Spa & Aesthetics & DERModality™

Chemical Peels Used in Protocols

- H2t Pumpkin Peel 30
- Retinol 10/10 Vitamin A
- Retinol 15/15 “Long Island Ice Tea” Peel
- T.C.A. Formula 2
- T.C.A. Signature Peel
- T.C.A. Pinnacle Peel
- Lactic Acid 30%
- C: Vitality Peel 25% AHA
- Glycolic Acid Pads 20%
- Glycolic Acid 4oz 30%
- Salicylic Acid 20% 4oz
- Modified Jessner Peel 4oz

Post-treatment Necessities

- Aloe-sone Sooth Post Treatment Cream
- SunMoist SPF 30 Sun Block

Pre & Post Treatment & Skin Revitalizing Needs

- HQ Lightening Gel
- Vitamin C: Intense
- Hyaluronic: C Ester

Acne & Post Treatment Tools

- 10% Glycolic Acid w/2% Salicylic Acid
- Vitamin A: Intense
- M: Corrective Clarifying Serum
Fitzpatrick Skin Types

I. Always Burns, Never Tans

II. Always Burns, Sometimes Tans

III. Sometimes Burns, Always Tans

IV. Rarely Burns, Always Tan

V. Moderately Pigmented

VI. Black Skin
Chemical Peel

Men and woman alike share a common desire to have healthy, youthful skin. Exposure to the sun and the elements in combination with adverse living habits contribute to the appearance of our skin. Chemical peels are increasingly popular with those who are unhappy about acne scarring, sun-damaged skin, age spots, freckles, fine lines rough skin, and uneven pigmentation. A chemical peel is not limited to the face, and can be performed on the neck, chest, hands, arms, shoulders, and legs-just about anywhere!

What is a chemical Peel?
Chemical Peels are topically applied acids that aid in the restoration and rejuvenation of the skin’s surface. They create a uniform and controlled shedding of several layers of the skin. Depending on the nature and depth of the peel, a significant number of layers can be exfoliated allowing new growth to be exposed, creating fresh vibrant appearance.

Who are the candidates?
Your skin type and the results you are aspiring to achieve will determine if you are a candidate, as well as which class of peel is most appropriate.

What are the benefits of a Chemical Peel?
Chemical peels can enhance your appearance by reducing blotchy and uneven pigmentation, fine lines and wrinkles, freckling, age spots, sun-damaged skin, and acne scars in a relatively brief measure of time. Chemical peels accelerate the production of new cells. Enjoy fresh smooth skin-immediately after your first treatment.

What are the side effects?
Chemical peels have become increasingly popular because of the array of advantages and relative lack of complications. Side effects are rare and usually temporary. Some side effects include uneven pigmentation, redness, and very infrequent scarring if the skin is not cared for appropriately. Sun protection is crucial to minimize the risk of side effects. A treatment program of individually suited products and sun protection will benefit your skin’s ability to maintain the results of the peel.

Types of Chemical Peels
Chemical peels are classified as superficial, medium, and deep peels.

Superficial Peel
This is designed to help smooth coarse, dry skin, improve the texture of sun-damaged skin, and even out skin tone. The recovery is generally rapid and usually involves some minor flaking. A series of treatments is ordinarily recommended to obtain the desired result over a period of time. Typically, there is no down time and with the appropriate sun protection, you can resume regular activities immediately.

Medium Peel
Medium peels contain a stronger potency of acids. Medium peels target the epidermis and upper dermis and cause the skin to slough within 5 to 7 days. Immediately after treatment the skin has a red appearance and is occasionally accompanied by swelling. Within a day the skin turns brown in color, and after 3-4 days the skin initiates the peeling process.

Deep Peel
Deep peels produce the most dramatic results. This peel is recommended for treating wrinkles, scars, blemishes and, in some cases, precancerous skin lesions. A deep peel targets the dermis. In some cases, anesthesia is required during the procedure to reduce the warm to hot stinging sensation. After a deep peel, the skin is red and result in some swelling and blistering. A crust may form and the skin will turn brown just prior to peeling. Many layers of skin will peel over a period of 1 to 2 weeks. An ointment may be given to keep the area moist. Temporarily, the new skin will have the color and sensation of significant sunburn, which will gradually fade to your normal skin color.
Trichloroacetic acid (TCA) has been a familiar peeling agent in the medical spa since the early 1980’s. Many physicians and clinicians believe that TCA is the gold standard of peeling agents. The product comes in varying strengths, beginning at 7 and 10% and moving up in 5% increments. TCA must be mixed in an aqueous solution to penetrate the skin. Preparation of the peel solution and the subsequent analysis of percentage are complex and important components of the TCA peeling process. Done incorrectly, the percentage will not perform as predicted, creating either a peel that is too deep or one that is too light. Therefore the TCA product that you buy must come from a reputable source that is familiar with mixing and preparing peeling solutions. The process and engineering of the blend for specific use is as important as the application of the chemical.

The mechanism of TCA injury is protein coagulated in the dermis and epidermis. This mechanism is of course, quite different than that of alpha hydroxyl acid (AHA) or Jessner’s solution. The benefits of TCA are many. But among the most notable is the ability to adjust the depth to fit the skin problem. For example, for patients who require only epidermal improvement, a single application of TCA peel 10% to 15% will be effective. On the other hand, if the problems are in the papillary dermis, a stronger solution or more application passes can be applied (including DERModlaiy’s 10/10 and Long Island Ice Tea Peel). A word of caution should be noted at this time: the number of coats or volume of solution will increase the depth of the peel. The percentage of solution you are using does not matter; the more coats you put on, the deeper the peel will be. Why? Remember the mechanism of action: TCA coagulates the dermal and epidermal proteins. Simply stated, the more solution that is applied, the deeper it will go looking for protein to neutralize itself (figure cell-1). Other benefits that TCA brings include an improvement for all skin types (we will later discuss necessary safety measures for hyperpigmenting skin) and good results with a single application.

As with all other peeling agents, TCA peels must be examined carefully. The process of patient consultations and selection, recognizing the proper indications and contraindications, the peeling process, and the aftercare all affect the patient’s outcome. Given that TCA can dramatically affect the patient’s appearance in one treatment, a lot of interest in the treatment can be found.
Selection of Peel Concentration and Timing
To achieve a successful peel, it is important to monitor carefully the condition of the client’s skin during the procedure. Note: cold or dry weather may enhance skin reactivity. A peel may need to be terminated more quickly in the summer compared to winter months in California.

Side Effect of a Superficial Peel
Clients may experience the following sensations and conditions following a peel procedure: Redness (erythema), stinging, itching, burning, tightness, minor swelling and peeling of the superficial layer of skin. These sensations gradually diminish over the course of a week.

Superficial peels may also cause peri-oral dermatitis, and acne flare ups, or a herpes simplex flare ups (particularly if no prophylactic antiviral treatment is indicated).

Some clients may experience hyper- or hypopigmentation after a superficial peel. If left untreated, these conditions generally resolve with time. However, hypopigmentation responses may take longer to resolve and may be permanent. Peeling should not be repeated on patients having unresolved changes in pigmentation.

WARNING: If the peel is left on the skin for longer than the recommended treatment time or goes too deep, potential side effects may include:

- Moderate to severe erythema
- Epidermolysis
- Post inflammatory hyper- or hypopigmentation
- Blistering and peel
- Scarring
- Sun Sensitivity

Contraindications
- Rosacea
- Accutane (must be off for 6 months)
- Pregnancy or Lactating
- Active cyst/Acne
- Cold sores
- Drugs that cause photosensitivity
- Clients that are not using blocks or SPF daily
- Retin A (need to be off of Retin A for 1 week prior to your first chemical peel
- Recent plastic surgery or recent medical procedures
- Open lesions
- Sunburn

Revised 11/10/10
Patient Profile/Progress Report

Last Name___________________   First___________________ Middle_________________________

BirthDate_________Address__________________________________State_____Zip_______Home Ph.___________
Work Ph.______________ CellPhone____________________Email_____________________________

Date of First Visit__________ Skin Health Counselor______________ Physician ________________

PATIENT PROFILE HISTOLOGY

Allergies_____________________________Medications______________________________________
Bleaching Cremes __________________RentinA____________________________________________
Have you ever taken Accutane?_____ When__________ Dosage_____________ Months___________
Have you used Tretinoin?____ %____ Do you have herpes simplex?___ Valacyclevir__Zovirax__Vatrex___
Skin tans?__Skin Burns?__Pre Cancerous Lesions?__________ Lesion Removal?________ When________
Mole Removal?____ When?_______ Hair Removal?_________ Wax _______________ Electrolysis___Laser_______
Permanent Makeup?____________________ Other__________________________

PREVIOUS RESURFACING PROCEDURES (please give dates)
Pumpkin Peel_____Retinol_____Dermabrasion________TCA_______Glycolic_____Salicylic______
Other Treatments______________________________________________________________

HOME SKIN CARE PRODUCTS

Cleanser__________________Times/Day_________Toner/Astringent___________________________
Moisturizer_____________________EyeCream____________________Exfoliator____________________
SunscreenUse__________________________Other______________________Makeup______________

AREAS OF CONCERN

Lines/Wrinkles___ Skin Texture__ Skin Elasticity__ Even Color Tone__ Psoriasis/Eczema__ Acne Scars__
Acne (pimples, whiteheads, blackheads)___ Skin Disorder____________________________________
Other Concerns________________________________________________________________________

PATIENT SKIN ANALYSIS

Oily___ X-Dry___ Dry___ Normal___ Combination___ Thick___ Thin___ Normal___ Other___
Wrinkles_________ Fine__________ Deep_________ Acne__________ Type_________ Acne__ Scars__________ Other___
Scaring______________________________________________________________
Keloics____________________ Scarring__________________ Pigmentation________________________
Telangectasias_______________Milia____________________ Comedones_________________________
Enlarged Pores_______________Elastosis__________________ Keratosis_________________________

SKIN COLOR ANALYSIS

Caucasian                    Light__ Medium__ Dark__ Very Dark__
African American         Light__ Medium__ Dark__ Very Dark__
Asian                         Light__ Medium__ Dark__ Very Dark__
Indian                      Light__ Medium__ Dark__ Very Dark__
Hispanic                      Light__ Medium__ Dark__ Very Dark__
Ethnic Combination_____________________________________

Page 5
CONSULTATION

FOR OFFICE USE ONLY

SKIN DESCRIPTION: ____________________________________________________________
__________________________________________________________________________
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RECOMMENDED TREATMENTS: __________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

RECOMMENDED PRODUCTS: ____________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Useful Support Items
Post-Peel Care for One Week

**Directions**

**AM & PM**

1. Wash face with gentle cleanser (h2t Cream Cleanser).
2. On dry skin apply DERModality™ Aloe-sone Cream (anti-inflammatory cream) as needed for sensitivity and intensive moisturizer for dryness as needed.
3. For AM don’t forget your SPF 30 Sunblock DAILY (SunMoist SPF 30).
4. For a few days skin may feel dry & flaky.
5. Can use only powder or mineral make-up as soon as the next day.
6. No Liquid or cream make-up for 1 week after peel.

*To promote the healing process*, clients should be advised to avoid the following:

- Products containing AHA’s
- Salicylic Acid
- Lactic acid
- Retinoid (Retin A), Vitamin A - or other potentially irritating topicals until the skin returns to it’s normal condition.
- Pumpkin peel
- The use of abrasive or exfoliating sponges on the area.
- Sun exposure
- Artificial tanning devices
- Direct heat sources until the skin is fully healed.

**DO NOT**: FOR ONE WEEK

- Have a facial during the healing process
- Peel the skin
- Pick the skin
- Scrape the skin
- Use an mask on the skin
- Use a active moisturizer
- Have any waxing services
- Rub the skin
- Have any electrolysis
- Use any depilatories
- Use a loofah
- Color Hair
- No Liquid make-up for 1 week (use micronized mineral make-up)
- No Permanent make-up for a week (make sure you protect clients Permanent make-up with Vaseline)
- Do not work out
- Do not go into hot tub
- Do not drink alcohol for 3 days after chemical peel

Revised 06/19/12
Page 12
DERModality™ Chemical Peel & Layering Program

This Program was designed to correct the following concerns:

- Hyperpigmentation (Melasma) Superficial
- Acne/Acne Prone Skin
- Wrinkles
- Uneven Skin Texture and appearance
- Acne Scaring

Start by pre-conditioning skin with h2t Pumpkin Peel 30% AHA for a minimum of 4 weeks. If skin is a Fitzpatrick 5 or 6 pre-conditioning may necessary for up to 10-12 weeks in order to have better control of the overall success of the peel.

- DERModality hq Lightening Gel is to be used on a daily basis during the pre-conditioning process in order to stabilize the Melanin – “No exceptions”.
- For all Fitzpatrick types (1-6) suffering from hyperpigmentation mix DERModality Vitamin A: Intense in conjunction with DERModality hq Lightening Gel every evening.
- OUR TREATMENT PROCESS CALLS FOR 3 CHEMICAL PEELS between a 6 - 9 week period (the treatment cycle will be determined by the skins response to each peel). If the skin is highly sensitized by the chemical peel a longer period between treatments may be required.
- You will begin the chemical peel process after a minimum of 4 weeks of pre-conditioning

1st Chemical Peel should be the “Long Island Ice Tea” Peel. With the completion of each chemical peel the skin will become brighter with more even texture. IF the concern is hyperpigmentation and or acne scarring, a noticeable visual change should be seen. You will also find that the skin will begin tightening almost immediately while the pores will appear significantly smaller.

See your client 1 week after each chemical peel. We strongly recommend an h2t Prescription Active Blending facial (h2t Prescription System facial) 1 week post Chemical treatment.

- You will need to read the skin prior to determining the aggressiveness of the next chemical peel

2nd Chemical Peel (1st TCA layered peel) about 3 weeks after 1st chemical peel.

See your client 1 week after each chemical peel. We strongly recommend an h2t Prescription Active Blending facial (h2t Prescription System facial) 1 week post Chemical treatment.

- You will need to read the skin prior to determining the aggressiveness of the next chemical peel

3rd Chemical Peel (2nd TCA layered peel)

See your client 1 week after each chemical peel. We strongly recommend an h2t Prescription Active Blending facial (h2t Prescription System facial) 1 week post Chemical treatment.

TOTAL OF (3) CHEMICAL PEEL TREATMENTS (3) WEEK INTERVALS

Maintenance Program for 6 weeks after final chemical peel

In the next 6 weeks you will treat your client with:

- h2t Prescription Active Blending facial (h2t Prescription System facial)
- Extractions

NO CHEMICAL PEELS during this period

After 6 weeks - If you need to continue chemical peel treatments, restart a modified skin rejuvenation program until skin is completed.

Page 13 (Revised 1/12/11)
Protocol Rated by Level of Aggression

1. C:Vitality Peel 25% AHA
2. Lactic Acid Peel 30%
3. H2t Pumpkin Peel 30 Treatment – pH 3.1
4. Layering C:Vitality Peel 25% under h2t Pumpkin Peel
5. Layering Lactic Acid 30% under h2t Pumpkin Peel 30
6. Glycolic Acid Pads 20%
7. Retinol 10/10 – (10% Pure Refined Retinol with 10% Lactic Acid – pH 2.2)
8. Glycolic Acid Peel 30%
9. Salicylic Acid Peel 20%
10. “Long Island Ice Tea” Peel (15% Pure Refined Retinol with 15% Lactic Acid – pH 2.2
11. H2t Pumpkin Peel 30 Treatment Layered with Retinol 10/10
12. H2t Pumpkin Peel 30 Treatment Layered with “Long Island Ice Tea” Peel
13. TCA Formula 2 Peel – pH 1.7 @ 7% TCA w/2% Salicylic Acid
14. Salicylic Acid Peel Layered under Long Island Ice Tea Peel
15. 2 Layer Peel (1): H2t Pumpkin Peel 30 Treatment Layered with TCA Formula 2 Peel
16. 2 Layer Peel (2): TCA Formula 2 Peel Layered with Retinol 10/10
17. 2 Layer Peel (3): TCA Formula 2 Peel Layered with “Long Island Ice Tea” Peel
18. 3 Layer Peel (1): H2t Pumpkin Peel 30 Treatment 2nd Treatment TCA Formula 2 Peel Layered with Retinol 10/10
19. 3 Layer Peel (2): H2t Pumpkin Peel 30 Treatment 2nd Treatment TCA Formula 2 Peel Layered with “Long Island Ice Tea” Peel
20. TCA Signature Peel – pH 1.2 @ 10% TCA w/2% Salicylic Acid
21. 2 Layer Peel (1): H2t Pumpkin Peel 30 Treatment Layered with TCA Signature Peel
22. 2 Layer Peel (2): TCA Signature Peel Layered with Retinol 10/10
23. 2 Layer Peel (3): TCA Signature Peel Layered with “Long Island Ice Tea” Peel
24. 3 Layer Signature Peel (1): H2t Pumpkin Peel 30 2nd Treatment TCA Signature Peel Layered with Retinol 10/10
25. 3 Layer Signature Peel (2): H2t Pumpkin Peel 30 2nd Treatment TCA Signature Peel Layered with “Long Island Ice Tea” Peel
26. TCA Pinnacle - 1.0 pH @ 15% TCA w/2% Salicylic Acid
27. 2 Layer Peel TCA Pinnacle (1): H2t Pumpkin Peel 30 Treatment Layered with TCA Pinnacle
28. 2 Layer Peel TCA Pinnacle (2): TCA Pinnacle Layered with Retinol 10/10
29. 2 Layer Peel TCA Pinnacle (3): TCA Pinnacle Layered with “Long Island Ice Tea” Peel
30. 3 Layer TCA Pinnacle (1): H2t Pumpkin Peel 30 2nd Treatment TCA Pinnacle Layered with Retinol 10/10
31. 3 Layer TCA Pinnacle (2): H2t Pumpkin Peel 30 2nd Treatment TCA Pinnacle Layered with “Long Island Ice Tea” Peel
32. Modified Jessner Peel
# List of suggested prices for treatments

<table>
<thead>
<tr>
<th>Suggested Patient/Client Cost</th>
<th>Treatment Description</th>
</tr>
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<tbody>
<tr>
<td>$ 80 - $110</td>
<td>Retinol Peel 10/10 (Vitamin A Retinol 10% Lactic Acid 10%) (a la cart)</td>
</tr>
<tr>
<td>$110 - $150</td>
<td>Retinol Peel 15/15 “Long Island Ice Tea Peel (a la cart)</td>
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<tr>
<td>$ 75 - $125</td>
<td>C: Vitality Peel 25% AHA</td>
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<tr>
<td>$100 - $150</td>
<td>C: Vitality or Lactic Peel Layered w/h2t Pumpkin Peel</td>
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<td>Retinol Peel – Double Layer with Pumpkin Peel 30</td>
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<td>$135 - $250</td>
<td>T.C.A Formula #2 (a la cart)</td>
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<td>T.C.A. Signature Peel (a la cart)</td>
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<td>$225 - $350</td>
<td>T.C.A Pinnacle Peel (a la cart)</td>
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<tr>
<td>$175 - $275</td>
<td>2 Layer: Pumpkin Peel – T.C.A Formula 2</td>
</tr>
<tr>
<td>$200 - $300</td>
<td>3 Layer: Pumpkin Peel – T.C.A. Formula 2 &amp; Retinol 10/10 or 15/15</td>
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<tr>
<td>$250 - $350</td>
<td>2 Layer Signature Peel/Pinnicle/Salicylic Acid &amp; Retinol 10/10 or 15/15</td>
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<tr>
<td>$200 - $300</td>
<td>Modified Jessner</td>
</tr>
<tr>
<td>$600 – $1,500</td>
<td>T.C.A. Series of 3 Chemical Peels - Including h2t prescription System (Added Value) &amp; Follow-up Facial Services</td>
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</table>

Revised: 6-20-12

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DERModality PEELS

(1) 2oz Pinnacle Peel 325.00 x 20 = $6,500.00
(1) 2oz Signature Peel 300.00 x 20 = $6,000.00
(1) 2oz T.C.A. Formula 2 Peel 200.00 x 20 = $2,000.00
(1) 2oz Retinol 10/10 Peel 110.00 x 18 = $1,980.00
(1) 2oz “Long Island Ice Tea Peel” 135.00 x 18 = $2,430.00
(1) 25oz H2t Pumpkin Peel 30 70.00 x 55 = $3,850.00
Total Income $22,760.00

Series of Peels

TCA series of 3 Dermodality chemical peels including follow-up Prescription System Treatments range from $700-$1500. The range of cost often is determined by experience and location of spa or clinic.
Pre-conditioning Skin

- Skin Pre-conditioning is to prepare the skin before any treatment.
- You may not start a series of chemical peels before pre-conditioning prior to EACH peel.
- The longer you “prep” the skin the better the results.
- The skin should be pre-conditioned for 4 weeks minimum and up to 8-12 weeks for Fitzpatrick 5 & 6 with DERModality™ “home support system products for chemical peels” to insure quality results. If client is a Fitzpatrick 5 & 6 you must not offer a chemical peel before pre-conditioning with DERModality™ HQ Lightening Gel & Vitamin A: Intense.
- Hydroquinone is a Skin Lightening agent that inhibits & suppresses melanin making the skin more even & easier to peel.
- “Home pre-conditioning support system products for chemical peels” include: HQ Lightening Gel, Vitamin A: Intense and or h2t Multi-fruit Pumpkin Peel.
- Spa & Aesthetics “Professional pre-conditioning support system pre-treatments” must include: h2t Pumpkin Peel 30, Retinol 10/10 or Long Island Ice tea Peel (Retinol 15/15).

❖ Home usage: AM or PM – every other day until skin is acclimated. Apply 2 to 3 drops of hq Lightening Gel and or Vitamin A: Intense all-over the face, and neck and even chest if you’re planning on doing that area; extra on dark areas – finish with Sun-block SPF 30 and up if using AM.

Revised 11/10/10
I, _____________________________, Consent to the treatment known as superficial chemical peel. The treatment has been explained to me and I have had the opportunity to ask questions. I understand that the procedure may cause swelling or puffiness of my face or ________________ (body site treated) that may be uncomfortable. The procedure may cause my skin to appear red and peel like a sunburn. During and after the procedure, the following may be experienced: redness, stinging, itching, burning, mild pain, tightness, peeling and scabbing of superficial layers of the skin. These sensations will gradually diminish over the course of a week as the skin returns to normal. Some clients may react differently. In severe cases the skin may turn very red. The skin may be uncomfortable and look like a very bad sunburn. The peeling usually last about three to seven days, although it may last longer. Some only flake a little but will still get great rejuvenating results.

I understand that there is risk of developing temporary or permanent pigment (color) change in the skin. There is also a small incidence of flare of acne-like lesions after the peel. There is a rare incidence of scarring and infection. I have been given a copy of the post-peel instructions and have reviewed them.

Print Client’s Full Name _____________________________ Date

______________________________
Client’s Signature

Date

______________________________
Witness Name/Signature

Date

I have received all Post Care Sheets and they have been completely explained Date

Revised 09/08/12

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Photo Release:

For the value received and without further consideration, I hereby assign __________________________ all rights, title and interest in and to all photography, pictures, or images that were taken of me or in which I may be included with others. I understand and acknowledge that __________________________ will have the right to (a) use, adapt, modify, reproduce, distribute, publicly perform and display and create derivative of the photos, either alone or in combination with other materials in any medium or technology now known or hereinafter created and for any purpose whatsoever, and (b) register any copyright that encompasses the photos in Spa & Aesthetics Distribution name. I also grant Spa & Aesthetics Distribution to perpetual and irrevocable right to use, reproduce and distribute, and publicly perform and display my name, likeness and biographical material in connection with the photos.

I hereby release, waive and discharge Spa & Aesthetics Distribution for any and all claims and demands arising out of or in connection with the use of the photos and my name, likeness, and biographical material, including without limitation and all claims for defamation, infringement of copyright right publicity, moral rights to invasion of privacy. I represent that I (a) am at least 18 years of age and have rights to contract in my own name. This release will be binding upon me and my heirs and legal representatives.

DATE_________________________ WITNESS ________________________________

NAME ____________________ SIG NATURE ________________________________

ADDRESS ________________________________

CITY ____________________ STATE _______ ZIP ________________

PURPOSE OF PHOTO ________________________________
Start by Pre-conditioning Skin For a min. 4 Weeks w/ Pumpkin Peel 30%, hq Lightening Gel and Vitamin A: Intense
"Your pre-conditioning process can be as long as 12 weeks if you are treating Fitzpatrick 5 & 6"

5th Week → 1st Chemical Peel

Notes:

6th Week  Treatment choice:

7th Week - Revisit Product Regiment: Consider a h2t Pumpkin Peel and or PS facial/Treatment

8th Week → 2nd Chemical Peel

Notes:

9th Week  Treatment choice: With the completion of each chemical peel the surface of the skin will change. You will need to determine what form of facial/treatment that best supports the skin's needs. (we recommend an h2t PS treatment,)

10th Week - Revisit Product Regiment: Consider a h2t Pumpkin Peel and or PS facial/Treatment

11th Week → 3rd Chemical Peel

Notes:

13th Week  Treatment choice: With the completion of each chemical peel the surface of the skin will change. You will need to determine what form of facial/treatment that best supports the skin's needs. (we recommend an h2t PS treatment,)

11th Week - Revisit Product Regiment: Consider a h2t Pumpkin Peel and or PS facial/Treatment

Maintenance Program for 6 weeks

TOTAL (3) TREATMENTS (3) WEEK INTERVALS

• In the next six weeks you will treat client with:
  • Facials
  • Microdermabrasion
  • Extractions

NO CHEMICAL PEELS during this period

After 6 weeks - If you need to continue treatments Re-start a modified skin rejuvenation program until skin is completed
# Skin Rejuvenation Quote

First Name: __________________________  Last Name: _______________________________  Date: ________

<table>
<thead>
<tr>
<th>Treatment Type or Service</th>
<th>Cost of Treatment</th>
<th>Number of Treatments</th>
<th>Cost of Treatments</th>
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Notes:

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Treatment Cost Per Visit: ________________________

Client Signature: ____________________________  Date: ________

Advisor: ____________________________  Date: ________

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Useful Support Items
## Drugs That Cause Photosensitivity

<table>
<thead>
<tr>
<th>Anticancer Drugs</th>
<th>Anti Depressants</th>
<th>Antihyptertensives</th>
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<tbody>
<tr>
<td>Dacarbazine (DTIC-Dome)</td>
<td>Amitriptyline (Elavil)</td>
<td>Catopril (Cardizem)</td>
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<td>Fluororacil (Fluoroplex)</td>
<td>Amoxapine (Asedin)</td>
<td>Diltiazen (Cardizem)</td>
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<td>Methotrexate (Folex)</td>
<td>Desipramine (Norpramin)</td>
<td>Minoxidil (Loniten)</td>
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<tr>
<td>Vinblastine (Velban)</td>
<td>Doxepin (Adapine)</td>
<td>Nifedipine (Procardia)</td>
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<td>Tetracycline (Achramycin)</td>
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# Drugs That Cause Photosensitivity

## Anticancer Drugs
- Dacarbazine (DTIC-Dome)
- Fluorouracil (Fluoroplex)
- Flutamide (Eulexin)
- Methotrexate (Folex)
- Vinblastine (Velban)

## Anti Depressants
- Amitriptyline (Elavil)
- Amoxapine (Asedin)
- Clomipramine (Anafranil)
- Desipramine (Norpramin)
- Doxepin (Adapine)
- Imipramine (Tafranil)

## Antihyptertensives
- Catopril (Carpoten)
- Diltiazem (Cardizem)
- Methyldopa (Aldomet)
- Minoxidil (Loniten)
- Nifedipine (Procardia)

## Antihistamines
- Maprotiline (Ludiomil)

## Antiparasitic
- Cyproheptadine (Periacton)
- Diphenhydramine (Benadryl)
- Nortriptyline (Aventyl)
- Phenelzine (Nardil)
- Protriptyline (Vivactil)
- Trazodone (Desyrel)
- Trimipramine (Surmontil)
- Chloroquine (Aralene)
- Quinine
- Thiabendazole (Mintezol)

## Antimicrobials
- Ciprofloxacin (Cipro)
- Clomazamine (Lamprene)
- Dapsone
- Demeclocycline (Declamyan)
- Doxycycline
- Dapsone (Penetrex)
- Griseofulvin (Maxaquin)
- Minocycline (Minocin)
- Nalidixic Acid (NegGram)
- Narfloxacin (Noroxin)
- Ofloxacin (Fluxin)
- Oxytetracycline (Terramycin)
- Pyrazinamide
- Sulfaquinoxaline
- Tetracycline (Achramycin)
- Timethoprim (Proloprim)

## Antipsychotic
- Chlorpromazine (Thorazine)
- Fluphenazine (Permitil)
- Haloperidol (Haldol)
- Perphenazine (Trilafon)
- Prochlorperazine (Compazine)
- Thioridazine (Mellaril)
- Thiothixene (Navane)
- Trifluoperazine (Stelazine)
- Thiflupromazine (Vesprin)

## Diuretics
- Acetazolamid (Diamox)
- Amiloride (Midamor)
- Bendrofluamide (Lasix)
- Benzthiazide (Exna)
- Chlorothiazide (Dyridal)
- Furosemide (Lasix)
- Hydrochlorothiazide (Dyuradrin, Salnon)
- Methothiazide (Aquatensey)
SKIN HISTORY AND ANALYSIS

NAME: _______________________________ DATE OF BIRTH __________________

How do you rate your skin? ______ OILY ______ NORMAL ______ DRY ______ COMBINATION ______ SENSITIVE

Check all that apply now (or previously) to your skin?

_____ ACNE _____ BLACKHEADS _____ ACNE SCARRING _____ WHITEHEADS

_____ BLACKHEADS _____ SCARRING _____ PI MPLES _____ SCARRING _____ PI GMENTATION PROBLEMS

_____ ENLARGED PORES _____ BROKEN CAPILLARIES (list where): ______

_____ WRINKLES (list where): ______

List any allergies: ________________________________________________________________

Have you ever seen a Doctor for your skin?

Have you/are you using RX Products or Medications such as Accutane, Birth Control, Pill or hormones? List: ________________________________________________________

Have you/are you using Retin-A (circle) YES for how long? __________

What concentration? (circle) .1% .05% .025% NO

Are you pregnant or lactating? (circle) YES Due date: ______ NO N/A

You are actively trying to get pregnant? YES NO

During pregnancy did you develop “masking” or hyperpigmentation? (circle) YES, Where? ______

________________________________________ NO N/A

What type of CLEANSER do you use? SOAP GEL CREAM/ MILKY OTHER (list):

What type of TONER/ ASTRIGENT do you use?

List all other products used:

Do you use FACIAL SCRUBS YES NO BUFF PUFF/ LOOFAH? YES NO

HOT WATER ON FACE? YES NO FACIAL DEPILATORIES OR HOT WAX? YES NO ELECTROLYSIS FOR FACIAL HAIR? YES NO

Does your skin ever…… feel tight or flaky? (circle) YES NO SOMETIMES

……ever appear shiny a few hours after cleansing? YES NO SOMETIMES

……break out? YES NO SOMETIMES

Do you get cold sores and/or fever blisters on the lips/face? Yes No

If yes, how often? _____________________________

Do you burn due to sun exposure? YES NO Do you tan easily? YES NO Have you used a tanning bed? ______ Do you currently sunbathe? YES NO How often? _____________________________

Describe your: History of sun exposure _____________ History of Skin Cancer (date, type, location)

How often do you use sunscreen? _____________________________ List SPF and type

What specific areas do you want to treat? FACE NECK CHEST HANDS OTHER

How do you want to improve or change your skin? _____________________________
Pre-Conditioning Skin for Advanced TCA Chemical Peel

- Skin-pre-conditioning is to prepare the skin **before any treatments**.
- The longer you “prep” the skin often allows for the most controllable and best results.
- The skin should be pre-conditioned for at least 4 weeks with DERModality™ HQ Lightening Gel for optimum results. If you or your model is a Fitzpatrick 5 or 6 you **WILL NOT** offer a chemical peel before pre-conditioning with DERModality™ Lightening Gel (8-10 weeks for best results).
- Hydroquinone is a stabilizing agent that inhibits and suppresses melanin making the skin more even and easier to peel.
- Do not spot treat with HQ Lightening Gel for this could cause a halo.
- M-Corrective is not a replacement for HQ Lightening Gel while prepping the skin however it may enhance the lightening of pigment.
- Acne & Aged Skin that shows signs of fine lines, wrinkles and sun damaged skin it is recommended to also use Vitamin “A” Intense minimum 4 weeks prior to peel.

Four weeks prior to TCA Chemical Peel:

- All skin types must use **30% Pumpkin Peel** a minimum of four times, ensure the skin is tolerant of 10 minutes prior to our TCA Chemical Peels. Maximum one per week.
- If you use the **30% Pumpkin Peel** more than four times, GREAT! Your skin will achieve even better results.
- On last pumpkin peel prior to TCA Chemical Peel. Remove pumpkin peel and apply **Long Island Ice Tea**.
- **Long Island Ice Tea** is recommended to leave on 5 hours or overnight.

Usage of HQ Lightening Gel

- AM or PM – every other day until skin is acclimated. Apply 2 to 3 drops of HQ Lightening gel all-over the face, neck and even chest if you are planning on doing that area.
- Apply extra on dark areas
- Finish with **SunMoist SPF 30**
The Art Form of Layering Chemicals

Advanced Aesthetics Formulations and Protocols

Product Information Guide
H2t Pumpkin Peel 30 Treatment

Pre-Peel Procedure: Prepare the skin

- Hair should be secured off the face.
- Remove contact lenses.
- Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DemAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.
- Clean Face well, then prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4x4 gauze pad and wipe the face several times then fan skin until dry.
- Using a small cotton-tipped applicator, apply petrolatum lightly to any cuts or abrasions and other areas in which the peel solution may pool to protect these areas during the peel procedure.
- Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.

Pumpkin Peel 30

1. Measure 1 tablespoon of h2t Pumpkin Peel 30.
2. Apply h2t Pumpkin Peel 30 with fan brush starting with the thicker areas of the skin first. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples and around the eyes.
3. Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.
4. Leave on the face for 10 minutes or until erythema (redness) occurs.
5. Remove product with cool wash cloth several times until clean making sure that there is No Noticeable Erythema. If stinging use cold compresses until stinging subsides.
6. Fan skin until dry then wait 10 minutes.

Page 1
Layering 3 Step Chemical Peel (h2t Pumpkin Peel 30 ● T.C.A. 2 ● Retinol 10/10)
For thick skin (Acne Scarring)

This is not a treatment for a first time client
• Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A: Intense
  a minimum of 4-6 weeks before this treatment up to 10-12 weeks for Fitzpatrick 5 or 6

Step 1: H2t Pumpkin Peel 30
Follow page 1 Protocol for h2t Pumpkin Peel 30

T.C.A. 2 Peel

1. In a clear glass dish pour (approx. 2cc to 4cc) of chemical peel solution TCA Formula 2 for face, or
   6cc to 8cc for face, neck and chest.
2. Prep the skin with a pre-soaked pad using ½ alcohol and ½ of clear acetone, wet a 4x4 non-woven
   gauze for face or a 4x4 non-woven gauze for face, neck and chest. If allergic to acetone only use
   70% isopropyl alcohol.
3. Wipe several times and fan skin until dry. Cover eyes with shield.
4. Using a 2 x 2 non-woven gauze apply solution to overall areas.
5. Use a fan to help discomfort.
6. When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled
   most wash cloths (remove excess chemical) or cold compresses until stinging has subsided.
   • This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or
     deluted. Second, it helps the patient become more comfortable. Remember TCA can not be
     neutralized.
7. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry
   and finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30
   Sunblock. DO NOT CONTINUE you are finished.

Retinol 10/10 Peel

1. In a clear glass dish pour (approx. 2cc to 4cc) Retinol 10/10 Solution (2 cc=12 pumps).
2. With a 4 x 4 non-woven gauze pad apply product all over the face covering the initial application of
   T.C.A. Formula 2 use fan.
3. Allow both to remain on treatment area for 5 minutes – blot excess with gauze.
   • Finish with a small application of DERModality™ Aloe-sone & DERModality™ SunMoist SPF 30
     Sunblock. If skin becomes sensitive wash solution in 2 1/2 hours at home and apply
     DERModality™ Aloe-sone.

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Revised: 6/15/12
Layering 3 Step Chemical Peel (h2t Pumpkin Peel 30 • T.C.A. 2 • “Long Island Ice Tea Peel)
For thick skin (Acne Scarring)
This is not a treatment for a first time client

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A:Intense
  a minimum of 4-6 weeks before this treatment up to 10-12 weeks for Fitzpatrick 5 or 6

Step 1: H2t Pumpkin Peel 30

Follow page 1 Protocol for h2t Pumpkin Peel 30

T.C.A. 2 Peel

1. In a clear glass dish pour (approx. 2cc to 4cc) of chemical peel solution TCA Formula 2 for face, or 6cc to 8cc for face, neck and chest.
2. Prep the skin with a pre-soaked pad using ½ alcohol and ½ of clear acetone, wet a 4x4 non-woven gauze for face or a 4x4 non-woven gauze for face, neck and chest. If allergic to acetone only use 70% isopropyl alcohol.
3. Wipe several times and fan skin until dry. Cover eyes with shield.
4. Using a 2 x 2 non-woven gauze apply solution to overall areas.
5. Use a fan to help discomfort.
6. **When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled most wash cloths (remove excess chemical) or cold compresses until stinging has subsided.**
   - This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA can not be neutralized.
7. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock. **DO NOT CONTINUE** you are finished.

Retinol 15/15 “Long Island Ice Tea Peel)

1. In a clear glass dish pour (approx. 2cc to 4cc) “Long Island Ice Tea Peel) (2 cc =12 pumps).
2. With a 4 x 4 non-woven gauze pad apply product all over the face covering the initial application of T.C.A. Formula 2 use fan.
3. Allow both to remain on treatment area for 5 minutes - blot excess with gauze.
   - Finish with a small application of DERModality™ Aloe-sone & DERModality™ SunMoist SPF 30 Sunblock. If skin becomes sensitive wash solution in 2 1/2 hours at home and apply DERModality™ Aloe-sone.
The Pinnacle Peel (15% T.C.A.)

For Superficial Hyperpigmentation & Acne Scaring

**THIS IS NOT A TREATMENT FOR A FIRST-TIME CLIENT**

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A:Intense a minimum of 4-6 weeks before this treatment up to 10-12 weeks for Fitzpatrick 5 or 6

1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.

2. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4 gauze pad and wipe the face several times then fan skin until dry. If allergic to acetone use 70% isopropyl alcohol. Use eye shield.

3. In a clear glass dish pour (approx. 2 cc) of DERModality™ T.C.A. Pinnacle Peel.

4. Using 4 x 4 non-woven gauze apply DERModality™ TCA Signature Peel solution completely over the face, fan skin well (always fan).

5. Use a fan to help discomfort.

6. **When you have achieved the frost or erythema you are anticipating soothe the skin with a pre-cooled most wash cloths (remove excess chemical) or cold compresses until stinging has subsided.**
   - This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA can not be neutralize.

7. Fan the skin until dry

8. Finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock.

9. Client will wash off solution at home in 3-5 hours or before bedtime. **Do not sleep with chemical**

**Note:** Your skin may be sensitive for up to 10 days, in this case follow post care for length of sensitivity.
2 Layer Peel T.C.A  **Signature Peel & Retinol 10/10 Peel**
For Superficial Hyperpigmentation & Acne Scarring

**THIS IS NOT A PEEL FOR A FIRST-TIME CLIENT**

- Pre-condition skin with DERModality™ **HQ Lightening Gel** and DERModality™ **Vitamin A: Intense**
  a minimum of 4-6 weeks before this treatment up to 10-12 weeks for Fitzpatrick 5 or 6

1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.
2. Use a fan to dry the skin for 5 to 10 minutes.
3. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4 non-woven gauze for face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to acetone only use 70% isopropyl alcohol.
4. In a clear glass dish pour (approx. 2cc to 4cc) of chemical peel solution T.C.A. Signature Peel for face, or 6cc to 8cc for face, neck and chest.
5. Using a 2 x 2 non-woven gauze, apply T.C.A. Signature Peel solution to the middle of the forehead (starting point) than overall face (neck and chest if desired).
6. Use a fan to help with discomfort.
7. **When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled most wash cloths (remove excess chemical) or cold compresses until stinging has subsided.**
   - This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA can not be neutralized.
8. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock. **DO NOT CONTINUE** you are finished.

**Retinol 10/10 Peel**

1. In a clear glass dish pour (approx. 2cc-4cc)of Retinol 10/10 Lactic Acid Peel (2cc =12 pumps).
2. With a 4 x 4 non-woven gauze apply product all over face, **covering** the initial application of T.C.A. Signature Peel solution, use a fan.
3. Allow both to remain on treatment area for 5 minutes blot excess with gauze.
4. Finish with a small amount of DERModality™ Aloe-sone & SPF 30 sunblock.
5. Client will wash off solution at home in 3-5 hours or before bedtime.
Pumpkin Peel 30 & T.C.A. Signature Peel
Hyperpigmentation (Acne Scarring)

This is not a treatment for a first-time client

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A:Intense a minimum of 4-6 weeks before this treatment up to 10-12 weeks for Fitzpatrick 5 or 6

Step 1: H2t Pumpkin Peel 30
Follow page 1 Protocol for H2t Pumpkin Peel 30

Application Instructions for T.C.A Signature Peel

1. In a clear glass dish pour (approx. 2cc to 4cc) of T.C.A. Signature Peel or 6cc to 8cc for face, neck and chest.

2. Prep the skin with a pre-soaked pad using ½ alcohol and ½ of clear acetone, wet a 4 x 4 non-woven gauze for face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to acetone only use 70% isopropyl alcohol.

3. Wipe several times and fan skin until dry. Cover eyes with shield.

4. Using a 4 x 4 non-woven gauze apply solution to overall areas.

5. Use a fan to help with discomfort.

6. **When you have achieved the frost or erythema you are anticipating** sooth the skin with a pre-cooled moist wash cloths (remove excess chemical) or cold compresses until stinging has subsided. This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA can not be neutralized.

7. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock. **DO NOT CONTINUE** you are finished.
Layering Signature 3 Step Peel (Pumpkin Peel • Signature • Retinol 10/10)
For thick skin (Acne Scarring)

THIS IS NOT A PEEL FOR A FIRST-TIME CLIENT

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A: Intense
  a minimum of 4-6 weeks before this treatment up to 10-12 weeks for Fitzpatrick 5 or 6

Step 1: H2t Pumpkin Peel 30

Follow page 1 Protocol for h2t Pumpkin Peel 30

T.C.A. Signature Peel

1. In a clear glass dish pour (approx. 2cc to 4cc) of chemical peel solution TCA Signature Peel for face, or 6cc to
   8cc for face, neck and chest.
2. Prep the skin with a pre-soaked pad using ½ alcohol and ½ of clear acetone, wet a 4 x 4 non-woven gauze for
   face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to acetone only use 70% isopropyl
   alcohol.
3. Wipe several times and fan skin until dry. Cover eyes with shield.
4. Using a 4 x 4 non-woven gauze apply solution to overall areas.
5. Use a fan to help discomfort.
6. When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled most
   wash cloths (remove excess chemical) or cold compresses until stinging has subsided.
   - This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted.
   Second, it helps the patient become more comfortable. Remember TCA can not be neutralized.
7. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and finish
   with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock. DO NOT
   CONTINUE you are finished.

Retinol 10/10 Vitamin A Peel

1. In a clear glass dish pour (approx. 2cc to 4cc) 10/10 (2 cc=12 pumps).
2. With a 4 x 4 non-woven gauze pad apply product all over the face covering the initial application of T.C.A. Formula 2, use
   fan.
3. Allow both to remain on treatment area for 5 minutes - blot excess with gauze.
   - If you don’t see frosting or erythema (redness) don’t neutralize.
   Finish with a small application of DERModality™ Aloe-sone & SPF 30 Sunblock. If skin becomes sensitive wash solution in 2 1/2
   hours at home.
4. If you see a frosting or erythema (redness) after you finish with both applications always remember to neutralize immediately
   with ice cold water and cold wash cloths until stinging has subsided. Fan skin until dry & finish with a small application of
   DERModality™ AloeSone & SPF 30 Sunblock.

Special Note: On thicker skin unless you neutralize follow protocol allow chemical solution remain on skin up to 5 hours or as
soon as erythema (redness) occur, patient/client will wash w/ice cold water & cold wash cloth until redness subsides. On dry
skin apply small amount of DERModality™ Aloe-sone needs to be applied & follow one week post care instructions. DO NOT
SLEEP WITH CHEMICAL LEFT ON SKIN.

Revised 6/15/12
Page 15
Instructions for T.C.A Signature Peel & Retinol 15/15 “Long Island Ice Tea” Peel
For Superficial Hyperpigmentation & Acne Scarring

THIS IS NOT A PEEL FOR A FIRST-TIME CLIENT

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A:Intense
  a minimum of 4-6 weeks before this treatment up to 10-12 weeks for Fitzpatrick 5 or 6

1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser)
   to remove any residual skin debris, make-up and surface oils.

2. Use a fan to dry skin well.

3. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4 non-woven
gauze for face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to acetone only use 70%
isopropyl alcohol.

4. In a clear glass dish pour (approx. 2cc to 4cc) of chemical peel solution T.C.A. Signature Peel Solution
   for face, or 6cc to 8cc for face, neck and chest.

5. Wipe several times and fan skin until dry. Cover eyes with shield.

6. Using a 4 x 4 non-woven gauze, apply solution to overall areas.

7. Use a fan to help with discomfort.

8. **When you have achieved the first or erythema you are anticipating sooth the skin with a pre-cooled
   most wash cloths (remove excess chemical) or cold compresses until stinging has subsided.**
   - This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or
deluted. Second, it helps the patient become more comfortable. Remember TCA can not be
   neutralized.

9. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and
   finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock.
   **DO NOT CONTINUE** you are finished.

**Retinol 15/15 “Long Island Ice Tea” Peel**

1. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone wet a
   4 x 4 gauze pad and wipe the face several times and fan skin until dry.

2. In a clear glass dish, pump (approx. 2cc=12 pumps) of Retinol 15/15 “Long Island Ice Tea” Peel,
   with a 2 x 2 woven gauze pad apply product all over the face fan skin always wait 5 to 10 minutes.


4. Fan & Wait 10 minutes.

5. If skin is sensitive or if you see elevated levels erythema (redness) sooth the skin with cool towels
   (compresses) until redness subsides.

6. Apply small amount of DERModality™ Aloe-sone (anti-inflammatory cream).

7. Apply DERModality™ SunMoist SPF 30 Sunblock.

8. If you don’t see any sensitivity or erythema (redness) client will wash off solution at home before they go
to bed.

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The Pinnacle Peel (15% T.C.A.)

For Superficial Hyperpigmentation & Acne Scaring

**THIS IS NOT A TREATMENT FOR A FIRST-TIME CLIENT**

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A:Intense 8-12 weeks before this treatment

1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.

2. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4 gauze pad and wipe the face several times then fan skin until dry. If allergic to acetone use 70% isopropyl alcohol. Use eye shield.

3. In a clear glass dish pour (approx. 2cc ) of DERModality™ T.C.A. Pinnacle Peel.

4. Using 4 x 4 non-woven gauze apply DERModality™ TCA Signature Peel solution completely over the face, fan skin well (always fan).

5. Use a fan to help discomfort.

6. **When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled most wash cloths (remove excess chemical) or cold compresses until stinging has subsided.**
   - This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA can not be neutralize.

7. Fan the skin until dry

8. Finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock.

9. Client will wash off solution at home in 3-5 hours or before bedtime. **Do not sleep with chemical**

Note: Your skin may be sensitive for up to 10 days, in this case follow post care for length of sensitivity.
Pumpkin Peel 30 & T.C.A. Pinnacle

Hyperpigmentation (Acne Scarring)

This is not a treatment for a first-time client

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A: Intense 8-12 weeks before this treatment

Step 1: H2t Pumpkin Peel 30
Follow page 1 Protocol for h2t Pumpkin Peel 30

Application Instructions for T.C.A Pinnacle Peel

1. In a clear glass dish pour (approx. 2cc to 4cc) of T.C.A. Pinnacle Peel for face.

2. Prep the skin with a pre-soaked pad using ½ alcohol and ½ of clear acetone, wet a 4 x 4 non-woven gauze for face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to acetone only use 70% isopropyl alcohol.

3. Wipe several times and fan skin until dry. Cover eyes with shield.

4. Using a 4 x 4 non-woven gauze apply solution to overall areas.

5. Use a fan to help with discomfort.

6. When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled moist wash cloths (remove excess chemical) or cold compresses until stinging has subsided. This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA can not be neutralized.

7. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock. DO NOT CONTINUE you are finished.

Note: Your skin may be sensitive for up to 10 days, in this case follow post care for length of sensitivity.
2 Layer Peel T.C.A Pinnacle Peel & Retinol 10/10 Peel
For Superficial Hyperpigmentation & Acne Scarring

THIS IS NOT A PEEL FOR A FIRST-TIME CLIENT

- Pre-condition skin with DERMomality™ HQ Lightening Gel and DERMomality™ Vitamin A: Intense 8-12 weeks before this treatment

1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.

2. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4 gauze pad and wipe the face several times then fan skin until dry. If allergic to acetone use 70% isopropyl alcohol. Use eye shield.

3. In a clear glass dish pour (approx. 2cc ) of DERMomality™ T.C.A. Pinnacle Peel.

4. Using 4 x 4 non-woven gauze apply DERMomality™ TCA Signature Peel solution completely over the face, fan skin well (always fan).

5. Use a fan to help discomfort.

6. When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled most wash cloths (remove excess chemical) or cold compresses until stinging has subsided.
   - This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA can not be neutralize.

   If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and finish with a small application of DERMomality™ AloeSone & DERMomality™ SunMoist SPF 30 Sunblock. DO NOT CONTINUE you are finished.

Retinol 10/10 Peel

1. In a clear glass dish pour (approx. 2cc-4cc) of Retinol 10/10 Lactic Acid Peel (2cc =12 pumps).

2. With a 4 x 4 non-woven gauze apply product all over face, covering the initial application of T.C.A. Signature Peel solution, use a fan.

3. Allow both to remain on treatment area for 5 minutes blot excess with gauze.

4. Finish with a small amount of DERMomality™ Aloe-sone & SPF 30 sunblock.

5. Client will wash off solution at home in 3-5 hours or before bedtime.

Note: Your skin may be sensitive for up to 10 days, in this case follow post care for length of sensitivity.
**Refined Retinol 10/10 Peel**

**Recommendations:**
Pre-condition Skin 4-6 weeks
w/DERModality ™ lightening gel

1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.

2. Prep with a pre-soaked gauze pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4 gauze pad and wipe the face several times then fan skin until dry.

3. In a clear glass dish, pour (approx. 2cc) 2cc = to 12 pumps of Retinol 10-10.

4. With a 4 x 4 non woven gauze pad apply product all over the face.

5. Fan the skin and wait 5 to 10 minutes.

6. Then apply 2nd application additional 2cc total of 4cc, dry application with a fan wait 10 minutes.

7. Blot and remove excess Retinol 10/10 solution.

8. If skin is sensitive or if you see elevated level of erythema (redness) soothe the skin with cool towels (compresses) until redness subsides.


10. Apply DERModality™ SPF 30 SunMoist Sunblock.

11. If you don’t see any sensitivity or erythema (redness) client will wash solution at home before going to bed.
Instructions for T.C.A Pinnacle Peel & Retinol 15/15 “Long Island Ice Tea” Peel
For Superficial Hyperpigmentation & Acne Scarring

**THIS IS NOT A PEEL FOR A FIRST-TIME CLIENT**

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A: Intense 8-12 weeks before this treatment.

1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DemAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.

2. Use a fan to dry skin well.

3. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4 non-woven gauze for face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to acetone only use 70% isopropyl alcohol.

4. In a clear glass dish pour (approx. 2cc to 4cc) of chemical peel solution T.C.A. Pinnacle Peel Solution for face.

5. Wipe several times and fan skin until dry. Cover eyes with shield.

6. Using a 4 x 4 non-woven gauze, apply solution to overall areas.

7. Use a fan to help with discomfort.

8. **When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled moist wash cloths (remove excess chemical) or cold compresses until stinging has subsided.**
   - This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA cannot be neutralized.

9. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock. **DO NOT CONTINUE** you are finished.

**Retinol 15/15 “Long Island Ice Tea” Peel**

1. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone wet a 4 x 4 gauze pad and wipe the face several times and fan skin until dry.

2. In a clear glass dish, pump (approx. 2cc =12 pumps) of Retinol 15/15 “Long Island Ice Tea” Peel, with a 2 x 2 woven gauze pad apply product all over the face fan skin always wait 5 to 10 minutes.


4. Fan & Wait 10 minutes.

5. If skin is sensitive or if you see elevated levels erythema (redness) soothe the skin with cool towels (compresses) until redness subsides.

6. Apply small amount of DERModality™ Aloe-sone (anti-inflammatory cream).

7. Apply DERModality™ SunMoist SPF 30 Sunblock.

8. **If you don’t see any sensitivity or erythema (redness) client will wash off solution at home before they go to bed.**

**Note:** Your skin may be sensitive for up to 10 days, in this case follow post care for length of sensitivity.

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Layering Signature 3 Step Peel (Pumpkin Peel • Pinnacle Peel • Retinol 10/10)
For thick skin (Acne Scarring)

This is not a treatment for a first time client

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A: Intense
  8-12 weeks before this treatment

Step 1: H2t Pumpkin Peel 30
Follow page 1 Protocol for h2t Pumpkin

T.C.A. Signature Peel

1. In a clear glass dish pour (approx. 2cc to 4cc) of chemical peel solution TCA Pinnacle Peel for face, or
   6cc to 8cc for face, neck and chest.
2. Prep the skin with a pre-soaked pad using ½ alcohol and ½ of clear acetone, wet a 4 x 4 non-woven
   gauze for face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to acetone only use 70%
   isopropyl alcohol.
3. Wipe several times and fan skin until dry. Cover eyes with shield.
4. Using a 4 x 4 non-woven gauze apply solution to overall areas.
5. Use a fan to help discomfort.
6. **When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled**
   most wash cloths (remove excess chemical) or cold compresses until stinging has subsided.
   - This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or
do deluted. Second, it helps the patient become more comfortable. Remember TCA can not be
   neutralized.
7. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and
   finish with a small application of DERModality™ Aloe-Sone & DERModality™ SunMoist SPF 30 Sunblock.
   **DO NOT CONTINUE** you are finished.

Retinol 10/10 Peel

1. In a clear glass dish pour (approx. 2cc to 4cc) Retinol 10/10 (2 cc=12 pumps).
2. With a 2 x 2 non-woven gauze pad apply product all over the face covering the initial application of
   T.C.A. Formula 2, use fan.
3. Allow both to remain on treatment area for 5 minutes – blot excess with gauze.
   - **If you don’t see frosting or erythema (redness) don’t neutralize.**
   Finish with a small application of DERModality™ Aloe-sone & SPF 30 Sunblock. If skin becomes sensitive
   wash solution in 2 1/2 hours at home.
4. If you see a frosting or erythema (redness) after you finish with both applications always remember to
   neutralize immediately with ice cold water and cold wash cloths until stinging has subsided. Fan skin until
dry & finish with a small application of DERModality™ Aloe-sone & SPF 30 Sunblock.

**Note: Your skin may be sensitive for up to 10 days, in this case follow post care for length of sensitivity.**

Revised 6/15/12
Application Instructions for 2 Layer Peel  TCA 2 Peel & Retinol 10/10
For Superficial Hyperpigmentation & Acne Scarring

THIS IS NOT A PEEL FOR A FIRST-TIME CLIENT

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A: Intense
4-6 weeks before this treatment (increase pre-conditioning time for Fitzpatrick 4-6)

T.C.A. Formula 2 Peel

1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.
2. Use a fan to dry skin well.
3. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4 non-woven gauze for face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to acetone only use 70% isopropyl alcohol.
4. In a clear glass dish pour (approx. 2cc to 4cc) of chemical peel solution T.C.A. Formula 2 for face, or 6cc to 8cc for face, neck and chest.
5. Wipe several times and fan skin until dry. Cover eyes with shield.
6. Using a 4 x 4 non-woven gauze, apply solution to overall areas.
7. Use a fan to help with discomfort.
8. When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled most wash cloths (remove excess chemical) or cold compresses until stinging has subsided.
   - This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA can not be neutralized.
9. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock. DO NOT CONTINUE if you are finished.

Retinol 10/10 Peel

1. In a clear glass dish pour (approx. 2cc-4cc) of Retinol 10/10 Peel (2cc = 12 pumps).
2. With a 4 x 4 non-woven gauze apply product all over face, covering the initial application of T.C.A. Formula 2 solution, use a fan.
3. Allow both to remain on treatment area for 5 minutes blot excess with gauze.
4. Finish with a small amount of DERModality™ Aloe-sone & DERModality™ SPF 30 sunblock. Client will wash off solution at home in 3-5 hours.

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Page 8
1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.

1. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4 gauze pad and wipe the face several times then fan skin until dry.

2. In a clear glass dish, pour (approx. 2cc) 2cc = to 12 pumps of Retinol 15/15 (Vitamin A)”Long Island Ice Tea” Peel solution.

3. With a 4 x 4 non-woven gauze apply product all over the face.

4. Fan the skin and wait 5 to 10 minutes.

5. Blot and remove excess Retinol 15/15 (Vitamin A)”Long Island Ice Tea” Peel solution.

6. If you see a elevated level of erythema (redness) sooth with cool towels (compresses) until redness subsides.

7. Apply small amount of DERModality™ Aloe-sone (anti-inflammatory cream).

8. Apply DERModality™ SunMoist SPF 30 Sunblock.

9. If you don’t see any sensitivity or erythema (redness) patient/client will wash solution off at home before going to bed. Follow numbers 7 & 8.
Pumpkin Peel 30 – Retinol 10/10 (Retinol & Lactic Acid)
Double Layer Peel
THIS IS NOT A PEEL FOR A FIRST-TIME CLIENT

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A: Intense 4-6 weeks before this treatment

**Step 1: H2t Pumpkin Peel 30**
Follow page 1 Protocol for h2t Pumpkin Peel 30

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**Retinol 10/10 (vitamin A) Treatment**

1. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone wet a 2 x 2 gauze pad and wipe the face several times and fan skin until dry.
2. In a clear glass dish, pump (approx. 2cc = 12 pumps) of **Retinol 10/10**, with a 4x4 woven gauze pad apply product all over the face fan skin always wait 5 to 10 minutes.
3. Then apply 2nd application, additional 2cc total of 4cc dry application with a fan.
4. Blot and remove excess Retinol 10/10 solution, then apply SPF 30 Sunbock.
5. Fan & Wait 10 minutes.
6. If skin is sensitive or if you see any erythema (redness) soothe the skin with cold towels (compresses) immediately until redness subsides.
7. Apply small amount of DERModality™ Aloe-sone (anti-inflammatory cream).
8. Apply DERModality™ SunMoist SPF 30 Sun block.
9. If you don’t see any sensitivity or erythema (redness) client will wash solution off at home before bedtime.
Pumpkin Peel 30 – Retinol 15/15 Long Island Ice Tea” Peel
Double Layer Peel

THIS IS NOT A PEEL FOR A FIRST-TIME CLIENT

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A: Intense at a minimum of 4-6 weeks before this treatment

Step 1: H2t Pumpkin Peel 30
Follow page 1 Protocol for h2t Pumpkin Peel 30

Retinol 15/15 (vitamin A) “Long Island Ice Tea” Peel

1. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone wet a 4 x 4 gauze pad and wipe the face several times and fan skin until dry.
2. In a clear glass dish, pump (approx. 2cc =12 pumps) of Retinol 15/15 “Long Island Ice Tea” Peel, with a 4 x 4 woven gauze pad apply product all over the face fan skin always wait 5 to 10 minutes.
4. Fan & Wait 10 minutes.
5. If skin is sensitive or if you see any erythema (redness) soothe the skin with ice cold towels (compresses) immediately until redness subsides.
6. Apply small amount of DERModality™ Aloe-sone (anti-inflammatory cream).
7. Apply DERModality™ SunMoist SPF 30 Sunblock.
8. If you don’t see any sensitivity or erythema (redness) client will wash off solution at home before they go to bed.
Application Instructions for T.C.A Formula 2 Peel

**THIS IS NOT A TREATMENT FOR A FIRST-TIME CLIENT**

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A: Intense a minimum of 4-6 weeks before this treatment up to 10-12 weeks for Fitzpatrick 5 or 6.

1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.

2. Use a fan to help dry skin well.

3. In a clear glass dish pour (approx. 2cc-4cc) **TCA Formula 2 Peel Solution** for face or 6cc-8cc for face, neck & chest.

4. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4 non-woven gauze for face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to acetone use only 70% isopropyl alcohol.

5. Wipe several times and fan skin until dry. Cover eyes with eye shield.

6. Using a 4 x 4 non-woven gauze apply T.C.A. Formula 2 solution to overall areas.

7. Use a fan to help with discomfort.

8. **When you have achieved the frost or erythema you are anticipating** sooth the skin with a pre-cooled moist wash cloths (remove excess chemical) or cold compresses until stinging has subsided. This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA can not be neutralized.

9. Fan skin for 5 minutes or until dry.

Sometimes you will not see a frost. You may layer another 2 cc’s of T.C.A. Formula 2 Solution over the top of the dried skin or follow instructions for a double layer peel using T.C.A. and Retinol. If the client is concerned about discomfort, DO NOT LAYER WITH EITHER T.C.A OR RETINOL and simply apply a small amount of DERModality™ AloeSone than finish with DERModality™ SunMoist SPF 30 Sunblock. **You are finished.**
Pumpkin Peel 30 & T.C.A. Formula 2

Hyperpigmentation (Acne Scarring)

**THIS IS NOT A PEEL FOR A FIRST-TIME CLIENT**

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A: Intense 4-6 weeks before this treatment (increase pre-conditioning time for Fitzpatrick 4-6)

**Step 1: H2t Pumpkin Peel 30**
*Follow page 1 Protocol for h2t Pumpkin Peel 30*

**Application Instructions for T.C.A #2 Peel**

1. In a clear glass dish pour (approx. 2cc to 4cc) of T.C.A. 2 Peel Solution for face, or 6cc to 8cc for face, neck and chest.

2. Prep the skin with a pre-soaked pad using ½ alcohol and ½ of clear acetone, wet a 4 x 4 non-woven gauze for face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to acetone only use 70% isopropyl alcohol.

3. Wipe several times and fan skin until dry. Cover eyes with shield.

4. Using a 2 x 2 non-woven gauze apply solution to overall areas.

5. Use a fan to help with discomfort.

6. **When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled most wash cloths (remove excess chemical) or cold compresses until stinging has subsided.**
   This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA can not be neutralized.

7. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock. **DO NOT CONTINUE** you are finished.

Revised 6/15/12
Page 7
Application Instructions for 2 Layer Peel TCA 2 Peel & Retinol 10/10
For Superficial Hyperpigmentation & Acne Scarring

THIS IS NOT A PEEL FOR A FIRST-TIME CLIENT

• Pre-condition skin with DERmodality™ HQ Lightening Gel and DERmodality™ Vitamin A: Intense
  a minimum of 4-6 weeks before this treatment up to 10-12 weeks for Fitzpatrick 5 or 6

T.C.A. Formula 2 Peel

1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DemAstage Foaming Cream
  Cleanser) to remove any residual skin debris, make-up and surface oils.

2. Use a fan to dry skin well.

3. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4
   non-woven gauze for face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to
   acetone only use 70% isopropyl alcohol.

4. In a clear glass dish pour (approx. 2cc to 4cc) of chemical peel solution T.C.A. Formula 2 for
   face, or 6cc to 8cc for face, neck and chest.

5. Wipe several times and fan skin until dry. Cover eyes with shield.

6. Using a 4 x 4 non-woven gauze, apply solution to overall areas.

7. Use a fan to help with discomfort.

8. When you have achieved the frost or erythema you are anticipating sooth the skin with a pre-cooled
   most wash cloths (remove excess chemical) or cold compresses until stinging has subsided.
   • This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or
     deluted. Second, it helps the patient become more comfortable. Remember TCA can not be
     neutralized.

9. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and
   finish with a small application of DERmodality™ AloeSone & DERmodality™ SunMoist SPF 30 Sunblock.
   DO NOT CONTINUE you are finished.

Retinol 10/10 Peel

1. In a clear glass dish pour (approx. 2cc-4cc) of Retinol 10/10 Peel (2cc =12 pumps).

2. With a 4 x 4 non-woven gauze apply product all over face, covering the initial application of
   T.C.A. Formula 2 solution, use a fan.

3. Allow both to remain on treatment area for 5 minutes blot excess with gauze.

4. Finish with a small amount of DERmodality™ Aloe-sone & DERmodality™ SPF 30 sunblock.
   Client will wash off solution at home in 3-5 hours.

Revised 6/15/12

Page 8
Application Instructions for 2 Layer Peel TCA 2 Peel & “Long Island Ice Tea” Peel
For Superficial Hyperpigmentation & Acne Scarring

**THIS IS NOT A PEEL FOR A FIRST-TIME CLIENT**

- Pre-condition skin with DERModality™ HQ Lightening Gel and DERModality™ Vitamin A:Intense
  a minimum of 4-6 weeks before this treatment up to 10-12 weeks for Fitzpatrick 5 or 6

**T.C.A. Formula 2 Peel**

1. Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.
2. Use a fan to dry skin well.
3. Prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4 x 4 non-woven gauze for face or a 4 x 4 non-woven gauze for face, neck and chest. If allergic to acetone only use 70% isopropyl alcohol.
4. In a clear glass dish pour (approx. 2cc to 4cc) of chemical peel solution T.C.A. Formula 2 for face, or 6cc to 8cc for face, neck and chest.
5. Wipe several times and fan skin until dry. Cover eyes with shield.
6. Using a 4 x 4 non-woven gauze, apply solution to overall areas.
7. Use a fan to help with discomfort.
8. When you have achieved the frost you desire and the skin is not showing significant levels of erythema you may move on to the next step by layering “Long Island Ice Tea” Peel (see next step in layering with “Long Island Ice Tea” Peel)
9. **If the clients skin is experiencing an heightened level of erythema, sooth the skin with pre-cooled moist wash cloths (remove excess chemical) or use cold compresses until stinging has subsided.**
   - This action will do two things. First, any pooling of unnoticed peel solution will be rinsed away or deluted. Second, it helps the patient become more comfortable. Remember TCA cannot be neutralized.
10. If skin continues to sustain a high level of erythema and discomfort continues, fan the skin until dry and finish with a small application of DERModality™ AloeSone & DERModality™ SunMoist SPF 30 Sunblock. **DO NOT CONTINUE** you are finished.

**Retinol 15/15 (“Long Island Ice Tea Peel”)**

1. In a clear glass dish pour (approx. 2cc-4cc) of Retinol 15/15 “Long Island Ice Tea” Peel (2cc =12 pumps).
2. With a 4 x 4 non-woven gauze apply product all over face, covering the initial application of T.C.A. Formula 2 solution, use a fan.
3. Allow both to remain on treatment area for 5 minutes blot excess with gauze.
4. Finish with a small amount of DERModality™ Aloe-sone & DERModality™ SPF 30 sunblock. Client will wash off solution at home in 3-5 hours.

Revised 4/02/11
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Additional Chemical Peel

Protocols
C:Vitality Peel 25% AHA Protocol

Pre-Peel Procedure: Prepare the skin

- Hair should be secured off the face.
- Remove contact lenses.
- Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DemAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.
- Clean Face well, then prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4x4 gauze pad and wipe the face several times then fan skin until dry.
- Using a small cotton-tipped applicator, apply petrolatum lightly to any cuts or abrasions and other areas in which the peel solution may pool to protect these areas during the peel procedure.
- Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.

DERMdfality C:Vitality Peel 25%
1. Measure 2cc’s of C:Vitality Peel 25% AHA and Pour into a small glass bowl
2. Apply the C:Vitality Peel 25% with fan brush starting with the thicker areas of the skin first. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples and around the eyes.
3. Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.
4. Leave on the face and allow our lactic Acid 30% to absorb into the skin unless erythema (redness) occurs then follow step #5
5. Remove product with cool wash cloth several times until clean making sure that there is No Noticeable Erythema. If stinging use cool compresses until stinging subsides.
6. Fan skin until dry then wait 10 minutes.
7. Apply Dermodality AloeSome Sooth, followed by SunMoist SPF 30.

Revised: 6-16-12
DERMdality Lactic Acid Peel 30%

Pre-Peel Procedure: Prepare the Skin

- Hair should be secured off the face.
- Remove contact lenses.
- Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DemAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.
- Clean Face well, then prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4x4 gauze pad and wipe the face several times then fan skin until dry.
- Using a small cotton-tipped applicator, apply petrolatum lightly to any cuts or abrasions and other areas in which the peel solution may pool to protect these areas during the peel procedure.
- Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.

DERMdality Lactic Acid Peel 30%
1. Measure 2-4cc’s of DERMdality Lactic Acid Peel 30% and Pour into a small glass bowl
2. Apply Lactic Acid Peel 30% with fan brush starting with the thicker areas of the skin first. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples and around the eyes.
3. Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure
4. Leave on the face and allow our lactic Acid 30% to absorb into the skin unless erythema (redness) occurs then follow step #5
5. Remove product with cool wash cloth several times until clean making sure that there is No Noticeable Erythema. If stinging use cool compresses until stinging subsides.
6. Fan skin until dry then wait 10 minutes
7. Apply Dermodality AloeSome Sooth, followed by SunMoist SPF 30.

Revised 6/16/12
DERMdality Glycolic Acid Peel 20% “Pads”

Pre-Peel Procedure: Prepare the skin

- Hair should be secured off the face.
- Remove contact lenses.
- Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DemAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.
- Clean face well, then prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4x4 gauze pad and wipe the face several times then fan skin until dry.
- Using a small cotton-tipped applicator, apply petrolatum lightly to any cuts or abrasions and other areas in which the peel solution may pool to protect these areas during the peel procedure.
- Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.

Glycolic Acid Peel 20% “Pad”

1. Use 1 DERModality Glycolic Acid Peel 20% “Pad” per treatment.
2. Apply DERMdality Glycolic Acid Peel 20% “Pad” starting with the thicker areas of the skin first. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples and around the eyes.
3. Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.
4. Leave on the face for 10 minutes or until erythema (redness) occurs.
5. Remove product with cool wash cloth several times until clean making sure that there is No Noticeable Erythema. If stinging use cold compresses until stinging subsides.
6. Fan skin until dry then wait 10 minutes.
7. Apply Dermodality AloeSome Sooth, followed by SunMoist SPF 30.
**DERMdality Lactic Acid Peel 30%/Pumpkin Peel 30% AHA Layered**

**Pre-Peel Procedure: Prepare the skin**

- Hair should be secured off the face.
- Remove contact lenses.
- Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.
- Clean Face well, then prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 2x2 gauze pad and wipe the face several times then fan skin until dry.
- Using a small cotton-tipped applicator, apply petrolatum lightly to any cuts or abrasions and other areas in which the peel solution may pool to protect these areas during the peel procedure.
- Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.

**DERMdality Lactic Acid Peel 30%**

1. Measure 2-4cc’s of DERMdality Lactic Acid Peel 30% and Pour into a small glass bowl
2. Apply **DERMdality Lactic Acid Peel 30%** with fan brush starting with the thicker areas of the skin first. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples and around the eyes.
3. Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure
4. Leave on the face and allow our lactic Acid 30% to absorb into the skin unless erythema (redness) occurs then follow step #5
5. If there is No Noticeable Erythema you may continue to the second layer (h2t Pumpkin Peel 30% AHA). If there is stinging use cool compresses until stinging subsides. You no longer can layer at this point.
6. Fan skin until dry.

**Second Layer: Pumpkin Peel 30**

7. Measure 1 tablespoon of **h2t Pumpkin Peel 30**.
8. Apply h2t Pumpkin Peel 30 with fan brush starting with the thicker areas of the skin first. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples and around the eyes.
9. Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure
10. Leave on the face for 10 minutes or until erythema (redness) occurs
11. Remove product with cool wash cloth several times until clean making sure that there is No Noticeable Erythema. If stinging use cold compresses until stinging subsides.
12. Fan skin until dry then **wait 10 minutes**
DERMdality C: Vitality Peel 25% AHA / Pumpkin Peel 30% AHA Layered

Pre-Peel Procedure: Prepare the skin

- Hair should be secured off the face.
- Remove contact lenses.
- Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.
- Clean Face well, then prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 2x2 gauze pad and wipe the face several times then fan skin until dry.
- Using a small cotton-tipped applicator, apply petrolatum lightly to any cuts or abrasions and other areas in which the peel solution may pool to protect these areas during the peel procedure.
- Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.

**DERMdality C: Vitality Peel 25% AHA**

1. Measure 2-4cc’s of DERMdality C: Vitality Peel 25% AHA and Pour into a small glass bowl.
2. Apply C: Vitality Peel 25% AHA with fan brush starting with the thicker areas of the skin first. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples and around the eyes.
3. Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.
4. Leave on the face and allow our lactic Acid 30% to absorb into the skin unless erythema (redness) occurs then follow step #5.
5. If there is No Noticeable Erythema you may continue to the second layer (h2t Pumpkin Peel 30% AHA). If there is stinging use cool compresses until stinging subsides. You no longer can layer at this point.
6. Fan skin until dry.

**Second Layer:**

**Pumpkin Peel 30**

7. Measure 1 tablespoon of h2t Pumpkin Peel 30.
8. Apply h2t Pumpkin Peel 30 with fan brush starting with the thicker areas of the skin first. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples and around the eyes.
9. Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.
10. Leave on the face for 10 minutes or until erythema (redness) occurs.
11. Remove product with cool wash cloth several times until clean making sure that there is No Noticeable Erythema. If stinging use cold compresses until stinging subsides.
12. Fan skin until dry then wait 10 minutes.
**DERModality Glycolic Acid Peel 30%**

**Pre-Peel Procedure: Prepare the skin**

- Hair should be secured off the face.
- Remove contact lenses.
- Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DemAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.
- Clean face well, then prep with a pre-soaked pad or by using ½ & ½ of alcohol and clear acetone, wet a 4x4 gauze pad and wipe the face several times then fan skin until dry.
- Using a small cotton-tipped applicator, apply petrolatum lightly to any cuts or abrasions and other areas in which the peel solution may pool to protect these areas during the peel procedure.
- Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.

**DERModality Glycolic Acid Peel 30%**

1. Measure 4 cc’s of DERModality Glycolic Acid Peel 30% and pour into a small glass bowl.
2. Apply **DERModality Glycolic Acid Peel 30%** with fan brush starting with the thicker areas of the skin first. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples, and around the eyes.
3. Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.
4. Leave on the face for 10 minutes or until erythema (redness) occurs.
5. Remove product with cool wash cloth several times until clean making sure that there is **No Noticeable Erythema**. If stinging use cold compresses until stinging subsides.
6. Fan skin until dry then **wait 10 minutes**.
7. Apply Dermodality AloeSome Sooth, followed by SunMoist SPF 30.
DERMdality Salicylic Acid Peel 20%

Pre-Peel Procedure: Prepare the skin

- Hair should be secured off the face.
- Remove contact lenses.
- Thoroughly cleanse the skin using a mild or gentle cleanser (h2t DermAstage Foaming Cream Cleanser) to remove any residual skin debris, make-up and surface oils.
- Clean Face well, then prep with a pre-soaked pad or by using 70% or 91% alcohol or clear acetone, wet a 4x4 gauze pad and wipe the face several times then fan skin until dry.
- Using a small cotton-tipped applicator, apply petrolatum lightly to any cuts or abrasions and other areas in which the peel solution may pool to protect these areas during the peel procedure.
- Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure.

DERMdality Salicylic Acid Peel 20%
1. Measure 4cc’s of h2t DERMdality Salicylic Acid Peel 20% and Pour into a small glass bowl
2. Apply DERMdality Salicylic Acid Peel 20% 2x2 gauze pad starting with the thicker areas of the skin first. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples and around the eyes.
3. Place a fan about two feet from the client’s face to help keep the skin cool and reduce discomfort during the peel procedure
4. Leave on the face and allow our Salicylic Acid 20% to absorb into the skin unless erythema (redness) occurs and is exclusive then follow step #5
5. Remove product with cool wash cloth several times until clean making sure that there is No Noticeable Erythema. If stinging use cool compresses until stinging subsides. You will find that the skin will appear to frost, unless you notice exclusive erythema do not follow step 5.
6. Fan skin until dry then wait 10 minutes.
7. Apply Dermodality AloeSome Sooth, followed by SunMoist SPF 30.

Revised: 6/15/12
JESSNER’S PEELING

As with any clinical process, the technique of the clinician is an important factor in the results of a peel. Such is the case with Jessner’s peeling. The choice of preparation processes, the gauze or sponge that is used to clean the skin, the application device, and the cooling process all make a difference to the end result.

Several different application devices can be used: a brush, gauze, or a cotton-tipped applicator. The best results come from using folded gauze. This approach allows the greatest control and the least amount of splashing or dripping of the peel solution.

Make sure your patient is comfortable on the bed; having the patient change into a spa wrap or patient gown gives them filling of a full facial treatment. If the patient does not change into a gown or wrap, be sure put a towel over the patient’s chest to protect the clothing from becoming soiled. Be sure that the hair is held by a spa headband.

Now you are ready to begin. However, first, take an inventory. Is your room completely stocked? Is the fan on the counter? Do you have the correct peel solution? Do you have a bowl of water to cool the skin? Now that you have done a quick check of supplies, you are ready to begin.

Using a mild cleanser with soft gauze, cleanse the face until all of the makeup and debris have been removed. This process may take two applications of cleanser. Follow cleansing by de-fatting the skin with 50/50 solution. Next pour the selected Jessner’s solution into a small medicine cup or similar container. Dip the folded gauze into the peel solution. Squeeze out any extra solution against the side of your medicine cup: your gauze should not be dripping with peel solution. To apply the solution, begin on the forehead and make vertical strokes, beginning at the eyebrows and moving to the hairline. Then, apply the solution to the upper lip. If the gauze becomes dry, rewet the gauze and continue the peel. Next, turn your attention to the lower eyelid and crow’s feet; follow this with application to the sides of the face. Always apply two coats, one vertically and one horizontally. This application method helps ensure that the solution has been evenly distributed on the skin surface.

The skin will initially turn pink when the solution is applied, then the skin will begin to turn red, and finally, it may frost. The potential of a frost is based on several variable factors; how well the skin was defatted, the home-care preparation, and the numbers of coats applied to the affected area. The frost of a peel solution on the skin is a phenomenon seen with Jessner’s peels, glycolic peels, and with TCA peels. Frost occurs when the peel solution reacts with the “major protein of the epidermis, keratin, precipitating the protein and forming frost.

The frost can be challenging to identify. Watch for pinkness to turn red, which should then be followed by an appearance of white haze. A salicylate or crystallization of the peeling products may some-times appear on the skin. Do not be fooled: this is not a frost. If the whiteness on the skin moves or can be wiped off, it is not a frost. You may need to wait up to five minutes for a frost to occur with Jessner’s solution. Frosting will usually occur in the thinnest skin first: around the eyes, for example, or in the driest areas such as on the upper lip. If a frost is not desired, apply only one coat rather than two coats.
If the skin significantly damaged by sunlight exposure or the proper home or clinical preparations to the skin are not made, then the solution may actually repel and bead up on the skin. In this case, the solution can be massaged with gloved hands or rough gauze to encourage penetration.

Talk to the patient as you applying the solution and ask what he or she is feeling and were. In the areas that are hotter, you should see a quicker response on the skin. Remember, Jessner’s solution cannot be neutralized; it can only be diluted. Be sure that the number of coats you apply is approptiate for wounding you intend.

When you are ready to cool the skin, you will be diluting the solution. Physicians, in general, do not dilute or cool Jessner’s peels but simply send patients home. However, cooling the skin and making patients more comfortable before sending them home is appropriate. Once the skin has reached the appearance you desire, begin the cooling process. Dip towels into cool water and apply to the face. Keep washing down the face until the patient feel some relief. All of the burning will not go away. The skin will remain hot for couple hours, which is perfectly normal. Once the cooling process has occurred, use an anti-inflammatory gel or cream, and follow with a sunscreen.

Occlusion can be used with any peel. If the peel did not come to a frost, or not to anticipated frost, to achieve a deeper peel, apply an occlusive dressing. This dressing would be either Vaseline or Aquafor. Keeping the heat in the tissues will continue to cause a minor injury, thus increasing the peel depth. The increase in the peel depth will be very slight, so do not be misled that it will significantly increase the skin injury.

The post treatment for Jessner’s peel is easy and similar to any other peel. Begin with the application of anti-inflammatory product that will cool and moisturize the skin. The skin should be kept soft to avoid potential cracking and subsequent early peeling. On the second day, especially if a frost occurred, the skin will turn a brown color, similar to a tan. The skin should continue to be lubricated with to prevent early peeling. The home care program should be avoided until the sloughing is complete, which will take approximately 5-7 days.

At the third day, the skin will begin to peel. The patient should be instructed to avoid picking because this behavior can result in scarring and infections. For some patients, picking is so tempting and difficult to avoid. Education about picking is an important part of the clinician’s job.

Jessner’s peels can be quite dramatic, especially for patients with acne-prone or hyper pigmented skin. This is a progressive treatment but will not provide a final result with one peel. Obviously, the frequency has to do with the depth of the peel and the lengths of the peeling process. Patients will not tolerate a sloughing face all the time. Make a schedule for patients with acne-prone skin and for patients with hyper pigmented skin accordingly.
ACNE

PEELING
WHAT IS ACNE?

ACNE IS A SKIN CONDITION THAT RESULTS IN INFLAMMATORY AND NON-INFLAMMATORY LESIONS.

COMMONLY ASSOCIATED WITH ADOLESCENT SKIN, HOWEVER IT ACTUALLY AFFECTS MANY AGE GROUPS AT DIFFERENT STAGES OF LIFE.

WHILE SOME FORMS REQUIRE MEDICAL/DERMATOLOGICAL ATTENTION, MOST PEOPLE WILL IMPROVE BY FOLLOWING A DAILY SKINCARE REGIMENT.

WHAT CAUSES ACNE?

BACTERIA BREEDS IN SEBUM, ESPECIALLY IN HAIR FOLLICLES.

SEBUM PRODUCTION IS STIMULATED AND PRODUCED WITHIN HAIR FOLLICLES.

HORMONES STIMULATE RAPID CELL GROWTH.

INFECTION RESULTS CAUSING A PIMPLE DEVELOP.
GRADE 1 COMEDONS (OPEN, CLOSED)

NON-INFLAMMATORY

OPEN COMEDONES

CLOSED COMEDONES

GRADE ONE ACNE (non-inflammatory) – mild – CONSISTS
MAINLY OF BLACKHEADS (open comedones) AND WHITEHEADS,
(Closed comedones) WITH AN OCCASIONAL INFLAMMATORY LESION.

GRADE 2 COMEDONES. PAPULES. FEW PUSTULES.

GRADE TWO ACNE (non-inflammatory)- mild- CONSISTS MAINLY WHITEHEADS(closed comedons – millia) and is the most difficult to treat.
GRADE TWO ACNE- (inflammatory) CONSISTS OF INFLAMED LESIONS (Papules and a few pustules) MIXED Milder NON-INFLAMED LESIONS.
RESPONSE WELL TO TOPICAL TREATMENTS

GRADE 3 COMEDONES, PAPULES, PUSTULES and FEW NODULES

GRADE THREE-(INFLAMMATORY) CONSISTS OF INFLAMED LESIONS
(Papules and pustules) MIXED WITH Milder NON INFLAMED LESIONS.
HAS A FEW NODULES. Responds well to topical treatments.

GRADE 4 COMEDONES, PAPULES, PUSTULES, NODULES, and CYSTS.

GRADE FOUR ACNE-(INFLAMMATORY)-SEVERE- CONSISTS PRIMARILY
OF CYSTS AND ALL INFLAMMATORY AND NON-INFLAMMATORY LESIONS.
TYPICALLY IS CHARACTERIZED BY SEVERE INFLAMATION AND PURPLISH DISCOLORATION.
Pretreatment Preparation

As with all superficial peeling, home-care programs are extraordinarily important. Because the primary indication for salicylic acid peeling is skin that acne prone or has active acne, home-care program should be based on these conditions. The best clinical home care for patients who are acne prone includes home-care products such as salicylic acid, benzyl peroxide, Retin A, sulfur, kaolin clay, zinc and hydroquinone if indicated. Topical vitamins, especially vitamin C, can be helpful with acne conditions.

Patients with acne are usually difficult to manage. They are understandably, very self-conscious and fastidious regarding their appearance. Once a home-care program has been established, examining the patient at one week mark is a good idea to ensure that the program is going well and to answer any patient’s questions. Moreover, patients who begin new home-care programs often have episodes of breakouts or irritation, which can be upsetting to the patient and, in some cases, can cause the patient to discontinue the program. Patients with acne require attention nurturing to ensure their success. Facials, in combination with peels, for patients with acne help ensure a good relationship and a greater opportunity for success.
PEEL APPLICATION

As with all of the peels discussed, the key to a successful peel is the peel application. This process includes how the skin is prepared (at home and in the clinic), the choice of the application device, the gauze or sponge that is use to clean the skin, how the solution itself is applied, and the method of neutralization.

Many different application devices can be used: a brush, gauze, or a cotton-tipped applicator. The best results come from using folded gauze.

Before you bring the patient into the room, double check that all the supplies you will need are on the counter. Make sure you have headband, the gauzes, the solution, and the fan. Make your back bar professional and organized, which will help you eliminate mistakes and perform as the professional that you are.

Bring the patient into the treatment room, and have him or her review and sign the consent form. Once this duty is accomplished and patient’s question is answered, you are ready to begin the treatment. Make the patient comfortable on the bed, protect hair, and drape the chest with towel. Using a mild cleanser clean the face until all of the makeup and debris has been removed. Next, de-fat the skin with alcohol or acetone; choose one, not both. This process will take away most of the oils on the skin, allowing the peel solution to penetrate evenly and effectively. Next, dip the folded gauze into peel solution. Squeeze out any extra solution against the side of your medicine cup; your gauze should not be dripping. Salicylic acid solution is applied in the same methodical process as other peel treatments, ensuring that entire face covered with solution for the best result.
SALICYLIC ACID PEELS

Salicylic acid was originally extracted from the willow bark, and is still found in homeopathic remedies and skin care products as willow bark today. Salicylic acid is a beta hydroxyl acid, which is different from glycolic acid (an alpha hydroxyl acid). The difference in the chemical structure exists specifically in the position of the hydroxyl group.

For example the, clinician may want to know that salicylic acid is antibacterial and anti inflammatory and, as a result, works well for acne. Salicylic acid also has the ability to reduce spots and bumps associated with acne. Finally, a combination program (at home) of salicylic acid and a retinoid of some type can be an effective program for patient with grade 2 or possibly grade 3 acne. As a peeling solution, salicylic acid gained popularity in the modern medical spa for the treatment of acne. It is often referred to as a Beta Peel and is found in solutions of 20% and 30%.

Salicylic acid has sometimes been overlooked for more trendy agents such as glycolic acid. However, this mild beta hydroxyl acid is a good tool for clinician to have on the back bar as a peeling agent for acne or for patient with oily and acne-prone skin. Let us learn more about salicylic acid, how it is used, and why we would choose it over other peeling agents.

Salicylic acid is oil soluble and therefore used to penetrate pores and digest the debris that accumulates and causes pimples. The peels are recommended every 2 weeks if the acne is grade 2 and every 3 weeks if the acne is grade 1.
SKIN RESPONSE to SALICYLIC ACID PEELS

The skin will be red and sometimes have a veil of salicylate on the surface. This appearance may resemble a frost; but unlike a frost, it can actually be moved, whereas a true frost cannot. In some cases, the skin will have a temporary anesthesia effect. In other words, the skin will be numb from the peel. When the time for the skin to start peeling begins the skin will usually peel in sheets or big “chunks” with this solution, beginning, of course, around the mouth. Once the peel is complete, apply anti-inflammatory, sunscreen or moisturizing sunscreen before discharging the patient.

AFTER THE TREATMENT

The post treatment for salicylic acid peel is simple. Use an anti-inflammatory product to reduce the stinging and burning, if any exists. The skin should be kept soft with a product that is specifically designed for post peeling. On the day of the peel and for the healing time, the patient should avoid any therapeutic home-care products. These products may be too irritating and may cause the skin to become erythemic and sensitive. The usual protocol is to begin the normal home-care program after skin is completely heal.

Salicylic acid peels are generally effective at reducing the quantity and quality of acne lesions. The skin will be less oily and clearer after this peel. The skin will also take a glow as a result of the exfoliation that is accomplished through the peeling process.
JESSNER’S PEELING

As with any clinical process, the technique of the clinician is an important factor in the results of a peel. Such is the case with Jessner’s peeling. The choice of preparation processes, the gauze or sponge that is used to clean the skin, the application device, and the cooling process all make a difference to the end result.

Several different application devices can be used: a brush, gauze, or a cotton-tipped applicator. The best results come from using folded gauze. This approach allows the greatest control and the least amount of splashing or dripping of the peel solution.

Make sure your patient is comfortable on the bed; having the patient change into a spa wrap or patient gown gives them filling of a full facial treatment. If the patient does not change into a gown or wrap, be sure put a towel over the patient’s chest to protect the clothing from becoming soiled. Be sure that the hair is held by a spa headband.

Now you are ready to begin. However, first, take an inventory. Is your room completely stocked? Is the fan on the counter? Do you have the correct peel solution? Do you have a bowl of water to cool the skin? Now that you have done a quick check of supplies, you are ready to begin.

Using a mild cleanser with soft gauze, cleanse the face until all of the makeup and debris have been removed. This process may take two applications of cleanser. Follow cleansing by de-fatting the skin with 50/50 solution. Next pour the selected Jessner’s solution into a small medicine cup or similar container. Dip the folded gauze into the peel solution. Squeeze out any extra solution against the side of your medicine cup: your gauze should not be dripping with peel solution. To apply the solution, begin on the forehead and make vertical strokes, beginning at the eyebrows and moving to the hairline. Then, apply the solution to the upper lip. If the gauze becomes dry, rewet the gauze and continue the peel. Next, turn your attention to the lower eyelid and crow’s feet; follow this with application to the sides of the face. Always apply two coats, one vertically and one horizontally. This application method helps ensure that the solution has been evenly distributed on the skin surface.

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The frost can be challenging to identify. Watch for pinkness to turn red, which should then be followed by an appearance of white haze. A salicylate or crystallization of the peeling products may some-times appear on the skin. Do not be fooled: this is not a frost. If the whiteness on the skin moves or can be wiped off, it is not a frost. You may need to wait up to five minutes for a frost to occur with Jessner’s solution. Frosting will usually occur in the thinnest skin first: around the eyes, for example, or in the driest areas such as on the upper lip. If a frost is not desired, apply only one coat rather than two coats.
If the skin significantly damaged by sunlight exposure or the proper home or clinical preparations to the skin are not made, then the solution may actually repel and bead up on the skin. In this case, the solution can be massaged with gloved hands or rough gauze to encourage penetration.

Talk to the patient as you applying the solution and ask what he or she is feeling and were. In the areas that are hotter, you should see a quicker response on the skin. Remember, Jessner’s solution cannot be neutralized; it can only be diluted. Be sure that the number of coats you apply is appropriate for wounding you intend.

When you are ready to cool the skin, you will be diluting the solution. Physicians, in general, do not dilute or cool Jessner’s peels but simply send patients home. However, cooling the skin and making patients more comfortable before sending them home is appropriate. Once the skin has reached the appearance you desire, begin the cooling process. Dip towels into cool water and apply to the face. Keep washing down the face until the patient feel some relief. All of the burning will not go away. The skin will remain hot for couple hours, which is perfectly normal. Once the cooling process has occurred, use DERModality AloeSone, and follow with a sunscreen.

Occlusion can be used with any peel. If the peel did not come to a frost, or not to anticipated frost, to achieve a deeper peel, apply an occlusive dressing. This dressing would be either Vaseline or Aquafor. Keeping the heat in the tissues will continue to cause a minor injury, thus increasing the peel depth. The increase in the peel depth will be very slight, so do not be misled that it will significantly increase the skin injury.

The post treatment for Jessner’s peel is easy and similar to any other peel. Begin with the application of DERModality AloeSome that will cool and moisturize the skin. The skin should be kept soft to avoid potential cracking and subsequent early peeling. On the second day, especially if a frost occurred, the skin will turn a brown color, similar to a tan. The skin should continue to be lubricated to prevent early peeling. The home care program should be avoided until the sloughing is complete, which will take approximately 5-7 days.

At the third day, the skin will begin to peel. The patient should be instructed to avoid picking because this behavior can result in scarring and infections. For some patients, picking is so tempting and difficult to avoid. Education about picking is an important part of the clinician’s job.

Jessner’s peels can be quite dramatic, especially for patients with acne-prone or hyper pigmented skin. This is a progressive treatment but will not provide a final result with one peel. Obviously, the frequency has to do with the depth of the peel and the lengths of the peeling process. Patients will not tolerate a sloughing face all the time. Make a schedule for patients with acne-prone skin and for patients with hyper pigmented skin accordingly.
**Vitamin C: Intense w/ L-Ascorbic Acid**

Vitamin C (contains more than 17% L-Ascorbic Acid) prevents free radical damage and helps to produce collagen, which is necessary to help DERModality hold our organs and skin in place. Acts as an antioxidant because it helps stabilize cell membranes protecting them from free radical damage by helping cells expel waste and hold on to valuable nutrients. Vitamin C reduces damage to the nervous system producing a stronger muscle contraction and firmer skin. This unique formula not only works as a building block structurally it also allows for an immediate visual change to the skins surface.

Directions: Apply 2-3 drops of DERModality ™ Vitamin C: Intense throughout facial areas after cleansing. Best results experienced when face is cleansed with h2t DermAstage™ Sulfate free Foaming Cream Cleanser. Apply just after cleansing once or twice daily.

**DERModality ™ HYALURONIC C Ester**

Made from highly concentrated levels of PURE Hyaluronic Acid, Vitamin C Ester contains a proprietary formula of Liposome's – Licinol DMAE. Hyaluronic Acid will bind and expand moisture up to 1000 times its own weight providing what nature (aging process) takes away. Our unique formula will hold and bind moisture at the highest level experienced “guaranteed”.

The catalyst to this formula is the activity generated by our Liposomes – Licinol blend. This form of energized activity allows for deep penetration of our key ingredients. Our formulation is engineered to hold and expand ANY moisture applied over the top of DERModality ™ Hyaluronic: C Ester. Excellent treatment used to minimize fine lines around the eyes and lips.

Directions: Apply 2-3 drops of DERModality ™ Hyaluronic: C Ester throughout facial areas after cleansing. Best results experienced when face is cleansed with h2t DermAstage™ Sulfate free Foaming Cream Cleanser. Apply Just after cleansing once or twice daily.

**DERModality ™ Vitamin A: Intense**

A unique natural formula that contains high concentrations of Vitamin A (retinol) and a composition of AHA’s, Salicylic Acid, L-Ascorbic Acid, Aloe Vera and Sodium PCA. Vitamin A is known for its ability to stimulate and increase the production of healthy skin cells while breaking up accumulations of dead skin cells thus visibly reducing the signs of aging. Once applied Vitamin A: Intense is promoting the retexturing of the skins surface, it also is has the ability to unclog pores. This formulation is designed to work extremely well for both aging and acne skin strategies. The penetration of this serum will accrue within seconds intensifying the results.

Directions: Apply 2-3 drops of DERModality ™ Vitamin A: Intense on top of and around desired areas in the evening after cleansing. Best results experienced when face is cleansed with h2t DermAstage™ Sulfate free Foaming Cream (normal, sensitive or dry skin), Sulfate Free Beta Hydroxy Foam Cleanser (combination, oily or emerging acne) or Acne Cleanser (acne skin types). Best used in PM

**HQ Lightening Gel - Glycolic acid 10%, Hydroquinone 2% and Kojic Acid 2%**.

1) Highly effective lightening gel for pigment concerns 2) Pre-conditioning prior to aggressive peels.

Usage: Overlay HQ Lightening Gel over skins surface (after skin has been cleansed with h2t DermAstage Cream Cleanser). Best results when used daily (PM) until results are gained. Client may have some sensitivity to the Glycolic Acid, in this case less frequent use (every other day) would reduce chance that the skin would continue to be irritated. Use up to 2 months then back off use to 1 time per week. After 8 weeks of 1 use per week, begin regular use intervals.

Directions: Apply 2-3 drops of DERModality ™ HQ Lightening Gel throughout the facial areas in the evening after cleansing. Best results experienced when face is cleansed with h2t DermAstage™ Sulfate free Foaming Cream (normal, sensitive or dry skin), Sulfate Free Beta Hydroxy Foam Cleanser (combination, oily or emerging acne) or Acne Cleanser (acne skin types). Best used at night. Do not spot treat.

**SunMoist SPF 30** - Excellent lightweight sun block containing Zinc and Titanium Dioxide. SunMoist may be used as a replacement for a daily moisturizer for normal to oily skin. Designed to protect skin at all times including after an aggressive peel. SunMoist will not leave the skin sensitized when used applied after a chemical peel. It becomes the perfect sunblock.

Directions: For normal to Dry skin, apply by after serums and or h2t DermAstage Enzyme Cream or Anti-wrinkle Cream. For oily skin, apply after toner or serums. Use SunMoist SPF 30 during all daylight hours. Re-apply after 4 hours.
DERModality Exfoliating Pads

**At home use**: This anti-aging product not only diminishes the appearance of wrinkles but helps complexion problems, balances oil, tones skin, and increases clarity and radiance while removing undesirable levels of accumulated dead skin cells. Allows for a near professional strength product to be used 2 times a week as a home use treatment.

**Professional Use**: Can be used within the facial strategy by itself or in conjunction with the h2t Pumpkin Peel 30 formula as a double layer peel. By applying this protocol you are utilizing h2t's Multi-fruit Complex a vehicle for greater penetration of our AHA's, lightening pigment, a super anti-oxidant along with the benefit of 2 strong anti-inflammatory within the h2t Pumpkin Peel.

- Diminishes accumulated skin build-up.
- Destroys bacteria caused by oil production in and around the follicle region.
- Works when oil is present "oil soluble".
- Polishes dull lifeless skin.

**Active Ingredients**: 10% Glycolic Acid • 2% Salicylic Acid

The above products were produced to enhance your clients post peel skin condition. DERModality's highly developed products are engineered to enhance all daily use products.

- Remember that products that contain active ingredients or become active on the skin should not be used for at least 4 days after an aggressive peel.

**Aloesome - Post Chemical Peel Cream**

**DIRECTIONS**: This light soothing cream gives temporary relief from itching caused by minor skin irritations, inflammation and rashes due to eczema, allergies cosmetics, poison ivy, poison oak, soaps insect bites, seborrheic dermitis or post-inflammatory response. Apply on areas of skin that is in need of soothing.

**M:Corrective**

While M:Corrective dramatically enhances and brightens the skin within days of using, the benefits to reduce hyperpigmentation, acne and wrinkles are amazing. Mandelic acid is an almond extract that is gaining popularity as an alpha hydroxyl acid suitable for all skin types and complexions, giving it a unique advantage. This new skin care sensation helps bring clarity and balance while causing virtually no irritation. The results are similar to the Vitamin A as to lightening pigment as well as a rare ability to be effective when fatty acids are present (oil soluble). Mandelic acid is also recommended as a pre and post laser treatment, reducing the amount and length of irritation caused by laser resurfacing.

- Evens skin tone, reduces age spots & freckles
- Quickly fades acne scarring
- Tightens the skin and pores
- Reduces and eliminates lines & wrinkles
- Helps fade the signs of Melasma
- Safe and extremely effective on darker skin tones.

Directions: Apply small amount to facial area, massage gently with finger tip.

**Micronized Benzoyl Peroxide Acne Facial Wash**: Nano derived technology has provided us an evolutionary deep penetrating anti-bacteria gem - Micronized Benzoyl Peroxide Acne Facial Wash is a prescription strength cleanser that destroys bacteria responsible for inflamed acne using a time-release delivery system along with the smallest of molecular size benzoyl, this gentle formula removes excess oil and kills bacteria through a controlled release of active ingredients. A unique action provided by moisturizers and potent anti-bacterial ingredients allows DERModality™ Acne Facial Wash to reduce inflammation while targeting problem areas, leaving skin looking more vibrant, soft and smooth.

**Our Chemical Peels**

Chemical peels are topically applied acids that aid in the restoration and rejuvenation of the skins surface. Our TCA & Retinol Peels are highly developed peels that allow for the DERModality™ trained Esthetician or Medical Professional to gain predictable results with little or no down-time. This process is an industry unique formula of application. TCA is an amazing chemical that penetrates deeper than Glycolic Acid while allowing for measureable and controllable effects to the skin. Most chemicals preclude olive and darker skin types. Virtually all DERModality™ Peels (including TCA Formula 2) have been developed for ALL SKIN TYPES. Our peels allow for a uniform and controlled shedding of several layers of dead skin. Depending on the nature and depth of the peel, a significant number of layers can be exfoliated allowing new growth to be exposed, creating a fresh vibrant appearance.
DERModality™ peels were developed over a lengthy clinical trial period. The formula “creator” is one of the leading medical & esthetics trainers in the US. She was the lead trainer for the Obaji Blue Peel over a 6 year period. For the same number of years the foundation of our peels were used and practiced in one of 4 FDA clinics in the US. The design was to provide several modalities of aggressive peels balanced by protocol to formulation to offer the greatest value to exfoliation with the least amount of down-time. The clinical studies were then put to test in an ethnic skin culture for a number of years thus allowing many of our peels to be perfected for most SKIN TYPES.

**Professional Chemicals Peels**

**Vitamin A Retinol 10/ 10 Peel** (10% Retinol & 10% Lactic Acid) - Ph 2.5

The Vitamin A Retinol is a uniquely active formula (once applied on the skin surface) that contains significant concentrations of Vitamin A (retinol) combined with the resurfacing value of Lactic Acid. This combination allows for deeper exfoliation of surface dead skin cells as well as a powerful decongestive mechanism for the accumulation of lipids and oils surrounding the glands and hair follicles. Vitamin A at this condensed level is known for its ability to stimulate and increase the production of healthy skin cells “the natural production of three building blocks – Collagen, Fibronectin and Hyaluronic Acid” thus visibly reducing the signs of aging. When properly applied (see specific protocol instructions) the visual change of the skin can be significant. The physical exfoliation that occurs when layered often resembles that of high levels of glycolic acid. If the strategy is to minimize the appearance of unwanted pigmentation our “Long Island Ice Tea” peel is a perfect starting point for the overall appearance of the skin as well as a pre-conditioning tool for more aggressive peels. You will rarely experience irritation of the skin when applied allowing for a greater number of customers enjoying the opportunity. The “Long Island Ice Tea” Peel quite probably is the most user friendly and effective peel available to the professional esthetician. Can be used as a treatment for rosacea, no more than 1 time three weeks apart.

**PROFESSIONAL USE**

**DESCRIPTION:** Highly concentrated Vit. A & Lactic Acid Formula. Helps create a smoother, softer, and more youthful looking appearance by helping to enhance the skin’s natural rejuvenation.

**DIRECTIONS:** For Professional use only: Follow specified Protocols -

**SKIN TYPES:** For Sensitive Skin/Normal

**BENEFITS:** Reduces visual signs of aging • Allows for a radiant skin appearance • works with rosacea, acne, renewal, and lightening programs.

**INGREDIENTS:** D. Water, Vitamin A Retinol, Lactic Acid, Aloe Vera, Glycerin-26, Octyl Dimethyl, Polysorbate-60, Propylene Glycol, Sodium Lactate, Sodium PCA, Niacinamide, Sodium Benzoate, Inositol, Quaternium-15, Methyl and Propylparaben.

**Retinol 15/ 15** (15% Retinol & 15% Lactic Acid) “Long Island Ice Tea” Peel – Ph 2.5

The “Long Island Ice Tea” Peel is a uniquely active formula (once applied on the skin surface) that contains significant concentrations of Vitamin A (retinol) combined with the resurfacing value of Lactic Acid. This combination allows for deeper exfoliation of surface dead skin cells as well as a powerful decongestive mechanism for the accumulation of lipids and oils surrounding the glands and hair follicles. Vitamin A at this condensed level is known for its ability to stimulate and increase the production of healthy skin cells “the natural production of three building blocks – Collagen, Fibronectin and Hyaluronic Acid” thus visibly reducing the signs of aging. When properly applied (see specific protocol instructions) the visual change of the skin can be significant. The physical exfoliation that occurs when layered often resembles that of high levels of glycolic acid. If the strategy is to minimize the appearance of unwanted pigmentation our “Long Island Ice Tea” peel is a perfect starting point for the overall appearance of the skin as well as a pre-conditioning tool for more aggressive peels. You will rarely experience irritation of the skin when applied allowing for a greater number of customers enjoying the opportunity. The “Long Island Ice Tea” Peel quite probably is the most user friendly and effective peel available to the professional esthetician.

**PROFESSIONAL USE ONLY**

**DESCRIPTION:** Highly concentrated Vit. A & Lactic Acid Formula. Helps create a smoother, softer, and more youthful looking appearance by helping to enhance the skin's natural rejuvenation.

**DIRECTIONS:** For Professional use only: Follow specified Protocols - Do not use more than 1 time per three week period.

**SKIN TYPES:** For Sensitive Skin/Normal

**BENEFITS:** Reduces visual signs of aging • Allows for a radiant skin appearance • works with rosacea, acne, renewal, and lightening programs.

**INGREDIENTS:** D. Water, Vitamin A Retinol, Lactic Acid, Aloe Vera, Glycerin-26, Octyl Dimethyl, Polysorbate-60, Propylene Glycol, Sodium Lactate, Sodium PCA, Niacinamide, Sodium Benzoate, Inositol, Quaternium-15, Methyl and Propylparaben.

**T.C.A. Formula 2 Solution** – Ph 1.7 • Percent of Active Chemical: 9% (7% T.C.A. 2% Salicylic Acid)

**DIRECTIONS:** Patch test for allergies 2-3 days before regular application. Apply a thin layer on designated areas. The product may discolor over a period of time. Follow explicit directions (designed DERModality protocols). Do not use without proper training (Minimum 8 hour training class).

**CAUTION:** External use only. Avoid contact with eyes and delicate areas around the eyes. Keep out of reach of children.

**INGREDIENTS:** Deionized Water, Ethoxydiglycol, Propylene Glycol, Trichloracetic Acid (T.C.A.), Salicylic Acid, Quaternium-15.
T.C.A. Signature Peel - Ph: 1.2 • Percent of Active Chemical: 12% (10% T.C.A. 2% Salicylic Acid)

**DIRECTIONS:** Patch test for allergies 2-3 days before regular application. Apply a thin layer on designated areas. The product may discolor over a period of time. Follow explicit directions (designed DERModality protocols). Do not use without proper training (Minimum 8 hour training class).

**CAUTION:** External use only. Avoid contact with eyes and delicate areas around the eyes. Keep out of reach of children.

**INGREDIENTS:** Deionized Water, Ethoxydiglycol, Propylene Glycol, Trichloracetic Acid (T.C.A.), Salicylic Acid, Quaternium-15.

T.C.A. Pinnacle Peel - pH: 1.0 • Percent of Active Chemical 17% (15% T.C.A. 2% Salicylic Acid)

**DIRECTIONS:** Patch test for allergies 2-3 days before regular application. Apply a thin layer on designated areas. The product may discolor over a period of time. Follow explicit directions (designed DERModality protocols). Do not use without proper training (Minimum 8 hour training class).

**CAUTION:** External use only. Avoid contact with eyes and delicate areas around the eyes. Keep out of reach of children.

**INGREDIENTS:** Deionized Water, Ethoxydiglycol, Propylene Glycol, Trichloracetic Acid (T.C.A.), Salicylic Acid, Quaternium-15.

New Professional DERModality Products

**Glycolic Acid 30% Peel:** formulated from sugar cane, this peel creates an above mild exfoliating action. DERModality Glycolic Acid 30% peels work by loosening up the horny layer and exfoliating the superficial top layer of dead skin. This peel also stimulates collagen growth. Containing the smallest molecular size off all AHA’s it will penetrate quickly and may cause some skin irritation. It is important to begin using DERModality 10 or 20% Glycolic pads to desensitize the skin before using our Glycolic 30% formula.

Our formula becomes an invaluable tool for conditions that relate to any topical accumulation of dead and or bacteria. Acting alone may help lighten skin pigment and related issues. Used in conjunction with DERModality hq Lightening Gel can provide an effective 1-2 punch to effectively lighten hyperpigmentation.

**Glycolic Pads 20%:** formulated from sugar cane, this peel creates a mild exfoliating action. DERModality Glycolic 20% Pads work by loosening up the horny layer and exfoliating the superficial top layer of dead skin. This peel also stimulates collagen growth. Containing the smallest molecular size off all AHA’s it will penetrate quickly and may cause some skin irritation when used alone. It is important to begin using DERModality 10% Glycolic/ 2% Salicylic pads or DERModality Lactic Acid 30% first to desensitize the skin before using our Glycolic 20% Pads. Our formula becomes an invaluable tool for conditions that relate to any topical accumulation of dead and or bacteria.

**Salicylic Acid 20%:** DERModality’s Salicylic Acid 20% formula is extracted from the willow bark. Our 20% Salicylic acid formula is lipid-soluble in contrast to water-soluble AHA’s. Because of this, our 20% SA formula easily penetrates into the lipid plug in a congested follicle. SA is considered both keratolytic and antimicrobial. Studies show that SA is more effective than glycolic, resulting in decreased comedones, quicker exfoliation and accelerated improvement of the skin without excessive irritation.

**Lactic Acid 30%:** The perfect formulation to use in conjunction with our DERModality Layering Techniques. The molecular weight of Lactic acid is somewhat large; therefore its penetration into the skin is slower. This slower speed of penetration reduces the occurrence of edema (swelling) and erythema (redness) during and after treatment. Our Lactic formula allows for the perfect complement when layered underneath other chemical Peels to achieve mutable treatment protocols. Used alone it becomes a gentle but effective exfoliate, layered with h2t Pumpkin Peel 30% (underneath) the penetration is swifter without the adding much in way of additional irritation. This now becomes a effective treatment for acne, skin lightening or treatment for anti-aging.

**Modified Jessner’s Peel:** This progressive and highly effective light-to-medium depth peel formula effectively exfoliates, destroys bacteria and stimulates healthy cell production with blends of lactic (17%), salicylic acids (17%), citric (8%). While inhibiting pigment and pigment production; DERModality's proprietary pre-conditioning & layering procedures allow for a one-two punch that opens the door for visual changes in lightening pigmentation. Our Modified Jessner peel will significantly help repair and reduce breakouts, control oil, soften lines and provide a more even, smoother skin texture.

**C: Vitality 25% AHA Peel - 3.0pH** (10% Glycolic acid/15% Lactic acid): The perfect blend of highly effective and concentrated Vitamins and fruit driven super anti-oxidants, nutrients and skin balancing agents. The Dermodality Vitality Peel will replace the traditional enzyme scrub by using highly concentrated and potent vacuum distilled extracts including bilberry. With built-in anti-inflammatory ingredients the skin is left without inflammation allowing for a valued added facial treatment.

The C: Vitality 25% AHA Peel may be used in conjunction with h2t Pumpkin Peel 30% as long as the skin is properly pre-conditioned with the h2t Pumpkin Peel 30. Our protocol calls for the application of C: Vitality 25% AHA Peel underneath to the h2t 30 Pumpkin Peel treatment. Do not remove the C: Vitality Peel 25% AHA before application of the h2t Pumpkin Peel unless you are noticing erythema (redness).

Pre-Chemical Solution Prep-Pads: Combination of 50%
Life Stage Skin Care Solutions
Our Skin’s Lifestages

The new (h2t)® dermAstage system is a beautifully simple treatment program for you to use at home. Dermatologist and aesthetician tested products made with premium ingredients have proven to be effective in maximizing the health of the skin in each of three primary lifestages, or “dermAstages.” Whether your skin is in its teen, adult, or anti-aging cycle, the (h2t)® dermAstage system offers you a line of essential skincare products designed specifically to enhance skin quality in that stage. This simple, streamlined lifestyle regimen for the skin gives you a professional spa-quality daily experience in your own home.

The dermAstage skin care regimen includes a program to:

- Cleanse
- Exfoliate
- Moisturize
- Protect
dermAstage
Essentials
Essentials

Because the (h2t)® dermAstage products are life stage and solutions-oriented, they make the process of selecting the right treatments for your skin precise and easy. All skin, regardless of the stage it is in, should have the benefit of the (h2t)® dermAstage ESSENTIALS products.

The ESSENTIALS category includes the following products:

- Foaming Cream Cleanser
- Balancing Toner
- Exfoliating Facial System
- Day Cream with SPF 15
- Pure Hyaluronic Acid
- Natural Pumpkin and Multi Fruit Complex Peel
Foaming Cream Cleanser

A highly concentrated, luxurious, sulfate-free formula that transforms from a light, airy foam into a rich, creamy lather to hydrate and moisturize your skin, leaving it supple and smooth. In addition, anti-oxidants such as vitamins A, C and E promote skin cell rejuvenation and help prevent future damage to the skin. Removes make-up and surface impurities leaving the skin clean, smooth and hydrated.

FEATURES AND BENEFITS

Grape Seed Extract:
- Anti-oxidant
- Anti-irritant
- Anti-bacterial

Vanilla Bean Extract:
- Soothing

Retinyl Palmitate (Vitamin A):
- Skin conditioning
- Encourages cell renewal
- Improves water barrier properties

Tocopheryl Acetate (Vitamin E):
- Free-radical scavenger
- Photo-protecting
- Water binding

Ascorbyl Acetate (Vitamin C):
- Anti-oxidant
- Increases sunscreen effectiveness
- Skin brightening

DIRECTIONS FOR USE:

1. Use in morning and evening.

2. Moisten face with water. Pump small amount in hands and massage into soothing lather.
Balancing Toner

A calming, alcohol-free and fragrance-free solution that incorporates allantoin, chamomile and aloe to balance, soothe and hydrate your skin. Provitamin B5 and natural botanical extracts help normalize pH and prepare your skin for further treatment. Ideal for use after shaving, waxing and exfoliating.

FEATURES AND BENEFITS

Pentylene Glycol:
- Humectant
- Moisturizing
- Improves elasticity

Chamomilla Extract:
- Anti-inflammatory
- Natural antiseptic

Panthenol (Vitamin B):
- Moisturizing
- Sebum normalizer

Allantoin:
- Anti-irritant
- Helps stimulate tissue growth

Witch Hazel:
- Anti-inflammatory
- Astringent
- Soothing

Willow Bark Extract:
- Anti-septic

Glycolic Acid:
- Increases epithelial turnover
- Anti-bacterial
- Reduces stratum corneum thickening
- Improves hydration

Aloe:
- Anti-inflammatory
- Healing
- Moisturizing

DIRECTIONS FOR USE

1. Use in morning and evening.

2. Spray directly onto clean dry skin or apply with a cotton ball or pad, taking care to avoid the eyes.

3. Allow toner to dry before applying further treatment products.
Exfoliating Facial System is a simple, results-oriented exfoliating system for all skin types. With regular use, this at-home, mini facial system increases oxygenation and cell renewal to improve skin firmness, texture and tone, thus reducing apparent pore size and diminishing the appearance of fine lines and discoloration. The dermAstage Exfoliating Facial System helps reduce breakouts related to acne and rosacea and restores balance to both oily and dry skin.

Step 1

Gentle exfoliating pads combine alpha and beta-hydroxy acids with natural acids found in fruit extracts to remove dead, dull-looking surface cells, revealing a fresh layer of softer, smoother skin cells and a rejuvenated, brighter-looking complexion.

FEATURES AND BENEFITS

Multi-fruit Complex:
- Naturally occurring AHA's containing cellulose, carbohydrates, proteins and water-soluble vitamins and minerals

2% Salicylic Acid:
- FDA approved for effective treatment of acne
- Reduces corneum thickening
- Lightens existing acne scarring

Green Tea Extract:
- Anti-oxidant (catechins)
- Anti-inflammatory
- Helps repair photo-damage

Ascorbic Acid:
- Anti-oxidant
- Increases sunscreen effectiveness
- Skin brightening
- Free radical scavenger
Step 2

Toner pads that combine natural agents to firm, moisturize and tone the skin while helping reduce the appearance of fine lines and discoloration. Green Tea extracts soothe the skin while alpha-bisabolol (a natural plant-based ingredient with anti-inflammatory benefits) helps relieve dryness and irritation. Vitamin A helps normalize the skin's barrier properties, while Vitamin C and E act as anti-oxidants, increasing the body's ability to fight free radicals and brighten the complexion.

FEATURES AND BENEFITS

Green Tea Extract:
- Anti-Oxidant (catechins)
- Anti-Inflammatory
- Helps repair photo damage

Bisabolol:
- Anti-inflammatory agent
- Derived from chamomile and/or yarrow

Retinyl Palmitate (Vitamin A):
- Skin conditioning
- Encourages cell renewal
- Improves water barrier properties

Tocopheryl Acetate (Vitamin E):
- Free-radical scavenger
- Photo-protecting
- Water binding

Ascorbyl Palmitate (Vitamin C):
- Anti–oxidant
- Increases sunscreen effectiveness
- Skin brightening

DIRECTIONS FOR USE:

1. Use in morning or evening.
2. Cleanse with dermAstage cleanser. Pat skin dry.
3. Wipe entire face and neck with exfoliating pad taking care to avoid eyes and lip areas.
4. Wait 2-3 minutes. Repeat process using toner pads, taking care to avoid eye and lip areas. Do not rinse.

SUNBURN ALERT:

This product contains alpha-hydroxy acids that may increase skin’s sensitivity to the sun and particularly to sunburn.
Pumpkin peel is an intensive exfoliating and rejuvenating treatment for all skin types. This unique pumpkin and multi-fruit complex combines over 100 beneficial nutrients with naturally occurring acids and enzymes to detoxify and exfoliate dead skin cells while nourishing the underlying tissue. Active ingredients help rejuvenate the skin by replenishing essential vitamins and minerals, increasing the rate of cell renewal and promoting the growth and health of cells and tissues, resulting in a radiant, younger-looking complexion.

FEATURES AND BENEFITS

- Helps to slough off unwanted or dead surface cells
- Helps to prevent hyper-keratinization
- Stimulates collagen and elastin production
- Improves the skin’s immune barrier
- Improves moisture
- Fights free radicals
- Improves the appearance of lightly sun-damaged skin
- Improves overall texture and health of the skin

DIRECTIONS FOR USE:

1. Apply a thin layer of pumpkin peel to the skin starting at the perimeter of the treatment area and working towards the center. Take care to avoid the eye area.
2. Let pumpkin peel stand for the amount of time suggested below. A warming sensation combined with light transient tingling is to be expected during use.
3. Remove pumpkin peel if tingling sensation becomes uniform or signs of redness occur.

Because of the acidic nature of this product, the following “set up” procedure is recommended to allow your skin time to become acclimated to the treatment.

Initial treatment: Let stand 1-2 minutes.
Intermediate treatment: Let stand 2-5 minutes.
On-going treatment: Let stand up to 10 minutes.

1. Rinse with cool water. Follow treatment with dermAstage Toner.
2. Do not use more than twice a month.
Hyaluronic Acid (HA) is described as your body's own moisturizer. It is one of the most water-loving molecules in your own body. Almost 50% of the body's HA is found in your skin. This dynamic ingredient binds up to 1000 times its weight in water and serves as a natural moisturizer and lubricant, nourishing tissue and stimulating collagen growth, which in turn creates a healthy, hydrated structural framework for the skin. Young skin is smooth and highly elastic because it contains high concentrations of HA. As we grow older, the body loses its ability to maintain this same concentration in the skin. dermAstage's Pure Hyaluronic Acid will help the health and elasticity of the underlying skin, resulting in plumper and more youthful looking skin.

**FEATURES AND BENEFITS**

- Humectant
- Protectant
- Helps prevent dehydration
- Helps maintain tensile strength of the skin
- Plumps up the skin
- Helps with repair time to wounds
- Helps prevent scarring

**DIRECTIONS FOR USE:**

1. After cleansing in morning and evening apply to face, including around eye area, above upper lip and neck.
2. Massage in.
Day Cream with SPF 15

Day Cream with SPF 15 is a lightweight, non-greasy, moisturizing day cream that acts as a second skin, providing protection from harmful UVA and UVB rays that contribute to skin damage and premature aging. DermAstage Day Cream provides long-lasting nourishment to the skin, while being unobtrusive enough to wear comfortably beneath your makeup. Designed to protect delicate skin without clogging pores or causing breakouts.

FEATURES AND BENEFITS

Sunscreen's active ingredients:
- Octocrylene 9%
- Octinoxate 7.5%
- Avobenzone 2%
- Oxybenzone 3%

Cyclopentasiloxane:
- Provides silky lubrication to product
- Prevents water loss
- Creates a mild protection to the skin

Tocopherol Acetate (Vitamin E):
- Free radical scavenger
- Photo-protecting
- Water binding

DIRECTIONS FOR USE:

1. Cleanse and tone the skin before applying.
2. Apply generously and evenly to entire face in the morning or 15 minutes prior to sun exposure.
dermAstage
Teen
Acne Line

Acne is a disorder of the hair follicles and sebaceous glands (oil producing glands), which usually begins around puberty when boys and girls have increased androgen hormones (testosterone).

Most teenagers get some form of acne and it is estimated that 80-90% of people between the ages of 11 and 30 suffer with this condition. Unfortunately, even older adults in their 40’s and 50’s can develop acne, which can be related to hormones, childbirth, stopping oral contraceptives and menopause.
FOUR STAGES OF ACNE

The type and number of lesions determine the specific stage:

- Emerging Acne
- Mild Acne
- Moderate Acne
- Severe Acne

DERMASTAGE ACNE TREATMENT OPTIONS

To reduce the production of sebum:

- Acne Cleanser (Benzoyl Peroxide)
- Beta Hydroxy Foaming Cleanser

To speed up the rate at which skin cells shed:

- Exfoliating Facial System (from the Essentials category)
- Acne gel

To kill harmful bacteria on the skin:

- Acne Cleanser (Benzoyl Peroxide)
Beta Hydroxy Foaming Cream Cleanser

Beta Hydroxy Foaming Cream Cleanser is a highly concentrated multi-vitamin and anti-oxidant formula that gently and effectively exfoliates dead skin; opens plugged pores, diminishes large pores and helps reduce the occurrence of blackheads and whiteheads. **DermAstage Beta Hydroxy Foaming Cream Cleanser** is an especially effective cleanser for emerging acne and is formulated to remove surface impurities, impart a clean feel, and leave skin smooth and hydrated.

**FEATURES AND BENEFITS**

**Salicylic Acid (1%):**
- Reduces corneum thickening
- Lightens existing acne scarring
- Helps prevent further scarring
- Exfoliates surface cells

**Lactic Acid:**
- Binds moisture to the skin
- Exfoliates surface cells
- Improves the texture and pliability of the corneum layer

**Phospholipids:**
- Emollient

**Ascorbyl Palmitate (Vitamin C):**
- Anti-oxidant
- Skin brightening
- Increases sunscreen effectiveness

**Retinyl Palmitate (Vitamin A):**
- Skin conditioning
- Encourages cell renewal
- Improves water barrier properties

**Tocopherol Acetate (Vitamin E):**
- Free radical scavenger
- Photo-protecting
- Water binding

**Chamomilla Extract:**
- Anti-inflammatory
- Natural anti-septic

**Willow Bark Extract:**
- Anti-septic

**DIRECTIONS FOR USE:**

1. Moisten face with water.
2. Pump a small amount into hands and massage into soothing lather.
3. Gently cleanse face and neck areas.
4. Rinse thoroughly and follow with **dermAstage Balancing Toner**.
Benzoyl Peroxide Acne Cleanser

Benzoyl Peroxide Acne Cleanser is a prescription strength cleanser that destroys bacteria responsible for inflamed acne and helps prevent future breakouts. Using a time-release delivery system, this gentle formula removes excess oil and kills bacteria through a controlled release of active ingredients, ensuring effective relief that continues over an extended period of time. This reduces the irritation commonly associated with other, harsher acne cleansers. A combination of rich moisturizers and potent anti-bacterial ingredients allows dermAstage Acne Cleanser to soothe and hydrate the skin while targeting problem areas, leaving skin looking radiant, soft and smooth.

FEATURE AND BENEFITS

Benzoyl Peroxide 2.5%:
• Anti-bacterial agent
• Oxygenating

Jojoba Microspheres:
• Gentle surface exfoliation

Allantoin:
• Helps smooth and condition the skin
• Helps reduce redness

Willow Bark:
• Antiseptic-like properties

DIRECTIONS FOR USE:

1. Moisten face with water.
2. Gently cleanse the face and neck, taking care to avoid the eye, lip and mouth area.
3. Rinse thoroughly with warm water and pat dry.
4. Follow with dermAstage Balancing Toner.
5. Use twice daily for moderate or inflamed acne condition.
Acne Relief Gel is a fast-acting, intensive gel that penetrates clogged pores from which acne oil secretions arise, providing powerful control and rapid resolution of unwanted blemishes. In addition to effectively treating whiteheads, blackheads and emerging acne, this unique, gentle formula accelerates the skin’s renewal process and helps stimulate skin cells to produce more vibrant, smoother-looking skin.

FEATURES AND BENEFITS

Glycolic (10%):
- Increase epithelial turnover
- Anti-bacterial
- Reduces stratum corneum thickening
- Improves hydration

Lactic Acid (2%):
- Binds moisture to the skin
- Exfoliates surface cells
- Improves texture and pliability of the corneum layer

Salicylic Acid (1%):
- Approved by the FDA for effectively treating acne
- Reduces corneum thickening
- Prevents scarring
- Lightens existing acne scarring

DIRECTIONS FOR USE:

1. Cleanse thoroughly before applying (h2t)® Acne Relief Gel.

2. Cover the entire effected area with a thin layer one to three times daily as needed.

3. If bothersome dryness or peeling occurs reduce application to once a day or every other day.

4. Recommended for daily use.
dermAstage
Adult
Adult Stage

The adult stage is a pivotal stage of your skin’s life. At this critical time, it is important to protect and maintain the health of your skin. Daily use of dermAstage Adult Stage products will help maintain the health of your skin during this most crucial stage. Adult skin will continue to benefit from the prolonged use of dermAstage resulting in firm, toned, radiant-looking skin.

DermAstage Adult Products:

- Enzyme Cream
- Eye Cream
- Hydrating Cream
Enzyme Cream is a gentle, highly effective moisturizing cream that diminishes the appearance of fine lines, reduces pore size, and improves skin's firmness and tone. A slow-release exfoliating process removes dead and damaged cells, resulting in smoother, younger looking skin. Natural, plant-derived extracts promote cell renewal by facilitating greater water circulation throughout the skin. In addition, Enzyme Cream refortifies the skin's natural protective barrier, locking in moisture and minimizing trans-epidermal water loss. With daily use Enzyme Cream will result in soft, smooth skin.

FEATURES AND BENEFITS

Papain (time released):
- Softly exfoliates dead, damaged skin
- Smoothes the skin
- Promotes new cells, resulting in smoother, younger skin

Pomegranate (Punica Granatum Extract):
- Helps restore water circulation to the skin
- Slows aging
- Anti-oxidant

Apple Fruit Extract (Pyrus Malus Extract):
- Improves firmness
- Decreases fine lines

Coenzyme Q10:
- Known for its anti-oxidative effects
- Reduces the appearance of age

Allantoin:
- Anti-irritant

Advanced Moisture Complex:
- A blended polymer that has exceptional water-binding characteristics
- Prevents skin dehydration
- Ensures maximum miniaturization

Tocopheryl Acetate (Vitamin E):
- Helps prevent cells and tissue damage
- Anti-bacterial

DIRECTIONS FOR USE:

1. Use every evening or as needed. May be used as a day cream under makeup.

2. Massage gently over face and throat, taking care to avoid eye area.
dermAstage Eye Cream is an innovative, lightweight cream that reduces puffiness and counteracts dark circles and other imperfections by strengthening the capillary system and improving blood circulation around the eye. In addition, this unique pH balanced and fragrance-free formula employs microscopic light reflective particles that reduce the appearance of fine lines by illuminating the shadowed areas of wrinkles and other skin imperfections, resulting in a refreshed youthful look.

**FEATURES AND BENEFITS**

**Reflective Particles:**
- Reduces the appearance of wrinkles, darkness and other skin imperfections
- Fills and coats to reflect light

**Saccharomyces Cervisae Extract:**
- Derived from yeast
- Combats under eye circles
- Helps lighten pigmentation

**Hydrogenated Polydecene:**
- Moisturizing
- Emollient

**DIRECTIONS FOR USE:**

1. Use morning and evening.

2. With a tapping motion, apply a small amount onto clean dry skin around the eye area.
Hydrating Night Cream is an intense moisturizing cream that soothes and rehydrates tired skin while you sleep. A unique delivery system binds active ingredients to your skin, allowing them to revitalize cell metabolism and help repair damaged cells while creating a barrier that locks in moisture. Daily use will improve elasticity and refine texture, resulting in firmer, more radiant, younger looking skin.

**FEATURES AND BENEFITS**

**Creatine:**
- A natural amino acid derivative
- Helps improve cellular energy metabolism
- Prevents and combats skin irritation from various environmental factors
- Provides moisturization

**Tocopheryl Acetate (Vitamin E):**
- Free-radical scavenger
- Photo-protecting
- Water binding

**Punica Granatum Extract (Pomegranate):**
- Helps restore water circulation to the skin
- Slows the aging process
- Anti-oxidant

**Allantoin:**
- Anti-irritant

**Squalane:**
- Anti-oxidant qualities
- Highly lubricating

**Advanced Moisture Complex:**
- A blended polymer that has exceptional water-binding characteristics
- Prevents skin dehydration
- Ensures maximum moisturization

**DIRECTIONS FOR USE:**

1. Use every evening after cleansing, exfoliating and toning.
2. Massage gently over face and throat.
Anti–Aging Stage

The anti-aging stage is a critical phase of your skin’s life. Formulated to slow down the aging of skin, dermAstage anti-aging products maintain and protect the health of your skin and help prevent signs of aging.

This highly effective group of products diminishes and slows down the appearance of fine lines, reduces pore size and improves skin’s firmness and tone. Using premium ingredients that provide targeted intervention for wrinkles and lines, daily use of dermAstage will result in soft, smooth healthy looking skin.

dermAstage Anti-Aging Products

- Anti-Wrinkle Cream
- Eye Cream
dermAstage Anti-Wrinkle Cream is a fast acting technologically advanced formula that stimulates skin rejuvenation and helps repair age-related skin damage while decreasing the appearance of fine lines and wrinkles. By restructuring and restoring water circulation, this unique pH balanced and fragrance-free formula not only helps prevent, but also reverses signs of aging. Natural, plant-derived agents lift and tighten the skin, while enhancing its natural elasticity.

FEATURES AND BENEFITS

Ubiquinone (CO Q10):
- Known for its anti-oxidant effectiveness
- Reduces the appearance of age

Ceramide 2 and Palmitoyl Oligopeptide:
- Prevents further wrinkling
- Helps repair existing wrinkle damage
- Stimulates cell communication for maintaining health

Apple Fruit Extract (Pyrus Malus Extract):
- Improves firmness
- Decreases fine lines

Punica Granatum Extract (Pomegranate):
- Helps restore water circulation to the skin
- Slows aging

Squalane:
- Anti-oxidant qualities
- Highly lubricating

DIRECTIONS FOR USE:

1. Use in the morning and evening.

2. Smooth gently over entire face and neck into wrinkles, face lines, crows feet found in areas around eyes, mouth and forehead.

3. Follow with dermAstage Eye Cream.
Bath and Body from \((h_2t)^\text{®}\)

The \((h_2t)^\text{®}\) bath and body line was developed under the guidance of highly skilled aestheticians and manicurists to assure superior quality and performance in all \((h_2t)^\text{®}\) products.

\((h_2t)^\text{®}\) is a complete line of bath products made with concentrates and contemporary ingredients. With the \((h_2t)^\text{®}\) product line you receive professional performance and quality, for at home use.

Bath and body products are available in the following flavors:

**Vanilla**
Vanilla is a pleasing scent that is warming and soothing to the skin.

**Sea & Vitamin C**
Sea kelp stimulates the skin and gives it a smooth feel.

**Ginger**
Ginger calms, soothes and hydrates the skin while warming and relaxing muscles.

**Milk**
Milk protein leaves skin hydrated and smooth.

**Lavender**
Essential lavender oil is stimulating and reviving yet soothing.

**Green Tea**
Green Tea is soothing and high in anti-inflammatory properties. It also has a fresh fragrance.

**Lemon Verbena**
A fresh lemon scented emollient that firms, brightens and awakens the skin while leaving it silky smooth.

**Pomegranate**
Nature’s richest anti-aging oxidant. This lightly fragrance lotion refreshes and rejuvenates.
Shower Gels:
Gentle enough for daily use, (h₂t)® Shower Gels cleanse without dehydrating the skin and create freshness and well being while energizing your skin.

Foaming Bath Salts:
Indulge yourself by soaking in a warm luxurious bath or apply to washcloth while showering. (h₂t)® Foaming Bath Salts condition and moisturize the skin.

Body Moisturizing Complex
Rich and creamy (h₂t)® Body Moisturizing Complex keeps skin softer, longer while absorbing quickly into the skin. This light non-greasy lotion is excellent for an everyday moisturizer to keep your skin soft and supple.

Total Body Sugar Buff:
Sloughs away dry skin. (h₂t)® Total Body Sugar Buff gently exfoliates the skin with sugar crystals while leaving your skin rejuvenated and smooth. Apply to dry skin, massage and rinse.

Mint Foot Lotion:
This special foot lotion has a rich emollient texture that leaves feet soft and smooth. (h₂t)® Mint Foot Lotion is made with essential mint oil that stimulates and tones the skin while rejuvenating tired feet.

Lavender Hand Lotion:
This special hand lotion has a rich emollient texture that leaves hands soft and smooth. (h₂t)® Lavender Hand Lotion is stimulating and reviving yet soothing.
A light, non-greasy body spray that infuses a special blend of exotic oils rich in anti-oxidants and emollient proteins that help restore softness and radiance to the skin.

FEATURES AND BENEFITS

Raspberry Seed Oil:

- Super anti-oxidant
- Natural occurring Vitamin E makes it a great emollient
- 85% essential fatty acid helps soften and repair skin

Pistachio Seed Oil:

- Provides a water barrier to protect against dehydration
- High amount of essential fatty acids
- Gives maximum moisture

Grape Seed Oil:

- High amounts of linoleic acid
- Very smoothing
- High level of anti-oxidants

Macadamia Nut Oil:

- Provides protective barrier
- High antioxidant qualities

DIRECTIONS FOR USE:

1. Lightly mist on dry or slightly wet skin. Perfect for after a shower, before towel drying.
2. Massage in lightly.
3. Repeat as often as needed for smooth luscious feeling skin.
Sugar and Olive Oil Body Scrub

A gentle exfoliating body scrub that smoothes dry, dull skin without stripping it of necessary oils. Locks in moisture with exceptional penetrating ability and helps prevent skin from drying. Leaves skin soft, supple and silky smooth.

FEATURES AND BENEFITS

100% Organic Olive Fruit Oil:

- Rich in essential fatty acids
- High in Vitamin E and anti-oxidants, which help guard against skin damage
- Softens and conditions skin

Safflower Oil:

- Safflower Oil, which is rich in linoleic acid, moisturizes by aiding in moisture retention on the surface of the skin

Natural Sugar:

- Provides a gentle exfoliation of dead surface skin cells, leaving skin bright and soft
- Natural sugars dissolve, preventing clogging of sink drains

Cranberry Seed:

- High in anti-oxidants; guards skin against free-radical damage

DIRECTIONS FOR USE:

1. Gently massage (h2t)® Sugar & Olive Oil Body Scrub into damp skin, especially dry, rough areas like knees and elbows.
2. For more intense exfoliation apply to dry skin and massage.
3. Rinse completely with warm water.
4. Finish with (h2t)® Fig Spray and your favorite (h2t)® Body Moisture Complex.
5. Not recommended for use on face.
(h₂t)®
Hand & Foot Therapy
A deep penetrating natural fruit acid peel that uses naturally occurring fruit acids to exfoliate dry, dead skin cells and stimulate new cell renewal. A multi-action exfoliator that breaks down dead cells and calluses leaving skin soft, smooth and hydrated. Perfect for use on hands and feet.

FEATURES AND BENEFITS

Naturally occurring fruit acids: Bilberry/Sugarcane/orange Fruit Extract:

- Naturally occurring AHA's that act like enzymes, breaking down the bonds that hold on to dead skin cells. Exfoliates evenly, leaving soft, youthful skin

Glycolic Acid:

- Increases new skin cell turnover, reducing the thickness of the stratum corneum

Lactic Acid:

- Binds moisture to the skin and improves the texture

Ground Walnut Shells:

- All natural granular exfoliation, mechanically sloughs and smoothes

Raw Pumpkin:

- Contains over 100 nutrients, minerals and anti-oxidants nourishing and calming skin. Vitamin A- promotes the growth and health of cells and tissue. Vitamin C- a powerful anti-oxidant which directly stimulates the production of collagen and elastin

DIRECTIONS FOR USE:

1. Apply a thin layer of (h2t)® Pumpkin Peel with Natural Exfoliating Fiber to hands and/or feet.
2. Leave on for up to ten minutes.
3. Remove with cool water, gently massaging the skin as you rinse.
4. Finish with (h2t)® Foot Therapy Multi-Complex Cream or (h2t)® Lavender Hand Lotion or (h2t)® Fig Spray.
5. Use once or twice a week (Routine use between in-salon treatments aids in maintaining manageable callus areas and maximum results).
(h₂t)®
Hand Therapy
(h2t) Hand Therapy System

(h2t) Hand Therapy Intensive cream is a medical grade restorative hand cream that contains a complex of medical grade ingredients and natural anti-oxidants derived from cold pressed seed oils. Proven to effectively moisturize, restore and repair skin. Hand Therapy Intensive Hand Cream leaves skin feeling soft and smooth without leaving hands greasy or oily.

FEATURES AND BENEFITS

Medical Grade Lanolin:

• Purified, medical grade lanolin, effective for use in traumatized skin treatments. Assists in the repair of dry cracked skin.
• Provides long lasting emolliency
• Repairs protective skin barrier

Urea:

• Efficient moisturizer, re-hydrates the skin
• Water loving- draws in and retains moisture levels within the skin

Raspberry Seed Oils:

• Natural anti-oxidants

Tamanu Oil:

• Traditionally used for its healing properties for many skin conditions

Certified Organic Olive Oil:

• Moisturizer that helps to maintain skin’s elasticity and hydration level
(h₂t)®
Foot Therapy
A groundbreaking foot treatment system that uses a concentration of natural ingredients to provide relief and improve the appearance of dry, cracked and calloused feet.

**RELIEF OF CRACKED, DRY HEELS...GUARANTEED**

The (h2t)® Foot Therapy System offers therapeutic relief for the foot condition of dry, cracked, itching skin. Formulated using a concentration of highly active ingredients, these products not only soften the skin, they also guarantee relief and visible improvement in the condition of the skin.

The (h2t)® Foot Therapy System is guaranteed to show results. If customer is not satisfied with the results, they can return the product within ten days of purchase, accompanied by the receipt, to Rocco Altobelli Product Group.

The address and phone number is located on the back of the label.
A manual exfoliation treatment that sloughs off dry, dead skin. 100% certified organic olive oil penetrates deeply, nourishing; leaving skin silky smooth and soft.

### FEATURES AND BENEFITS

**Olive Fruit Oil:**
- 100% certified organic
- Natural emollient
- Concentrated oils smooth and soften

**Safflower Seed Oil:**
- Softens

**Australian Myrtle Oil:**
- Reported to have anti-bacterial properties

**Ground Walnut Shells:**
- All-natural granular exfoliator
- Exfoliates rough, dry skin around feet and heel area

### DIRECTIONS FOR USE:

1. Apply to dry skin, massage vigorously, rinse completely.
2. Follow with (foot)® Foot Therapy Magic Heel Stick.
Guaranteed to instantly eliminate the appearance of dry, cracked heels. This unique heel stick contains a special blend of calming and medical grade ingredients which relieve and soothe itching, dry cracked heels. Guaranteed! If not satisfied, return to manufacturer with receipt within ten days of purchase.

FEATURES AND BENEFITS

Medical Grade Lanolin:
• Assists in minimizing the appearance of dry, cracked skin around heels

Olive Fruit Oil:
• 100% certified organic olive oil
• Natural emollient

Soybean & Jojoba Oils and Shea Butter:
• Soothes and softens the skin

Bisabolol:
• Anti-inflammatory
• Derived from chamomile
• Anti-oxidant

Rosemary Leaf Extract:
• Soothing and calming

Australian Myrtle Oil:
• Reported to have anti-bacterial properties

DIRECTIONS FOR USE:

1. Apply to clean, dry heel area. Absorbs and immediately shows results.
2. Finish with (h2)® Foot Therapy Multi-Complex Cream
Maintain the health of your feet with this unique blend of medical grade ingredients and natural antioxidants derived from cold pressed seed oils. This foot cream offers a guarantee to soothe irritated feet and provide relief from dry, cracked skin. Skin feels soft and touchable.

FEATURES AND BENEFITS

**Medical Grade Lanolin:**
- Purified, medical grade lanolin, effective for use in skin treatments. Assists in soothing dry, cracked skin around heels.
- Assists with repair of cracked skin

**Urea:**
- Anti-fungal properties
- Moisture binding properties

**Olive Fruit Oil:**
- 100% certified organic olive oil
- Natural emollient

**Raspberry Seed Oil:**
- High powered antioxidant
- Rich in Vitamin E
- Assists in repairing and conditioning skin

**Tamanu ("tah-mah-noo") Seed Oil:**
- Reported to have anti-microbial properties

**Alantoin:**
- Soothes
- Anti-Irritant

**Bisabolol:**
- Anti inflammatory
- Derived from chamomile
- Soothes irritation associated with dry, irritated feet

**Rosemary Leaf Extract:**
- Soothing and calming

**Australian Myrtle Oil:**
- Reported to have anti-bacterial properties

**Lactic Acid:**
- Binds moisture to the skin
- Improves texture
- Creates a hydration barrier that keeps skin supple and soft

DIRECTIONS FOR USE:

1. Apply to clean, dry heel area.
(h₂t)®
Spa Treatments
Types of Pumpkin Peels:

(h2t)® Pumpkin Peel products offer anti-oxidants and enzymes that act like alpha-hydroxy acids. But rather than just stripping the skin of unwanted materials, the pumpkin products have a bonus of replenishing the skin with nutrients. Pumpkin reportedly contains more than 100 beneficial nutrients, which may be used to help reverse the signs of aging.

Professional 20%
A 20% formulation of Glycolic and Lactic Acid with an approx. pH 3.4. Formulated for use in body exfoliation treatments.

Used in spa treatments for maximum exfoliation or as a preparatory treatment prior to other body service treatments. Effective for deep exfoliation of dry, callused skin in manicure and pedicure services.

Professional 30%
A 30% formulation of Glycolic and Lactic Acid with an approx. pH 3.2. Formulated to provide deep exfoliation for facial area, allowing acids to effortlessly penetrate clogged pores and assist in cell proliferation.

Used as a chemical peel treatment or in conjunction with other facial treatments such as micro-dermabrasion and other treatment peels.

Benefits of pumpkin peel:

- Exfoliates surface cells
- Binds moisture to the skin
- Softens the appearance of fine lines and wrinkles
- Improves texture and pliability of the corneum layer
- Helps drive highly refined extracted ingredients that have been added to (h2t)® Pumpkin Peel (anti-oxidants, vitamins & nutrients) into the skin
- Provides for the perfect extraction opportunity
- Helps destroy surface area bacteria
- Pre-conditions (prepares) skin for more aggressive treatments
- Combines for the perfect micro-exfoliation service
- Helps lighten hyper-pigmentation

Glycolic Acid:
- Increases epithelial turnover
- Antibacterial
- Reduces stratum corneum thickening
- Improves hydration

Salicylic Acid:
- Reduces stratum corneum layer thickening
- Diminishes the appearance of sun damage
- Helps slough away superficial cells

Bisabolol:
- Anti-inflammatory agent
- Derived from chamomile and or yarrow

Cinnamomum Cassia Bark, Zingiber Officinale, Myristica Power and Allspice:
- Aromatic and appearance properties

Vaccinium Mytillus Extract, Saccharum Officinarum Extract, Acer Saccharinum Extract, Cotris Airamto, Dulcis Extract and Medica Limonum Extract:
- Fruit Acids (see glycolic acid for benefits)

Directions for use:

1. Apply 1 tsp of (h2t)® Pumpkin Peel to the face starting with the thicker areas of the skin (chin, forehead, outline of face, cheeks. Avoid contact with eyes)
2. Allow treatment to initially stay on 1-3 minutes or until redness (eryema) occurs. As client receives repeated treatment, operator can increase the time progressively up to 10 minutes. (Do not build up the concentrations and/or time until skin can tolerate it.)
3. Remove with cool water starting with the thinner areas of the skin. Apply a post-nourishing mask.
Your Guide to Healthier Skin
Acne - The Story

Common acne (acne vulgaris) is an inflammatory condition occurring in the pores of the skin, especially those containing hair follicles and oil producing glands (sebaceous glands). Acne usually begins around puberty when boys and girls have increased androgen hormones (testosterone).

At puberty, both sexes produce androgen (testosterone) which stimulates the activity and size of the oil-producing sebaceous glands of the pores of your skin. These glands produce an oily substance (sebum) which should flow normally to the surface of the skin. Acne begins when the follicle becomes plugged - the skin cells which normally shed through the pores become sticky and mix with the sebum (oil) to form an invisible plug called a microcomedone. Within a short time, bacteria multiply rapidly in the plugged pore causing redness and swelling, transition into comedones (whiteheads and blackheads) and then into pimples (pustule). If left untreated, the process extends deeper into the tissue and involves more of the skin surrounding the follicle, creating a painful nodule. Several nodules can merge eventually forming cysts. Scarring can occur once the bacterial inflammation begins.

Most adolescents and teenagers experience some form of acne. It is estimated that 80-90% of people between the ages of 11 and 30 suffer with some stage of acne. Even older adults, mostly women, can develop acne for the first time after age 30, which can be related to hormone changes during their menstrual cycle, pregnancy/childbirth, oral contraceptives and menopause.
Four Stages of Acne

Lesion type and frequency determine the specific stage.

- Emerging Acne
- Mild Acne
- Moderate Acne
- Severe Acne

Emerging Acne

is the earliest stage and it usually begins before puberty or teenage years. Usually an oily complexion is associated with emerging acne and this is usually first seen in the T-zone, especially around the nose. These microcomedones are commonly found on the forehead, sides of the nose and chin area.

Mild Acne

consists of microcomedones, open comedones (whiteheads) and closed comedones (blackheads). In this stage, lesions begin to appear over the entire forehead especially along the hair line, the mouth and perinasal areas and the chin, as these areas comprise the highest concentration of active sebaceous follicles. In addition to the T-zone on the face, mild acne can involve the upper shoulder and chest areas. The surface oils again are quite noticeable, however, there is no inflammation or infection and scarring is unlikely to occur.
Moderate Acne

occurs when inflammation and infection develop, causing the appearance of infected and inflamed papules and pustules (blemishes, zits). These lesions can be painful, are unsightly, and may lead to scarring even if they are not picked. The chest, shoulders and back can once again be an area of major concern along with the face and neck.

Severe Acne

is the final and most dangerous state of acne. In addition to blackheads, whiteheads, papules and pustules, large nodules or cysts can develop. The infection and inflammation is usually so severe that deep scarring will usually develop, especially if this is left untreated. Usually, doctor intervention is required.
Whiteheads or closed comedones occur when dead skin cells block the opening of the pore, preventing the secretion of sebum from the oil gland, causing bulging of the follicle. These appear as flesh colored bumps on the skin and usually are first noticed in the T-zone involving the forehead, nose and chin.

Blackheads or open comedones occur if the pore stays slightly open, while the contents of the pores (sebum and dead skin cells) become oxidized and darken.
Pustules develop when the hair follicle or pore weakens and finally ruptures. These lesions are painful and can cause scarring. These lesions appear as red blemishes with a whitish tip filled with pus. Cystic or nodulocystic acne is the most serious form of the disease and occurs when the body's immune response is excessive, resulting in the development of boil-like lesions.

Pimples, papules or blemishes occur when certain normal bacteria multiply within the clogged pores. As your body's immune system tries to clear the clogged pore, inflammation and infection occur, along with swelling and redness.
Controlling Acne

1. Topical Acne Treatment

2. Lifestyle Changes

3. Doctor Prescription / Treatments

4. Combination of all these

Topical Acne Treatment

The early stages of acne can be improved and controlled with a topical skin care system. Topical applications work very well at maintaining and helping to prevent further breakouts. If acne persists for more than 45 days or advances beyond early stages, see a doctor for further treatment.

You want to have a Topical Acne Treatment system with 4 main purposes:

1. Kill the harmful bacteria on the skin

2. Speed up the rate at which skin cells are shed by exfoliation

3. Help open plugged pores.

4. Reduce the production of Sebum
Beta-Hydroxy Foaming Cream Cleanser

Benefits

Salicylic Acid (1%):
• FDA Approved
• Reduces corneum thickening
• Helps open plugged pores
• Exfoliates surface cells

Lactic Acid:
• Binds moisture to the skin
• Exfoliates surface cells
• Improves texture and pliability of the corneum layer

Phospholipids:
• Softens the skin

Ascorbyl Palmitate (Vitamin C):
• Anti-Oxidant
• Brightens the skin
• Increases Sunscreen Effectiveness

Retinyl Palmitate (Vitamin A):
• Conditions the skin
• Encourages cell renewal
• Improves water barrier properties

Tocopherol Acetate (Vitamin E):
• Free radical scavenger
• Photo-protecting
• Water-binding

Chamomile Extract:
• Anti-inflammatory
• Natural antiseptic

Willow Bark Extract:
• Antiseptic

Acne Cleanser

Benefits

2.5 % Benzoyl Peroxide:
• FDA Approved
• Anti-bacterial agent
• Oxygenating

Allantoin:
• Helps soothe and condition skin
• Helps reduce redness

Willow Bark:
• Antiseptic-like properties

Avena Sativa (oat kernel flour):
• Helps soothe and condition skin
• Helps reduce redness

JoJoba
• A microsphere exfoliant
Step 1
Multi-fruit complex:
• Naturally occurring AHA’s containing cellulose, carbohydrates, proteins and water soluble vitamins and minerals.
2% Salicylic Acid:
• Approved by the FDA for effectively treating acne
• Reduces corneum thickening
• Exfoliates surface cells
• Helps open plugged pores
Green Tea Extract:
• Anti-oxidant (catechins)
• Anti-inflammatory
• Helps repair photo damage
Ascorbic Acid:
• Anti-oxidant
• Increases Sunscreen effectiveness
• Brightens the skin
• Destroys free-radicals

Step 2
Green Tea Extract:
• Anti-oxidant (catechins)
• Anti-inflammatory
• Helps repair photo damage
Bisabolol:
• Anti-inflammatory agent
• Derived from chamomile and or yarrow
Retinol Palmitate (Vitamin A):
• Skin conditioning
• Encourages cell renewal
• Improves water barrier properties
Tocopheryl Acetate (Vitamin E):
• Free Radical Scavenger
• Photo-Protecting
• Water-Binding
Ascorbyl Palmitate (Vitamin C):
• Anti Oxidant
• Increases Sunscreen Effectiveness
• Brightens the skin
Acne Relief Gel

Benefits

Glycolic Acid (10%):
• Increases epithelial turnover
• Anti-bacterial
• Reduces stratum corneum thickening
• Improves hydration

Lactic Acid (2%):
• Binds moisture to the skin
• Exfoliates surface cells
• Improves texture and pliability of the corneum layer

Salicylic Acid (1%):
• Approved by the FDA for effectively treating acne
• Reduces corneum thickening
• Exfoliates surface cells
• Helps open plugged pores

100% Pure Hyaluronic Acid

Benefits

• One of the most water loving molecules
• Binds up to 1,000 times its weight in water
• Body’s natural moisturizer
• Plumps up the skin
• Rehydrates skin
The dermAstage system has been specially formulated to work externally to manage your breakouts by performing the following functions:

- increasing the shedding of skin cells
- clearing congestion within the follicle
- killing harmful and excessive bacteria
- controlling oil secretion

dermAstage products are also made with effective antioxidant, anti-inflammatory and antibacterial agents proven to help control the early and moderate phases of acne.

As you benefit from the dermAstage products which work from the skin’s surface (from the outside), these suggestions work on the inside to fight the inflammation which triggers the acne process in the first place.

Stress - Acne very commonly flares at the worst of times (i.e. before your first date, job interview, wedding, etc.) because of the added stress this presents in your life. Stress releases a hormone called cortisol, which not only raises your blood sugar but acts as an androgen, which further stimulates your oil and sweat glands. Other factors which increase this stress hormone are: lack of sleep, drinking coffee (decaf or regular) and increased physical exertion.

Sugar - Inflammation Acne Connection - Eating carbohydrate foods that are rapidly converted to sugar (breads, cereal, candy, cakes, cookies, snack foods, pasta, soda, french fries, ice cream, etc.) causes a dramatic rise in blood sugar which triggers a spike of insulin in your blood. The surge of insulin triggers the body to create an inflammatory response which makes acne worse. A diet of good quality protein, with fresh fruits and vegetable and good fats from nuts, avocados and olive oil is beneficial to the skin.

Vitamins/supplements - Adolescents and teens are going through a growth spurt that requires plenty of nutrients to keep their bodies and skin healthy. Even the most balanced diet still falls short of what’s needed for healthy skin at this stage. Vitamins and supplements supply powerful anti-oxidants which are potent remedies for the inflammation which fuels acne breakouts.
Get Healthy - Get Great Skin

- Eat good quality protein (eggs, chicken, fish, soy) at every meal, with fresh fruits and vegetables and good fats such as those found in nuts, avocados and olive oil.
- Get seven to eight hours of sleep every night
- Take vitamins/supplements
- Exercise in moderation and monitor your stress levels.

Consider:

- Switching from coffee (decaf/regular), soda, fruit juice to tea and water
- Limiting excess alcohol and tobacco
- Carefully monitoring your carbohydrates (sugary/starchy foods)
- Keeping your hands away from your face
- Monitoring your facial cleansing. Excess face washing can dry the skin and stimulate more oil production
Technology has become an important addition to oral and topical treatments for acne. Your doctor may prescribe a combination (combination of all acne control factors or series of treatments depending on your individual response to these therapies and your personal considerations.

Vitamin A prescriptions (Retin-AR, DifferinR, TazoracR) – promote healthy cleansing of skin cells and loosen pore clogging material.

AccutaneR – Also derived form Vitamin A, this powerful medication is extremely effective for cystic or nodular acne. This medication requires close supervision by your doctor.

Antibiotics – Can be used topically or orally to kill bacteria and reduce the pain and inflammation associated with acne.

Oral contraceptives – Especially when acne flare-ups correspond with the menstru-.

Blue Light treatments – A low intensity blue light source is used to target the component of the bacteria in the skin which causes acne. A series of 15 minute treatments twice a week for four to six weeks can be beneficial for the treatment of mild to moderate inflammatory acne.

Laser treatments – Lasers penetrate the skin without causing damage and heat the tissues in and around the sebaceous glands, decreasing their size and reducing oil production. A series of treatments can result in considerable clearing for many months. Further, non-ablative lasers also stimulate new collagen formation and have been shown to reduce mild residual scarring from acne at the same time.

Radiofrequency & other heat treatments – Devices such as ThermageR and hand-held ZenoR units heat up the skin thereby reducing bacteria and causing shrinkage in oil-producing glands.
Prescription Facial System

by dermAstage®
Prescription Facial System
by dermAstage®

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Glossary of Skin Condition Terms
dermAstage® Concept

Knowing that there is a simpler approach to care for the skin at home, Rocco Altobelli began working with local and national dermatologists with the idea of developing skin care products. During these thorough discussions, Altobelli found that doctors always referred to their patients in terms of Life Stages.

The result of these discussions is a pioneering first in the industry. The dermAstage® Skin Care Product Group was developed to identify skin conditions based on the Life Stages of the skin: Teen (or youth), Adult or Anti-Aging.

The dermAstage® System offers skin care for the life of your skin. Because the dermAstage® products are Life Stage and solution oriented, they make the process of selecting the right home maintenance treatment for skin precise and easy.

Customized Services with Prescription Facial System by dermAstage®

To continue with Altobelli’s theory, he and his team of chemists, dermatologists and aestheticians went on to develop Prescription Facial System for intensive treatment services in the spa.

Prescription Facial System was developed for aestheticians. It offers a complete and simple approach to treat the skin through the Life Stages, while allowing the aesthetician to customize treatments specific to the seven facial zones and their needs.

The Prescription Facial System is made up of concentrated components that give the aesthetician the opportunity to formulate any style of treatment necessary to meet the needs of the client.

This system helps the professional assess the skin in each of the seven zones and then treat each zone’s needs by mixing customized formulations of concentrated additives that achieve desired results and then prescribe home care with ease. This system gives you, the skin care specialist, the opportunity to provide results oriented treatments, which are customized for each client, using the purest of ingredients.

Prescription Facial System allows for the customization of your facials to meet your client’s needs like no other system. Its unique arrangement of products along with its degree of potency allows you, the professional to create such an exclusive facial treatment for any one client, that in order for he/she to receive a similar facial, they will have to return to you because you alone have the formulation.
In most esthetic classes you are taught the “product line” the school uses, rather than what the ingredients will do. (For example, use the “dry” line on dry skin, but a teen or youth’s dry skin has much different ingredient needs than an anti-aging Life Stage dry skin.) Prescription Facial system gives you the ingredients for all three of the Life Stages (and their conditions) to make the correct formulation for the client’s needs.

Prescription Facial System is an esthetic chemistry set, where you now become the chemist, BUT you must know how mixing each ingredient together will affect the end result. It gives you all the highly active ingredients that go into the prepared products, without the preservatives and buffers that are contained in the premixed products that you have used in the past. Therefore, you must become very familiar with the components, how they work together, and how they work within the skin before you start the facial.

In a commercially prepared finished product, the level of active functional ingredients is typically less than 1%. The use level of many active ingredients can be up to 5%. By using the customized blending system, you are able to obtain the maximum concentration of actives to give better results.
Components
of the
Prescription Facial System
by dermAstage®

The components include bases, carriers, serums and Aessential Complexes. These are highly concentrated and are mixed and matched to create nourishing treatments through masks and serums. These treatments target any Life Stage and zone condition needs your client’s skin may have.

A cleansing system, natural pumpkin and multi-fruit complex, massage cream and moisturizing night cream are also included to allow you to provide a unique and complete customized treatment from start to finish.
There are four concentrated base formulations that are used for exfoliation/pre-extraction masks, treatment masks and post peel masks. These bases are the starting point for your mask formulations.

These bases include:

- Gel Mask

- Plus 3 powder bases that are blended with water and blending oil (carrier)
  - Rhassoul Mask Base
  - Oatmeal Mask Base
  - Seaweed Mask Base

Choose the best bases for your client’s Life Stage and Zone needs.

Note: Measurements are based on level, non-compressed teaspoons. You may need to add powder or water until desired texture is achieved.
— Gel Mask —

Use in moisturizing, soothing and age minimizing formulations, as well as in post treatment (peels) and post environment exposure (wind, sun). Helps reduce redness.

Recommended for all Life Stages

**Recommended Mixture:**
This mask is premixed.
Use 1 teaspoon alone OR with correct Aessential Complexes

**Ingredients:**

**Aloe**
- Moisturizing, contains natural mucopolysaccharides that have a cohesive effect to the cells to help smooth texture.
- Contains antiseptic properties to promote healing.

**Chamomile**
- Anti-inflammatory and natural antiseptic, soothing

**Creatine**
- A natural amino acid derivative
- Helps protect the skin from pre-mature aging
- Prevents and combats skin irritation from various environmental factors
- Provides moisturization
— Rhassoul Clay Mask —

Use in oil reducing, detoxifying and hydration normalizing formulation. Needs to be blended with water and blending oil (carrier). Primary function is to draw oil from the skin and bring moisture into the skin. Creates clarity in the skin and even tone. (Not recommended to be used with steam or as a pre-extraction mask.) Most effective if allowed to dry.

Primarily used in Teen and Anti-Aging Life Stages

**Recommended Mixture:**

1 teaspoon Rhassoul Clay Mask
1 teaspoon Water
10 drops Blending Oil
Aessential Complexes

**Ingredients:**

**Moroccan Rhassoul Clay**
- Has extraordinary power of absorption making it very effective for cleansing and detoxification.
- Rich in minerals
- Improves skin clarity, skin elasticity and firmness
- Smoothes skin texture, removes surface oil and reduces dead cell tissue
— Oatmeal Mask —

Used for reactive skin conditions such as allergic reactions, post trauma and other irritations. Can also be used after waxing to reduce redness and inflammation. Needs to be kept moist in the pre-existing forms of sensitivity, such as rosacea, chronic dryness and moisture imbalances.
Soothing and calming

Can be used as a pre-extraction mask. Should be used with steam or mask will dry.

Recommended for all Life Stages

Recommended Mixture:

1 teaspoon Oatmeal Mask
1 teaspoon Water
10 drops blending oil (carrier)
Aessential Complexes

Ingredients:

Colloidal Oatmeal
- Helps soothe and comfort
- Reduces inflammation and irritation
- Oat proteins leave a protective barrier on the skin, preventing water loss (TEWL), helping to maintain moisture.
- Used to relieve eczema, psoriasis, bug bites, sunburns and other minor skin irritations.
- Helps relieve micro-fissures in the skin due to reactions, abraded, distressed or conditional disorders.
Seaweed Mask

Used for detoxifying, increasing circulation, mineral, nourishing and anti-aging formulations. Excellent for skin that is deficient of nutrients and hydration.
Increases circulation for under active, sluggish skin or thick keratinized skin.
Do not use in moderate acne conditions and extreme sensitivity conditions.

Recommended for Adult and Anti-Aging Life Stages

**Recommended Mixture:**

- 2 teaspoons Seaweed Mask
- 1 teaspoon Water
- 10 drops Blending Oil (carrier)
- Aessential Complex

**Ingredients:**

**Brown Seaweed**
- Highly mineralized and rich with amino acids and anti-oxidants
- Aids in the absorption and retention of moisture

**Spirulina**
- Anti-stress nutrient
- Hydrator
- Rich in pathenoic acid, which aids in normalizing oil, stress and hydration.
- From blue green algae which is very rich in proteins and Vitamin A and E

**Natural Green Clay**
- Softens the texture of the skin
- Improves elasticity
Carriers

Carriers are the vehicles that “carry” the active ingredients into the skin’s surface. Without carriers, effective absorbency may not occur. Carriers include Blending Oil, Moisture Serum and Facial Massage Cream.

— Blending Oil —

Designed as a natural carrier for blending all powder bases. Adds lubrication, smoothness and hydration to the bases. Recommended only for mixing.

**Recommended Amount:**

10 Drops

**Ingredients:**

- Safflower Oil
- Jojoba Oil
- Olive Oil

- Naturally rich in fatty acids and anti-oxidants.
- It is a specially formulated blend of nourishing oils that help cell renewal and aids in the prevention of trans-epidermal water loss (TEWL).
— Moisture Serum —

Used as a base for all customized serum formulations and as an additive for skin that needs a boost of hydration.

Recommend for all Life Stages.

**Recommended Amount:**

1 teaspoon either alone or with Aessential Complexes

**Ingredients:**

**Creatine**
- Natural amino acid derivative
- Helps protect the skin from premature aging
- Prevents and combats skin irritation from various environmental factors
- Provides moisturization

**Hyaluronic Acid**
- Moisturizes and lubricates skin cells
- Binds up to 1,000 times its weight in water
- Significantly hydrates skin providing a lifting and tightening effect, minimizing lines.
- Provides Trans-Epidermal Water Loss (TEWL)

**Punica Granatum (Pomegranate) Fruit Extract**
- A moisturizing and restructuring active that restores water circulation in the skin.

— Facial Massage Cream —

To be used for formulations that would include facial manipulation or massage.
Aessential Complexes

Aessential Complexes are highly concentrated, active materials, which allows the aesthetician to blend a customized formula for their client, which will deliver the maximum level of active ingredients, giving the most effective result possible.

These Complexes are used in customized exfoliation / pre-extraction masks, treatment masks, post peel masks, serums and moisture boosters.

These complexes are highly concentrated and should never be used alone or directly on the skin.

**The six highly active concentrates of additives include:**

- Anti-Oxidant Complex
- Anti-Inflammatory Complex
- Multi-Vitamin Complex
- Exfoliation Complex
- Multi-Mineral Complex
- Anti-Irritant Complex

After reading the following information, choose the best Complex or combination of Complexes to meet your client’s needs.

If you are layering, pay attention to the number of drops used. Do not exceed the number of drops of one complex specified on the bottle in the entire treatment.

(In basic training, we don’t advise layering, because in the beginning, you may not be aware of the strength of the products. Layering is a more advanced technique once potency and purpose of ingredients is fully understood.)
Anti-Oxidant Complex

Anti-Oxidants are known for their exceptional value in reducing and normalizing free-radical damage. Anti-Oxidant Complex is unique and very effective in aiding in the repair and nourishment of the skin.

Do not exceed 10 drops in total facial.

Ingredients:
A blend of cold pressed seed oils known for their exceptional anti-oxidant properties.

- Sunflower Oil
- Meadowfoam Seed Oil
- Olive Oil
- Grapeseed Oil
- Carrot Seed Oil
- Raspberry Seed Oil
- Vitamin E

Oil Properties

Anti-Inflammatory Complex

Anti-Inflammatory Complex is the perfect blend for neutralizing any treatment that has resulted in inflammation or pre-existing conditions that have led to inflammation, such as rosacea.

Do not exceed 5 drops in total facial.

Ingredients:

- Bisabolol
  - Helps reduce heat, swelling and redness
  - All natural plant based material, proven to have effective anti-inflammatory activity.
- Licorice Extract
  - Blocks irritation
  - Anti-inflammatory, anti-oxidant and soothing properties
  - Natural Tyrosine inhibitor

Oil Properties
— Multi-Vitamin Complex —

Multi-Vitamin Complex replenishes the skin of its often depleted essential vitamins and nourishment to aid in environmental repair and moisture retention. Combats free radical fine lines and wrinkles.

Do not exceed 3 drops in total facial.

Ingredients:

- **Vitamin A**
  - Helps smooth fine lines and wrinkles, increasing skin clarity and bringing radiance to the complexion.
  - Helps restore skin firmness
- **Vitamin C**
  - An anti-oxidant that has the ability to absorb free radicals
- **Vitamin E**
  - Acts as a free radical scavenger
  - Helps to combat Lipid peroxidation

Oil Properties

— Exfoliation Complex —

Its use is beneficial, aiding in dislodging intercellular fluid in preparation for extractions. Should only be used for exfoliation / pre-extraction treatments.

Use only with Oatmeal Mask or Moisture Serum.

Do not exceed 4 drops in total facial.

Ingredients:

- **Prickly Pear Extract**
  - A natural exfoliant treatment that boosts the natural peeling process by increasing the activity of skin enzymes and activates skin renewal.

Water Properties
--- Multi-Mineral Complex ---

Multi-Mineral Complex is a unique blend of minerals necessary to help rebuild and sustain the integrity of the skin. Use in acne treatments and re-hydration formulas

**Ingredients:**

- **Contains five essential minerals:** Silicon, Magnesium, Copper, Iron and Zinc
  - Helps revitalize the skin cells
  - Aids in wound healing and skin repair
  - Neutralizes inflammation
  - TEWL prevention

**Water Properties**

--- Anti-Irritant Complex ---

Anti-Irritant Complex is formulated to neutralize the irritation so further damage does not result. Used for adverse environmental conditions, such as shaving, sun, waxing and wind. Not recommended for pre-existing conditions such as rosacea.

**Ingredients:**

- **Canadian Willowherb**
  - Normalizes conditional sensitivities
  - Anti-irritant properties
  - Reduces the formation of free radicals and reduces the appearance of erythema

- **Alteromonas Ferment Extract**
  - Exopolysaccharide derived from the deep sea
  - Reduces irritation in sensitive skin
  - Reduces skin reactivity and intolerance
  - Activates skin repair and restructuring process
  - Reduces irritation of sensitive skin against chemical, mechanical and UVB aggressions

**Water Properties**
Identifying Life Stages

dermAstage® is the first skin care line to adopt Life Stages as its foundation for targeting skin conditions. Defining the skin's Life Stage takes into consideration the following:

- The age range of the client
- The current and on-going skin conditions that the client may be experiencing

Once these two factors are established (using the P.F.S. Assessment Form) the skin's Life Stage will be determined. The Life Stage will help you deal with each condition accurately and effectively, taking the guesswork out of the treatment selection and home care recommendations.

To simplify even more, dermAstage® recognizes 3 Life Stages: Teen, Adult and Anti-Aging

Prescription Facial System recognizes that age alone cannot define what conditions are present in the skin. Any condition can exist in any life stage. It is the Life Stage however, that determines how any conditions need to be addressed.
— Teen/Youth Life Stage —

The Teen Life Stage typically takes place in client ages 12 to 20. Visible signs during the Teen Life Stage can include open and closed comedones, pustules, papules, nodules, excessive seborrhea, congestion, skin lacking in water moisture and uneven texture and tone in the skin.

Professional Care:

- Rhassoul Clay Mask for oil reducing and detoxifying conditions
- Oatmeal Mask for calming and irritated skin conditions
- Gel Mask and Moisture Serum for skin that has moisture imbalances

Home Care:

- Beta Hydroxy Cleanser
- Acne Cleanser
- 2 Step-Exfoliating System
- Acne Relief Gel
- Pure Hyaluronic Acid
— Adult Life Stage —

The Adult Life Stage typically takes place in clients 21-45 years of age. Visible signs during the Adult Life Stage can include a hint of fine lines, beginning to notice a change in the skin’s texture and tone, dehydration due to water and oil moisture loss, pigment disorders, keratinization and sensitivities.

**Professional Care:**

- Seaweed Mask for circulatory conditions and to even out skin tone
- Oatmeal Mask or Moisture Serum with Anti-Oxidant Complex and Multi-Vitamin Complex for capillary damage and water retention.
- Series of Natural Pumpkin and Multi-Fruit Complex Peel (see the dermAstage product manual for detailed instructions of use).

**Home Care:**

- Foaming Cream Cleanser
- Balancing Toner
- Natural Pumpkin and Multi-Fruit Complex Peel
- Pure Hyaluronic Acid
- Eye Cream
- Enzyme Cream
- Hydrating Night Cream
Anti-Aging Life Stage

The Anti-Aging Life Stage typically takes place in clients 45 years of age and up. Visible signs during the Anti-Aging Life Stage can include fully developed fine lines and wrinkles, loss of elasticity, pigment disorders, thinning of the skin, a decrease in water retention and capillary damage.

Professional Care:

- Seaweed Mask for circulatory conditions and to even out skin tone
- Rhassoul Clay Mask with Anti-Oxidant Complex to improve skin’s elasticity and firmness
- Oatmeal Mask or Moisture Serum with Anti-Oxidant Complex and Multi-Vitamin Complex for capillary damage and water retention.
- Gel Mask and Moisture Serum for moisturizing and age minimizing formulations
- Series of Natural Pumpkin and Multi-Fruit Complex Peel (see the dermAstage product manual for detailed instructions of use).

Home Care:

- Foaming Cream Cleanser
- Balancing Toner
- Natural Pumpkin and Multi-Fruit Complex Peel
- Pure Hyaluronic Acid
- Anti-Wrinkle Cream
- Hydrating Night Cream
- Eye Cream
Identifying Zones in the Skin Life Stages and some of the Characteristics and Conditions

After determining the Life Stage, finding the underlying conditions of the skin will contribute to the determination of the most effective formulations of treatments for each zone area on the face that you will be treating. Prescription Facial System recognizes 7 zones on the face.
Each zone has characteristics and conditions that reflect Life Stages and lifestyles, some of which are listed below. Every client has a different target condition in each specific zone. (i.e. A person could have acne in zone 3 and dryness in zone 4, requiring 2 different treatments.)

By using the Prescription Facial System, you have the opportunity to address specific zone or multiple zones, by customizing the formula or multiple formulas for the client’s needs.

Zone 1 - The Forehead
   (Congestion, Acne, Moisture Imbalance, and Keratinization)

Zone 2 - Eyes, Temple Area, between the Eyebrows
   (Milia, Wrinkles, Congestion, Keratinization)

Zone 3 - Cheeks
   (Couperose, Milia, Comedones, Wrinkles)

Zone 4 - Jaw Line
   (Congestion, Pigmentation Disorders, Acne, Moisture Imbalance, Dryness, Comedones)

Zone 5 - Nose and Upper Lip
   (Couperose, Sensitivity, Congestion, Redness, Papules and Pustules, Wrinkles, Pigmentation Disorders)

Zone 6 - Chin
   (Congestion, Acne, Redness)

Zone 7 - Neck
   (Pigmentation Disorders, Acne, Moisture Imbalance, Dryness, Comedones, Congestion, Wrinkles)
How to Use the Prescription Facial System
by dermAstage®
or
Procedures for Use

1. Determine the Life Stage of the skin.
2. Assess the skin in the different facial zones, targeting the conditions.
3. Discuss your findings with the client and prepare your treatment strategies.
4. Once the client’s needs are determined, refer to the formulation section or customize your own set of formulations to address your client’s needs.
5. Cleanse the skin. Begin prepping the skin using dermAstage® Foaming Cream Cleanser*.
6. Perform an Exfoliation / Pre-Extraction Mask by using one of the following options:
   a. Oatmeal Mask with Exfoliation Complex (best for clients with deep extractions).
      Use this mask with steam and leave on the skin for 8-10 minutes.
   b. Moisture Serum with Exfoliation Complex (best for clients with mild extractions).
      Use this mask with steam and leave on the skin for 8-10 minutes.
   c. Natural Pumpkin and Multi-Fruit Complex Peel*
7. Customized Serums and facial massage (optional):
   a. Customized serums are composed of 1 teaspoon Moisture Serum and the Aessential Complex that meets the client’s needs.
   b. Facial Massage performed with the Facial Massage Cream.
8. Perform final treatment mask.
   Refer to the Skin Life Stage Chart for the recommended ingredients for the client’s Skin Life Stage and the conditions to be treated in each of the facial zones.
   a. Mix the recommended base
   b. Add recommended amount of the Aessential Complexes
   c. Leave on for 8-10 minutes
9. Tone the skin using dermAstage® Balancing Toner*.
10. Finish by applying dermAstage® Hydrating Night Cream*.

*All product descriptions marked by an asterisk can be found in the dermAstage® manual.
11. Recommend home care for client and method.
— Assessment Protocol —

(We highly recommend that you always involve the client in your assessment, asking questions, discussing your observations, your recommendations, the treatments you will be performing, and why.)

Instructions for filling out the Prescription Facial System Assessment form to determine your formulations for the client are as follows:

Page 1

1. Fill in the client’s name, treatment date, your name, and the primary Life Stage. (We recommend that you have the client fill out a medical history form of your choice, also.)
2. Leave the Treatment Products Used and Homecare Recommendations sections open until you have analyzed the client’s skin.

Page 2

1. The top section lists the Life Stages with the conditions common to each stage numbered below them.
2. Assess each zone and assign a Life Stage letter (i.e. A, B, or C) to the zone.
3. Assess the conditions of each zone and assign a number of the condition on the second line. (i.e. 1, 2, 3, etc.)
4. Refer to the corresponding Life Stage Spread Sheet to fill in the formula areas for the exfoliation/pre-extraction and treatment mask areas.

Return to page 1 and finish filling out the rest of the information.
Mix your formulas while explaining the reasons you are making your choices to the client.

***See the following example.***
Glossary of Skin Condition Terms

Teen Life Stage Conditions
**As a general rule, do not use oil formulations in "teen" conditions**

Open Comedones (blackheads)
- Hardened mass of dead skin cells and sebum in the follicle.
- Blackness at the head of the sebum is the result of oxygenation.

Closed Comedones (whiteheads)
- These occur on the surface of the skin and are caused when the pores are completely blocked by dead skin cells.
- This blockage prevents the secretion of sebum from the oil gland, causing bulging of the follicle.
- These appear as flesh colored bumps on the skin and usually are first noticed in Zones 1, 5 and 6.

Pustules
- Small round dome shaped lesions that are inflamed with p.acnes bacteria.
- They develop when the hair follicle or pore weakens and finally ruptures.
- They have visible white or yellow tips of pus.

Papules (pimples)
- The mildest form of inflammatory acne.
- They occur on the skin as a solid, small but inflamed red bump that feels tender.
- They are raised slightly above the skin and often occur in small clusters that are rough to the touch.
- No pus is present, but may mature into a pustule.

Nodules
- These are solid, dome-like shaped or irregularly shaped lesions that feel like hard bumps right under the skin's surface and extend into deeper layers of the skin, often causing tissue destruction that results in scarring.
- Nodular acne is a severe form of acne and can be very painful.
- The average lifespan of a nodule is up to 8 weeks.
- Scarring is commonly associated with nodular acne.

Seborrhea
- Over activity of the sebaceous gland.

Moisture Imbalance (water)
- Skin is lacking in water moisture (dehydration)
- Moisture may be unevenly distributed, or unable to retain water causing rapid evaporation from the skin's surface.

Congestion
- When oil production becomes sluggish, the consistency of sebum often becomes thicker and sticky making it unable to travel easily out of the pore.
- Sebum gets trapped and collects with skin cells and debris.
- The skin becomes bumpy in texture.

Texture/Tone
- Often is a result of an uneven stratum corneum due to moisture imbalance and sluggish productivity in the sebaceous gland causing oil and cells to get trapped in the pores, creating congestion.
- Coloration (tone) can appear uneven.
Adult Life Stage Conditions

**"Adult" has the option of using all products, depending on primary conditions.**

**Texture/Tone**
- Often is a result of an uneven stratum corneum due to moisture imbalance and sluggish productivity in the sebaceous gland, causing oil and cells to get trapped in the pores creating congestion.
- Coloration (tone) can appear uneven.

**Psoriasis**
- A skin disorder that includes inflammation and excessive skin production creating scaly patches.
- This disorder is chronic and may occur in small areas or over entire body.

**Eczema**
- A form of dermatitis.
- Skin is often raised and itchiness can occur with each out-break.

**Milia**
- Sometimes referred to as a whitehead.
- Often a build-up of a white hardened mass that forms a small bead and is trapped under the upper most layer of skin.
- Is typically found around the eyes in the fragile tissue.
- Miss use of product heavy with oils can make the skin more prone to developing Milia.

**Folliculitis**
- The hair follicle becomes inflamed and irritated.

**Dermatitis**
- Skin is often inflamed with red rash like papule clusters on the skin.
- May be triggered by food, substances in the air or materials that the person uses.

**Moisture Imbalance (water)**
- Skin is lacking in water moisture (dehydration)
- Moisture may be unevenly distributed
- May be unable to retain water causing rapid evaporation from the skin’s surface.

**Sensitivity / Redness**
- Point at which the inflammatory response occurs in the skin, primarily in the form of redness.
- May be due to levels of /or duration exposure to treatments, cosmetics, environment, food, etc.

**Dryness (oil)**
- When the skin produces an insufficient amount of oil to maintain suppleness in the skin.

**Pigment Disorders**
- Melanin or pigment becomes uneven due to hormone change or sun damage.

**Keratinization**
- A collection of cells on the skin’s surface that appears dry and flaky.

**Edema**
- The abnormal accumulation of fluid in the interstitial spaces of the tissue.
Anti-Aging Life Stage Conditions

**"All products to be used as an option."**

Rosacea
- Chronic inflammatory congestion found on cheeks, nose, and chin.
- It is characterized by redness and dilation of blood vessels and redness in the eyes.
- Sometimes papules and pustules accompany this skin condition.
- Can be aggravated by spicy foods, alcohol, extreme temperature changes, stress and exposure to light.

Pigment Disorders
- When melanin or pigment becomes uneven due to hormone change or sun damage.

Wrinkles
- A result of the aging process, wrinkles occur when there is a breakdown in collagen.
- Poor hydration, smoking, sun damage are among the external factors that can bring on wrinkles prematurely.

Dryness (oil)
- The skin produces an insufficient amount of oil to maintain suppleness in the skin.

Moisture Imbalance (water)
- Skin is lacking in water moisture (dehydration)
- Moisture may be unevenly distributed
- May be unable to retain water causing rapid evaporation from the skin’s surface.

Thinning of the skin
- Break down of elastin and collagen along with the deterioration of the adipose tissue.
- This condition can occur as the skin ages or when the skin is exposed to all of the factors listed under “wrinkles” and over-exfoliating in the treatment room setting.

Sensitivity / Redness
- Protective response of the skin tissues.
- May be acute or chronic.
- Swelling and itchiness may also accompany this condition.

Elasticity
- Skin’s ability to expand and contract.

Texture/Tone
- Often is a result of an uneven stratum corneum due to moisture imbalance and sluggish productivity in the sebaceous gland causing oil and cells to get trapped in the pores creating congestion.
- Coloration (tone) can appear uneven.

Brightness
- The luminance of the skin.
- Often reflects health and vitality.
- If the skin is dull, it is usually an indication that other conditions persist.

Couperose
- Dilated capillaries that appear more prominent on the cheeks and nose.
- Bluish in color and appear in fine lines.
- Redness often accompanies this condition.
### Prescription Facial System Zone Assessment

#### Life Stages & Conditions

**A. Teen / Youth (12-20)**
- 1. Open Comedones
- 2. Closed Comedones
- 3. Pustules
- 4. Papules
- 5. Nodules
- 6. Seborrhea
- 7. Moisture Imbalance (water)
- 8. Congestion
- 9. Texture/Tone

**B. Adult Age (21-45)**
- 1. Texture/Tone
- 2. Psoriasis
- 3. Eczema
- 4. Milia
- 5. Folliculitis
- 6. Dermatitis
- 7. Moisture Imbalance (water)
- 8. Sensitivity
- 9. Dryness (Oil)
- 10. Pigment Disorders
- 11. Keratinization
- 12. Edema

**C. Anti-Aging (45+)**
- 1. Rosacea
- 2. Pigment Disorders
- 3. Wrinkles
- 4. Dryness (Oil)
- 5. Moisture Imbalance (water)
- 6. Thinning of Skin
- 7. Redness
- 8. Elasticity
- 9. Texture/Tone
- 10. Brightness
- 11. Hormone Imbalance
- 12. Couperose

### Zone 1 - Life Stage: ____________
- Conditions: _______________________
- Exfoliation/Pre-Extraction Formula
- Treatment Mask Formula

### Zone 2 - Life Stage: ____________
- Conditions: _______________________
- Exfoliation/Pre-Extraction Formula
- Treatment Mask Formula

### Zone 3 - Life Stage: ____________
- Conditions: _______________________
- Exfoliation/Pre-Extraction Formula
- Treatment Mask Formula

### Zone 4 - Life Stage: ____________
- Conditions: _______________________
- Exfoliation/Pre-Extraction Formula
- Treatment Mask Formula

### Zone 5 - Life Stage: ____________
- Conditions: _______________________
- Exfoliation/Pre-Extraction Formula
- Treatment Mask Formula

### Zone 6 - Life Stage: ____________
- Conditions: _______________________
- Exfoliation/Pre-Extraction Formula
- Treatment Mask Formula

### Zone 7 - Life Stage: ____________
- Conditions: _______________________
- Exfoliation/Pre-Extraction Formula
- Treatment Mask Formula

### Additional Notes: _______________________
- __________________________________________________________________________
- __________________________________________________________________________
- __________________________________________________________________________
### Prescription Facial System

#### Prescription Record

**Client/Patient Name** __________________________  **Treatment Date:** __________________________

**Aesthetician** ________________________________  **Primary Lifestage:** _________________________

**Treatment Products Used**

<table>
<thead>
<tr>
<th>Cleanser: _________________________________</th>
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**Exfoliation/Pre-Extraction Formula’s (see page 2):**

| __________________________________________ |  |
| __________________________________________ |  |

**Serum:** _________________________________

| _________________________________________ |  |
| _________________________________________ |  |

**Treatment Mask Formula’s (see page 2):**

| _________________________________________ |  |
| _________________________________________ |  |

**Moisturizer:** ______________________________

| _________________________________________ |  |
| _________________________________________ |  |

**Other:** ___________________________________________________________________________________

| ______________________________________________________________________________________________ |  |

**Additional Notes:** _________________________________________________________________________

| ______________________________________________________________________________________________ |  |

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**Homecare Recommended**

**Essentials**

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<tr>
<th>Foaming Cleanser</th>
<th>AM</th>
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<th>Sampled</th>
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<td>2-Step Exfoliating</td>
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<td>PM</td>
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<td>Pure Hyaluronic Acid (h2t) Pumpkin Peel</td>
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<td>PM</td>
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**Additional Suggestions:** _________________________________________________________________

| ______________________________________________________ |  |
| ______________________________________________________ |  |

**Teen**

| Beta Hydroxy Cleanser | AM | PM | Sampled | Purchased |
| Acne Cleanser | AM | PM | Sampled | Purchased |
| Acne Relief Gel | AM | PM | Sampled | Purchased |

**Adult**

| Hydrating Cream | AM | PM | Sampled | Purchased |
| Enzyme Cream | AM | PM | Sampled | Purchased |

**Anti-Aging**

| Anti-Wrinkle Gel | AM | PM | Sampled | Purchased |
| Eye Cream | AM | PM | Sampled | Purchased |
# C. Anti-Aging Life Stage

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<thead>
<tr>
<th>Anti-Aging Skin Conditions</th>
<th>BASES</th>
<th>AESSENTIAL COMPLEXES</th>
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<tbody>
<tr>
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<td>Gel Mask</td>
<td>Rhassoul Clay Mask</td>
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<tr>
<td>1. Rosacea</td>
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<tr>
<td></td>
<td>Treatment Mask</td>
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<tr>
<td>2. Pigment Disorders</td>
<td></td>
<td>X</td>
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<tr>
<td>3. Wrinkles</td>
<td></td>
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<td>4. Dryness (oil)</td>
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<td>5. Moisture Imbalance (water)</td>
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<td>6. Thinning of Skin</td>
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<td>8. Elasticity</td>
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<tr>
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<td>9. Texture/Tone</td>
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<td>11. Hormone Imbalance</td>
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<td>12. Couperose</td>
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## B. Adult Life Stage

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<td>Rhassoul Clay Mask</td>
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<td>2. Psoriasis</td>
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<td></td>
<td>Treatment Mask</td>
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<td>3. Eczema</td>
<td>Exfoliation/Pre-Extraction Mask</td>
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<td>4. Milia</td>
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<td>5. Folliculitis</td>
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## A. Teen Life Stage

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<th>BASES</th>
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<td>2. Closed Comedones</td>
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<td>3. Pustules</td>
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