

# Peel Fundamentals for the Skin Care Specialist

To ensure the execution of proper procedures, client safety and comfort, outlined below are basic peel fundamentals we recommend adding to your protocols.

- Always have client fill out a current health history intake form, and check for any contraindications prior to performing any peel treatment.
- A patch test is recommended to eliminate the possibility of client having an adverse allergic reaction.
- Prior to applying a Skin Fitness Therapy peel or enzyme, prep client's skin with **Lactic Acid 10% Peel Prep**. This brings down the PH of skin and allows for proper product penetration. Additionally, this will be the first step in gauging your client's level of sensitivity. After applying peel prep to area to be treated, ask client, on a scale of 1 (no sensation) to 10 (the most) how they are feeling.
- Begin peel treatments progressively, beginning with a more mild peel/enzyme and progressing to more aggressive treatments as you learn your client's skin type and tolerance.
- Keep your eyes on client's skin at all times so you will be ready to remove the product immediately, if necessary. It is normal for client to experience some tingling or light stinging. This should subside after a few minutes.
- Skin Fitness Therapy peels/enzymes may be massaged into skin with the 7-Step Micro Massage Technique. Do not perform heavy manipulation, or omit massage completely for very sensitive skin types, or skin afflicted with painful acne lesions. Do not perform facial massage while Salicylic 20 or 35% peels are on the skin.
- Steam may only be used with enzymes, as steam will further enhance treatment and activate fruit enzymes. Do not utilize steam on skin while a peel is on, as this can increase sensitivity, reactions and skin burns. If skin can tolerate, light steam may follow after peel has been completely removed, or during facial massage.
  - Acceptable products to use with steam while product is on the skin:
    - Cranberry Enzyme
    - Hyper-Pigmentation Enzyme (light steam)
    - Vitamin C 30% Enzyme (Liquid Activator & Powder)
    - Pumpkin Enzyme (Liquid Activator & Powder)
- Always remove peels with cool/tepid water, never hot water or warm/hot towels. Enzymes may be removed with warm towels.
- After removing peel completely, check in with client to ensure that there is no lingering tingling sensation. Common areas to check for are the hairline and nasal area. Play it safe and remove peel twice, an optional cleanse may also be performed to ensure the peel has been neutralized and removed.
- To protect sensitive skin areas or to create a light barrier on the skin to prevent over-exfoliation, a small amount of **Pure Oxygen Serum** may be applied to skin prior to peel application. This is especially recommended for sensitive areas like the thin skin around eyes, and nasal folds.
- To aid in skin's repair process, it is always recommended to apply **Rapid Recovery Serums** – Pure Oxygen Serum & EGF Protein Complex -- when completing a peel/enzyme treatment, prior to any other target serums and moisturizer.
- If skin is red, irritated or inflamed, **Calm Balm** should be applied to cool down any hot spots.
- Post-peel, recommend appropriate products to client, such as the **Post Peel Recovery Kit**, to accelerate healing and enhance results.
- Provide client with specific post-peel instructions.