



Fundamental peel certification





Fundamental Peel Certification 2.0



Course Topics

Fundamental Peel Certification 2.0

- Partnering with PCA SKIN®
- Our formulating and treatment philosophies
- Skin analysis and consultation
- Condition pathways and key daily care correctives
- Types of exfoliation; mechanical, enzymatic and chemical
- PCA SKIN® facial options and hands-on experience
- Peel technology and differentiators
- PCA SKIN® professional treatments
- Hands-on peel experience





Why PCA SKIN®?



Our Vision Improve People's Lives

Three Core Pillars



PCA SKIN® was founded in Arizona in 1990 by an esthetician and developed by a dermatologist.



Product Innovation



Excellence in Education



Unparalleled Customer Support

Award Winning

#1

In esthetician education



Favorite Acne Spot Treatment
acne gel
salicylic acid
azelaic acid
spot treatment
1.8 oz (51.3 mL)

Best Dark Spot Serum
pigment gel
bro
intensive dark
spot corrector
1.8 oz (51.3 mL)

Best Hydrating Serum
hyaluronic acid
boosting serum
advanced skin hydration
with HA-Pro Complex
1.8 oz (51.3 mL)

Best Growth Factor Serum
pro-max
age renewal
advanced serum
with growth factor
technology
1.8 oz (51.3 mL)

Benefits of Partnering with PCA SKIN®



Bilingual Support

students@pcaskin.com

877.722.7546

Prompt: Professional>Student



Continuous Learning



Diversity in Esthetics Scholarship



Unlock Opportunities

Medical
Spa
Independent



Formulating Philosophy

What makes PCA SKIN® unique?



- Products with treatment options for every skin condition, skin type and skin tone
- Deliberate selection of ingredient blends
- Our broad-spectrum SPF products are recommended by the Skin Cancer Foundation

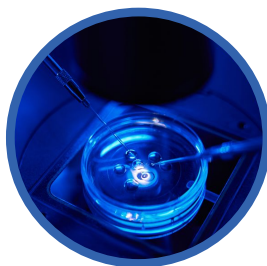
Our products are formulated without:

- ✓ Synthetic ✓ Mineral oil ✓ Lanolin ✓ Phthalates ✓ Parabens
frangrances

Clinically Proven



Quantitative and Qualitative Analysis



Efficacy Evaluations



Stability Testing



Skin Consultation

Consultation Essentials Building Trust, Loyalty and Compliance



Intake Forms



Skin Analysis



Diagnostic Lamps



Skin Tone and Ancestry

Fitzpatrick Skin Types and Sensitivity



Fitzpatrick Skin Type	Skin Color	Common Hereditary Backgrounds	Visual Reaction to Sun	Typical Sensitivity to Chemical Peels	Common Response to UV Rays
I	Pale White	Nordic, Scandinavian (Swedish, Danish)	Always Burns, Never Tans	Very Resilient	Skin Cancer & Hypopigmentation
II	White	Irish, English, Welsh	Usually Burns	Resilient	Skin Cancer & Telangiectasia
III	Light Brown, (Naturally Tan) Skin	Asian, Mediterranean (Italian, Greek)	Mildly Burns, Tans Relatively Well	Moderately Responsive	Skin Cancer, Telangiectasia & Hyperpigmentation
IV	Moderate Brown	Hispanic, Middle Eastern, African American, Native American	Rarely Burns, Tans Well	Sensitive	Hyperpigmentation
V	Dark Brown	Hispanic, Middle Eastern, African American, Native American, South Asian	Very Rarely Burns, Tans Easily	Moderately Sensitive	Hyperpigmentation
VI	Black	African American, South Asian	Least Likely to Burn, Tans Very Darkly	Very Sensitive	Hyperpigmentation

Daily Care: Customize for Optimal Results



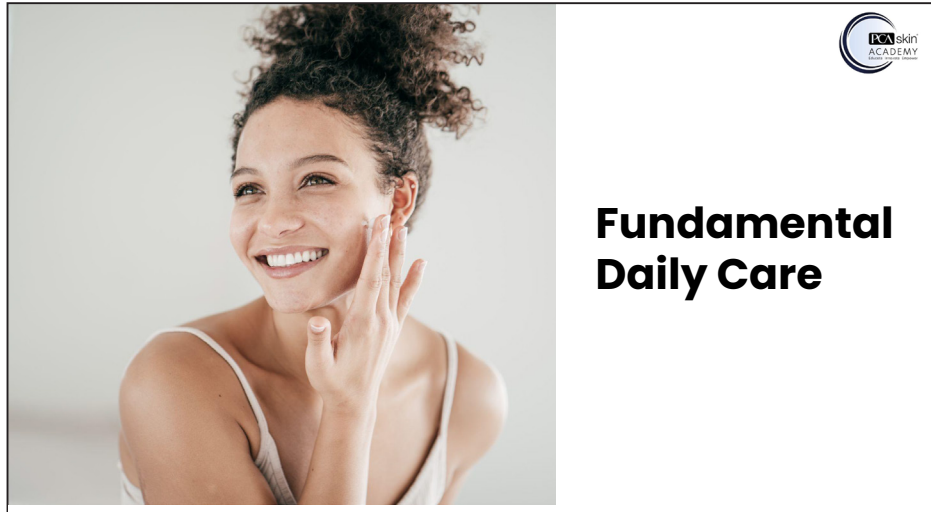
60:1 Ratio: daily care 2X/day at home and 1X/month with a clinician

Best Results: properly preps the skin prior to a peel, increasing the likelihood of a positive treatment outcome



recommended skincare protocol

Cleansers	Treatment Days	Serums	GFs
Conditioners	Moisturizers		
Name: _____ Date: _____		Name: _____ Date: _____	



Fundamental Daily Care

Cleansers for Every Skin Type & Concern

<p>daily cleansing oil</p> <ul style="list-style-type: none"> • Dry/dehydrated • Sensitive • Dissolves dirt, oil and debris 	<p>creamy cleanser</p> <ul style="list-style-type: none"> • Dry/sensitive skin • Impaired barrier • Non-stripping, soothing cleanser 	<p>facial wash</p> <ul style="list-style-type: none"> • Non-oily/dry skin • Exfoliate • Gently remove eye makeup 	<p>facial wash oily/problem</p> <ul style="list-style-type: none"> • Combination/oily skin • Breakouts • Exfoliate, purify, minimize breakouts 	<p>bpo 5% cleanser</p> <ul style="list-style-type: none"> • Combination/oily skin • Acne • Instant antibacterial and exfoliation benefits
<ul style="list-style-type: none"> • Grape seed oil • Sweet almond oil • Tocopherol (Vitamin E) 	<ul style="list-style-type: none"> • Rosehip seed oil • Sunflower oil • Aloe vera leaf juice 	<ul style="list-style-type: none"> • Lactic acid • Aloe vera leaf juice • Salix nigra (willow) bark extract 	<ul style="list-style-type: none"> • Lactic acid • Aloe vera leaf juice • Gluconolactone 	<ul style="list-style-type: none"> • Benzoyl peroxide (BPO) 5% • Gluconolactone • Phytic acid

Toners for Every Skin Type & Concern



← **Intensity** →


<p>hydrating toner</p> <ul style="list-style-type: none"> • Dry/dehydrated • Sensitive <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Watermelon, apple and lentil fruit extracts • Jania rubens extract • Evening primrose oil 	<p>nutrient toner</p> <ul style="list-style-type: none"> • Non-oily/combo skin • Dullness <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Pumpkin wine • Aminoguanidine • Glutathione • Lactic acid 	<p>smoothing toner</p> <ul style="list-style-type: none"> • Combination/oily skin • Breakouts/acne <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Lactic acid • Citric acid • Marigold, goldenseal, cucumber, sage, guarana and ivy extracts
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Hydrators for Every Skin Type & Concern



← **Emollience** →

<p>clearskin</p> <ul style="list-style-type: none"> • Oily/combo skin • Breakouts • Quick-absorbing, non-oily finish <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Niacinamide (4%) • Bisabolol • Retinyl palmitate 	<p>ReBalance</p> <ul style="list-style-type: none"> • Non-oily or dry skin • Unique feather-like texture <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Borage seed oil • Evening primrose oil • Vitamin E • Niacinamide 	<p>après peel® hydrating balm</p> <ul style="list-style-type: none"> • Non-oily/dry skin • Refreshing gel/cream-like consistency <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Chasteberry fruit extract • Soy isoflavones • Apricot kernel oil 	<p>collagen hydrator</p> <ul style="list-style-type: none"> • Dry skin • Rich and intense hydration <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Shea butter • Olive fruit oil • Sweet almond fruit extract 	<p>silkcoat® balm</p> <ul style="list-style-type: none"> • Dry, sensitive skin • Impaired barrier • Calm and protect from harsh environments <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Jojoba seed oil • Hydrolyzed silk • Tocopheryl acetate (Vitamin E) • Squalane • Thyme leaf extract
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SPF for Every Skin Type & Concern

← **Emollience** → +

weightless broad-spectrum SPF 45


- Oily/combination skin
- Breakouts
- Light hydration with a matte finish



- Zinc oxide (8.4%)
- Octocrylene (1.9%)
- Octisalate (4.9%)
- Caffeine
- Silybum
- Ectoin®

daily defense broad-spectrum SPF 50+


- Non-oily
- Unique feather-like texture




- Zinc oxide (9.1%)
- Octisalate (4.9%)
- Octocrylene (9.5%)
- Caffeine
- Silybum
- Ectoin®

hydrator plus broad-spectrum SPF 30


- Dry skin



- Zinc oxide (5.4%)
- Octocrylene (9.5%)
- Octisalate (4.9%)
- Caffeine
- Sodium hyaluronate, sodium PCA and glycerin



SPF for All Skin Types: Water Resistant



active broad-spectrum SPF 45

- For all skin types
- Tested to protect the skin for 80 minutes in water or while sweating
- Formulated for use while in water or sweating, so sunscreen won't drip into eyes

Key Ingredients

- Zinc oxide (8.0%)
- Octocrylene (8.1%)
- Octisalate (4.9%)
- Caffeine



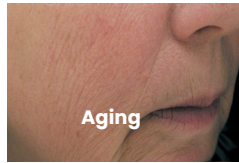
sheer tint broad-spectrum SPF 45

- All skin types
- Purely physical
- Water-resistant

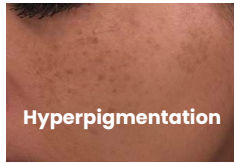
Key Ingredients

- Titanium dioxide (7.6%)
- Zinc oxide (8%)
- Jojoba esters
- Iron oxides

Skin Conditions



Aging



Hyperpigmentation

- Pathogenesis
- Presentations
- Treatment plan
- How to introduce to the patient



Acne



Sensitive Skin



Dullness



Aging Skin

Aging skin: causes

Common Intrinsic factors

- Genetics
- Cellular senescence
- Hormonal changes
 - menopause
- Metabolic processes
 - Sebaceous glands
 - Fibroblasts



Common Extrinsic factors

- Sun exposure
- Environmental factors
 - Pollution
 - Harsh weather
- Lifestyle factors
- Repetitive facial expressions
- Gravity



2012 the New England Journal of Medicine

Age Control: Daily Care Regimen



Acetyl hexapeptide-8 (Argireline[®] Amplified), Snap-8[™] (Acetyl Octapeptide-3), polysaccharide-amino acid blend, bacillus/soybean ferment extract



Micro growth factor technology, organic kangaroo paw extract, skin-firming biopolymers



Retinol (0.5%), InflaShield[™], orange stem cell extract



Dullness

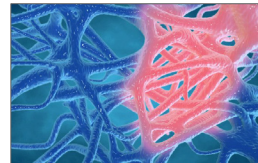
Dull skin is a lack of radiance, often resulting from three common causes: dryness, rough texture and uneven tone.



Dryness
A lack of moisture due to dryness and dehydration can cause the skin to appear lackluster, sallow, or dull.



Rough Texture
Uneven skin texture from fine lines and wrinkles, enlarged pores and dead skin cannot reflect light as well as smooth, uniform skin can.



Uneven Skin Tone
Uneven skin tone, often caused by internal factors (diet, lack of sleep) or external factors (pollution, UV rays, free radicals), results in a complexion that cannot reflect light well.

Dullness: Daily Care Regimen



Niacinamide (6%), mulberry extract, green tea extract, and oligopeptide-51, plankton extract

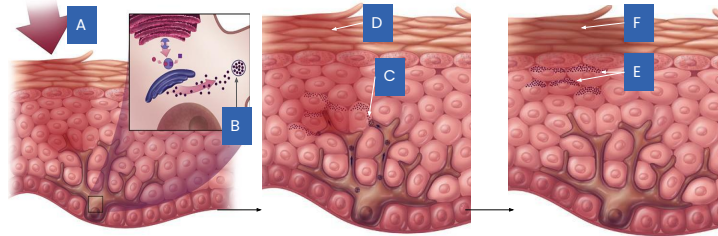


Squalane, niacinamide, bio-stable gallic acid + smart melanin micro algae



Hyperpigmentation

The process known as **melanogenesis** is responsible for the production of pigment within the skin.



- A** Cutaneous inflammation
- B** Melanin-filled melanosome is formed
- C** Melanosomes are transferred to the keratinocytes
- D** Faint hyperpigmentation appears on the skin surface
- E** Melanin-filled keratinocytes rise to the surface
- F** Hyperpigmentation darkens in the flattened corneocytes

Types of Hyperpigmentation



Hyperpigmentation: Daily Care Regimen



Lactic acid,
kojic acid,
azelaic acid,
phenylethyl
resorcinol

OR



SynerPro Complex;
hexylresorcinol, purified
licorice extract,
niacinamide,
tranexamic acid




L-ascorbic acid
(20%), tocopherol
(5%)



Retinol (0.5%),
niacinamide
(4.4%),
hexylresorcinol
(1.1%)



Breakout/Acne Prone Skin








Acne Simplex	Grade 1	Grade 2
		
Acne Vulgaris	Grade 3	Grade 4
		


Image 1 and 2 courtesy of VisualDX



Acne Control: Daily Care Regimen


		
Salicylic acid (2%), mandelic acid, hexylresorcinol, ethyl linoleate	Retinol (0.5%), salicylic acid (2%), bakuchiol	Niacinamide (4%), butcher's broom root extract, borage seed oil






Sensitive Skin

Sensitive Skin





Rosacea **Impaired Barrier Function** **Atopic Dermatitis** **Psoriasis**

Rosacea



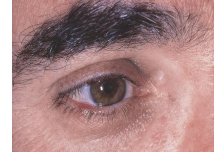
Subtype 1



Subtype 2



Subtype 3



Subtype 4

Sensitive Skin: Daily Care Regimen



Glycerin, sodium hyaluronate, urea

OR



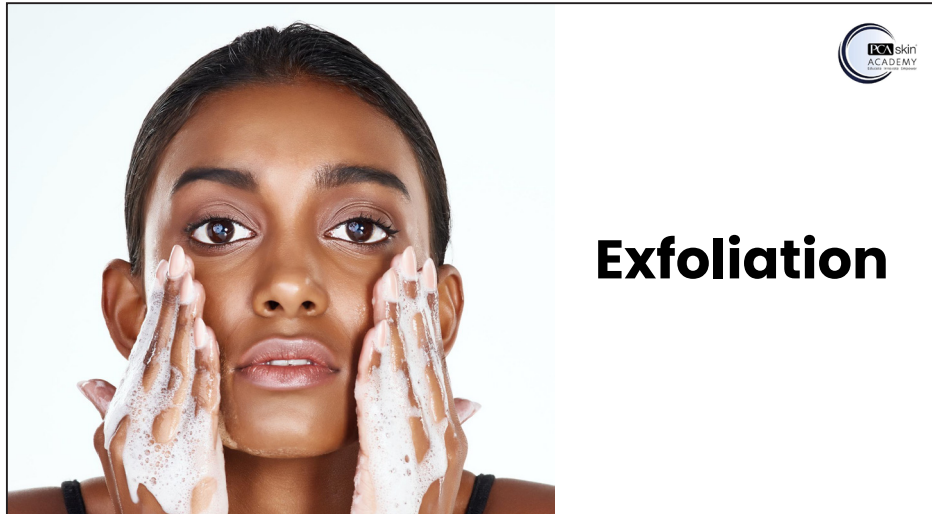
Hyaluronic acid, sodium hyaluronate, hydrolyzed hyaluronic acid, HA-Pro Complex™



Niacinamide, InfaSheild™, dimethyl sulfone, and silybum marianum fruit extract



Retinol, niacinamide, InfaSheild™

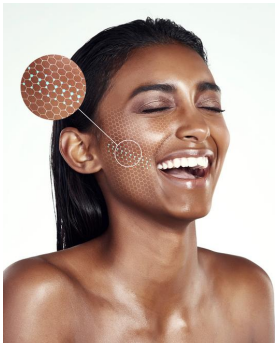


Exfoliation


Removal of dead skin cells from the surface of the skin.

Benefits

- Increases the desquamation process, which slows as we age
- Reveals healthier, smoother cells resulting in a brighter and even complexion
- Prevents clogged pores, resulting in fewer breakouts
- Enhances daily care and professional treatment absorption



ICA skin ACADEMY



Methods of Exfoliation

Physical	Enzymatic	Chemical
<p>Process of using abrasive substances or tools to physically remove dead skin cells from the surface of the skin</p>	<p>Process of applying an enzyme to the skin for the purpose of digesting keratin protein in the stratum corneum and breaking down the bonds that hold dead skin cells together</p>	<p>Process of using alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), polyhydroxy acids, trichloroacetic acid (TCA) and retinoids to reduce dead skin cell buildup, blemishes, wrinkles and discoloration from the surface of the skin</p>



Physical Exfoliants for Every Skin Concern

- ← **Intensity** → +

<p>daily exfoliant</p> <ul style="list-style-type: none"> • Preventative • Dull complexion <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Salicornia herbacea extract • Cellulose acetate • Green tea extract • Aloe barbadensis leaf juice 	<p>purifying mask</p> <ul style="list-style-type: none"> • Breakouts • Oily • Surface debris <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Algae • Clay • Pumice (Microfine) • Grape seed oil 	<p>pore refining treatment</p> <ul style="list-style-type: none"> • Rough surface texture • Discoloration <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Lavender, tea tree, spearmint, thyme and grapefruit peel oils • Mandelic acid • Papain • Rice powder and pumice • Kaolin and bentonite
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Enzymatic Exfoliation



Papain
 A proteolytic enzyme found in the papaya fruit

- Wound-healing
- Anti-fungal
- Antibacterial
- Antioxidant



Bromelain
 A proteolytic enzyme found in pineapple

- Anti-inflammatory
- Healing



Pumpkin
 Contains a high percentage of naturally occurring salicylic acid

J Pak Med Assoc. 2017 Jan;67(1):121-125
Pak J Biol Sci. 2010 Jun 15;13(12):696-603

Enzymatic Exfoliants for Every Skin Concern



enzymatic treatment

- Age concerns
- Dull complexion



Key ingredients:

- Papaya fruit extract
- Tartaric acid
- Pichia/resveratrol ferment extract
- Grape fruit cell extract

revitalizing mask

- Discoloration
- Surface texture



Key ingredients:

- Papaya fruit enzyme
- Lemon, orange and apple fruit extracts
- Green tea
- Honey



Alternative Treatments

Extractions: Facial Recommendations

Detoxifying Pore Treatment

Key Benefits

- Loosen impactions for extraction
- Minimizes the appearance of pores
- Reduces sebum production and shine

Key Ingredients: Enantia chlorantha bark extract, oleanolic acid, ethyl linoleate, hexylresorcinol, glycolic, lactic and citric acids

Application

- Dispense into peel dish, then brush on areas of congestion
- Massage for 5 – 8 minutes (can be used with steam)
- Perform extractions
- May be left on the skin

Contraindications: pregnancy and lactation

Skin Concern

Fine lines & Wrinkles

Dullness

Acne & Blemishes

Dryness & Dehydration

Sensitivity & Redness

Volume, Laxity & Firmness

Dark Spots & Hyperpigmentation

Skin Type

● Normal

● Sensitive

● Combination

● Dry

● Oily

Layers Face: Maximum 1
Fitzpatrick: I – VI

Massage: Facial Recommendations



Oxygenating Trio®

Key Benefits

- Used to encourage detoxification of skin cells
- May be used in any protocol to perform a nutritive massage

Step 2 Detoxifier

- Pumpkin seed oil
- Hydrolyzed candida saitoana extract
- Wild cherry bark extract

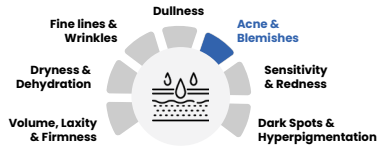
Application

- Apply two pumps into gloved hands and massage into the skin.

Contraindications: pregnancy and lactation



Skin Concern



Skin Type

- Normal
- Sensitive
- Combination
- Dry
- Oily

Layers Face: Maximum 1

Fitzpatrick: I - VI

Therapeutic Masks: Facial Recommendations



Intensity

hydrating mask

- Dry/Dehydrated
- Sensitive
- Impaired Barrier



- Avena sativa (oat) kernel extract
- Arnica montana flower and cucumber Fruit extract
- Panthenol, Glycerin, Sodium hyaluronate

detoxifying mask

- Breakouts
- Oily
- Enlarged pores



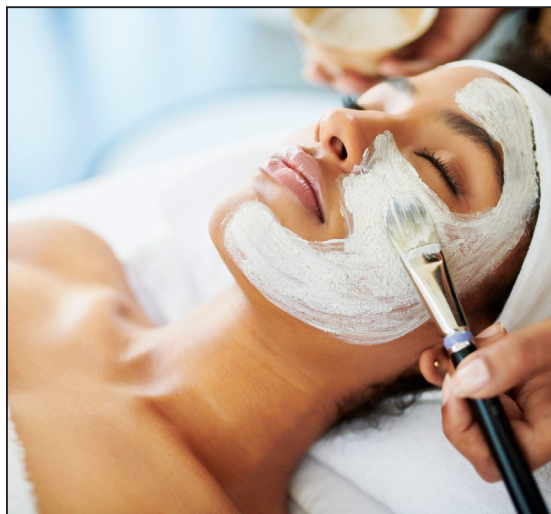
- Japanese white charcoal
- Kaolin
- Magnesium aluminum silicate
- Glycerin

revitalizing mask

- Preventative
- Dull complexion



- Papaya fruit enzyme
- Lemon, orange and apple fruit extracts
- Green tea
- Honey



Corrective Facials

PCA SKIN® Corrective Facial Protocol					
	Age Concerns/Preventative	Hyperpigmentation	Dullness	Acne/Breakouts	Sensitive Skin
1st Cleanse 2nd Cleanse	Select appropriate cleanser according to skin type and concern.				
Prep & Analysis	Select appropriate toner according to skin type: Smoothing Toner, Nutrient Toner, Hydrating Toner				
Exfoliation Treatment Or Mask	Pore Refining Treatment/Daily Exfoliant/Detoxifying Deep Pore Treatment With Steam				
Extractions	Perform extractions when appropriate.				
Massage	Daily Cleansing Oil Or Detoxifier (Step 2 Of Oxy)				
Treatment Mask	Revitalize: Therapeutic Papaya Mask	Enzymatic Treatment	Brighten: Therapeutic Blackberry Mask	Detoxify: Therapeutic Charcoal Mask	Hydrate: Therapeutic Oat Milk Mask
Tone	Select appropriate toner according to skin type: Smoothing Toner, Nutrient Toner, Hydrating Toner				
Correct	Exlinea Pro Peptide Serum, Pro Max Age Renewal C&E Advanced/Hyaluronic Acid Boosting Serum	Pigment Gel Pro C&E Advanced	Vitamin b₃ Brightening Serum and Vitamin b₃ Eye Brightening Cream	Acne Gel Intensive Clarity Treatment	Hyaluronic Acid Boosting Serum Dual Action Redness Relief
Hydrate & Protect	Select appropriate hydrator And broad-spectrum SPF according to skin type and concern.				



Hands-On Facial Practice To be Performed on the Neck and Décolleté



Step 1: Complete patient profile and consent form.

Step 2: Model 1 dress down, get comfortable on the treatment table.

Step 3: Clinician confirms allergies.

Step 4: Select the appropriate 30 minute facial for your models skin type and concern.

Step 5: Follow protocol steps: Cleanse, Tone, Exfoliation, Mask, Tone, Correctives, Hydrate & Protect.



Do not move to the next step until directed by the Educator!



PCA SKIN®'s Newest Innovation



Professional Chemical Peels

Science. Application. Results.



We perform **1.5 million** peels annually.

83% of the total number of procedures performed in 2023 were minimally invasive.

Professional chemical peels are the **#3** most requested non-surgical procedure.

2023 AAFPS Annual Member Survey

MYTH: Visible exfoliation determines outcome.



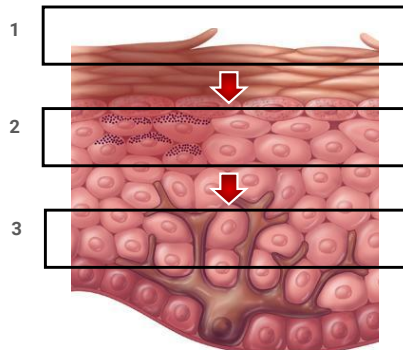
- False: You do **NOT** have to peel with a peel.
- Visible exfoliation is a symptom of the treatment.
- Cellular change takes place in the epidermis and dermis, regardless of the amount of visible exfoliation.
- Education is key.



Professional Peel Mechanism of Action



1. Chemicals cause controlled destruction of the skin
2. Increase exfoliation of melanin-filled keratinocytes and removal of superficial lesions.
3. Epidermal and dermal regeneration.



<https://emedicine.medscape.com/article/1829120-overview#a14>



Single vs. Blended Peels

Single-Ingredient Alpha Hydroxy Acid (AHA) Formulations:

- Should be neutralized
- Can settle in the upper portions of the skin if not removed
 - Surface irritation
 - Burning
 - May be too active for sensitive skin and higher Fitzpatrick skin types

Leaders in Blended Peels

- Our peel advantage is due to our products being:
 - Self-neutralizing
 - Don't require removal with water
 - Don't require mixing
 - Safer without sacrificing efficacy



Common Peeling Agents

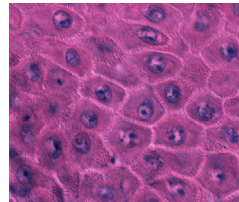
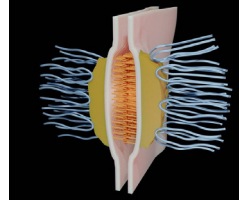
Chemical Exfoliation: Common Peeling Agents



Alpha Hydroxy Acids (AHA)

Mechanism of Action:

- Hydrophilic (attracted to water)
- Dissolve the intercellular desmosomes to promote exfoliation
- **Types of AHAs:** glycolic, lactic, malic acid, citric, tartaric and mandelic acid



Chemical Exfoliation: Common Peeling Agents



Beta Hydroxy Acids (BHAs)

- **Salicylic Acid:** derived from willow tree bark, wintergreen oil and sweet birch
- **Mechanism of Action:** keratolytic, lipophilic (attracted to oil)



Chemical Exfoliation: Common Peeling Agents



Polyhydroxy acids (PHAs): gentler than AHAs and BHAs, making them suitable for sensitive skin.

- **Gluconolactone:** derived from gluconic acid and consists of multiple hydroxyl groups attached to a gluconic acid molecule
- **Lactobionic Acid:** derived from lactose (milk sugar) and consists of a galactose molecule bound to gluconic acid
- **Both provide:** antioxidant and hydration benefits.
- **Primary difference:** Lactobionic acid is known for its strong humectant properties, often providing more intense hydration.

Modified Jessner’s Solution

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

Modified & Enhanced Jessner’s Solution

- **Enhanced with:** kojic acid, citric acid and hydroquinone

Mechanism of Action:

Combination of AHA and keratolytic exfoliation

Chemical Exfoliation: Common Peeling Agents



Retinoids

- Refers to all forms of vitamin A: Retinoic acid, retinol, retinyl palmitate, and retinaldehyde.
- The human body cannot produce vitamin A.
- UV exposure depletes cutaneous vitamin A, but this can be corrected by topical application.
- Once skin retinoids are depleted, it takes several days for it to be restored through diet. Topical application restores it over a period of just hours.



Molwina Zasada, Retinoids: active molecules influencing skin structure formation in cosmetic and dermatological treatments. Advances in Dermatology and Allergology, 2019 Aug, 36(4): 392-397.

Chemical Exfoliation: Common Peeling Agents



Trichloroacetic Acid (TCA)

- Synthetically produced by combining acetic acid and chlorine
- **Mechanism of Action:** chemical cauterant that causes protein denaturation when applied topically





Professional Chemical Peels: Defining the Difference


Chemical Peel Portofolio



Our peel portfolio is developed by concern and integrated into a standardized offering to:

- Create the best experience for the patient by addressing key skin concerns
- Connect service to retail that aligns with skin concerns to tell a cohesive story
- Meet patient's unique expectations
 - Visible shedding is desirable to some
 - Allowing for a "Progressive **or** Aggressive" approach





Aging
Sensi Peel & Ultra Peel®



Dullness
Bright & Even Peel



Hypersensitive or Redness-Prone
No Peel Peel




Acne
Acne Peel & Acne Peel Plus



Hyperpigmentation
Pigment Correct Peel



Body
Smoothing Body Peel



Professional Peel Technology



For over 34 years, professional peels have been part of our DNA.



20 professional treatments to choose from



360 approach formulations



Leave-on, self-neutralizing formulas for a "Progressive or Aggressive" approach



Chemical Peel for Aging Skin



Sensi Peel

Key Claims

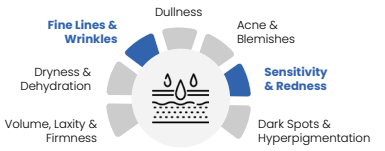
- Clinically proven to reduce the appearance of fine lines and wrinkles
- Clinically proven to improve surface texture
- Appropriate for sensitive skin

Key Ingredients: Lactic Acid (12%), Trichloroacetic Acid (TCA) (6%), Alpha-Lipoic Acid, Emblica & Milk Thistle Extract

Contraindications: pregnancy and lactation



Skin Concern



Skin Type

- Normal
- Sensitive
- Combination
- Dry
- Oily

Maximum Layers: Face: 4 Neck and chest: 2
Fitzpatrick: I - VI

Chemical Peel for Aging Skin

Ultra Peel

Key Claims

- Clinically proven to visibly improve the look of deeper, coarse wrinkles
- Clinically proven to help support the skin's collagen levels
- Clinically proven to improve rough and uneven skin texture

Key Ingredients: Lactic Acid (24%), Trichloroacetic Acid (TCA) (10%), Alpha-Lipoic Acid, Emblica & Milk Thistle Extract

Contraindications: pregnancy, lactation, and hypersensitive skin



Skin Concern



Skin Type

● Normal
● Sensitive
● Combination

● Dry
● Oily

Maximum Layers: Face: 4 Neck and chest: 2

Fitzpatrick: I - VI

Chemical Peel for Dullness


Bright & Even Peel

Key Claims

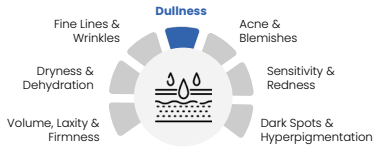
- Increase in visible skin brightness and radiance after one peeling session*
- Increases skin glow and radiance
- Brightens and resurfaces to enhance the appearance of skin tone and texture
- Smooths skin texture after just one peeling session*

Key Ingredients: L-Mandelic Acid (20%), Lactic Acid (10%), Citrus Lemon Peel Extract, Emblica & Milk Thistle (Silymarin)

Contraindications: pregnancy, lactation



Skin Concern



Skin Type

● Normal
● Sensitive
● Combination

● Dry
● Oily

Maximum Layers: Face: 4 Neck and chest: 2

Fitzpatrick: I - VI

*Based on a 4 week case study n=15

Chemical Peel for Hyperpigmentation



Pigment Correct Peel

Key Claims

- Results in as early as 7 days post-treatment
- Provides a 17% reduction in visible hyperpigmentation one week after one treatment
- Effective on all types of hyperpigmentation and on all Fitzpatrick's
- Corrects visible discoloration with no downtime

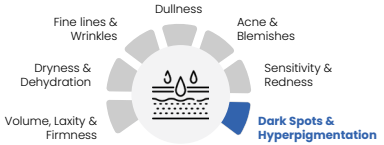
Multi-Acid Synergistic Technology

(MAST): LIFTS visible hyperpigmentation, PREVENTS future discoloration from forming and CALMS the skin to reduce inflammation post-treatment when used with SPF

Contraindications: pregnancy and lactation



Skin Concern



Skin Type

- Normal
- Sensitive
- Combination
- Dry
- Oily

Maximum Layers: Face: 4 Neck and chest: 2

Fitzpatrick: I - VI

Inside Pigment Correct Peel



MAST technology for all types of visible hyperpigmentation across all skin tones

Lift	Prevent	Calm
<p>Lactic (16%), Mandelic (8%), and Pyruvic Acids (4%)</p> <p>Exfoliates and lifts existing visible discoloration while helping to inhibit melanin production</p>	<p>Tranexamic Acid (TXA) (1%)</p> <p>Effective tyrosinase inhibitor that helps inhibit the formation of new discoloration; slows the production of melanin by inhibiting plasminogen/plasmin pathway</p>	<p>Milk Thistle Extract</p> <p>Calming anti-inflammatory botanical extract that supports the skin barrier by reducing skin inflammation, the precursor to most forms of discoloration</p>

Chemical Peel for Mild Acne and Congested Skin

Acne Peel


Key Claims

- 40% reduction in whiteheads and a 36% decrease in breakouts*
- Delivers a visibly smoother and clearer-looking complexion
- Helps clear clogged and impacted pores
- Provides immediate and ongoing reduction in oil

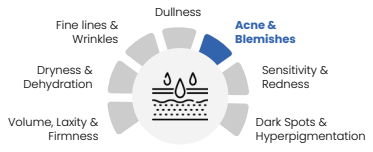
Key Ingredients: Lactic Acid 14%, Salicylic Acid 14%, Kojic Acid and Citric Acid

Contraindications: pregnancy and lactation, allergy to aspirin (salicylates)

*Based on a 12-week case study n=10 after three peels



Skin Concern



Skin Type

Normal

Dry

Sensitive

Oily

Combination

Maximum Layers: Face: 4 Neck and chest: 2
Fitzpatrick: I - VI

Chemical Peel for Moderate, Inflamed Acne

Acne Peel Plus


Key Claims

- 28% reduction in pustules and a 48% reduction in papules
- Formulated with ingredients that result in a 13% reduction in P. acnes indicators
- Instantly reduces the visible appearance of pores by 22% after just one peel*

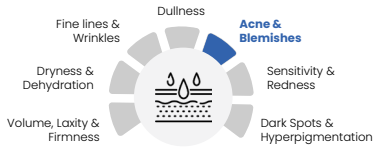
Key Ingredients: 14% Salicylic, 14% Lactic, 14% Resorcinol, Oleyl Adapolinate, Antioxidant Blend (Saccharide Isomerate, Licorice Root Extract, Lipoic Acid)

Contraindications: pregnancy and lactation, allergy to aspirin (salicylates)

*Based on a 12-week case study N=16



Skin Concern



Skin Type

Normal

Dry

Sensitive

Oily

Combination

Maximum Layers: Face: 4 Neck and chest: 2
Fitzpatrick: I - VI

Chemical Peel for Sensitivity & Redness

No Peel Peel



Key Claims

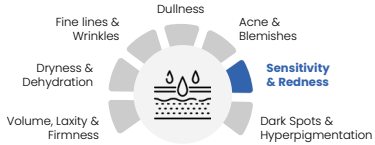
- Formulated to gently resurface and calm all skin types, even sensitive skin, in as early as one treatment
- Strengthens and renews the skin barrier supporting post-peel recovery
- Proven to not promote additional irritation in the skin
- Improves skin smoothness

Key Ingredients: Lactic Acid Arginine Complex (15%), Gluconolactone (10%), Salicylic Acid (2%), Centella Asiatica (Cica) Leaf Extract, Saccharide Isomerate

Contraindications: pregnancy and lactation, allergy to aspirin (salicylates)



Skin Concern



Skin Type

- Normal
- Sensitive
- Combination
- Dry
- Oily

Maximum Layers: Face: 4 Neck and chest: 2

Fitzpatrick: I - VI

Advanced Treatment Booster

Peel Accelerators



Key Benefits

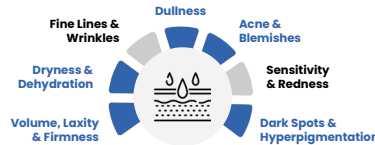
- Enhances exfoliation for accelerated results
- Restores normal keratinization
- Minimizes treatment sensitivity
- Reduces visible redness and soothes during a professional chemical peel

Key Ingredients: Retinoid Blend (10.5%), Lens Esculenta (lentil) Seed Extract, Panthenol + Escin, Butcher's Broom, Gotu Kola Extract and Marigold Extract

Contraindications: pregnancy and lactation



Skin Concern




Skin Type

- Normal
- Sensitive
- Combination
- Dry
- Oily

Maximum Layers: Face: 1 Neck and chest: 1


Fitzpatrick: I - VI



PCA skin
ACADEMY

Professional Chemical Peel Application Guidelines

Determining Depth of Penetration



- Enzymes
- AHA
- Retinoids
- Salicylic acid
- Jessner's solution
- Up to 30% TCA

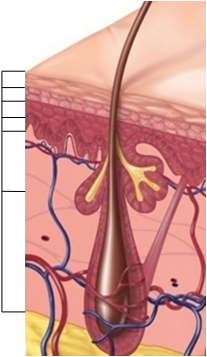
- 30%-50% TCA
- Jessner's solution combined with 30% TCA

- Phenol peel
- Baker-Gordon
- TCA >50%
- Erb:YAG/CO2 laser resurfacing

Superficial

Medium Depth

Deep Depth



Cornified Layer
Granular Layer
Squamous Layer
Basal Layer

Papillary Dermis

Reticular Dermis

The Sensitivity Scale of 1 to 10



Patient's Perceived Level of Sensitivity

Use **Smoothing Toner** to prepare and degrease the skin and as a patch test for sensitivity.

- **Resilient skin:** 0 to 1
- **Moderately resilient:** 1 to 3
- **Sensitive skin:** 4 to 5
- **Highly sensitive skin:** 6 to 10

Apply the appropriate peel solution in layers; check sensitivity after each layer.

- **1 to 5:** another layer of solution may be applied
- **6 to 10:** do not add another layer of solution

Wait until the patient's sensitivity begins to subside before applying next layer. The higher the response, the more sensitive and likely the patient is to blanch and potentially hyperpigment.

(Pseudo) Frosting Vs. Blanching (Frosting)



Frosting (Pseudo-Frosting)

- Commonly seen with salicylic acid peels
- Residue left on the skin when the peel has evaporated
- Does not indicate physiological change in the skin



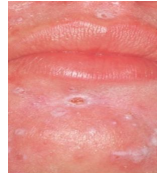
Blanching (Frosting)

- White coagulation of dermal proteins
- May happen with any peel
- Indicates peel has gone deeper and come into contact with the dermal proteins

Blanching Guidelines



Full-Face Blanch vs. Spot Blanching



Signs and Symptoms of Blanching

1. The skin presents erythema and edema.
2. The skin begins to appear as opaque white, not as reddened.
3. This can take place within seconds of peel application or several minutes.

NOTE: Always wait several minutes in between layers to ensure the peel has fully absorbed. Wait until the sensitivity subsides on the 1 to 10 scale before deciding if you should apply another layer of peel.

Antidote for Extreme Heat



- **Warning:** Do NOT use water or ice with any PCA SKIN® professional peel solution, unless a severe allergic reaction occurs.
- **Antidote:** Apply **CliniCalm® 1%**, and gauge the patient's sensitivity using the sensitivity scale of 1 to 10.
 - **FIVE or less:** Proceed with protocol and apply the appropriate corrective serums and retinoid booster of your choice.
 - **SIX or higher:** Fan and then conclude treatment with **ReBalance** and **Hydrator Plus Broad Spectrum SPF 30**.

Safety First



Immediately Post-Treatment



- It is ideal to **sleep in the products** applied during the treatment.
- Wait a **minimum of four hours** before cleansing skin.
- Ensure the patient has the **Post-Procedure Solution** to use for three to five days post treatment.
- **NOTE:** It is recommended to not apply makeup the day of treatment to **allow the skin to stabilize and rest overnight**; however, makeup may be applied 15 minutes after the treatment, if desired.

Post-Procedure Care



Protect patient skin post-procedure and protect your practice by including the post-procedure kit in each treatment.

- Build the cost of the kit into the service cost.
- It's a non-negotiable for patients to take home.
- Distinguish yourself as a professional in skin health and recovery.
- Offer a value add-on for the patient.
- Support recovery by promoting increased compliance for reduced reactions and better outcomes.



Two Days Post-Procedure



Stay cool! Internal or thermal heat can cause hyperpigmentation or discoloration and/or water blisters.

Do not:

- apply ice or ice water to the area of treatment.
- put the face directly into hot-shower spray.
- use hot tubs, steam rooms, or saunas.
- go swimming.
- participate in activities that would cause excessive perspiration.
- use loofahs or other means of mechanical exfoliation.
- direct a hair dryer onto the treated area.

Avoid

- direct sun exposure, excessive heat, and tanning beds.
- topical, over-the-counter medications, retinol, or alpha hydroxy products (for 3-5 days post treatment).



Post-Treatment Guidelines

Your Resources



Professional treatment protocol		
Step 1 Cleanse	Facial Wash Clnr/Problezn	Apply 1 pump to cleanse skin and remove excess sebum and oil debris. A double cleanse may be necessary depending on the patient.
Step 2 Prep	Soothing Toner	Apply toner to a cotton pad and apply to the skin to gauge sensitivity.
Step 3 Treat	Reference the back for appropriate professional chemical peel or therapeutic mask substance.	Apply appropriate therapeutic mask or professional peel solution. If applying a professional chemical peel only use a cotton pad, applying directly to bare skin.
Step 4 Correct	Reference the back for appropriate correctives.	Apply the appropriate correctives to continue the treatment according to skin type and concern.
Step 5 Peel accelerator (optional)	Option 1: Advanced Treatment Du-wat Option 2: 4% Retinol Peel Accelerator Option 3: 4% Retinol Peel Accelerator (Medical only)	Apply one of the peel accelerator options to achieve additional peeling/irritating and enhanced results.
Step 6 Hydrate & protect	Reference 8 Hydrate Rx Recover Spectrum SPF 30	Apply to soothe and protect the skin. Reintroduce PCA-SUN® moisturizers on the next to increase hydration.



Hands-on Chemical Peel Practice



Step 1: Ensure everyone has completed the patient profile and consent form.

Step 2: Model 1 get comfortable on the treatment table.

Step 3: Clinician confirms allergies.

Step 4: Follow protocol steps: Cleanse, Tone, Professional Treatment, Correct, Peel Accelerator, Hydrate & Protect.



Do not move to the next step until directed by the Educator!



Congratulations!

**You have completed
Fundamental Peel
Certification 2.0.**

PCA skin®
Trust the experts



Learn more about
PCA SKIN® Academy