

# Face To Face Esthetics

## PROGRESSIVE SKIN PEELS

FYI

### DEFINITION

Progressive skin peeling is the application of one or more topical acids or enzymes to the skin resulting in the removal of the outermost layer of the skin called the stratum corneum or epidermis. As a result, regeneration of new and healthier looking skin appears in days to weeks. **Progressive Skin Peels** are classified as *light, standard, moderate or intense* depending upon the degree of penetration and amount of skin removed. This information sheet refers to **Light Skin Peels**. These peels provide results with no “down time.” A series of multiple peels is usually performed to achieve the desired effect and results.

### BENEFITS OF SKIN PEELING

- Lifts away dead skin cells (exfoliation)
- Stimulates skin at the basal layer, which increases cell renewal
- Smooths the outer texture of the skin
- Evens skin tone, lightens and brightens skin, helps fade hyperpigmentation
- Firms and tones skin
- Diminishes fine lines
- Minimizes enlarged pores
- Reduces sebaceous (oil) activity
- Improves acne conditions
- Reduces the appearance of scars
- Draws out impurities
- Promotes overall healthier skin and hydration

### TYPES OF LIGHT PROGRESSIVE SKIN PEELS

These peels are usually done in a series of treatments every 3-4 weeks for an average of 6 treatments, and have no down time. After an initial series of treatments, maintenance peels are done periodically to maintain results.

- Alpha Hydroxy Acids (AHA)
  - Glycolic: Derived from sugar cane
  - Lactic: Derived from milk
- Beta Hydroxy Acids (BHA)
  - Salicylic (low concentrations)
- Trichloroacetic Acid (TCA)
- Jessners / Modified Jessners
- Enzymes
  - Cherry
  - Papaya & Pineapple

After a thorough consultation and examination of your skin, your esthetician will determine what type of peel or combination of peels is best suited to treat your type and condition(s).

### GUEST CONSULTATION

- Prior to your first treatment, a complimentary consultation will be performed so that your esthetician can determine the best type of peel and treatment protocol to address your particular skin concerns, skin type and condition.
- You will be asked to complete Client Health History to assist your esthetician in evaluating your skin history and concerns and to assess for any contraindications to the chemical peel.

- A patch test to assess for allergic response to the peel solution will also be done at this time.
- An important part of the success and results of these skin peeling treatments is dependent upon following a prescribed home care regimen designed for your individual skin condition. You may be asked to begin a pre-treatment regimen for 2-4 weeks prior to your first skin peel depending on your specific skin needs and current home care regimen.

### **SIDE EFFECTS**

- Depending upon the type of skin peel used, a reaction similar to a mild sunburn (such as redness) may occur during and/or after the treatment. Progressive skin peels may result in redness that lasts 12-48 hours, followed by scaling or peeling that resolves in few days.
- It is important not to scratch, pick, or rub the skin to avoid risk of scarring or infection.
- Complications are rare with light progressive skin peels but can include: scabbing, scarring, hyperpigmentation, reactivation of oral herpes (cold sores), or infection.
- If you are prone to oral herpes (cold sores) it is recommended that you obtain a prescription antiviral medication from your doctor, such as Zovirax. It is recommended that you begin taking this medication 2 days prior to your chemical peel to avoid an outbreak and continue for 5 days after the peel. Alternatively, you can take a zinc supplement beginning 2 weeks prior to the peel and continue for 5 days after the peel.

### **GUEST COMPLIANCE**

- It is important to read and follow the pre- and post-treatment instructions carefully to ensure the success of your treatment.
- *You must avoid sun both before and after a skin peel.* Tanning (including tanning beds) is counterproductive to peeling and a contraindication to treatment. If you tan, less assertive skin care treatments will be recommended.

### **CONTRAINDICATIONS** *(List is not all inclusive)*

- If you have undergone treatment with Accutane in the previous 12 months, progressive skin peels cannot be performed.
- If you are pregnant or lactating, progressive skin peels cannot be performed.
- If you have had laser resurfacing within one year, progressive skin peels cannot be performed.
- If you have had a phenol or other deep peel within two years, progressive skin peels cannot be performed.
- If you are diabetic and have poor healing you are not a candidate for a progressive skin peels.
- If you have a tendency to form keloid (thick/raised) scars, you are not a candidate for a progressive skin peels.
- If you have an autoimmune disease (such as lupus, HIV/Aids) you are not a candidate for a progressive skin peels.

If you are not a candidate for a progressive skin peel, your esthetician will gladly discuss other skin care treatments to address your skin concerns and improve the appearance of your skin.

### **CONSENT FORM**

You will be asked to read and sign a consent form prior to your treatment.