

TROLLEY REQUIREMENTS FOR PEEL TREATMENTS

- Red Alert Cleanser or Gentle Cleanse or for oily skins Beta Cleanse
- pH Balancing Toner
- Medik8 Pre-Peel Prep
- Age Peel
- White Peel
- Beta Peel
- Medik8 Peel Neutraliser
- Antioxidant – CE Tetra
- Red Alert (soothing agent)
- Hydr8 B5
- Hydrate B5 Post Treatment
- Medik8 Mineral SPF
- Cotton Rounds
- Disposable fan brush
- 8-10 x large gauze pads
- Non-Latex gloves
- 2 large bowls - 1 warm water, 1 very cold water
- Small glass or ceramic bowl
- Eye protection – Vaseline and eye pads / laser eye shields

MEDIK8 PEEL PROTOCOL SUPERFICIAL LEVEL 1

Preparation

- Prepare bowl of warm water and a bowl of cold water and prepare wet gauzes an place around the sides of the bowl with very cold water
- Apply hair-protection
- Cleanse client's skin twice with [cleanser](#)
- Tone the skin using [pH Balancing Toner](#)



- Degrease– apply Medik8 [Pre-Peel Prep](#) to the area to be treated. Apply systematically with one single wipe to all areas. Wipe from the forehead down. For sensitive skin apply to dampened cotton pads. This product has a strong aroma.



Protection

- Apply vaseline with cotton applicator to –
outer and inner corner of eyes, around naso-labial folds, nostrils and around vermilion border of lips and to any raised or open lesions
- Cover eyes with cotton pads or shields - cotton pads are best split in half and folded over – longer part facing towards nose). It will be important to get the [ad to sit over the eyes to seal the area to fully protect

Application of the peel

- Tip the full bottle of peel into a small sterilised bowl
- Set timer
- Apply peel with a fan brush using gentle strokes.
- This should be quick and take no more than 30-40 seconds.
- Start from forehead both right and left sides, moving to the cheeks both right and left sides following with the chin, nose and upper lip.
- If the upper cheeks look sensitive this could be the last area applied. Make sure all the skin has been covered and check under the mandible.



Sensations

- Monitor the skin closely for changes
- This peel will usually feel quite warm but if sensations are extreme and the client is expressing intense burning sensations or if the skin shows signs of frosting then neutralise and remove the peel immediately.
- Assess the client sensation levels on a scale of 1-10
- The peel must be neutralised if you have anyone reaching 7-8 on this scale because the sensation is likely to rise on application of the neutraliser.

Timings

- These peels can be left on the skin for up to 10 minutes but treatments should be progressed up to this maximum time and the skin condition, type and needs must be assessed.
- **Fitzpatrick 1 – 1V - Up to 10 mins**
- **Fitzpatrick V or VI - 5 - 8 mins maximum**

Remove and Neutralise

- At the end of the time neutralize with Medik8 [Neutralising Solution](#)
- Carefully spray onto the area
- This should be done quickly but thoroughly from about a 12inch distance. Note- It is likely that the client will register an increase in skin sensitivity. This is usually as response to the sudden change in pH not an increase in the peel activity and is normal
- Remove the remaining peel with copious amounts of cold water using pre-moistened 4 x 4 gauze pads - The pads should be **wet** not just damp



Step 1- Wipe all over the face and throw the gauzes into waste

Step 2- Repeat as above

Step 3- Continue to rinse the skin with lots of cold water until skin is calm and the client is registering a definite drop in the sensations being felt

Step 4- Apply cold compresses over the skin to ensure the heat subsides

Step 5- Using a cotton applicator, remove any remaining Vaseline.

Apply post treatment products, advise and give recommendations.

- Use clean safe methods of picking up bottles
- These products can be applied directly to the skin – Pat to apply and gently smooth over the skin to encourage absorption
- Soothe and protect the skin by applying –
Apply 3-5 drops of [Red Alert](#) to sooth and calm the skin.
Apply 3-5 drops of [Hydr8 B5](#)
- Finish by applying the Medik8 [Mineral SPF 50](#)
- It is also possible to soak a gauze in the Hydr8 B5 product and apply to the skin for 10 minutes as a mask treatment for maximum hydration and then finish as above with the Medik8 Mineral SPF 50
- Give full after care and recommend a course of treatments – 3- 6 every 2 weeks with maintenance treatments each month. Medik8 protocol recommends a break of three months after each course.