



THE PERFECT PEEL®

*Superblend*



PIGMENTATION  
PROTOCOL

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# THE PERFECT PEEL® SUPERBLEND PIGMENTATION PROTOCOL

## **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 lentigines (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

**Glutathione:** It's a powerful antioxidant that helps lighten the skin and protect skin cells from free radical damage. It can reduce melanin production, which is beneficial for pigmentation disorders.

**Arbutin:** It's a natural lightening agent that works to reduce hyperpigmentation, scars, brown spots, and sun damage. Arbutin inhibits the activity of tyrosinase, an enzyme responsible for melanin production.

**Retinol:** It helps in the renewal of skin cells, repairs damage to deeper layers of the skin, and stimulates the production of collagen and elastin. Retinol can thus aid in evening out the skin tone and improve skin texture.

**Kojic Acid:** It inhibits melanin production by preventing the function of tyrosinase. This can lighten existing pigmentation and prevent new spots from forming.

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

**Vitamin C:** A potent antioxidant that protects against free radical damage and stimulates collagen production, leading to brighter and more youthful-looking skin.

**Tranexamic Acid:** This ingredient helps prevent UV-induced pigmentation, reducing the formation of melanin and post-inflammatory hyperpigmentation.

**Ferulic Acid:** This potent antioxidant combats free radicals and reduces the effect of harmful UV radiation, reducing the chances of hyperpigmentation. The additional ingredients like Squalane, Aloe Vera Extract, Butylene Glycol, and others contribute to the overall moisturising and soothing effect of the product, which can enhance the overall health and appearance of the skin.

### 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 Pigmentation 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 Skin Pigmentation

**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.

## Consultation

- Decide if your client is to "prep" their skin using Hit Reset and 5-a-Day before The Perfect Peel® Superblend Superblend treatment. The duration of this prep is advised as 2- 4 weeks.
- 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® Superblend 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® Superblend 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.
- If not already given for prep, send the client home with Hit Rese, 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

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

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