get trapped underneath the peel. This can lead to clogged pores and potential breakouts following the peel.

**Optimises Results** | By ensuring the peel has optimal contact with the skin, degreasing maximises the effectiveness of the peel. This means you'll get the best possible results from your treatment.

## Peeling Body Areas For Acne, Scarring and PIH

How to peel areas of the body firstly depends on a full consultation of your client, their expectations of treatment and results etc, are they prepared to have a number of treatments with realistic expectations and ongoing management. Be honest too, latent acid scarring needs to be managed really honestly and combining micro-needling may be useful depending on the severity and depth.

## Few Questions?



Q. 1. How long have they had the PIH?



Q. 2. Do they still get active acne flare ups?



Q. 3. Are they planning a holiday?



Q. 4. Do they pick their skin?



Q. 5. What have they tried in the past?



Q. 6. If anything, was it successful?

This type of treatment may need The Perfect Body Lotion and The Perfect Body wash, to assist with the ongoing management of the PIH, before and/or after all product details in your clinic and training manuals.

As you know body areas can take time to peel, they are generally harder than the face, neck and dec.

Use approx 2 vials for both arms, you will have to judge the person's body size.

Don't forget to give the correct corresponding Home Kits.

You may need to repeat this up to 3 times, so explain during consultation.

If you offer 1 face treatment, with one 5ml vial at £200 then a body/arm treatment needs to be double or a little less, don't forget the additional products etc, it's up to you, we suggest not under selling your services, experience, The Perfect Peel® Superblend uniqueness and capabilities etc.

10ml is more than enough, you may not need that much depending on the size of the area 1 vial maybe enough

## Importance of Post treatment Skincare

Glutaceuticals® product line is in harmony with the skin's structure and function, it offers positive results, time and time again, nourishing the cells and systems found in the epidermis. It is critical to replenish the thickness of the spinosum layer and foster the health of the keratinocyte, since these elements are vital in the formation of the epidermis and the preservation of the skin's defensive barriers.

**Reduced Skin Barrier** | The Perfect Peel® Superblend resurfaces the skin by removing the topmost layer, reducing the barrier that typically protects the skin from environmental factors like UV radiation and pollution. Post-peel, your skin requires additional care to protect and nourish it.

**Increased Sensitivity** | Skin can be more sensitive to products post-peel, making it crucial to select gentler, non-irritating products. Avoiding harsh ingredients and opting for soothing ingredients like aloe vera and chamomile can help minimise discomfort and prevent further skin irritation.

**Hydration and Moisture** | Rehydrating and moisturising the skin with a non-comedogenic, fragrance-free moisturiser, like 5-a-Day, which will help restore the skin's natural moisture barrier, promote healing, and prevent flakiness and itching.

**Sun Protection** | Post-peel, skin is more susceptible to sun damage, making diligent use of broad-spectrum sunscreen a necessity. A minimum SPF of 30 is recommended, reapplying every 2 hours in direct sunlight, or more frequently if swimming or sweating.

**Hyperpigmentation control** | If your skin is not adequately protected from the sun after a peel, it can lead to post-inflammatory hyperpigmentation. The use of SPF, as well as skincare products with ingredients like vitamin C, niacinamide, and licorice root extract, can help prevent this.

**Avoidance of Physical Exfoliation** | Post-peel, the skin is already in an exfoliated state, so additional physical exfoliation can cause over-exfoliation, leading to more skin irritation and sensitivity. Avoiding scrubs and using a gentle cleanser can help avoid this.

## My Client is Very Red! - How Red is Too Red?

After The Perfect Peel® Superblend, some degree of redness is normal, as the skin is responding to a controlled form of injury to initiate the healing process and regeneration of new skin. This redness can range from a mild flush (similar to a sunburn) to a more pronounced redness. That said, it's crucial to monitor your client's skin and their reported symptoms.

**Sun Protection** | The skin will be more sensitive to UV light after a peel, so advise your client to avoid direct sunlight and use a high-SPF sunscreen.

**Hydration** | The 15ml 5-a-day is imperative to help soothe and hydrate the skin.

**Avoid Irritants** | It's important to avoid harsh skincare products, makeup, or any activities that may exacerbate the redness or irritation.

Reassure your client that redness post-peel is a common and expected part of the skin's healing process. With proper aftercare, their skin should return to its normal colour and reveal a healthier, rejuvenated complexion.

## Combining treatments

The Perfect Peel® Superblend should be a mainstay in the cosmetic practitioner's armoury, because it can be used to improve a range of skin disorders and can provide an aesthetic benefit. In addition, The Perfect Peel® Superblend may be readily combined with other resurfacing and rejuvenation procedures, to provide synergistic treatment results and more flexibility in tailoring treatments to specific patient/client needs and conditions.

**Toxin** | Typically we suggest approx 2-4 weeks before and after toxin injections.

**Dermal filler** | It's wise to wait at least 4 weeks before and after dermal filler injections.

**Microdermabrasion** | Microdermabrasion prior peeling causes the peel to penetrate more deeply than its intended use. These combinations can be safe while using a superficial peel and when following approved protocols. Commonly suggested guidelines are one pass of microdermabrasion on a low setting. Overzealous microdermabrasion prior to peeling can result in uneven peel penetration and post-inflammatory hyperpigmentation. Medium depth chemical peels penetrate to the papillary dermis. Do you want to risk deeper penetration by microdermabrasion? The deeper the peel penetrates, the greater the potential for scarring, post-inflammatory hyperpigmentation, and infection.

**Ultrasound** | This non-ablative procedure emits high frequency sound waves that penetrate deeply into the tissue while the skin remains intact. Ultrasound strengthens collagen fibres, increases circulation, and stimulates fibroblast cells to produce dermal matrix proteins such as collagen and elastin. This may be a great addition to improve skin quality but not be used on the same day.



**Phonophoresis/Iontophoresis** | Uses ultrasound waves to push topical products deeply into the skin to produce optimal results. It is an effective addition for addressing anti-ageing, pigmentation, and acne. Ultrasound is safe to use prior to certain superficial chemical peels.

**Microneedling** | We, as do most manufacturers, do not recommend pushing a chemical peel through these open channels. Microneedling and chemical peels produce better results as adjunct treatments four to six weeks apart.

**Intense Pulsed Light Therapy(IPL)** | Heat Sources are not appropriate in combination with any chemical peel; heat can induce blistering and post-inflammatory hyperpigmentation. IPL should be an adjunct therapy used four to six weeks before or after a peel for anti-ageing and at least four weeks before or after a peel when treating hyperpigmentation.

**Light Emitting Diode (LED)** | LED converts low-level electrical energy into diffused light energy. Amber and red LEDs stimulate collagen productivity, while red and infrared light reduces inflammation and accelerates the wound healing process by stimulating cell growth and proliferation. LEDs can reduce wound healing rates by up to 50 percent. Although the LEDs themselves do not technically drive heat into the skin, the unit's resistors do. For that reason, consider using LEDs three to four days post peel to calm excessive inflammation.



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