

THE GLYCOLIC PEEL CHECKLIST

- Thorough consultation is carried out prior to recommending a course of Jan Marini Glycolic Acid Peels.
- Clients must have been on the Jan Marini 5 Step Skin Care Management System for a minimum of two weeks prior to the first peel.
- If diagnosed with any medical condition, the client will need to consult with their Doctor before undergoing a Peel
- Men must not shave on day of peel.
- Consent form signed prior to undergoing glycolic peels
- No jewellery should be worn around the neck/ears on day of peel. Glycolic acid home care products should cease the day prior to and after the peel.
- If you have been treated for acne during the past year and have been prescribed Accutane, please note as follows: Accutane should be discontinued for approximately six months to one year before glycolic acid peels can be administered and only with your physician's approval.

THE GLYCOLIC PEEL PROCEDURE

- The skin is cleansed with an appropriate cleansing solution.
- On application of the glycolic acid peel you may experience a mild stinging sensation which normally disappears within one minute. The acid peel is left in place for a period of time that will be assessed by your practitioner. This is also dependent on how your skin has reacted to the home care programme and to the amount of peels you have experienced.
- The face may become pink after the solution is applied. There may also be a faint whitish discolouration in some areas. Some individuals may experience more stinging than others this is normal and will resolve once the peel is washed off. In some instances you may experience some flaking of the skin after your peel – this is normal.
- Any redness or dehydration, if present, will subside during the first few days post peel. It is important to check with your practitioner concerning these points. Under no circumstances should you pick off any dead skin, to do so may cause pain and possible bleeding.
- No sunbeds or sunbathing is recommended for at least 2 weeks after a peel.

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GLYCOLIC ACID PEELS
AN INFORMATION GUIDE

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Glycolic Acid Peels

Simple, safe, non invasive and unbelievably effective - Jan Marini Skin Research Glycolic Peels are a fabulous route to improving the condition of your skin without the need to take time off work or play. Representing the very best pioneering technological advances in skin care, these "lunch time peels" work in conjunction with the award winning Skin Care Management System.

The Alpha Hydroxy Acid "Glycolic Peel" is derived from sugar cane and has the smallest molecular structure of the AHA family and therefore can penetrate into the skin much more effectively than other Alpha Hydroxy Acids. It is not absorbed into the body and will not cause any systemic side effects like chemicals used in other peels.

A gentle glycolic acid peel can be performed with varying percentages of glycolic acid. Glycolic acid loosens the "glue-like" attachments or cellular cement that is characteristic of many skin conditions such as ageing, acne, skin discolouration and coarse texture. After just a few weeks your skin looks brighter, clearer and dry skin becomes hydrated and smooth.

Glycolic acid helps reduce cell "build up" at the lower levels of the skin. This facial procedure will resurface the skin giving dramatically softer, smoother texture, reducing fine lines and wrinkles and reducing scarring.

A course of six Jan Marini Skin Research peels is recommended for optimum results over a six to twelve week period. However, you should seek advice from your practitioner as results and variation of treatment is personal to each individual.

The depth of the resurfacing facial peel is controlled by three factors:

- The concentration of the solution.
- The length of time it is applied.
- Preparation of the skin.

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BENEFITS OF A GLYCOLIC PEEL

- No down time! Make-up can be applied immediately and normal activities can resume after treatment.
- Assists to resolve photo-damaged skin (sun damage), acne and scar reduction, premature ageing, hyperpigmentation.
- Significantly decreases the appearance of fine lines and wrinkles, stimulates collagen and elastin.
- Accelerates the results that can be achieved with glycolic home care products.
- Produces dramatic changes with virtually no erythema or recovery period.

THE JAN MARINI SKIN CARE MANAGEMENT SYSTEM

Anyone who wishes to undergo a glycolic peel **must** first be placed on an appropriate Jan Marini Skin Care Management System, using glycolic acid based products for at least two weeks prior to the first peel and also during the course of peels.

The Jan Marini Skin Care Management System consists of a selection of products which will introduce your skin to glycolic acid (at much lower percentages than the peels) and will be most important as part of the overall glycolic peel procedure. A sun screen product is always included in the Skin Care Management System.



Voted The Best Anti-Aging Skin Care System Sold at a Doctor's Office Skin Care Management System. Winner for 3 Consecutive Years!