

VIVANT'S SKINCARE

The ProKare HomeKare Kit[®]
An Intregal Part Of The ProPeel[®] Systems

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Progressive ProPeel® Medium Depth Chemical Peel

Since the turn of the century, dermatologists have utilized safe technique peeling for the therapeutic and cosmetic benefit of their patients. Various chemicals have been used ranging from deep peeling agents such as Phenol to intermediate and milder strength agents such as Trichloroacetic Acid and Alpha Hydroxy Acids. In recent years we have demonstrated the rejuvenating capabilities of combining these into the 5-Step Skin Rejuvenating Program.

The results of these studies have stimulated new interest and enthusiasm for chemical peels. Now, chemical peels have become very popular, especially when used in conjunction with a daily skin care program. The Progressive ProPeel produces great results with minimal discomfort, little or no recovery time and at a much lower cost when compared to deep peeling or laser resurfacing. During this medium depth chemical peel, mild acids are applied to the skin to gently remove the outer layers of the epidermis that will peel over the course of 4 to 5 days. The Progressive ProPeel is beneficial for:

- + **Rejuvenation:** The appearance of fine lines, wrinkles and sun damage will be significantly improved.
- + **Acne:** Peeling of the skin helps release impacted pores. This produces a rapid resolution of active acne and helps avoid scarring.
- + **Hyperpigmentation:** uneven pigmentation (melasma) that occurs with pregnancy, birth control pills or, naturally in some people, can be improved with 2 or 3 ProPeels along with proper sun protection and the use of skin lightening agents.

About Your Progressive ProPeel

Skin peeling is designed to remove superficial layers of skin. It is used to help “flush out” acne, reduce fine lines and acne scarring, and to lighten blotchy brown spots. We recommend that you begin preconditioning your skin with the Vivant Skin Care program 4 to 6 weeks prior to the ProPeel.

Read the skin care instructions carefully before the ProPeel. Make sure to ask any questions you have prior to receiving the peel. Please come into the office without makeup or remove your makeup as soon as you arrive. The ProPeel solution will be applied with gauze or a cotton applicator. Because it is a combination of fruit acids, some stinging may occur upon application. You will hold a fan close to the face to help cool down the sensation. During the application of the solutions, your face may develop white areas called frosting. This shows that the ProPeel is working and it usually fades within an hour. Your face may appear slightly more reddish or brownish immediately after treatment. In most cases, peeling usually occurs between the second and the third day following the treatment. The peeling will begin around the mouth and then move across the face like a wave. It is usually completed at the hairline in 1 week.

If you receive multiple ProPeel treatments, they will usually be spaced at 4 week intervals. The number of treatments required for any given problem varies and is determined by you and your skin care professional. Also, the number of coats of solution will vary with the skin type. It is impossible to know in advance how much peeling will occur but if you note the amount of peeling you have after each session, future ProPeels can be adjusted to suit your needs. There is no limit to the number of ProPeels each person can receive as long as improvement continues.

REMEMBER: Prior to and after the ProPeel, drink plenty of fluids to flush out the system.

You may continue to wear make-up following the ProPeel treatment. However, therapeutic topicals such as Retin-A®, Derm-A-Gel®, Exfol-A™, and Exfol-A™ Forté should not be applied for 15 or 20 days following the ProPeel.

FOR ACNE PATIENTS:

This procedure flushes out impacted pores and releases pustules. This benefits your appearance. However, as these impactions release, you may experience a temporary flare-up in your acne. This is normal and a special extraction session may be scheduled for you.

If you have any questions or problems concerning your treatment, feel free to discuss these with your skin care professional.

Moisturizers

Post-ProPeel you are going to need moisturizers to help you during the several days of dryness following your peel. Your skin is very sensitive immediately following the peel, so only use the moisturizers suggested by your skin care therapist.

Some of the problems you may have with your regular moisturizers are:

- + Comedogenicity - they may clog pores or create acne. Some ingredients such as Acetylated Lanolin, Isopropyl Myristate or some poorly refined Mineral Oils can flare up acne.
- + Allergic reactions from some fragrances, preservatives, or Lanolins can cause redness (erythema), itching and swelling in some individuals.
- + Now is not a good time to try new products. Newly peeled skin is hypersensitive, so it is important to use very bland products. "Natural" products are not necessarily better than manufactured ones. Some of these products may contain contaminants. This could cause infection and/or allergies and delay healing.
- + Some moisturizers contain ingredients that will burn open or unhealed skin. Strong detergents such as Sodium Lauryl Sulfate or Laureth-4 are a major concern. Preservatives in products can be very irritating on open skin. Be careful with your selection of skin care products.

Suncreens

Sunscreen is a must every day. Vivant's sunscreens are in a moisturizer-based lotion and work well for post-peel skin.

Whether using Vitamin A products, preparing for a ProPeel or wanting to maintain the best results possible from your peel, you should apply your sunscreen every morning. Wear it under your makeup as a moisturizer.

Important information regarding sunscreens involves the SPF or Sun Protection Factor - which is the measure of how well sunscreen blocks the sun light. Most clients believe that high SPF numbers will double or triple the usual SPF 15 sunscreen's protection. However, 95% of the skin cancer-causing rays are blocked with SPF 15 sunscreen. SPF 50 only blocks about 97% of these UVB rays. So, increasing the SPF from 15 to 50 only gives 2% more sun protection, while exposing the skin to a much higher concentration of potentially irritating chemicals. Use a SPF 15+ sunscreen routinely and an SPF 30+ sunscreen if you are expecting intense long-term sun exposure.

You may argue that you never go out in the sun so you don't need to use a sunscreen daily. However, everyone, rain or shine, will get some degree of incidental sunlight just doing everyday things, such as walking to and from the car, talking to someone in the parking lot or while driving. In addition, 50% of the sunlight we receive reflects up from the ground or water, therefore, standing in the shade or under an umbrella is not enough protection. Keep your sunscreen on everyday.

Some factors in choosing a sunscreen are (1) PABA free; (2) non-comedogenic; and (3) in a mild base for sensitive skin. Pick the right one and use it daily under your make up.

The Progressive ProPeel After-Care Program

The following instructions tell you what to expect after your ProPeel and how to use each of the Vivant Products for the next 10 days.

Now that you have had your ProPeel, you will want to maximize the results of your improved complexion. The instructions for use of your ProKare HomeKare Kit.

If there is any part of these instructions that you do not understand, call or visit your skin care professional right away to have the directions clarified. We have provided the product descriptions and instructions for use are on the last page of this booklet.

It is important that you also understand the progression of the healing process after your ProPeel. With this knowledge and the correct use of your ProKare HomeKare Kit, your after-care will go smoothly.

Not following these instructions and not using the correct after-care products may result in prolonged healing time and possible dyspigmentation and infections.

Day 1

Remember to drink plenty of fluids following the ProPeel. Immediately following the peel, the skin may appear red and may also feel tight. At this point, do not apply any ointments or creams as occlusive dressings may reactivate the peel and drive it deeper causing unpredictable damage.

The face or other peeled areas can be washed four or five hours after the peel or just showered off at bedtime using the Green Tea Antioxidant Cleanser in your ProKare HomeKare Kit. This delay in washing allows the Vitamin A of Step 4 of the ProPeel to penetrate evenly into the skin.

Days 2 & 3

The skin may appear darker on the second day and feel dry. This is normal and is an indication that the ProPeel is starting to take effect. You may gently wash the peeled areas with Green Tea Antioxidant Cleanser.

The face will begin to peel on the second or third day following the ProPeel. Usually, the peeling starts around the mouth and chin area and progresses to the cheeks and forehead. As this peeling begins, apply compresses to the face with luke warm water. If possible, the shower is the preferred method of compressing. Allow the warm water to run directly on the face while compressing with a washcloth for several minutes. Compressing and/or showering helps remove the flaking skin cells. Do this compress 3 or 4 times daily. Do not deliberately pull off the flaking skin with your fingernails or abrade the skin with a towel. This will pull off skin that is not ready to peel. This raw, exposed skin may hyperpigmentate or develop excessive redness. However, you may cut off any large flaking scales with a pair of cuticle scissors.

After applying compresses or cleansing in the morning apply a thin layer of the Recovery Ointment from your ProKare HomeKare Kit. This will not only protect the new skin but will also reduce dryness and allow makeup to apply better. You may repeat these compresses and Recovery Ointment applications several times during the day.

At night, apply compresses again and apply Recovery Ointment. If you awake during the night and the skin is dry, apply another coat of the ointment.

Days 4 & 5

On days 4 and 5 your skin will be peeling across the cheeks. This is only temporary and will be alleviated with the combination of compresses and cleansing. Cleanse the face with a gentle circular motion to exfoliate the skin.

Use the Day Treatment Lotion SPF 15 from your ProKare HomeKare Kit as your day time moisturizer. You will find your makeup can be more evenly applied with premoisturization. Vivant's Day Treatment Lotion SPF 15 contains sunscreens to protect the skin and high levels of Zinc Peptides to accelerate the healing.

At night, apply Recovery Ointment after cleansing or applying compresses. After several days of this healing regimen your skin will be returning to normal.

You may visit your skin care professional who will complete a ProZyme Enzyme facial to further eliminate the flaking and peeling.

Days 6 - 14

On days 6-14 your skin will feel dry and may still be peeling slightly at the hairline. It is recommended that you use Vivant's Buffing Grains to exfoliate the remaining flakiness. Compresses only need to be done if necessary for peeling or dryness. Makeup will become easier to apply. Continue using the Day Treatment Lotion SPF 15 during the day and Recovery Ointment at night or as needed.

If you have brown, dark brown or black skin it is recommended that on day 7 you begin using Bleaching Cream to prevent any hyperpigmentation that may occur.

If you have acne, the purpose ProPeel is to loosen up the deep impactions and make your skin easier to extract. However, you may experience a flare-up after the peel as all your impacted pores are flushed out. Do not be concerned if you flare-up as this is temporary and an indication that your acne is responding to treatment. You may need your skin care professional to do an extraction as these impactions are brought to the surface.

Exposure to the sun should be limited for two weeks following the ProPeel. If you must be out in the sun, wear a hat and reapply the Day Treatment Sunscreen SPF 15 every hour or two. Exposing the skin to sun after a ProPeel may lead to hyperpigmentation.

Days 15 - 20

On days 15 – 20 you may resume using your regular Vivant Skin Care program. Start your Derm-A-Gel or Exfol-A at least once a day or every other day and start building back up to your previous level of skin care.

Stop Smoking

To retain the best results from your ProPeel and to save your health, stop smoking. Smoking destroys your skin's collagen and causes your face to droop. Not only does smoking increase fine lines and wrinkles, but also changes the color and texture of skin.

In Summary

Start now to treat your skin kindly. Use your Vivant Skin Care program daily. Discuss with your skin care professional scheduling additional ProPeels to obtain maximal effectiveness.

Descriptions and Instructions for Use of ProKare HomeKare Kit Products

Cleansing

Green Tea Antioxidant Cleanser – A universal cleanser fortified with antioxidants Green Tea, Grape Seed and Kiwi Extracts that gently foams away the impurities while preserving the skin's natural acid mantle.

Directions – Pre-moisten the skin with warm water. Apply with gentle circular motion then, rinse off with warm water.

Sealing

Recovery Ointment - The healing properties of Whole Leaf Aloe Vera combined with Petrolatum in this ointment base locks in moisture to relieve dry, chapped or cracked skin aiding the natural healing process. Works great to speed post-peel recovery!

Directions - Apply the Recovery Ointment at night after cleaning the skin. Reapply several times during the day and at night if the skin feels tight, especially in the peeling areas.

Protecting

Day Treatment Lotion SPF 15 - Unite sun protection and skin care in this super-light, non-comedogenic moisturizing lotion. Zinc and Whole Leaf Aloe Vera provide anti-inflammatory benefits for post-peel patients.

Directions - Apply with your fingertips. Repeat several times daily. After compresses, this moisturizer will provide your skin with a transparent layer of protection. It may be worn under makeup. After the skin has recovered from the ProPeel, Day Treatment Lotion must be worn daily to continually protect the skin from the damaging rays of the sun.