



Pre & Post Visual Changes® Designer Peels® Skin Renewal 3 System Home Care Regimen

It has been clinically proven that both pre and post home care compliance are mandatory to facilitate optimal results. Therefore, adhering to the protocol laid out for you here, will help ensure the success of your **Visual Changes® Skin Renewal 3 - Superficial Designer Peels®** or your **Visual Changes® Skin Renewal 4 - Medium Depth Designer Peels®**

Pre Treatment AM & PM **30 to 60 days prior to your Visual Changes® Skin Renewal 3 – Superficial Designer Peels® use the following:**

Step 1: Cleanse with **Ultra Gentle Enzyme Cleanser**.

Step 2: Stimulate with **Collagen-C Young Skin Complex**.

Step 3: Nourish/Exfoliate with **Skin Resurfacing Crème 12%** for dry skin or **Skin Resurfacing Gel 12%** for oily skin. They contain AHA's, BHA's, retinol, antioxidants & natural botanical extracts for superior exfoliating and antioxidant properties to reveal new skin for a natural, youthful glow; help produce collagen to smooth lines and firm the skin; provide free radical protection to reverse and slow the aging process and prepare the skin to be peeled. If you are using Retin-A or Renova, mix a pea-sized portion of Retin-A with a pea-sized portion of **Skin Resurfacing Crème 12%** or **Skin Resurfacing Gel 12%**, then apply the mixture evenly over your skin.

Step 4: Suppress melanin with **Skin Lightening Crème** for dry skin and **Skin Lightening Serum** for oily skin. You should apply this product evenly over the entire area of skin that is to be peeled. This product is mandatory prior to the peel to suppress the production of pigmentation and to help avoid post inflammatory hyperpigmentation.

Step 5: Total Eye Care. Apply **Eye Youth** around the delicate eye tissue.

Step 6: Protect with **Ultra Protection SPF 30**.

Twice a week: Double Enzyme Masque contains natural pineapple and papaya enzymes that gently and effectively remove dead cell debris. Use twice a week as follows: After Step 1, apply **Double Enzyme Masque** in an even layer on the skin. Leave for 20 to 30 minutes, then rinse thoroughly with water. Next follow with Steps 2-6.

Post Treatment AM & PM **the first 7 to 10 days after your Visual Changes® Skin Renewal 3 – Superficial Designer Peels® use the following:**

Step 1: Cleanse with **Ultra Gentle Enzyme Cleanser**.

Step 2: Hydrate/Calm with **Advanced Calming Serum** - for calming and soothing.

Step 3: Suppress melanin with **Skin Lightening Crème**. You should apply this product evenly over the entire area of skin that has been peeled.

Step 4: Reduce inflammation with **Hydrocortisone Crème 2%**

Step 5: Protect with **Ultra Protection SPF 30**. Use PM only.

After the skin has finished its major peeling, generally about day 7, you can use **Double Enzyme Masque**. It contains natural pineapple and papaya enzymes that gently and effectively remove dead cell debris to help rid the skin of residual flaking. Use as follows: After Step 1, apply **Double Enzyme Masque** in an even layer on the skin. Leave for 10 to 15 minutes then rinse thoroughly with water. Next follow with Steps 2-6.

Additionally, after your skin has finished its major peeling and it is not sensitive, you can start back on your **Visual Changes®** pre-treatment home care compliance products under the direction of your skin care professional.

Your skin care specialist may also select other appropriate Visual Changes® products to facilitate your home care compliance maintenance and corrective skin care program. Additionally, your doctor may recommend a prescription to use in conjunction with this Home Care Compliance Program.

If you have any questions, please call your skin care specialist: _____