

TO PEEL OR NOT TO PEEL THAT IS THE QUESTION?

Skin peeling has been used for many years for various reasons. However, it has been, in certain cases, like playing 'Russian Roulette' as far as the end result is concerned. Peeling away wrinkles and pigmentation has been the aim. What has been forgotten in many cases is the long-term effects of just peeling away the epidermis. The RégimA 'Peel & Heal' has a unique action and cannot be compared to any other peel, whether natural or chemical. RégimA's 'Peel & Heal' is a Natural chemical peel. That is PLANT & FLOWER CHEMICALS, the potent natural actives extracted from nature. RégimA does not use any chemicals within the peels or home care products ensuring potency & safety!

RégimA have been manufacturing the 100% NATURAL 'PEEL & HEAL' for many years and have achieved amazing results. Their medically accepted formula is used successfully internationally, irrespective of climate and season. Because we specialize in scar treatments we are several steps ahead of the crowd. The unique RégimA formulation can and should be used all year round and, although powerful, carries no risks! One starts the process of removing the outer dead layer of skin. This is the layer that gives us wrinkles, pigmentation, sun spots, age spots, everything that retards rejuvenation. The 'Peel & Heal' successfully and very safely, works gradually through the outer dead layer and down to the basal living layer. It stimulates collagen production, re-elasticizing and rejuvenating even the most damaged, scarred, sun damaged or ageing skins. The RégimA formula helps to THICKEN the skin, making it much more youthful and healthy and less prone to cell changes. It contains an abundance of skin and scar healing ingredients blended with only pure, NATURAL, unadulterated, unbuffered acids. Although the 'Peel & Heal' is potent it is still very easily tolerated and one does not have to experience a major peeling to reap the full benefit. The secret is always in the formulation. With regular peels the skin becomes firmer, smoother, even in colour and texture.

ACTION

- Smoothes wrinkles and improves sun damaged skin
- Rejuvenates, regenerates
- Removes solar keratoses 'sun spots', 'age spots', 'liver spots'
- Repairs & Re-elasticizes thin, fragile, damaged skins
- Helps eliminate and control pigmentation, restoring normal colour
- Helps uneven skin tone, smoothes uneven texture
- Helps eliminate and control active acne and improves old acne scarring
- Helps level and smooth coarse, lumpy, hypertrophic and keloid scars
- Improves flexibility and mobility of hard scarred skin
- In certain cases improves function of old scarred areas on the face & body
- Helps normalize pigmented or blemished areas following - Laser or Liquid nitrogen treatment
- Removes years of damage on even the most sensitive skins
- Clearing and tightening of pores
- Benefits ALL SKIN TYPES - sensitive, young, mature, white, black, asian, male, female



WHO BENEFITS?

- All skin types
- All ages - even very young ie. 11 year olds with problem skins
- Suitable for even very sensitive or fragile skins
- White, Black, Asian Skins
- Male & Female
- Mature, sun damaged, wrinkled skins
- Dry, crepey, sagging skins
- Active acne, acne scarred skins
- Pigmentation
- Old scarring - If scars are - pink, purple, raised, itchy, tender - Indicates old scars are immature & can be improved
- Old burns or old skin grafts - Helps improve colour and helps flatten and improve function
- Pregnant women - helps prevent & improve stretch marks
- Pregnant women - helps normalize the skin dealing with major hormonal changes

WHY CHOOSE RÉGIMA?

- AESTHETICS & SKIN HEALTH - Like no other peel can offer
- Safe ALL YEAR ROUND - No contraindications - Does not make the skin sun sensitive
- Potency - Perfection - Simplicity - Cost Efficiency - Safety
- A choice of 4 concentrations to 'treat' all skin problems - 20% 40% 70% 90%

WHY CHOOSE NATURAL RATHER THAN SYNTHETIC ACIDS?

Natural AHAs are not buffered with chemical agents in order to stabilize the product. Chemical stabilizing ingredients can have an irritant effect in certain cases. Natural acids are more easily absorbed and cell regeneration is enhanced with more rapid healing. They have a greater effect and one significant benefit is that they do not increase the blood vessels in the skin. Therefore they do not result in exacerbation of broken capillaries, as can be seen with chemicals or synthetic acids. Synthetic acids cause a short, sharp, shock to the skin. When this occurs one may experience superficial peeling, however, there is no long-term therapeutic action. Synthetic acids, such as glycolic, are much cheaper than natural acids.

In RégimA's unique 'Peel & Heal' we use malic, lactic, citric & a natural fruit acid complex. Malic acid (from apples is classified as an AHA & BHA) & Lactic Acid (AHA from milk) are the main choice for RegimA in high concentrations within the peel and night products because, being natural, they are the most skin friendly. Malic has the alpha & beta hydroxy action so suits young oily and mature skins. Lactic acid naturally exfoliates; increases skin moisturization and results in smoother looking and feeling skin. Citric acid (from citrus fruit is classified as an AHA & BHA) so has the alpha & beta hydroxy action with the added benefit of working on evening out pigmentation.

WHO PERFORMS THE PEEL & HEAL'?

The RégimA peels must be performed by either a doctor or a trained skin care professional. This is a strictly in-salon or doctors rooms 'treatment' and is not for home care application.

HOW OFTEN SHOULD ONE HAVE A PEEL?

A series of peels may be necessary to achieve an optimal end result to a particular problem. It is better and more favourable long-term to start off conservatively with the peels, each treatment time may be increased, dependent on patient/client reaction and tolerance. With a problem such as pigmentation or acne it would be ideal to commence with either weekly peels or fortnightly peels. This will depend on response, need and concentration of 'Peel & Heal' performed. Assessment will be made at each appointment as to how the peel was tolerated. It will then be decided how long to leave the 'treatment' on and which concentration to use. One will progress to either monthly or 6 weekly peels as desired or required, depending on skin condition and client wishes. A more gradual, conservative approach is the safest and best as it will ensure the desired long-term effects.

REMEMBER 'PEEL & HEAL' IS SAFE TO USE ALL YEAR ROUND & SAFE DURING PREGNANCY

What will the Peel & heal' feel like & why?

The potent alpha-hydroxy acids (fruit acids) have a low pH (they are acidic). This is partly how we are able to penetrate the skin and work gradually down to that all important living layer. Being very acidic it is successful in destroying bacteria on the skin, providing an essential 'acid mantle', rendering it perfect for problem skins. There is no risk of cross-infection. Because of the acidity there will be a degree of stinging. Dependent on the condition of the skin, on initial application one experiences a slight stinging/tingling sensation and itchiness. This occurs mainly during the first 5 minutes following application, but mostly one feels itchiness. If the skin is extremely dry and in desperate need of exfoliation, then one can experience more intense stinging. The peel is generally easily tolerated and during the treatment the skin care professional will massage RégimA Laser Gel onto the treated area to relieve any stinging or itchiness. This will in no way affect the efficacy of the peel, it just provides a mild 'anaesthetic' effect. These symptoms subside during the procedure. It does not mean that every peel will feel the same. Certain factors may influence the symptoms as follows.

NOTE: Certain factors can influence the degree of stinging experienced during the procedure as well as the level of peeling one may experience. The peel is known to sting more when applied pre-menstrually or when very stressed.

WHAT DO I USE AFTER THE PEEL & HEAL'

Immediately following a 'treatment' your doctor or skin care professional will apply the necessary post peel RégimA products depending on your personal needs. If there is visible peeling one MUST use Laser Gel for a few days until all visible peeling has subsided. Do not allow the skin to dry out and peel hectically. The Laser Gel accelerates the healing process whilst keeping the skin beautifully supple. Your skin care professional will recommend the ideal RégimA products for you. Always remember to use a RégimA day product with SPF - remember skin health!

CAN I USE ANY OTHER PRODUCTS IN CONJUNCTION WITH RÉGIMA PEEL & HEAL'?

NO - The NATURAL peel and ingredients within RégimA home care have been formulated to work synergistically. Other products may not react favourably as many cosmetic ranges contain chemicals which would not be compatible. RégimA 'Peel & Heal will only be applied to patients/clients who will be using strictly RégimA products. That is the only way one will achieve 100% from the peels and products. Never mix & match it is just not worth it.

WHAT WILL I LOOK LIKE AFTER THE PEEL?

Dependent on skin type, a degree of redness is experienced during the peel and one can feel the skin gets hot. This is mainly due to the stimulation as we re-oxygenate the skin. The pinkness/redness varies from person to person and usually subsides within a few hours and the skin goes back to normal colour. If the skin is extremely dry and damaged, or if one has eczema or psoriasis one can possibly stay pink for a couple of days, but this is rare. This only really occurs in clients who have an immediate peeling following the first session. Laser Gel, Quantum Elastin or Scar Repair would help to normalize quickly. There may be some superficial flaking over the next couple of days and the skin may feel 'sand papery', but this is very easy to handle using the products specified above. One may work and socialize as normal. Only following a deeper peeling session will the skin remain red for a few days. The skin feels smoother and softer immediately following cleansing (as a certain amount of dead skin has now been removed - you just do not see it on the sponge!). In olive or darker skins, if there is any peeling, the skin may look darker initially on these areas as the dead skin is sloughing off. This is just the dead cells detaching from the inner, living cells, it dries out in the process. This is normal and one must just continue with the home care and peels and this will improve. One must be patient. Massage around the treated areas over the first few days with either Laser Gel, Quantum Elastin or Scar Repair a couple of times a day. The dead skin sometimes comes off like little balls of debris during the massage. It is great to remove this to accelerate the process. Do not use any abrasive means of removal.

WILL I PEEL FOR LONG?

This unique peel can achieve instant smoothness of the skin without any visible peeling. A certain amount of epidermis (outer dead layer) is removed when the peel is neutralized, but one does not have to experience a wholesale peeling of the skin for it to have worked. This is therefore ideal for the working woman or man. One may just experience very superficial flaking of the skin over the next few days. Obviously if one requires more impact eg. For deeper wrinkles or acne scarring, then one requires the peel to stay on longer or more often or a higher concentration and there would usually be a certain amount of peeling for several days. The degree of peeling experienced at the beginning of the treatments depends on the condition of the skin. It does not mean that if you peel once or twice you will peel every time. Reactions vary from session to session dependent on certain factors. If one does not peel it does not mean the treatment has not been successful.

Contraindications: Natural formulation - Only possible symptoms as outlined above. No long-term side effects.

NEW AGE 'PEEL & HEAL' - SAFEST & NATURAL FRUIT ACIDS 20%, 40%, 70%, 90%

BENEFITS ALL SKIN TYPES - EVEN SENSITIVE SKINS - WHITE, ASIAN, BLACK SKINS, MALE AND FEMALE ALL AGES, EVEN VERY YOUNG SKINS

This is a medically accepted unique peeling formulation. It is easily tolerated by all ages, even the very young (as young as 11), and for a variety of reasons. The 'Peel & Heal' was initially formulated for plastic surgeons and has been used extensively, safely, effectively on all skin types, all ethnic groups, ages, male & female for many years. Smoothes wrinkles and improves sun damaged skin, removes solar keratoses 'sun spots', 'age spots', 'liver spots', helps eliminate and control pigmentation. Improves flexibility and mobility of hard scarred skin and in certain cases improves function of old scarred areas. Helps restore normal pigmentation. Helps uneven skin tone, smoothes uneven

texture. Helps active acne and helps improve old acne scarring. Helps level and smooth coarse, lumpy, hypertrophic, keloid scars.

RÉGIMA 'ACNE ATTACK' PEEL & HEAL

'Acne Attack' Peel & Heal is a rapid acting in-salon treatment. Safe all year round, for all ethnic groups, all ages. Helps eliminate and control youth and adult acne, dramatically clearing pimples, pustules, tightening pores and helping to normalize skin colour. Safest, most effective way of treating problematic skins. For further information refer to 'Acne Attack' Leaflet.

RÉGIMA 'POST ACNE ATTACK GEL'

Penetrates quickly, helps rapidly calm, soothe, and greatly improve problematic skins in all age groups. Helps promote healthy collagen synthesis. Plants and algae help reduce excess oil secretions and promote normalization of the skin. For further information refer to 'Acne Attack' Leaflet.

ACIDS & ACTION - Always know what you are being treated with & taking home

AHAs (ALPHA-HYDROXY ACIDS)

AHAs are a group of organic acids found in natural sources or synthesized in the laboratory. They exfoliate the outer dead layer of skin, increase skin thickness, improve the quality of elastic fibres with increased density of collagen. Removal of the outer most layer of the skin stimulates the cells in lower layers to grow and divide, causing the skin to thicken and thus diminish signs of ageing. The more you exfoliate the more cell divisions will occur in the lower skin layers. Research shows that alpha hydroxy acids produce a significant reversal of epidermal and dermal photo ageing. The effectiveness of an AHA product depends mainly on the concentration of acid and the pH (acidity). It must be remembered that over the counter cosmetic AHA products have very low concentrations so less efficacy.

Malic acid - (from apples) is naturally derived. Malic acid is a first choice of RégimA as it is an AHA and a BHA so has dual power for more skin types and benefits. Has a powerful action without the irritation experienced with some other acids. Natural acids are non-adulterated by chemicals, have a micro-molecular structure, safely penetrate to the basal (living) layer and have a therapeutic action.

Lactic acid - (from milk) is naturally derived. Lactic acid is a first choice of RégimA as it increases skin moisturization and imparts a smoother feel. Has a powerful action without the irritation experienced with some other acids. Natural acids are non-adulterated by chemicals, have a micro-molecular structure, safely penetrate to the basal (living) layer and have a therapeutic action.

Citric acid - (from citrus fruit) is naturally derived. Citric acid is a first choice of RégimA as it also has a dual action because it is an AHA and a BHA. Citric acid is also known for having a positive effect on pigmentation. Has a powerful action without the irritation experienced with some other acids. Natural acids are non-adulterated by chemicals,

Glycolic acid - (if natural - from sugar cane. If there are chemical buffering agents used then it is, as in most cases, synthetic). Much of the glycolic acid used is man made and thus requires chemical buffering to stabilize. Has a micro-molecular structure so penetrates to the basal (living) layer. However, because of the potential irritating effects of added chemicals always ask what ingredients have been used for the buffering process.

NOTE: The American Food & Drug Administration (FDA) have for many years written reports on the safety of ingredients used within the cosmetic industry. In a report revised in May 1999 the following statement was made regarding glycolic acid:

"Another study that looked at the effects of glycolic acid on production of sunburn cells (markers for UV-induced skin damage) found that people who received the glycolic AHA product in the presence of UV radiation experienced twice the cell damage in areas where the glycolic AHA had been applied than those who were treated with the non-AHA product (during the day). FDA's concern is that people who are sensitive to sunlight may be particularly susceptible to UV rays, which can damage the skin and, over a long period, can cause skin cancer"

IMPORTANT: For the above reason (and because in certain cases AHAs used in the sun can lead to pigmentation) we at RégimA will not use AHAs in any daytime preparations. AHAs must only be used in night preparations or during

an in-salon or in doctors rooms treatment & then neutralized and post-treatment products applied. AHAs are time dependent so they will continue working on the skin until neutralized off.

BHAs (BETA-HYDROXY ACIDS)

(Naturally derived) BHAs simple organic acids found in nature or synthesized in the laboratory. The main function of BHAs is they have the ability to remove blocking oil plugs from congested, acne/problem skins as well as having a mild exfoliating effect.

Certain acids are classified as alpha hydroxy and beta hydroxy and RégimA utilizes these dual action natural acids - Malic Acid, Citric Acid (see info above in AHA section). These acids therefore have the potent rejuvenating effects required for more mature skins and also the decongesting, unblocking power essential for the problematic skins.

Salicylic Acid - (from Willow Bark). Salicylic acid is Aspirin-like in composition so has the added anti-inflammatory benefits. BHAs penetrate deep into the pores to remove any plugs of oil. Highly beneficial in problematic skins. Used in certain RégimA problem skin products.

PHAs (POLY-HYDROXY ACIDS)

Gluconolactone (PHA) synthetic acid is similar to AHAs. The significant difference between the two is that the PHA has a larger molecular structure, which limits penetration into the skin. There is obviously a reduction in irritation on application. This is because PHAs are extremely mild and work very superficially, only on the outer epidermis and have no deeper, therapeutic action.

MANDELIC ACID- Bitter almonds

Caution: Requires chemical processing with hydrochloric acid, sodium and potassium cyanide and benzene!!

Has a large molecular structure so causes less irritation than some other AHAs because penetration is more superficial. An extensive chemical process is required to produce a peeling substance for topical application. This process includes the use of hydrochloric acid, cyanide and benzene, which is a known carcinogen! This is an acid that has not yet been used extensively and lacks the medical research backing that other AHAs and BHAs have, so long term side effects have not been established.

To see how mandelic acid is processed visit the following:

<http://designer-drugs.com/pte/12.162.180.114/dcd/chemistry/mandelic.html>

TCA (TRICHLORACETIC ACID)

(Synthetic acid) Chemical peel formulated by chlorinating acetic acid. In the hands of skilled clinicians TCA can work successfully. However, there are potential side effects of hyper-pigmentation (skin going darker) and hypopigmentation (skin going white). In certain cases it has been seen that initially following a TCA peel the skin is smoother and pigmentation reduced significantly. Skin is sensitive to sunlight for 6-8 weeks afterwards. There is a risk that in certain cases the pigmentation comes back with a vengeance.

PHENOL

Highly corrosive peel only performed by a skilled clinician and only in a hospital environment. This chemical is used mainly for deep perioral wrinkles. The peel is very deep and takes quite some time to heal and the skin remains red for up to several months. The resultant skin is usually very smooth, however, there is a very high risk of depigmentation (treated skin goes white) and one would always require a heavier foundation to cover the difference in skin colour.