

THE PERFECT PEEL®

Brought to you by Prfkt®Pro



HINTS, TIPS &
PROTOCOL SUPPORT

Contents

Understanding Peeling Outcomes	2
The Perfect Peel®: Why It Works	3
Pre-Treatment Essentials & Contraindications	4
Degreasing & Application Technique	5
Retinol Wipes – Correct Use for Optimal Peeling	6
Benefits of Using the Moisturiser on Day 3	7
Glutathione Explained (Glutaceuticals®)	8
Expected Peeling Timeline (Day-by-Day)	9
Managing Redness & Irritation	10
Body Peeling – Arms, Back, Chest & Hands	11
Practitioner FAQs	12
Combining Treatments	13



Understanding Peeling Outcomes

Visible peeling varies dramatically between patients. Some peel in large sheets; others flake lightly; some experience microscopic peeling invisible to the eye. All outcomes can still indicate a successful treatment.

Why patients peel differently

1. Skin Type & Thickness

- Fitzpatrick IV–VI may peel less visibly.
- Mature or dehydrated skin often peels more dramatically.
- Oily or thicker skin may resist peeling early.

2. Skin Condition

- Pre-existing barrier impairment may intensify peeling but increase irritation risk.
- Skin that is over-moisturised pre-peel may barely peel at all.

3. Practitioner Technique

- Insufficient degreasing suppresses penetration.
- Too few layers create a lighter response.
- Poor pressure or uneven application causes patchy peeling.

4. Patient Compliance

Most common reasons patients do not peel:

- Moisturiser or SPF applied before peeling starts
- Retinol Wipes skipped
- Washing face too early
- Using actives immediately after treatment

Communicating with patients

“You may peel a lot, a little, or mostly under the surface. All responses can still produce great results. Visible shedding is not the only measure of success.”



The Perfect Peel®: Why It Works

The Perfect Peel® is a medium-depth blended chemical peel combining:

- TCA (Trichloroacetic Acid)
- Retinoic Acid
- Salicylic Acid
- Phenol
- Kojic Acid
- Glutathione

This formulation creates a powerful synergistic effect that improves pigmentation, texture, acne, fine lines, dullness and overall complexion.

Key Ingredient Actions

TCA | Creates controlled epidermal injury and protein coagulation, initiating the peel.

Retinoic Acid | Accelerates cellular turnover and increases peeling intensity.

Phenol | Allows deeper penetration while providing anaesthetic comfort.

Salicylic Acid | Breaks through oil, unclogs pores, enhances penetration.

Kojic Acid | Inhibits melanin production and helps reduce hyperpigmentation.

Glutathione | Neutralises free radicals, suppresses pigment production, brightens, and reduces inflammation.



Pre-Treatment Essentials & Contraindications

Clinical Consultation Essentials

Before performing TPP, determine:

- Patient's pigmentation history
- Acne severity and flare behaviour
- Previous treatments
- History of PIH
- If they pick the skin
- Use of retinoids or actives
- Upcoming holidays / UV exposure
- Barrier health

Contraindications

- Pregnancy or breastfeeding
- Isotretinoin use in last 6 months
- Open wounds, active infection, eczema or dermatitis flare
- Recent laser, waxing or microneedling
- History of keloid scarring
- Severe rosacea or psoriasis active flare

Pre-Peel Preparation

- Discontinue retinoids 7-14 days before
- Avoid exfoliating acids for 5 days before
- Avoid sun exposure 10-14 days before
- Do not moisturise heavily on the day of treatment
- Avoid alcohol-based toners or scrubs 10-14 days before

A well-prepped patient has a more predictable peel and improved healing.



Degreasing & Application Technique

Degreasing is a critical step that determines how deeply the peel penetrates.

Why 70% IPA is essential

- Removes oils that block acid penetration
- Ensures even application
- Reduces risk of trapped debris causing breakouts
- Enhances consistency of peeling
- Maximises results

Technique

- Use a textured/non woven gauze
- Work systematically in sections
- Apply firm, even pressure
- Repeat until all product has gone unless clinical endpoints are evident
- Avoid upper eyelids as a beginner or ready your patient for swelling post peel

Applying The Perfect Peel®

- Apply 1st layer evenly using firm pressure
- The “frosted” look is normal in some areas, but not a prerequisite/indicator of a ‘good’ peel
- Apply a 2nd layer based on skin thickness and tolerance
- Fan may be used for comfort
- Do not neutralise

Peel is left on for 6/8 hours before being washed off by the patient.



Retinol Wipes: Correct Use for Optimal Peeling

The Retinol Wipes included in the Home Kit significantly intensify peeling.

Purpose of Retinol Wipes

- Reactivates retinoic acid from the peel
- Increases peeling depth
- Enhances brown spot lifting
- Encourages uniform shedding
- Essential for acne and pigmentation cases

Instructions

- Night of Day 1: Use wipe 1 (same wipes so either)
- Night of Day 2: Use wipe 2 (same wipes so either)
- Avoid areas that were not treated
- Do not moisturise after using wipes
- Do not rinse

Skipping these wipes is the cause of reduced peeling.



Benefits of Using the Moisturiser on Day 3

Four major benefits

1. **Hydrate** | Restores moisture barrier and rebalances new skin.
2. **Nourish** | Sweet almond oil, and 1% hydrocortisone
3. **Soothe** | Reduces redness and irritation.
4. **Patience & Consistency** | Skin barrier repair takes time; discourage product mixing.

When to start moisturising?

- **Day 3, on new skin only**
- Avoid applying onto skin that is still peeling
- Over-moisturising slows shedding



Glutathione Explained (Glutaceuticals®)

Glutathione is the world's most powerful intracellular antioxidant and the signature ingredient that distinguishes The Perfect Peel®.

Why it has a smell

Sulphur atoms within glutathione create a noticeable scent, this is normal and indicates the presence of the active ingredient.

How to explain to patients:

- “The smell means the antioxidant glutathione is present.”
- “Sulphur is what makes glutathione so effective.”
- “It fades quickly and is part of the peel’s strength.”

Benefits in The Perfect Peel®

- Reduces oxidative stress
- Suppresses melanin production
- Brightens pigmentation
- Reduces inflammation
- Detoxifies pollutants and heavy metals
- Improves overall skin clarity



Expected Peeling Timeline (Day-by-Day)



Day 1 (Treatment Day)

- Tightness
- Warmth
- Darkened or bronzed appearance

Day 2

- Increasing tightness
- Skin appears darker and leathery

Day 3

- Peeling begins around mouth and nose
- Skin cracks like “lines on a dry leaf”
- Avoid sun exposure

Day 4-5

- Sheets of peeling
- **DO NOT** pick, pull, or cut peeling skin

Day 6-7

- Residual flaking
- Pink fresh skin visible
- Begin moisturising new skin

Day 7+

- Skin refines
- Pigmentation gradually decreases
- Full results continue developing for 4–6 weeks



Managing Redness & Irritation

Some degree of redness is normal. This is a controlled injury that initiates healing.

Normal

- Pinkness
- Mild warmth
- Dryness
- Taut, shiny appearance

Caution

- Stinging
- Hot patches
- Localised sensitivity around nose/mouth

Red Flags

- Sudden swelling
- Heat that persists for days
- Sharp burning
- Blistering
- Crusting not associated with normal peel lifting

Management

- Avoid makeup until peeling ends
- Use only Home Kit products for the 3-5 days
- Introduce a Non-Moisturising SPF such as Front Cover from our Glutaceuticals® range ONLY when peeling begins
- Avoid sweating, steam rooms, heat treatments



Body Peeling (Arms, Back, Chest & Hands)

Body skin peels differently due to increased thickness and reduced oil gland density.

Key considerations

- Expect slower, more subtle peeling
- More resistant pigmentation
- Repeat treatments often required

Vial Use

- Arms: approx 1-2 vials depending on arm size
- Back/chest: 1-2 vials
- Hands: ½ vial

Supportive products

- Perfect Body Wash
- Perfect Body Lotion

Especially for PIH, acne, and back/arm congestion.



Practitioner FAQs



Q. Is The Perfect Peel® suitable for all ages?

A. Typically 18–75 depending on skin health.



Q. Can patients go in the sun?

A. 4-6 weeks either side of application so no rebound pigmentation occurs. Not until peeling stops. Strict SPF thereafter.



Q. Can makeup be used?

A. Once peeling completes and skin no longer feels tender.



Q. Can peeling happen without visible sheets?

A. Yes, biochemical peeling happens regardless of visible shedding.



Q. When can actives be resumed?

A. Usually Day 7-10, depending on skin sensitivity.



Combining Treatments

Safe with The Perfect Peel®

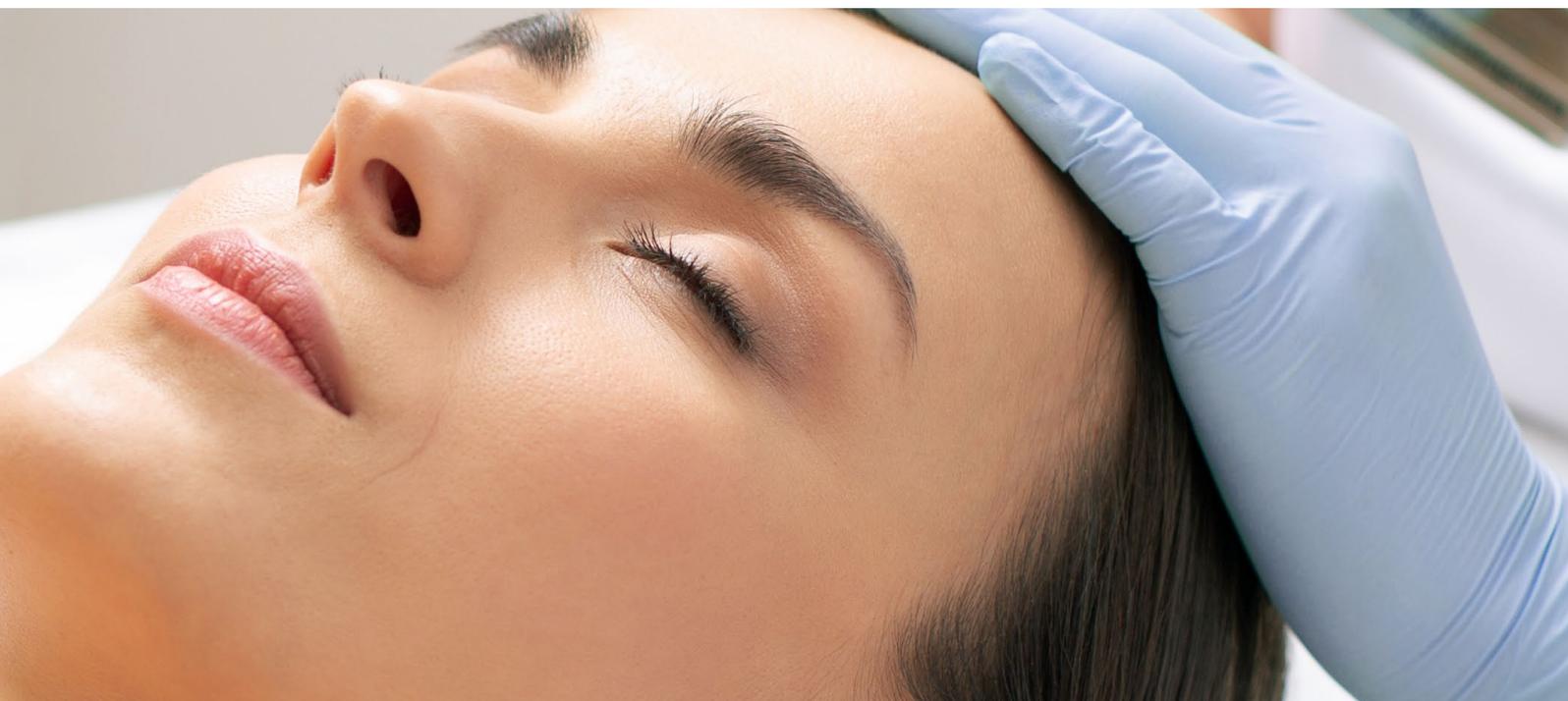
- Toxin: 48 hours before or 10-14 days after
- Microneedling: 4 weeks after
- Polynucleotides: 1 week after
- Exosomes: 1 week after
- LED: 3-5 Days after

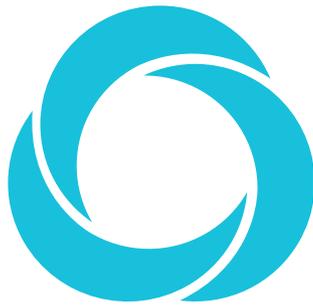
Use with Caution

- Microdermabrasion prior to peel
- IPL pre peel
- Laser resurfacing requires careful consideration

Avoid

- Heat-based treatments same day
- Harsh mechanical exfoliation
- Strong acids within 2 week





THE PERFECT PEEL®

Prfkt® *Pro*

