

dermalogica PRO[®]

pro power
peel



dermalogica PRO[®] advanced retinol
peel

Advanced Retinol Peel
with 10% Retinol
and 2% Salicylic Acid



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introduction

Cell turnover slows dramatically as we age, from approximately 20 days in younger and middle-aged adults up to over 30 days in older adults. As this happens, it affects the skin's appearance and texture in a variety of ways. From fine lines and wrinkles to acne and hyperpigmentation, chemical peels are one of the most effective ways to address these changes. But they're not a one-size-fits-all treatment: for optimal results, a peel should be strong enough to accelerate cell turnover but not so powerful as to induce severe skin inflammation.

Since every client's skin is different, the best solution is to give you the tools you need to create completely customised peels - which is where the inspiration for the **all-new Pro Power Peel** collection came from. Our strongest and fastest peel yet, it enables you to professionally tailor each treatment to your client's skin concerns, helping them achieve their healthiest-looking skin ever.



chemical peels: an overview

Chemical peels are an excellent treatment choice for a wide range of skin concerns, from acne and hyperpigmentation to advanced signs of ageing. Despite their varying uses, most peels work the same way: they remove the skin's outermost layers to stimulate cell renewal and cell turnover, improving skin's texture and appearance.

Peels are classified into four categories, based on penetration depth and their effect on the skin:

very superficial peels

Used to treat acne, hyperpigmentation and signs of ageing, these peels affect the Stratum Corneum and don't penetrate beyond the granular level (Stratum Granulosum).

superficial peels

These peels are used to exfoliate skin in the epidermal layer down to the Basal Layer (or Stratum Germinativum). They treat signs of ageing, acne and hyperpigmentation.

medium-depth peels

Typically performed by a medical professional, these peels reach the upper layers of the dermis down to the papillary dermis. They treat superficial scars and solar keratoses as well as hyperpigmentation and signs of ageing.

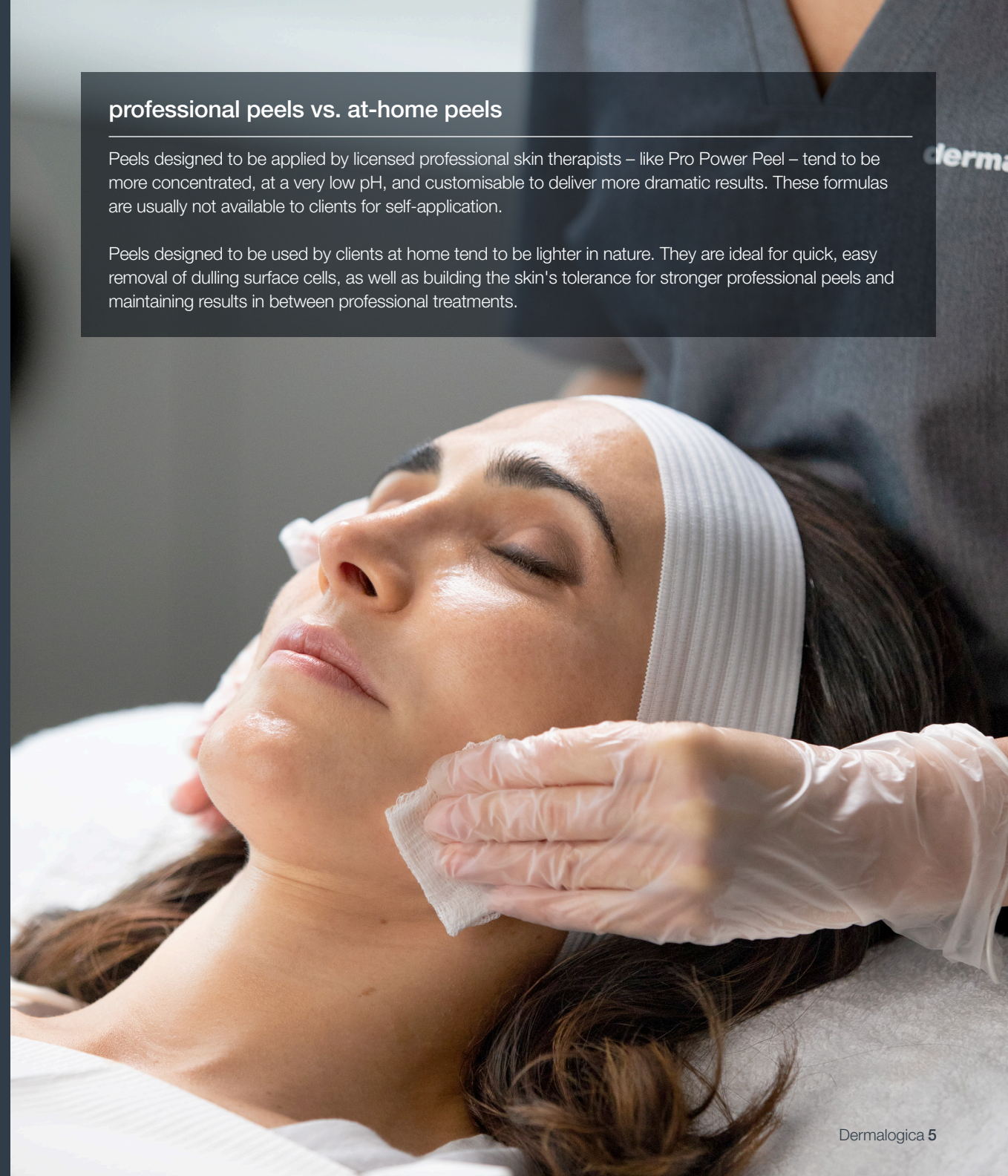
deep peels

Performed only by medical professionals, deep peels remove the papillary dermis and reach the reticular dermis to address severe photoageing, deep wrinkles and scars.

professional peels vs. at-home peels

Peels designed to be applied by licensed professional skin therapists – like Pro Power Peel – tend to be more concentrated, at a very low pH, and customisable to deliver more dramatic results. These formulas are usually not available to clients for self-application.

Peels designed to be used by clients at home tend to be lighter in nature. They are ideal for quick, easy removal of dulling surface cells, as well as building the skin's tolerance for stronger professional peels and maintaining results in between professional treatments.



what makes a peel effective?

The efficacy of a chemical peel depends on a number of factors, from the client's skin condition to the skin therapist's application method. Taking each of these factors into consideration during the treatment process will help to optimise your client's results.

skin health

Generally speaking, healthy skin is less likely to experience adverse reactions to a chemical peel. Cracked or dehydrated skin allows chemical peel agents to penetrate further, which can intensify stinging and burning.

skin priming

Many clients can benefit from preliminary treatments or products that “prime” the skin, helping to prepare it for the high activity of a chemical peel – particularly if they are new to peels. Priming with at-home peels or other exfoliating agents helps to acclimate skin and ensure that the client receives the best possible result from their peel.

skin prep

Just before the peel, it's important to “prep” the skin. Follow the Pro Power Peel step-by-step instructions closely to ensure that the client's skin is thoroughly double cleansed and degreased; this helps the chemical peel penetrate skin evenly and effectively.

peeling agent(s), solution pH and concentration

Alpha Hydroxy Acids (AHAs), Beta Hydroxy Acids (BHAs) and Trichloroacetic Acid (TCA) all have different molecular sizes, and therefore penetrate skin to different degrees. Because of this, each acid lends itself to the treatment of different skin concerns. Peel pH and concentration play a role, too; for AHAs and BHAs, the pH of the solution is just as important as the concentration of the acid. Peeling agents with a low pH are more acidic and better able to target concerns like pigmentation and wrinkles.

application method

The way a peel is applied can play a role in penetration depth. Massageing can increase product absorption – but because it also increases blood circulation, it can lead to higher chances of erythema, sensitivity or inflammation. Application tools can determine absorption, too: gauze allows more solution to be applied to the skin than a brush. Cotton swabs may be preferable when you need more control to spot-treat or target precise areas.



chemical peeling agents

keratolytic agents (AHAs and BHAs)

Keratolytic agents break apart the snap-like bonds (corneodesmosomes) that hold dead skin cells (corneocytes) together, allowing them to shed more easily and therefore improving the skin's texture and overall appearance.

Widely considered the most versatile group of peeling agents, AHAs (including Lactic Acid, Glycolic Acid, Mandelic Acid and Malic Acid) are water-soluble and can be used at different concentrations for different effects on the skin. Clients can use them at low concentrations on a daily basis to slowly exfoliate over time; used in higher concentrations they exfoliate the epidermis more quickly, breaking corneodesmosomes at the cellular level.

BHAs, like Salicylic Acid, are oil-soluble, making them an excellent treatment choice for oily and acne-prone skin. They can actually penetrate the skin through the follicles and sebaceous glands while helping to dissolve follicular impactions.

keratocoagulant agents (TCA)

Keratocoagulant agents contribute to exfoliation by coagulating the skin's proteins, contributing to enhanced cell renewal rates and cell turnover. In this reaction, the protein is denatured, similar to an egg white turning white as it cooks. This can produce the skin-whitening effect known as "frosting", particularly in areas of breakout or dehydration.

pH and acidity

In order for AHAs and BHAs to effectively exfoliate, they must be formulated at a low pH; they're most effective at a pH of 1.0-2.5. The skin's natural pH is mildly acidic, ranging from 4.5-5.5; exposing it to more acidic conditions contributes to AHAs' and BHAs' exfoliating efficacy. The change in pH causes a superficial shock to the cells, contributing to desquamation and increased cell renewal.



introducing the pro power peel

When it comes to chemical peels, we've always had a unique perspective. Promoting overall skin health is one of Dermalogica's core values. We also believe that regular resurfacing is crucial to accelerate cell turnover and renewal rates – so **we opt for peels that are more frequent and less invasive** rather than those that push the skin to the point of severe inflammation and possible scarring.

Additionally, we're constantly looking for ways to give you the flexibility to create completely customised treatments for a range of skin conditions. With this in mind, the skin health experts at The International Dermal Institute and Dermalogica are excited to introduce the **all-new and fully customisable Pro Power Peel**.

In addition to being our fastest and strongest peel yet, the Pro Power Peel provides you with a full suite of products and the flexibility to create bespoke peels that are perfectly suited to each client's needs. In short, it redefines the peel experience – and allows you to give clients a different, custom peel with each treatment.

the pro peel collection

Each of the peels in this collection is efficacious enough to use alone. Used together, they allow skin therapists to target a broad range of skin concerns:

One-Step Prep

Leave-on prep solution with Witch Hazel and Alcohol degreases skin and prepares it for Pro Power Peel solutions; no removal required.

PowerClear Peel

2% Salicylic Acid with 10% Mandelic Acid and 15% Malic Acid and a patented Terpeneol-Thymol Complex **targets blemishes**, post-inflammatory hyperpigmentation and redness.

UltraBright Peel

30% Lactic Acid complexed with Phytic Acid, Mucor Fungal Extract, Grape Juice Extract and Tangerine Peel **brightens and hydrates**, reducing the appearance of early signs of ageing and helping to even skin tone.

Neutralizing solution

Ready-to-use neutraliser helps soothe the skin and helps restore its natural pH.

AdvancedRenewal Peel

30% Glycolic Acid complexed with Opuntia Flower Extract and Phytic Acid **reduces the appearance of hyperpigmentation** while minimising the appearance of fine lines and wrinkles.



pro power peel summary chart

pro power peel	PowerClear Peel	UltraBright Peel	AdvancedRenewal Peel
key features	Salicylic-Mandelic Acid Complex	Lactic Acid-Phytoactive Complex	Glycolic Acid-Cactus Flower Complex
key ingredients	2% Salicylic Acid 10% Mandelic Acid 15% Malic Acid Terpineol-Thymol Complex	30% Lactic Acid Mucor Fungal Extract Citrus Reticulata Peel Extract (Tangerine Peel) Vitis Vinifera (Grape) Juice Extract Phytic Acid	30% Glycolic Acid Opuntia Ficus-Indica Flower Extract Phytic Acid
skin condition treated	Blemishes, Post-Inflammatory Hyperpigmentation, Redness	Hyperpigmentation, Uneven Skin Tone, Prematurely Aged Skin	Mature Skin, Fine Lines & Wrinkles, Hyperpigmentation

As you become familiar with the Pro Power Peel Collection, you'll develop custom combinations that allow you to effectively mix, layer and even spot-apply the peels.

speed of peel delivery into skin



which peel is right for my client?

If your client is new to peels or doesn't receive them often, consider first recommending an at-home peel, like **Rapid Reveal Peel**, to help their skin acclimate.

Formulated with gentle yet effective 90% Phytic Acid from Rice Bran Extract to increase cell turnover while brightening skin, Rapid Reveal Peel is designed to work synergistically with the Pro Power Peel collection and is ideal for building the skin's tolerance leading up to your client's first professional peel.

(It's also an excellent way to help clients who regularly receive peels maintain their results between professional treatments!)

Before recommending a treatment, always give your client a thorough Face Mapping® skin analysis to help them make the right choice for their current skin goals and lifestyle.



pro power peel products and key ingredients



one-step prep

description

This leave-on peel prep solution with Witch Hazel and Alcohol effectively degreases the skin for greater peel efficacy.

benefits

- Degreases skin in preparation for treatment
- Optimises subsequent peel performance
- More efficacious treatments – with fewer layers of acid

key ingredients

Hamamelis Virginiana (Witch Hazel) Water acts as a natural astringent

Alcohol acts as a skin penetration enhancer to facilitate peel absorption

Lactic Acid exfoliates skin

warnings: This product contains an alpha hydroxy acid (AHA) that may increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Use a sunscreen, wear protective clothing, and limit sun exposure while using this product and for a week afterwards. Use only as directed. Contact of the product with the skin must be of limited frequency or duration. Avoid contact with eyes. If irritation persists, discontinue use and consult a physician.



ultrabright peel

description

Ultra-effective brightening peel featuring 30% Lactic Acid complexed with Rice-derived Phytic Acid, AHA-rich Grape Juice Extract and Mucor Fungal Extract, along with Tangerine Peel, helps to reduce the appearance of early signs of ageing and even skin tone.

benefits

- Brightens dull skin
- Minimises the appearance of fine lines
- Hydrates dry and dull skin

key ingredients

30% Lactic Acid stimulates exfoliation by decreasing corneocyte cohesion while stimulating cell renewal and cell turnover in the epidermis

Phytic Acid aids in cell turnover, brightens skin and provides antioxidant benefits

Mucor Fungal Extract mimics the effect of Cathepsin D (an endogenous proteolytic enzyme that plays an important role in maintaining a normal skin barrier), delivers a gentle but efficient exfoliation, and increases cell renewal rate

Vitis Vinifera (Grape) Juice Extract contains a mixture of AHAs and stimulates exfoliation and cell turnover

Citrus Reticulata Peel Extract (Tangerine Peel) improves skin brightness and helps support creation of Caspase-14, an enzyme involved in aggregation and flexibility of keratin

Lactic Acid is one of the most effective and least irritating AHAs. It's also a humectant and a very effective source of hydration for the skin, and is known to help improve skin's barrier function. It has a slightly larger molecular size than Glycolic Acid, so it penetrates skin more slowly – resulting in less inflammation and making it an ideal choice for sensitive skin. Lactic Acid is combined with Mucor Fungal Extract, which is rich in proteolytic enzymes that help exfoliate epidermal cells and accelerate cell renewal without causing irritation.

warnings: This product contains an alpha hydroxy acid (AHA) that may increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Use a sunscreen, wear protective clothing, and limit sun exposure while using this product and for a week afterwards. Use only as directed. Contact of the product with the skin must be of limited frequency or duration. Avoid contact with eyes. If irritation persists, discontinue use and consult a physician.



advancedrenewal peel

description

Powerful peel with 30% Glycolic Acid and Rice-derived Phytic Acid and Opuntia (Prickly Pear) Flower Extract resurfaces skin to help fight the visible effects of AGEs (Advanced Glycation End-products) to minimise the appearance of fine lines and wrinkles.

benefits

- Reduces the appearance of hyperpigmentation
- Minimises the appearance of fine lines and wrinkles
- Evens skin tone

key ingredients

30% Glycolic Acid decreases corneocyte cohesion and enhances skin desquamation, facilitating exfoliation and cell renewal

Opuntia Ficus-Indica Flower Extract facilitates exfoliation by stimulating natural desquamation enzymes and improves skin luminosity

Phytic Acid aids in cell turnover, brightens skin and provides antioxidant benefits

Glycolic Acid's smaller molecular size allows it to penetrate skin quickly and easily, so it's important to monitor skin for erythema and irritation during application. Glycolic Acid is combined with Opuntia (Prickly Pear) Flower Extract. This supports the desquamation process by optimising the activity of enzymes involved in the degradation of intercellular adhesion structures in the Stratum Corneum, helping to increase cell turnover rate and improve skin's clarity and luminosity.

warnings: This product contains an alpha hydroxy acid (AHA) that may increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Use a sunscreen, wear protective clothing, and limit sun exposure while using this product and for a week afterwards. Use only as directed. Contact of the product with the skin must be of limited frequency or duration. Avoid contact with eyes. If irritation persists, discontinue use and consult a physician.



powerclear peel

description

Potent Salicylic Acid-Mandelic Acid clearing peel with a patented Terpineol-Thymol Complex targets blemishes and visibly diminishes post-inflammatory hyperpigmentation.

benefits

- Helps prevent breakouts
- Reduces post-inflammatory hyperpigmentation
- Diminishes excess oil production

key ingredients

2% Salicylic Acid a lipophilic BHA that penetrates comedones to help remove impaction plugs

10% Mandelic Acid (from Bitter Almonds) and **15% Malic Acid (From Apples)** dissolve cellular glue and speed up cell turnover rate to help even skin tone

Terpineol-Thymol Complex helps suppress sebum production and works with skin's natural microbiome to kill breakout-causing bacteria in minutes

Since **Salicylic Acid** is oil-soluble, it can both disrupt desmosomes and penetrate skin through the oil-laden sebaceous gland – making it an optimal treatment solution for oily and breakout-prone skin as well as mild Rosacea. PowerClear Peel's combination of Salicylic, Mandelic and Malic acids blends the benefits of BHAs and AHAs. Since Mandelic Acid is a larger AHA it penetrates the epidermis more slowly, making it ideal for sensitive skin, severe breakouts and hyperpigmentation.

warnings: This product contains an alpha hydroxy acid (AHA) that may increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Use a sunscreen, wear protective clothing, and limit sun exposure while using this product and for a week afterwards. Use only as directed. Contact of the product with the skin must be of limited frequency or duration. Avoid contact with eyes. If irritation persists, discontinue use and consult a physician.



neutralizing solution

description

A ready-to-use, non-aqueous neutraliser that helps soothe the skin and helps restore its natural pH.

benefits

- Neutralises the peeling process
 - Helps rebalance skin's pH
 - Calms and soothes inflamed skin
-

key ingredients

Hydroxyphenyl Propamidobenzoic Acid (from Colloidal Oatmeal) calms and soothes skin

Aminomethyl Propanol helps rebalance skin's pH

pre-treatment guidelines

Before beginning the Pro Power Peel, assess your client’s skin health and complete a thorough consultation. All clients must complete and sign the Dermalogica® Consultation Card. This treatment procedure cannot be safely performed until this has been completed.

A patch test should be done a minimum of 24 hours prior to the scheduled service, but may be done several weeks in advance, to check skin sensitivity. You may wish to pre-empt this service by patch testing a client during their regular ProSkin Service. Remember to get the client to initial and date their consultation card to confirm that they have had the patch test.

- Apply all formulas to be used behind the ear
- Apply **One Step Prep**
 - Apply chosen peel or peels
 - Do not mix or layer peel solutions
 - Apply **Neutralizing Solution** and remove residue

Burning, itching skin that does not abate or extreme redness or swelling will indicate that peeling is not advised.

contraindications

Never perform Pro Power Peel on a client who:

- Has received a resurfacing skin procedure such as laser, light therapy, microdermabrasion or chemical peel within the past two weeks
- Has received Botox or other injectables within the past week
- Has used Retin-A within the past 48 hours
- Has used Isotretinoin (Accutane) in the past six months
- Has waxed within the past 72 hours
- Has a contagious skin disease or infection such as an active cold sore
- Is pregnant or lactating

pro power peel sensation scale

Determining your client’s tolerance for chemical peels will provide a more effective treatment and help minimise side effects. Areas that respond with more sensitivity and peeling are typically around the temple and the perioral region. To assess your client’s level of sensitivity:

1. After applying One-Step Prep, ask your client: “On a scale of 1 to 10, 10 being the most intense, do you have any sensation?” If they answer:



2. After applying one peel layer, ask your client for their sensation level again.
3. If your client expresses a sensation of 8 or higher, begin neutralising process.



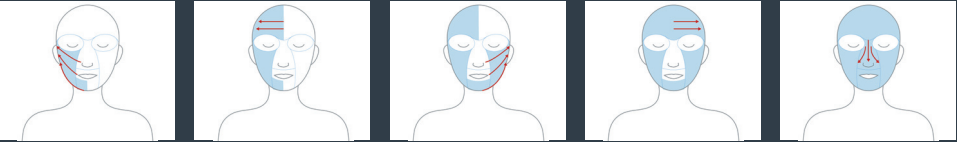
pro power peel 30 overview

Pro Power Peel is designed to give you the flexibility to create truly custom, advanced treatments. Different peels within the collection may be either mixed or layered to effectively treat a wide range of skin conditions.

When performing a Pro Power Peel 30, each module will follow the 10 minute guideline. This is the best option for a client who is new to peels. The overview below provides a quick reference guide on how long each section of a Pro Power Peel 30 treatment will take.

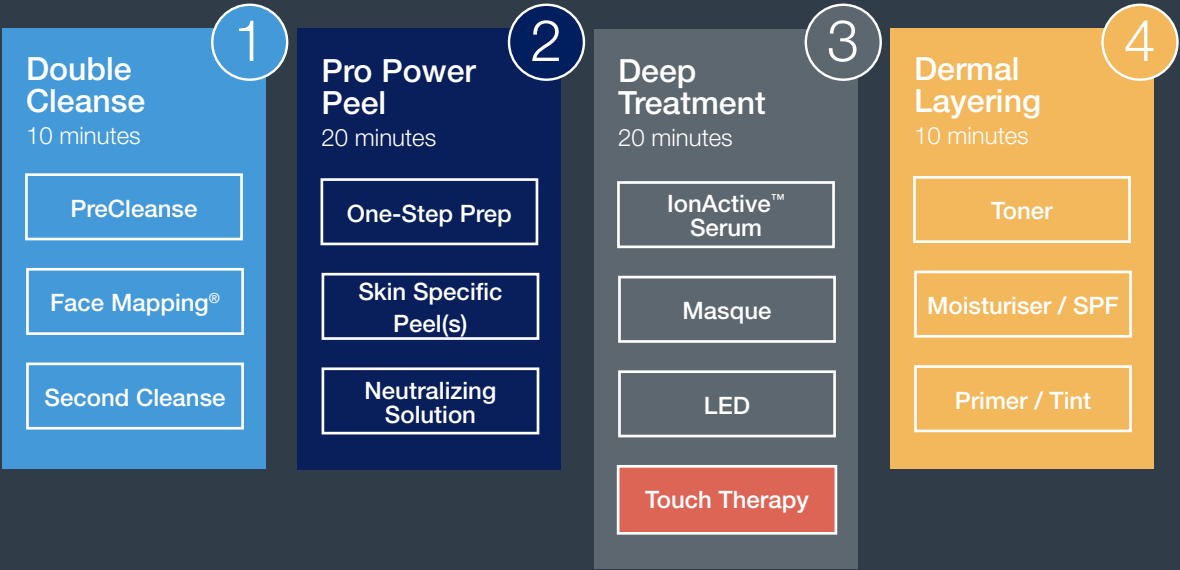


If you are performing a Pro Power Peel 30 begin application with movements along the jawline, moving out and upward on one half of the face. Repeat on the other side. If required the neck can be included.

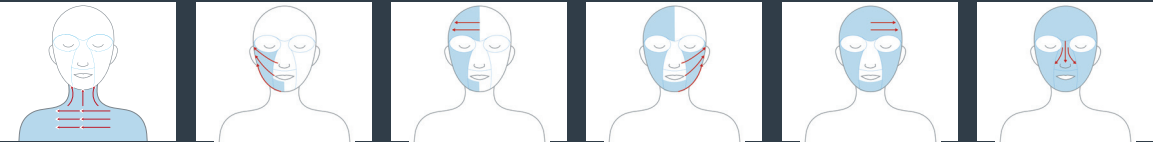


pro power peel 60 overview

The Pro Power Peel 60 allows the skin therapist more time to target and treat skin concerns. The overview below provides a quick reference guide on how long each section of a Pro Power Peel 60 treatment will take.



If you are performing a Pro Power Peel 60 treatment, begin application at the client's chest. Use long strokes from left to right, then upward movements on the neck, ending with application on the face.



When you become more accustomed to the Pro Power Peel, you may begin application in regions showing the highest level of damage or concern first. Be sure to apply Pro Power Peel at least a quarter inch away from the eyes and mucous membranes, and avoid broken skin.

pro power peel 30 protocol

Double Cleanse Module (10 minutes)

1. Elevate the client to prevent product from entering the eyes.
2. Begin the Dermalogica Double Cleanse, starting with PreCleanse.
3. Perform Face Mapping® skin analysis, noting signs of dehydration, barrier disruption, congestion, breakouts, pigmentation and fine lines.
4. Continue with skin-specific Dermalogica Cleanser. Remove all traces of cleanser with sponges and water.

Pro Power Peel Module (10 minutes)

1. **PRO TIP:** Use **Barrier Repair** to protect sensitive areas during the resurface module. Apply eye pads to protect the client's eyes.
2. Protect yourself by wearing safety glasses and gloves during the resurface module.
3. **PREP:** Apply 2 full droppers (approx. 1.5mL) of **One-Step Prep** to gauze and apply to neck and face.
4. **PEEL:** Select appropriate peel(s) from the chart on page 31 (up to three total). Peels may be mixed to address multiple skin concerns at once, or layered to spot-treat specific areas.
5. Apply to face using the Dermalogica Application Method. If you're including the neck, begin there and work your way up to the forehead. Evaluate client's sensations and skin throughout; if your client is experiencing extreme irritation, you may fan the face or use tapotement movements with gloved fingertips to help alleviate the sensation. If no extreme sensations are present, you may apply additional layers if desired.
 - a. When applying additional layers, time them approximately 1-2 minutes apart and be sure to track your client's sensation level throughout.
 - b. Do not apply more than two layers on chest and neck. (See step 6B below.)
6. **NEUTRALISE:**
 - a. Use fingers or soft cotton to apply Neutralizing Solution directly over the peel. A slight rolling of the Neutralizing Solution is normal. Lightly manipulate product, then remove with water and damp cotton or disposable wipes.
 - b. If your client continues to experience a high level of sensation, apply additional Neutralising Solution to fingers and use tapotement or light feather movements to help alleviate.

Dermal Layering Module (10 minutes)

1. Spritz skin with the selected Toner.
2. Product Boost: apply appropriate IonActive™ Serum.
3. Apply skin-specific Eye Treatment and Moisturiser.
4. Protect and finish with **Daily Skin Health Moisturiser** and **Invisible Physical Defense SPF30** or **SkinPerfect Primer SPF30**.

mixing and layering guidelines

MIXING: mix 1 full dropper of each selected peel (up to 3 total) to gauze in a 1:1:1 ratio	LAYERING: apply 1-2 droppers of selected peel to gauze
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common peel combinations

skin concern	mixing	layering
Ageing	UltraBright + AdvancedRenewal	AdvancedRenewal UltraBright
Pigmentation	UltraBright	UltraBright
Breakouts	PowerClear + UltraBright	PowerClear UltraBright
Concern + Mildly Sensitive	UltraBright + PowerClear	UltraBright PowerClear
Above Concern + Breakout	PowerClear	Any Peel PowerClear (spot treat or use all over)

series recommendations

skin concern	when to perform subsequent treatments
Ageing / Pigmentation / Acne / Congestion	2-4 weeks apart
Concern + Mildly Sensitive	3-4 weeks apart
Normal / Maintenance	4+ weeks apart

*Offer as a series of 3 or 6 treatments during autumn and winter or spring to minimise UV exposure.

pro power peel 60 protocol

Double Cleanse Module (10 minutes)

1. Elevate the client to prevent product from entering the eyes.
2. Begin the Dermalogica Double Cleanse, starting with PreCleanse.
3. Perform Face Mapping® skin analysis, noting signs of dehydration, barrier disruption, congestion, breakouts, pigmentation and fine lines.
4. Continue with skin-specific Dermalogica Cleanser. Remove all traces of cleanser with sponges and water.

Pro Power Peel Module (20 minutes)

The additional time allocation for the Pro Power Peel 60 allows inclusion of the chest and neck, along with ability to increase the number of layers or more targeted application to problem areas. As the neck and chest are more sensitive you may wish to neutralise these areas after one or two layers whilst still processing peels on the face.

1. **PRO TIP:** Use **Barrier Repair** to protect sensitive areas during the resurface module. Apply eye pads to protect the client's eyes.
2. Protect yourself by wearing safety glasses and gloves during the resurface module.
3. **PREP:** Apply 2 full droppers (approx. 1.5mL) of **One-Step Prep** to gauze and apply to neck and face.
4. **PEEL:** Select appropriate peel(s) from the chart on page 31 (up to three total). Peels may be mixed to address multiple skin concerns at once, or layered to spot-treat specific areas.
5. Apply to face using the Dermalogica Application Method. If you're including the neck, begin there and work your way up to the forehead. Evaluate client's sensations and skin throughout; if your client is experiencing extreme irritation, you may fan the face or use tapotement movements with gloved fingertips to help alleviate the sensation. If no extreme sensations are present, you may apply additional layers if desired.
 - a. When applying additional layers, time them approximately 1-2 minutes apart and be sure to track your client's sensation level throughout.
 - b. Do not apply more than two layers on chest and neck. (See step 6B right.)

6. NEUTRALISE:

- a. Use fingers or soft cotton wool to apply Neutralizing Solution directly over the peel. A slight rolling the Neutralizing Solution is normal. Lightly manipulate product, then remove with water and damp cotton wool, disposable wipes or cool towel.
- b. If your client continues to experience a high level of sensation, apply additional Neutralizing Solution to fingers and use tapotement or light feather movements to help alleviate.

Deep Treatment Module (20 minutes)

This module has a double time allocation of 20 minutes to allow for inclusion of recovery modalities like LED and Touch Therapy to enhance the experience.

1. Apply a skin specific IonActive™ Serum.

PRO TIP: Do not use **Retinol 1% IonActive Serum** if you plan to use LED Therapy

2. Add in a professional masque such as **Colloidal Masque Base**, **Multivitamin Power Recovery® Masque** or **Clinical Oatmeal Masque**.

PRO TIP: Use a clear masque such as Colloidal Masque Base if you plan to use LED Therapy 3. If available and appropriate incorporate LED treatment for 10-15 minutes.

4. Include a Touch Therapy or other massage technique to relax the client. DO NOT massage any area that has been peeled. Stress Relief Scalp Touch Therapy is recommended.
5. Remove Masque with a cool or tepid towel or disposable wipes.

Dermal Layering Module (10 minutes)

1. Spritz skin with the selected Toner.
2. Product Boost: apply appropriate IonActive™ Serum.
3. Apply skin-specific Eye Treatment and Moisturiser.
4. Protect and finish with **Daily Skin Health Moisturiser** and **Invisible Physical Defense SPF30** or **SkinPerfect Primer SPF30**.

post-treatment guidelines

what to expect after a pro power peel

Your client's skin may appear red and flushed following the treatment, and may be more sensitive depending on his or her skin condition and at-home care regimen. Side effects include, but are not limited to, dryness, stinging, itching, irritation, redness, swelling, tightness, peeling and scabbing. By the second day, skin may peel or look darker. On the third day, peeling may begin around the nose and mouth, followed by the cheeks, forehead, jawline and neck.

DAY 1

skin may appear flushed following the treatment

DAY 2

skin may peel or look darker

DAY 3

peeling may begin around the nose and mouth, followed by cheeks, forehead, jawline and neck



You can help your client manage any post-treatment conditions by increasing their hydration and moisturisation regimen until the skin no longer shows signs of extreme dryness and sensitivity. Prescribe the **Pro Power Peel Post-Procedure Kit** to be used for 2-3 days following treatment, and review the following care instructions with your client. (You may also choose to provide these instructions as a handout along with your client's signed consent form.)

post-procedure care instructions

Instruct your client to use the following guidelines until their skin has resolved peeling. For more sensitive skin – or after a more intense treatment – they should consider following these guidelines for at least 10 days.

1

Immediately following treatment, your client should apply a broad spectrum physical sunscreen (minimum SPF30), such as **Invisible Physical Defense SPF30** or **SkinPerfect Primer SPF30**. Advise your client to avoid direct sun exposure for 2-3 weeks to prevent hyperpigmentation, and to wear a wide-brim hat if they must be in the sun.

5

Your client will likely begin peeling within 2-3 days. This is normal; **he or she should not pick at loose skin, as this may cause discoloration.**

2

Clients should **avoid strenuous exercise on the day of treatment**, along with **prolonged exposure to heat sources** like dry saunas or steam rooms; these activities increase blood circulation to the face, which can lead to discomfort, redness, swelling or other side effects.

6

Clients should avoid any type of exfoliating product until directed otherwise by their Professional Skin Therapist.

3

On the night of treatment your client should rinse their face with cool water and cleanse with **UltraCalming™ Cleanser**, then moisturise with **Barrier Defense Booster** and **Calm Water Gel** (all included in the **Pro Power Peel Post-Procedure Kit**).

7

Continue to use the products included in the **Pro Power Peel Post-Procedure Kit** for the duration of the peeling process. Moisturise throughout the day to maintain hydration and decrease the appearance of flaking.

4

Advise your client to increase his or her fluid intake for the next 2-3 days.

Once peeling and redness have subsided, clients may resume their regular Dermalogica daily routine.

frequently asked questions

Why does One-Step Prep contain alcohol?

We deliberately avoid using alcohol in most of our formulas to avoid stripping lipids from the skin. However, this is actually beneficial in the context of **One-Step Prep**. Topically applied alcohol prepares the skin for the peel, degreasing it and facilitating deeper penetration for greater peel efficacy.

Areas of my client’s face are white. What happened?

Whitening of skin (“frosting”) can occur with the Pro Power Peel. In areas of frosting, clients should expect peeling. We recommend keeping frosted areas moisturised with a prescribed Dermalogica Moisturiser for 3-4 days.

My client’s skin is not peeling. Does this mean the treatment did not work?

Absolutely not! Depending on the skin’s resistance and treatment frequency, your client may experience a delay in peeling – or experience no peeling or flaking. For a more accurate assessment of the treatment’s success, advise your client to feel the texture of his or her skin; if it feels smoother, the treatment is working. The absence of peeling could also indicate that your client’s skin may be able to tolerate additional peel layers during the treatment.

Some areas of hyperpigmentation appear darker. Did the treatment make my client’s pigmentation worse?

No. It can take a week or longer to see changes in your client’s skin! There may be more color on hyperpigmented areas for the first few days after treatment, as pigmented cells rise to the surface and slough off while new skin cells emerge at the basal cell layer. Advise your client to contact you if he or she experiences extreme darkening or lightening.

What exactly is the difference between peeling from a chemical peel and peeling from a sunburn?

Sunburns and chemical peels may produce similar reactions, but they have very different effects on the skin. A **chemical peel** uses a variety of caustic chemicals to selectively disrupt layers of skin and encourage the regeneration of healthy new skin. A **sunburn** is an uncontrolled wound caused by Ultraviolet Radiation (UVR).

How can I help my client maintain their results between treatments?

Many clients can benefit from using at-home peels – like Dermalogica’s **Rapid Reveal Peel** – in between professional resurfacing treatments to help maintain their results. Clients should wait at least two weeks after their Pro Power Peel before beginning treatment with Rapid Reveal Peel.

How can I protect my client’s eyes and any other sensitive areas?

We recommend using dampened cotton pads to protect your client’s eyes. For other sensitive areas, use **Barrier Repair** or **MultiVitamin Power Firm**, taking care not to swipe over the Pro Power Peel product.

When can my client apply make-up?

It’s best to wait as long as possible on the day of treatment to apply make-up – but sometimes clients want to apply it right away. We suggest they wait a minimum of 20 minutes to 24 hours after treatment to give the skin a chance to calm down and reduce the possibility of irritation.

What do I do if my client is contraindicated to the Pro Power Peel treatment?

If the contraindication will clear within a few weeks, reschedule your client. If the contraindication will remain longer, offer an alternative treatment. For more information on contraindications, refer to page 28.

My client is a new client who has never received a chemical peel. What do you suggest?

If your client has received regular professional resurfacing treatments, you can perform a peel – but do it conservatively to see how the skin reacts. If the client has never received a skin treatment and doesn’t exfoliate at home, we suggest beginning with a single layer of **UltraBright Peel** and building up gradually.

How do I handle client reactions or complaints?

Be sensitive to your clients’ needs, and always put safety first. Before you begin performing Pro Power Peel treatments, review this training manual and your Pro Power Peel and Treatment Essentials: Sensitive class materials thoroughly. The more you know prior to treating your client, the better you can manage his or her expectations and quickly address adverse reactions or complaints.

Can electrical modalities be incorporated with Pro Power Peel?

Our Pro Power Peel formulas are designed to be used *without* electrical modalities. However, you may choose to incorporate modalities into other treatment modules depending on your client’s skin health and tolerance. Keep in mind that any electrical modality used to enhance resurfacing (such as wet/dry microdermabrasion) will affect the penetration depth of the Pro Power Peel.

Can extractions be performed with Pro Power Peel?

We recommend that extractions not be performed on the same day as the Pro Power Peel. Extractions may increase the chance of skin irritation, which could result in post-inflammatory hyperpigmentation or scarring due to the delicateness of the skin tissue. If your client would benefit from extractions, consider scheduling a follow-up ProSkin 30 featuring the Extraction module.

Can I incorporate a product boost in other modules during a Pro Power Peel treatment?

Yes – depending on your client’s skin health and tolerance. Please keep in mind that if the product boost increases resurfacing, it will affect the depth of penetration of the Pro Power Peel.



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