



## **Rose Skin Care Products**

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### **Jessner's Peel Protocol**

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 the client has melasma, is heavily pigmented, darker skinned or have a tan, we suggest you first treat the pigment with a bleaching/fading gel prior to peel usage. This peel is extremely beneficial for those with severe, cystic acne and back acne. This peel is a very strong medium strength peel (such as TCA 20 %+). It might cause frosting upon application and will provide much peeling. The client will most likely want to plan her schedule around this peel, since there will be down time for about 3-4 days.

An approximation will follow:

- **1<sup>st</sup> day** – Pink/red depending on how many layers of solution applied. Slightly tight.
- **2<sup>nd</sup> day** – Red/brownish coloring, a bit tighter feeling.
- **3<sup>rd</sup> day** – Dry, leathery appearance. A bit of cracking/peeling around most active areas of face (mouth, chin, nose).
- **4<sup>th</sup> + day** – Darker brown where skin has not peeled. Pink areas where skin has peeled. Very uneven texture (make up will not be able to cover).

## **Jessner's Protocol**

- Cleanse the skin with a Green Tea Cleanser.
- Apply a degreaser such as Isopropyl Alcohol to remove any remnants of oil on the skin.
- 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 a small amount of solution into medicine cup or a dampen dish.
- Dip ½ of a 2" cotton pad into the solution and gently rub excess off on inside rim. Hold the dry ½ of the cotton pad with your fingers.
- Make sure cotton is not dripping, and gently apply to the skin swiping each area to be treated 1 time. \*Do not repeatedly rub solution on any one area. A 2nd layer may be applied after 2 minutes to treat problem areas – if necessary. The client will feel stinging at this point – this is normal and may be quite intense. You may fan the skin to help relieve the burning.
- You may now apply more layers for a deeper peel. Apply solution, wait 1-2 minutes for the skin to coagulate (frosting may be apparent), apply next layer. \*Only add on 1 extra layer at a time per treatment. As you apply layers, a longer period of time is necessary in between layers (2 to 5 minutes). Take the process slow. You can apply up to 10-12 layers but to be conservative, 5-7 layers is better especially with it is your patient first peel. It is possible "hot spots" may appear in certain area. Avoid these areas for the following layers.
- If the client is uncomfortable you may apply the cold water to a cotton pad and cover the skin liberally. You can use cold compress on the skin at this point, it may help the skin to cool down.
- You may apply a thin layer of Cellynkage Hyaluronic Serum.

The client should apply mineral powder as a sunscreen for the next few days.

Make sure your client knows the importance of avoiding the sun for the next 10 days. Exercise might increase breakouts because the sweat and oils cannot get out.