



MEDICAL AESTHETICS

GUIDE TO PRE & POST MEDICAL PROCEDURES



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Repêchage Esthetics Guide to Pre & Post Medical Procedures

Esthetician: A licensed professional* who employs chemical products, utilizes electrical appliances and provides mechanical services, and consults clients to enhance the appearance of the skin for esthetic rather than medical purposes.

Services of the Esthetician:

Face Skin Care

- Lymphatic Drainage of the Face and Neck
- Lash and Brow Tinting
- Cleansing
- Extraction of Non-inflamed comedones
- Massage/stimulation
- Masks
- Skin Lightening
- Exfoliation (not invasive)
- Peeling (invasive) – only under supervision of a doctor
- Hydration

Body Care

- Hydrotherapy
- Massage
- Wraps
- Exfoliation
- Cleansing
- Hydration

* In those states where required.

There are many areas in which an esthetician, dermatologist and plastic surgeon can work together:

- Cross-referral of patients between practices
- Contract esthetician/salon to perform pre & post-operative care (directly billed to physician)
- Employer/Employee with the esthetician working for the doctor under his insurance
- Lessor/Lessee with the esthetician renting space in the physician's office (don't forget to check your local regulations)

Working with a Physician- Pro's and Con's

Pros

- Esthetician can play a vital role in medical practice by bringing to the practice expertise in skin care that the physician does not have

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- Patients receive more time with a professional than if working solely with a physician leading to an increase in the patients confidence of the care
- Develops patient loyalty
- Generates new patient base
- Integrates office space
- Reinforce at-home care instructions of the treatment
- Improved chart documentation

Cons

- Insurance issues need to be worked out depending on the relationship (renting space, independent contractor, and employee)

Guidelines for Proper Documentation of Patient Records

- The medical record should be complete and legible.
- The documentation of each patient encounter should include: date, reason for encounter, appropriate history and physical exam, review of ancillary test results, assessment, and plan for care.
- Past and Present diagnoses should be accessible to the treating and/or consulting physician.
- Relevant health risk factors should be identified.
- The patient's progress, including response to treatment, change in treatments, change in diagnosis and patient noncompliance, should be documented.
- The written plan for care should include, when appropriate, treatments and medications, specifying frequency and dosage, any referrals and consultation; patient/family education and specific instructions for follow up.
- The documentation should support the intensity of the patient evaluation and/or the treatment, including through processes and the complexity of medical decision-making.
- All entries to the medical record should be dated and authenticated.
 -from "The Estheticians Guide to Working with Physicians", Susanne Warfield, 1997

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What can an esthetician do in a Dermatologist Office?

The esthetician's role in a dermatologist office is to help patients develop good skin hygiene practices and avoid makeup and cosmetic practices that compromise healthy skin. This includes:

- Comedone extraction
- Exfoliation
- Light peels
- Facials for maintenance of skin conditions
- Makeup application or camouflage to accommodate temporary discoloration of the skin due to illness or dermatological procedures
- Advising patients how to avoid sun damage, which products are irritating or allergenic and how to care for common acne and acne-related conditions
- Reinforcing proper usage of topical and oral medications

What can an esthetician do in a medical practice?

- Prepare the skin for procedures
- Pre-operative skin care
- Post-operative skin care
- Camouflage Makeup

Preparing the skin is one of the most important roles an esthetician will play in a medical setting. Cleansing and preparing the skin for medical procedures is the expertise of the esthetician who often has more experience in this area than the physician.

Pre-operative Care- General protocol:

At least 4 weeks prior to the procedure, there is a thorough, deep cleansing of the face or neck based on assessed needs is essential. This can include exfoliation, acne surgery or moisturizing treatments. Treatments should be repeated each week until surgery. Patients need to be advised about make-up use during this period. The object is to keep the skin as healthy as possible through nourishing it with vitamins, improving circulation with massage, and increasing hydration with moisturizers. The patient should avoid the sun and use solar protection when outside.

Schedule at least one visit to teach the patient about the scars and to demonstrate how cosmetics can conceal those areas. Inform, direct and educate the patient at each scheduled visit to address appearance, healthy maintenance, scar concealment, cosmetic changes and specific related surgery issues.

Two weeks prior to the procedure the client should be receiving treatments twice per week.

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Esthetic General Guide lines for Pre-Operative Care

- Access the patient's cosmetic and skincare practices.
- Analyze the skin for quality, texture, and esthetic appearance.
- Discuss the patient's likes and dislikes in facial appearance.
- Reassure the patient about the decision for cosmetic surgery.
- Design a comprehensive skin care program based on the patient's verbalized needs, the physicians input and clinical expertise.
- Educate the patient on preventative measures for diminishing the impact of aging (80% of all outward signs of aging skin are preventable). Tell the patient to: avoid the sun, wind, and extreme weather changes, avoid smoking, avoid/limit fat intake, exercise, eat healthfully, avoid fad diets, use appropriate solar protection at all times, and use moisturizers formulated for their skin type.
- Teach the patient proper cosmetic application.
- Promote discussion about the patient's desired outcome for both cosmetic surgery and an ongoing skincare treatment program.
- Inform the patient about the limitations and potentials of cosmetic and skincare products.
- Gather information about the patient's reason for having cosmetic surgery.
- Set goals, plans and objectives to meet a positive outcome.
- Teach, inform, direct and refer to what will be needed to achieve the set goals.
- Demonstrate to the patient where incisions will be placed, and how to care for them.
- Give the patient a written home-care guide on post-operative care.

- from The Estheticians Guide to Working with Physicians", Susanne Warfield, 1997

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Post-Operative Care - General protocol:

Directly after surgery procedures such as hydration and possibly lymphatic drainage are used to hasten healing. Actual manipulation of the skin should be avoided until the skin and underlying tissue has had time to "set". Once "set" the client will be given instructions regarding make-up and skin care to keep the skin clean and healthy.

In the first month after the procedure, the esthetician's specific role is based on the physician's consent to apply cosmetics and begin skincare management, which is when the physician actually removes the staples or stitches. At this time an esthetician's responsibilities should include the 5 R's:

1. **Reassessment**- Analyze the skin, observe wounds, note the symmetry of facial features and compare to initial documentation and pictures. Check the areas of staples and stitches and be sure stitches are not left within suture area.
2. **Reduce**- Reduce redness, dryness and flakiness. Each patient is different, and each responds differently to the surgery. Each skin type may react with increased dryness, sensitivity and flakiness due to the trauma of surgery.
3. **Reassure**- Reassure the patient of their reasons for having the surgery. Give the patient support, but do not patronize the patient.
4. **Review**- Review with the patient the need to avoid sun, wind, extreme weather changes, smoking and alcohol. Remind the patient that the procedure will be beneficial only if he or she makes definite changes towards minimizing the outward effects of aging.
5. **Reschedule**- Reschedule the patient for skincare treatments. The work began during the six-week pre-op and will continue only if the esthetician encourages the patient.

Camouflage make-up: Many times a patient will look to the esthetician for "tips" on make-up application and techniques since the contours of the face have changed or the skin texture has been modified. Remember that the patient may be very self-conscious at this time and wants to achieve a desired look. The esthetician can help with this by spending time with the patient to develop a look that is right for that particular client.

The following are recommended programs. Prior to any procedure, please consult with the residing doctor for his directions and recommendations for individual patient's needs.

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Laser Treatments

Laser resurfacing is rapidly gaining popularity because in the last few years treatments have evolved to a high degree of precision not found in any other cosmetic resurfacing procedure (chemical peels and dermabrasion). Estheticians working in this field must be able to adapt skin care regimens, which may change from month to month to correspond with the patient's response to laser surgery. Staying current in the field of esthetics is imperative to be able to offer patients the best care available.

It has been shown that working with an esthetician after surgery often leads to better compliance with a skin treatment program, faster healing, fewer complications and greater patient satisfaction.

Pre-Laser Treatment

4 weeks prior to procedure

Very often the patients you see for laser procedures have neglected their skin for years. To provide this patient with traumatic skin resurfacing and not to teach them proper care is not serving them properly. Proper care before the procedure leads to better healing after. Patients want to do something to enhance the results of the procedure, so get them involved with their skin care pre-operatively.

I recommend for pre-operative care that the client receive a BIOLIGHT® Miracle Facial one week prior to procedure.

BIOLIGHT® Brightening Cleanser
BIOLIGHT® Brightening Toner
BIOLIGHT® Frost Bright™ Eye Contour Gel
BIOLIGHT® Brightening Skin Correct Serum
BIOLIGHT® Brightening Overnight Cream
BIOLIGHT® Brightening Daytime Protection Cream
BIOLIGHT® Brightening Sheet Mask
Mineral Face Shield®

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Basic Treatment for post-Co2 Laser Program

Begin 5-7 days after treatment as directed by your Doctor.

Immediate post laser care –

The process of laser skin resurfacing involves the precise removal of the epidermis as well as a selective removal of sun-damaged dermal tissue. This process creates, in essence, a second-degree burn, and wound care during the healing phase is basically burn-wound management. Most patients realize that this can be uncomfortable and that the wound needs to be cared for. Patients during this phase are not socially presentable and in most cases need live-in support for at least 2-4 days following full face skin resurfacing.

1. If weeping has stopped (and bandages have been removed), start using **Hydra Dew Pure™ Elixir Balm** daily for 15 minutes.
2. To cleanse the face while the skin is still tender use **Hydra Dew Pure™ Gentle Foaming Cleanser**.
3. Use a sponge or fingertips to apply **Hydra Medic® Corrective Concealer** on areas that are pink, making sure to avoid all raw areas. (Please consult your doctor before using **Perfect Skin Perfecting Concealer** to ensure that the client has healed sufficiently). Apply **Perfect Skin Liquid Foundation**.

Approximately Four Weeks after Treatment

(Only if skin has completely healed as advised by your doctor)

Delayed Healing phase- Re-epithelialization of the epidermis is complete but the epidermis is thin and water loss is dramatic requiring heavy emollients. The thinned epidermis permits ingredients contained in topical application to penetrate more readily. With the heightened sensitization at this time, there is an increase of allergies and reactions. Itching is common. Erythema and redness is quite prominent in fair skinned patients and may last up to 3 months. Para-medical estheticians experienced in camouflage or makeovers can dramatically increase the patient's self-esteem. Make-up without preservatives or sunscreen is strongly recommended due to enhanced skin sensitivity.

Professional treatments should be scheduled at least once per month. I recommend the Bio light Miracle Facial, which will keep the skin hydrated and nourished while providing a multi-dimensional approach to skin brightening and even toning.

At-Home Treatment

1. Use the products in the following order: **Opti-Cleanse™ Extra Gentle Non-Oily Eye Make-up Remover**.
2. Cleanse skin Apply **Hydra Dew Pure™ Gentle Foaming Cleanser** using circular motions.
3. Gently remove with cotton saturated in lukewarm water.
4. Repeat rinsing to thoroughly remove any residue.

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5. Pat skin dry with tissue.
6. Place clean tissue over the clients eyes a thoroughly mist face with **Hydra Dew Pure™ Facial Essence Mist** to help rebalance the appearance of the skin.
7. OPTIONAL Apply **Biolight® Brightening Sheet Mask** for 10-15 Minutes.
8. If forgoing Mask Apply **BIOLIGHT® Brightening Skin Correct Serum** to face and neck administer a 5-7 minute massage.
9. After proper time has elapsed, remove mask but do not rinse.
10. Massage the residue with tapotement movements.
11. Apply **Hydra Dew Pure™ Facial Moisturizer** to entire face and neck area with light strokes.
12. If applicable in evening Apply **Hydra Dew Pure™ Night Cream** and **with Hydra Dew Pure™ Eye Contour Cream**. Transform the appearance of your skin this nourishing night cream and lightweight eye cream. Three Seaweed extracts and Hyaluronic Acid help to restore the skin's natural moisture barrier. Our skin-comfort concept helps to diminish the appearance of fine lines and wrinkles and help to promote the appearance of skin elasticity and ultimate hydration
13. Apply in upward stokes to the face and neck areas.
14. Use **Mineral Face Shield®** AM daily.

Counteracting Possible Skin Reactions to Laser Surgery

- **Hyperpigmentation** is rare in fair skin skinned patients but is common in darker skinned patients. It required aggressive pre and post laser treatment programs aimed at reducing hyperpigmentation. **BIOLIGHT® Collection and Mineral Face Shield®** should be used daily.

- **Acne** pustules may be seen in the first few days of post-laser due to occlusive dressings. This condition gradually decreases over the first few weeks. Topical acne preparations are potentially irritating or sensitizing. Use the **Red-Out® Soothing Sheet Mask** or **Biolight® Brightening Sheet Mask** daily to soothe and calm skin.

- **Hypersensitive** skin can often be identified during the prescreening process. Typically, this client will give a history of being allergic to everything. Irritation and/or skin allergies are very common in these individuals and are enhanced since the thinned epidermis allows for more penetration of potentially irritating/sensitizing agents into the skin. If it occurs, apply **Red-Out® Soothing Sheet Mask and Red-Out® Serum**. Recommend the **Hydra Dew Pure™ Collection for Dry, Compromised Skin** for use at home.

Three to six months after the procedure the client will enter into the maintenance phase. During this phase the patient has healed and the epidermis has returned to a

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near normal functionality and reactivity. Continue with the Biolight® program.

General Guidelines

1. Please do not take aspirin or any medication containing aspirin for two weeks before or after surgery. You may take Tylenol or Detrol (aspirin substitute).
2. You may dye or tint your hair days before surgery or three weeks after surgery provided there are not residual scabs.
3. Bring a scarf with you to the hospital or office.
4. You will wash your hair in the morning and night on the day before surgery with PhisoHex, in addition to washing your hair with PhisoHex or other prescribed cleanser in the morning of the day of surgery. This triple wash helps reduce the risk of infection.
5. No smoking for two weeks before or four weeks after surgery, as nicotine will interfere with adequate blood circulation into the tissues. This is dangerous and hinders proper healing.

Daily Beauty Juice Detox – 4 weeks prior

1. 2 Sticks Celery
2. 1 Lemon
3. 1 Green Apple
4. 1 Bunch Kale
5. ¼ Stick of Ginger
6. 1 Bunch Italian Parsley

Juice all ingredients together and drink daily on an empty stomach. Following, do not eat for 1 hour.

Post-Operative Instruction

1. Sleep on your back with head elevated on one or two pillows for ten days following surgery. This will help the swelling to go down faster. Avoid keeping your head down for long periods of time, as the force of gravity will increase the swelling. When bending, bend at the knees.
2. Apply **Hydra Dew Pure™ Oil** to suture lines of the scalp and around the ears three times daily.
3. If weeping has stopped (and bandages have been removed). Start using liberal amounts of **Hydra Dew Pure™ Elixir Balm** to keep skin moist. Your doctor may include other topical treatments that should be used as directed.

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4. You may shower and shampoo your hair in the shower three to eight days after the surgery, keeping your head back, not forward. However, you may not set your hair for three weeks after surgery. Do not rub over sutured areas. You may go to the hairdresser if they are used to handling post-operative hair care. Hair may be blown dry on a cool setting. Do not sit under a hood dryer. Comb the hair carefully in the areas of stitches. Use a mild shampoo (baby shampoo).
5. There will be numbness of the ears, cheeks and neck for months (possible six months) following surgery. Thus, if you normally sit under the professional hood dryer, caution must be used. The dryer is to be set on the comfort or cool zone, for if it is too hot, you could be burned and not be aware of it. Be cautious until the feeling has returned. You may return to your own hairdresser two weeks after surgery.
6. Avoid alcoholic beverages for at least two weeks following surgery, as alcohol tends to increase swelling and the chance of bleeding.
7. No strenuous activity such as exercise, jogging, sport, dancing, and heavy cleaning are permitted for three weeks following surgery. Please check with me regarding sports and exercise after surgery. There should be no sexual relations for three weeks after surgery.
8. **Perfect Skin Foundation** may be used over any facial bruises after leaving the hospital as long as it is not used in the area of the stitches. You may continue to use Perfect Skin Foundation on the face two weeks after surgery. It must be removed at bedtime.
9. To cleanse the face while the skin is still tender use the **Hydra Dew Pure™ Gentle Foaming Cleanser** and follow with the **Hydra 4® Tonic**. The liquid allows you to gently rinse your face. Do not wash your face until you have seen in the doctor office. Face may be washed gently in an upward motion and rinsed off.
10. Use a sponge or fingertips to apply **Perfect Skin Perfecting Concealer** on areas that are pink, making sure to avoid all raw areas. Be sure that the **Hydra Medic® Corrective Concealer** penetrates before going to the next step. Put your foundation on top and finish with your pressed powder. (Please consult your doctor before using **Perfect Skin Perfecting Concealer**. To be sure the skin has sufficiently healed).
11. Normal food intake is permitted. Soft foods are recommended such as chicken, fish, and eggs as they don't require vigorous chewing. Protein is important during the healing period
12. Facial make-up may be applied as usual, two weeks after surgery.
13. Flying is not recommended until all of the sutures are removed (three weeks).
14. Three to six weeks following surgery, the scars may become red, thick, and lumpy feeling. Do not become alarmed if this happens. Please consult with your doctor if you have any concerns. Use **Hydra Dew Pure™ Elixir Balm** with **Repêchage® Silver Ball Massager** to avoid keloids.

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15. Be sure to keep scars out of the sun to prevent changes in pigmentation. Use **Mineral Face Shield®** to prevent these changes along with **Perfect Skin Liquid Foundation**.
16. The scars fade over a period of months. Some scars can take six months or longer to settle. Everyone heals differently. Be patient.
17. Sauna and Steam bath should be avoided for one month.

Beginning 4 weeks after the procedure, the client should receive signature treatment on a monthly basis a sheet masks should be used once a week. They are easy to use and help reduce redness, and provide intense moisture. Biolight, lamina, red out peptide

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Dermaplaning

Dermaplaning is a manual exfoliation technique that is performed using a surgical steel blade. It is performed monthly to remove dead skin cells and debris, while making the skin smooth and free of vellus hair. It resembles shaving with a razor, however in this case, the instrument is a one-sided blade specifically designed for this procedure. In some cases, a chemical peel is applied after dermaplaning; however, this dual treatment requires an experienced practitioner with the appropriate training and certification.

It is important to prepare the skin four weeks prior to this treatment in order to gain the highest amount of benefits from the procedure. Pre-treatment options include a two week at-home program of **Rapidex® Marine Exfoliator with Phyto Marine Actives**, a controlled at-home exfoliating program that can help prepare the skin when the objective is reduction in acne scarring and hyperpigmentation. This at-home program has safe, controlled, unidose applicators only opened at the time of usage with a formulation of 8% of Alpha and Beta Hydroxy Acids.

Repêchage® Dermaplaning Kit SKU: KIT RB DERMA Price: \$205.00

Treat skin sensitized by dermaplaning with the purest, most skin nutritive ingredients and products. In this kit you will find everything the esthetician needs for pre-and-post dermaplaning treatment in a convenient zip bag.

Kit includes:

- **C-Serum® Seaweed Filtrate** (2fl oz/60m)
- **Hydra Dew Pure™ Oil** (50 ml/1.7 fl oz.)
- **Lamina Lift™ Hydrating Seaweed Mask for All Skin Types** (5 sheet masks)
- **Hydra Dew Pure™ Starter Collection** (Hydra Dew Pure™ Gentle Foaming Cleanser 50 ml / 1.7 fl oz., Hydra Dew Pure™ Facial Essence Mist 30 ml / 1.0 fl. oz., Hydra Dew Pure™ Facial Moisturizer 15 ml / 14 g, Hydra Dew Pure™ Night Cream 15 ml / 14 g, Hydra Dew Pure™ Eye Contour Cream 2 ml / 2 g)
- **Hydra Dew Pure™ Moisture Lift Serum** (5 tube applicators)
- **Mineral Face Shield®** (5 Sample Sachets)
- **Rapidex® Marine Exfoliator with Phyto-Marine Actives** (5 tube applicators)
- **Opti-Cleanse™ Extra Gentle Non-Oily Eye Makeup Remover** (2 fl oz).

Additional Optional Products Used During Procedure:

Opti-Cleanse® Extra Gentle Non-Oily Eye Makeup Remover

Desincrustation Solution

Eye Rescue Pads with Seaweed and Natural Tea Extracts

LED Radio Frequency and EMS Skin Tightening Machine

Silver Ball Massager

Mini-Silver Ball Massager

Dermaplaning Treatment Overview



1. Perform a consultation with a client.

2. Pre-cleanse with **Opti-Cleanse® Extra Gentle Non-Oily Eye Makeup Remover** by pouring a small amount of cleanser onto dry cotton, close each eye, cleansing it with downward, inward motions. Rinse thoroughly with warm water.



3. Continue to cleanse the skin utilizing the **Hydra Dew Pure™ Gentle Foaming Cleanser** enclosed in the Starter Collection. Dispense one or two pumps of cleanser into palm. Gently work into your skin in upward and outward circular motions.



4. Remove the cleanser using cotton or sponges.



5. Spray **Hydra Dew Pure™ Facial Essence Mist** to rebalance the pH of the skin.



6. **For Dry Skin:** Apply 3-5 drops of **Hydra Dew Pure™ Oil** and apply it on the face. **OR**

Oily/Problem Skin: Apply **Desincrustation Solution with Steam**. Allow the solution to stay for 5-7 minutes.



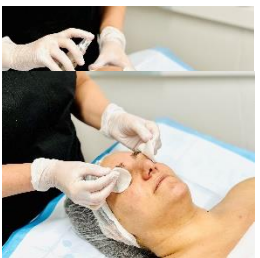
7. Take your thumb and pointer fingers and lightly stretch the skin.



8. Then take the blade and apply it at a 45-degree angle in the same direction as the hair growth.



9. After the dermaplaning procedure buff the skin of any debris, hair or dead skin cells with cotton.



10. Cover the eyes and mist the skin with **Hydra Dew Pure™ Facial Essence Mist**.



11. Remove eye covering.



12. Apply **C-Serum®** or **Hydra Dew Pure™ Moisture Lift Serum** to help reduce the appearance of fine lines and wrinkles and assist in maintaining proper moisture balance.

13. Gently work it into the skin with effleurage movements.

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14. Tear open packette of **Lamina Lift™ Mask**, unfold and apply directly onto face. Once mask is in place, peel off plastic top at the notch and discard.



15. Adjust mask to fit tightly to the contours of your face and apply **Eye Rescue Pads with Seaweed and Natural Tea Extracts**. Leave on for 10 - 15 minutes.



OPTIONAL: Use **LED Radio Frequency and EMS Skin Tightening Machine** while the mask is on on Red to minimize the look of fine lines and wrinkles.



To help improve the appearance of oily, problem skin use the Use **LED Radio Frequency and EMS Skin Tightening Machine** on Blue.



16. For an upgraded service preform a 10-minute massage using **Silver Ball Massager** which offers a soothing, cooling and relaxing experience.



17. Offer an enhanced eye treatment by performing a 5-minute eye massage using a **Mini-Silver Ball Massager** that stays cool to the touch while providing consistently correct pressure to facial muscles.



18. After proper time has elapsed, remove mask by rolling it upwards. Do not rinse.

19. Apply **Hydra Dew Pure™ Facial Moisturizer** that helps skin look and feel resilient, dewy and radiant.



20. Apply **Mineral Face Shield®** Environmental Protection over moisturizing cream.



21. Let the client see the results in the mirror.

Follow your medical skin care professional's advice for a skin care regimen immediately following the procedure, as well as consult on the appropriate time to resume a mild skin care program after this healing period.

Redness can be addressed by using the **Repêchage Red-Out® Soothing Sheet Mask** which contains moisturizing and calming ingredients such as Seaweed extract combined with skin softeners such as Allantoin, Aloe, Hyaluronic Acid and Mirabilis Jalapa extract to bathe skin in moisture while it helps to soothe the appearance of the skin.

In the weeks that follow, use a mild, gentle skin care regimen that works to help restore compromised skin such as the **Repêchage Hydra Dew Pure™ Collection**.

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Microneedling

This procedure, also known as collagen induction therapy, is a process involving repetitive puncturing of the skin with sterilized microneedles. The proposition is that the trauma generated by needle penetration in the skin induces regeneration of the dermis.¹ The theory is breaking collagen strands in the superficial dermis will lead to the generation of growth factors which stimulate the production of collagen and elastin in the papillary layer of the dermis.

A topical anesthesia is applied to the treatment area about 45 minutes to an hour before the procedure begins. The skin will be numb during the treatment, which takes about 30 minutes to complete.

Because this is an invasive procedure, microneedling must be performed in a medical environment is important to make sure it's sterile, performed by a qualified medically trained technician and to be sure that they are following the correct protocol that corresponds to the skin concern. These professionals also need to follow up with proper home care advice.

Follow the procedure for skin care prior to Dermaplaning.

In general, skin irritation can be expected for the first day or two after the micro-needling procedure. Patients will also see some redness in the skin over the first two or three days.²

Follow your medical skin care professional's advice for a skin care regimen immediately following the procedure, as well as consult on the appropriate time to resume a mild skin care program after this healing period.

Follow the procedure for skin care following Dermaplaning.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5556180/>

2. <https://www.emoryhealthcare.org/centers-programs/aesthetic-center/non-surgical-services/micro-needling.html>

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Facial for Oncology Esthetics and Compromised Skin

When the stratum corneum is intact and healthy, Trans Epidermal Water Loss (TEWL) cannot occur, resulting in healthy looking, glowing skin. If the cells are loosely packed and flaking, the moisture can easily evaporate, leading to a compromised skin barrier. Today, the latest research points towards natural, botani-clinical ingredients that can help restore compromised, stressed skin to improve barrier function and help skin stay strong and healthy looking.

The Importance of the Skin Barrier

Maintaining a healthy moisture barrier may not be just to have soft, smooth skin. The latest research points out that proper maintenance of the skin may be integral to maintaining a person's overall wellness. For example, a recent pilot study published March, 2019 in the Journal of the European Academy of Dermatology and Venereology¹ found that treatment with a reparative skin cream lowered cytokine levels— substances, such as interferon, interleukin, and growth factors, which are secreted by certain cells of the immune system and have an effect on other cells—linked to Alzheimer's, heart disease and diabetes.

The epidermal barrier is defined as a collection of specific diverse functions, many of which occur primarily within the stratum corneum. These include maintenance of water content and balance (permeability barrier), prevention and responses to invasion by microbial organisms and antigens (antimicrobial barrier and immune response barrier), reduction of the effects of ultraviolet (UV) light exposure (photoprotection barrier), and mitigation of the effects of oxidative stresses (antioxidant barrier).² All of these important barriers exist in the skin.

The Biology of the Skin Barrier:

Overall, the epidermal barrier functions to maintain the integrity of the skin. By maintaining proper water balance within the skin cells and mitigating environmental and microbial stresses, the stratum corneum sustains normal sloughing of skin cells as well as the skin's elasticity.

One of the skin's most important functions is to retain water without letting it escape into the environment. Skin itself is between 50% and 75% water. Too much water evaporation is a constant health and beauty problem. For example, in winter months, cold weather restricts the flow of blood to the dermis making evaporation more noticeable. In addition, the stratum corneum can become very dry in low humidity. The evaporation of skin moisture can be balanced by a greater flow of blood and lymph.

Tran Epidermal Water Loss

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The deeper tissues of the skin are comprised of large cells loaded with moisture. There is a moisture differential of 80% at the lower layers and 15% at the upper layers. With such a great difference, there will be a natural tendency for the moisture to move from the lower layers to the upper layers through osmosis to create a movement is called Trans-Epidermal Moisture Loss (TEWL)—a movement of moisture from the deeper layers of the epidermis, where it is highly concentrated, to the more superficial regions of the epidermis, where it is less concentrated. This evaporation leads to a number of skin concerns, including dryness, irritation and even what some scientists call “inflammaging”—a term scientists use to describe human aging as characterized by a chronic, low-grade inflammation.³

Many factors that contribute to compromised skin, including stress, environmental aggressors such as pollution, UV light, and weather conditions, overly-aggressive skin treatments such as microdermabrasion and chemical peels, and from medical treatments such as radiation and chemotherapy for oncology patients.

Oncology Esthetics:

Oncology treatments can be extremely damaging to the skin barrier as well. According to the National Cancer Institute, “Radiation therapy can cause the skin on the part of your body receiving radiation therapy to become dry and peel, itch (called pruritus), and turn red or darker. It may look sunburned or tan and be swollen or puffy. Chemotherapy may damage fast growing skin and nail cells. This can cause problems such as skin that is dry, itchy, red, and/or that peels. Some people may develop a rash or sun sensitivity, causing you to sunburn easily. Chemotherapy in people who have received radiation therapy in the past can cause skin to become red, blister, peel, or hurt on the part of the body that received radiation therapy; this is called radiation recall.”⁴

Ingredients for Maintaining the Skin Barrier:

Properly caring for the skin may lower inflammation levels and potentially reduce the risk of a number of age-related diseases. Furthermore, decreasing inflammation simply by treating the skin dysfunction seen in aging could have profound health effects.⁵

Utilizing ingredients that are known to help moisturize and restore the skin's natural moisture barrier will become an increasingly important concern as clients deal with additional stress and environmental aggressors. The following ingredients have shown significant results in helping to restore and strengthen the skin's natural moisture barrier.

Mastic

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Known as the “Tears of Chios,” Mastic or Mastiha is a precious, ivory-colored resin with a balsam-like scent derived from the mastic tree known scientifically as *Pistacia lentiscus*. Although cultivated in other areas, it is the mastic trees in the southern tip of Chios, large island in the Aegean, that is most legendary. There, in the twenty four “Mastichohoria,” or mastic producing villages, mastic resin is harvested in the same way it has been for thousands of years, protected by the tall walls of the medieval fortresses.

For the cultivation process, incisions are made in the tree's bark to release its sap which then dries in the sun to form brittle pieces of translucent resin that hardens into droplets that resemble tear drops. It is from these tears that resin gum and oil is derived.

The first mention of the resin “tears” was by the ancient founder of medicine, Hippocrates, who used mastic as an aid to prevent digestive problems, colds and even as a breath freshener. Roman emperors had mastic mixed with honey, pepper and eggs to create a spiced wine. In the Byzantine Empire, the emperor monopolized Chios mastic, while under Ottoman rule of Chios, mastic was worth its weight in gold.

Today, Chios Mastic Gum (CMG) and Mastic Gum Essential Oil (MGO) are being studied for its health benefits including anti-bacterial and anti-inflammatory properties, helping fight against ulcers, autoimmune and heart diseases, Crohn's disease and even certain cancers.⁶

For skin, this ingredient is known to help strengthen the appearance of the skin barrier, to instantly help reduce dryness, while helping reduce the appearance of lines and dark spots.⁷ In clinical studies, it also been found to help reduce the appearance of pores and oil.⁸

Laminaria Digitata Seaweed Extract

Laminaria Digitata Seaweed extract contains 12 vitamins, 18 amino acids, 42 trace elements and minerals, and phlorotannins—the key elements your skin needs for deep surface hydration and balance. In addition, this seaweed is a source of many important nutrients, including polyunsaturated fatty acids, enzymes and bioactive peptides. Essential fatty acids help maintain our skin's barrier, and polysaccharides such as Alginic Acid, help to lock moisture into our skin. Among marine resources, it is also one of the richest sources of phlorotannins, sulfated polysaccharides, fucosterol and fucoxanthins.⁹

Camellia Japonica Seed Oil

Also known as Tsubaki oil, used for centuries in Japan, this ingredient is known to help strengthen the appearance of the skin barrier while it helps prevent moisture loss.¹⁰

Organic Cannabis Sativa Seed Oil

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This oil derived from the Hemp seed does not contain the same levels of compounds as the plant itself, but is rich in nutrients and fatty acids. This extract contains essential fatty acids known to help maintain the skin barrier while moisturizing and helping improve the appearance of the skin.¹¹

Sodium Hyaluronate and Hydrolyzed Sodium Hyaluronate (Hyaluronic Acid)

Hyaluronic Acid is a natural moisturizing polysaccharide prevalently found in the skin that is known to hold 1000X its weight in water. In the body, Hyaluronic Acid is known to help keep skin moisturized, repair skin tissue, transport nutrients in the blood to skin cells, serve as a cushion to lubricate and protect against damage, and contribute to the resilience and suppleness of the skin. As the body ages, Hyaluronic Acid decreases, leading to loss of moisture and elasticity, and contributing to the formation of lines and wrinkles.¹² In skin care, benefits include intense hydration of the skin which can result in skin appearing plumped, diminishing the appearance of fine lines and wrinkles.

Sweet Almond Oil

This oil is known as a rich source of essential vitamins and minerals like calcium, potassium, magnesium and Vitamins E and D.

Sunflower Seed Oil

Sunflower oil is rich in Vitamins A, C, D and beta -Carotene, and has emollient properties known to help the skin retain its moisture, while helping to reduce the appearance of redness and irritation.

Safflower Seed Oil

One of the richest sources of linoleic acid, a key component of the epidermal layer which is known to play a crucial role in the skin barrier and helping the skin retain water.

Olive Fruit Oil

This oil is known to be rich in Vitamins E and A, fatty acids, and antioxidants, which moisturize the skin while helping calm the appearance of irritation.

Vitamin E

A powerful antioxidant, known to help to diminish the appearance of visible signs of aging, such as fine lines, wrinkles, sagging skin, and age spots, Vitamin E also helps the skin retain moisture to help strengthen the skin's barrier.

Vitamin C

This is a stable, oil-soluble form of Vitamin C that is known for brightening the appearance of the skin and for its antioxidant properties.

Shea Butter Ethyl Esters

This is an eco-friendly derivative of Shea Butter known to help prevent evaporation of the skin's natural moisture.

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Plantago Lanceolata Seed Extract

Perennial plant found growing worldwide in meadows, dunes and roadsides, it's rich in polysaccharides it has soothing and calming to the appearance of the skin.

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Hydra Dew Pure™ Treatment for Dry, Compromised Skin

Recommended Use: For dry, compromised skin as a result of environmental factors, chemicals, chemotherapy and radiation treatment.

Benefits: Helps to restore the moisture barrier, reduce dryness and signs of irritation.

Frequency: As needed

Time: 60 minutes

Always pay attention to the clients comfort. Remember, as estheticians, our number one objective is to do no harm. Listen, pay attention, and provide them with a relaxing, renewing, calming treatment. Remember that your approach to your clients, including your voice and demeanor, has to be gentle, calm and soothing when you have clients undergoing chemotherapy or radiation.

Facial room or area set up:

Prepare your work station.

Make sure that your facial bed is draped and set correctly.

Make sure that your work table or trolley has all of the things that you will need during the facial procedure, including all of the products and supplies for the facials.

Make sure you have all of your instruments clean and saved in the sterilizer and your magnifying lamp is in place.

Hand Cleaning and Gloves:

Proper hand cleansing should be for at least 50 seconds. Take a soap cleanser that is anti-bacterial and wash hands thoroughly in warm water. Be vigorous in in this procedure, being sure to wash in between fingers, under fingernails and up to elbows. Rinse and dry thoroughly.

Put on nitrile gloves. Make sure they fit you well, and are not too small or too big. Press into the finger creases. After treatment, remove properly and discard them.

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Facial Procedure:

Skin Analysis:

Once client is situated in the facial bed or chair, and has on a hair net, take a piece of cotton and place it over the eye area. Take your magnifying lamp and analyze the skin. Take a look at the condition, whether the skin is dry, compromised, oily, or whether the client is experiencing any kind of sensitivity.

Once you examine the skin correctly, remove the magnifying lamp, close it, put it away, remove the cotton, then come around and have a consultation with your client.

Consultation:

When we are dealing with oncology patients, there is no cookie-cutter treatment. Each client will require a different approach and different treatment. When you are doing a consultation, do not stand at the back of the clients head. Move forward and sit next to them. Always look at them and make sure they are looking at you. Make sure their ears are not blocked in any way so they can hear you properly and that they can see you. Very often, clients that are undergoing chemotherapy or radiation are super sensitive and might not be able to listen as attentively. It's important to be calm, have a very calming demeanor and speak clearly and slowly. Always pay attention and use proper etiquette.

Cleansing:

To proceed with the facial treatment, for your client's protection, as well as your own, please use a face mask and non-latex disposable nitrile gloves.

1. If the client has eye makeup, remove the eye makeup first.
2. Tear a piece of cotton*, wet it with water and squeeze out the excess. Moisten cotton with **Repêchage® Opti-Cleanse™ Extra Gentle Non-Oily Eye Makeup Remover**. Take the two pieces of cotton and place on the eye area. Leave one of the pads on as you work on the first eye.

**Please note: You will be using cotton in place of tissues through-out this facial procedure because cotton is softer and less irritating to compromised skin.*

3. Gently remove the eye makeup, working downwards first, stroking through the eyelashes, then wiping under the eye. Turn pad inside out for a clean surface then repeat, going downwards on the lashes and wiping under the eye area. Dispose of the cotton and move on to the other eye. Repeat the same the procedure on the other eye, moving downwards first then towards the nose. Turn cotton inside out for a clean surface and repeat.

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4. Take a dry piece of cotton, and dry the area.

5. Use disposable brushes to apply the cleanser. Disposable brushes are a very hygienic alternative to fingers and help prevent cross contamination. These will also provide mild exfoliation. Use **Repêchage® Hydra Dew Pure™ Gentle Foaming Cleanser**. Apply it onto the skin in very gentle, upward, outward motions on the face and downwards on the neck. Never rub. Always finish all movements at the temples.

6. Take cotton moistened with luke-warm water to remove cleanser residue in upward/outward motions.

Dr. Lucas Pulverizer Championniere /Exfoliation

Use a Dr. Lucas Pulverizer Championniere instead of hot steam, which can irritate and inflame compromised skin. Combine distilled water with **Repêchage® Hydra Dew Pure™ Facial Essence Mist** in the Dr. Lucas Pulverizer Championniere to calm, soothe and hydrate the skin.

1. Provide a Dr. Lucas Pulverizer Championniere misting for about five minutes. Apply the spray from the back, not in front of the client, to prevent the spray from going up the clients nose.

2. Use cotton to pat dry the skin. Again no rubbing. Be sure that you have no water dripping down the neck of your client.

3. If the client needs additional exfoliation, use **Repêchage® Rapidex® Marine Exfoliator With Phyto-Marine Actives**. It has a perfect pH, and a blend of mild, gentle and effective AHAs combined with seaweed and marine hydroxy acids. This exfoliant is premeasured and opened at the time of use with no cross contamination. Open the swab and swipe on the skin in gentle strokes all over the face. Once you swab it on, you may want to use a little fan to cool the skin down. Remove after five minutes with moistened cotton and water. You may use a water spray bottle, or repeat using the Dr. Lucas Pulverizer Championniere.

Please note: Always ask the client if they feel tingling from a scale of 1 to 10. Anything up to 6 is normal. If they are feeling tingling from 8 on up to 10, this is the time to remove the solution.

Proceed with Effleurage and Kansa Wand Massage. Please refer to *The Repêchage Book of Skincare Science and Protocols*, Eighth Edition, Chapter 8: Facial Massage and Techniques for full protocol.

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Once you finish massage, to remove excess oil, place cotton strips on the face in a mummy mask fashion. These should be lukewarm or room temperature, never hot. Apply them, and gently put pressure on with your hands avoid any kind of deep friction. Remove each strip gently, wiping across the face, then throw them away. Everything should be a gentle movement.

Sheet Mask and Repêchage® LED Radio Frequency and EMS Skin Tightening Machine

***IMPORTANT:** Before proceeding with any spa treatment, you must have the client complete an intake form including current treatments, medications and side effects, and obtain confirmation from the client that his/her physician has approved the spa treatment to be administered. Carefully review the intake form to determine if any modifications are needed based on the information provided by the client. Some spa treatments, including, but not limited to, those that include a hand and/or foot massage or use of a cosmetic device may need to be modified. As an esthetician you must consider each client based on his/her specific condition and modify the spa treatments accordingly.

1. Take scissors from the sterilizer and cut open the **Repêchage® Lamina Lift™ Mask**, which contains calming, soothing and hydrating chestnut extracts, aloe, seaweed, and spirulina, extracts, and remove mask from inside of pouch.
2. Open the mask, apply to the face then remove the plastic backing and throw the backing away. Position mask to fit correctly. Place **Repêchage® Eye Rescue Pads** over the eyes. These contain Yerba Mate tea, which helps with the puffiness of the eye area.
3. Now to help with deep surface hydration and nourishing of the skin, use **Repêchage® LED Radio Frequency and EMS Skin Tightening Machine** on Red light setting, as well as gently radio frequency. Used over the sheet mask, this device helps with the penetration of the key ingredients into the surface layers of the skin while the sheet mask provides a barrier.
4. Starting at the chin, lightly press the device onto the mask in upwards and outwards circles, going up to the forehead and creating more circles then upwards on the opposite side of the face. Perform this for five minutes. (For cleaning directions, see end of protocol).
5. Use **Repêchage® Essential Oil of Seaweed** on the lips. Very often the client is experiencing extreme dryness on the lips. This is a pure essential oil of seaweed and Vitamin E. Or, **Hydra Dew Pure™ Oil** can be used as well.

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Hand and Foot Massage

*IMPORTANT: Before proceeding with any spa treatment, you must have the client complete an intake form including current treatments, medications and side effects, and obtain confirmation from the client that his/her physician has approved the spa treatment to be administered. Carefully review the intake form to determine if any modifications are needed based on the information provided by the client. Some spa treatments, including, but not limited to, those that include a hand and/or foot massage or use of a cosmetic device may need to be modified. As an esthetician you must consider each client based on his/her specific condition and modify the spa treatments accordingly.

During this time while the mask is on, you may offer the client a wonderful hand massage, foot massage or a scalp massage. This will provide the client with a very relaxing, calming and healing treatment. Think of your hands as healing hands.

1. First, cleanse the hands with cotton moistened with luke-warm water.
2. Apply **Repêchage® Sea Spa Hand Cream** and massage into the hands, gently rubbing into the hands and outwards to the fingers. Stroke down from the wrist, then gently tilt the hand up, clasp the fingers and rotate the hand at the wrists. Repeat on the other side.
3. Cleanse feet with moistened cotton. Apply **Repêchage® Seaweed Body Cream** in upwards strokes towards the ankles in gentle effleurage movements. Work cream gently into the toes then gently press upwards from toes to ankles along the center of the top of the foot. Circle the ankle bones lightly, and finish with light strokes. Cover with a dry towel, and repeat on other foot.

Mask Removal

1. After 10 to 15 minutes, remove the mask. Gently peel the mask off the skin, leaving the residue.
2. Take the **Repêchage® Hydra Dew Pure™ Facial Essence Mist** and spray the face.
3. Use dry cotton to dry the face, patting gently. When you work with one hand, rest the other on the top of the forehead.
4. Once treatment is over, apply a barrier cream that combines zinc, titanium and seaweed such as **Repêchage® Mineral Face Shield®** which is also fragrance and water free.

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Makeup Application:

Use makeup such as **Repêchage® Perfect Skin Mineral Makeup** which contains seaweed extracts that contains vitamins, minerals, amino acids and antioxidants.

Use **Repêchage® Perfect Skin Perfecting Concealer** under the eye area to cover the dark circles.

Use **Repêchage® Perfect Skin Liquid Foundation** on a disposable sponge. Apply **Perfect Skin Natural Finish Pressed Powder** directly on the sponge and apply to nose, center of the chin, forehead. Finish with a coat of **Perfect Skin Conditioning Lip Gloss** applied with a disposable brush.

Post-Treatment Sanitation:

Wash **Repêchage® Silver Ball Massagers** with anti-bacterial soap and warm water, then immerse in small cups filled with alcohol for seven minutes. Remove, dry and put in dry sterilizer.

Recommended Home Care Options:

Hydra Dew Pure™ Gentle Foaming Cleanser

Hydra Dew Pure™ Facial Essence Mist

Hydra Dew Pure™ Facial Moisturizer

Hydra Dew Pure™ Moisture Lift Serum

Hydra Dew Pure™ Elixir Balm

Hydra Dew Pure™ Eye Contour Cream

Hydra Dew Pure™ Night Cream

Hydra Dew Pure™ Oil

Opti-Cleanse™ Extra Gentle Non-Oily Eye Makeup Remover

Eye Rescue Pads

Rapidex® Marine Exfoliator With Phyto-Marine Actives

Lamina Lift™ Mask

Essential Oil of Seaweed

Sea Spa Hand Cream

Mineral Face Shield®

Perfect Skin Mineral Makeup

Kansa Wand®

LED Radio Frequency and EMS Skin Tightening Machine

Silver Ball Massager

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Repêchage® Liposuction Program

Just like with surgery to the face, prior to a Liposuction Treatment, the skin needs to be primed prior to liposuction so that it is in the best condition possible. To counteract the development of cellulite in the body, we first need to control external factors which contribute to loose elasticity in the skin. The guidelines on the next page need to be followed beginning 4 weeks prior to liposuction surgery and should be adhered to after the surgery to ensure the best results.

Pre Liposuction

The patient should begin scheduling appointments for the **Peppermint Sea Twist™** each week for the 4 weeks prior to the liposuction procedure. **Seaweed and Peppermint Oil** used in the treatment will improve circulation and the texture of the skin will be toned and firm. In addition, the following at-home program should be followed to help improve the results of the surgery:

Post Liposuction care is important to maintain the good results of the surgery. The client should continue with professional treatments as follows:

- **Seaweed Body Mask** - each week for 1 month beginning 2 weeks after surgery.
- **Peppermint Sea Twist** - six weeks before surgery. See instructions in the **Repêchage: The Book - Skincare Science & Protocols**.
- **Cryotherapy Treatment** – after surgery

Suggested at home-care:

1. No strenuous activity such as exercise, jogging, sports, dancing, or heavy cleaning is permitted for three weeks following surgery. Please check with me regarding sports and exercise after surgery. There should be no sexual relations for three weeks after surgery.
2. Flying is not recommended until all of the sutures are removed (three weeks).
3. Three to six weeks following surgery, the scars may become red, thick, and lumpy feeling. Do not become alarmed if this happens. The scars fade over a period of months. Some scars can take six months or longer to settle. Everyone heals differently. Be patient. You may use **Hydra Dew Pure™ Oil** with vitamin E to help with healing.
4. Sauna and steam bath should be avoided for one month.

After 4-6 weeks, the client should begin following the same at-home program.

Pre and Post Liposuction Guidelines

1. **Avoid Smoking.** Smoking destroys Vitamin C, decreases fibroblast proliferation, and constricts the capillary network. All of these loosen the skin, damage the connective tissue and negatively affect the resiliency and strength of the skin.

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2. **Avoid alcohol consumption.** Alcohol causes dehydration and interferes with digestion.
3. **Avoid unprotected sun exposure.** Unprotected sun exposure damages the skins connective tissue and leads to deep wrinkles. Use **Mineral Face Shield®**.
4. **Avoid stress and breathe properly.** Low oxygen intake prevents the body from functioning at its optimal level. Intake of oxygen speeds all biological reactions and ensures a healthy system. Yoga is great in helping reduce anxiety.
5. **Exercise regularly.** Lack of exercise slows down metabolic functions, slows regeneration, and encourages a buildup of fat. In addition, regular exercise will help you get much needed sleep at night essential for a healthy mind and body.
6. **Eat a healthy diet.** For a proper diet, avoid sugar, salt and saturated fats. The basic diet is a well-balanced one incorporating carbohydrates which are responsible for heat and energy, and fats, conversely, which reserve heat. Proteins are a vital part of growth and repair body tissue.
7. **Water is essential.** 70% of body weight is water. Drinking 10 glasses of water per day will help improve circulation and help detoxify the body.
8. **Thalassotherapy. Repechage Seaweed Bath** has the ability to help stimulate circulation and the flow of oxygen to the deeper layers of the skin. **Seaweed Bath** helps eliminate toxins and excess water trapped in the cells. It increases the flow of nutrients and encourages skin firmness.
9. Take infusion as prescribed by the doctor.

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Repêchage® Red-Out® Express Soothing Facial For Sensitive Skin

1. Cleanse skin. Apply contents of enclosed **Repêchage® Red-Out® Cleanser** into your palms and apply to face and neck using circular motions. Gently remove with cotton saturated in lukewarm water. Repeat as necessary to thoroughly remove any residue. Warning: Use caution when using around the eye area. Pat skin dry with tissue.
2. Thoroughly mist face with **Repêchage® Hydra 4® Tonic**. Gently pat dry with tissue.
3. Take **Repêchage® Red-Out® Serum** and gently apply to face and neck. Use the **Repêchage® Silver Ball Massager** to apply serum or use light effleurage movements for no more than 5-7 minutes if available.
5. a) Tear open **Repêchage® Red-Out® Soothing Sheet Mask** packette, unfold mask and apply directly onto face.

b) Once mask is in place, peel off paper backing at the notch and discard.

c) Adjust mask to fit tightly to the contours of the face and leave on for 10 minutes. You may also use the **Repêchage® Silver Ball Massager** over the sheet mask and continue the massage.

d) After proper time has elapsed, remove mask, but do not rinse. Lightly tap in the leftover residue into the skin.
5. Empty contents of **Repêchage® Hydra 4® Moisturizing Day Cream** into hand and apply on face gently in upward and outward strokes.

Use **Repêchage® Hydra 4®** products and they will continue to help strengthen the skin barrier.

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Post TCA Chemical Peel Procedure

Prior to the Chemical peel, follow the same directions for professional and at home use as for Laser Surgery.

1. After the Chemical application, do not use anything other than Essential Oil of Seaweed on the skin. Continue with **Essential Oil of Seaweed** for 7 days.
2. One week after peel:

Morning: Cleanse face with **Red-Out® Cleanser**
 Apply **Red-Out® Serum** liberally to entire face
 Use **Mineral Face Shield®**
 Apply **Perfect Skin Foundation** once skin has fully peeled and healed

Evening: Cleanse face with **Red-Out® Cleanser**
 Apply **Red-Out® Serum** liberally to entire face

Suggested Home care: Repechage Hydra 4 and Red-OUT

Hydra 4® Cleanser or Sea Cleanse foaming Seaweed Cleanser
 Hydra 4® Mask - 6 weeks after surgery Red out Sheet Mask
 Red-Out® Calming Cleanser
 Red-Out® Serum

Contraindications:

Although the Repechage **Glyco Sea Glycolic Peel** has been developed to be one of the safest and most gentle Glycolic peels available, we must keep in mind that it is still an acid, and must be used properly.

If your client has any of the following, please refrain from administering the peel.

Contraindications include:

- Pregnancy or Breast feeding
- Rosacea
- Allergy to Salicylic Acid or Aspirin
- Excessive open lesions
- Thin, highly sensitive skin
- Taking Accutane (must discontinue using for 6 months or with Dr. approval)
- Herpes Simplex (HV1) in active stage
- Atopic Dermatitis
- Chronic Urticarial (hives)
- Somatic diseases in an acute stage including SARS
- Recently had depilatory waxing or laser hair removal

Remember to always use day protection cream after the treatment.

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Also, be sure to educate your client on post treatment, reminding them not to sunbath or pick at their skin to prevent any further hyperpigmentation.

For Hyper Sensitive skin replace Glycol Sea Peel with Enzymatic Micro Peel or Luminex Mask.

Featured Ingredients that helps to prevent Hyperpigmentation:
35% Glycolic Acid 3.5 pH, Luminaria Complex – Luminaria Digitata, Ascophyllum Nodosum, Licorice, Willow Bark and Goto Kola

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Post-Operative Instructions Blepharoplasty
(Eye Lid Surgery)

1. After leaving the hospital, ice compresses must be applied to eyes for a few minutes, several times a day, if they feel uncomfortable. After the first twenty-four hours, compresses do not do much to reduce swelling.
2. Sleep on your back with head elevated on one or two pillows for ten days following surgery.
3. Avoid keeping your head down for long periods of time, as the force of gravity will tend to increase swelling. When bending, bend at the knees.
4. When swelling is at its maximum, avoid wearing glasses for long periods of time, as the pressure of the glasses cause pooling of the swelling on upper cheeks.
5. You may shower and shampoo your hair in the shower one-week following surgery. Shampoo with your head back, not down forward. Hair may be blown dry. Avoid hot professional dryers.
6. No strenuous activities such as exercise, jogging, swimming, sports, dancing, and heavy cleaning are permitted for three weeks following surgery. Resume normal activities after three weeks.
7. Avoid alcoholic beverages for one week following surgery, as alcohol tends to increase swelling.
8. The eyes may be cleansed with cotton and **Opti-Cleanse™ Extra Gentle Non-Oily Eye Makeup Remover**, one week after surgery. Avoid washing eyelids with soap and water as your eyes may not be completely closing and soap will irritate them. **Essential Oil of Seaweed** may be applied to the incision areas after cleansing. It is not unusual for eyes to remain slightly open for approximately two weeks after surgery due to swelling and the tightness of the incision.
9. Eye make-up may be applied ten days after surgery if all of the small crusts are off the scars. Remove the make-up with **Opti-Cleanse™ Extra Gentle Non-Oily Eye Makeup Remover**. Apply **Essential Oil of Seaweed** lightly. Avoid heavy creams, especially at night. Use silver ball to massage the mask around eye area
10. Three to five weeks following surgery, the scars may become red and a bit lumpy. If this happens, do not become alarmed. It is a normal process as the scars mature and will subside with time.
11. The scars fade over a period of several months; some can take as long as six months to a year. Some patients may always have a fine white line, which is coverable with **Perfect Skin Perfecting Concealer**. Everyone heals differently.
12. Avoid exposing the eye area to the sun, and do not burn. Use **Perfect Skin Perfecting Concealer**, and sunglasses.

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13. Eye drops such as Hypotears, Visine or Lipuifilm may be used as needed if eyes feel itchy, burning or if they are tearing a lot. Lacrilume ophthalmic ointment may be used in the eyes and over suture lines before bedtime for overnight comfort.

Recommended home care products (choose best one suitable for your client):

Opti-Cleanse™ Extra Gentle Non-Oily Eye Makeup Remover
Eye Rescue Pads
Opti-Firm® Eye Contour Cream
Vita Cura® Opti-Lift® Serum
Essential Oil of Seaweed
BIOLIGHT® Frost Bright™ Eye Contour Gel For Dark, Tired Eyes
Silver Ball Massage
Mini Silver Ball
Hydra Dew Pure™ Eye Contour Cream

Opti Firm Eye Contour Treatment should be administered 1x a week for 4 weeks leading up to surgery.

Post surgery, rest for 3 weeks then continue with the treatment 1x every 2 weeks.

Repêchage® Opti-Firm® Eye Contour Treatment

Recommended use:	Dark Circles or Tired Eyes
Benefits:	Reduces puffiness and irritation Reduces dark circles under the eyes Refines the fine lines around the eye
Frequency:	Once a week or as needed
This treatment has been designed for a client that needs to look refreshed and not tired. Perfect anytime but especially appreciated before an important meeting, a new date, or a special event. This treatment is a great addition to your menu of services and a wonderful opportunity for a quick service at the Facial Bar.	

Method:**Time:** 20-30 minutes

- Sanitize hands with Clean Hands Anti-Microbial Hand Wipes.
- Squeeze a small amount of **Opti-Cleanse®** onto a damp cotton square and remove eye make-up. If make-up is present on the whole face, cleanse skin with the appropriate Repêchage® cleanser. Remove cleanser with damp cotton squares. Apply appropriate **Repêchage® Toner**. Pat dry with a tissue*.
- Cut open sachet **1 Opti-Firm® Eye Contour Cream** and remove a small amount of the contents. Apply in circular motion towards the nose area, and then apply pressure to the orbicularis oculi muscle. Follow with a tapotement movement for three minutes, then effleurage movements in a figure 8 using alternating hands. Conclude with pressure point movements. Massage should last 5 - 7 minutes. (Follow directions on the box and be sure to avoid putting cream into the eyes by utilizing the **Mini Silver Ball**)
- Take 1 **Eye Rescue Pad** and cut it in half and place over lashes. Cut open sachet **2A Opti-Firm® Translucent Sugar Mask Powder** and empty contents into the enclosed medical grade rubber bowl. Add sachet **2B Opti-Firm® Translucent Sugar Mask Gel** and mix until smooth. Apply mask to the eye contour area using enclosed spatula, covering eyes and **Eye Rescue Pads** completely. Allow the client to rest for 10-12 minutes.
 Optional: Provide a relaxing hand massage with **Repêchage® Sea Spa Hand Cream** while mask is setting.
- Remove the eye mask by rolling it inward toward the nose and downward. Gently remove any remaining residue with damp cotton.
- Cut open sachet **3 Opti-Firm® Lift Serum** and remove a small amount, gently apply around the eye contour area. Do not tap. Allow to dry undisturbed.

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Repêchage® Red-Out® Express Soothing Facial for Sensitive Skin

Benefits:	Helps soothe the appearance of sensitive skin
Recommended Use:	For sensitive skin
Frequency:	Weekly, as needed

Method:**Time:** 30 minutes

- A. Secure client's hair with enclosed hair band.
- B. Wash hands with anti-bacterial soap (not included).
1. Remove eye make up by saturating cotton with **Repêchage® Opti-Cleanse™ Extra Gentle Non-Oily Eye Makeup Remover**. Have client close eyes. Using downward strokes, remove eye makeup. Rinse the eye area well with water and cotton.
2. Cut open packette of **Repêchage® Red-Out® Cleanser** and apply in upward and outward circular motions. Remove with cotton saturated with lukewarm water. Pat dry.
3. Have client close their eyes and apply tissues over the eye area. Lightly mist face with **Repêchage® Hydra 4® Tonic**. Gently pat dry with tissue.
4. Cut open the **Repêchage® Red-Out® Serum** and apply to the face in upward and outward movements. Perform a massage with the **Repêchage® Silver Ball Massager** for 10 minutes to help apply the serum thoroughly and evenly.
5. Cut open the **Repêchage® Red-Out® Soothing Sheet Mask for Sensitive Skin** and apply to the face. Once applied, remove the plastic front at the notch and discard. Adjust mask to fit tightly to the contours of the face and leave on for 10 minutes. You may continue to use the **Repêchage® Silver Ball Massager** over the sheet mask at this time. After proper time has elapsed, remove mask, but do not rinse. Tap the residue lightly into the skin with tapotement movements then let dry.
6. Cut open packette of **Repêchage® Hydra 4® Moisturizing Day Cream** and empty contents into hand. Apply on face gently in upward and outward effleurage movements.

OPTIONAL: Apply **Repêchage® Perfect Skin Liquid Foundation** evenly over face.

Never combine this treatment with other products as they may be oil-based and may affect the results of the facial.

Do not forget to recommend a **Repêchage®** at-home skincare program.

Repêchage® Biolight® Express Brightening Facial

For Dull, Uneven Skin

Benefits:	Helps even out the appearance of uneven skin tone.
Recommended Use:	For uneven skin tone.
Frequency:	Weekly

Method:

Time: 30 minutes

- A. Secure client's hair with enclosed hair band.
- B. Sanitize hands by washing with anti-bacterial soap (not included).
7. Remove eye make up by saturating cotton with **Repêchage® Opti-Cleanse™ Extra Gentle Non-Oily Eye Makeup Remover**. Have client close eyes. Using downward strokes, remove eye makeup. Rinse the eye area well with water and cotton.
8. Cleanse skin. Cut open packette of **Repêchage® Biolight® Brightening Cleanser** and apply cleanser in upward and outward circular motions. Gently remove with cotton saturated in lukewarm water. Repeat rinsing to thoroughly remove any residue. Warning: use caution when using around eye area. Pat skin dry with tissue. Have client close their eyes, then cover the eye area with tissue. Lightly mist the face with **Repêchage® Biolight® Brightening Toner**, and then gently pat dry with tissue.
9. OPTIONAL: a) Cut open the packette of **Repêchage® Biolight® Luminex Mask** and apply to the entire face using a spatula or brush avoiding eye area. Leave on for 7-10 minutes.
 - b) After 7-10 minutes, remove using the "mummy mask" removal technique: Apply moistened, unfolded cotton squares to the face to help dissolve and remove the mask easily. Wipe mask off from side to side.
 - c) Remove remaining mask using cotton dampened with warm water.
10. Cover the eyes with tissue and spray **Repêchage® Biolight® Brightening Toner** over the face to help re-balance the appearance of the skin. Pat dry.
11. Cut open the **Repêchage® Biolight® Brightening Skin Serum** packette and apply to the face in upward and outward movements, combined with light tapotement movements for 10 minutes.
12. Cut open the **Repêchage® Biolight® Brightening Sheet Mask for Dull, Uneven Skin** packette and apply to the face. Once applied, remove the plastic front at the notch and discard. Adjust mask to fit tightly to the contours of the face and leave on for 10 minutes. Massage over the mask with the **Repêchage® Silver Ball Massager** for 15

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minutes. Remove the mask and use light tapotement movements to apply the remaining serum into the skin.

13. Cut open the packette of **Repêchage® Biolight® Brightening Day Cream** and apply to the face gently in upward and outward effleurage movements. You may finish by applying **Repêchage® Mineral Face Shield®** and **Repêchage® Perfect Skin Liquid Foundation** evenly over the face.

Never combine this treatment with other products as they may be oil-based and may affect the results of the facial.

Do not forget to recommend a **Repêchage®** at-home skincare program.

Repêchage®

Vita Cura® B₃ Lifting Treatment

with Enzymatic Micropeel and Ionto Massager

Recommended Use:	Deep cleanses, brightens, reduces appearance of enlarged pores, fine lines and wrinkles
Frequency:	As needed
Suggested Retail Price:	\$120

Method**Time: 50 minutes**

1. Drape client and secure hair with headband.
2. Wash hands with anti-bacterial soap.
3. Apply **Vita Cura® Triple Action Cleansing Cream** in upwards and outwards circular motions. Remove with cotton dampened with lukewarm water.
4. Apply **Eye Rescue Pads** over the eyes to protect the eye area.
5. Apply **Vita Cura® Enzymatic Micropeel** with fantail brush.
6. Spray on **Algo Mist® Hydrating Seaweed Facial Spray** to keep the **Vita Cura® Enzymatic Micropeel** moist. Use a fan if needed.
7. Use **Ionto Massager** set to the negative (-) position for 3 minutes, it helps to soften skin and dissolve dead skin cells, creating a more clarified appearance and refined texture to the skin.
8. After 7 minutes remove the **Vita Cura® Enzymatic Micropeel** with cotton and water. Make sure you remove all trace of **Vita Cura® Enzymatic Micropeel** from the skin.
9. Apply **Vita Cura® Renewal Toner**. Pat Dry.
10. Tear open envelope of **Vita Cura® B₃ Lifting Mask**, unfold mask and apply directly onto face. Once mask is in place, peel off plastic front at the notch and discard. Adjust mask to fit tightly to the contours of your face. Use the **Ionto Massager** set to positive (+) over the sheet mask for 5 minutes. Allow mask to remain on the face for an additional 10 minutes.
11. Remove sheet mask, squeeze the remaining serum from the envelope into your hands and massage into the face, neck and décolleté using effleurage movements for 5 minutes. Finish with percussion-based tapotement movements.
12. Finish treatment by using the **Ionto Massager** set on positive (+) for 2 minutes, to help deliver moisturizing and hydrating ingredients deep into the surface of the skin to

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calm and sooth it. Apply 3 drops of **Vita Cura® B₃ Elixir Complex**, followed by **Mineral Face Shield®** to the skin.

Recommended Home Care Options:

Vita Cura® B₃ Serum Complex (RR81) – 2 times a day
Vita Cura® B₃ Elixir Complex (RR82) – 2 times a day
Vita Cura® B₃ Lifting Mask (RR80) – 3 times per week

Reduction in wrinkles 58%
Reduction in the appearance
of enlarged pores by 41%

Repêchage® Breast Treatment

Benefits:	Tightens and tones Stimulates circulation Hydrates and mineralizes the skin Improves volume and firmness of the cutis
Recommended Use:	For loss of tone around the breast area To improve skin tone and texture
Frequency:	Weekly Monthly

Method:**Time: 55 Minutes**

1. Discuss the desired effect.
2. Apply **BIOLIGHT® Glyco-Sea® Glycolic Peel** 5-7 minutes or **Honey Body Polish** on décolletage and breast area. Avoid nipples.
3. Remove with cold towels or damp cotton pads.
4. Apply **Vita Cura® Opti-Lift® Serum** and massage (effleurage) for 5 minutes to décolletage and breast area (avoid nipple area).
5. Apply **Vita Cura® Triple Firming Cream** over the entire breast concentrating on any stretch marks.
6. Take **Seaweed Powder 3A** and **Seaweed Gel 3B** and mix in rubber bowl. Apply mask to the breast area. Leave mask on for 5 minutes. Do not remove mask.
7. Take pouch **Mineral Mask 4A** and **Mineral Gel 4B** and mix in rubber bowl. Apply Mineral Mask to the breast area. Leave mask on for 15 minutes.
8. Remove mask. Remove excess with damp cotton pads.
9. Apply **Vita Cura® Opti-Lift® Serum** and **Vita Cura® Triple Firming Cream** to the entire breast.

Repêchage® Breast Treatment should be done 1x week for 4 weeks leading up to surgery.

Hydra Dew Pure™ Oil or **Hydra Dew Pure™ Elixir Balm** should be used as often as possible for post-operative care to help minimize scarring and keloids.

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Lamina Lift Mask®

Benefits: **Soothing, Hydrating**

Frequency: **As needed**

Recommended Use: **All Skin Types**

The **Lamina Lift Mask** uses an organic blend of Eco Cert Seaweed, orange water and other botanicals infused in an organic aloe Vera juice blend. This mask provides instant soothing, cooling and moisturizing effect.

Perfect complement to Salon and Spa services, our soothing Anti-oxidant rich **Lamina Lift Mask** is a results oriented and fuss-free approach to skin care. Beautiful accompaniment to more clinical services such as after peeling, microdermabrasion, laser, waxing etc.

Vitamin, Mineral and Anti-Oxidant Rich Laminaria Digitata Seaweed helps to lock in moisture and promote skin hydration.

Organic Aloe soothes the skin while Rooibos, Green tea, Licorice Root and Horse Chestnut provide anti-inflammatory, calming and pore refining benefits. Orange water assists in brightening skin tone and clarity. The cooling effects of the mask will help your clients to de-stress and de-puff for a refreshed, glowing complexion.

Recommended Method:

Time: 10-20 Minutes

1. For best results apply **Lamina Lift Mask** on clean skin. Adjust over eyes, nose and mouth for a perfect fit. Leave on 5-20 min. Remove mask and discard.
2. Blot skin with tissue.
3. Apply appropriate **Repêchage Day Protection Cream**.

Ingredients:

Aloe Barbadensis Leaf Juice (Organic), Citrus Aurantium Dulcis (Orange) Fruit Water (Organic), Propanediol, Asalathus Linearis (Rooibos) Extract, Glycyrrhizin Glabra (Licorice) Root Extract, Aesculus Hippocastanum (Horse Chestnut) Seed Extract, Laminaria Digitata, Diazolidinyl Urea, Iodopropynyl Butyl carbamate, Chlorophyll, Water, Green Tea Essential Oil Natural, Aroma, Sodium Hydroxide.

The Lamina Lift mask is a perfect finishing treatment to many medical spa services, such as dermal fillers, microdermabrasion, laser and peels.

The instant calming and soothing benefits will aid in any client discomfort.

You may keep in the refrigerator for best results. Cooling and calming.

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Recommended Reading and Videos

Success at Your Fingertips by Lydia Sarfati, LS Publications

Repêchage: The Book - Skincare Science & Protocols by Lydia Sarfati, LS Publications

Oncology Esthetics Lydia Sarfati contributing author.

Visit edu.learningwithlydia.com

Lydia Sarfati Educational Library

Repêchage® Four Layer Facial® Video by Lydia Sarfati

Available in English and Spanish

Repêchage® Hydra Medic® Acne Facial Treatment Video by Lydia Sarfati

Repêchage® Vita Cura® B3 Lifting Treatment with Enzymatic Micropeel and Ionto
Massager Video by Lydia Sarfati

Repêchage® VC5: Vita Cura® Five Phase Firming Facial Video by Lydia Sarfati

Repêchage® Bio light™ Miracle Facial Video by Lydia Sarfati

Repêchage® Basic European Seaweed Facial Video by Lydia Sarfati

Repêchage® Anti-Aging Hand Treatment and Sea Spa Pedicure Video by Lydia Sarfati

Repêchage® Peppermint Sea Twist® Video by Lydia Sarfati

Repêchage® Hydra 4® Sensitive Skin Facial Video by Lydia Sarfati

Repêchage® Hydra Dew® Dry Skin Facial Treatment Video by Lydia Sarfati

Repêchage® Hydra Refine® Oily Skin Facial Treatment Video by Lydia Sarfati

Repêchage® Sea Escape Stone Facial & Body Therapy Video by Lydia Sarfati

Repêchage® 30 minutes to Beauty Video by Lydia Sarfati

Red out Express Video by Lydia Sarfati

Repechage Biolight Video by Lydia Sarfati

Massage Video by Lydia Sarfati

Repêchage® Core Ingredients

PLEASE REVIEW "THE BOOK" FOR COMPLETE DESCRIPTION AND LISTING OF INGREDIENTS

Introduction

Our professional products are the result of sourcing the most exclusive, high-quality ingredients

The Process:

- Research
- Quality
- Consistency
- Results



BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Laminaria Digitata

- Proprietary extraction process to ensure highest concentration of actives
- Nutrient-dense, brown alga that is grown off the coast of Maine in the low intertidal to shallow subtidal zone
- Rich in minerals, vitamins, amino acids, phlorotannins and fucoidans, which have been shown to help prevent photoaging: wrinkles, dark spots, compromised skin barrier
- Contains alginates, which are polysaccharide polymers that give structure to the cell wall of the brown algae and allow moisture to be maintained



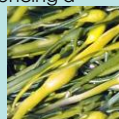
BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Ascophyllum Nodosum

- Proprietary extraction process to ensure highest concentration of actives
- Brown alga obtained from the coast of Maine, grown abundantly in the mid to lower intertidal zones
- Contains fucoidans, phlorotannins, minerals, and amino acids
- The marine actives present in Ascophyllum Nodosum have been shown to offer many benefits such as being combative against pollution and influencing a brighter, even skin tone



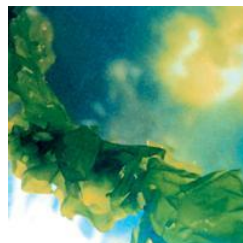
BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Ulva Lactuca

- Green alga also known as sea lettuce
- Functions as an antioxidant with moisturizing and soothing qualities



BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Codium Tomentosum

- Green alga found in the sea bordering northern Brittany, France
- Immediate and sustained moisture, will promote suppleness and elasticity



BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Laminaria Saccharina

- Brown alga that synthesizes specific molecules to protect from the environment
- Offers soothing benefits to skin that has been compromised and has been found to help modulate sebum



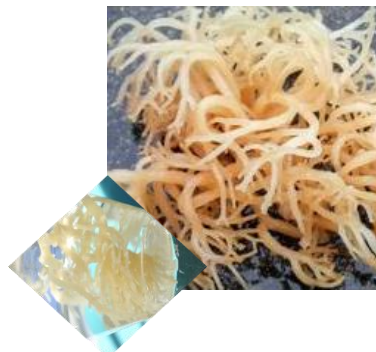
BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Kappaphycus Alvarezii

- Warm water alga that grows in South East Asia
- Immediate reduction in the appearance of wrinkles and provides reinforcement of the skin barrier
- Shown to have a decrease in the appearance of pores



BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Pelvetia Canaliculata

- Brown alga that is found at the highest level on the rocky seashore
- Promotes a soothing effect and has been shown to effectively lighten the appearance of skin



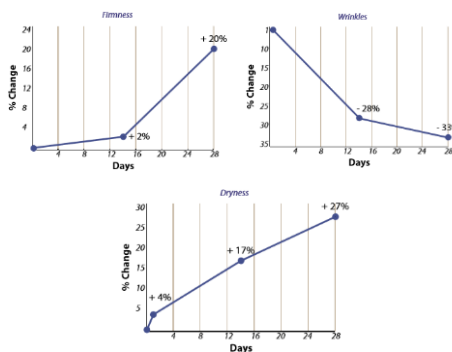
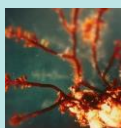
BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Ahnfeltiopsis Concinna

- Red alga from the intertidal basalt shores of the Hawaiian Island
- Studies have proven it can effectively improve skin hydration, smooth the appearance of wrinkles and quickly soothe the skin



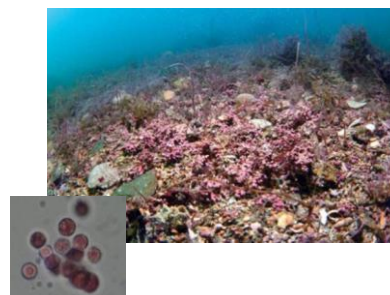
BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Lithothamnion Calcareum

- Red Alga that has a complex, calcified structure with thermo-resistant properties
- Mineral-rich with mattifying properties



BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Fucus Vesiculosus

- Brown alga rich in minerals, fucoidans, fatty acids and polyphenols
- Helps enhance skin elasticity and acts as an antioxidant



BEAUTY FROM THE SEA

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The Seaweed

Enteromorpha Compressa

- Green alga shown to be rich in saccharides
- Potent antioxidant properties and maintains balance in the skin



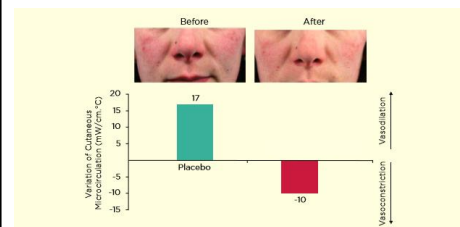
BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Corallina Officinalis

- Red alga rich in minerals and trace elements
- Provides reinforcement to skin that becomes compromised by inferior factors



In vivo test conducted for 28 days using Corallina Officinalis at 2.50%

BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Algin

- A polysaccharide found in seaweed that gives it the structure and strength to maintain its barrier and hold moisture
- Contains hydrating and antioxidant properties



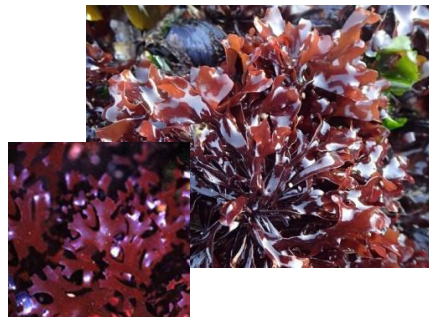
BEAUTY FROM THE SEA

REPÊCHAGE

The Seaweed

Carrageenan

- The red alga, Chondrus Crispus, a high molecular weight polysaccharide
- Used for its excellent thickening and stabilizing properties
- Highly moisturizing and soothing



BEAUTY FROM THE SEA

REPÊCHAGE

Diatomaceous Earth

- A porous sedimentary deposit from marine phytoplankton. Marine plankton are global, abundant and form the base of the food chain for much of the life in the sea

- Contains a high content of polysaccharides, vitamins B₁₂ and C, and essential amino acids
- Skin benefits include:
 - Reinforcement of the barrier
 - Diminish the appearance of wrinkles
 - Stimulation of collagen synthesis
 - Improve hydration and elasticity



BEAUTY FROM THE SEA

REPÊCHAGE

Botanical Actives

The Repêchage® Difference

- Proprietary process
- No use of alcohol or water
- Control over quality
- Method ensures high content of actives from botanicals



BEAUTY FROM THE SEA

REPÊCHAGE

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Botanical Actives

Chamomilla Recutita (Matricaria) Flower

- Known for its soothing, antioxidant and antimicrobial properties



Salvia Officinalis (Sage) Leaf

- Antioxidant and antimicrobial properties, used to purify and tone the skin



Rosmarinus Officinalis (Rosemary) Leaf

- Known for its soothing, antioxidant and antimicrobial properties



BEAUTY FROM THE SEA

REPÊCHAGE

Botanical Actives

Melissa Officinalis (Lemon Balm) Leaf

- Studies have shown this herb contains potent antioxidant activity with soothing and antibacterial properties



Tussilago Farfara (Coltsfoot) Flower

- Known for its soothing and antibacterial properties



Equisetum Arvense

- Also known as Horsetail, influences skin elasticity with soothing and antioxidant benefits



BEAUTY FROM THE SEA

REPÊCHAGE

Botanical Actives – Soothing Agents

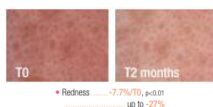
Mirabilis Jalapa

- An extract of the plant known as the Marvel of Peru

- Improves skin resilience

- Helps to reinforce the barrier

- Decrease in skin reactivity

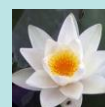


Nymphaea Alba (White Water Lily) Flower

- An aquatic plant from Europe

- Traditionally used to soothe skin that has been compromised

- Rich in tannins and flavonoids



BEAUTY FROM THE SEA

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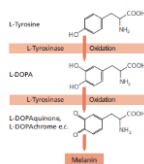
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Botanical Actives – Brightening Agents

Bellis Perennis (Daisy) Flower

- Obtained from daisy flower blossoms
- Contains bioactive molecules such as polyphenols, flavonoid glycosides, polysaccharides and inulin
- Known to be a strong inhibitor of tyrosinase and promotes an even complexion



Glycyrrhiza Glabra (Licorice) Root

- Skin-soothing and antioxidant properties
- Environmental elements cause visible signs of aging, which can be deflected through the use of antioxidants
- Contains glabridin, component with potential to lighten the appearance of skin



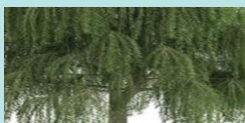
BEAUTY FROM THE SEA

REPÊCHAGE

Botanical Actives – Exfoliating Agent

Salix Alba (Willow) Bark

- Known to be a natural salicylic acid alternative
- Effective as an exfoliant, antioxidant and will benefit those with problematic skin
- Contains flavonoids and polyphenols



BEAUTY FROM THE SEA

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ORGANIC CANNABIS SATIVA SEED OIL

- Contains essential fatty acids known to help maintain the skin barrier while moisturizing and helping improve the appearance of the skin.



Image Source: wikipedia.org



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KAPPAPHYCUS ALVAREZII EXTRACT AND CAESALPINIA SPINOSA FRUIT EXTRACT

- Both have lifting properties.
- Provides the skin with immediate smoothing of facial wrinkles.



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PLANTAGO LANCEOLATA SEED EXTRACT

- This extract of the Ribwort Plantain plant is known to help strengthen and restore the appearance of the skin barrier while it helps reduce the appearance of irritation.

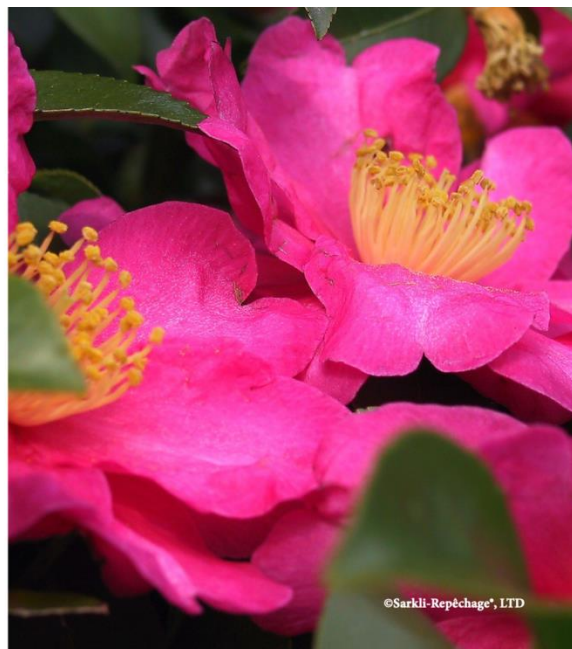


CAMELLIA JAPONICA SEED OIL

- Also known as Tsubaki or Dongbaek Oil, Camellia Japonica, is known as “the rose of winter” since it blooms while there is snow on the ground
- It originates from Jeju Island, South Korea
- Known to be a highly effective antioxidant
- Known to have overall antiaging properties
- Help strengthen the appearance of the skin barrier while it helps prevent moisture loss



Image Source: wikipedia.org



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 MA-Guide001

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 Medical Aesthetics Guide to Pre & Post Medical Procedures

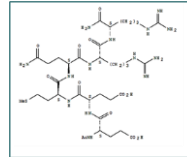
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Advanced Peptides

Acetyl Hexapeptide-8

- The first hexapeptide to exhibit a botox-like mechanism for a reduction in the appearance of wrinkles
- Muscle contractions are guilty of causing skin aging, to avoid this, the behavior is modulated
- Has been shown to effectively compete with the natural protein's binding site to destabilize the complex that is responsible for the contraction of muscles



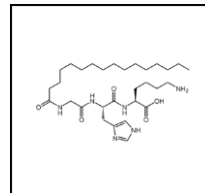
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Advanced Peptides

Palmitoyl Tripeptide-1

- Helps to regulate Progerin levels which when accumulated are known to correlate with increased aging and thus promote elasticity for youthful-looking skin



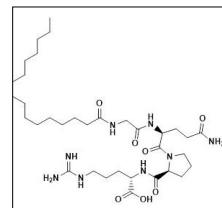
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Advanced Peptides

Palmitoyl Tetrapeptide-7

- Helps to promote the production of collagen by supporting mechanisms that weaken with age
- There is a reduction in the appearance of wrinkles



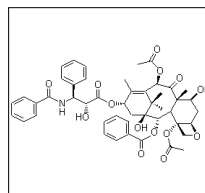
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Advanced Peptides

Palmitoyl Tripeptide-5

- Proven to reveal younger-looking skin, which is seen in the appearance of refined pores and a lifted, sculpted look
- Mimics a mechanism in the body to stimulate the production of collagen



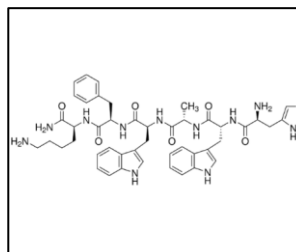
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Advanced Peptides

Hexapeptide-2

- Induces a decrease in melanin content and has been proven to lighten and even the skin tone



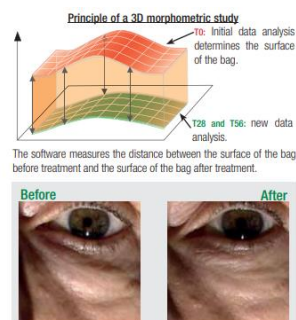
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Advanced Peptides

Dipeptide-2

- Studies have shown a significant decrease in the appearance of puffiness under the eyes
- Increase in elasticity and firmness



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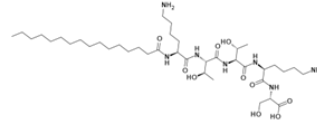
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Advanced Peptides

Palmitoyl Pentapeptide-4

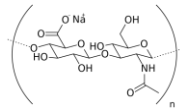
- Stimulates the production of collagen
- Studies have proved reduction in the appearance of wrinkles



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Effective Moisturizers

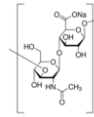


Sodium Hyaluronate

- Higher molecular weight
- Unique film-forming and hydrating properties
- Attracts moisture and prevents loss

Hyaluronic Acid

- A linear polysaccharide naturally present in the skin
- Degradation is imminent as we age, which is why it is important to supplement it
- Lack of Hyaluronic Acid in the skin results in loss of hydration and elasticity in conjunction with an increase in wrinkling



Hydrolyzed Sodium Hyaluronate

- Low molecular weight
- Allows for better transdermal absorption compared to larger molecular weight

High-purity, Cosmetic Grade, Non-Animal Origin, ECOCERT

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Effective Moisturizers

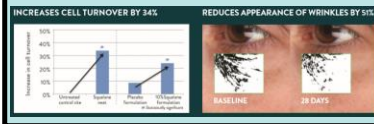
Allantoin

- Found in comfrey roots
- Functional as a moisturizer, but also a superior soothing agent
- Effective on skin that has been weakened by environmental aggressors



Squalane

- Sustainably sourced from sugarcane, ECOCERT and USDA Certified Bio-based Product
- Versatile emollient that provides moisture, reduces appearance of fine lines, improves skin elasticity and supports skin barrier



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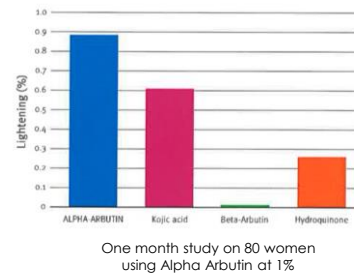
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Proven Brightening Agent

Alpha Arbutin

- Created by high-performing, enzyme related biotechnology to guarantee high purity and efficacy
- Studies have shown Alpha Arbutin to perform better than other competitive lighteners



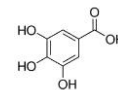
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Proven Brightening Agent

Diglycosyl Gallic Acid

- Blocks melanogenesis process for a brighter, even skin tone
- More potent than Vitamin C and Kojic Acid,



Results observed after 84 days

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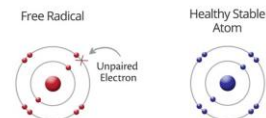
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Free Radicals

Free radicals occur from essential metabolic processes, but certain environmental factors can significantly increase their formation

The term oxidative stress is used when there is an imbalance between the number of free radicals compared to antioxidants

This can negatively influence the process of aging



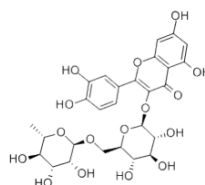
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Potent Antioxidants

Rutin

- A citrus bioflavonoid found in the buds of *Sophora Japonica*
- A phenolic antioxidant that chelates metal ions to prevent the formation of oxygen radicals



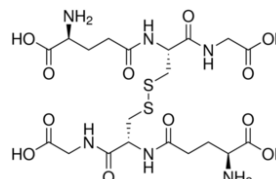
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Potent Antioxidants

Oxidized Glutathione

- Tripeptide composed of glutamic acid, cysteine, and glycine
- Results prove this antioxidant has been effective in lightening the appearance of skin, increasing hydration, and reducing the appearance of wrinkles



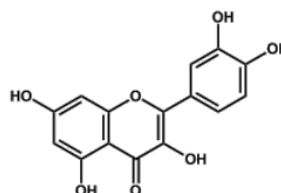
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Potent Antioxidants

Quercetin

- A polyphenol derived from plants responsible for their pigment color
- Reported to be more effective as an antioxidant than Vitamins E and C
- Excellent soothing properties and has been shown to reduce oxidative stress



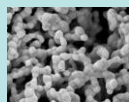
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Microbiome Control

Silver

- Acne, atopic skin and dry skin are just a few instances where bacteria could be held responsible
- Silver ions take effect immediately once interaction occurs with the surface of the skin
- Mode of action: help rebalance the microbiome, acts as a barrier on the skin to keep environmental aggressors from causing stress to skin



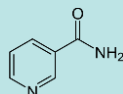
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Versatile Active

Niacinamide

- A form of Vitamin B₃
- Effectively addresses various skin concerns
- Proven to improve the appearance of skin by:
 - Imparting a more even, radiant skin tone
 - Influencing the reduction of enlarged pores
 - Diminishing the appearance of fine lines and wrinkles
 - Reinforcement of the skin barrier



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Preservatives

- Preservation of products is essential to ensure that quality and performance is maintained within each product
- Preservation achieved without the use of Parabens

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Preservatives

Sodium Dehydroacetate

- Effective antimicrobial properties at low percentage
- Broad spectrum activity



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Preservatives

Ethylhexylglycerin

- Globally compliant
- Multifunctional ingredient
 - Enhancer for preservative systems
 - Emollient and humectant properties



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Cleansing Agents

Sodium Laurylglucosides Hydroxypropylsulfonate

- Green surfactant that is readily biodegradable
- Starting materials: bio-renewable or mineral sources
- A mild, high-performance surfactant that produces a creamy feel and has superior foaming and cleansing characteristics
- Free of sulfates



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Cleansing Agents

Lauryl Glucoside

- Obtained from renewable, plant-derived feedstocks. Readily biodegradable
- Superior foam stability and cleansing properties
- Free of sulfates



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Cleansing Agents

Cocamidopropyl Betaine

- Derived from refined coconut oil
- Powerful foam booster with humectant qualities
- Free of sulfates



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