

SKIN THERAPY STEP 2 RETINOL RESTORATION PEEL & RETINOL BODY PEEL

Maximal Physician Professional strength, yet NON-toxic NON-inflammatory peel for skin of EVERY pigment. Maximal- stabilized retinol to retinoic peel dosage, penetration and visible results, for face and entire body. Best addresses anti-aging, acne and its scarring and redness, melasma, abnormal pigment, enlarged pores, stretch marks, scar resolution, while lifting, tightening, deeply restoring, volumizing and rejuvenating the skin. This peel is for all skin and Fitzpatrick types.

***Must FIRST be certified by Wholistic Dermatology and complete all required paperwork for this and be in possession and completely understand all the PRE and POST PEEL INSTRUCTION sheets and PRE procedure patient permit to sign in order to buy or use Retinol Restoration and Perfecting Peel physician strength peels.**

Treatment level- Epidermal down inclusively to deep dermal, highest dose retinol to retinoic peel, to most completely and effectively penetrate, correct, rejuvenate, volumize, repair, protect, safely restore and exfoliate all skin types, sexes and colors. Utilizing two unique stabilized proprietary forms of Vitamin A that break new scientific and formulation ground to optimally deliver and preserve maximal potency and visible results the most expeditiously as well. RETINOL RESTORATION provides equally remarkable results on the entire body treating the same challenges. (See Retinol Restoration Body Peel protocol)

Results-

- Facilitates resolution and repairing epidermal and dermal damage and degradation, wrinkles, skin laxity, dullness, stagnation and fine lines while improving deeper wrinkle depth, volume loss and all, as quickly, physiologically correctly and effectively as possible. Best laser results without having to invest in the laser.
- Reduce abnormal pigment, melasma, stretch marks, skin growths and abnormal cell collections, abnormal veins and existing damage.
- Excellent for scalp damage/growths in men with hair loss to help restore scalp to skin health.
- Reduce and very efficiently combat/resolve blemishes, their and all types of scarring, oil overproduction and post inflammatory hyper- pigmentation.
- Refine enlarged pores and improve skin inflammation.
- Deeply restore, rejuvenate and assist in physiological reparation and prevention of dermal and epidermal skin, sun, inflammatory, aging damage.
- Speed cell turnover, collagen and skin component production and volume restoration.
- Reduce discoloration, redness and abnormal, undesired pigmentation.
- Instill maximal nutrient and antioxidant restoration and protection.
- Speed symptom resolution.
- Facilitates correction and restoration to healthy skin.
- Prevention by helping to repair all skin components extra and intracellularly, mitochondria, DNA, turn back and slow down the clock.

Frequency-

- For maximal correction and symptom resolution as quickly as possible, an initial series (after prepping) of 3-4 RETINOL RESTORATION PEEL treatments are recommended, administered every 6-12 weeks. Maintenance ideally will be 1- 3 per year (no more frequently than every 6 weeks-when attempting to more quickly resolve pathology, to every 2-6 months- for maintenance/antiaging) forever.
- These peels provide VERY favorable/comparable if not better in many cases, visible results, to most lasers on the market and certainly vs other physician strength peels on the market-- which are overwhelmingly in addition, NOT NON-toxic, NON-inflammatory thus enhance skin thinning over time due to toxic, inflammatory ingredients.

Key Ingredients-

- Two unique stabilized forms of proprietary Vitamin A for optimal repairing and cellular re-growth as deeply as possible. Helps protect and treat the cell's mitochondria and DNA. Restores deeply and progressively and very visibly rejuvenates even the most depleted, damaged skin.
- L-Glutathione- a crucial element in the antioxidant defense system of the cell membrane and mitochondria. Helps neutralize hydrogen peroxide in lipids and regulate DNA duplication to strengthen the rebuilding of collagen bonds, to improve wrinkling and skin regeneration.
- L-Carnosine- an amino acid and super antioxidant to help stabilize cellular membranes, helping to quench even the most destructive free radicals and their damage. Slows glycation and collagen cross linking which leads to loss of elasticity and wrinkling and helps stimulate the growth of fibroblasts to reduce telomere damage.
- D-Alpha Tocopherol and Tocotrienols- scientifically and chirally correct ratio of vitamin E chemical forms for antioxidant protection, helping to prevent the free radical cascade that occurs during other peels which then results in thinning the skin, often irreversibly. Aging skin is thinning, youthful skin is volumizing.
- Lactobacillus Ferment Extract exfoliates and softens fine lines and improves skin texture and clarity.

Retinol Body Peel does NOT REQUIRE PREPPING.

Retinol Restoration Peel Skin PREP Kit is ESSENTIAL and MANDATORY

Client must be prepped for 4-8 weeks with the following at home protocol:

Cleanser- 1-2 times per day. This is NOT mandatory to have the peel but definitely preferable.

Serum 1- 2 times daily as prescribed for skin condition. NOT mandatory to have the peel but preferable.

Vitamin C Plus 1- 2 times daily as prescribed for skin condition but at LEAST once a day in the AM for 2 months prior is MANDATORY to have the peel. Use twice a day for at least 2 weeks prior for strongly pigmented skin that gives you a history of abnormal pigment challenges/manufacture with EVERYthing just to always err on the side of caution. Also twice a day helps with blemishes, their scarring and pigment to further optimize peel results.

Vitamin A Plus- NIGHTLY WITH NO IRRITATION FOR at least SIX WEEKS prior to the peel is MANDATORY to have the peel. Prescription Retin-A which is ½ percent—0.05% or 1%, 0.1% but no less and religiously every third night WITH NO IRRITATION/peeling for at least 12 weeks prior to the peel is prepping and acceptable but not ideal but in strongly pigmented skin MANDATORY to be using VITAMIN A PLUS at least every OTHER night in ADDITION to using Retin A as described to ALWAYS err on the side of caution as commercial prescription Retin A has inflammatory ingredients which are best avoided.

Maximal Strength PEEL- 1- 2 times (ideally 2x) minimum per week WITH NO IRRITATION for 4 weeks prior to the peel is MANDATORY.

Night Regeneration- Nightly—if the patient's skin is so oily that NO moisture is tolerated then can be used every other to third night as tolerated or they are using Calm and Repair during the day. NOT mandatory to have the peel but preferable.

*Additional note for Physicians, Nurses and Aestheticians: It is VERY advantageous to have used the dermaroller on yourself so you know how it feels in order to explain the sensation to clients and also to understand how much pressure to use/place on the patient's skin for this procedure.

SKIN THERAPY RETINOL RESTORATION PEEL FOR FACE, NECK, CHEST, RETINOL BODY PEEL FOR ENTIRE BODY

STEP BY STEP PROTOCOL

1. **When the client books the Retinol Restoration Peel-**
 PRE-peel INSTRUCTION SHEETS--MANDATORY—review, give and send pre peel instructions home with client or email/fax the document to them and assure receipt, COMPLETE

understanding and COMPLIANCE especially with the prescribed prepping protocol. On the BODY NO PREPPING is required UNLESS in your professional opinion the body skin to receive the RETINOL RESTORATION peel is so fragile, inflamed, delicate that it requires prepping prior. Virtually never is this the case for the BODY skin but ALWAYS examine the skin especially in an older patient. Inform them that POST peel they will leave with their skin having visible product on it-see below description in the PRE PEEL INSTRUCTION SHEETS-AND that the peel must remain on the skin as prescribed below and IN THE POST PEEL INSTRUCTION SHEETS and they are NOT to be in the sun except to get home-SEE POST PEEL INSTRUCTION SHEETS. Recommend that they wear clothing on the day they are receiving the peel that is loose and buttons up the front rather than over the head if possible and can get product on it which will come out in the wash.

2. **When the client arrives for the Retinol Restoration Peel treatment** --the front office has client read/review again and the client signs Retinol Restoration Peel Release/consent form (supplied by WHOLISTIC DERMATOLOGY/SKIN THERAPY) after ALL questions answered to their complete understanding by you or your designee per your practice protocol.
3. **Review Pre-Peel instructions** to ASSURE client has been compliant with the at home product PREP and WHERE they have been placing the products-i.e. on entire face, eyelids, neck, chest or where you have prescribed it be placed and for the MANDATORY PREP TIME. DO not place RETINOL RESTORATION peel on the face, eyelids, neck, chest where they are NOT placing prep products PER THE PREP PROTOCOL UNLESS receiving a body RETINOL RESTORATION peel which requires NO PREP UNLESS YOU HAVE PRESCRIBED it.
4. **Cleanse** - Apply 2 pumps of **Cleanser** to palm and work into lather by adding a drop or 2 of water onto the skin. Cleanse face, neck, décolleté and eye area or areas to be peeled. Leave on 2-5 minutes to give time to dry and clean pores completely especially with oily skin and thick skin. Rinse thoroughly. Repeat if necessary for oily skin. Do not use steam. On the body you can use Cleanser or just use alcohol a thin layer or two to clean and rid oil and debris in pores until cloth or paper with alcohol on it does not show dirt from the skin. On the face, neck, chest after cleansing wipe with a thin layer of alcohol as well.
5. **Perform skin analysis. Dot a tiny amount of Night Regeneration at the very corners of the eyes where you do not want peel to go and mouth to stop tearing and salivation as with any peel.**
6. **Explain the Dermalroller or the dermastamper (whichever you have/choose to use) to the client IF your license allows you to use and you choose to use as it is not mandatory.** The Dermalroller will open channels in the skin and make the peel penetrate faster, more deeply and the skin will actually "hold" more of the peel, all for better visible results. We recommend using a 2.0 with 1.5 being second choice but even 1.0 is acceptable.
7. **Show client the sterile Dermalroller** and explain that they will feel a prickling sensation as the roller moves over the skin.
8. **Begin Dermalrolling the skin.** Start in a horizontal direction and roll the entire face (and nose) with as much pressure as the client will tolerate and several times in each direction as patient will tolerate. (Add neck and chest if client has been prepping those areas with home care products in the same way as directed for the face. (They should always equally treat face, neck and chest with all products and procedures ideally so everything looks the same age!) Dermalroll the body skin if doing a body peel as well and as aggressively as they will tolerate. Do not dally when you roll as they want to get it over with and reassure them that you soon will be finished. You are not pushing down hard rather rolling over the surface
9. **Dermalroll the skin** secondly in a vertical direction several times over the entire face or wherever the peel is to be applied then finally several times in a diagonal direction. (Repeat on neck and chest if client has been prepping those areas with home care products as directed for the face.)
10. **Dermalroll the eye area. Cautiously dermaroll the eye area (ONLY over and just under the eyebrow for the upper eyelid) but NOT the upper eyelid over or just above the eyeball. You want to make SURE the eyeball does not get poked/abraded with the dermaroller so exercise BEST CARE. The eyeball can be damaged by puncturing with the dermaroller!** Begin on the brow and

brow bone. Brow bone area needs slightly more pressure if there are thicker eyebrows. Dermalroll under and in the crow's feet eye area up to or as close to the LOWER eyelid lash line as possible, again making SURE not to touch/scratch/puncture the eyeball! Have the patient close the eye or look up when rolling the lower eyelid.

11. **Dermalroll the lip area and in the lines on and above the lip well by pulling them apart with 2 fingers** - but first inform the client so they know you are going to do so. (This peel helps with vertical lip lines as well as plumps/revolumizing the lips.)
12. **Dermalroll the ear area.** As earlobes elongate with age, we Dermalroll the front and back of the ear lobe and where the ear meets the face along the length of the ear as lines develop here as skin thins with age.
13. **Dermalroll deeper lines** by stretching the lines out with your hand much the way you would stretch the skin to do a skin analysis. Get INTO the lines including the forehead, Nasolabial, chin, cheek, brow area.
14. **Apply the Retinol Restoration** immediately following the dermarolling. Do not dally as the body attempts to close over the holes as quickly as possible. Use generous big thumb sized rounded amount for face, neck and about the same more for the chest if needed and any residual can be placed more on the face and neck and remember on the neck go onto the earlobes and behind the ear and behind the neck as well so you have a generous yellow layer everywhere, not thin and not thick but well yellow but not thick layer, the peel is applied and apply ONLY with gloved hands. Do not neglect to apply over lips, on the ear areas that were dermarolled and eye area as was described to be dermarolled (NOT on the upper actual eyelid and remember the peel will migrate a bit downward from where it is placed) that was dermarolled. Get up to the lower lash line being careful not to get into the eyes. If into the eyes, irrigate out with sterile saline eyedrops with a gauze at the very corner and side of the eye to absorb the liquid then dry and reapply the and peel there.
 ON body skin apply the same generous layer onto the skin, the amount so you see good/well yellow color everywhere but not thickly on the skin but also not too thinly so the skin does not appear equally yellow. When in doubt add a bit more as you do not want the layer to be too thin and streaky yellow. ON the body requires more volume of peel which is why body peels have to cost more to cover the volume and why you can only do so much body area at one time.
15. **Wait 5 minutes for absorption while lightly massaging into the skin for the first 2-3 minutes.**
16. **During the 5 minute wait period, analyze the skin for redness, raised areas or blistering white spots.** The skin is expected to be pinkish red but should not be angrily red or red/purple and the redness should begin to minimize or just remain normal pinkish red during the 5 minute wait period. If you see raised areas or white spots, where the skin looks to be lifting/blistering, observe to see if exacerbating and if so after 5 more minutes if increasing redness and lifting/blistering then apply a dot of Emu Dermyl to just the spot then overlay just the spot with a dot of Calm and Repair to treat and neutralize, but remember this is chirally correct, nontoxic and non-inflammatory **Calm and Repair** which facilitates/aids healing because of its ingredients and its Serum and Zinc. Rarely to never will you see this skin lifting occur with Retinol Restoration. If the lifting is slight just observe and do not place more peel on those areas and no Emu nor Calm and Repair for at least 1 hour UNLESS it is exacerbating or patient states it burns noticeably.
17. Work the peel around the skin with gloved hands although you do not need to massage much rather just assuring even spread of the peel everywhere and into lines. (It will begin to look a bit like thin scrambled eggs on the face then no longer move the peel around and this is how you know the skin is saturated at this time and can not accept more of the Retinol Restoration at this moment but will continue to wick it in which is why you leave the peel on the skin as it slowly but surely wicks into and progressively deeper.
18. **Leave the Retinol Restoration Peel on the client's skin.** It is *not* removed until at the LEAST 8 hours post but ideally and SHOULD remain on for 12-24 hours-until the next AM for MAXIMAL penetration. Remember to tell the patient/client to sleep on a towel over their pillowcase so the

yellow does not stain the pillowcase although it will come out in the wash. Also if they bring a hat remind them prior to the peel to bring a LOOSE hat as do not want to rub off the peel. Also for body peels they should come in loose clothing and sleep in clothing and/or socks to protect the sheets from getting the peel onto them.

19. **Analyze the skin as above over 5-10 minutes while reviewing post peel instructions, for increasing redness, raised areas or blistering white spots.** Apply **Emu Dermyl** and **Calm and Repair** as above in step 16, to treat the skin in those areas of concern, show them to the patient so they can continue applying as specified in the POST PEEL INSTRUCTIONS and report to you daily on their resolution/healing.
20. **Review each step and answer all questions to their COMPLETE understanding of the post peel instructions with the client, write the date and DAY of DAY 1 which is the day the peel is APPLIED and the DAY they restart using normal AM home SKIN THERAPY products post peel =day 6 on the post peel instruction sheet, have the client sign and write "reviewed, understood" then they sign their name at the bottom of the sheet, retain a copy for your records and give them the original to follow at home.** REMIND the patient that the peel visible results each peel continue to INCREASE up to the THIRD month post peel so scar, melasma, blemishes, redness, enlarged pores, lifting, tightening, volumizing CONTINUE to resolve and improve over the 3 month period and if they are doing a peel series 6 or more weeks apart they HASTEN and compound visible results. REMIND them also that immediately post peel is NOT when they see the best results/resolution rather after the 2-3 full months POST peel as the results build and peak.
21. **Client goes home with peel on their skin.** They will leave the peel on their skin from 8-24 hours, ideally overnight. They can place a towel on their pillow for linen protection (retinol easily is washed out of linens) if leaving peel on overnight. The next day they SHOWER- no baths- and they just let the water run all over the area with peel on it and on the face, neck, chest they use CLEANSER first before showering but on the body just use NONTOXIC, NON INFLAMMATORY soap such as Dr. Bronners and a wash cloth is fine on the body but nothing exfoliating and on the face, neck and chest no wash cloth just let the water run over and use a hand lightly to remove peel if necessary. Usually just the water and soap/Cleanser will remove easily.
22. **Client MUST have for home use the POST PEEL KIT- Cleanser, Emu Dermyl and Calm and Repair.** (They must purchase/receive if they don't already have at home-full size ideally but can purchase travel sizes to last for 2 weeks (that would be CLEANSER-2, EMU Dermyl-1-2, CALM and REPAIR-should ONLY purchase a full size). They will have the Pre Peel kit products to apply per post peel instruction protocol.
23. **Follow up call the day after.** Every client needs a follow up call the day after their peel. We must check on them and reassure them that if they experience any redness, irritation and hot spots, they will quickly resolve but always best to review treatment of these and to make sure normal resolution is occurring. While this is all explained on the post peel instructions, it is good to review post peel instructions again verbally.
24. **Follow up call in 1 week.** Or sooner if you think it's necessary/per your practice protocol.
25. **Follow up mini facial or give/include in the peel pricing a travel size of EXFOLIATING REPAIR so 10 days post peel they utilize then can finish by using every 2-4 weeks to assure all dead and peeling skin is removed/for extra nourishing/moisturizing the skin.** Use Medi-Facial protocol but NO steam and do extractions carefully (newly peeled skin is more initially fragile) and only IF absolutely needed and easily accomplished for this treatment. They can always return in 2-4 weeks for extractions if indication for extractions does not resolve in that time from peel skin stimulation.

*****FOR RETINOL BODY PEEL - only do one area at a time - both arms, OR lower legs, OR back OR abdomen. Wait 2-3 weeks before doing the PEEL on another part of the body.*****

SKIN THERAPY RETINOL RESTORATION PEEL FOR FACE NECK CHEST, ENTIRE BODY

Contraindications/Precautions

- Isotretinoin (Accutane) within the last 6 months.

- Do not wax or thread in treatment area for 10 days before and 6-8 weeks for waxing after treatment- longer (8 weeks) if skin is still peeling or has healing hot spots.
- Do not apply to open sores, irritated areas such as active herpes, inflamed eczema or irritated sunburned skin.
- Avoid sun exposure/tanning beds for 2 weeks before and 8 weeks after treatment, longer if skin is still peeling or has healing hot spots, and always use Calm and Repair during the day, every day and reapply as per instructions.
- Follow the post peel instructions EXACTLY for at home product usage.
- Avoid saunas, steam, pools, hot tubs, and baths for 2-6 weeks after treatment per PRE AND POST PEEL INSTRUCTION SHEETS. Longer if skin is still peeling or has healing hot spots.
- No exercising or sweating for 5 days post peel placement- longer (5-7 days), if skin is irritated with actively healing hot spots and PER POST PEEL INSTRUCTION SHEET.
- No makeup except mascara for 3-ideally 5 full days post peel. After 5 days ideally use only Oxygenetix NONTOXIC makeup.
- Do not dye hair that will touch the skin that has been peeled for 4 weeks per POST PEEL INSTRUCTION SHEET as the chemicals in hair color can burn the peeled areas. Alternatively have the stylist place heavy petrolatum on the skin of the peeled areas if hair MUST be dyed, but INSTRUCT client and stylist to exercise PRECAUTION on peeled areas.
- The client should use only the products in the Retinol Restoration post peel kit for the first 5 days after the Retinol Restoration Peel. After 5 days, the client can resume other Skin Therapy home care *except* the following:
 Vitamin C Plus-resume after 5 days per post peel instruction sheet IF NO irritation or hot spots but if any irritation or hot spots remain, resume 7 days post peel but only resume if NO active irritation or hot spots remain. If skin is not ACTIVELY irritated then Vitamin C Plus can be resumed after 5 days POST peel
 Vitamin A Plus and Maximal Strength PEEL.
 These are to be resumed after 15-21 days POST peel (see POST peel instruction sheets) and only if all irritation and peeling are completely gone.

Prep the skin for 6-12 weeks (12 weeks for reactive, sensitive, aged, damaged, pigmented) with the following Skin Therapy products

Start with Retinol Restoration PRE peel kit which includes the following products.

Cleanser—NOT mandatory but preferred

Serum (1-2 times per day as prescribed for skin condition not mandatory but preferred

Vitamin C Plus 1-2 times per day (as prescribed for skin condition)--MANDATORY. Ideally use twice a day for 2 weeks before the peel for aggressively abnormal pigmented skin to further stabilize pigment although these peels are colorblind but always err on the side of stabilizing pigment.)

Vitamin A Plus (every night for 8 weeks WITH NO IRRITATION)

Maximal Strength PEEL (1-2 times per week for 4-12 weeks prior to peel WITH NO IRRITATION)

Night Regeneration (nightly to every other to third night in oily skin-as tolerated) NOT MANDATORY but preferred

After the Peel the client must go home with the Retinol Restoration POST peel kit which includes the following products.

Cleanser (if they do not already have at home)

Emu Dermyl (for any hot spot/irritated area treatment)

Calm and Repair (for hot spot/irritation and first days post peel as prescribed treatment and sun protection)

INTERNAL home care PRE AND POST PEEL with Skin Fitness Plus SUPPLEMENTS in order of importance, to provide the raw ingredients to the skin for the skin construction site created by the



peel and needed PRE PEEL to optimize POST PEEL results. (Refer to supplement instruction sheet for dosing).

VITAMIN D3/K2
OMEGA GOLD-- 1-4 per day
ORGANIC SULFUR
IODIZYME
ADRENAL LIFE FORCE/LICRO INTRINSIC

DISCOUNT PRICING SUGGESTIONS:

WE recommend based on our experience that to optimize sales, for the pre and post peel products and supplements and overall in your practice, you give at least a 10% discount if the client is purchasing 3-5 skin products/and/or supplements and a 15% + discount for purchasing 6+ products (skin products and/or supplements) Please refer to the suggested retail pricing discounts document on the professional side of the website juliathuntermd.com or your distributor's website. We inform the client/patient of the discounts and we find this significantly enhances sales and gives the opportunity to introduce a product needed but not being used.

You can choose to do package pricing if they buy a series of 3 or 4 peels but remember you CANNOT do this peel closer than 6 weeks apart on the SAME area and closer than 3 weeks on a different area.

ALSO REMEMBER that you can only place this peel on so much skin/body area at one time- REFER TO the PRE PEEL INSTRUCTION SHEET and RETINOL RESTORATION PEEL TRAINING CERTIFICATE you received—defining that you can ONLY place on the:

Face, neck, chest, lower arms and hands at one time OR

Upper arms, and UPPER ONLY back at one time OR

Abdomen ONLY—OR

ENTIRE back at one time OR

Buttocks ONLY (top to bottom, side to side) OR

UPPER legs ONLY OR

LOWER legs and feet ONLY

Depending on your marketplace for pricing— I would ascertain what is the dermatologist/physician pricing in your area for Obagi Blue Peel, Cosmelan/TCA/Jessner/ laser peels such as Refine/pixelated CO2, Sciton. This peel along with Perfecting Peel (Step 3) were created to give NONTOXICALLY, superior results to the above.

My starting suggestion is depending on your marketplace if you were doing Retinol Restoration with the Dermalroller you do NOT charge less than US dollars 350 up to 1250\$ US for larger areas, and see Perfecting Peel protocols for starting pricing for layering Perfecting Peel WITH Retinol Restoration or alone.

Remember you have to follow up so that is time and expertise as well.

ALSO remember to tell the client/patient about drinking more water as this peel can be drying.

You and the patient will SEE the lifting, tightening, pathology progressive resolution with this peel and if you need more see PERFECTING PEEL protocol for layering it on top as you diagnose that the skin will tolerate.