physicians’ reference guide
PCA SKIN® peel fundamentals

PCA SKIN peel fundamentals 183
PCA SKIN treatment philosophy 183
depth of peel penetration 184
important peeling ingredients 185
the pH scale 187
patient peel expectations 188
post-treatment expectations 189
frequency of treatment 189
the sensitivity scale of 1 to 10 190
layering guidelines 191
treatment recommendations 192
avoid complications 194
achieving success with PCA SKIN peels
We have dedicated decades to perfecting the art of achieving healthy skin with PCA SKIN peels. As a healthcare company, PCA SKIN values products and procedures that are not only highly effective but also safe and easy to use. We strive to share the deep understandings we have gained about chemical peels; which to choose, how they function, and what to expect. Armed with this education, success as a PCA SKIN Certified Professional comes easily.

Becoming a PCA SKIN Certified Professional is the first step toward success with PCA SKIN peels. We require all clinicians and medical professionals to attend the Skin Biology & Chemical Peel Seminar prior to being able to administer any PCA SKIN professional treatments. For those who need additional practical experience, the Peel Fundamentals: A Hands-On Course is an excellent option. The knowledge gained makes the physician, medical professional and licensed skin care clinician well-suited to make peel selections for each patient. Patients sometimes come to the clinic asking for a specific type of peel. Remember that everyone's skin is unique, and the trained professional should always make the decision of which solution to apply. In this section of your textbook you will find a chart designed to help you make the best peel selections for your patients’ particular skin care needs.

PCA SKIN treatment philosophy

layer and leave on
When performing PCA SKIN peels, clinicians use varying blends of peel solutions in a layering technique to determine the depth of penetration to either the stratum corneum or to the deeper, underlying tissue. (Only physicians should perform peels that are considered medium depth.) This technique is possible due to the fact that PCA SKIN liquid peel formulations are self-neutralizing. Unlike straight acid alpha hydroxy acid peels that can potentially collect in the upper portions of the skin and cause surface irritation or burns, PCA SKIN liquid peel solutions are naturally neutralized by constituents of the skin and its water content. The strength and depth of the treatment is controlled by the trained professional based on the number of layers applied during treatment. After peel application, nutritive topicals and calming broad-spectrum SPF products are applied, and the patient leaves with a glowing, healthy complexion. This technique is less stressful for both the clinician and the patient compared to peels that require timing, neutralizing and removal. This unique PCA SKIN technique makes the treatment process more relaxing and easier to perform.

low-dose approach
Consumers are often mistaken that if a little of something is good, more is better. This is especially untrue when it comes to treating the skin. Inflammation is the underlying cause of many skin conditions we work to treat, and triggering irritation and inflammation in the skin with overly aggressive treatments and products will only worsen, not correct, the situation. By treating the skin gently and infusing it with beneficial nourishing and strengthening ingredients during professional treatments, you will consistently see faster, more dramatic treatment outcomes. This supports the PCA SKIN progressive, not aggressive, treatment philosophy. Clinicians often think they need high percentages and aggressive solutions to get quick results. This strategy typically leads to post-inflammatory hyperpigmentation, acne breakouts and other complications. If the goal is healthy, beautiful skin, then a low-dose approach is usually the best choice.
healthy skin is beautiful skin
To achieve this goal, one needs to supplement professional treatments with a customized skin maintenance program. PCA SKIN daily care products containing AHA, peptides, MMPi and other advanced actives are targeted for particular skin conditions. Natural skin cell turnover usually follows our four-week biological calendar like many other body cycles; however, the speed of the cell-turnover cycle slows as we age. PCA SKIN professional treatments increase the natural skin cell turnover. Collagen, elastin and glycosaminoglycans (GAG), which comprise a large part of our skin’s extracellular matrix (ECM) or support structure, also decrease with time. PCA SKIN’s treatments can be used to combat the visible changes that come with aging skin and can also maintain the results. For treating specific conditions, such as hyperpigmentation, acne, sensitive and aging skin, and to maximize effectiveness, it is best to follow the schedule listed in the Frequency of Treatment chart in this section of the textbook.

depth of peel penetration

There are many physical factors that will affect the depth of peel penetration: pre-treatment with retinoids, glycolic or other strong AHA products, previous peels, variances in skin density and thickness of the stratum corneum, to name a few. Completing a thorough Patient Profile is crucial in determining these factors for each individual patient. Unless you adequately interview your peel patient, your treatment may penetrate much deeper than you might have anticipated.

Medium-depth and deeper peels have long been used by physicians and can cause blanching (white protein coagulation) that will stimulate a healing response in the skin, which will reveal new skin. Blanching can be the expected and desired end point of straight trichloroacetic acid (TCA) and phenol peels that are performed by physicians. Do not confuse blanching with superficial frosting which is a crystal residue of salicylic acid that accumulates on the surface of the skin and can be wiped away. Although very fine in texture, these crystals can be seen when using Jessner’s solution, the PCA Peel® formulas and solutions containing salicylic acid.

Peel depth is typically characterized by the type and percentage of acid. The following illustration identifies the general depth of different straight acid solutions. We must keep in mind, however, that the additional ingredients in our blended formulations will have an affect on the depth of penetration. The addition of lactic acid may enhance penetration, while some melanogenesis inhibitors and polysaccharides may slightly reduce penetration, but they will enhance outcomes through their non-exfoliative mechanisms. If full blanching is achieved with the Ultra Peel® Forte, it is likely penetrating to the deeper epidermis and maybe the upper papillary dermis, depending on the patient. The more prominent the white appearance is, the deeper the solution has penetrated (e.g. light grayish appearance is not as deep as a solid white appearance). The deeper the peel the more critical post-procedure care becomes. Using the Post-Procedure Solution and Hydrating Serum for the first three to five days or until flaking has resolved, longer with a medium depth peel, will ensure optimal outcomes.
important peeling ingredients

alpha hydroxy acids (AHA)
Alpha hydroxy acids are a group of water-soluble carboxylic acids that work to release the desmosomes that hold skin cells together. This action allows for easier exfoliation and increased cell turnover. AHA are also thought to stimulate fibroblasts to produce collagen and elastin to strengthen the matrix and firm the skin.

types of AHA:
- **Glycolic acid** is naturally found in sugars and has a very low molecular weight. This small size makes its penetration into the skin very quick, which leads to potential irritation and inflammation. It also has strong degreasing properties making it appropriate for oily acneic skin, but not the best choice for aging, sensitive skin or hyperpigmentation. Because inflammation is one of the four main causes of acne, glycolic acid must still be used carefully in inflammatory acne conditions.

- **Malic acid** is naturally found in apples and provides humectant and antioxidant benefits.

- **Tartaric acid** is naturally found in grapes, and in addition to its desmosome-releasing action, it also acts as an antioxidant.

- **Mandelic acid** is naturally found in bitter almonds and has shown some initial promise for treating hyperpigmentation.
- **Citric acid** is naturally found in citrus fruits and works to thicken the epidermis, and increase the hyaluronic acid content in the skin, allowing the skin to more effectively attract and hold moisture. It is an excellent ingredient for anti-aging as well as skin brightening.

- **Lactic acid** is naturally found in milk and sugars. Its larger molecular size compared to glycolic acid allows it to penetrate into the skin slowly, reducing the chances of irritation and inflammation. It also acts as an antimicrobial and hydrating ingredient and suppresses the formation of tyrosinase.

**beta hydroxy acids (BHA)**
The only beta hydroxy acid typically used in skin care is salicylic acid. Salicylic acid is lipophilic and has the ability to penetrate into oil-filled follicles and breakdown impaction. It also functions to normalize the excess inter-follicular cell shedding that contributes to the formation of microcomedones. Salicylic acid has a keratolytic action the works to break down surface impaction, leaving the skin smooth. Because of this, salicylic acid produces little to no post-treatment exfoliation.

**trichloroacetic acid (TCA)**
TCA typically causes protein denaturation (blanching) when applied topically. It is a safe peeling agent that has been used for over 50 years. It does not absorb into the bloodstream. This acid is typically used at higher percentages by physicians for traditional chemical resurfacing procedure. When used as a single acid at high percentages, it is best for textural concerns such as scarring and moderate to deeper wrinkling because of its action as a cauterant (breaking down living tissue). It is typically more aggressive when used as a single acid, but can be safely applied as a superficial peel, even on higher Fitzpatrick and sensitive skin, when used in a blended formulation.

**retinoids**
Retinoids, which are vitamin A derivatives, have many benefits for the skin. They are ingredients that have many normalizing benefits. They work to increase cell turnover and, at high percentages, act to increase post-treatment exfoliation. This is particularly important for lifting pigmentation, reducing impaction in acne patients and when treating aging skin that has a naturally slowed cell turnover cycle. Additionally, retinoids act as melanogenesis inhibitors by preventing melanosome transfer from the melanocyte to the keratinocyte.
patient peel expectations

Patient expectations for superficial chemical peel treatments can occasionally be unrealistic. Although patients sign a consent form that clearly states that several treatments may be necessary to achieve the results they desire, they may forget this detail after their treatment. Even a well-written consent form does not guarantee accurate patient expectations. The fault of the unrealistic expectation is ours if we do not properly educate the patient as to anticipated results. When patients hear the word peel they expect to see visible exfoliation post-treatment. PCA SKIN peels deliver excellent visible results whether or not actual visible peeling occurs. Frequently, exfoliation is at a cellular level and not apparent to the naked eye; however, the peels will create a tighter and firmer complexion and appearance. PCA SKIN professional treatments are formulated to preserve, promote and protect healthy skin, regardless of whether the patient sees visible exfoliation following treatment. In today’s busy society this progressive, rather than aggressive, approach is advantageous, as patients will experience minimal downtime yet still have outstanding results.

The carefully selected blends of peeling ingredients work to break down surface buildup and loosen the desmosome bonds holding the keratinocytes together. Our blends incorporate additional targeted ingredients that nourish, strengthen and protect the skin. The open environment created by the peel application allows the skin to be flooded with these beneficial actives during treatment. Regular superficial peels also enhance the penetration and efficacy of the daily care products the patient uses at home.

When using superficial chemical peel solutions, we highly recommend the skin be pre-treated with a PCA SKIN daily care regimen prior to commencing in-office peel treatments to ensure optimum results and fewer chances of complications. This is not a requirement, but our results are based on the use of both daily care and peels.
### Post-treatment Expectations

<table>
<thead>
<tr>
<th>Skin Appearance and Feeling</th>
<th>Day of Treatment</th>
<th>Following Morning</th>
<th>Day 2</th>
<th>Day 3-5</th>
<th>Day 5+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Skin Appearance and Feeling</strong></td>
<td>• Tight</td>
<td>• Tight</td>
<td>• Skin may begin to flake or peel</td>
<td>• Heaviest flaking or peeling</td>
<td>• Typically peeling is complete</td>
</tr>
<tr>
<td><strong>Skin Appearance and Feeling</strong></td>
<td>• Moist and Dewy Appearance</td>
<td>• Moist and Dewy Appearance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Skin Appearance and Feeling</strong></td>
<td>• Mild to Moderate Edema and Erythema</td>
<td>• Mild to Moderate Edema and Erythema</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Precautions</strong></td>
<td>• Apply Products in PCA Skin Post-Procedure Solution</td>
<td>• Reapply Products in PCA Skin Post-Procedure Solution</td>
<td>• Do not Pick at Loose Skin</td>
<td>• Reapply Products in PCA Skin Post-Procedure Solution</td>
<td>• Restart Recommended PCA Skin Daily Care</td>
</tr>
<tr>
<td><strong>Precautions</strong></td>
<td>• Keep Cool</td>
<td>• Keep Cool</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Frequency of Treatment

Based on the Natural Skin Cycle

<table>
<thead>
<tr>
<th>Normal/Maintenance (Once a Month)</th>
<th>Day of Treatment</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Normal/Maintenance</strong></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td><strong>Pigment/Melasma</strong> (Every Three Weeks to Begin, Then Once a Month)</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Acne/Blemishes</strong> (Every Two Weeks to Begin, Then Once a Month)</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td><strong>Rosacea/Sensitive Skin</strong> (Once a Month)</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Aging Skin</strong> (Every Three Weeks to Begin, Then Once a Month)</td>
<td>X</td>
<td></td>
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<td></td>
<td>X</td>
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</tbody>
</table>

Goal: To get everyone to a once-a-month maintenance schedule
the sensitivity scale of 1 to 10

Everyone’s response to a peel is slightly different. Patch testing prior to peel application helps determine each patient’s sensitivity level and will help guide the peel selection. We recommend using **Smoothing Toner** to prepare and degrease the skin as well as to patch test for sensitivity.

**to test sensitivity:**

- Cleanse with **Facial Wash Oily/Problem**.

- Degrease with **Smoothing Toner**. This product will sting/tingle on some individuals. Ask the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

  Patients with **resilient skin** will answer in the range of 0 to 1.

  Patients with **moderately resilient skin** will answer in the range of 1 to 3.

  Patients with **sensitive skin** will answer in the range of 3 to 6.

  Patients with **highly sensitive skin** will answer in the range of 6 to 10.

- Apply in layers according to the needs, goals and individual sensitivity of the patient. Use this scale of 1 to 10 to gauge sensitivity. Fan the skin to keep the patient cool between layers. If the patient responds higher than a six on any layer, do not proceed with another layer. If the patient’s response is between one and five, you may proceed with another layer.

- Wait until the patient’s sensitivity begins to subside before applying the next layer. This indicates that the peel solution is beginning to neutralize. The patient will begin to rate lower on the scale of 1 to 10 approximately one to five minutes after each layer is applied.

- The lower the response number, the more resilient the skin and a greater number of layers of peel solution typically may be applied. Be aware that it is expected that applying more layers will increase the patient’s 1 to 10 response. Continue to ask for a response on the sensitivity scale as you apply additional layers of the peel solution.

- Know that the higher the response of the patient on the 1 to 10 scale, the more sensitive and the more likely the patient is to blanch and potentially hyperpigment.
The number of layers of a PCA SKIN chemical peel to apply depends upon a variety of circumstances such as: advanced preparation of the skin, skin type, skin thickness, use of topical prescription medications, antibiotics, ethnic heritage, etc. Use the sensitive scale to determine how many layers each individual patient can tolerate.

<table>
<thead>
<tr>
<th>PCA SKIN professional treatment</th>
<th>very superficial</th>
<th>superficial</th>
<th>medium depth</th>
<th>recommended maximum layers</th>
</tr>
</thead>
<tbody>
<tr>
<td>PCA Peel®</td>
<td>1 to 3</td>
<td>4 to 6</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>Sensi Peel®</td>
<td>1 to 2</td>
<td>3 to 4</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Ultra Peel® I</td>
<td>1</td>
<td>2 to 4</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Ultra Peel® Forte for physicians’ use only</td>
<td>1 to 2</td>
<td>patient dependent</td>
<td>no maximum for physicians when following medium depth protocol</td>
<td></td>
</tr>
<tr>
<td>Smoothing Body Peel Treatment</td>
<td>1 to 2</td>
<td></td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Esthetique Peel</td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Ultra Peel® II</td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Pumpkin Peel Treatment</td>
<td>all steps: 1</td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Clarifying Mask</td>
<td>1</td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Oxygenating Trio</td>
<td>all steps: 1</td>
<td>all steps: 1</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>Detox Gel Deep Pore Treatment</td>
<td>1</td>
<td>1</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>Treatment Recommendations</td>
<td>Impaired Barrier Function</td>
<td></td>
<td></td>
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<tr>
<td>---------------------------</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Acne Grades I-II [oily]</strong></td>
<td>PCA SKIN® Signature Facial, Ultra Peel® II</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Acne Grades I-II [dehydrated]</strong></td>
<td>PCA SKIN® Signature Facial, Ultra Peel® II</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Acne Grades III-IV [oily]</strong></td>
<td>PCA Peel® with Hydroquinone &amp; Resorcinol, Sensi Peel®, Esthetique Peel®, Detox Gel Deep Pore Treatment, Oxygenating Trio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Acne Grades III-IV [dehydrated]</strong></td>
<td>PCA Peel® with Hydroquinone &amp; Resorcinol, Sensi Peel®, Esthetique Peel®, Detox Gel Deep Pore Treatment, Oxygenating Trio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Resilient</strong></td>
<td>Ultra Peel® Forte, Ultra Peel® I, Sensi Peel®, Detox Gel Deep Pore Treatment, Oxygenating Trio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Normal</strong></td>
<td>Ultra Peel® Forte, Ultra Peel® I, Sensi Peel®, Detox Gel Deep Pore Treatment, Oxygenating Trio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sensitive</strong></td>
<td>Sensi Peel®, Esthetique Peel®, Detox Gel Deep Pore Treatment, Oxygenating Trio</td>
<td></td>
<td></td>
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<tr>
<td><strong>Hypersensitive/Reactive</strong></td>
<td>Sensi Peel®, Esthetique Peel®, Detox Gel Deep Pore Treatment, Oxygenating Trio</td>
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</tr>
<tr>
<td>resilient</td>
<td>• Ultra Peel® Forte</td>
<td>• PCA Peel® with Hydroquinone &amp; Resorcinol Esthetique Peel</td>
<td>• Ultra Peel® I Sensi Peel® Ultra Peel® II Esthetique Peel Clarifying Mask</td>
<td>• Ultra Peel® Forte Ultra Peel® I Sensi Peel® Ultra Peel® II</td>
</tr>
<tr>
<td>normal</td>
<td>• Ultra Peel® Forte</td>
<td>• PCA Peel® with Hydroquinone Esthetique Peel</td>
<td>• Ultra Peel® I Sensi Peel® Ultra Peel® II Esthetique Peel Clarifying Mask</td>
<td>• Ultra Peel® I Sensi Peel® Esthetique Peel Ultra Peel® II</td>
</tr>
<tr>
<td>sensitive</td>
<td>• Ultra Peel® I</td>
<td>• PCA Peel® Hydroquinone Free Esthetique Peel</td>
<td>• Sensi Peel® Ultra Peel® II Esthetique Peel</td>
<td>• Sensi Peel® Ultra Peel® II</td>
</tr>
<tr>
<td>hypersensitive/ reactive</td>
<td>• Sensi Peel® Ultra Peel® II</td>
<td>• Sensi Peel® Esthetique Peel</td>
<td>• PCA SKIN Hydrating Facial</td>
<td>• Sensi Peel® Ultra Peel® II Intensive Vitamin C</td>
</tr>
</tbody>
</table>

Note: You can always consider a less stimulating TCA or Jessner’s peel for each category. For example, if Ultra Peel® Forte is recommended, you can use Ultra Peel® I or Sensi Peel® in its place. If any of the above mentioned conditions appear on the body then Smoothing Body Peel Treatment may be used, except for hyper-sensitive skin conditions or impaired barrier function.
avoid complications

Complications from PCA SKIN professional treatments are unlikely, but they are possible. There are many variables that contribute to the outcome of a chemical peel. The clinician's level of training and experience, full disclosure on a patient profile, pre-treatment and post-procedure care with PCA SKIN daily care products all play a role. Regardless of the reason, PCA SKIN wants you to know the best ways to avoid them and how to respond to complications should they happen. Our highly trained Physician Consultants, on-site medical practice, and research and development team are all on hand to assist you with questions or concerns. Please call 877.PCA.SKIN (722.7546) for assistance.

Performing a consultation two weeks prior to treatment is your best tool to avoid complications. Recommending PCA SKIN daily care products prior to treatment also lowers your chance of negative reactions and enhances your results. PCA SKIN professional treatments and daily care products are formulated with the same philosophy and many similar ingredients, so before the patient would have a chance to react to a peel, they likely would have already presented the allergy or sensitivity to a daily care product. Allergies or sensitivities to PCA SKIN products are rare, but it is always safer to identify them with the use of a daily care product rather than a peel. This is especially important for more reactive ingredients such as hydroquinone (HQ). We recommend performing a patch test in front of or behind the ear at least one week prior to treatment with hydroquinone as it is common irritant for patients with more sensitive skin.

When performing peels, always use the scale of 1 to 10 to determine and track patient sensitivity. If you avoid applying another layer when the patient is approaching a five or six on the scale of 1 to 10, you will almost always avoid blanching (burning/protein coagulation) and uncomfortable situations.

antidote for extreme heat

Use the following protocol for extreme redness and heat. Remember, never use water or ice with any PCA SKIN chemical peel solutions.

1. Apply BETA-C Balm (Step 5 from the Pumpkin Peel Treatment Set) with a new pair of gloves and fan patient’s skin for three minutes.

2. Ask patient their number on the sensitivity scale of 1 to 10:
   - If less than five you may proceed with the treatment protocol.
   - If higher than five, conclude the treatment with ReBalance (pHaze 17) mixed with Perfecting Protection SPF 30.
   - The decision to proceed with the treatment depends on each situation and patient’s sensitivity level.
allergic reactions
Although allergic reactions are rare with PCA SKIN products, asking the proper questions will help the clinician avoid the application of an ingredient to which someone is allergic. If a histamine response (allergic reaction) to a peel solution does occur, do not apply water to the patient’s face. This will reactivate the peel solution and lower the patient’s skin pH further, exacerbating the situation. A good treatment product to address histamine responses during a treatment is the BETA-C Balm (Step 5 from the Pumpkin Peel Treatment Set). This is an anti-inflammatory product formulated with willowerb, white willow bark and bisabolol in an antioxidant gel/cream base. It has a cooling sensation on the skin and will help the reaction subside. Send the patient home with Après Peel® Soothing Balm (0.5% hydrocortisone). This should be applied liberally. Many physicians also suggest taking an over-the-counter antihistamine, such as Claritin or Benadryl as well, to help calm the response. Call 911 if the reaction is dramatic or the patient seems to be having trouble breathing.

blanching
Protein coagulation, which is called ‘blanching,’ usually occurs only from deeper peeling. Physicians will sometimes perform a medium-depth or deeper peel during which a full-face blanch is desired and anticipated. Skin care clinicians who are not physicians or working under the advisement of a physician should not perform treatments of this nature. If a patient is peeled too deeply, blanching and open oozing areas may result. Keep in mind that if a patient’s peel penetrates deeper in specific areas, those areas will have a pH closer to blood (7.3-7.4), than intact skin (5.5). Products must be chosen carefully to accommodate for this change in pH. Apply physician-recommended occlusive lubricant to keep the area protected and moist. Advise the patient that they will peel more and will probably have some temporary darkening at the blanch site until it peels. With proper care the skin discoloration should dissipate. Once the area is re-epithelialized (approximately 48 hours) the patient may introduce Hydrating Serum and Silkcoat® Balm to create an environment that can effectively produce natural moisturizing factor (NMF). Once the skin has normalized, have the patient use Anti-Redness Serum and ReBalance to help promote healthy skin and reduce redness. This is not a common occurrence when following PCA SKIN treatment protocols. Patients who experience minor surface blanching may continue using the PCA SKIN Post-Procedure Solution.

periorbital edema (puffy eyes)
Mild to moderate edema can occur in some patients following chemical peel treatments. This is actually not considered a complication, but rather a side effect. Patients experiencing swelling around the eyes should not apply ice packs as superficial freezing will only serve to traumatize the area more. The best course of action is to apply a cool cloth to the eye area and sleep with the head slightly elevated to aid in the reduction of the swelling.
PCA SKIN® professional treatments: facts and protocols

PCA SKIN® professional treatments

PCA SKIN® professional treatment procedure
- cleanse
- prep/degrease
- treat
- correct
- retinoid booster (optional)
- hydrate & protect

suggested correctives for customization

PCA Peel® modified and enhanced Jessner’s peels

Trichloroacetic acid (TCA) peels

liquid peel solution treatment procedure
- PCA Peel® hydroquinone free
- PCA Peel® with hydroquinone
- PCA Peel® with hydroquinone & resorcinol
- PCA Peel® treatment protocol
- Sensi Peel®
- Sensi Peel® treatment protocol
- Ultra Peel® I
- Ultra Peel® I treatment protocol
- Ultra Peel® Forte
- Ultra Peel® Forte treatment protocol for physicians’ use only
- Ultra Peel® Forte medium depth treatment protocol for physicians’ use only
- Smoothing Body Peel Treatment
- Smoothing Body Peel Treatment protocol

salicylic acid treatments
- Clarifying Mask
- Clarifying Mask treatment protocol
- Pumpkin Peel Treatment
- Pumpkin Peel Treatment protocol
retinoid treatments

  Ultra Peel® II

  Esthetique Peel

  Ultra Peel® II and Esthetique Peel treatment protocol

peel alternatives

  Detox Gel Deep Pore Treatment

  Detox Gel Deep Pore Treatment protocol

  Oxygenating Trio

  Oxygenating Trio treatment protocol

alternative protocols

  PCA SKIN facial for men

  PCA SKIN signature facial

post-procedure care

indications
PCA SKIN® professional treatments

Recognized in medical textbooks as the originator of the modified and enhanced Jessner's chemical peel formulations, PCA SKIN consistently applies innovation and scientific research in the development of effective professional treatments and daily care product formulations. Our dermatologist-approved treatments have been addressing numerous skin conditions with proven formulations for over two decades.

These advanced solutions combine exfoliating acids, melanogenesis inhibitors and skin-strengthening agents to provide maximum benefits with minimal discomfort and little to no downtime. The synergistic effect of their ingredients provides corrective and nutritive benefits while exfoliating the surface of the skin to help minimize fine lines and wrinkles and even skin tone.

When carefully selected and combined with PCA SKIN daily care products, our professional treatment options will help your patients achieve healthy, beautiful results. In this section of the textbook, we will provide you with the standard procedure for performing the different types of professional treatments in the PCA SKIN line. You can maximize your treatment outcomes by learning the art of customizing your choice of peels and serums.

PCA SKIN's easy-to-use and skin-friendly professional treatments are separated into the following five distinct categories:

**Modified and enhanced Jessner's peels** soften the depth of surface lines around the eyes and nasolabial folds, help improve acne and hyperpigmentation, smooth skin texture and even skin tone, especially in oily skin.

**Blended TCA peels** are exceptional for the treatment of aging skin, acne, hyperpigmentation, fine lines and wrinkles, especially in dry skin.

The keratolytic action of our **salicylic acid treatments** helps to smooth surface texture, clear blocked follicles and reduce breakouts.

The PCA SKIN **retinoid treatments** create mild occlusion to enhance absorption of the vitamins, antioxidants and rich actives into the skin for maximum benefits. The retinol content also increases cell turnover and post-treatment exfoliation.

Use our **peel alternatives** to keep skin free of pollutants and toxins, leading to a brighter and clearer complexion, especially in dull or breakout-prone skin.
### chart: professional treatment procedure

<table>
<thead>
<tr>
<th>step</th>
<th>product</th>
<th>procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>cleanse</td>
<td>Facial Wash Oily/Problem</td>
<td>Cleanse the skin to remove excess sebum and cell debris.</td>
</tr>
<tr>
<td>prep/dgrease</td>
<td>Smoothing Toner</td>
<td>Degrease the skin and gauge patient sensitivity.</td>
</tr>
<tr>
<td>treat</td>
<td>professional treatment</td>
<td>Apply appropriate peel solution.</td>
</tr>
<tr>
<td>correct</td>
<td>corrective daily care products</td>
<td>Apply appropriate advanced treatment serums and creams to customize protocol.</td>
</tr>
<tr>
<td>retinoid booster (optional)</td>
<td>Ultra Peel® II Esthetique Peel</td>
<td>Apply appropriate retinoid treatment to customize protocol and increase exfoliation and cell turnover.</td>
</tr>
<tr>
<td>hydrate &amp; protect</td>
<td>ReBalance Perfecting Protection SPF 30 Peptide Lip Therapy</td>
<td>Apply to restore pH, soothe and protect the skin. Alternative PCA SKIN moisturizers and broad-spectrum SPF products can be used to increase customization.</td>
</tr>
</tbody>
</table>
The following protocol may be followed when performing any of the PCA SKIN professional treatments. This overview demonstrates the standard procedure and its ease of use. Specific steps for performing each treatment can be found in the treatment protocols found later in this section of the textbook.

**cleanse**

1. **Facial Wash Oily/Problem** (pHaze 1) - Cleanse the entire treatment area with a small amount on a moistened cotton pad. Rinse thoroughly using cotton pad dampened with warm water. Fan the skin to dry. This step gently removes excess sebum, dirt and debris from the skin.

**prep/dgrease**

2. **Smoothing Toner** (pHaze 2) - Moisten a cotton pad and swipe thoroughly and evenly over the entire treatment area. **Smoothing Toner** degreases the skin and also acts as your patch test for sensitivity. Assess sensitivity by asking your patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?” Use this sensitivity rating to aid in peel selection. Fan the skin, and allow it to dry completely before applying the selected peel solution. Use of this gentle alcohol-free toner is preferable to the use of acetone as a degreasing agent. Acetone strips not only the excess sebum and debris from the skin, but also the beneficial lipids that protect the skin. As a result, the use of acetone impairs barrier function and leads to increased trans epidermal water loss (TEWL) following treatment.

**treat**

3. Select the appropriate **PCA SKIN professional treatment** based on the patient’s underlying conditions, desire for improvement, sensitivity, hereditary background and Fitzpatrick type. This treatment step reduces surface cell buildup and opens the skin, increasing the penetration of the product(s) used in the following **correct** step.

**correct**

4. After performing the **treat** step, customize the protocol with a combination of **corrective daily care products** to address your patient’s particular concerns and skin care goals. For maximum penetration, products should be layered onto the skin based on their consistency. Apply water-based products first, followed by gels, then creams. Suggestions for customization as well as order of application can be found in a comprehensive chart on pages 203 - 204 of this textbook. These are product suggestions, not requirements.
5. **Ultra Peel® II** - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.

    **OR**

    **Esthetique Peel** - Apply one pump for increased exfoliation, bacteria control and added melanogenesis inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.

### hydrate & protect

6. **ReBalance** (pHaze 17) and **Perfecting Protection SPF 30** - Complete the treatment with this combination to calm, hydrate and protect skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: **Weightless Protection SPF 45** for oily, acneic skin, **Total Defense Calming Hydrator SPF 25**, **Protecting Hydrator SPF 30** for normal to oily skin, or **Hydrator Plus SPF 30** for normal to dry skin.

7. **Peptide Lip Therapy** - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

    **Note:** Apply the appropriate PCA SKIN broad-spectrum SPF product prior to applying **Peptide Lip Therapy** to protect the lips from UVA/UVB exposure.
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>resilient</td>
<td>Acne Gel</td>
<td>Hydrating Serum Rejuvenating Serum Retinol Renewal with RestorAtive Complex</td>
<td>Acne Gel A&amp;C Synergy Serum Rejuvenating Serum</td>
<td>Acne Gel A&amp;C Synergy Serum Rejuvenating Serum</td>
<td>Hydrating Serum Rejuvenating Serum Anti-Redness Serum C-Strength 15% with 5% Vitamin E Après Peeling® Soothing Balm</td>
</tr>
<tr>
<td>normal</td>
<td>Acne Gel</td>
<td>Hydrating Serum Rejuvenating Serum Retinol Renewal with RestorAtive Complex</td>
<td>Acne Gel A&amp;C Synergy Serum Rejuvenating Serum</td>
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</tr>
<tr>
<td>sensitive</td>
<td>Acne Gel</td>
<td>Hydrating Serum</td>
<td>Acne Gel A&amp;C Synergy Serum Anti-Redness Serum</td>
<td>Acne Gel A&amp;C Synergy Serum Anti-Redness Serum</td>
<td>Hydrating Serum Anti-Redness Serum Après Peeling® Soothing Balm</td>
</tr>
<tr>
<td>hyper-sensitive/reactive</td>
<td>Hydrating Serum A&amp;C Synergy Serum Anti-Redness Serum Après Peeling® Soothing Balm</td>
<td>Hydrating Serum Acne Gel Après Peeling® Soothing Balm</td>
<td>A&amp;C Synergy Serum Anti-Redness Serum</td>
<td>Acne Gel A&amp;C Synergy Serum Anti-Redness Serum</td>
<td>Hydrating Serum Anti-Redness Serum Après Peeling® Soothing Balm</td>
</tr>
<tr>
<td>Type</td>
<td>hyperpigmentation [dry/dehydrated]</td>
<td>hyperpigmentation [oily]</td>
<td>rosacea</td>
<td>age control [dry/dehydrated]</td>
<td>age control [oily]</td>
</tr>
<tr>
<td>-----------------</td>
<td>-------------------------------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>resilient</td>
<td>Pigment Gel® HQ Free C-Quench® Antioxidant Serum Retinol Renewal with Restorative Complex Brightening Therapy with TrueTone</td>
<td>Pigment Gel® HQ Free A&amp;C Synergy Serum C-Strength 20% with 5% Vitamin E</td>
<td>ExLinea® Peptide Smoothing Serum Hydrating Serum C-Quench® Antioxidant Serum Rejuvenating Serum Retinol Renewal with Restorative Complex C-Strength 20% with 5% Vitamin E EyeXcellence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>normal</td>
<td>Pigment Gel® HQ Free C-Quench® Antioxidant Serum Retinol Renewal with Restorative Complex Brightening Therapy with TrueTone</td>
<td>Pigment Gel® HQ Free A&amp;C Synergy Serum C-Strength 20% with 5% Vitamin E (subtype 1) Rejuvenating Serum Anti-Redness Serum</td>
<td>ExLinea® Peptide Smoothing Serum Hydrating Serum C-Quench® Antioxidant Serum Rejuvenating Serum Retinol Renewal with Restorative Complex C-Strength 20% with 5% Vitamin E EyeXcellence</td>
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<td>hyper-sensitive/reactive</td>
<td>Anti-Redness Serum Brightening Therapy with TrueTone</td>
<td>Hydrating Serum Anti-Redness Serum Après Peel® Soothing Balm</td>
<td>ExLinea® Peptide Smoothing Serum Hydrating Serum EyeXcellence</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

When applying these products, it is important to layer by consistency: water, gel, cream.
PCA Peel® modified and enhanced Jessner’s peels

These three peel solutions soften the depth of surface lines around the eyes and nasolabial folds, help clear acne, smooth skin texture and even skin tone. They are especially beneficial for oily skin. These blends combine AHA with kojic acid (with or without hydroquinone) with a modified Jessner’s solution to address hyperpigmentation from sun damage, inflammation and hormonal changes. AHA and melanogenesis inhibitors suppress the chain reaction responsible for the creation of new melanin. Resorcinol and the FDA-approved lightener hydroquinone are optional in these formulas.

- **PCA Peel® Hydroquinone Free** provides an effective option for more sensitive skin and those with hydroquinone allergies or sensitivities. Some hyperpigmentation patients with sensitive skin may be able to tolerate the use of hydroquinone. Before introducing the use of hydroquinone into the treatment of patients with sensitive skin, it is recommended to begin with the **PCA Peel® Hydroquinone Free** formula. If tolerated over a series of treatments, you may transition from this formula to the **PCA Peel® with Hydroquinone**. It is recommended to patch test patients for hydroquinone allergy prior to the use of the **PCA Peel® with Hydroquinone**. This patch test can be performed by applying a small amount of Pigment Gel® in front or behind the patient’s ear. Slight sensitivity is normal. A histamine reaction with itching and rash would indicate an allergy.

- **PCA Peel® with Hydroquinone** provides an exceptional blend of hydroquinone, kojic acid and lactic acid, which provide lightening and strengthening power with minimal surface stimulation. This solution helps treat hyperpigmentation, acne and surface texture issues.

- **PCA Peel® with Hydroquinone & Resorcinol** combines the lightening and brightening power of hydroquinone, kojic and lactic acids with strengthening and flaking agents to leave the skin smooth and clear. This solution provides dramatic improvement in photodamaged, hyperpigmented, resilient skin types.

### Modified Jessner's:

14% lactic acid, 14% salicylic acid, 14% resorcinol and 50% +/- denatured alcohol

### PCA SKIN added:

3% kojic acid, 2% hydroquinone and citric acid

The Jessner’s Peeling Solution consists of 14% each of lactic acid, salicylic acid and resorcinol blended in an alcohol base and is considered a superficial chemical peeling agent. This combination of ingredients was first documented in the JAMA in 1941 by Joseph Eller, M.D. and Shirley Wolff.\(^1\) Joseph C. Urkov, M.D. and F. C. Combes, M.D. utilized varying percentages of these substances throughout the 1940’s and Dr. Max Jessner popularized the 14% standard available today in the early 1950’s.\(^2,3\) The first Modified and Enhanced Jessner’s Peel was developed and made available to physicians in 1993 by Margret Ancira (Founder, PCA SKIN).\(^4\) Two of the modified and enhanced versions contain no resorcinol, reducing the risk of toxicity, sensitivity and allergies, as well as making it more suitable to treat darker skin types.\(^4\) The addition of citric and kojic acids and hydroquinone (2%) increases the benefits of the traditional exfoliating method.
The use of citric acid increases glycosaminoglycan content, hydration and increases epidermal thickness\(^5\), while hydroquinone and kojic acid assist in the lightening of hyperpigmentation and reduction of skin discoloration. Kojic acid has been studied at varied percentages topically and has anti-fungal and melanogenesis inhibiting properties with negligible or no risk of human toxicity.\(^6\)

References

Trichloroacetic acid (TCA) peels

All four of PCA SKIN’s TCA solutions are exceptional for the treatment of aging skin, fine lines and wrinkles, hyperpigmentation, dehydration and acne, especially in dry skin.

- **Sensi Peel®** is formulated for all Fitzpatrick skin types. It is an exceptional choice for ethnic skin or those with extremely sensitive skin types. This TCA and lactic acid solution offers skin smoothing, melanogenesis inhibition, strengthening and hydration to many who previously would not have been candidates for chemical exfoliation procedures (e.g. rosacea). It is highly effective with virtually no stimulation.

- **Ultra Peel® I** is a blend of TCA and lactic acid with the addition of phytohormones for plumping and hydration. It is an exceptional choice for darker skin types and mature skin. Kojic and azelaic acids act as antibacterial agents as well as melanogenesis inhibitors. L-ascorbic acid is present for skin strengthening and brightening.

- **Ultra Peel® Forte** is a blend of TCA and lactic acid. This formula is available only to physicians, as it is a more active treatment product that is capable of producing a medium-depth peel. It is formulated with melanogenesis inhibitors and skin-strengthening agents, which makes it effective with little discomfort and significantly less downtime than a traditional TCA peel.

- **Smoothing Body Peel** is a two-step treatment, specifically for the skin on the body, with an exclusive blend of TCA, salicyclic and lactic acids, as well as melanogenesis inhibitors: arbutin, lactic and kojic acids. This solution provides keratolytic, smoothing, firming and brightening benefits, producing an overall improvement in skin tone, texture and appearance.
Unlike many single-acid peels, PCA SKIN® peel solutions are not neutralized, timed or washed off with water. They are applied in multiple layers based upon the needs of the patient, typically allowing a minute or two between layers. The number of layers is determined by the patient’s sensitivity, hereditary background, skin type and thickness, and any advanced preparation of the skin with retinoids or AHA. By applying multiple layers during the same treatment, varying superficial depths can be achieved according to the needs and goals of the patient.

The following procedure may be followed when performing any of the PCA SKIN liquid peel solutions including: **PCA Peel® Hydroquinone Free**, **PCA Peel® with Hydroquinone**, **PCA Peel® with Hydroquinone & Resorcinol**, **Sensi Peel®**, **Ultra Peel® I** and **Ultra Peel® Forte**. Please note that this procedure does not apply to the **Smoothing Body Peel Treatment**.

**cleanse**

1. **Facial Wash Oily/Problem (pHaze 1)** - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

**prep/degrease**

2. **Smoothing Toner (pHaze 2)** - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

**treat**

3. When using liquid PCA SKIN peel solutions follow these steps:

   • Before using, gently agitate the selected liquid peel solution. Place a dry cotton pad directly onto the open bottle of selected PCA SKIN liquid peel solution and invert the bottle, making a circle of solution on the pad. Move the bottle around the pad and repeat to form a diamond shape pattern of solution on the pad (approximately four to five dots). Beginning at the chin, work evenly, and apply in panels to cover the entire facial area, feathering under the jawline (this is only necessary if you are not also treating the neck).

   • Have the patient tell you when they feel the first tingling or stinging sensations from the peel, using the scale of 1 to 10. This serves to identify sensitivity at different points in the treatment. Allow the solution to penetrate the skin, and fan the patient to help reduce any stinging or tingling effects of the treatment.

**Note:** If using one of the **PCA Peel®** formulations, there may be a visible white residue of crystals from salicylic acid when the solution has dried. This ‘frosting’ is obvious if the room light is turned off and a Wood’s Lamp is shone onto the skin. A Wood’s Lamp can therefore be used to check the application for any skipped areas. You will not experience a similar frosting of salicylic acid when using the **Sensi Peel®**, **Ultra Peel® I** or **Ultra Peel® Forte**.
• At this point, read the skin for any erythema or signs of blanching. If there are any areas that are quite red, you may want to avoid them during the application of any additional layers to avoid spot blanching.

• Apply in layers according to the needs, goals and individual sensitivity of the patient. Use the scale of 1 to 10 to gauge sensitivity. Fan the skin to keep the patient cool between layers.

• Use the scale of 1 to 10 to decide if additional layers should be applied. If the patient responds higher than a 6, do not proceed with another layer. If the patient’s response is between 1 and 5, you can proceed with another layer.

• Wait until the patient’s sensitivity begins to subside before applying the next layer. Typically the patient will begin to rate lower on the scale of 1 to 10 approximately one to five minutes after each layer is applied.

correct

4. After the selected peel solution has been absorbed into the skin, customize the protocol with a combination of corrective daily care products to address your patient’s particular concerns and skin care goals. Refer to your customization chart on pages 203 - 204 for suggestions.

retinoid booster (optional)

5. Ultra Peel® II - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.

   OR

Esthetique Peel - Apply one pump for increased exfoliation, bacteria control and added melanogenesis inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.

hydrate & protect

6. ReBalance (pHaze 17) and Perfecting Protection SPF 30 - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternative PCA SKIN broad-spectrum SPF product can be used to increase customization: Weightless Protection SPF 45 for oily, acneic skin, Total Defense Calming Hydrator SPF 25, Protecting Hydrator SPF 30 for normal to oily skin, or Hydrator Plus SPF 30 for normal to dry skin

7. Peptide Lip Therapy - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

   Note: Apply the appropriate PCA SKIN broad-spectrum SPF product prior to applying Peptide Lip Therapy to protect the lips from UVA/UVB exposure.
This enhanced Jessner’s formula is ideal for more sensitive skin types, ethnic skin or those allergic to hydroquinone. This treatment will help unclog pores, clear acne and rejuvenate the skin. With its blend of brighteners and alpha and beta hydroxy acids, it also is an excellent choice for correcting pigment discolorations and maintaining even pigmentation for those with hydroquinone sensitivities.

**Key ingredients:**

- **Lactic Acid (14%)** – is an alpha hydroxy acid naturally found in milk and sugars. It breaks down bonds between cells (desmosomes) to allow for easier exfoliation of dead surface cells while hydrating the skin. It also functions as a melanogenesis inhibitor by suppressing the formation of tyrosinase.

- **Salicylic Acid (14%)** – is a beta hydroxy acid with smoothing benefits. This is an effective anti-acne ingredient that decreases the abnormal shedding of cells within the follicles, reducing the impactions that can exacerbate breakouts and increase the risk of scarring. It also acts as an anti-inflammatory agent.

- **Kojic Acid (3%)** – is an antibacterial agent and melanogenesis inhibitor that is naturally found in mushrooms. Its ability to chelate copper away from tyrosinase and decrease the number of melanosomes and dendrites makes it highly effective in reducing hyperpigmentation.

- **Citric Acid** – is an alpha hydroxy acid that is found in citrus fruits. Citric acid increases the hyaluronic acid content in the dermis and epidermis, helping the skin attract and hold moisture more effectively. It will also exfoliate the skin’s impacted surface cells and is a natural skin brightener and softener.
This enhanced Jessner's formula is for those who want an even skin tone and have no sensitivity to hydroquinone. It will help to quickly lighten pigment discolorations of any kind, such as melasma and actinic damage. In addition, this peel helps inhibit active acne and correct post-inflammatory hyperpigmentation from acne.

### PCA Peel® with hydroquinone

**before**

Condition: acne and post-inflammatory hyperpigmentation.

**after**

Solution: Used PCA Skin® Acne Control Solution and pigment gel and received six PCA Peel® with Hydroquinone treatments over a three-month period.

*Photos not retouched.

### Key ingredients:

- **Hydroquinone (2%)** – helps to inhibit the melanin activity in the skin while lightening existing hyperpigmentation. It suppresses the binding of copper and tyrosinase, decreases the formation of melanosomes, increases the degradation of melanosomes and induces melanocyte-specific cytotoxicity.

- **Lactic Acid (14%)** – is an alpha hydroxy acid naturally found in milk and sugars. It breaks down bonds between cells (desmosomes) to allow for easier exfoliation of dead surface cells while hydrating the skin. It also functions as a melanogenesis inhibitor by suppressing the formation of tyrosinase.

- **Salicylic Acid (14%)** – is a beta hydroxy acid with smoothing benefits. This is an effective anti-acne ingredient that decreases the abnormal shedding of cells within the follicles, reducing the impactions that can exacerbate breakouts and increase the risk of scarring. It also acts as an anti-inflammatory agent.

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- **Citric Acid** – is an alpha hydroxy acid that is found in citrus fruits. Citric acid increases the hyaluronic acid content in the dermis and epidermis, helping the skin attract and hold moisture more effectively. It will also exfoliate the skin’s impacted surface cells and is a natural skin brightener and softener.
PCA SKIN® professional treatments: facts and protocols

The most potent of our enhanced Jessner’s formulas, this peel will even skin tone and provide more exfoliation for oilier, thicker and more resilient skin types. It is extremely effective on sun-damaged and thickened skin. It is also excellent for those with active or cystic acne and asphyxiated skin (dry on the surface, oily underneath) or those who require deeper treatment.

**Key ingredients:**

- **Hydroquinone (2%)** – helps to inhibit the melanin activity in the skin while lightening existing hyperpigmentation. It suppresses the binding of copper and tyrosinase, decreases the formation of melanosomes, increases the degradation of melanosomes and induces melanocyte-specific cytotoxicity.

- **Resorcinol** – is a flaking agent and keratolytic.

- **Lactic Acid (14%)** – is an alpha hydroxy acid naturally found in milk and sugars. It breaks down bonds between cells (desmosomes) to allow for easier exfoliation of dead surface cells while hydrating the skin. It also functions as a melanogenesis inhibitor by suppressing the formation of tyrosinase.

- **Salicylic Acid (14%)** – is a beta hydroxy acid with smoothing benefits. This is an effective anti-acne ingredient that decreases the abnormal shedding of cells within the follicles, reducing the impactions that can exacerbate breakthroughs and increase the risk of scarring. It also acts as an anti-inflammatory agent.

- **Kojic Acid (3%)** – is an antibacterial agent and melanogenesis inhibitor that is naturally found in mushrooms. Its ability to chelate copper away from tyrosinase and decrease the number of melanosomes and dendrites makes it highly effective in reducing hyperpigmentation.

- **Citric Acid** – is an alpha hydroxy acid that is found in citrus fruits. Citric acid increases the hyaluronic acid content in the dermis and epidermis, helping the skin attract and hold moisture more effectively. It will also exfoliate the skin’s impacted surface cells and is a natural skin brightener and softener.
PCA Peel® treatment protocol

cleanse

1. 
Facial Wash Oily/Problem (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

prep/degrease

2. 
Smoothing Toner (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

treat

3. 
PCA Peel® - Choose the formula appropriate for skin type and condition.
   - Before using, gently agitate the product. Apply the first layer with a cotton pad.
   - Use the scale of 1 to 10 to gauge sensitivity. Fan the skin to keep the patient cool between layers. If the patient responds higher than a 6, do not proceed with another layer. If the patient’s response is between 1 and 5, proceed with another layer.
   - Wait until the patient’s sensitivity begins to subside before applying the next layer. The patient will begin to rate lower on the scale of 1 to 10 approximately one to five minutes after each layer is applied.
   - The total number of layers is determined by the needs, goals and individual sensitivity of the patient.
   - The maximum number of layers is six.

correct

4. After the peel solution has been absorbed into the skin, customize the protocol with a combination of corrective daily care products to address your patient’s particular concerns and skin care goals. Refer to your customization chart on pages 203 - 204 for suggestions.

retinoid booster (optional)

5. 
Ultra Peel® II - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.

OR

Esthetique Peel - Apply one pump for increased exfoliation, bacteria control and added melanogenesis inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.
hydrate & protect

6. ReBalance (pHaze 17) and Perfecting Protection SPF 30 - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: Weightless Protection SPF 45 for oily, acneic skin, Total Defense Calming Hydrator SPF 25, Protecting Hydrator SPF 30 for normal to oily skin, or Hydrator Plus SPF 30 for normal to dry skin.

7. Peptide Lip Therapy - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

Note: Apply the appropriate PCA SKIN® broad-spectrum SPF product prior to applying Peptide Lip Therapy to protect the lips from UVA and UVB exposure.
This gentle solution is formulated primarily for ethnic skin and other extremely sensitive skin types. Sensi Peel® will strengthen and brighten the skin while helping to treat sun damage and other forms of hyperpigmentation. This multi-faceted treatment also provides anti-inflammatory, anti-acne and antibacterial action, making it an excellent choice for helping to calm rosacea, as redness and inflammation can subside substantially after treatment.

**Key ingredients:**

- **Lactic Acid (12%)** – is an alpha hydroxy acid naturally found in milk and sugars. It breaks down bonds between cells (desmosomes) to allow for easier exfoliation of dead surface cells while hydrating the skin. It also functions as a melanogenesis inhibitor by suppressing the formation of tyrosinase.

- **Trichloroacetic Acid (TCA) (6%)** – is a peeling agent commonly used to remove fine lines, wrinkles and acne scarring.

- **Kojic Acid** – is an antibacterial agent and melanogenesis inhibitor that is naturally found in mushrooms. Its ability to chelate copper away from tyrosinase and decrease the number of melanosomes and dendrites makes it highly effective in reducing hyperpigmentation.

- **Azelaic Acid** – is an effective melanogenesis inhibitor that helps to brighten uneven complexions. Azelaic acid is also effective for fighting breakouts because of its bactericidal and antimicrobial action. It has exfoliating and disinfecting properties that are most effective when used in combination with alpha hydroxy acids. Azelaic acid helps to normalize keratinization in the skin.

- **Arbutin** – assists in the correction of hyperpigmentation by suppressing the formation of tyrosinase and preventing melanosome maturation. It also evens existing skin tone. Arbutin is an effective antioxidant and skin conditioner.

- **L-Ascorbic Acid (Vitamin C)** – is a powerful water-soluble antioxidant that is the only bio-available form of vitamin C for the skin. It is also a cofactor for an enzyme crucial in the synthesis of collagen (prolyl hydroxylase) and is an antioxidant agent that provides important protection against damage induced by UV radiation. Vitamin C also improves skin elasticity and decreases wrinkles by stimulating collagen synthesis. Additionally, it reduces erythema and acts as a melanogenesis inhibitor. It functions as an MMPi by controlling the expression of inflammatory enzymes (matrix metalloproteinases).
Sensi Peel® treatment protocol

cleanse

1. **Facial Wash Oily/Problem** (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

prep/degrease

2. **Smoothing Toner** (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

treat

3. **Sensi Peel®**
   - Before using, gently agitate the product. Apply the first layer with a cotton pad.
   - Use the scale of 1 to 10 to gauge sensitivity. Fan the skin to keep the patient cool between layers. If the patient responds higher than a six, do not proceed with another layer. If the patient’s response is between one and five, proceed with another layer.
   - Wait until the patient’s sensitivity begins to subside before applying the next layer. The patient will begin to rate lower on the scale of 1 to 10 approximately one to five minutes after each layer is applied.
   - The total number of layers is determined by the needs, goals and individual sensitivity of the patient.
   - The maximum number of layers is four.

correct

4. After the peel solution has been absorbed into the skin, customize the protocol with a combination of corrective daily care products to address your patient’s particular concerns and skin care goals. Refer to your customization chart on pages 203 - 204 for suggestions.

retinoid booster (optional)

5. **Ultra Peel® II** - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.

   **OR**

   **Esthetique Peel** - Apply one pump for increased exfoliation, bacteria control and added melanogenesis inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.

indications:
- Fitzpatrick types I-VI
- fine lines
- hyperpigmentation
- dehydrated skin
- sensitive skin
- highly inflamed acne
- rosacea

contraindications:
- pregnancy
- lactation
hydrate & protect

6. **ReBalance** (pHaze 17) and **Perfecting Protection SPF 30** - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: **Weightless Protection SPF 45** for oily, acneic skin, **Total Defense Calming Hydrator SPF 25, Protecting Hydrator SPF 30** for normal to oily skin, or **Hydrator Plus SPF 30** for normal to dry skin.

7. **Peptide Lip Therapy** - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

**Note:** Apply the appropriate PCA SKIN broad-spectrum SPF product prior to applying **Peptide Lip Therapy** to protect the lips from UVA and UVB exposure.
Specially formulated to treat dehydrated, maturing skin, Ultra Peel® I is also appropriate for many other skin types, conditions and sensitivities. It will help treat pigment disorders, fine lines and wrinkles, sun damaged skin and acne. This treatment is especially ideal for sensitive skin, as it produces only a mild tingling sensation. Mild to moderate exfoliation will be experienced, depending on the number of layers applied. Overall, the final result will be plump, hydrated and luminous skin.

**Ultra Peel® I**

**before**
- Condition: facial wrinkling, laxity and dehydration.*

**after**
- Solution: Received Ultra Peel® I and Esthetique Peel treatments and applied Rejuvenating Serum and ExLinea® Peptide Smoothing Serum, C-Strength 15% with 5% Vitamin E, Après Peel® Hydrating Balm, and Hydrator Plus SPF 25, twice daily over a three-month period.*

*Photos not retouched.

**Key ingredients:**

- **Lactic Acid (20%)** – is an alpha hydroxy acid naturally found in milk and sugars. It breaks down bonds between cells (desmosomes) to allow for easier exfoliation of dead surface cells while hydrating the skin. It also functions as a melanogenesis inhibitor by suppressing the formation of tyrosinase.

- **Trichloroacetic Acid (TCA) (10%)** – is a peeling agent commonly used to remove fine lines and wrinkles and acne scarring.

- **Kojic Acid** – is an antibacterial agent and melanogenesis inhibitor that is naturally found in mushrooms. Its ability to chelate copper away from tyrosinase and decrease the number of melanosomes and dendrites makes it highly effective in reducing hyperpigmentation.

- **Azelaic Acid** – is an effective melanogenesis inhibitor that helps to brighten uneven complexions. Azelaic acid is also effective for fighting breakouts because of its bactericidal and antimicrobial action. It has exfoliating and disinfecting properties that are most effective when used in combination with alpha hydroxy acids. Azelaic acid helps to normalize keratinization in the skin.

- **L-Ascorbic Acid (Vitamin C)** – is a powerful water-soluble antioxidant that is the only bioavailable form of vitamin C for the skin. It is also a cofactor for an enzyme crucial in the synthesis of collagen (prolyl hydroxylase) and is an antioxidant agent that provides important protection against damage induced by UV radiation. Vitamin C also improves skin elasticity and decreases wrinkles by stimulating collagen synthesis. Additionally, it reduces erythema and acts as a melanogenesis inhibitor. It functions as an MMPi by controlling the expression of inflammatory enzymes (matrix metalloproteinases).
Ultra Peel® I treatment protocol

cleanse
1. **Facial Wash Oily/Problem** (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

prep/degrease
2. **Smoothing Toner** (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

treat
3. **Ultra Peel® I**
   - Before using, gently agitate the product. Apply the first layer with a cotton pad.
   - Use the scale of 1 to 10 to gauge sensitivity. Fan the skin to keep the patient cool between layers. If the patient responds higher than a six, do not proceed with another layer. If the patient’s response is between one and five, proceed with another layer.
   - Wait until the patient’s sensitivity begins to subside before applying the next layer. The patient will begin to rate lower on the scale of 1 to 10 approximately one to five minutes after each layer is applied.
   - The total number of layers is determined by the needs, goals and individual sensitivity of the patient.
   - The maximum number of layers is four.

correct
4. After the peel solution has been absorbed into the skin, customize the protocol with a combination of corrective daily care products to address your patient’s particular concerns and skin care goals. Refer to your customization chart on pages 203 - 204 for suggestions.

retinoid booster (optional)
5. **Ultra Peel® II** - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.
   OR
   **Esthetique Peel** - Apply one pump for increased exfoliation, bacteria control and added melanogenesis inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.

indications:
- Fitzpatrick types I-V
- fine lines and wrinkles
- laxity
- hyperpigmentation
- dry skin
- dehydrated or adult acne
- uneven surface texture

contraindications:
- pregnancy
- lactation
- hypersensitive skin

Maximum Layers:
- face: 4
- neck and chest: 2
hydrate & protect

6. **ReBalance** (pHaze 17) and **Perfecting Protection SPF 30** - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: **Weightless Protection SPF 45** for oily, acneic skin, **Total Defense Calming Hydrator SPF 25**, **Protecting Hydrator SPF 30** for normal to oily skin, or **Hydrator Plus SPF 30** for normal to dry skin.

7. **Peptide Lip Therapy** - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

**Note:** Apply the appropriate PCA SKIN® broad-spectrum SPF product prior to applying **Peptide Lip Therapy** to protect the lips from UVA and UVB exposure.
The most suitable candidates for this deeper and more active treatment are those with resilient skin who have more dramatic wrinkling, sun damage and acne scarring. Ultra Peel® Forte will effectively treat aging skin, acne, pigment disorders, smokers’ skin and photodamaged skin. This treatment is ideal for aging skin in need of rejuvenation. Note: For physicians’ use only.

Key ingredients:

- **Trichloroacetic Acid (TCA) (20%)** – is a peeling agent commonly used to remove fine lines, wrinkles and acne scarring.

- **Lactic Acid (10%)** – is an alpha hydroxy acid naturally found in milk and sugars. It breaks down bonds between cells (desmosomes) to allow for easier exfoliation of dead surface cells while hydrating the skin. It also functions as a melanogenesis inhibitor by suppressing the formation of tyrosinase.

- **Kojic Acid** – is an antibacterial agent and melanogenesis inhibitor that is naturally found in mushrooms. Its ability to chelate copper away from tyrosinase and decrease the number of melanosomes and dendrites makes it highly effective in reducing hyperpigmentation.

- **Azelaic Acid** – is an effective melanogenesis inhibitor that helps to brighten uneven complexions. Azelaic acid is also effective for fighting breakouts because of its bactericidal and antimicrobial action. It has exfoliating and disinfecting properties that are most effective when used in combination with alpha hydroxy acids. Azelaic acid helps to normalize keratinization in the skin.

- **L-Ascorbic Acid (Vitamin C)** – is a powerful water-soluble antioxidant that is the only bio-available form of vitamin C for the skin. It is also a cofactor for an enzyme crucial in the synthesis of collagen (prolyl hydroxylase) and is an antioxidant agent that provides important protection against damage induced by UV radiation. Vitamin C also improves skin elasticity and decreases wrinkles by stimulating collagen synthesis. Additionally, it reduces erythema and acts as a melanogenesis inhibitor. It functions as an MMPi by controlling the expression of inflammatory enzymes (matrix metalloproteinases).
Ultra Peel® Forte treatment protocol
for physicians’ use only

cleanse

1. Facial Wash Oily/Problem (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

prep/degrease

2. Smoothing Toner (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

3. Ultra Peel® Forte
   • Before using, gently agitate the product. Apply the first layer with a cotton pad.
   • Use the scale of 1 to 10 to gauge sensitivity. Fan the skin to keep the patient cool between layers. If the patient responds higher than a six, do not proceed with another layer. If the patient’s response is between one and five, proceed with another layer.
   • Wait until the patient’s sensitivity begins to subside before applying the next layer. The patient will begin to rate lower on the scale of 1 to 10 approximately one to five minutes after each layer is applied.
   • The total number of layers is determined by the needs, goals and individual sensitivity of the patient.
   • The maximum number of layers is two.

correct

4. After the peel solution has been absorbed into the skin, customize the protocol with a combination of corrective daily care products to address your patient’s particular concerns and skin care goals. Refer to your customization chart on pages 203 - 204 for suggestions.

retinoid booster (optional)

5. Ultra Peel® II - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.

   OR

Esthetique Peel - Apply one pump for increased exfoliation, bacteria control and added melanogenesis inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.

indications:
Fitzpatrick types I-III
moderate wrinkling
laxity
hyperpigmentation
photodamage
uneven surface texture

contraindications:
pregnancy
lactation
sensitive skin
higher Fitzpatrick types

Maximum Layers:
face: 2
neck and chest: 1
hydrate & protect

6. ReBalance (pHaze 17) and Perfecting Protection SPF 30 - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: Weightless Protection SPF 45 for oily, acneic skin, Total Defense Calming Hydrator SPF 25, Protecting Hydrator SPF 30 for normal to oily skin, or Hydrator Plus SPF 30 for normal to dry skin.

7. Peptide Lip Therapy - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

Note: Apply the appropriate PCA SKIN broad-spectrum SPF product prior to applying Peptide Lip Therapy to protect the lips from UVA and UVB exposure.
Ultra Peel® Forte medium depth treatment protocol

for physicians’ use only

cleanse

1. **Facial Wash Oily/Problem** (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

prep/degrease

2. **Smoothing Toner** (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”


treat

3. **Ultra Peel® Forte**
   - Before using, gently agitate the product. Apply in layers as needed with a fan brush.
   - Use the scale of 1 to 10 to gauge sensitivity. Fan the skin to keep the patient cool between layers. The skin will have a slightly tacky feeling and with each additional layer, your patient will rate slightly higher on the scale of 1 to 10. Proceed with caution as patient is likely to blanch with subsequent layers.
   - The total number of layers is determined by the needs, goals and individual sensitivity of the patient.
   - The maximum number of layers is left to the discretion of the physician.

correct

4. Due to this treatment’s depth of penetration, the application of corrective products is typically avoided.

retinoid booster (optional)

5. **Ultra Peel® II** - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.

   **OR**

   **Esthetique Peel** - Apply one pump for increased exfoliation, bacteria control and added melanogenesis inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.

indications:

- Fitzpatrick types I-III
- deep wrinkling
- laxity
- photodamage
- acne scarring
- uneven surface texture

Maximum Layers:
The maximum number of layers is left to the discretion of the physician.

Contraindications:

- pregnancy
- lactation
- sensitive skin
- higher Fitzpatrick types
hydrate & protect

6. **ReBalance** (pHaze 17) and **Perfecting Protection SPF 30** - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: **Weightless Protection SPF 45** for oily, acneic skin, **Total Defense Calming Hydrator SPF 25**, **Protecting Hydrator SPF 30** for normal to oily skin or **Hydrator Plus SPF 30** for normal to dry skin.

7. **Peptide Lip Therapy** - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

**Note:** Apply the appropriate PCA SKIN broad-spectrum SPF product prior to applying **Peptide Lip Therapy** to protect the lips from UVA and UVB exposure.
This treatment is formulated with potent yet skin-friendly ingredients that will even
discoloration while smoothing and brightening the skin. Pre-Peel Accelerator
Mask (Step 1) provides nourishing ingredients that soften and hydrate the skin’s
surface. Smoothing Body Peel (Step 2) combines TCA, lactic acid and salicylic
acid to induce dramatic changes in the skin’s appearance and texture. It is an
excellent choice for treating rough, dehydrated, sun-damaged or acneic skin on
the arms, legs, back, chest, hands and feet.

Pre-Peel Accelerator Mask key ingredients:
- Urea – comprises an essential part of the natural moisture factor (NMF) in human skin. Urea is
  responsible for the re-hydration of the stratum corneum and increases the skin’s ability to retain
  moisture.
- Malic Acid – is an alpha hydroxy acid found in apples that helps to break down the bonds
  between cells (desmosomes), while it smoothes and strengthens the skin. This ingredient is a nat-
  ural humectant, which draws water out of the dermis to hydrate the epidermis and has antioxidant
  properties to help fight free radical damage.

Smoothing Body Peel key ingredients:
- Lactic Acid (45%) – is an alpha hydroxy acid naturally found in milk and sugars. It breaks down
  bonds between cells (desmosomes) to allow for easier exfoliation of dead surface cells while
  hydrating the skin. It also functions as a melanogenesis inhibitor by suppressing the formation of
  tyrosinase.
- Salicylic Acid (10%) – is a beta hydroxy acid with smoothing benefits. This is an effective anti-
  acne ingredient that decreases the abnormal shedding of cells within the follicles, reducing the
  impactions that can exacerbate breakouts and increase the risk of scarring. It also acts as an anti-
  inflammatory agent.
- Trichloroacetic Acid (TCA) (10%) – is a peeling agent commonly used to remove fine lines,
  wrinkles and acne scarring.
- Kojic Acid – is an antibacterial agent and melanogenesis inhibitor that is naturally found in mush-
  rooms. Its ability to chelate copper away from tyrosinase and decrease the number of melano-
  somes and dendrites makes it highly effective in reducing hyperpigmentation.
- Arbutin – assists in the correction of hyperpigmentation by suppressing the formation of tyrosi-
  nase and preventing melanosome maturation. It also evens existing skin tone. Arbutin is an effec-
  tive antioxidant and skin conditioner.
indications:
Fitzpatrick types I – VI
fine lines and wrinkles
laxity
hyperpigmentation
acne
dehydrated skin
keratosis pilaris
all body parts (arms, hands, legs, feet, back, etc.)

contraindications:
neck or chest treatments on
Fitzpatrick types V – VI
pregnancy
lactation
allergy to aspirin (salicylates)
treatments covering more than 25% of the body

Smoothing Body Peel Treatment protocol

cleanse
1. Facial Wash Oily/Problem (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

prep/degrease
2. Smoothing Toner (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

treat
3. Pre-Peel Accelerator Mask (Step 1 from the Smoothing Body Peel Treatment) - Apply liberally and massage into the area of treatment. Continue massaging until all product is absorbed, which will be approximately three to five minutes.
   • Ask the patient their sensation level using the scale of 1 to 10, and fan the patient to keep the area cool. Allow the Pre-Peel Accelerator Mask (Step 1) to remain on the skin for approximately ten minutes.
   • Remove the Pre-Peel Accelerator Mask (Step 1) with cotton squares moistened with warm water. Warm towels may be used for this step. Be certain towels are only warm (not hot). Fan the skin to dry.
   • Smoothing Body Peel (Step 2) – Pour enough peel solution into your peel dish to cover the selected body area (remember not to treat more than 25% of the body at one time). Apply evenly to the area of treatment using a fan brush.
   • Fan the skin to keep the patient cool between layers. Ask their sensitivity level using the scale of 1 to 10. If the patient responds higher than a six, do not proceed with another layer. If the patient's response is between one and five, proceed with another layer. Wait two to three minutes between layers to ensure penetration.
   • The maximum number of layers is two.

correct
4. After the peel solution has been absorbed into the skin, customize the protocol with a combination of corrective daily care products to address your patient's particular concerns and skin care goals. Refer to your customization chart on pages 203 - 204 for suggestions.
retinoid booster (optional)

5. **Ultra Peel** II - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.

OR

**Esthetique Peel** - Apply one pump for increased exfoliation, bacteria control and added melanogenesis inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.

hydrate & protect

6. **ReBalance** (pHaze 17) and **Perfecting Protection SPF 30** - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: **Weightless Protection SPF 45** for oily, acneic skin, **Total Defense Calming Hydrator SPF 25**, **Protecting Hydrator SPF 30** for normal to oily skin or **Hydrator Plus SPF 30** for normal to dry skin.

**Tip:** When performing the **Smoothing Body Peel** to areas that will be covered with clothing following treatment, apply a mixture of **ReBalance** and **Perfecting Protection SPF 30** and massage in to minimize tackiness. Apply a tissue to the area of treatment prior to having the patient dress to avoid clothing coming in contact with excess residue.
The keratolytic action of these treatments helps to smooth surface texture, clear blocked follicles and reduce breakouts.

- **Clarifying Mask** is a blend of 20% salicylic acid with cherry extract and other natural ingredients that make this treatment an ideal choice for helping to improve acneic, breakout-prone skin or for those with sluggish and dull complexions. It offers anti-inflammatory benefits along with strong keratolytic action to create clear, healthy skin.

- **Pumpkin Peel Treatment** delivers powerful keratolytic and antioxidant therapy that brightens and rejuvenates the skin. It loosens and removes dead surface cells and clears follicles, while the rich nutrients in this treatment infuse the skin with high levels of vitamins C and A, as well as antioxidants that protect the skin from environmental damage. This combination is essential for strengthening the collagen matrix that supports healthy, younger-looking skin.
This blend of 20% salicylic acid, cherry extract and other beneficial ingredients makes this an ideal choice for helping to improve acne, breakout-prone skin and sluggish, dull complexions. Its exfoliating, antibacterial and anti-inflammatory benefits refine skin texture and bring new brightness and freshness to the skin.

Key ingredients:

- **Salicylic Acid (20%)** – is a beta hydroxy acid with smoothing benefits. This is an effective anti-acne ingredient that decreases the abnormal shedding of cells within the follicles, reducing the impactions that can exacerbate breakouts and increase the risk of scarring. It also acts as an anti-inflammatory agent.

- **Wild and Sweet Cherry Extracts** – provide excellent anti-inflammatory and antioxidant properties.

- **Tocopherol (Vitamin E)** – is an excellent antioxidant and emollient. This fat-soluble vitamin is the major antioxidant that protects the lipids in the body, including cell membranes, from oxidation.
Clarifying Mask treatment protocol

cleanse
1. **Facial Wash Oily/Problem** (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

prep/degrease
2. **Smoothing Toner** (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

treat
3. **Clarifying Mask** - Dispense two or three pumps into your peel dish. With the small fan brush, apply a thin layer to the area of treatment. Fan to cool the skin.
   - Use the scale of 1 to 10 to gauge sensitivity. Fan the skin to keep the patient cool. Allow the mask to remain on the skin for up to 10 minutes, depending on patient sensitivity. When treating sensitive skin conditions such as rosacea, it is recommended to leave the mask on for approximately three minutes.

   **WARNING:** This mask is not self-neutralizing. Remove all traces of the mask thoroughly with cotton squares moistened with water.

correct
4. After removing the mask, customize the protocol with a combination of corrective daily care products to address your patient’s particular concerns and skin care goals. Refer to your customization chart on pages 203 - 204 for suggestions.

retinoid booster (optional)
5. **Ultra Peel® II** - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.
   OR
5. **Esthetique Peel** - Apply one pump for increased exfoliation, bacteria control and added melanogenesis inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.

hydrate & protect
6. **ReBalance** (pHaze 17) and **Perfecting Protection SPF 30** - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: **Weightless Protection SPF 45** for oily, acneic skin, **Total Defense Calming Hydrator SPF 25**, **Protecting Hydrator SPF 30** for normal to oily skin, or **Hydrator Plus SPF 30** for normal to dry skin.

7. **Peptide Lip Therapy** - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

   **Note:** Apply the appropriate PCA SKIN® broad-spectrum SPF product prior to applying **Peptide Lip Therapy** to protect the lips from UVA/UVB exposure.
The Pumpkin Peel Treatment simultaneously exfoliates and draws impurities out of the skin while introducing vitamins, enzymes and nutrients into the skin. This treatment is also ideal for smoothing the skin, as the naturally occurring salicylic acid and enzymes in pumpkin remove the dead surface cells that cause rough texture. The skin will have a healthy glow following treatment.

**Before**

Condition: acne and post-inflammatory hyperpigmentation.

**After**

Solution: Received six Pumpkin Peel Treatments and used Facial Wash Oily/Problem, Blemish Control Bar, A&C Synergy Serum, Rejuvenating Serum, Acne Cream, Clearskin and Protecting Hydrator SPF 25 over a three-month period.

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**Key ingredients:**

- **Pumpkin Wine** – is produced by fermenting whole pumpkin, releasing the many nutrients and benefits of pumpkin.
- **Pumpkin Enzymes** – are the components of pumpkin that act as nutritive and keratolytic agents.
- **Grape Seed and Paprika Extracts** – are potent polyphenols responsible for the correction of free radical-induced oxidation.
- **Glutathione** – is a combination of three amino acids: cystine, glutamic acid and glycine. Glutathione is found in the tissues of all plants and animals. It is a potent, endogenous antioxidant that is produced naturally by the body to prevent cellular damage. Topical glutathione use provides maximum free radical quenching capabilities.
- **Bisabolol, Willowherb and Willow Bark Extracts** – are superior anti-inflammatory agents that effectively soothe irritation and discomfort.
Pumpkin Peel Treatment protocol

**cleanse**

1. **Facial Wash Oily/Problem** (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

**prep/degrease**

2. **Smoothing Toner** (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

**treat**

3. **BETA-C Nutritioner** (Steps 1&3) - Apply with a cotton pad. Allow the skin to dry.

4. **BETA-C Mask** (Step 2) - Dispense a quarter-sized amount of the mask into a peel dish. Using a small fan brush, quickly apply a thin layer of the mask to the area of treatment being careful to avoid the area inside the orbital bone. Fan to cool the skin.
   - Use the scale of 1 to 10 to gauge sensitivity. Continue fanning to keep the patient cool. Leave the mask on the skin for 30 seconds to two minutes, depending on patient sensitivity.
   - **WARNING:** This mask is not self neutralizing. Remove all traces of the mask thoroughly with cotton squares moistened with water.

5. **BETA-C Nutritioner** (Steps 1&3) - Apply with a cotton pad. Allow the skin to dry.

**correct**

6. After the last application of the **BETA-C Nutritioner** has been absorbed into the skin, customize the protocol with a combination of corrective daily care products to address your patient’s particular concerns and skin care goals. Refer to your customization chart on pages 203 - 204 for suggestions.

**treat**

7. **BETA-C Gel** (Step 4) – Using a fan brush or gloved hands, apply a thin layer to the area of treatment.

8. **BETA-C Balm** (Step 5) – Using a fan brush or gloved hands, apply a thin layer to the area of treatment.

**indications:**
- Fitzpatrick types I – IV
- photodamage
- acne
- dull complexions
- hyperkeratolytic buildup

**contraindications:**
- pregnancy
- lactation
- allergy to aspirin (salicylates)
- hypersensitive skin
- Fitzpatrick types V-VI

**Maximum Layers (all steps) : 1**
retinoid booster (optional)

9. Ultra Peel® II - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.

OR

Esthetique Peel - Apply one pump for increased exfoliation, bacteria control and added melanogenesis inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.

hydrate & protect

10. ReBalance (pHaze 17) and Perfecting Protection SPF 30 - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF products can be used to increase customization: Weightless Protection SPF 45 for oily, acneic skin, Total Defense Calming Hydrator SPF 25, Protecting Hydrator SPF 30 for normal to oily skin, or Hydrator Plus SPF 30 for normal to dry skin.

11. Peptide Lip Therapy - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

Note: Apply the appropriate PCA SKIN® broad-spectrum SPF product prior to applying Peptide Lip Therapy to protect the lips from UVA/UVB exposure.
retinoid treatments

These treatments create mild occlusion to enhance absorption of the vitamins, antioxidants and rich actives into the skin for maximum benefits. They can be used on their own or as a booster to other PCA SKIN® peels or treatments.

- **Ultra Peel® II** is a 10% retinol cream designed to enhance the results of PCA SKIN professional treatments. It may be used alone or in combination with any other PCA SKIN chemical peel to increase exfoliation, plump and hydrate, and improve tone and texture. This is the best choice for patients with normal to dry and mature skin.

- **Esthetique Peel** combines 10% retinol and 20% lactic acid with a unique blend of polyphenols and humectants to treat aging skin, laxity, sensitive acne, rosacea and hyperpigmentation. Used alone or in combination with any PCA SKIN chemical peel, it offers immediate smoothing, brightening and firming benefits to create glowing, healthy skin. It is most appropriate for normal to oily skin and those working to clear hyperpigmentation.
This advanced hydrating treatment encourages additional post-treatment exfoliation. It may be used alone or at the end of any other PCA SKIN® professional treatment to improve tone and texture. This retinoid booster contains the phytohormone genistein, which stimulates collagen and inhibits MMP while hydrating and moisturizing aging skin. The retinol (vitamin A) content helps increase cell turnover to keep skin looking fresh, while L-ascorbic acid (vitamin C) strengthens the skin by helping to increase the skin’s collagen and elastin network.

Key ingredients:
- **Retinol (Vitamin A) (10%)** – is converted to retinoic acid in the skin and helps to normalize cell turnover and increase water content in the epidermis. It also stimulates the fibroblasts to produce additional collagen and elastin, and evens pigmentation by inhibiting melanosomes from being transferred from the melanocytes into the keratinocytes.
- **L-Ascorbic Acid (Vitamin C)** – is a powerful water-soluble antioxidant that is the only bioavailable form of vitamin C for the skin. It is also a cofactor for an enzyme crucial in the synthesis of collagen (prolyl hydrodase) and is an antioxidant agent that provides important protection against damage induced by UV radiation. Vitamin C also improves skin elasticity and decreases wrinkles by stimulating collagen synthesis. Additionally, it reduces erythema and acts as a melanogenesis inhibitor. It functions as an MMPi by controlling the expression of inflammatory enzymes (matrix metalloproteinases).
- **Galactoarabinan** – is rich in polyphenols and proanthocyanidins, which are powerful antioxidants that fight free radicals, improve circulation and strengthen capillaries.
- **Soy Isoflavones** – are a rich source of the antioxidant phytohormone genistein, which helps to stimulate collagen deposition and inhibit MMP, improving the overall condition of aging skin. Isoflavones may increase the hyaluronic acid content in the skin, enhancing its ability to attract and hold moisture.
- **DHEA** – is a yam-derived hormone precursor that softens skin and protects cells from thermal injury. It is also one of the substances responsible for regulating sebum production. DHEA depletes with age, contributing to dry skin. This is an excellent addition for aging skin.

**Before**

Condition: sun-induced hyperpigmentation and melasma.

**After**

Solution: Repeated four PCA Peel® with Hydroquinone & Resorcinol plus Ultra Peel® II treatments and used PCA SKIN daily care products morning and evening over a three-month period.

*Photos not retouched.*
An excellent treatment that can be used alone or in combination with any other PCA SKIN® treatment for smoothing, firming and brightening of all skin types, even extra-sensitive skin, including rosacea and acne. Its advanced formulation of lactic acid and retinol, along with a host of polyphenols, antioxidants, vitamins, humectants and brightening ingredients, improves the texture of skin, and also helps correct many types of skin discoloration.

**Key ingredients:**

- **Lactic Acid (20%)** – is an alpha hydroxy acid naturally found in milk and sugars. Breaks down bonds (desmosomes) between cells to allow for easier exfoliation of dead surface cells, while hydrating the skin.

- **Retinol (Vitamin A) (10%)** – is converted to retinoic acid in the skin. This non-irritating vitamin strengthens collagen, stimulates cell turnover and evens pigmentation. Has strong antioxidant properties.

- **Glutathione** – is a combination of three amino acids: cystine, glutamic acid and glycine. Glutathione is found in the tissues of all plants and animals. It is a potent, endogenous antioxidant that is produced naturally by the body to prevent cellular damage. Topical glutathione use provides maximum free radical quenching capabilities.

- **Kojic Acid, Rumex Occidentalis and Arbutin** – are melanogenesis inhibitors. These ingredients are effective in evening skin tone and preventing future discolorations.

- **Hyaluronic Acid and Honey** – are natural humectants responsible for the re-hydration of the epidermis and increase the skin’s ability to retain moisture.

- **Bilberry Extract, Boldine Extract, Grape Seed Extract and Lycopene** – are potent antioxidants that effectively quench the free radicals responsible for skin damage and accelerated aging.

*Photos not retouched.*
Ultra Peel® II and Esthetique Peel treatment protocol

**cleanse**

1. **Facial Wash Oily/Problem** (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

**prep/degrease**

2. **Smoothing Toner** (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

**correct**

3. At this point, customize the protocol with a combination of corrective daily care products to address your patient’s particular concerns and skin care goals. Refer to your customization chart on pages 203 - 204 for suggestions.

**treat**

4. **Ultra Peel® II** or **Esthetique Peel** - Dispense one pump of either into gloved hands. Gently spread the product over the area of treatment, keeping the application even and thin.
   - Use the scale of 1 to 10 to gauge sensitivity. Fan the skin to keep the patient cool. The skin will have a slightly tacky feeling. Most patients will not have any sensitivity to either of these products.
   - The maximum number of layers is one.

**retinoid booster (optional)**

5. If you choose the **Esthetique Peel** for the **treat** step, you may still apply one pump of **Ultra Peel® II** for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.

**hydrate & protect**

6. **ReBalance** (pHaze 17) and **Perfecting Protection SPF 30** - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: **Weightless Protection SPF 45** for oily, acneic skin, **Total Defense Calming Hydrator SPF 25**, **Protecting Hydrator SPF 30** for normal to oily skin or **Hydrator Plus SPF 30** for normal to dry skin.

7. **Peptide Lip Therapy** - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

**Note:** Apply the appropriate PCA SKIN® broad-spectrum SPF product prior to applying **Peptide Lip Therapy** to protect the lips from UVA/UVB exposure.

**indications:**
- **Ultra Peel® II and Esthetique Peel**:
  - Fitzpatrick types I – VI
  - fine lines and wrinkles
- **Ultra Peel® II**:
  - dry skin
  - dehydrated skin
- **Esthetique Peel**:
  - hyperpigmentation
  - laxity
  - acne
  - oily skin

**contraindications:**
- **Ultra Peel® II and Esthetique Peel**:
  - pregnancy
  - lactation
- **Ultra Peel® II**:
  - acne
  - extremely oily skin
peel alternatives

Use these treatments to keep skin free of pollutants and toxins, leading to a brighter and clearer complexion, especially in acne-prone skin. Both of these treatments are options for all skin types and can be used on pregnant and lactating women, with the consent of their obstetrician.

- **Detox Gel Deep Pore Treatment** refines the pores and clears the skin of unwanted toxins and debris, leaving all skin types glowing and healthy.
- **Oxygenating Trio** is a three-step process used to increase blood flow and oxygenation to help remove toxins from the skin and to create an unfavorable environment for the anaerobic P. acnes bacteria. Those with grades I-III acne benefit greatly from this treatment. This is also an excellent choice for those who desire luminescent skin prior to a big event or those who do not wish to peel. Patients need to be prepared that they may have some erythema the day of treatment due to increased circulation.
This is an excellent choice for detoxifying all skin types. The active blend of lactic, glycolic and salicylic acids effectively penetrates pores to dissolve impactions and blackheads, kill bacteria, reduce inflammation and remove excess cell debris to leave the skin hydrated, purified and clear. This gentle, deep pore cleansing treatment provides strong antibacterial and antioxidant action.

**Key ingredients:**

- **Glycolic Acid (2%)** – is an alpha hydroxy acid that helps to break down the bonds between the cells (desmosomes) and acts as a strong degreasing agent. It is best used short-term on oily skin types.

- **Salicylic Acid (2%)** – is a beta hydroxy acid with smoothing benefits. This is an effective anti-acne ingredient that decreases the abnormal shedding of cells within the follicles, reducing the impactions that can exacerbate breakouts and increase the risk of scarring. It also acts as an anti-inflammatory agent.

- **Lactic Acid (2%)** – is an alpha hydroxy acid naturally found in milk and sugars. It breaks down bonds between cells (desmosomes) to allow for easier exfoliation of dead surface cells while hydrating the skin. It also functions as a melanogenesis inhibitor by suppressing the formation of tyrosinase.

- **Totarol** – is an extract from the New Zealand totara tree with potent antibacterial and antioxidant properties that is gentle and non-irritating.

- **Glutathione** – is a combination of three amino acids: cystine, glutamic acid and glycine. Glutathione is found in the tissues of all plants and animals. It is a potent, endogenous antioxidant that is produced naturally by the body to prevent cellular damage. Topical glutathione use provides maximum free radical quenching capabilities.

- **Hydrogen Peroxide** – is a topical oxygen source effective in controlling bacteria within the follicle.

*Photos not retouched.*
indication:
Fitzpatrick skin types I – VI
acne and breakout-prone skin
oily skin
deep pore cleansing and extractions
pregnancy (patients should check with their obstetrician)
lactation (patients should check with their obstetrician)

Detox Gel Deep Pore Treatment protocol

cleanse
1. Facial Wash Oily/Problem (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

prep/degrease
2. Smoothing Toner (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

Treat
3. Steam - You may turn on your steamer at this time and leave it on for the duration of the massage (remember not to combine steam with any other PCA SKIN® peels).
4. Detox Gel - Before using, gently agitate the product. Dispense two to three pumps into your peel dish. Using your small fan brush, apply onto the areas of treatment, concentrating on areas of breakouts. Using gloved hands, gently massage the product into the skin for approximately three to five minutes. You may apply more Detox Gel to continue your massage if the product dries on the skin. This is typically not necessary if using in conjunction with steam.
   • Use the scale of 1 to 10 to gauge sensitivity. Fan the skin to keep the patient cool. Allow Detox Gel to penetrate. The skin will have a slightly flushed appearance.
   • The maximum number of layers is one.
5. Extractions - If needed, you may now perform gentle extractions. Impurities should be purged from the follicles with ease.
   • Using a cotton pad, swipe the areas of extractions with Smoothing Toner (pHaze 2) to clean and soothe any inflammation that is present.
   Note: You may use Nutrient Toner (pHaze 5) in place of Smoothing Toner (pHaze 2) on sensitive skin types.

Correct
6. After the Detox Gel has been absorbed into the skin or after extractions, customize the protocol with a combination of corrective daily care products to address your patient’s particular concerns and skin care goals. Refer to your customization chart on pages 203 - 204 for suggestions.

Contraindications:
allergy to aspirin (salicylates)
retinoid booster (optional)

7. **Ultra Peel® II** - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.

**OR**

**Esthetique Peel** - Apply one pump for increased exfoliation, bacteria control and added tyrosinase inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.

hydrate & protect

8. **ReBalance** (pHaze 17) and **Perfecting Protection SPF 30** - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: **Weightless Protection SPF 45** for oily, acneic skin, **Total Defense Calming Hydrator SPF 25**, **Protecting Hydrator SPF 30** for normal to oily skin or **Hydrator Plus SPF 30** for normal to dry skin.

9. **Peptide Lip Therapy** - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

**Note:** Apply the appropriate PCA SKIN® broad-spectrum SPF product prior to applying **Peptide Lip Therapy** to protect the lips from UVA/UVB exposure.
This antioxidant therapy corrects and prevents free radical damage, as oxidative and environmental stress is one of the more significant contributors to the aging process. This treatment helps stimulate cutaneous oxygenation and circulation, rejuvenating sluggish, stressed skin as it draws oxygen to the skin’s surface, resulting in radiant, healthy skin.

**Key ingredients:**

- **Superoxide Dismutase, Fumaric Acid and Niacinamide** – improve blood flow and circulation. These ingredients aid in the natural tissue oxygenation process within the skin.

- **Hydrolyzed Candida Saitoana Extract** – is a type of fungi that encourages skin cell autophagy (the skin’s natural detoxification process). Studies show that topical application rids the skin cells of toxins and reduces free radical damage.

- **Hydrogen Peroxide** – is a topical oxygen source effective in controlling bacteria within the follicle.

- **Lactic Acid** – is an alpha hydroxy acid naturally found in milk and sugars. It breaks down bonds between cells (desmosomes) to allow for easier exfoliation of dead surface cells while hydrating the skin. It also functions as a melanogenesis inhibitor by suppressing the formation of tyrosinase.

- **Glycolic Acid** – is an alpha hydroxy acid that helps to break down the bonds between the cells (desmosomes) and acts as a strong degreasing agent. It is best used short-term on oily skin types.

- **Salicylic Acid** – is a beta hydroxy acid with smoothing benefits. This is an effective anti-acne ingredient that decreases the abnormal shedding of cells within the follicles, reducing the impactions that can exacerbate breakouts and increase the risk of scarring. It also acts as an antiinflammatory agent.

**before**

Condition: acne and diffuse redness.*

**after**

Solution: Received one Oxygenating Trio Treatment and used Blemish Control Bar, Facial Wash Oily/Problem, Acne Gel, Rejuvenating Serum, Protecting Hydrator SPF 30 and ReBalance twice daily over a one-month period.*
Oxygenating Trio treatment protocol

**cleanse**

1. **Facial Wash Oily/Problem** (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse, and pat dry.

**prep/degrease**

2. **Smoothing Toner** (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

**treat**

3. **Activator** (Step 1) - Pour approximately a dime-sized amount into a small peel dish. Apply generously with a brush over the entire area of treatment. Allow to penetrate, and dry thoroughly. The patient will feel internal warming as the skin is being stimulated. Fan the patient to keep them cool. You may proceed with the treatment once the product has absorbed and the patient’s skin is dry to the touch.

4. **Detoxifier** (Step 2) - Massage a dime-sized amount into the skin with your fingers in a circular motion for approximately two minutes. Take your time with this process as this step drives **Activator** (Step 1) into the skin and promotes circulation. Remove any obvious excess by gently blotting with a tissue or with **Nutrient Toner** (pHaze 5) on a cotton pad.

**correct**

5. After performing the first two steps of this trio, customize the protocol with a combination of corrective daily care products to address your patient’s particular concerns and skin care goals. Refer to your customization chart on pages 203 - 204 for suggestions.

**treat**

6. **Oxygenator** (Step 3) - Massage a dime-sized amount into the skin with your fingers in a circular motion over the entire area of treatment. A little of this product goes a long way, so do not overuse, avoiding contact with the eyebrows and hair due to possibility of bleaching. Coverage should be thin, even and thorough.

**indications:**
- Fitzpatrick types I – VI
- acne and breakout-prone skin
- asphyxiated skin
- deoxygenated skin
- dull complexions
- pregnancy (patients should check with their obstetrician)
- lactation (patients should check with their obstetrician)

**Maximum Layers (all steps) : 1**

**contraindications:**
- reactive skin
- aggravated rosacea
- vascular weakness
- allergy to aspirin (salicylates)
retinoid booster (optional)

7. **Ultra Peel II** - Apply one pump for increased exfoliation and hydration. Gently spread the product over the area of treatment, keeping the application even and thin.

OR

**Esthetique Peel** - Apply one pump for increased exfoliation, bacteria control and added tyrosinase inhibition. Gently spread the product over the area of treatment, keeping the application even and thin.

hydrate & protect

8. **ReBalance** (pHaze 17) and **Perfecting Protection SPF 30** - Complete the treatment with this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: **Weightless Protection SPF 45** for oily, acneic skin, **Total Defense Calming Hydrator SPF 25**, **Protecting Hydrator SPF 30** for normal to oily skin or **Hydrator Plus SPF 30** for normal to dry skin.

9. **Peptide Lip Therapy** - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

**Note:** Apply the appropriate PCA SKIN® broad-spectrum SPF product prior to applying **Peptide Lip Therapy** to protect the lips from UVA/UVB exposure.
alternative protocols

PCA SKIN facial for men
This facial is designed to clear, hydrate and revitalize men’s skin.

cleanse
1. Total Wash Face & Body Cleanser - Cleanse the area of treatment thoroughly. Rinse and pat dry.

prep/degrease
2. Nutrient Toner (pHaze 5) - Apply with a cotton pad. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

treat
3. Gentle Exfoliant - Apply a small amount to wet fingertips and massage lightly, working in a circular motion. Completely remove from treatment area using cotton pads moistened with warm water.

4. Steam - You may turn on your steamer at this time and leave on for the duration of the application of Mask.

5. Pre-Peel Accelerator Mask - (Step 1 from the Smoothing Body Peel Treatment) - Apply liberally and massage into the area of treatment. Continue massaging until all of the product is absorbed (approximately three to five minutes). This is the exfoliating portion of this protocol. Urea, when used at higher percentages, is an effective keratolytic. This will gently dissolve keratinization and allow for cell renewal. Remove completely with water.

correct
6. Total Strength Line & Pore Minimizer – Apply a nickel-sized amount to the area of treatment to strengthen the skin.

7. Retinol Renewal with RestorAtive Complex (pHaze 26) - Apply a nickel-sized amount to the area of treatment to increase cellular renewal, moisture content, collagen production and to inhibit melanogenesis.

8. Hydrating Serum (pHaze 43) and C-Strength 15% with 5% Vitamin E (pHaze 16) – Apply a mixture to stimulate collagen synthesis and encourage ceramide, essential fatty acid (EFA) and moisture retention.

9. EyeXcellence (pHaze 12) - Gently apply around the delicate eye area to reduce dark circles and puffiness while stimulating collagen production to reduce fine lines and wrinkles.

indications:
Fitzpatrick types I-VI
all skin types and conditions

Products:
Total Wash Face & Body Cleanser
Nutrient Toner (pHaze 5)
Gentle Exfoliant (pHaze 4)
Pre-Peel Accelerator Mask (step 1)
Total Strength Line & Pore Minimizer
Retinol Renewal with RestorAtive Complex (pHaze 26)
Hydrating Serum (pHaze 43)
C-Strength 15% with 5% Vitamin E (pHaze 16)
EyeXcellence (pHaze 12)
Total Defense Calming Hydrator SPF 25
ReBalance (pHaze 17)
Peptide Lip Therapy
hydrate & protect

10. **ReBalance** (pHaze 17) and **Total Defense Calming Hydrator SPF 25** - Apply this combination to calm, hydrate and protect the skin from UVA and UVB exposure.

11. **Peptide Lip Therapy** - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

**Note:** Apply the appropriate PCA SKIN broad-spectrum SPF product prior to applying **Peptide Lip Therapy** to protect the lips from UVA and UVB exposure.
PCA SKIN signature facial

The PCA SKIN signature facial is an excellent first-time treatment and a great choice for patients specifically requesting a facial, and for those who do not want to experience peeling. This facial calms, soothes and strengthens all skin types and conditions.

1. **Warm compress** – Begin by applying a warm compress to the décolleté, neck and face, and apply gentle pressure by molding and gently pressing on the towel. Remove the compress.

2. **Facial Wash Oily/Problem** (pHaze 1) - Cleanse the area of treatment thoroughly. Rinse and pat dry.

**pre-treat**

3. **Smoothing Toner** (pHaze 2) - Apply with a cotton pad to prep (degrease) the skin. Allow the skin to dry. This product may sting or tingle on some individuals. Assess sensitivity by asking the patient, “On a scale of one to ten, ten being extremely active, how do you rate this sensation (or feeling)?”

   *Note: Nutrient Toner* (pHaze 5) may be used in place of **Smoothing Toner** (pHaze 2) on more sensitive skin types.

4. **Gentle Exfoliant** (pHaze 4) - Apply a small amount to wet fingertips and massage lightly, working in a circular motion. Completely remove from treatment area using a cotton pad moistened with water.

5. **Extractions** - Using gloved hands, gentle extractions may be performed at this time.

6. **Nutrient Toner** (pHaze 5) - With a cotton pad, swipe the areas of extractions to cleanse and soothe.

**treat**

7. **Detoxifier** (Step 2 from the Oxygenating Trio) - Apply with your fingers in a circular motion over the entire treatment area. Take your time with massaging the treatment area. Wait three minutes to allow product to penetrate. Remove any obvious excess by gently blotting with a tissue or with **Nutrient Toner** (pHaze 5) on a cotton pad.

**indications:**

- Fitzpatrick types I-VI
- all skin types and conditions
- pregnant and lactating women (patients should check with their obstetrician)

**Products:**

- Facial Wash Oily/Problem (pHaze 1)
- Smoothing Toner (pHaze 2)
- Gentle Exfoliant (pHaze 4)
- Nutrient Toner (pHaze 5)
- Detoxifier (Step 2 from the Oxygenating Trio)
- ExLinea® Peptide Smoothing Serum (pHaze 25)
- C-Quench® Antioxidant Serum (pHaze 15+)
- A&C Synergy Serum (pHaze 23)
- Hydrating Serum (pHaze 43)
- Anti-Redness Serum (pHaze 42)
- Retinol Renewal with Restorative Complex (pHaze 26)
- Rejuvenating Serum (pHaze 24)
- C-Strength 15% with 5% Vitamin E (pHaze 16)
- EyeXcellence (pHaze 12)
- ReBalance (pHaze 17)
- Perfecting Protection SPF 30
- Peptide Lip Therapy
8. **ExLinea® Peptide Smoothing Serum** (pHaze 25) - Apply to areas of laxity and wrinkling.

9. **C-Quench® Antioxidant Serum** (pHaze 15+) - Apply a nickel-sized amount for additional strengthening and hydrating benefits.

10. **A&C Synergy Serum** (pHaze 23) - Apply a nickel-sized amount to the area of treatment for brightening, increased cell turnover and pore-refining action.

11. **Hydrating Serum** (pHaze 43) - Apply a nickel-sized amount to the area of treatment to encourage ceramide, essential fatty acid (EFA) and moisture retention, improving the overall function of the skin’s natural moisturizing factor (NMF).

12. **Anti-Redness Serum** (pHaze 42) - Apply a nickel-sized amount to improve microcirculation and barrier function, while also reducing inflammation and redness.

13. **Retinol Renewal with RestorAtive Complex** (pHaze 26) - Apply a nickel-sized amount pumps to increase cellular renewal, moisture content and collagen production for a smoother, firmer, more even complexion.

14. **Rejuvenating Serum** (pHaze 24) and **C-Strength 15% with 5% Vitamin E** (pHaze 16) - Apply a mixture to stimulate collagen and elastin synthesis and healthy cell proliferation while improving barrier function.

15. **EyeXcellence** (pHaze 12) - Gently apply around the delicate eye area to reduce dark circles and puffiness, while stimulating collagen production to reduce fine lines and wrinkles.

16. **ReBalance** (pHaze 17) and **Perfecting Protection SPF 30** - Apply this combination to calm, hydrate and protect the skin from UVA and UVB exposure. An alternate PCA SKIN broad-spectrum SPF product can be used to increase customization: **Weightless Protection SPF 45** for oily, acneic skin, **Total Defense Calming Hydrator SPF 25**, **Protecting Hydrator SPF 30** for normal to oily skin or **Hydrator Plus SPF 30** for normal to dry skin.

17. **Peptide Lip Therapy** - Finish with a liberal application to reduce flaking, improve hydration and dramatically reduce lip lines.

   **Note:** Apply the appropriate PCA SKIN broad-spectrum SPF product prior to applying **Peptide Lip Therapy** to protect the lips from UVA and UVB exposure.
post-procedure care

For post-procedure care, please refer back to the Post-Procedure Skin Treatment Tips in the Patient Consultation section of this textbook.

The Post-Procedure Solution
Facial Wash
Après Peel® Soothing Balm
Perfecting Protection SPF 30
ReBalance
Silkcoat® Balm
| PCA SKIN® professional treatments: facts and protocols |

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<th>sensitive skin &amp; rosacea</th>
<th>visible aging</th>
<th>dry skin</th>
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<th>dull/sallow complexions</th>
<th>pregnancy &amp; lactation</th>
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<th>Fitz. IV-VI</th>
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**modified and enhanced Jessner’s solutions**

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<td>(when UV-induced hyperpigmentation is present)</td>
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**blended TCA peels**

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<td>(inflamed and sensitive acne)</td>
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<td>Ultra Peel® I</td>
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<td>(adult and dehydrated acne)</td>
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<p>| Fitz. IV-VI | |
|-------------|---|---|
| PCA Peel® Hydroquinone Free | X | |
| PCA Peel® with Hydroquinone | X | (up to IV) |
| PCA Peel® with Hydroquinone &amp; Resorcinol | X | |</p>
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**salicylic acid treatments**

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<th>visible aging</th>
<th>dry skin</th>
<th>oily skin</th>
<th>dull/sallow complexions</th>
<th>pregnancy &amp; lactation</th>
<th>Fitz. I-III</th>
<th>Fitz. IV-VI</th>
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<tbody>
<tr>
<td><strong>Clarifying Mask</strong></td>
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<tr>
<td><strong>Pumpkin Peel Treatment</strong></td>
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<td></td>
<td>X</td>
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<td></td>
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<td>X</td>
<td>X (up to IV)</td>
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**retinoid treatments**

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<th></th>
<th>hyperpigmentation</th>
<th>acne</th>
<th>sensitive skin &amp; rosacea</th>
<th>visible aging</th>
<th>dry skin</th>
<th>oily skin</th>
<th>dull/sallow complexions</th>
<th>pregnancy &amp; lactation</th>
<th>Fitz. I-III</th>
<th>Fitz. IV-VI</th>
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<tbody>
<tr>
<td><strong>Ultra Peel® II</strong></td>
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**peel alternatives**

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<th>sensitive skin &amp; rosacea</th>
<th>visible aging</th>
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<th>pregnancy &amp; lactation</th>
<th>Fitz. I-III</th>
<th>Fitz. IV-VI</th>
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<tbody>
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<td><strong>Detox Gel Deep Pore Treatment</strong></td>
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<td><strong>Oxygenating Trio</strong></td>
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