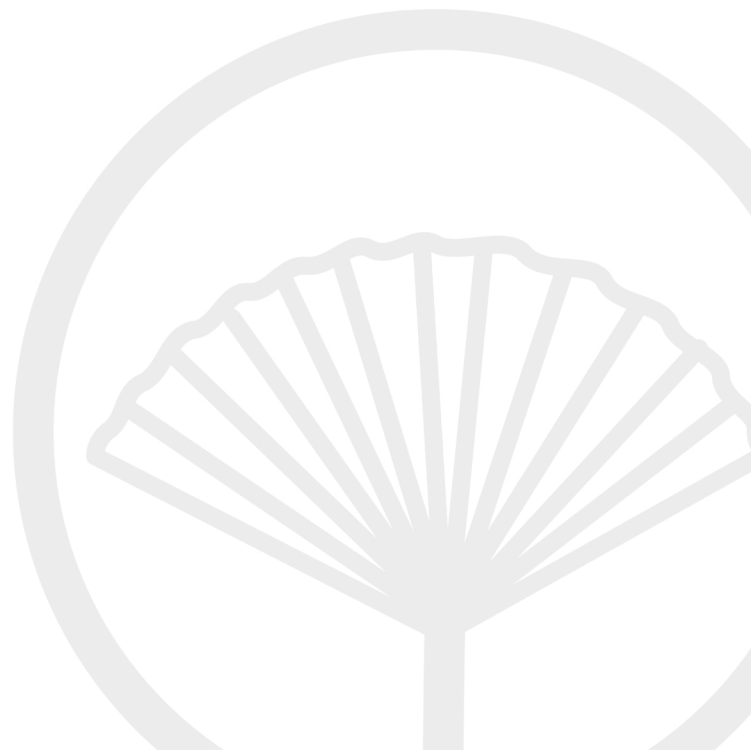


## Peels

### Patient Treatment Guide



## WHY MEDIK8?

Medik8 is an award-winning, global skincare brand, sold only by skincare experts. Medik8 products are designed, developed and formulated by a team of biochemists and pharmacologists in our UK biotechnology research facility. Medik8 only makes **professional strength** products with proven technologies. Medik8 products are specifically designed to **target skin ageing, acne, redness, pigmentation and dryness.**

### Medik8 believe in:

- Solution specific products
- Proven results
- Professional strength
- Green chemistry & eco-friendly packaging
- Highly stable formulae with well-documented and original research
- Core anti-ageing philosophy for every women
- Lab quality... *"hand-engineered in small batches"*

Ask your skincare professional about what Medik8 can do for you.  
To find out more about Medik8, visit [www.medik8.com](http://www.medik8.com)





## WHAT IS A PEEL?

### MEDIK8 PEELS

are an easy to select  
from range that caters to  
every client's needs.

A peel is a cosmetic treatment that removes the top layer of the skin, leading to visible improvements in appearance.

Peels are often categorised by their depth: superficial, medium and deep.

More dramatic skin improvement can be achieved by deep peels. However, there is also an associated higher risk of complications, increased pain and longer healing time.

#### THE MOST COMMON PEELING AGENTS USED ARE:

##### ENZYME:

An extremely mild form of peel that can be used on all skin types. Enzyme peels can lead to excellent cosmetic improvement, when repeatedly performed they provide a fresher appearance to the skin.

##### CHEMICAL:

Using a different mode of action, chemicals provide deeper peeling.

- Hydroxy Acids including: AHA (alpha), BHA (beta) and PHA (poly) are frequently used.
- Jessner is a specific combination of acids pioneered by dermatologist Dr. Jessner.







## MEDIK8 PEELS SYSTEM

### An easy system

to help you  
choose which  
peel is most  
suitable for you.

FIRST, SELECT THE SKIN CONCERN YOU WISH TO TARGET:

		Dull complexion Uneven skin texture	Lines & Wrinkles	Acne	Hyperpigmentation
 Superfacial™					
 agePeel					
 eyePeel					
 betaPeel					
 whitePeel					
 Jessner					





# MEDIK8 PEELS SYSTEM

THEN DECIDE ON THE DEPTH OF THE PEEL:

## Superficial™

Enzyme Peel

agePeel

eyePeel

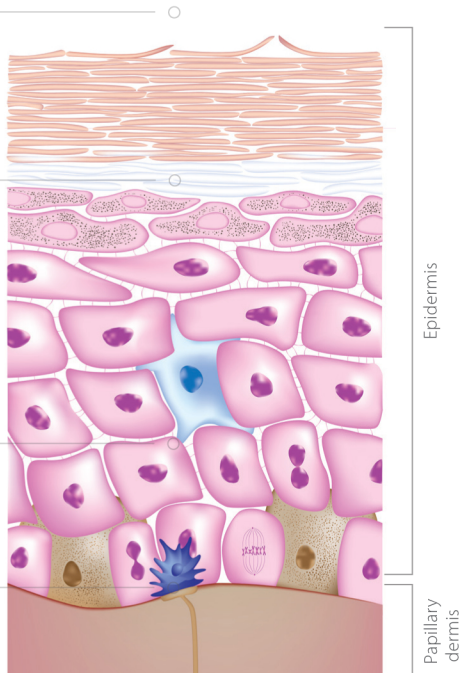
whitePeel

betaPeel

Superficial level 1

Jessner

Superficial level 2



Superficial depth  
Gentle improvement  
No downtime

○ Increased depth  
Dramatic results  
○ Increased downtime



# WHICH PEEL IS RIGHT FOR ME?

## LUNCHTIME TREAT

- I'm looking for a natural alternative to a chemical peel, suitable for highly sensitive skin.
- I'm not expecting visible peeling or downtime.
- I'm only prepared to experience tingling!

## SOLUTION

Superfacial™



## LOW IRRITATION

- I'm looking for a condition specific treatment with visible results that can be used all year round.
- I'm prepared to accept minimal downtime and mild peeling of the skin.
- I'm prepared to experience stinging on application.

## SOLUTION

whitePeel  
betaPeel  
agePeel  
eyePeel



## ALL IN ONE

- I'm looking to tackle all moderate skin concerns at once with significant results.
- I'm prepared to accept moderate downtime and peeling or flaking of the skin.
- I'm prepared to experience intense stinging on application.

## SOLUTION

Jessner





## LUNCHTIME TREAT

### Superfacial™

NO DOWNTIME

ENZYME PEEL

FOR SENSITIVE SKIN



A radiance boosting, regenerating treatment to even skin tone with a blend of eight active ingredients selected for their potency and gentle mechanisms of action. The enzymatic action ensures that skin is left radiant, with no visible peeling and minimal erythema.

#### INDICATIONS:

Dull complexion, uneven skin texture.

#### POST-TREATMENT APPEARANCE:

Non visible marks

#### DOWNTIME:

None

#### RECOMMENDED COURSE OF TREATMENT:

6

#### FREQUENCY:

Weekly

#### EFFECT:

No visible peeling

#### KEY INGREDIENTS:

##### PAPAYA

Naturally derived papain enzyme 'digests' the superficial dead skin cells that can lead to the appearance of a dull complexion.



##### POMEGRANATE

Contains ellagic acid that helps suppress UV-induced skin pigmentation when applied topically.



##### BLUEBERRIES

The antioxidants in blueberries neutralize free radical damage.



##### KIWI

The kiwi fruit is rich in antioxidants, digestive enzymes and vitamins C, E and A.





## LOW IRRITATION

### agePeel

LOW IRRITATION

MINIMUM DOWNTIME

FOR ALL SKIN TYPES



An effective combination of acids to reduce fine lines and wrinkles. Fades away imperfections leaving the skin smooth and renewed.

#### INDICATIONS:

Lines and wrinkles

#### POST-TREATMENT APPEARANCE:

Mild redness (sunburn-like)

#### DOWNTIME:

Up to 24hrs

#### RECOMMENDED COURSE OF TREATMENT:

6

#### FREQUENCY:

1 - 2 weeks

#### EFFECT:

Mild peeling

#### KEY INGREDIENTS:

##### L-MANDELIC ACID

A mild and effective AHA, it is often compared to glycolic acid for the results it provides without the negative effects: less redness, less downtime.

##### LACTOBIONIC ACID

A superb multi-tasking PHA which works as an exfoliant, antioxidant and humectant.



## LOW IRRITATION

### eyePeel

LOW IRRITATION

MINIMUM DOWNTIME

FOR ALL SKIN TYPES



An ultra-gentle yet effective solution to treat this delicate area, enhances cell turnover and regeneration

#### INDICATIONS:

Crow's feet, under-eyes and upper eyelids

#### POST-TREATMENT APPEARANCE:

Mild redness (sunburn-like)

#### DOWNTIME:

Up to 24hrs

#### RECOMMENDED COURSE OF TREATMENT:

6

#### FREQUENCY:

1 - 2 weeks

#### EFFECT:

Mild peeling

#### KEY INGREDIENTS:

##### L-MANDELIC ACID

A mild and effective AHA, it is often compared to glycolic acid for the results it provides without the negative effects: less redness, less downtime.

##### LACTOBIONIC ACID

A superb multi-tasking PHA which works as an exfoliant, antioxidant and humectant.

##### L-LACTIC ACID

A second AHA with an effective anti-tyrosinase activity (enzyme responsible for melanin production).



## LOW IRRITATION

### betaPeel

LOW IRRITATION

MINIMUM DOWNTIME

FOR ALL SKIN TYPES



Rapidly brings acne under control and dramatically reduces the risk of future scarring. Counteracts all three causes of acne individually: blocked pores, bacterial infection and inflammation.

#### INDICATIONS:

Acne prone skin

#### POST-TREATMENT APPEARANCE:

Mild redness (sunburn-like)

#### DOWNTIME:

Up to 24hrs

#### RECOMMENDED COURSE OF TREATMENT:

6

#### FREQUENCY:

1 - 2 weeks

#### EFFECT:

Mild peeling

#### KEY INGREDIENTS:

##### SALICYLIC ACID

A widely used gentle BHA that unblocks pores and clears away dead skin cells, preventing skin congestion.

##### AZELAIC ACID

Highly effective against the bacteria responsible for inflammatory acne (*Propionibacterium acnes*).



## LOW IRRITATION

### whitePeel

LOW IRRITATION

MINIMUM DOWNTIME

FOR ALL SKIN TYPES



The most effective way to achieve a brighter and even skin tone, free of dark spots and hyperpigmentation. Renews skin layers and prevents the darkening of new skin cells.

#### INDICATIONS:

Pigmentation marks

#### POST-TREATMENT APPEARANCE:

Mild redness (sunburn-like)

#### DOWNTIME:

Up to 24hrs

#### RECOMMENDED COURSE OF TREATMENT:

6

#### FREQUENCY:

1 - 2 weeks

#### EFFECT:

Mild peeling

#### KEY INGREDIENTS:

##### L-LACTIC ACID

An AHA with an effective anti-tyrosinase activity (enzyme responsible for melanin production).

##### PHYTIC ACID

An effective depigmenting agent, proven to reduce melanin formation.



## ALL IN ONE

### Jessner

VISIBLE RESULTS

MODERATE DOWNTIME

MODERATE PEELING



A superior treatment designed to remove the epidermis (top layer of skin). Can be used to lighten areas of hyperpigmentation and to treat aged, sun damaged skin, mild to severe acne, discolouration and moderate wrinkling.

#### INDICATIONS:

Moderate wrinkles and scarring, sun damage, hyperpigmentation and acne

#### POST-TREATMENT APPEARANCE:

Redness, leathery skin

#### DOWNTIME:

3 - 7 days

#### RECOMMENDED COURSE OF TREATMENT:

4 - 6

#### FREQUENCY:

2 - 3 weeks

#### EFFECT:

Moderate peeling / flaking

#### KEY INGREDIENTS:

##### LACTIC ACID

AHA that helps encourage cell turnover and stimulates collagen formation while helping to smooth and soften the skin.

##### SALICYLIC ACID

BHA that helps dissolve sebum and debris in your pores that cause blackheads, enlarged pores and acne breakouts. It also helps reduce oil production and provides gentle exfoliation.

##### RESORCINOL

An effective exfoliator that helps loosen the damaged skin layers to expose the new fresh skin beneath while also stimulating collagen formation.





## HOW SHOULD I PREPARE MY SKIN?

### PRIMING KIT

Start 2 weeks **before** the first treatment and continue for up to 3 months **after** the last treatment.

Research has shown that the use of topical **Vitamin C & Vitamin A** throughout the treatment can **maximise the results** of this skin rejuvenation procedure.



C-Tetra®



CE-Tetra®



CE-Thione™

VITAMIN C



Retinol Eye TR™



Retinol 3 TR™



Retinol 6 TR™

VITAMIN A



## WHAT SHOULD I EXPECT?

### BEFORE TREATMENT

You will have a consultation including a patch test.

A skin priming kit will be recommended for use prior to your first treatment.

### ON THE DAY OF TREATMENT

Your skin will be cleansed professionally.

The peel will be applied, then neutralised (if needed).

Serums, moisturiser and SPF protection will be applied.

### AFTER TREATMENT

You will be given aftercare recommendations to follow.

### YOU CAN BOOK YOUR NEXT TREATMENT





# AFTERCARE RECOMMENDATIONS

## YOUR POST TREATMENT ROUTINE SHOULD INCLUDE:

- Treating the skin gently (no wash cloths or facial sponges).
- Limiting time outdoors (to minimise sun exposure).
- Applying **Medik8 Ultimate Recovery™** on the treated area twice daily. Repeat the application throughout the day if needed.
- Wearing **Medik8 Physical Sunscreen SPF 30.**
- Using mineral make-up only.
- Not picking the skin, let it peel off naturally.
- Continuing your priming regime throughout the course of the treatment.



## ULTIMATE RECOVERY™ 7 DAYS POST JESSNER PEEL TREATMENT



*"My skin felt more hydrated, less irritated and healed faster with Medik8 Ultimate Recovery"*

Nina K

## MANUFACTURED BY

Medik8<sup>®</sup> Skin Research  
Pangaea Laboratories Ltd.  
240 Centennial Park,  
Elstree, Herts. WD6 3SJ, UK.

**T** +44 (0) 20 8458 2500  
**E** [support@pangaea.co.uk](mailto:support@pangaea.co.uk)  
**W** [www.medik8.com](http://www.medik8.com)

## DISTRIBUTED IN CYPRUS BY

Regenesi Limited  
3 Pergamou Street  
4041 Limassol  
Cyprus

**T** 70006608  
**E** [info@medik8.com.cy](mailto:info@medik8.com.cy)  
**W** [www.medik8.com.cy](http://www.medik8.com.cy)