



Jessners Pro Peel

14%-14%-14%
Salicylic, Lactic and Resorcinol 2.0pH

Direction Sheet

INDICATIONS: This is a medium depth peel most beneficial for those with extensive damages, problematic and cystic acne. It is not recommended for overly dry types or pigmented skin*. *If you have melasma, are heavily pigmented, darker skinned or have a tan, we suggest you first treat the pigment with a bleaching/fading gel prior to peel usage.

USAGE: Series of 6-8 treatments to be administered in 2-5 week increments according to chart.

IMPORTANT CONTRAINDICATIONS: You should not have a chemical peel if you will continue to have excessive sun exposure. Active Herpes Simplex (have a doctor prescribe *Zovirax* for you), Warts, history of Keloidal scarring, any type of recent facial surgical procedures. You should not have a chemical peel if you've used Accutane in the last year (it will increase your chances of scarring), or if you are pregnant or lactating or have an aspirin allergy. If you have any auto immune diseases, have had any recent radioactive or Chemotherapy treatments - have sunburn, windburn or broken skin or have recently waxed or have recently used a depilatory such as Nair or use Vaniqua.

*****PRE-TREATMENT***:** To exfoliate and flatten the stratum corneum, pre-treatment is truly important. For a minimum of two weeks, begin and end each day by washing with a pH acidic cleanser. If you have pigmented skin, or are a darker Fitzgerald skin type, apply a tyrosine inhibitor such as our Fade Bright serum, immediately after cleansing. Apply an anti-oxidant such as High Octane Vitamin C, and an SPF 30+ cream each day. In the evening apply Retinol (.10, .20 or .30), RetinA™ or a Glycolic Serum to gently prime the skin for the TCA.

HEALING POST PEEL: After your peel it will be important to keep your skin moisturized with a quality, healing product. We recommend Emu oil or a mixture of Emu oil and Pure Hyaluronic Acid. *Bacitracin*, or another comparable product may also be used. **Mixing 1 pump of Regenerate EGF (epidermal growth factor) into your healing product will boost your epidermal regeneration after the peel. *Do not skip moisturization to try and speed up the peeling. Allowing your skin to become dry will actually cause the process to take longer.

HOW WILL MY SKIN FEEL AFTER THE PEEL?

- **1-2 layers:** Your skin may feel and look as though you have a sunburn. It may also feel tight. Do not rub your skin or make exaggerated facial movements. Use a gentle cleanser, pat dry and apply your healing products throughout the day as needed.
- **3-5 layers:** (Multiple layers should be done with extreme caution *and should be worked-up to gradually). It is best to apply multiple layers in an office setting. Your skin may feel and look as though you have a sunburn. You may have white spotting (frosting) and/or a eurethma (pink coloration) covering your face for the first half hour or so. Any redness will fade over the next few hours. Do not rub your skin or make exaggerated facial movements. Use a gentle cleanser, pat dry and apply your healing products throughout the day as needed.
- **The next few days:** Your skin may turn a tan or brown color in about 2-3 days. The skin will get tight and will start to shed on days 3-4 average. Most of the skin will be completely exfoliated in approximately 7-10 days. Let your skin heal naturally and DO NOT EVER tug on any skin that is peeling from your face (you may trim with nail scissors) as it is protecting the newly generating skin below it. If you exfoliate skin prematurely, you can be left with a pink colored skin, hyper-pigmentation or possibly scarring. Feel free to use an Enzyme Mask on the leftover areas on days 5+ if most of the skin has flaked away and there are still little fragments. The Diamond Dermabrasion cream may be used with a "light hand" on days 7+ for any remaining issues.
- **After 1 week:** It is entirely possible that another fine layer of skin may peel again at this point. This is normal and will not be as excessive as the first peeling phase.

USAGE: How often you can apply another Jessners peel is directly related to how many layers of solution have been applied. Each layer must be applied according to directions to be a light volume of solution. More layers equate to a deeper peel and longer regeneration time is needed in between applications. Always keep in mind: The downtime following a peel is just as important as the peel itself.

Your skin condition and overall health are the biggest factors in determining if you are a good candidate for a Jessners peel. Applying this product without proper consultation constitutes as using at your own risk. If you have any concerns as to whether you should be applying this peel, please consult your dermatologists.

The following guidelines are to be followed.

1 Layer =	Application 1x every 2-3 weeks.
2-3 Layers =	Application 1x every 4-5 weeks.
3-5 Layers =	Application 1x every 3-4 months.

Step by step instructions

- ✓ READ entire front page.
- ✓ Follow PRE-TREATMENT (front) for 2 weeks minimum for best results. Dark and pigmented skin use FB product before using this peel. *Do not apply RetinA or leave-on acid products the day before your peel. Let your skin rest. Never use abrasive products immediately prior to a peel (scrubs).
- ✓ Apply your TEST patch at least 24 hours prior to peel.

- ✓ Cleanse the skin with a deep cleanser.
- ✓ Apply layer of Prep B (or highest percentage alcohol) and let air dry.
- ✓ If you wish - protect fingers with a glove or finger cot. Apply *Vaseline* to any areas you do not want to solution to peel. (AVOID eyes, lips, inside of nostrils or any other sensitive areas).

- ✓ Pour 1-2 droppers of solution into provided cup.
- ✓ Fold gauze pad in half and dip into solution, saturating pad.
- ✓ Fold gauze in half again and give one GOOD squeeze to remove excess solution.
- ✓ Gently apply to the skin swiping each area to be treated 1 time. *Do not repeatedly rub solution on any one area. If you are a beginning peeler you may stop here for the first time. Traditionally the Jessners application is 4-6 layers.
 - 2nd layer may be applied after 1 minute. *You will feel stinging at this point – this is normal and may be quite intense. You may fan yourself to help relieve any burning.
 - Continue on with the layering until you reach your end point.
- ✓ **End point** - The peel is complete when the skin has “Frosted” (turned a white color), has an intense erythema (redness), or the peel has become too irritating.
- ✓ As a precaution, drink a glass of water at this point and 3 more glasses of water throughout the day to prevent salicylism.* Sickness from excessive salicylic acid.
- ✓ Rinse off solution 4-5 hours later. Do not apply any occlusive ointments such as petrolatum jelly. A light layer of Emu oil will be fine starting the day after the peel.
 - ****Alternate Luminosity Peel:** At this point, you could now perform our Luminosity Method and apply our topical serum for more intense peeling.
- ✓ If you are to venture outdoors – apply a sunblock of at least SPF 30. Continue to apply this daily.

Agreement: I understand and acknowledge that I am under no obligation to follow any recommendations made by the seller. I understand the seller does not treat illnesses and any information received is intended to help me make an informed decision. I assume the risk of any adverse effects or consequences resulting from the use or misuse of any of the suggestions, preparations, or procedures. I hereby release, hold harmless, and discharge the seller, and all of its officers, employees, agents and suppliers from all claims of damages, demands, or actions whatsoever in any manner arising from or growing out of my participation. ***Misuse of this product can cause injury or burns!** Always follow directions exactly! Do not extend peeling times or alter formulations in any way! Used as directed, our peels and products are safe and effective. By using this product you agree that Platinum Skin Care and www.platinumskincare.com or Platinum Skin Care Inc. assumes no responsibility for misuse of this product or for any consequences or injuries as a result of using any of our products.

KEEP OUT OF THE REACH OF CHILDREN and animals! Due to the nature of these products, all sales are final.

Questions? Need help? Please contact us at: 1-800-917-3155 or 1-586-598-6093 or email: certifiedpeels@gmail.com

Additional notes: (Keep track of your peeling here).