Peel Solutions Guide

Le Mieux Peel Solutions accelerate cell renewal to reveal clearer, smoother, more evenly pigmented skin. Peel solutions offer professional level results and customized exfoliation based on peel selection and application method. Each Le Mieux Peel Solution is buffered to reduce risk of irritation and down time while instantly leaving skin smoother, brighter, and perfectly primed to absorb skin transforming serums.
NOTE: Peel Solution safety guidelines and protocols must be followed to avoid adverse reactions.

Hydroxy Acids

Hydroxy acids accelerate cellular renewal by weakening desmosome bonds to release skin cells and increase desquamation. Each hydroxy acid has additional benefits that address specific skin conditions, including breakouts, hyperpigmentation, and signs of aging.

Alpha Hydroxy Acid (AHA)
AHA's are water soluble, have a keratolytic effect on skin cells and play a role in cell proliferation, resulting in smoother, brighter, more hydrated skin.

Beta Hydroxy Acid (BHA)
BHA's are oil soluble and commonly used to "prep" alpha hydroxy acids due to their ability to bypass the skin's lipid barrier and work within pilo-sebaceous follicles. BHAs help control oil and breakouts because they combat bacteria and loosen cellular debris.

ACID	DESCRIPTION	BENEFITS	NOTES
Salicylic Acid **BHA**	Oil-loving beta hydroxy acid complements alpha hydroxy acids. Targets breakouts and breaks up comedones.	Targets breakouts. Breaks up comedones.	Excellent for peel prep, post extraction, and breakout spot treatment.
Azelaic Acid **AHA**	Helps regulate hyperkeratosis and effectively helps treat post-inflammatory hyperpigmentation. Well tolerated by most skin.	Targets breakouts. Brightens post-inflammatory hyperpigmentation.	This multi-functional acid is well tolerated by most skin.
Lactic Acid **AHA**	Brightens UV-induced hyperpigmentation and boosts hydration, while minimizing the look of lines.	Improves fine lines and wrinkles. Brightens UV-induced hyperpigmentation.	Lactic acid helps to boost glycosaminoglycans in skin to increase hydration.
Mandelic Acid **AHA**	Brightening acid with controlled delivery due to large molecular size.	Brightens hyperpigmentation. Targets breakouts. Treats early signs of aging.	Due to its large molecular size, mandelic acid provides very even and controlled skin penetration.
Glycolic Acid **AHA**	Small molecular weight hydroxy acid with potential for deeper absorption.	Targets deep, consistent breakouts. Treats advanced signs of aging.	Due to small molecular size, Le Mieux glycolic is polymerized for more controlled delivery. Glycolic should not be used on first-time peel clients.

Peel Depth Categorization

Chemical Peels are classified based on depth of exfoliation in the skin. Le Mieux Peel Solutions are classified as very superficial peels. Very superficial peels have a higher safety profile than deeper depth peels. Le Mieux Peel Solutions are formulated with arbutin to help inhibit hyperpigmentation, hyaluronic acid to hydrate, and niacinamide to help reduce redness and irritation. Skin is instantly smoother, brighter, and optimized for serum absorption. Le Mieux Peel Solutions offer progressive exfoliation without high risk of excessive irritation or discomfort, making them ideal to pair with advanced modalities.

Peel Solution Efficacy

Several factors affect how deeply hydroxy acids affect layers of the skin. Low pH peels with high concentrations of acids run a higher risk of inflammation, downtime, and post-inflammatory hyperpigmentation.

Molecular size of acid
Smaller molecular acid sizes will penetrate faster and more deeply than larger molecular-sized acid.

Concentration of acid
“Concentration” pertains to the percentage of acid in peel solutions. The higher the percentage, the more concentrated the acid is in the solution. Peel Solution letters and numbers indicate the hydroxy acid(s) and concentration in each formula. For example: M30 = 30% Mandelic Acid, M15 = 15% Mandelic Acid.

pH of solution
Potential of Hydrogen (pH) indicate the “strength” of acids. The lower the pH, the stronger the acid will be. Solutions at a pH lower than the epidermis’ natural 4.5-5.5 pH amplifies the acids’ exfoliating effect on skin. Buffered solutions bring the pH of acids closer to the pH of skin for less aggressive exfoliation.
Le Mieux Peel Solutions are formulated at a pH of 3.2 for professional level exfoliation with lower risk or irritation.

Skin prep
How skin is prepped prior to Peel Solution application can enhance exfoliation. Using alcohol or witch hazel-based solutions to “prep” prior to peel application helps to temporarily disable skin’s barrier for optimized peel effectiveness.

Combining modalities
Le Mieux Peel Solutions are designed to complement professional modalities. Before combining professional exfoliants and modalities, it is the responsibility of the professional to determine individual skin tolerance. Perform professional exfoliation and modalities in separate treatments to assess skin response to each before combining. Always defer to manufacturer and certification recommendations for treatment and product compatibility.

Skin barrier integrity
The epidermal barrier forms a physical and chemical barrier to environmental irritants. Also known as the acid mantle due to its slightly acidic pH, if the skin’s protective barrier is disrupted, peels may penetrate too quickly or deeply, causing irritation and post-inflammatory hyperpigmentation. Potential causes of disrupted barrier can include dryness, dehydration, irritation, genetic sensitivity, and environmental sensitization.

Peel Safety & Best Practices

Due to active ingredients and hydroxy acid concentrations in Peel Solutions, contraindications and considerations must be reviewed with clients, implemented, and recorded to ensure the best results.

General Contraindications & Considerations

Contraindications

- Broken, irritated, or inflamed skin
- Impaired skin barrier
- Recent professional or medical treatments
- Recent cosmetic injectables
- Prescription or over-the-counter retinoids
- Isotretinoin (Accutane)
- Recent hair removal

Considerations

- Pregnancy and breastfeeding
- Oncology
- Potential to pigment
- General health of skin
- Exfoliation history
- Daily UV exposure
- Asthma (fume sensitivity)
- Allergies to ingredient

Professional considerations

- Not for first-time clients
- Complete Client Intake Form
- Assess skin & barrier
- Review expectations and post care
- Take before & after photos

Client Considerations

- Must follow professional recommendations
- Must wear full spectrum physical SPF 50
- Avoid prolonged sun exposure
- Discontinue other exfoliation
- Report unexpected skin responses

Pregnancy, Breastfeeding & Medical Treatment

Clients who are pregnant, breastfeeding, or undergoing medical treatment should seek approval from their medical providers prior to undergoing peels, as heightened reactivity and underlying medical conditions can affect peel outcomes. Salicylic acid and retinoids should never be used on clients who are pregnant, breastfeeding, or trying to become pregnant.

Assessing Skin

Before selecting peels, assess your client's potential for inflammation by analyzing skin barrier integrity, reactivity, and Fitzpatrick Phototype. Phototypes 3-6 have a higher potential for post-inflammatory hyperpigmentation, which should be considered when selecting peel strength (see page 2).

Skin Barrier Integrity

It is the responsibility of the skincare professional to recognize and navigate a compromised skin barrier safely. If skin barrier is compromised, ingredients may penetrate too deeply. Hydroxy acids may over-exfoliate, and adverse reactions may occur. Areas of disrupted barrier should be omitted from exfoliation (see page 2).

Peel Safety & Best Practices

Fitzpatrick Phototype

The Fitzpatrick Phototype scale helps classify potential for post-inflammatory hyperpigmentation based on constitutive skin color and reactivity to ultraviolet rays. Phototypes 3-6 have a higher potential for post-inflammatory hyperpigmentation, which should be considered when selecting peel strength.

Type I	Type II	Type III	Type IV	Type V	Type VI
Light skin Light hair Light eyes	Light skin Light hair Light eyes	Light olive to brown skin and hair Light to medium eyes	Brown skin Brown to black hair Brown eyes	Deep brown skin Deep brown to black hair and eyes	Deepest brown skin Deep brown to black hair and eyes
UV Reaction	**UV Reaction**	**UV Reaction**	**UV Reaction**	**UV Reaction**	**UV Reaction**
Always burns, never tans, may freckle	*Burns easily, tans after burning, may freckle*	*Tans after burning, may freckle*	*Tans easily, may burn, may freckle*	*Tans easily, rarely burns, no freckling*	*Tans easily, may never burn, no freckling*

Glogau Photoaging Scale

This assessment tool is designed to classify levels of photo-aging into types based on age and visible signs of sun damage. This system uses age as a parameter, but the amount of photo-aging is being defined. This helps determine which peels and/or companion treatments are best for their skin.

TYPE 1	TYPE 2	TYPE 3	TYPE 4
Early Photoaging **20s – 30s**	**Moderate Photoaging** **30s - 40 s**	**Advanced Photoaging** **50s – 60s**	**Severe Photoaging** **60+**
• Mild hyperpigmentation • Fine lines • Crow's feet • Minimal wrinkles	• Moderate hyperpigmentation • Wrinkles seen when facial expressions are made: smile lines, frown lines, lines between brows • Faint dry patches	• Obvious hyperpigmentation • Visible capillaries • Winkles at rest and visible without facial expression • Cellular turnover slows • Obvious dry patches	• Hyperpigmentation all over • Cross-hatched wrinkles • Skin tone appears less vibrant • Wrinkles throughout • No normal skin
Treatment strategies Introduce hydroxy acids and targeted serums.	**Treatment strategies** Continue hydroxy acids, and introduce collagen-signaling molecules and growth factors.	**Treatment strategies** Apply targeted serums, and mix or stack multiple acids, retinol, and rich moisturizers.	**Treatment strategies** Recommend gentle cleansers, mild AHA's, targeted serums, and rich moisturizers.
Acids Low concentration peels containing lactic and mandelic.	**Acid** Medium concentration peels containing azelaic, glycolic.	**Acids** Medium to high concentration peels containing glycolic, mandelic, lactic.	**Acids** Low concentration peels, superficial modalities.
Serum TGF-β Booster, Vita C Serum, Hyaluronic Serum	**Serum** TGF-β Booster, Rx Complex Serum, Vita-C Serum	**Serum** EGF-DNA, Retinol Serum, Collagen Peptide Serum	**Serum** Stemcell EGF, Retinol Serum, Collagen Peptide Serum

Peel Solutions Overview

Prep solutions gently clear cellular debris and prepare skin for optimal peel penetration. Prep solutions contain low percentages of hydroxy acids that are applied prior to Peel Solutions or applied as spot treatments.

PREP SOLUTIONS		**S2 (2%)** Salicylic Peel Solution	pH 2.7 - 3.5	Congested pores, excess oil, breakouts ***Contraindications:*** *allergies to aspirin, pregnancy, and breast feeding.*
		G5 (5%) Glycolic Peel Solution	pH 2.7 – 3.5	Enlarged pores, signs of aging

Peel solutions can be mixed, layered, and customized for enhanced professional exfoliation following Peel Solutions Application Method.

PEEL SOLUTIONS		**AML20 (20%)** Azelaic + Mandelic + Lactic Peel Solution	pH 3.0 - 3.5	Dullness, uneven tone, signs of aging ***Contraindications:*** *allergies to tree nuts.*
		M30 (30%) Mandelic + Arbutin Peel Solution	pH 3.0 - 3.5	Deep lines, wrinkles, superficial hyperpigmentation, signs of aging ***Contraindications:*** *allergies to tree nuts.*
		GSA25 (25%) Glycolic + Salicylic + Azelaic Peel Solution	pH 3.0 - 3.5	Advanced signs of aging, deep breakouts, resilient skin ***Contraindications:*** *allergies to aspirin, pregnancy, breast feeding.*

Treatment Progression

Peel Solutions are designed to be customized to fit individual skin tolerance and goals. Peel Solutions can be applied up to once a week, depending on skin response, and are recommended in a series of 6 treatments for best results. Begin with single peel solutions at lower concentration. Progress to higher concentration peels throughout the series, based on skin response. **Peel Solutions should not be used on first-time clients or combined with other exfoliants while working through initial peel series.** Low concentration peels can be blended with higher concentration peels to create customized, medium-strength peel solutions.

Level 1 Peel

For a first- time peel, choose one of the following low concentration Peel Solutions: **AML20** or **M15**.

	Choose a single Peel Solution
Level 1	**M15** Fine lines, early signs of aging Breakouts Hyperpigmentation
	AML20 Dullness uneven tone Signs of aging

Level 2 Peel

For returning clients who have tolerated level 1 peel well, apply prep solution prior to Peel Solution.
Choose one prep solution followed with one low concentration Peel Solution: **AML20** or **M15**.

	Step 1. Choose 1 Prep Solution	Step 2. Choose 1 Peel Solution
Level 2	**S2** Congested pores Excess oil Breakouts	**M15** Fine lines, early signs of aging Breakouts Hyperpigmentation
	G5 Enlarged pores Signs of aging Breakouts	**AML20** Dullness Uneven tone Signs of aging
	Vita-C Clear Skin Pad Hyperpigmentation Signs of aging	

Level 3 Peel

For clients who have tolerated level 2 peels well, combine low concentration peels with higher concentration peels to create customized, medium-strength peel solutions. Choose one prep Solution followed with 2 blended Peel Solutions.

	Step 1. Select 1 Peel Prep	Step 2. Select 1 Peel Combination
Level 3	**S2** Congested pores Excess oil Breakouts	+ **M15 + M30** Dullness Hyperpigmentation Inflamed Breakouts Dullness Hyperpigmentation Inflamed breakouts Signs of aging
	G5 Enlarged pores Signs of aging Breakouts	+ **AML20 +M30** Deep lines Breakouts Hyperpigmentation Signs of aging
	Vita-C Clear Skin Pad Hyperpigmentation Signs of aging	+ **GSA25 + M15** Breakouts Congestion Post-inflammatory hyperpigmentation
		+ **GSA25 + AML** Deep lines Deep breakouts Congestion

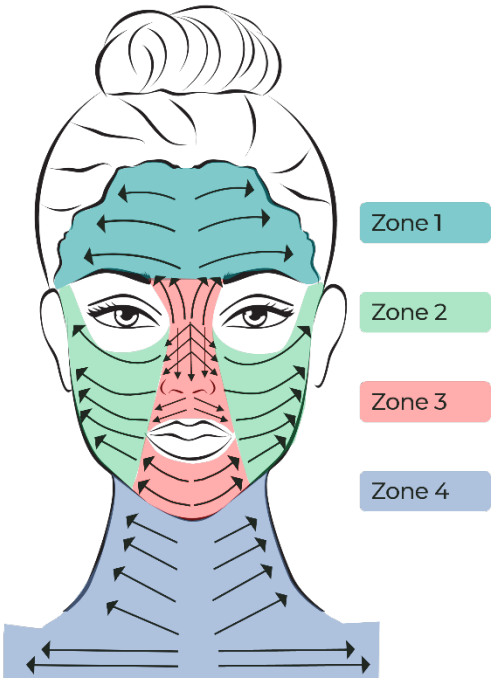
Level 4 Peel

For clients who have tolerated level 3 peels, graduate to higher concentration Peel Solutions.
Begin by applying **one Prep Solution** followed by **GSA25** or **M30**.

	Step 1. Choose 1 Prep solution	Step 2. Choose 1 Peel Solution
Level 4	**S2** Congested pores Excess oil Breakouts	**M30** Dullness Hyperpigmentation Inflamed breakouts Signs of aging
	G5 Enlarged pores Signs of aging Breakouts	**GSA25** Breakouts Congestion Hyperpigmentation
	Vita-C Clear Skin Pad Hyperpigmentation Signs of aging	

Peel Solution Dose & Application

Peel solutions should be applied in recommended amounts only. The amount of peel solution and the application method affect the quantity of acid that is applied to skin. Peel solutions can be applied in layers with gauze or with brush. Peel Solutions should not be applied to the delicate skin around the orbital bone or over the vermillion line of the lips.



Layered Application

Face Max layers: 3
Neck Max Layers: 2

Ideal for Prep Solutions and first-time peels.
Exfoliation is built up by layering controlled doses of Peel Solution.

Dose Zone 1-3 Face
- Saturate 1x1 loose-weave gauze with 1 dropper (1.7 cc)

Dose Zone 4 Neck
- Saturate 1x1 loose-weave gauze with 1 dropper (1.7 cc)

Application
- Hold skin taut in each zone to prevent pooling.
- Use Peel Solutions application method in each zone.
- Avoid inner orbital area, inside vermillion line of lips, and permanent makeup.
- Gauge sensations before applying additional layers.
- **Face Max layers: 3**
- **Neck Max Layers: 2**
- Allow product to dry completely before applying next layer.
- Remove immediately if erythema or sensations spike rapidly, continually increase, or become uncomfortable.
- Process no more than 10 minutes total, no steam.
- Remove fully with wet cotton until no sensations are felt.

Brush Application

Max layers: 1

Ideal for resilient skin.
Full Peel Solution dose is applied and processed for 10 minutes.

- Dispense Peel Solution(s) into dish.
- 2 full droppers (3.4 cc) for zone 1-3 (face)
  2 full droppers (3.4 cc) for zone4 (neck, and chest)
- Apply with fan brush.
- Use Peel Solutions application method in each zone.
- Gauge sensations.
- Remove immediately if erythema or sensations spike rapidly, continually increase, or become uncomfortable.
- Process 10 minutes, no steam.
- Remove with wet cotton until no sensations are felt.

Gauging Sensations

Sensation Scale

As soon as peel solutions are applied, immediately gauge client sensations on a scale from 1-3. Continue to gauge sensations until **Peel Solutions** are completely removed, and sensations have stopped.

TYPICAL SENSATIONS

- Mild erythema
- Tingling or prickling
- Warmth
- Itching

Sensation Level 1	Sensation Level 2	Sensation Level 3
No sensation Continue to monitor	Light sensation Remove if sensations increase	Uncomfortable sensation Remove immediately

REMOVE IMMEDIATELY if erythema or sensations spike rapidly, continually increase, or become uncomfortable.
Remove with cool, wet cotton wipes until sensations are gone and apply **Iso-Cell Recovery Solution**.

Post Care & Customization

Le Mieux Peel Solutions are the perfect prep to optimize skin saturation during Serum Infusion. Because Peel Solutions are designed to remove excess cellular debris from the surface of skin without inflammation, all Le Mieux cleansers, toners, hyaluronic acid-based serums, masks, and moisturizers can be customized in professional treatments and home care, based on client skin type and concerns.

While your client's skin is acclimating to Peel Solutions, we recommend working with soothing products post-procedure that accelerate skin recovery like **Iso-Cell Recovery Solution**, **O² Calming Gel**, **EGF-DNA**, **Hyaluronic Serum**, and **Derma Relief Serum**.

Home Care

1- 3 days, Post peel
Continue post care until skin normalizes. Omit exfoliation.

Skin may exhibit dehydration and superficial flaking.

CLEANSE	SERUM	MASK	MOISTURE	SPF
Purerb Bare Beauty Cleansing Oil All skin types **Purerb Gentle Cleansing Milk}** Normal to Dry	**Iso-Cell Recovery Solution** All skin types **EGF-DNA** Non-breakout-prone **Hyaluronic Serum** Normal to oily or breakout-prone	**O² Calming Gel** Redness, irritation, dehydration **Bio Cell+ Mask** Dehydrated, hyperpigmentation, signs of aging **Hyaluronic Shea Mask** Dry skin	**Derma Relief Serum** All skin types **Essence Moisturizer** Normal to oily **Bio Cell Rejuvenating Cream** Normal to Dry **24 Hr. Age Defying Cream** Dry Skin	**Just Glow BB Cream SPF 50** All skin types