

Treatment Protocol Exfoliating Treatment Using Mandelic Acid All Skin Types

Treatment Duration	50-55 Minutes of hands-on
Treatment Frequency	Intense Treatment - 3-6 sessions, every 2 weeks Maintenance - Every 4 weeks
Treatment Steps	<p>Step 1 - Cleanse the skin with Cleanser for Normal Skin and rinse off.</p> <p>Step 2 - Do a second cleanser with Glycolic Cleanser and rinse off.</p> <p>Step 3 - Perform a light massage using Nutrient Enriched Face & Body Oil or Hydrating Gelee Mask. Remove excess with a warm towel or wet gauze.</p> <p>Step 4 - Use a Mandelic 5% Toner Pad before applying the chemical peel to make sure the skin is prepped and all oil is removed from the skin.</p> <p>Step 5 - Optional Exfoliation for more aggressive treatment: Apply the enzyme mask of choice and let steam for 5-10 minutes. Remove with a warm towel</p> <p>Apply Mandelic Acid Exfoliator-30%. Start at the forehead and chin area, moving to the cheek and nose area. Leave exfoliator on the skin for no longer than 2-7 minutes. Can be layered to obtain more intense results. Add a layer every 1-2 minutes. Do not exceed 3 layers and do not exceed 7 minutes total.</p> <p>Step 6 - Optional - Perform extractions. Cleanse the skin with Refreshing Toner (cooling and antiseptic).</p> <p>Step 7 - Apply Hydrating Gelee Mask to cool/soothe the skin or Nutrient Essentials Mask. Leave it on for 5-10 minutes. Remove with a cool towel.</p> <p>Step 8 - Apply Oil Free Moisturizing Gel or Bio-Essence Nighttime Calcium Complex. Step 10 - Optional Step for intense cell renewal and repair- Mix a Topical Calcium Capsule with Titanium Dioxide SPF 35. Open capsule. Squeeze contents out. Mix in your hand 50/50 with Titanium Dioxide SPF 35. Make sure the product is mixed well before applying it to the skin. Pat onto the client's skin and then massage it into the skin.</p> <p>Step 9 - Apply Titanium Dioxide SPF 35 or Tinted Mineral SPF 35.</p>
<p>Instruct the patient that they can use a cold compress in the event of any discomfort or swelling. Hydrating Gelee Mask (home care product) can be used and left on if the skin is irritated. Follow with Moisture Complex and Titanium Dioxide Sunscreen. They may resume normal product use the following day if there is no unusual sensitivity. However, do not use scrubs or abrasive products such as glycolic, salicylic, and retinol-based home products for 3-5 days. Wear sunscreen and avoid the sun. For best results, it is advised to do a series of 6 peels spaced approximately 7 days apart. The first 2 peels should have a duration of 3 to 5 minutes with peels 3 to 6 increasing to up to 10 minutes in duration. Do not apply to skin that has been waxed or shaved within 24 hours. A slight stinging or tingling sensation, plus slight reddening may occur for a short period.</p>	