

# CHEMICAL PEELS

**Please Note: As Biophora only sells an Enzyme Peel and a Lactic Peel, it is the responsibility of the individual office to source, and use chemical peels at their own discretion and risk as directed by the manufacturer. The following information simply reviews guidelines and generic information about peels and how they might be used in alignment with authorized Biophora retail or cabin products. Professional treatments in general will clear dead skin cells so that Biophora ingredients may better penetrate the skin helping to maintain a balanced pH for a healthier, more youthful-looking complexion.**

## Alpha Hydroxy Acid (Lactic or Glycolic) Peels

### Before Performing Lactic or Glycolic Peels:

1. Please do a skin evaluation and have an informed consent signed, before treating a new client.
2. Check client's use of topical or oral medications, cold sore history, and recent laser treatments etc.
3. Client must be willing to wear sunscreen every day ongoing if they are having peels and using active.

### Guidelines for AHA Peels:

1. AHA Peels loosen the bonds between the live and dead cells in the stratum corneum.
2. These peels are relatively superficial; they don't go very deep – referred to as a light or lunchtime peel.
3. Can be done on skin types I-VI on the Fitzpatrick Scale. (If client has darker skin, start them on Bioactive Solution every other night on a damp cotton pad for a week to check for pigmentation issues first and then increase if and as tolerated or discontinue if pigmentation increases).

### Skin Types and Peels

1. Choose a peel percentage based on skin type. Most normal skin types can well-tolerate a 30% Glycolic peel, and ongoing treatments of the same percentage. However sensitive or darker skinned clients will require a Lactic peel increasing to a 20% or 30% Glycolic peel as tolerated or Salicylic peels for acneic skin.
2. Don't do peels on clients with true Rosacea as this can be highly irritating for this sensitive skin condition.

### Frequency of Peels

1. Clients need 4-6 peels, with 2 weeks in between each treatment. Peels should be done close together for best results.
2. This peel is for normal/aging skin and for hyper-pigmentation, but it can also be used for acne-prone/combination skin as well.
3. 40% of the benefit for the skin's improvement comes from the peels, and 60% from the daily-use home care products. The products keep the dead skin from coming back as quickly, so the skin will look fresher, brighter and have a more even texture. They will often need fewer peels when they use these products containing glycolic acid.
4. 4 peels are usually enough for normal to dry skin, but for acne or hyper-pigmented skin, they will need 6. If clients aren't seeing any changes, stop at this point to have a dermatologist assess them. They may need to add topical antibiotics and/or Retin A or prescription lightening agents.

### Important Points to be Aware of

1. There should be no redness before you begin the peel, or during it.
2. Client sensitivity may increase before 2 minutes; by the time they reach their 3rd or 4th peel, as the home products also containing glycolic will keep the dead cells from returning as quickly.
3. Peels are effective after 15 seconds, so if the client wants it removed try to talk them through this initial 15 second time frame. Dab red areas right away with Neutralizer.

### NEVER LEAVE PEELS ON FOR LONGER THAN 2 MINUTES.

1. (Start the timer first, and then apply peel). Their skin may feel itchy, prickly for the first minute or so, and then it will subside.
2. If you want a stronger peel, go up to the next percentage for 2 minutes.
3. AHA peels should always be neutralized thoroughly.

### Client Guidelines Prior to a Peel

1. Leave 2 weeks in between a peel treatment and micro-dermabrasion, laser hair removal or other IPL procedures. Probably best not to do peels on a client who's having Fraxel, until all their treatments have been completed (too sensitive).
2. Client should be off Retin A or retinols for a week before and a week after a peel.

### Guidelines Post-Peel

1. Call the client the next day after the treatment, to see if they're happy with the peel.
2. Client should avoid "actives" like Bioactive Solution or Gel the day of the peel, but that evening may use cleanser and moisturizer of their choice at bedtime. They may resume their regular routine the next morning.

# Steps for AHA Peels (Glycolic and Lactic Acid)

## Step 1 – Prep the skin (Biophora Bioactive Cleanser)

Dampen a 4x4 rough gauze with a pea-sized amount of Bioactive Cleanser. Work into the skin well, rinse well with water using gauze until all make-up is removed. Rinse with water until all cleanser is gone, using soft gauze. Dry with a Kleenex.

## Step 2 – Exfoliation / Degreasing (Biophora Enzyme Exfoliator and Bioactive Solution)

Take 1 pump of Enzyme Exfoliator with 1 pump Bioactive Solution in the palm of your hand and massage on to face and neck. Let sit for 2-3 minutes.

Rinse thoroughly with a warm hand towel or wash cloth to remove Enzyme Exfoliator, as this can affect the effectiveness of the peel. Dry the skin as it should not remain sticky.

## Step 3 – Peel (Non-Biophora AHA Peel. Biophora only sells Enzyme and Lactic Peels)

Apply Biophora Neutralizer two 4" x 4" soft gauzes, so they are quite wet and saturated. Place them in a glass container easily accessible on the aesthetic trolley. If a client has a visible cold sore, apply Vaseline to affected area and avoid applying peel in this area. If so, encourage the client to avoid the mouth area with their Bioactive Solution and Bioactive Gel in their home program, as well.

- Using a quartered soft gauze 4" x 4", tip the bottle with the appropriate percentage of peel in three overlapping circles in the middle of the gauze, so that it is saturated but not dripping.
- Prepare Lactic Acid gauze and place on top of the Lactic Acid bottle
- Prepare the Glycolic Acid gauze and place on top of the Glycolic Acid bottle.
- Then for the first full pass, apply the **Lactic Acid Peel** to the face and neck according to instructions below
- Then for the second full coverage pass, apply the **Glycolic Acid Peel** to the face and neck as well according to the same instructions below.
- Then immediately start the timer for 4 minutes, and wipe the peeling agent around the client's face in short strokes, and **don't go over any area twice or overlap, as this doubles the strength of the peel**. You can't see it working, but it is.

## Application steps, work from the right side of the face to the left:

- The 1<sup>st</sup> pass is across the right side of the forehead in one motion from temple to temple (upper forehead along the hairline).
- The 2<sup>nd</sup> pass is from the right tip of the outer eyebrow to outer tip of the left eyebrow (lower forehead).
- The 3<sup>rd</sup> pass is between the Glabella.
- Then starting with the right side of the face work from the corner of the mouth to the jawline and up to the ear.
- Turn the gauze diagonally and work up from the top outer corner of the mouth to beside the nose across the upper cheek towards the eye and on up to the temple.
- Then gently pulling down the skin of the upper cheek under the middle of the eye, pass from the inner corner of the eye to the crow's feet.

## Repeat the steps above on the left side of the face.

- Now fold the gauze in half and swipe up from the nasal labial fold on the left side of the nose to the top of the nose where it meets the eye.
- Then from the bulb or end of the nose to the glabella.
- Next pass from the left corner of the upper lip to the right corner of the upper lip.
- Now open the gauze and pass it along the left corner of the chin to the right corner of the chin.
- Then turn the face to the left and work from the right side starting from the back of the ear in consecutive upward strokes from the neck to the jaw all the way across the neck to the back of the left ear while turning the head toward the right.

Don't take your eyes off the client's face, and look for any red areas developing and if redness intensifies neutralize that specific area. If the client wants the agent off, neutralize immediately. At the end of four minutes, neutralize the face all at once quickly, and repeat at least 4 times, and get every area including around the nares, the glabella, hairline, neck, and chin. You can't neutralize too much, just too little. Rinse with water 2 times, pat dry with a tissue.

## Step 4 – Nourishing Post-Treatment (Multivitamin Freeze Mask and add Dermarich Moisturizer)

Mix a dollop of Multivitamin Freeze Mask with 1 pump of Dermarich Moisturizer on the top of your hand (or in a glass bowl) and apply in a thin layer with a fan brush.

The client may feel a sensation of intense cooling or burning for 2-5 minutes. If after 5 minutes it's still burning, remove the mask and apply DermalRich and SPF. This is uncommon, but don't leave the client alone, until they're comfortable. The mask can be left on for a minimum of 15 minutes and there is no maximum. Then rinse thoroughly and remove the mask with a hand towel or wash cloth.

**Step 5 – Moisturize and Protect** (Biophora DermalRich Moisturizer and SPF 30). Apply DermalRich Moisturizer and Daily Protection SPF30.

Give the client the home care products and instructions for use. Book their next appointment for another peel in 2 weeks (4 to 6 peels at 2 week intervals is needed for best results).

## **Beta Hydroxy Acid (BHA) Salicylic Peels Before Performing a Salicylic Peel:**

1. Always do a skin evaluation and have an informed consent signed first, before doing any treatments.
2. Check client's topical, oral medication, and cold sore history. The client should be willing to use sunscreen every day, if they have a peel or use active products.

### **Guidelines / Skin Types for Salicylic Peels:**

1. Best for acne/oily, sensitive acne and hyper-pigmented skin types I-VI
2. Always start a new client on Salicylic Peel 20%, (If client has darker skin, start them on Bioactive Solution every other night on a damp cotton pad for a week to check for pigmentation issues first and then increase if and as tolerated or discontinue if pigmentation increases)
3. Peels are usually done every 3 weeks

### **Application Tips:**

1. Don't use Bioactive Solution to degrease, only Acetone, as Solution has oil in it, which will prevent the peel from penetrating properly.
2. We use larger swabs so that the product is rolled into the skin, and the more pressure used, the deeper the peel will go.
3. Use 1 – 10 pain scale...1 being nothing to 10 being "subjectively unbearable".
4. If the client indicates that they are around a 5 on this scale, you can do a second coat. If it's a 10, even if they don't have a frost, don't do another, especially if they have sensitive acne skin.
5. This peel will make the skin red, and there will be a frost that forms. This is from the salicylic crystals that are left behind after the alcohol evaporates. This is a sign that the peel is effective and working under the skin.
6. Wait a few minutes between each coat, to let the heat come down to around a 2, then reapply. Two coats are suggested for the first treatment.
7. The BHA peel is self-neutralizing at 5 minutes, so it can't be removed once it's applied. Wait a minute after applying it to the forehead, to allow it to heat up and cool down, so the client knows what will occur.
8. If the client is really warm, apply the Multivitamin Freeze Mask to cool them down.

### **Guidelines Post-Peel:**

Client should use Post Care Kit or non-active products for 7-10 days.

# SALICYLIC PEEL 20%/30% CLINICAL APPLICATION

## **BHA Peels: 20% or 30% Salicylic Acid (Self Neutralizing) Best for Acne Prone or Sensitive Acne Skin (not Rosacea)**

### **Step 1 – Prep** (Biophora Bioactive Cleanser)

Use a pea-sized amount of Bioactive Cleanser on damp 4x4 soft gauze, or on your gloved hands, to thoroughly cleanse the skin of any make-up. Rinse using soft gauze and then use a tissue to dry the skin. The cleaner the skin, the more even and deep the peeling agent will go.

### **Step 2 – Degrease** (medical grade acetone)

Using a soft gauze use a small amount of medical grade acetone, to clean the skin, go over it a few times while the client holds their breath. If you only have alcohol, this will work as well. Don't use Bioactive Solution, as the eucalyptus oil, will interfere with the peel's effectiveness.

**Step 3 – Salicylic Application** (non-Biophora Salicylic Peel, Biophora only sells Enzyme and Lactic Peels) Self-limiting – **DOES NOT NEED NEUTRALIZER.** It is inactive 5 minutes after application. Protect the skin with Vaseline on the nares, beside all corners of both eyes and around the mouth especially on the vermillion border.

- Thoroughly shake the vial of 20% or 30% (always 20% the first peel), and use the large swab or quartered soft gauze to apply the solution. Keep your thumb (gloved) over the top of the bottle. Apply to the forehead in circular up and down strokes, and wait for the client to see how hot it will be.
- After it cools down, go over the outside area of the face, and then to the cheek, when the swab is not as saturated.
- Dip the swab with each section of the face, i.e., for the forehead, each cheek, chin and nose. Apply until all areas have a frost depending the client's tolerance. If there is no frost, and the client is not in too much discomfort, ask them if you can do another coat.
- Use the pain scale from 1- 10, 1 no discomfort to 10 being unbearable.
- Two coats are enough for the first treatment. On the next treatment you may be able to do 3 coats, and apply a little more pressure. If the client has had 3 coats with some pressure, move up to the 30% salicylic peel on the next treatment.
- Frosting is the residue left on the skin, after the hydro-alcohol has evaporated. It is not blanching.
- Do not fan the client with this peel, as it will reduce the penetration of the solution.

### **Step 4 – Nourishing Post-Treatment** (Multivitamin Freeze Mask)

The skin does not need to be rinsed. Apply a thin layer of Multivitamin Freeze Mask with a fan brush. If the client feels that the mask is burning after a few minutes, remove, as the menthol can irritate the skin, right after a peel. This is uncommon, but don't leave the client alone, until they're comfortable. The mask can be left on for a minimum of 10 minutes and there is no maximum. Some client's dab it on their acne, rub it in, and leave it on all night.

### **Step 5 – Moisturize and Protect** (Biophora DermaRich Moisturizer and SPF 30 or 45)

Rinse with soft gauze, and then apply DermaRich and Daily Protection 30 or Advanced Protection SPF45.

### **Post Care:**

Give the client the Biophora Post Care Kit with Calming Cleanser, DermaRich, and Daily Protection SPF 30 or Advanced Protection SPF45 with an instruction sheet. If they do not have this kit, the client should use a non- active soap like Baby Dove, a moisturizer and sunscreen of at least SPF30. Insist that they do not pick or peel their skin, and that it will take 7 to 10 days for the peel to be completed. Sunscreen is essential for their treatment to be successful, as they may hyper-pigment or hypo-pigment, if they don't wear it every day. They can then go back to their usual products, after 7 days or when their skin stops flaking.

**Caution:** Please discard an opened bottle of salicylic after 48 hours. It is considered single use, and becomes more concentrated once the hydro-alcohol has evaporated. It will burn and/or pigment the skin if used after this time. It will last unopened for many years.