



SCIENCE AND
NATURE IN
PERFECT RHYTHM.

CIRCADIA[®]

CIRCADIA
TREATMENT MENU
PROTOCOLS

Firming Peptide Facial

Renew and revitalize the skin with potent anti-aging peptides, powerful antioxidants, stem cells and botanicals. Infuse the skin with intelligent ingredients that will stimulate new cell growth, repair and rejuvenate all skin types leaving a firm luminous glow.

Products Used

Vitamin Veil Cleanser	AquaPorin Hydrating Cream
Micro-Exfoliating Honey Cleanser	Firming Peptide Mask & Activator
Raspberry Enzyme Set	MeriStem Serum
Phito-Pep 1.6	Light Day Sunscreen Broad Spectrum SPF-37

STEP 1-PRE-CLEANSE(optional)

Apply ½ pump **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-Cleanse

Apply 1 pump **Micro-Exfoliating Honey Cleanser** to face, Neck and décolletage. Emulsify with water and cleanse in circular motions. Remove thoroughly. Pat skin dry.

STEP 3- EXFOLIATE & STEAM

Mix ½ tsp. of **Raspberry Enzyme Powder** and 1 ½ tsp. **Raspberry Enzyme Activator** into a portion cup. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 5-10 min. Thoroughly remove all product with warm towel or 4X4 gauze. Pat skin dry.

STEP 4-Nourish & Massage

Combine 1 pump **Phito-Pep 1.6** and 1 pump **AquaPorin Hydrating Cream** and massage for 5-10 mins, Remove excess products with dry 4x4 gauze

STEP 5-Mask

Mix 2 parts **Firming Peptide Enzyme Powder** and 1 part **Firming Peptide Activator** into a portion cup. Mix and apply with a fan brush. Leave on for 20-30 minutes Remove mask with **Micro-Exfoliating Honey Cleanser** to dissolve. Remove with warm towel compress.

STEP 6-Infuse & Protect

Apply 2-3 Drops of **MeriStem Serum** to neck and décolletage. Apply **Light Day Sunscreen Broad Spectrum SPF-37** to face & neck

Marshmallow Whip Hydrating Mask

Maximize hydration with Circadia's Marshmallow Whip Hydrating facial. Dry, dehydrated skin will be transformed with a complex blend of hydrating peptides and botanicals to infuse critical hydration in the skin, resulting in overall health and hydration.

Products Used

Vitamin Veil Cleanser	Marshmallow Whip Hydrating Mask
Lipid Replacing Cleansing Gel	Emergency Eye Lift
Cocoa Enzyme Set	Vitamin C Reversal Serum
Spot Stop	AquaPorin Hydrating Cream
Aloe & Calendula Calming Mist	Light Day Sunscreen Broad Spectrum SPF-37
Hydralox	

STEP 1-PRE-CLEANSE (OPTIONAL)

Apply ½ pump **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-CLEANSE

Apply 1 pump **Lipid Replacing Cleansing Gel** to face and cleanse in circular motions. Remove thoroughly. Pat skin dry.

STEP 3- EXFOLIATE & STEAM (OPTIONAL)

Mix ½ tsp. of **Cocoa Enzyme powder** and 1 ½ tsp. **Cocoa Enzyme Activator** into a portion cup. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 5-10 min. Thoroughly remove all product with warm towel or 4X4 gauze. Pat skin dry.

STEP 4-EXTRACTION (OPTIONAL)

After extraction process, apply **Spot Stop** to areas of redness.

STEP 5-INFUSE

Spray **Aloe & Calendula Calming Mist** to face, followed by light tapotement.

STEP 6-NOURISH & MASSAGE

Combine 1-2 pumps **Hydralox** with 1-2 pumps of **Vitamin Veil Cleanser** and a few drops of water and massage for 5-10 mins, Remove excess products with warm towel

STEP 7-MASK

Dispense 1 tsp. of **Marshmallow Whip Hydrating Mask** into portion cup. Apply evenly to face & neck with fan brush. Optional additional massage for 10 min. Remove mask with warm towel and 4X4 gauze. Pat skin dry.

STEP 8- EYE CARE

Gently stipple ½ pump of **Emergency Eye Lift** to eye area

STEP 9-HYDRATE & PROTECT

Apply 1 pump of **Vitamin C Reversal Serum** to the face, neck.

Cocktail **AquaPorin Hydrating Cream** and **Light Day Sunscreen Broad Spectrum SPF-37** and apply to face & neck

Caviar Lime & Passionfruit Facial

Unveil a radiant glow with the Circadia Caviar Lime & Passionfruit facial. This complex ingredient profile delivers unique exfoliating Lime Pearl Caviar technology to gently rejuvenate the skin and enhanced with a burst of antioxidant support resulting in a polished glow.

Products Used

Vitamin Veil Cleanser

Amandola Milk Cleanser

Caviar Lime & Passionfruit Enzyme Mask

Blueberry & White Tea Hydrating Mist

Vitamin C Reversal Serum

AquaPorin Hydrating Cream

Marshmallow Whip Hydrating Mask

Light Day Sunscreen Broad Spectrum SPF-37

STEP 1-PRE-CLEANSE(optional)

Apply ½ pump **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-CLEANSE

Apply 1 pump **Amandola Milk Cleanser** to face, Neck and decolletage. Emulsify with water and cleanse in circular motions. Remove thoroughly. Pat skin dry.

STEP 3- EXFOLIATE & STEAM

Combine 1 tsp **Caviar Lime & Passionfruit Enzyme Mask** with 1-2 pumps **Amandola Milk Cleanser**. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 7 min. Remove towel and massage product on skin. Thoroughly remove with warm towel or 4X4 gauze. Pat skin dry.

STEP 4-INFUSE

Spray **Blueberry & White Tea Hydrating Mist** on to face and neck. Apply 1 /2 pump **Vitamin C Reversal Serum**, followed by light tapotement.

STEP 5-NOURISH & MASSAGE

Apply 1 pump **AquaPorin Hydrating Cream** with 1 pump of **Vitamin Veil Cleanser** and massage for 5-10 mins, Remove excess products with warm towel

STEP 6-MASK

Combine 1 /2 tsp **Caviar Lime & Passionfruit Enzyme Mask** with 1 /2 tsp **Marshmallow Whip Hydrating Mask**. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 10 min. Remove towel and massage product on skin. Thoroughly remove with warm towel or 4X4 gauze. Pat skin dry.

STEP 7-HYDRATE & PROTECT

Apply 1 /2 pump **Vitamin C Reversal Serum** to the face, neck. Apply 1 /2 pump **Light Day Sunscreen Broad Spectrum SPF-37** to the face and neck.

Triple Berry Brightening Facial

Brighten and rejuvenate the skin with exotic Riberry, Muntries and Pepper berries from Australia. Packed with antioxidants and anti-inflammatory properties, these super-berries are designed to provide instant brightening and hydration to dry, dehydrated, lackluster skin.

Products Used

Vitamin Veil Cleanser	Hydralox
Amandola Milk Cleanser	AquaPorin Hydrating Cream
Raspberry Enzyme Set	Australian Super-Berry Antioxidant Mask
Spot Stop	Emergency Eye Lift
Licorice & Bearberry Brightening Mist	Post Peel Balm
Vitamin C Reversal Serum	Light Day Sunscreen Broad Spectrum SPF-37

STEP 1-PRE-CLEANSE (OPTIONAL)

Apply ½ pump **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-CLEANSE

Apply 1 pump **Amandola Milk Cleanser** to face and cleanse in circular motions. Remove thoroughly. Pat skin dry.

STEP 3- EXFOLIATE & STEAM (OPTIONAL)

Mix ½ tsp. of **Raspberry Enzyme powder** and 1 ½ tsp. **Raspberry Enzyme Activator** into a portion cup. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 5-10 min. Thoroughly remove all product with warm towel or 4X4 gauze. Pat skin dry.

STEP 4-EXTRACTION (OPTIONAL)

After extraction process, apply **Spot Stop** to areas of redness.

STEP 5-INFUSE

Spray **Licorice & Bearberry Brightening Mist** to face. Apply 1 pump **Vitamin C Reversal Serum**, followed by light tapotement.

STEP 6-NOURISH & MASSAGE

Apply 1-2 pumps **Hydralox** blend with 1-2 pumps of **AquaPorin Hydrating Cream** and massage for 5-10 mins, Remove excess products with warm towel

STEP 7-MASK

Dispense 1 tsp. of **Australian Super-Berry Antioxidant Mask** into portion cup. Apply evenly to face & neck with fan brush. Optional additional massage for 10 min. Remove mask with warm towel and 4X4 gauze. Pat skin dry.

STEP 8- EYE CARE

Gently stipple ½ pump of **Emergency Eye Lift** to eye area

STEP 9-HYDRATE & PROTECT

Apply 1 pump of **Vitamin C Reversal Serum** to the face, neck.

Cocktail **Post Peel Balm** and **Light Day Sunscreen Broad Spectrum SPF-37** and apply to face & neck

Snow Algae & Spirulina Cooling Facial

Instantly cool and sooth irritated and compromised skin with the unique ingredients of Snow Algae which is known to repair the effects of time, and Spirulina which is high in nutrients, are partnered together to reduce inflammation while repairing and rejuvenating the skin.

Products Used

Vitamin Veil Cleanser	Snow Algae & Spiruling Cooling Mask
Lipid Replacing Cleansing Gel	Marshmallow Whip Hydrating Mask
MeriStem Serum	Vitamin C Reversal Serum
AquaPorin Hydrating Cream	Light Day Sunscreen Broad Spectrum SPF-37

STEP 1-PRE-CLEANSE(optional)

Apply ½ pump **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-CLEANSE

Apply 1 pump **Lipid Replacing Cleansing Gel** to face, Neck and decolletage. Emulsify with water and cleanse in circular motions. Remove thoroughly. Pat skin dry.

STEP 3- EXFOLIATE & STEAM

Mix ½ tsp. of **Cocoa Enzyme Powder** and 1 ½ tsp. **Cocoa Enzyme Activator** into a portion cup. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 5-10 min. Thoroughly remove all product with warm towel or 4X4 gauze. Pat skin dry.

STEP 4-INFUSE

Apply 2-3 drops **MeriStem Serum** to face, followed by light tapotement.

STEP 5-NOURISH & MASSAGE

Apply 2-3 pumps **AquaPorin Hydrating Cream** and massage for 5-10 mins, Remove excess products with warm towel

STEP 6-MASK

Combine 1 /2 tsp **Snow Algae & Spirulina Cooling Mask** with 1 /2 tsp **Marshmallow Whip Hydrating Mask**. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face. Leave on for 10-20 minutes. Thoroughly remove with warm towel or 4X4 gauze. Pat skin dry.

STEP 7-INFUSE & PROTECT

Apply 2-3 Drops of **Vitamin C Reversal Serum** to neck and decolletage. Apply **Light Day Sunscreen Broad Spectrum SPF-37** to face & neck

Vitamin Infusion Facial

Slow down the signs of aging by infusing the skin with potent and nourishing essential vitamins including Vitamin B, C & E. This luxury facial will not only address current antioxidant and nourishment depletion but also protect the skin from future damage.

Products Used

Vitamin Veil Cleanser

Micro-Exfoliating Honey Cleanser

Raspberry Enzyme Set

Hydralox

Red Tea Mask

Blueberry & White Tea Hydrating Mist

MeriStem Serum

Light Day Sunscreen Broad Spectrum SPF-37

STEP 1-PRE-CLEANSE(optional)

Apply ½ pump **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-CLEANSE

Apply 1 pump **Micro-Exfoliating Honey Cleanser** to face, Neck and décolletage. Emulsify with water and cleanse in circular motions. Remove thoroughly. Pat skin dry.

STEP 3- EXFOLIATE & STEAM

Mix ½ tsp. of **Raspberry Enzyme Powder** and 1 ½ tsp. **Raspberry Enzyme Activator** into a portion cup. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 5-10 min. Thoroughly remove all product with warm towel or 4X4 gauze. Pat skin dry.

STEP 4-NOURISH & MASSAGE

Apply 1 dropper of the **Hydralox** to skin and massage until absorbed.

STEP 5-MASK

Dispense 1 tsp. of **Red Tea Mask** into portion cup. Apply evenly to face & neck with fan brush. Leave on skin for 5-7 minutes. Remove mask with warm towel and 4X4 gauze. Pat skin dry.

STEP 6-INFUSE

Spray **Blueberry & White Tea Hydrating Mist** on to face and neck. Apply 1 /2 pump **MeriStem Serum**, followed by light tapotement.

STEP 7-PROTECT

Apply **Light Day Sunscreen Broad Spectrum SPF-37** to face & neck

Clarifying Facial

This treatment is designed to effectively remove the keratin buildup to reduce bacteria and acne lesions. Finish with an anti-inflammatory green tea mask that will deliver powerful healing antioxidants while simultaneously nourishing and hydrating the skin. The skin will be left feeling invigorated and clear.

Products Used

Vitamin Veil Cleanser	Vitamin C Reversal Serum
Micro-Exfoliating Honey Cleanser	Green Tea Mask
Cocoa Enzyme Set	Light Day Sunscreen Broad Spectrum SPF-37
Spot Stop	

STEP 1-PRE-CLEANSE(optional)

Apply ½ pump **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-CLEANSE

Apply 1 pump **Micro-Exfoliating Honey Cleanser** to face, Neck and décolletage. Emulsify with water and cleanse in circular motions. Remove thoroughly. Pat skin dry.

STEP 3- EXFOLIATE & STEAM

Mix ½ tsp. of **Cocoa Enzyme Powder** and 1 ½ tsp. **Cocoa Enzyme Activator** into a portion cup. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 5-10 min. Thoroughly remove all product with warm towel or 4X4 gauze. Pat skin dry.

STEP 4-EXTRACTION (OPTIONAL)

After extraction process, apply **Spot Stop** to areas of redness.

STEP 5-NOURISH

Apply 2-3 drops **Vitamin C Reversal Serum** to neck and décolletage.

STEP 6-MASK

Dispense 1 tsp. of **Green Tea Mask** into portion cup. Apply evenly to face & neck with fan brush for 10-15 minutes. Remove mask with warm towel and 4X4 gauze. Pat skin dry.

STEP 7- PROTECT

Apply **Light Day Sunscreen Broad Spectrum SPF-37** to face & neck

Teen Facial

Give young skin the support it needs with a facial that is designed to address the hormonal challenges of this age group. This facial includes a deep pore cleanse, an enzyme exfoliation to clarify acneic skin, followed by a soothing green tea mask to pull out impurities and brighten the surface.

Products Used

Vitamin Veil Cleanser

Cleansing Gel with Salicylic

Cocoa Enzyme Set

Daytime Control

AquaPoring Hydrating Cream

Green Tea Mask

Vitamin C Reversal Serum

Light Day Sunscreen Broad Spectrum SPF-37

STEP 1-PRE-CLEANSE(optional)

Apply ½ pump **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-CLEANSE

Apply 1 pump **Cleansing Gel with Salicylic** to face, Neck and decolletage. Emulsify with water and cleanse in circular motions. Remove thoroughly. Pat skin dry.

STEP 3- EXFOLIATE & STEAM

Mix ½ tsp. of **Cocoa Enzyme Powder** and 1 ½ tsp. **Cocoa Enzyme Activator** into a portion cup. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 5-10 min. Thoroughly remove all product with warm towel or 4X4 gauze. Pat skin dry.

STEP 4-NOURISH & MASSAGE

Combine 1 pump **Daytime Control** and 1 pump **AquaPorin Hydrating Cream** and massage for 5-10 mins, Remove excess products with dry 4x4 gauze

STEP 5-MASK

Dispense 1 tsp. of **Green Tea Mask** into portion cup. Apply evenly to face & neck with fan brush for 10-15 minutes. Remove mask with warm towel and 4X4 gauze. Pat skin dry

STEP 6-INFUSE & PROTECT

Apply 1/2 pump of **Vitamin C Reversal Serum** to face, neck and decolletage. Apply **Light Day Sunscreen Broad Spectrum SPF-37** to face & neck

Gentleman's Facial

Using the power of peptides, stem cells and exfoliators, this treatment effectively addresses the skin care concerns of men. Invigorate the skin with an effective exfoliation, extractions, powerful anti-aging ingredients and a hydrating mask. This treatment will revitalize, refresh and improve the health and appearance of men's skin.

Products Used

Vitamin Veil Cleanser	AquaPoring Hydrating Cream
Lipid Replacing Cleansing Gel	Green Tea Mask
Cocoa Enzyme Set	Vitamin C Reversal Serum
Hydralox	Light Day Sunscreen Broad Spectrum SPF-37

STEP 1-PRE-CLEANSE(optional)

Apply ½ pump **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-CLEANSE

Apply 1 pump **Lipid Replacing Cleansing Gel** to face, Neck and décolletage. Emulsify with water and cleanse in circular motions. Remove thoroughly. Pat skin dry.

STEP 3- EXFOLIATE & STEAM

Mix ½ tsp. of **Cocoa Enzyme Powder** and 1 ½ tsp. **Cocoa Enzyme Activator** into a portion cup. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 5-10 min. Thoroughly remove all product with warm towel or 4X4 gauze. Pat skin dry.

STEP 4-NOURISH & MASSAGE

Combine 1 pump **Hydralox** and 1 pump **AquaPorin Hydrating Cream** and massage for 5-10 mins, Remove excess products with dry 4x4 gauze

STEP 5-MASK

Dispense 1 tsp. of **Green Tea Mask** into portion cup. Apply evenly to face & neck with fan brush for 10-15 minutes. Remove mask with warm towel and 4X4 gauze. Pat skin dry

STEP 6-INFUSE & PROTECT

Apply 1/2 pump of **Vitamin C Reversal Serum** to face, neck and décolletage. Apply **Light Day Sunscreen Broad Spectrum SPF-37** to face & neck

Mini-Masculine Facial

This treatment is designed for the man on the move who cares about his appearance. This mini masculine facial effectively delivers a deep cleanse, exfoliation and custom antioxidant mask, finished with hydration and proper sun protection.

Products Used

Vitamin Veil Cleanser

Micro-Exfoliating Honey Cleanser

Caviar Lime & Passionfruit Enzyme Mask

Green Tea Mask

Vitamin C Reversal Serum

AquaPoring Hydrating Cream

Light Day Sunscreen Broad Spectrum SPF-37

STEP 1-PRE-CLEANSE(optional)

Apply ½ pump **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-CLEANSE

Apply 1 pump **Micro-Exfoliating Honey Cleanser** to face, Neck and décolletage. Emulsify with water and cleanse in circular motions. Remove thoroughly. Pat skin dry.

STEP 3- EXFOLIATE, STEM & MASSAGE

Dispense 1 tsp. of **Caviar Lime & Passionfruit Enzyme Mask** into a portion cup. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 7 min. Remove towel and massage product on skin. Thoroughly remove with warm towel or 4X4 gauze. Pat skin dry.

STEP 4-MASK

Dispense 1 tsp. of **Green Tea Mask** into portion cup. Apply evenly to face & neck with fan brush for 10-15 minutes. Remove mask with warm towel and 4X4 gauze. Pat skin dry

STEP 5-HYDRATE, INFUSE & PROTECT

Apply 1/2 pump of **Vitamin C Reversal Serum** to the face, neck.

Cocktail **AquaPoring Hydrating Cream** and **Light Day Sunscreen Broad Spectrum SPF-37** and apply to face & neck

Express Facial

The express facial provides the essentials for those on the go. This effective treatment includes a deep pore cleanse, exfoliation, a custom Circadia mask and is completed with a firming eye serum, peptide moisturizer and sun protection.

Products Used

Vitamin Veil Cleanser

Lipid Replacing Cleanser

Australian Super-Berry Antioxidant Mask

Marshmallow Whip Hydrating Mask

Vitamin C Reversal Serum

Aqua Porin Hydrating Cream

Light Day Sunscreen Broad Spectrum SPF-37

STEP 1-PRE-CLEANSE(optional)

Apply ½ pump **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-CLEANSE

Apply 1 pump **Lipid Replacing Cleansing Gel** to face, Neck and decolletage. Emulsify with water and cleanse in circular motions. Remove thoroughly. Pat skin dry.

STEP 3- EXFOLIATE, STEM & MASSAGE

Dispense 1 tsp. of **Australian Super-Berry Antioxidant Mask** into portion cup. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 7 min. Remove towel and massage product on skin. Thoroughly remove with warm towel or 4X4 gauze. Pat skin dry.

STEP 4-MASK

Dispense 1 tsp. of **Marshmallow Whip Hydrating Mask** into portion cup. Apply evenly to face & neck with fan brush. Optional additional massage for 10 min. Remove mask with warm towel and 4X4 gauze. Pat skin dry.

STEP 5-HYDRATE, INFUSE & PROTECT

Apply 1/2 pump of **Vitamin C Reversal Serum** to the face and neck.

Cocktail **AquaPorin Hydrating Cream** and **Light Day Sunscreen Broad Spectrum SPF-37** and apply to face and neck

Hydrating Lactic Acid Peel

This treatment is designed to gently and effectively exfoliate while simultaneously hydrating and brightening the skin. This complex treatment uses an advanced AHA complex that is gentle enough for your most sensitive skin types, resulting in fresh, hydrated, luminous skin.

Products Used

Vitamin Veil Cleanser	Marshmallow Whip Hydrating Mask
Lipid Replacing Cleansing Gel	Vitamin C Reversal Serum
Lactic Acid Peel	Post Peel Balm
pK Peel Neutralizing Spray	Light Day Sunscreen Broad Spectrum SPF-37

Application:

Cleansing:

1. Pre-cleanse with **Vitamin Veil Cleanser**, cleanse in circular motions, rinse thoroughly.
2. Cleanse with **Lipid Replacing Cleansing Gel**, cleanse in circular motions, rinse thoroughly and pat skin dry.
3. Place a thin layer of vaseline on the lips and nasolabial junction with a cotton swab.
4. Take a minute to check the skin under the magnifying light, looking for any skin irregularities that might have been hidden by make-up during the initial evaluation.

Treatment:

1. Dispense 3 ml of **Lactic Acid Peel** solution into portion cup.
2. Using a fan brush carefully dip into solution. Press onto the side of the cup to remove excess. Apply one layer section-by-section beginning at the forehead, cheeks, nose, chin and ending with the upper lip.
3. Leave on for 5 to 20 minutes. Time will vary based on skin type and condition.
4. Gently remove peel solution with a soft 4x4 gauze.
5. Keeping eyes covered, lightly mist face with 5 to 6 sprays of **pK Peel Neutralizing Spray**, making sure to completely cover the treated area.
6. Remove all product with a soft 4x4 gauze and cool water. Pat dry.
7. Apply **pK Peel Neutralizing Spray**, again to the treated area.
8. Rinse with cool water and pat dry.

Hydrating Mask:

Dispense 1 tsp. of **Marshmallow Whip Hydrating Mask** into portion cup. Apply evenly to face & neck with fan brush. Optional additional massage for 10 min. Remove mask with warm towel and 4X4 gauze. Pat skin dry.

Completing Treatment

Apply 1/2 pump of **Vitamin C Reversal Serum** to the face and neck.

Cocktail **Post Peel Balm** and **Light Day Sunscreen Broad Spectrum SPF-37** and apply to face and neck

DermaFrost Salicylic Peel

Renew and revitalize the skin with potent anti-aging peptides, powerful antioxidants, stem cells and botanicals. Infuse the skin with intelligent ingredients that will stimulate new cell growth, repair and rejuvenate all skin types leaving a firm luminous glow.

Client Preparation:

A full client consultation is necessary before treatment. Have client complete and sign the peel consent form. Verbally repeat contraindications before proceeding with peel. Provide the client with hair and eye protection.

Application:

Cleansing:

1. Pre-cleanse with **Vitamin Veil Cleanser**, cleanse in circular motions, rinse thoroughly.
2. Cleanse with **Lipid Replacing Cleanser**, cleanse in circular motions, rinse thoroughly and pat skin dry.
3. Place a thin layer of vaseline on the lips and nasolabial junction with a cotton swab.
4. Take a minute to check the skin under the magnifying light, looking for any skin irregularities that might have been hidden by make-up during the initial evaluation.

Treatment:

1. Dispense 3 ml of **DermaFrost peel solution** into a portion cup.
2. Give client the hand held fan to hold and direct at their face.
3. Using a cotton 4x4 or fan brush dip into solution. Press onto the side of the cup to remove excess. Apply an even layer beginning at the forehead, then proceeding to the cheeks, nose, chin and upper lip.
4. Client will feel a slight burning or warming sensation until the product completely frosts and dries. Wait until the product is thoroughly dry before checking for frosting. Check under woods lamp or magnifying lamp for signs of frost.
5. If no frosting is visible and client did not experience any burning sensation, a second layer may be applied. (Dermafrost 12.5% only. Never apply more than one layer of Dermafrost 25%). Always ask client first for tolerance level. Ask them to rate the burning sensation on a scale of 1 to 10 (10 being severe burning). Wait at least 5 minutes between layers. Do not exceed 2 layers.
6. Wait 7 minutes. When thoroughly dry, remove excess frosting with a DRY fan brush.
7. DO NOT perform extractions.

NEVER APPLY WATER TO REMOVE THIS PEEL (IT WILL REACTIVATE THE ACID)

Completing Treatment:

1. Instruct client on home care program.
2. Reschedule client for follow up treatment.

Post Care Precautions:

1. Do not cleanse skin for 12 hours after the peel.
2. Do not put face directly under hot shower.
3. Do not use Jacuzzis, steam rooms or saunas.
4. Do not participate in activities that would cause excessive sweating.
5. Do not use any scrubs or mechanical forms of exfoliation.
6. No scrubs, retinoic acids, AHA's, BHA's, or astringents until the skin has healed.
7. DO NOT PEEL OR PICK AT THE SKIN.

Alpha/Beta Peel

Fight the signs of aging with the combination of Lactic and Salicylic acids. This unique blend of alpha and beta acids will not only effectively exfoliate the skin but also even complexion. This is the perfect rejuvenator for all skin types assisting in lasting results.

Client Preparation:

A full client consultation is necessary before treatment. Have client complete and sign the peel consent form. Verbally repeat contraindications before proceeding with peel. Provide the client with hair and eye protection.

Application:

Cleansing:

1. Pre-cleanse with **Vitamin Veil Cleanser**, cleanse in circular motions, rinse thoroughly.
2. Cleanse with **Lipid Replacing Cleanser**, cleanse in circular motions, rinse thoroughly and pat skin dry.
3. Place a thin layer of vaseline on the lips and nasolabial junction with a cotton swab.
4. Take a minute to check the skin under the magnifying light, looking for any skin irregularities that might have been hidden by make-up during the initial evaluation.

Treatment:

1. Dispense 3 ml of peel solution into portion cup.
2. Give client hand held fan to hold and direct at face.
3. Using a cotton 4x4 or fan brush carefully dip into solution. Press onto the side of the cup to remove excess. Apply one layer section-by-section beginning at the forehead, cheeks, nose, chin and ending with the upper lip.
4. Leave on for 5 to 20 minutes. Time will vary based on experience with this treatment's response, the client's skin or the current skin's condition.
5. Gently remove peel solution with a soft 4x4 gauze.
6. Keeping eyes covered, lightly mist face with 5 to 6 sprays of pK Peel Neutralizing Spray, making sure to completely cover the treated area.

Completing Treatment:

1. Remove all product with a soft 4x4 gauze and cool water. Pat dry.
2. Apply pK Peel Neutralizing Spray, again to the treated area.
3. Rinse with cool water and pat dry.
4. Apply Vitamin C Reversal Serum and gently massage into skin in small circular movements.
5. Apply Circadia Post Peel Balm.
6. Finish by applying Light Day Sunscreen Broad Spectrum SPF-37.
7. Advise client on at-home care program and sun protection.

MandeliClear with Vitamin A Accelerator

The MandeliClear Peel System is a deeper peel that was developed specifically for treating pigmentation issues associated with skin of color. This unique acid complex will effectively lighten pigmentation due to acne, melasma, or photo damaged skin. The MandeliClear acid complex combined with the Vitamin A Accelerator was designed to accelerate physical peeling without excessive damage to the skin resulting in a flawless complexion.

Client Preparation:

If client is a Fitzpatrick 4 or above, they must pretreat for 2 weeks prior treatment. A full client consultation is necessary before treatment. Have client complete and sign the peel consent form. Verbally repeat contraindications before proceeding with peel. Provide the client with hair and eye protection.

Application:

Cleansing:

1. Pre-cleanse with **Vitamin Veil Cleanser**, cleanse in circular motions, rinse thoroughly.
2. Cleanse with **Lipid Replacing Cleanser**, cleanse in circular motions, rinse thoroughly, pat skin dry.
3. Place a thin layer of vaseline on the lips and nasolabial junction with a cotton swab.
4. Take a minute to check the skin under the magnifying light, looking for any skin irregularities that might have been hidden by make-up during the initial evaluation.

Treatment:

1. Dispense 1-3ml of **MandeliClear Peel Solution** into a portion cup.
2. Apply a single layer to the surface of the skin with a 4x4 or fan brush. Mild frosting may be noticeable.
3. Allow to dry for 3-5 minutes.
4. You may apply up to three layers of **MandeliClear Peel**. Never apply more than three layers and never apply another MandeliClear Peel application after Vitamin A Accelerator has been applied.
5. Dispense 1-3 ml of **Vitamin A Accelerator** into portion cup.
6. Apply an even layer to the skin with a 4x4 or fan brush.
7. Allow to dry for 3-5 minutes.
8. You may apply up to three layers of **Vitamin A Accelerator Peel**. Never apply more than three layers and never apply another MandeliClear Peel application after Vitamin A Accelerator has been applied.

NEVER APPLY WATER TO REMOVE THIS PEEL (IT WILL REACTIVATE THE ACID)

Completing Treatment:

1. Instruct client on home care program.
2. Reschedule client for follow up treatment.

Post Care Precautions:

1. Do not cleanse skin for 12 hours after the peel.
2. Do not put face directly under hot shower.
3. Do not use Jacuzzis, steam rooms or saunas.
4. Do not participate in activities that would cause excessive sweating.
5. Do not use any scrubs or mechanical forms of exfoliation.
6. No scrubs, retinoic acids, AHA's, BHA's, or astringents until the skin has healed.
7. DO NOT PEEL OR PICK AT THE SKIN.

Jessner Peel

This superior treatment will result in a deeper peel designed to remove sun damage, re ne ne lines and wrinkles and reduce acne, leaving the skin looking years younger. A combination of resorcinol, lactic acid, and salicylic acid, this peel will effectively breakdown damaged cells, stimulate cellular rejuvenation and improve overall health of the skin.

Client Preparation:

A full client consultation is necessary before treatment. Have client complete and sign the peel consent form. Verbally repeat contraindications before proceeding with peel. Provide the client with hair and eye protection.

Application:

Treatment:

1. Dispense 3 ml of **Jessner Peel Solution** into a portion cup.
2. Give client hand held fan to hold and direct at face.
3. Using a cotton 4x4 or brush carefully dip into solution pressing onto the side of the cup to remove excess. Apply one layer section-by-section beginning at the forehead, cheeks, nose, and finishing with jaw line lightly feathering down onto the neck. Keep pressure and quantity of solution constant. Do not allow product to “pool” in folds of the skin. This is a sign of too much peel solution.
4. Let the peel dry on the skin for approximately 7 to 10 minutes between layers, **starting with just one layer for the initial peel.**
5. **Always use the 1 to 10 scale with the client. Ask the client how it feels on a scale of 1 to 10, ten being an intolerable burning sensation. NOTE: If client reports a 7 or higher do not apply any additional layers.**
6. When a mild frost is seen it can be brushed off with a cotton wipe or fan brush. Frosting in the Jessner's is the result of 1. re-crystallization of acid, and/or 2. the breaking down and coagulation of proteins, which may have a different appearance. Both types are normal and to be expected. You can apply up to three layers but, **NEVER more than three.**
7. The Jessner's peel is in a ethanol base and is **self-neutralizing***, meaning it is applied in one or more layers and allowed to dry. **DO NOT attempt to apply any additional products to treated area.**
NEVER APPLY WATER TO REMOVE THIS PEEL (IT WILL REACTIVATE THE ACID)

Completing Treatment:

1. Instruct client on home care program.
2. Reschedule client for follow up treatment.

Post Care Precautions:

1. Do not cleanse skin for 12 hours after the peel.
2. Do not put face directly under hot shower.
3. Do not use Jacuzzis, steam rooms or saunas.
4. Do not participate in activities that would cause excessive sweating.
5. Do not use any scrubs or mechanical forms of exfoliation.
6. No scrubs, retinoic acids, AHA's, BHA's, or astringents until the skin has healed.
7. **DO NOT PEEL OR PICK AT THE SKIN.**

Post Peel Home Care Kit

This post peel kit is designed to protect the skin through the peeling process and accelerate wound healing.

Benefits:

- Reduces discomfort
- Protects skin
- Supports healthy skin

Feature Products

Vitamin Ceil Cleanser - A unique soybean oil-based, non-foaming cleanser that gently removes makeup, dirt and impurities while leaving behind an invisible veil of antioxidants.

Vitamin C Reversal Serum - This age defying essential product contains the most stable and active form of Vitamin C to increase the firm look of skin and neutralize free radicals. This serum also contains hyaluronic acid and Vitamin B5 to hydrate and smooth.

Post Peel Balm - This soothing balm is excellent for use after peels to calm and comfort skin. Contains a skin identical lipid complex that increases water-holding capacity and provides a semi-occlusive and protective barrier.

Light Day Sunscreen Broad Spectrum SPF 37 - Our environment requires daily protection with new levels of performance. Award winning photo stabilizer Solastay® S1 reduces sensitivity issues often associated with UV absorbers. New age antioxidants Lipochroman-6 (TM) and Preventhelia (TM) prevent damage to DNA proteins caused by UV exposure. This light lotion contains grape stem cell culture extract to enhance photo protection and delay cell senescence.

Directions:

1. After 12 hours cleanse with the Vitamin Veil Cleanser, applying to fingertips and lightly cleanse in a circular motion over face and neck. DO NOT USE A CLOTH. Rinse with cool water and pat dry.
2. Apply 2 drops of Vitamin C Reversal Serum, allow to dry.
3. Apply Post Peel Balm to entire treated area.
4. Avoid direct sunlight for the duration of the peel. Apply Light Day Sunscreen Broad Spectrum SPF-37. SUN PROTECTION AT ALL TIMES IS VERY IMPORTANT.
5. Continue normal home regimen after peeling is completed. The use of retinols can resume 14 days after the peel.

SWiCH™

The SWiCH™ Dermal Rejuvenation System is a unique alternative to chemical peels that redefines how we treat age-damaged skin. SWiCH™ takes advantage of the skin's natural repair mechanism to help restore the skin's optimum appearance without injury to the skin. Reverse the signs of aging today and SWiCH™ on your skin's ability to repair itself from the inside out.

Client Preparation:

Have client read and sign consent form. Verbally go over contraindications with the client. Ask any client wearing contact lenses to remove them. Provide client with hair protection.

Application:

Cleansing:

1. Remove eye makeup with the Vitamin Veil Cleanser and rinse thoroughly.
2. Shake Hydrating Cleanser well. Place a small amount onto fingertips and apply to face and neck. With light pressure and circular movements gently cleanse, adding water as needed. Rinse thoroughly.

Prep:

1. Apply an even layer of EpiPrep on face and neck. Avoid immediate eye area and NEVER apply to upper eyelid.
2. Product should remain on the skin for 20 minutes for the client's first treatment, 25 minutes for the second and 30 minutes for all subsequent treatments. Treatment time should NEVER exceed 30 minutes.
3. Thoroughly remove all EPIPREP with damp room temperature towels. DO NOT USE HOT TOWELS!
4. Cleanse again with Hydrating Cleanser, removing all traces of EPIPREP. Rinse thoroughly and pat dry.

SWiCH Solution:

1. With a pipette, dispense 3ml of the SWiCH™ solution into a portion cup.
2. Using a fan brush, dip end into solution pressing off excess against side of cup. Carefully apply one even coat to face and neck. DO NOT go over an area more than once.
3. Time for 30 minutes.
4. DO NOT remove SWiCH solution as this is a "leave on" step.
5. Apply Fraction V evenly over treated area.

Completing Treatment:

1. Complete and detach SWiCH™ "At Home Care instructions."
2. Thoroughly review "At Home Care instructions" with client and provide client with the 3-day supply of Vitamin Veil Cleanser and the Fraction V solution.
3. Schedule a follow up visit for a Raspberry Enzyme treatment in 14 days.
4. Schedule next SWiCH treatment in 4 weeks.

Chocolate & Champagne Facial

Indulge your senses with the aroma of sweet chocolate as the natural anti-oxidants and nourishing elements of raw cocoa powder add protection and boost healing for any skin type. The gentle exfoliation of natural papaya and pineapple enzymes will effectively polish and prepare the skin for the revitalizing Oxygen treatment. Relax as the effervescence of pure oxygen boosts circulation, stimulates cell turnover and leaves the complexion hydrated and revitalized.

Client Preparation:

Have client read and sign consent form. Verbally go over contraindications with the client. Ask any client wearing contact lenses to remove them. Provide client with hair protection. DO NOT mix the powder and gel base until you are ready to proceed.

Application:

Cleansing:

1. Pre-cleanse with Vitamin Veil Cleanser, cleanse in circular motions, rinse thoroughly.
2. Cleanse with Lipid Replacing Cleanser, cleanse in circular motions, rinse thoroughly and pat skin dry.
3. Apply eye protection

Exfoliate (optional):

1. Follow the Enzyme protocol using Cocoa Enzyme every two weeks. The Oxygen Rx Treatment can be performed without the enzyme as often as once a week.

Completing Treatment:

1. Empty Oxygen Rx Powder 1b & Oxygen Gel Base 1a into portion cup.
2. Stir carefully and quickly until all powder is dissolved. The mixture will become white and foamy.
3. Begin to immediately apply mixture to the face in one even layer beginning at neck, applying evenly, completing at the forehead area. Avoid eye area and never apply to upper eye area.
4. Apply gloves. Lightly massage for 2 minutes.
5. DO NOT REMOVE PRODUCT. Using 3 to 5 sprays, 8"-10" from face, spray Enzyme Activator (labeled Step 2) on top of first step layer.
6. Lightly massage in small circular movements for 2 minutes.
7. Spray area with pH Equalizer (labeled Step 3).
8. Lightly massage for 1 minute.
9. Remove excess product with spatula.
10. Once more, spray area with pH Equalizer (labeled Step 3).
11. Lightly massage for 1 additional minute.
12. Remove all product using a cool moist towel.
13. Finish by spraying area with Citric Spray (labeled Step 4).
14. Pat dry. Remove gloves.
15. Complete by applying Vitamin C Reversal Serum, Post Peel Balm and Light Day Sunscreen Broad Spectrum-37.



C I R C A D I A

by Dr. Pugliese

Advanced Professional Skincare

Committed to bringing you the latest technology in skin science through education and innovative product development.

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