

dermalogica PRO

pro power
peel



dermalogica PRO[®]

advanced **renewal**
peel

A powerful peel that resurfaces skin to help fight the visible effects of AGEs to minimize the appearance of fine lines and wrinkles. **Glycolic Acid**, complexed with Phytic Acid and Opuntia Flower Extract:



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there's no such thing as “one peel fits all”

It's a universal truth that cell turnover slows dramatically as we age – from approximately 20 days in younger adults up to over 30 days in older adults. What's not universal is this phenomenon's impact on an individual's skin. While some people experience fine lines and wrinkles, others may find themselves facing acne, hyperpigmentation – or a combination of the above!

Chemical peels are one of the most effective ways to address each of these skin concerns. However, just as every client's skin is different, there's no such thing as "one peel fits all". To be truly efficacious, **each peel should be tailor-made** to address what your client's skin needs – and should be strong enough to accelerate cell turnover without inducing unnecessary inflammation.

Enter **Pro Power Peel**. Comprehensive and completely customizable, this all-inclusive collection puts the power to create tailor-made peels in your hands. Formulated with maximum-strength ingredients and backed by science and education from the International Dermal Institute, Pro Power Peel lets you deliver a **custom peel, every time**.



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 aging. 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 aging, 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 aging, 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 aging.

deep peels

Performed only by medical professionals, deep peels remove the papillary dermis and reach the reticular dermis to address severe photoaging, 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 customizable 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 optimize 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), fruit acids 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. Massaging 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, and a targeted leave-on patch is ideal for the sensitive eye area.



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, fruit acids, Mandelic Acid and Malic Acid) can occur naturally in fruits, milk and sugar cane, 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.

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.



pre-treatment guidelines

pre-treatment guidelines and contraindications

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 or the Client Treatment Authorization Form in FaceMapping PRO. This treatment procedure cannot be safely performed until this has been completed.

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



introducing pro power peel

When it comes to chemical peels, we've always had a unique perspective. We 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 undue inflammation.

We also strive to deliver **completely custom treatments** for a range of skin conditions. That's why Pro Power Peel features a full suite of products, giving you the flexibility to create bespoke peels for every client. It redefines the peel experience – and allows you to give clients a different, custom peel with each treatment.

the pro power 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:

NEW! Pro Power Eye Peel

Vitis Vinifera (Grape) Juice Extract works with acids of Lemon, Orange and Sugar Maple to deliver Alpha Hydroxy Acids that stimulate epidermal renewal – **minimizing the appearance of fine lines & wrinkles and brightening skin** without harsh side effects.

AdvancedRenewal Peel

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

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 Terpineol-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 aging and helping to even skin tone.

Neutralizing Solution

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



pro power
peel products
and key
ingredients



pro power eye peel

description

Specially contoured to treat the undereye area and crow's feet, this concentrated patch exfoliates and hydrates in a single step. Antioxidant-rich Vitis Vinifera extract – derived from Italian grapes – works with Lemon, Orange and Sugar Maple, stimulating cell renewal to brighten, even and smooth.

Vitis Vinifera extract is an excellent source of AHAs Tartaric Acid, Malic Acid, Lactic Acid and Gluconic Acid. This powerful yet gentle combination encourages cell turnover – resulting in an epidermal renewal similar to Glycolic or Mandelic acid.

benefits

- Brightens undereye skin
- Helps even skin tone + texture
- Minimizes the appearance of fine lines and wrinkles

key ingredients

Plant-derived Alpha Hydroxy Acids from:

Vitis Vinifera (Grape Juice) Extract

- Stimulate cell renewal

Acer Saccharum (Sugar Maple), Citrus Aurantium Dulcis (Orange) and Citrus Limon (Lemon)

- Provide skin-energizing botanicals to revitalize and brighten

Phosolipids (from Soybean) and Polysaccharides (from biotechnology) help to strengthen barrier.

Aloe Barbadensis Extract, rich in mucopolysaccharides, helps bind moisture into the skin for hydration. It also soothes the skin and delivers antioxidant vitamins A, C and E.

professional use instructions

Wearing gloves and following Dermalogica's 12 Principles for Enhanced Service Safety, use the included tweezers to remove a single patch at a time. Place patch gently under the eye, with the curvature at the outer edge of the eye. Smooth over to remove any air pockets and ensure thorough application. Repeat on other eye and continue with treatment.

If using within a Pro Power Peel treatment, apply patches prior to One-Step Prep and remove before Neutralizing Solution. If using outside of a Pro Power Peel Treatment, do not use One-Step Prep or Neutralizing Solution.

pro tip

Pro Power Eye Peel can also be stored under refrigeration for enhanced cooling upon application.

warnings: Use and frequency as directed. If contact with eyes occurs, flush thoroughly with water. Discontinue use and consult a physician if skin irritation develops or increases. AHAs may increase your skin's sensitivity to the sun. Use a sunscreen, wear protective clothing, and limit sun exposure while using this product and for a week afterwards. This product's naturally-derived ingredients may result in color variations.



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
- Optimizes 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 aging and even skin tone.

benefits

- Brightens dull skin
- Minimizes 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 with naturally-occurring AHAs stimulates cell renewal to brighten, even and smooth

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 minimize the appearance of fine lines and wrinkles.

benefits

- Reduces the appearance of hyperpigmentation
- Minimizes 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 and flexibility of keratin

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 optimizing 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 Terpeneol-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

Terpeneol-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 neutralizer that helps soothe the skin and helps restore its natural pH.

benefits

- Neutralizes 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

pro power peel summary chart

pro power peel name	PowerClear Peel
key features	Salicylic-Mandelic Acid Complex
key ingredients	2% Salicylic Acid 10% Mandelic Acid 15% Malic Acid Terpineol-Thymol Complex
skin condition treated	Blemishes, Post-Inflammatory Hyperpigmentation, Redness

UltraBright Peel	AdvancedRenewal Peel	Pro Power Eye Peel
Lactic Acid-Phytoactive Complex	Glycolic Acid-Cactus Flower Complex	Vitis Vinifera Extract-Fruit Acid 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	Botanical extracts of Acer Saccharum, Citrus Aurantium and Citrus Limon
Hyperpigmentation, Uneven Skin Tone, Prematurely Aged Skin	Mature Skin, Fine Lines & Wrinkles, Hyperpigmentation	Dull Skin, Hyperpigmentation, Fine Lines & Wrinkles

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-treat the peels.

speed of peel delivery into skin



pro power eye peel treatment overview

Pro Power Peel 30 or 60 - Resurfacing module

1. Apply Pro Power Eye Peel patches
2. Apply One-Step Prep to face, working around the patches.
3. Apply selected Pro Power Peel to face (1 to 2 layers of peel)
4. Remove Pro Power Eye Peel patches and wipe away excess residue with damp cotton.
5. Apply Neutralizing Solution to face avoiding the eye area, then remove with damp cotton

ProSkin 30 or 60 - Resurfacing module

1. Apply Pro Power Eye Peel patches.
2. Apply selected professional exfoliant to face.
3. Remove Pro Power Eye Peel patches and wipe away excess residue with damp cotton.
4. Remove professional exfoliant according to Dermalogica guidelines

ProSkin 30 or 60 - Deep Treatment module

1. Apply Pro Power Eye Peel patches
2. Apply selected professional serum and masque to face
3. Remove Pro Power Eye Peel patches and wipe away excess residue with damp cotton
4. Remove professional serum and masque residue with steam towel or sponges

Pro Eye Flash treatment (20 minutes)

5 minutes: Double Cleanse:

- Cleanse the eye area by applying 1-2 pumps of **PreCleanse** to damp esthetic wipes or cotton. Gently swipe around the orbital bone to remove makeup and oil-based debris.
- Then dispense a small amount of **UltraCalming Cleanser** into a cup and mix with water. Apply with a fan masque brush around the eye area and lightly manipulate.
option: If choosing to cleanse the entire eye including mascara and the client has lash extensions, opt for **Special Cleansing Gel**.
- Remove with damp esthetic wipes or cotton.

5 minutes: Pro Power Eye Peel:

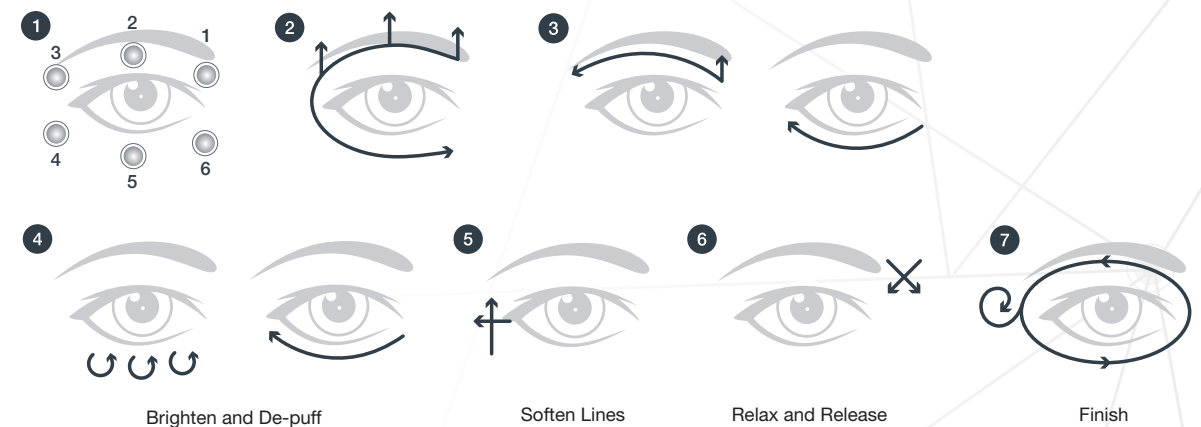
- Apply **Pro Power Eye Peel** patches to both eyes making sure they are nice and flat.
- Apply **Conductive Masque Base** to brow bone on both eyes with fan masque brush.
- Use the PureLift Pro on medium to high strength (or other microcurrent modality) to work over the brow bone area of the right eye for 1 min and repeat on the left side. Bring the PureLift Pro to the **Pro Power Eye Peel** patch on the right side of the face. Tap along the eye patch from the inside of the eye contour to the outside. Repeat this motion for 1 min and repeat on the left side.
- Remove both patches and wipe away excess residue with damp esthetic wipes or cotton.

5 minutes: Hyaluronic Acid IonActive Serum:

- Apply a layer of **Hyaluronic Acid IonActive Serum** around orbital eye area on both eyes.
- Use the PureLift Pro to work on the entire eye contour following the orbital bones (cheekbones, crow's feet, and brow area but stay away from the eye lids).
- Remove with damp esthetic wipes or cotton rounds.

5 minutes: Massage with BioLumin-C PRO Serum:

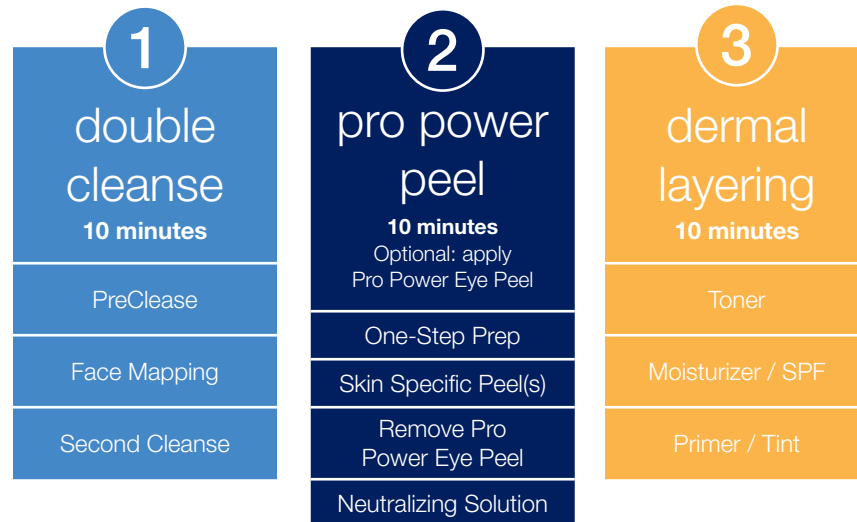
- Apply **BioLumin-C PRO Serum** around the eye, perform massage with **Cooling Eye Wands**.
- Once the massage is finished, wipe any residue and layer **Total Eye Care SPF 15** for UV protection.



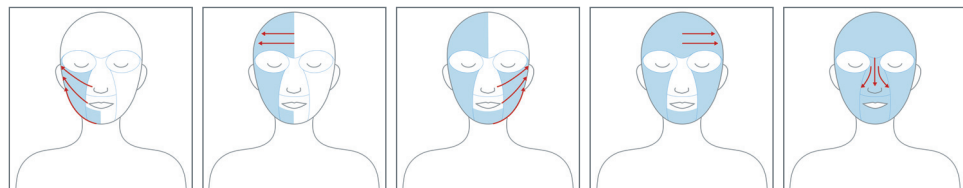
pro power peel 30 overview

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.

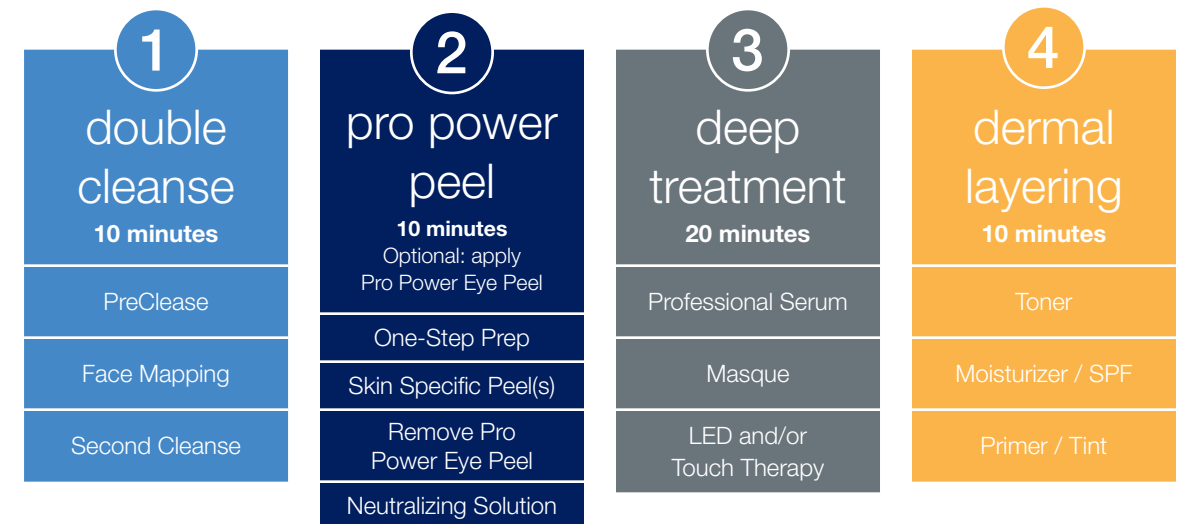


Neck application is optional during a Pro Power Peel 30 treatment.



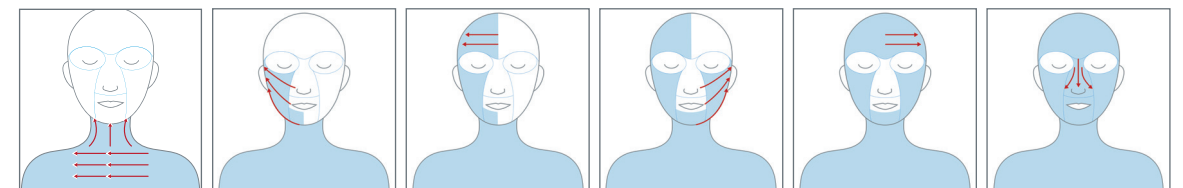
pro power peel 60 overview

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.*



*Do not apply any additional peel products to areas treated with Pro Power Eye Peel.

treatment summary chart

Application Method	First Peel Treatment	Returning Client Treatment 2 & 3	Advanced Client Treatment 3 & 4
single	1 layer of peel	up to 3 layers	up to 5 layers for clients with resilient skin
advanced application mixing	not recommended	up to 3 layers	up to 3 layers
advanced application layering	not recommended	up to 3 layers	up to 5 layers for clients with resilient skin

treatment reminders

- Follow the Dermalogica Application Method when applying One-Step Prep and all other Pro Power Peels.
- Avoid overlapping areas of the face when following the application process.
- Do not move gauze back and forth when applying peel, follow arrows on page 34.
- Maximum application on neck is 2 layers.
- There is possibility Advanced Clients will not reach maximum application of layers during a treatment.
- Wait 1-2 minutes in between application of each peel layer to allow the skin to respond.
- Follow treatment recommendations.

Resurface Module - Pro Power Peel Single Application

- 1. PRO TIP:** Use **Barrier Repair** to protect sensitive areas during the resurface module. You may also choose to apply eye pads to protect the client's eyes.
- 2.** Wear gloves to protect your hands during the Resurface Module.
Optional: Apply Pro Power Eye Peel before applying One-Step Prep
- 3. PREP:** Apply 2 full droppers of **One-Step Prep** to gauze and apply to neck and face.
- 4. PEEL:** Select appropriate peel. Apply 1-2 droppers of peel to gauze. Apply peel to skin using the Dermalogica Application Method. Once application is complete allow 1-2 minutes to track client's sensations and skin response. Follow with step a or b.
 - a. If client is experiencing extreme irritation, excessive redness, discomfort or frosting within the 1-2 minutes of peel application process immediately by applying Neutralizing Solution.
 - b. If no extreme sensations, excessive redness, discomfort or frosting is present on the first application, you may apply an additional layer of peel. Apply another 1-2 droppers of peel onto gauze. Apply peel to skin using the Dermalogica Application Method. Once application is complete allow 1-2 minutes to track client's sensations and skin response. Repeat only if skin can tolerate for returning or advanced client or apply Neutralizing Solution to end peel process. Two layers maximum on the neck and chest.
- 6. NEUTRALIZE:** 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 esthetic wipes. 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.
 - Remove Pro Power Eye Peel patches before neutralizing the Pro Power Peel.

pro power peel sensation scale

Determining your client's tolerance for chemical peels will provide a more effective treatment and help minimize side effects. 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 neutralizing process.

advanced application mixing step by step

Advanced Application Mixing

1. **PRO TIP:** Use **Barrier Repair** to protect sensitive areas during the resurface module. You may also choose to apply eye pads to protect the client's eyes.
2. Wear gloves to protect your hands during the resurface module.
Optional: Apply Pro Power Eye Peel before applying One-Step Prep
3. **PREP:** Apply 2 droppers of **One-Step Prep** to gauze and apply to neck and face.
4. **PEEL:** Select appropriate peel(s) from the recommended chart below. Up to two or three peels may be mixed to address multiple skin concerns at once. Apply 1 dropper of each peel to gauze or in a small cup. Gently press gauze together to thoroughly mix peels. Apply peel to skin using the Dermalogica Application Method. Once application is complete allow 1-2 minutes to track client's sensations and skin response. This time allows the skin to respond to the peel and be noted by the therapist. This time should not be altered. **DO NOT ALLOW THE SKIN TO RESPOND MORE THAN 1-2 MINUTES.** Follow with step a or b.
 - a. If client is experiencing extreme irritation, excessive redness, discomfort or frosting within the 1-2 minutes process apply Neutralizing Solution.
 - b. If no extreme sensations, excessive redness, discomfort or frosting is present on the first application, you may apply an additional layer of peel. Apply 1 full dropper of second peel to clean gauze. Apply peel to skin using the Dermalogica Application Method. Once application is complete allow 1-2 minutes to track client's sensations and skin response. Repeat if skin can tolerate (maximum peel application is 5 layers) or apply Neutralizing Solution to end the peel.
6. **NEUTRALIZE:** 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 esthetic wipes. 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.
 - Remove Pro Power Eye Peel patches before neutralizing the Pro Power Peel.

skin concern	mixing
Aging	UltraBright AdvancedRenewal
Pigmentation	UltraBright
Breakout	AdvancedRenewal UltraBright PowerClear
Sensitive	UltraBright PowerClear
Any Skin Concern + Breakout	PowerClear
Undereye Area	Pro Power Eye Peel

advanced application layering step by step

Advanced Application Layering

1. **PRO TIP:** Use **Barrier Repair** to protect sensitive areas during the resurface module. You may also choose to apply eye pads to protect the client's eyes.
2. Wear gloves to protect your hands during the resurface module.
Optional: Apply Pro Power Eye Peel before applying One-Step Prep
3. **PREP:** Apply 2 droppers of **One-Step Prep** to gauze and apply to neck and face.
4. **PEEL:** Select skin appropriate peels from recommended chart below. Apply 1 full dropper of first peel to gauze. Apply peel to skin using the Dermalogica Application Method. Once application is complete allow 1-2 minutes to track client's sensations and skin response. This time allows the skin to respond to the peel. This time should not be altered. **DO NOT ALLOW THE SKIN TO RESPOND MORE THAN 1-2 MINUTES.** Follow with step a or b.
 - a. If client is experiencing extreme irritation, excessive redness, discomfort or frosting within the 1-2 minutes process apply Neutralizing Solution.
 - b. If no extreme sensations, excessive redness, discomfort or frosting is present on the first application, you may apply an additional layer of peel. Apply 1 full dropper of second peel to clean gauze. Apply peel to skin using the Dermalogica Application Method. Once application is complete allow 1-2 minutes to track client's sensations and skin response. Repeat if skin can tolerate (maximum peel application is 5 layers) or apply Neutralizing Solution to end the peel.
6. **NEUTRALIZE:** 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 esthetic wipes. 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.
 - Remove Pro Power Eye Peel patches before neutralizing the Pro Power Peel.

skin concern	layering
Aging	AdvancedRenewal UltraBright
Pigmentation	UltraBright
Breakout	Advanced Renewal PowerClear UltraBright
Sensitive	UltraBright PowerClear
Any Skin Concern + Breakout	Any Peel PowerClear (spot treat or use all over)
Undereye Area	Pro Power Eye Peel

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 moisturization 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 SPF 30), such as **Invisible Physical Defense SPF 30**. 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; **clients 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 moisturize 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. Moisturize throughout the day to maintain hydration and decrease the appearance of flaking. Once peeling and redness have subsided, clients may resume their regular Dermalogica daily routine.

4

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

frequently asked questions

Why can't Pro Power Eye Peel be used with One-Step Prep and Neutralizing Solution?

The skin around the eye area is extremely delicate, so we formulated Pro Power Eye Peel to be effective yet gentle when used alone.

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 AGEreversal Peel. In areas of frosting, clients should expect peeling. We recommend keeping frosted areas moisturized with a prescribed Dermalogica Moisturizer 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 rounds if you'd like to protect your client's eyes. For other sensitive areas, apply **Barrier Repair** or **Colloidal Masque Base** first and avoid these areas when applying Pro Power Peel products.

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 10.

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 additional Pro Power Peel treatment 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 prior or 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.

If the client is feeling sensation after neutralizing, can I double cleanse?

No, repeat the neutralizing step if your client continues to have sensations.

If I mix multiple peels and just apply one layer, can I leave it on the skin for longer?

No, the suggested time allotted in between peel applications is 1-2 minutes. This time allows the skin therapist to monitor the skin's response. All skin responses are different but closely monitor erythema and frosting. This can be helpful when troubleshooting or changing a client's treatment plan.

Why is it so important to follow the application method for One-Step Prep and the Pro Power Peels?

The application method with gauze ensures the proper amount of product has been applied evenly to all areas.



dermalogica PRO