

Introducing – Cool Peel Facial

The trend is now moving away from peeling as the long term effect has become obvious, and many of my clients also had bad experiences in the past. The problems are often caused by an aggressive & destructive peeling based on the concept of removing “unhealthy cells” in order to grow “healthy skin”. The consequences can lead to post-inflammatory scarring, hyper or hypo pigmentation, bacterial infection, photo sensitivity leading to pigmentation & fine lines, and excessive skin shedding. My clients also told me that after the strong chemical peeling at the salons, their pigmentation or acne had gone worse than before the treatment commenced. The reason for this is that common peeling facials remove too much of our horny layer which acts as a powerful protection against the environment including UV rays. There is also no guarantee of “healthy skin grow” after the peelings because the skin’s integrity is already disturbed.

However the peeling can be a very effective method to treat some conditions such as congested skin, acne rosacea or sun-damaged thick & rough skin. How can we perform safely? Cool Peel Facial is the answer. It has a unique ingredient which avoids heavy peeling and brings rather safer results by light repetitive treatments. Below is the main difference between conventional peeling and Cool Peel Facial.

Difference between Cool Peel Facial and conventional peeling facials

	Cool Peel Facial	Conventional peeling facials
Active ingredients	Lactic acid	Glycolic acid Salicylic acid Malic acid Citric acid Tartaric acid Resorcinol Enzymes TCA (medial only)
Characteristics	<ul style="list-style-type: none"> - Lactic acid is the part of the natural physiology of skin. - Low pH acid. - Long exposure of acid to skin. - Penetrate slowly due to large molecular size. - Achieving superficial peeling to preserve the integrity of epidermis. - Prolonged exposure to skin lowers pH that can sterilises skin & stimulate release of growth factors. 	<ul style="list-style-type: none"> - Generally high strength acids. - High pH acid. - Short exposure of acid to skin. - Penetrate quickly due to small molecular size. - Aggressive & Destructive. - Do not always preserve the integrity of the epidermis (horny layer).
Known side-effects		<ul style="list-style-type: none"> - Post-inflammatory scarring. - Hyper or hypo pigmentation. - Bacterial infection. - Photo sensitivity post peel.

		<ul style="list-style-type: none"> - Excessive skin shedding that can aggregate acne condition due to blockage of dead epidermis cell in follicles.
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Benefits of Cool Peel Facial

- Thicken epidermis.
- Smooth wrinkles and fine lines.
- Improve natural moisturising factors of the skin.
- Improve skin radiance.
- Reduce and prevents breakouts.
- Lighten superficial pigmentation (not chronic condition).
- Reduce redness.
- Reduce scarring.

Above benefits are achieved by increased growth factor activity and sterilisation of skin by lowering pH level of skin due to a long exposure of acid. Growth factors can stimulate the production of collagen and elastin to tighten the skin and reduce lines & wrinkles. It also releases special substance called TGF Beta 3 which is responsible for scar less healing. Peeling is only recommended for the recent & superficial pigmentation because it can make it susceptible to over-reaction towards UV light that can then cause more stimulus to melanocytes to make melanin.

Recommended for;

- Rough & uneven skin texture.
- Fine lines & wrinkles.
- Photo/ sun damage.
- Superficial uneven skin tone.
- Acne.
- Acne rosacea.
- Oily skins.

Contra-indications

- Clients not pre-treated with vitamin A topical cream (minimal duration of 3 weeks).
- Clients currently using Roaccutane (retinoic acid) and less than 6 months after stop using the application.
- Recent micro-dermabrasion or laser resurfacing treatments.
- Waxing or extraction not recommended 10 days before or after peeling.

- Excessive sun exposure including sun-bed users.
- During summer period when sun exposure is high.
- Diabetes or other major illnesses (doctors consent required).
- Pregnancy
- Current radiation treatment.
- Skin disease (ie. Porphyria).

Before your visit

- Minimal 3 weeks of pre-treatment with vitamin A topical cream is essential.

After the treatment

- Mild flaking, redness or sensitivity may occur but they will settle down within few days.
- Avoid all sun exposure for a minimum of 7 days.
- A sunscreen for both UVA & UVB must be applied daily.
- Avoid exercise for a minimum of 24 hours.
- Avoid swimming in a pool or the sea for a minimum of 24 hours.
- Do not rub, pick or irritate the skin.
- Avoid using AHA contained products for a minimum of 24 hours.
- Moisturise adequately.
- Make up is applied safely.

Frequency of the treatments

A course of 6 with Home Peel Kit is recommended for the maximum result.

For acne and problematic skin, facials once a week for 6 weeks, supported by the Home Peel Kit daily until breakouts are gone. It can be repeated up to 12 treatments (2 consecutive courses).

For sun damaged skin, facials once a week for 6 weeks, supported by Home Peel Kit 3 times a week.

Otherwise it can be used as an add-on treatment to your usual Intensive Vitamin Treatment Facial whenever you feel like.

Is Cool Peel Facial an alternative to Intensive Vitamin Treatment Facial?

As this unique peeling facial has many benefits compared to Environ's previous Anti-Acne Facial which is only recommended for Acne/ congested skin, this question may occur. If a peeling facial does thickening of epidermis (rather than thinning) and boost the hydration of the skin, we don't need to have intensive vitamin penetration? The answer is no, because vitamin A is the essential nutrient for healthy skin.

In fact, it is good to have peeling agent such as lactic acid and vitamin A in conjunction, as lactic acid facilitates the absorption of the vitamins by dissolving the glue between the horny layer cells. This 'glue' is made up of the proteins that were originally within the epidermal cells and were altered while the cells died. By dissolving the glue, the vitamins are transported through the horny layer into the deeper layer of the skin.

Therefore, you should not drop Intensive Vitamin Treatment Facial and vitamin A home care, but how you want to combine with Cool Peel Facial can be discussed with the therapist.

Home Peel Kit



<Benefits>

- Maintains the results of the in-salon treatment.
- Addresses acne rosacea, problem skin and photo damage.
- Protects epidermis and water retention.
- Promotes the release of growth factors.
- Aids in the production of collagen for smooth skin.

<Prices>

Starter set (photo above), £79.95

LACM1 (lactic acid formula), £32.00

Neutralising Cleanser, £28.00

*For the repeating use, only LACM1 and Neutralising Cleanser can be purchased.

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