This pamphlet is designed to explain the benefits of chemical peels, what to expect during the process and how to care for your skin after the treatment. Remember that results will vary and it is important to consult with a trained skin care professional before conducting a peel at home. For your safety and satisfaction, you may consult with our staff estheticians via phone or web chat during business hours. We encourage you to take advantage of this unique resource.

**BENEFITS**

1. Exfoliates outer dead skin cells to reveal a healthy new layer
2. Helps minimize fine lines, creases, dark spots and scars
3. Helps brighten dull, blotchy and uneven complexions
4. Helps reduce the appearance of blemishes
5. Shown to stimulate collagen and elastin production for firmer skin
6. Improves the appearance of acne blemishes, blackheads and large pores
7. Fights sun damage, discoloration, age spots and scarring
8. Beneficial for face and body

**PRECAUTIONS**

*You should not use a skin peel if:*

1. You are currently taking antibiotics, Accutane or oral steroids, or if you have done so within the past year.
2. You have a tendency to form keloid scars.
3. You have previously experienced cold sores on the mouth or face or have a health condition that affects your immune system or your body’s ability to heal.
4. You are undergoing cancer treatments, including chemotherapy and/or radiation.
5. You have been treated with a hair removal system in the past two days.

If you have any questions, please consult a knowledgeable healthcare professional before proceeding. Please consult your doctor or pharmacist regarding any medications you may be taking.
The procedure for performing a chemical peel is similar for all of the solutions. By carefully following these directions and adhering to the pre and post peel protocol, you can achieve the desired results in a safe and predictable manner.

Pre-Peel Preparation:
Treat your skin with an exfoliator once daily for one week before the peel to prepare the skin for ultimate absorption and enhanced results. This will also help alert you to possible complications or negative skin reactions. Continue to exfoliate the skin with a gentle product after the peel to maintain results and promote continued cell turnover. If you are an experienced peel user or perform daily exfoliation, you may skip this step as desired.

What to Expect:
Please note that chemical peels successfully improve skin conditions through the use of acids to produce a controlled injury. This process helps slough off the damaged surface cells and stimulate the production of collagen and elastin, resulting in a new fortified layer of healthier looking skin.

Normal Post-Peel Reactions:
- Opaque or powdery white skin
- Swelling, inflammation, redness or sensitivity
- Gradual darkening of the skin in the treated area (the skin will shed)
- Flaking, crusting, scabbing or in rare instances oozing

Note that different peels in varying strengths may produce different results. For example, AHA peels are much less likely to yield visible flaking than TCA peels, which generally cause significant shedding. Allow at least seven to 10 days healing time.

Each individual has unique skin. The results of a peel may vary from person to person. Stress, season and even weather can affect the way the skin reacts to a peel.
WARNING: DO NOT proceed if you are at all unsure about any aspects of using this product.

PATCH TEST - It is strongly recommended that you perform a patch test prior to full application. Apply a small patch of the solution three days prior to the peel to the skin behind the ear. You can safely proceed with your treatment if no negative or unusual reactions occur.

APPLICATION - Gather all of the items you need prior to peel treatment.

1) Gel cleanser
2) Alcohol or pre-peel solution
3) Peel solution
4) Applicators (gauze or cotton pads, Q-tips)
5) Neutralizer solution
6) Post peel care (treatment serum, moisturizer, SPF)
7) Hand held fan (optional but recommended)
8) Clean face towels
Brighten AHA Vitamin C Peels
Reveal a new layer of radiant, even skin with this precise lineup of age-defying ingredients. Alpha Hydroxy Acids (AHAs) are naturally occurring acids extracted from sugar cane, milk and fungi that help remove dead, damaged cells on the skin’s surface. Lactic and glycolic acids exfoliate the skin to reveal a smoother, healthier, younger layer. Higher strength Brighten AHA Vitamin C peels may produce minimal to moderate flaking three days after application and continue for another three to four days. Results may vary depending on skin type.

Application Instructions:
Step 1: Wash the skin with a transparent gel cleanser and pat dry. Then apply the pre-peel solution using a cotton ball to ensure that it is properly cleaned.
Step 2: Apply a small amount of the AHA Vitamin C Peel to a gauze pad and smooth it over the desired area of the face, neck or décolletage. Avoid the eye area, lips and nostrils.
Step 3: Re-apply the solution as needed to cover the entire face or treated area until the skin is slightly damp. Gently buff each layer into the skin using gauze pad. Allow the peel to set for one to three minutes.
Step 4: Remove the peel by applying the Neutralizer Solution directly over the applied area. Rinse the remaining solution with cool water for 30 seconds. Gently pat the skin dry and apply the Medpeel Daily Collagen Complex to nourish the skin with anti-aging ingredients.
Step 5: Moisturize the skin as needed after the peel and apply SPF 30 to protect the renewed skin from damage during the day. In the event that irritation occurs, apply a barrier ointment such as Neosporin or Aquaphor over the Daily Collagen Complex until the skin returns to normal.
Fusion Peels
Suitable for all skin types, the Fusion Peel is a multi-acid, multi-enzyme peeling solution that addresses every major skin concern. A precise combination of TCA (Trichloroacetic Acid), AHAs (Alpha Hydroxy Acids), BHAs (Beta Hydroxy Acids), Resorcinol and natural fruit enzymes combine to cause minimal irritation, almost no downtime and a powerfully effective corrective action. The fusion of exfoliants and skin saving enzymes simultaneously slough off dead cells and infuse the skin with protective and renewing agents. The Light Strength peel will not produce any visible peeling and the Medium Strength peel will likely produce light flaking for up to one week following the treatment.

Application Instructions:

Step 1: Wash the skin with a transparent gel cleanser and pat dry. Then apply the pre-peel solution using a cotton ball to ensure that it is properly cleaned.

Step 2: Apply a small amount of the Fusion Peel to a gauze pad and smooth it over the desired area of the face, neck or décolletage. Avoid the eye area, lips and nostrils.

Step 3: Allow the peel to set for four to six minutes. Remove the peel by applying the Neutralizer Solution directly over the applied area. Rinse the remaining solution with cool water for 30 seconds.

Step 4: Gently pat the skin dry and apply the Medpeel Daily Collagen Complex to nourish the skin with anti-aging ingredients.

Step 5: Moisturize the skin as needed after the peel and apply SPF 30 to protect the renewed skin from damage during the day. In the event that irritation occurs, apply a barrier ointment such as Neosporin or Aquaphor over the Daily Collagen Complex until skin returns to normal.
**Salicylic Peels**

Effective option for oily and blemished skin types, Salicylic Peels help to detoxify stressed skin while unclogging pores. These powerful BHA peels improve the appearance of inflamed bumps and blotchiness and ensure marked improvements in tone and texture for even the most damaged looking skin. Most users exhibit flaking that lasts up to seven days following Salicylic treatments. Higher strength peels may cause moderate to heavy flaking. Note that people who are sensitive or allergic to Aspirin and Salicylates should avoid peels containing Salicylic Acid.

**Application Instructions:**

**Step 1:** Wash the skin with a transparent gel cleanser and pat dry. Then apply the pre-peel solution using a cotton ball to ensure that it is properly cleaned.

**Step 2:** Apply a small amount of the Salicylic Peel to a gauze pad and smooth it over the desired area of the face, neck or décolletage. Avoid the eye area, lips and nostrils.

**Step 3:** Re-apply the solution as needed to cover the entire face or treated area until the skin is slightly damp. Initially, allow the peel to set for one to three minutes. Experienced peel users may extend the processing time to a maximum of 10 minutes. First time users should limit the process time to three minutes. If the peel is well tolerated, process times can be increased for future peels.

**Step 4:** Remove the peel by applying the Neutralizer Solution directly over the applied area. Rinse the remaining solution with cool water for 30 seconds. Gently pat the skin dry and apply the Medpeel Daily Collagen Complex to nourish the skin with anti-aging ingredients.

**Step 5:** Moisturize the skin as needed after the peel and apply SPF 30 to protect the renewed skin from damage during the day. In the event that irritation occurs, apply a barrier ointment such as Neosporin or Aquaphor over the Daily Collagen Complex until skin returns to normal.
TCA Peels

TCA peels are considered to penetrate deeper than AHA or BHA peels. Lower strength TCA peels require about seven days of downtime, yield minimal to mild flaking and may be layered to achieve a deeper exfoliation. This method allows for greater control over the results compared to use of a mid to high-range TCA peel. Mid-range TCA peels may require seven to 10 days down time and produce moderate to heavy shedding. High-range TCAs should be restricted to experienced users and have an expected down time of seven to 14 days. Deep strength TCAs generally yield heavy shedding and a compromised barrier for four to six days. It is important to note that TCA peels are not recommended for darker skin tones as they may cause permanent discoloration.

Application Instructions:

Step 1: Wash the skin with a transparent gel cleanser and pat dry. Then apply the pre-peel solution using a cotton ball to ensure that it is properly cleaned.

Step 2: Apply the TCA peel to a gauze pad and smooth it over the desired area of the face, neck or décolletage.

Step 3: Allow the peel to set for no more than two minutes during the first application. Observe the reaction and note the results. During future treatments, you may increase the peel time slightly to reach the desired depth. To increase peel strength, you may apply a second coat. Allow the peel to set for up to 10 minutes. If the skin feels uncomfortable, apply cool water gauze compresses to calm the sensation.

Step 4: Remove the peel by applying the Neutralizer Solution directly over the applied area. Rinse the remaining solution with cool water for 30 seconds. Gently pat the skin dry and apply the Medpeel Daily Collagen Complex to nourish the skin with anti-aging ingredients.

Step 5: Moisturize the skin as needed after the peel and apply SPF 30 to protect the renewed skin from damage during the day. In the event that irritation occurs, apply a barrier ointment such as Neosporin or Aquaphor over the Daily Collagen Complex until skin returns to normal.
Jessner Peels
Jessner’s Solution Peels feature AHAs and BHAs as well as Resorcinol, which is known for its keratolytic action that targets rough, scaly or peel-resistant skin. Allow one to two minutes in between (up to eight) layers with a maximum process time of 15 minutes. The depth of this peel is determined by the number of layers applied during a treatment. Two to three coats produce a light exfoliation that lasts three to four days; four to six coats produce a moderate exfoliation that lasts four to seven days; and seven or more coats may produce heavy shedding that can last up to 10 days. It is important to note that Jessner Peels are not recommended for darker skin tones as they may cause discoloration.

Application Instructions:
Step 1: Wash the skin with a transparent gel cleanser and pat dry. Then apply the pre-peel solution using a cotton ball to ensure that it is properly cleaned.

Step 2: Apply a small amount of Jessner Peel to a Q-tip, gauze pad or fan brush and smooth it over the desired area of the face, neck or décolletage. Avoid the eye area, lips and nostrils.

Step 3: Re-apply the solution in two to three coats, as desired, to cover the treated area until the skin is slightly damp. Allow one to two minutes in between each layer. You may layer the peel up to eight times as the skin becomes tolerant. Allow the peel to set up to 10-15 minutes based on your skin’s tolerance.

Step 4: Remove the peel by applying the Neutralizer Solution directly over the applied area. Rinse the remaining solution with cool water for 30 seconds. Gently pat the skin dry and apply the Medpeel Daily Collagen Complex to nourish the skin with anti-aging ingredients.

Step 5: Moisturize the skin as needed after the peel and apply SPF 30 to protect the renewed skin from damage during the day. In the event that irritation occurs, apply a barrier ointment such as Neosporin or Aquaphor over the Daily Collagen Complex until skin returns to normal.
Glycolic Peels

When using glycolic peels it is important to remember that the skin eventually becomes tolerant and users will need to apply deeper peels or move to a different solution with time. Additionally, the longer the peel sets, the deeper it will penetrate. Unlike other peel solutions, AHAs do not stop penetrating the skin until neutralized. It is also important to note that this peel does not normally produce visible peeling regardless of the strength level. Lower percentages will likely require no downtime or visible flaking. Higher percentages may produce minimal to moderate flaking three days after application and continue for another three to four days.

Application Instructions:

Step 1: Wash the skin with a transparent gel cleanser and pat dry. Then apply the pre-peel solution using a cotton ball to ensure that it is properly cleaned.

Step 2: Apply a small amount of the glycolic peel to a gauze pad and smooth it over the desired area of the face, neck or décolletage. Avoid the eye area, lips and nostrils.

Step 3: Observe the skin and allow the peel to set until the skin turns to a pinkish shade.

Step 4: Remove the peel by applying the Neutralizer Solution directly over the sensitive areas first, and then over the entire applied area. Rinse the remaining solution with cool water for 30 seconds. Gently pat the skin dry and apply the Medpeel Daily Collagen Complex to nourish the skin with anti-aging ingredients.

Step 5: Moisturize the skin as needed after the peel and apply SPF 30 to protect the renewed skin from damage during the day. In the event that irritation occurs, apply a barrier ointment such as Neosporin or Aquaphor over the Daily Collagen Complex until the skin returns to normal.
Ensure long lasting results with Medpeel’s latest youth-boosting formula. Now included in all brand peel kits.

- **Powerful ingredients:** copper complex, collagen boosting amino acids, hyaluronic acid and proteins
- **Shown to promote up to 15% wrinkle reduction in 15 days**
- **Enhances moisture retention**
- **Encourages healthy collagen and elastin**
- **Maximum skin penetration post-peel**
- **Lightweight formula does not leave a sticky residue**

**Instructions:**
Apply to clean skin and allow to fully absorb. Can be applied AM and PM. Follow with recommended moisturizer if needed. Great for use following exfoliation or peels for enhanced results.

**Caution:**
For external use only. Discontinue use if excessive redness or irritation occurs. Keep out of reach of children.

**Ingredients:**
Water, Hyaluronic Acid, Glycerin, Methyl Glucoside Phosphate Proline Lysine Copper Complex, Camellia Sinensis (Green Tea) Extract, Sodium PCA, Sodium Lactate, Arginine, Aspartic Acid, PCA, Glycine, Alanine, Serine, Valine, Proline, Threonine, Isoleucine, Histidine, Phenylalanine, Carbomer, Phenoxyethanol, Caprylyl Glycol, Potassium Sorbate, Hexylene Glycol, Triethanolamine
BASIC PEEL RULES AND ADVICE

- Do not use peels for: tattoo removal, scar removal or permanent makeup removal
- Do not purchase high strength peels and attempt to dilute solution. This will ruin the peel
- Do not shave the treated area two days prior to the peel
- Do not resume shaving until shedding has commenced
- Stop using retinol products or similar chemical exfoliators two days before peel
- Use sun protection before and after performing chemical peels
- Never pull the shedding skin if it is firmly attached
- Do not scratch at your skin after the peel or during the shedding process
- Do not apply the peel to any area where the skin is broken, scratched or open
- Do not indoor tan while performing a series of peels
- Avoid your eyes, mouth and the vermillion of the lip and nose during application
- Store peel solution in a cool, dark place and seal tightly
- Do not use metal containers, instruments or applicators with chemical peels
- Conduct a patch test and make sure you have selected the correct peel prior to application
- Check with your doctor or pharmacist if you are taking any medications
- Check with your doctor if you are pregnant or nursing
- See your doctor if you are experiencing severe swelling or any extreme reaction
- Do not mix anything into the peel solution prior to applying
- Immediately remove the peel if you are in pain, reacting negatively or unsure

DISCLAIMER: In order to properly determine if a chemical peel is right for you, we strongly encourage thoroughly researching the process, procedure and outcome along with the contraindications and side effects. Please take the time to properly assess whether you are willing to accept these terms and use at your discretion. Our support staff of estheticians and customer service personnel are here to assist you in every way possible.