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Jan Marini Skin Research® offers a complete range of results-driven professional protocols with varying levels of intensity ranging from facials to progressive glycolic peels to more aggressive clinical peels. This range allows offices to address all major skin concerns while simultaneously tailoring treatments to fit individual downtime and lifestyle needs.

The JMSR professional protocols will strengthen clinical outcomes beyond what can be achieved with any single modality when combined with other medical aesthetic devices, injectables and surgical procedures. By customizing treatments to the needs of the patient, offices are able to deliver enhanced long-term results, superior patient satisfaction and greater patient retention.

The range of protocols consists of:

**Facials** integrate a combination of advanced skincare technologies with steam, massage and extractions for immediate visible improvement.

**Progressive Glycolic Peels** provide accelerated and significant improvements through a series of customizable peels to address multiple skin concerns with no downtime or impact on daily activities.

**Clinical Peels** offer a more dynamic approach, delivering maximum results in a limited number of applications. These advanced peel systems utilize a dual-peeling process combining high concentrations of acids plus retinol with peptides and antioxidants for a powerful, fast-acting solution.
The following chart represents the complete range of JMSR protocols by intensity and number of days of downtime.

The “additional protocols” section of this chart provides expanded options to customize results, addressing concerns outside of the facial area. These protocols are listed in order of intensity, however, the order is not reflective of days of downtime.

<table>
<thead>
<tr>
<th>Days of Downtime</th>
<th>0 Days</th>
<th>1 Day</th>
<th>2 Days</th>
<th>3 Days</th>
<th>4 Days</th>
<th>5 Days</th>
<th>6 Days</th>
<th>7 Days</th>
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<tr>
<td>FACIAL &amp; PROGRESSIVE RESURFACING PROTOCOLS</td>
<td>Glycolic &amp; Enzyme Resurfacing 40%</td>
<td>Glycolic Resurfacing 40%</td>
<td>Glycolic &amp; Luminato Resurfacing 40%</td>
<td>Glycolic &amp; Retinol Plus Resurfacing 40%</td>
<td>Glycolic &amp; Enzyme Resurfacing 70%</td>
<td>Glycolic Resurfacing 70%</td>
<td>Glycolic &amp; Luminato Resurfacing 70%</td>
<td>Glycolic &amp; Retinol Plus Resurfacing 70%</td>
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<tr>
<td>CLINICAL PEELS</td>
<td>Marini Peel System: Clarify</td>
<td>Marini Peel System: Refine</td>
<td>Marini Peel System: Transform</td>
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</tr>
</tbody>
</table>

ADDITIONAL PROTOCOLS
- Rejuvenating Eye Treatment
- Lip Treatment
- Hand Refining Treatment
- Glycolic Hand Resurfacing
Developing a Patient Strategy for Optimal Results

Each individual has unique skincare goals. As the aesthetic professional, it is essential to "be the expert." Utilize strategies that address each unique set of goals, taking into consideration the amount of downtime an individual is willing to undergo, their priority for achieving the desired result and level of skin reactivity.

Patients seeking maximum results quickly are likely willing to experience multiple days of downtime for the greatest improvement in the least number of treatments. Others, however, may prefer to minimize personal inconvenience and downtime, creating demand for a more progressive approach through a series of minimal-downtime treatments.

Integrating homecare, facials and progressive glycolic peels into more aggressive office protocols can also reduce risks associated with these treatments by improving the overall health of the skin.

Achieving desired results and maintaining overall skin health is an ongoing long-term commitment. Therefore, a patient’s treatment plan will continue to evolve over time. Continued involvement supports an important business dimension, creating the opportunity to increase frequency and consistency of patient visits to the clinic.

For optimal results, reference the Professional Protocols by Concern and Products by Concern charts. These charts are designed to help create a complete homecare and professional treatment plan to address the individual needs and concerns of the patient.
## Professional Protocols by Concern

<table>
<thead>
<tr>
<th>Skin Concern</th>
<th>Hyperpigmentation</th>
<th>Fine Lines, Wrinkles and Texture</th>
<th>Acne</th>
<th>Redness</th>
</tr>
</thead>
<tbody>
<tr>
<td>LESS</td>
<td></td>
<td>C-ESTA Facial</td>
<td></td>
<td>Proteolytic Enzyme Facial</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Age Intervention Facial</td>
<td></td>
<td>Age Intervention Facial</td>
</tr>
<tr>
<td></td>
<td>Marini Luminate Facial</td>
<td>Retinol Plus Facial</td>
<td></td>
<td>Marini Luminate Facial</td>
</tr>
<tr>
<td></td>
<td>Glycol Resurfacing Protocols</td>
<td>Glycol Resurfacing Protocols</td>
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<td>Glycol Resurfacing Protocols</td>
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<tr>
<td></td>
<td>Refine Peel</td>
<td>Refine Peel</td>
<td></td>
<td>Clarify Peel</td>
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<tr>
<td></td>
<td>Transform Peel</td>
<td>Transform Peel</td>
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<td></td>
</tr>
<tr>
<td>MORE</td>
<td></td>
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<td></td>
<td></td>
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</table>
# PRODUCTS BY PRIMARY CONCERN

<table>
<thead>
<tr>
<th>SKIN CONCERN</th>
<th>HYPERPIGMENTATION</th>
<th>VOLUME, FINE LINES, WRINKLES &amp; TEXTURE</th>
<th>ACNE</th>
<th>REDNESS</th>
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<tr>
<td>BASE SYSTEM</td>
<td>SKIN CARE MANAGEMENT SYSTEM™</td>
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<td></td>
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<tr>
<td>ACCELERATORS</td>
<td>• Marini Luminate Face Lotion</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Age Intervention® Retinol Plus</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Age Intervention® Duality™</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Benzoyl Peroxide:</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>• 2.5% Wash</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>• 5% Lotion</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>• 10% Lotion</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• RosaLieve™</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MASKS</td>
<td>• Marini Luminate Face Mask</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Retinol Plus Mask</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Clean Zyme Face Cleanser &amp; Skin Zyme Mask</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Retinol Plus Mask</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Clean Zyme Face Cleanser &amp; Skin Zyme Mask</td>
<td></td>
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Facial Protocols

**JMSR Facials** integrate a combination of advanced skincare technologies with steam, massage and extractions for immediate visible improvement. In addition to being a stand-alone solution, these facials can be combined into a treatment plan with more aggressive procedures as a gentle option to maintain results while increasing frequency of patient visits.

JMSR facial protocols can be performed on a long-term basis every 4 to 6 weeks, or even as often as every 7 to 10 days, for gentle, yet visible results.

JMSR facials are simple to learn and easy to execute. A single set of professional products provides the opportunity to expand your current service menu with four distinctively diverse, effective and highly profitable services. Even though the steps of each facial are the same, the results are distinctly different due to the unique and advanced technologies of the featured mask.

<table>
<thead>
<tr>
<th>Facial</th>
<th>Featured Mask</th>
<th>Key Benefits</th>
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</thead>
<tbody>
<tr>
<td>Proteolytic Enzyme Facial</td>
<td>Micro Mask™</td>
<td>Cooling, Soothing &amp; Hydrating</td>
</tr>
<tr>
<td>C-ESTA Facial</td>
<td>C-ESTA Face Mask</td>
<td>Lift, tone &amp; firm for more defined looking facial contours</td>
</tr>
<tr>
<td>Age Intervention® Regeneration Facial</td>
<td>Age Intervention Regeneration Face Mask</td>
<td>Anti-aging peptides and multiple antioxidants increase appearance of volume with more refined looking skin.</td>
</tr>
<tr>
<td>Marini Luminate Facial</td>
<td>Marini Luminate Mask</td>
<td>Visibly reduce the appearance of discoloration and uncover vibrant, more youthful skin with a unique combination of lactic and mandelic acid plus brightening technologies.</td>
</tr>
<tr>
<td>Retinol Plus Facial</td>
<td>Retinol Plus Mask</td>
<td>Dramatically improve the appearance of fine lines and wrinkles, acne and sun damage utilizing the highest concentration of retinol for smooth, clear and radiantly hydrated skin.</td>
</tr>
</tbody>
</table>
Proteolytic Enzyme Facial
PROTOCOL

Reveal healthy, smooth, polished and hydrated skin. The Proteolytic Enzyme Facial is an effective, yet gentle method of exfoliation utilizing proteolytic enzymes to digest unproductive dead skin without harming normal healthy tissue. Plus, hydrating and calming ingredients soothe even the most highly sensitive skin.

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Featured Mask</th>
<th>Social Downtime</th>
<th>Skin Types</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary:</td>
<td>Secondary:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hydration &amp; Calming</td>
<td>Micro Mask</td>
<td>0 Days</td>
<td>All Skin Types</td>
</tr>
<tr>
<td>Improved Skin Texture &amp; Clarity</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

PRODUCTS NEEDED

- C-ESTA Cleansing Gel
- Clean Zyme
- Skin Zyme
- Micro Mask
- C-ESTA Face Serum or Cream
- Transformation Face Cream or Age Intervention Face Cream
- Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45

OPTIONAL PRODUCTS

- Marini Luminate Eye Gel
- Age Intervention Eye Cream
- C-ESTA Eye Repair Concentrate
- Transformation Eye Cream
- Marini Juveneck
- C-ESTA Lips

APPLICATION INSTRUCTIONS

CLEANSE
1. Cleanse with C-ESTA Cleansing Gel to remove facial makeup. Remove thoroughly with lukewarm water.
2. Perform a second cleanse using Clean Zyme. Massage gently over face and leave on for 2-3 minutes under light steam. Remove thoroughly with lukewarm water.

ENZYME RESURFACE
3. Apply Skin Zyme in a thin even layer over entire face (neck is optional and may be more sensitive). Leave on up to 20 minutes under light steam.

MASSAGE
4. Massage may be performed using Skin Zyme for extended period during resurfacing. Clean Zyme may be added for more slip if needed.
   - Skin Zyme for massage will provide remarkable skin resurfacing and refining benefits, as well, aid in ease of extractions later in the protocol.
5. To remove Skin Zyme after the massage is complete, apply a small amount of Clean Zyme and massage gently to emulsify and remove thoroughly with warm water.
EXTRACTIONS (optional)
6. Extractions may be performed after the massage with Skin Zyme.

MASK
7. Apply Micro Mask in a thin, even layer to entire face. Leave on for 10-15 minutes. Gently and thoroughly remove with cool, wet cotton pads. It is recommended to chill Micro Mask before use for additional calming effects.

PROTOCOL COMPLETION
8. Rejuvenate – Apply C-ESTA Face Serum (oily, combination or normal skin), or C-ESTA Face Cream (normal to dry skin) to face, neck, behind ears and décolleté.

9. Hydrate – Apply Transformation Face Cream (oily, combination or normal skin), or apply Age Intervention Face Cream (dry skin) to entire face. Apply Marini Juveneck to neck and décolleté (optional).

10. Eye, Lip & Neck Care (optional) – Apply appropriate eye product based on primary concern to lower eyelid area and across upper eyelids at brow bone. C-ESTA Eye Repair Concentrate is appropriate to apply down to the crease only. Apply C-ESTA Lips over lips and entire peri-oral area surrounding lips. Apply Marini Juveneck to the entire neck and jawline wrapping around both sides to behind the ears.

11. Protect – Apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 to entire face neck and décolleté.

For further assistance, please contact our Technical Support department at 1-408-620-3600.
C-ESTA Facial
PROTOCOL

A powerful facial with an antioxidant cocktail of lipid-soluble vitamin C and DMAE to help repair free-radical damage and enhance facial tone. The C-ESTA Facial provides exceptional anti-aging and skin rejuvenation benefits. Skin will appear lifted, firmer and with tightened facial contours.

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Featured Mask</th>
<th>Social Downtime</th>
<th>Skin Types</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary: Anti-Aging &amp; Rejuvenation</td>
<td>Secondary: Improved Skin Texture &amp; Clarity</td>
<td>C-ESTA Mask</td>
<td>0 Days</td>
</tr>
</tbody>
</table>

PRODUCTS NEEDED

- C-ESTA Cleansing Gel
- Clean Zyme
- Skin Zyme
- C-ESTA Mask
- C-ESTA Face Serum or Cream
- Transformation Face Cream or Age Intervention Face Cream
- Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45

OPTIONAL PRODUCTS

- Marini Luminate Eye Gel
- Age Intervention Eye Cream
- C-ESTA Eye Repair Concentrate
- Transformation Eye Cream
- Marini Juveneck
- C-ESTA Lips

APPLICATION INSTRUCTIONS

CLEANSE
1. Cleanse with C-ESTA Cleansing Gel to remove facial makeup. Remove thoroughly with lukewarm water.
2. Perform a second cleanse using Clean Zyme. Massage gently over face and leave on for 2-3 minutes under light steam. Remove thoroughly with lukewarm water.

ENZYME RESURFACE
3. Apply in a thin even layer over entire face (neck is optional and may be more sensitive). Leave on up to 20 minutes under light steam.

MASSAGE
4. Massage may be performed using Skin Zyme for extended period during resurfacing. Clean Zyme may be added for more slip if needed.
   - Skin Zyme for massage will provide remarkable skin resurfacing and refining benefits, as well, aid in ease of extractions later in the protocol.
5. To remove Skin Zyme after the massage is complete, apply a small amount of Clean Zyme and massage gently to emulsify and remove thoroughly with warm water.

EXTRACTIONS (optional)
6. Extractions may be performed after the massage with Skin Zyme.

MASK
7. Apply a thin even layer of C-ESTA Mask to entire face.

8. Leave on the skin for 10 minutes.

9. Apply moistened 4x4s or towel to face and allow the mask to soften for gentle easy removal.

PROTOCOL COMPLETION
10. **Rejuvenate** – Apply C-ESTA Face Serum (oily, combination or normal skin), or C-ESTA Face Cream (normal to dry skin) to face, neck, behind ears and décolleté.

11. **Hydrate** – Apply Transformation Face Cream (oily, combination or normal skin), or apply Age Intervention Face Cream (dry skin) to entire face. Apply Marini Juveneck to neck and décolleté (optional).

12. **Eye, Lip & Neck Care (optional)** – Apply appropriate eye product based on primary concern to lower eyelid area and across upper eyelids at brow bone. C-ESTA Eye Repair Concentrate is appropriate to apply down to the crease only. Apply C-ESTA Lips over lips and entire peri-oral area surrounding lips. Apply Marini Juveneck to the entire neck and jawline wrapping around both sides to behind the ears.

13. **Protect** – Apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 to entire face, neck and décolleté.

For further assistance, please contact our Technical Support department at **1-408-620-3600**.
Age Intervention Regeneration Facial
PROTOCOL

The Age Intervention Regeneration Facial provides the skin with an exceptional reservoir of anti-aging and skin rejuvenation for progressive longer-term benefits. The unique dual-action delivery system delivers advanced collagen boosting peptides combined with a host of powerful free-radical fighting antioxidants for a visibly more supple and hydrated appearance.

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Featured Mask</th>
<th>Social Downtime</th>
<th>Skin Types</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary:</strong></td>
<td><strong>Secondary:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anti-Aging &amp; Rejuvenation</td>
<td>Improved Skin Texture &amp; Clarity</td>
<td>Age Intervention Regeneration Mask</td>
<td></td>
</tr>
<tr>
<td>Increased Volume &amp; Hydration</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Benefits**

**Featured Mask**

**Social Downtime**

**Skin Types**

**PRODUCTS NEEDED**

• C-ESTA Cleansing Gel
• Clean Zyme
• Skin Zyme
• Age Intervention Regeneration Mask
• C-ESTA Face Serum or Cream
• Transformation Face Cream or Age Intervention Face Cream
• Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45

**OPTIONAL PRODUCTS**

• Marini Luminate Eye Gel
• Age Intervention Eye Cream
• C-ESTA Eye Repair Concentrate
• Transformation Eye Cream
• Marini Juveneck
• C-ESTA Lips

**APPLICATION INSTRUCTIONS**

**CLEANSE**

1. Cleanse with C-ESTA Cleansing Gel to remove facial makeup. Remove thoroughly with lukewarm water.

2. Perform a second cleanse using Clean Zyme. Massage gently over face and leave on for 2-3 minutes under light steam. Remove thoroughly with lukewarm water.

**ENZYME RESURFACE**

3. Apply Skin Zyme in a thin even layer over entire face (neck is optional and may be more sensitive). Leave on up to 20 minutes under light steam.

**MASSAGE**

4. Massage may be performed using Skin Zyme for extended period during resurfacing. Clean Zyme may be added for more slip if needed.
   • Skin Zyme for massage will provide remarkable skin resurfacing and refining benefits, as well, aid in ease of extractions later in the protocol.
5. To remove Skin Zyme after the massage is complete, apply a small amount of Clean Zyme and massage gently to emulsify and remove thoroughly with warm water.

MASK
6. Apply Age Intervention Regeneration Mask in a thin even layer to entire face.
7. Leave on the skin for up to 10 minutes.
8. Gently and thoroughly remove with cool wet cotton pads.

EXTRACTIONS (optional)
9. Gentle extractions may be performed after the Age Intervention Regeneration Mask.

PROTOCOL COMPLETION
10. Rejuvenate – Apply C-ESTA Face Serum (oily, combination or normal skin), or C-ESTA Face Cream (normal to dry skin) to face, neck, behind ears and décolleté.
11. Hydrate – Apply Transformation Face Cream (oily, combination or normal skin), or apply Age Intervention Face Cream (dry skin) to entire face. Apply Marini Juveneck to neck and décolleté (optional).
12. Eye, Lip & Neck Care (optional) – Apply appropriate eye product based on primary concern to lower eyelid area and across upper eyelids at brow bone. C-ESTA Eye Repair Concentrate is appropriate to apply down to the crease only. Apply C-ESTA Lips over lips and entire peri-oral area surrounding lips. Apply Marini Juveneck to the entire neck and jawline wrapping around both sides to behind the ears.
13. Protect – Apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical SPF 45 to entire face neck and décolleté.

For further assistance, please contact our Technical Support department at 1-408-620-3600.
Marini Luminate Facial
PROTOCOL

Visibly improve the appearance of skin tone, texture and luminosity with a unique combination of lactic and mandelic acid, brightening technologies and antioxidants. Uncover vibrant skin by revealing a brighter, more even skin tone and youthful appearance.

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Featured Mask</th>
<th>Social Downtime</th>
<th>Skin Types</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary:</strong> Improves Appearance of Hyperpigmentation</td>
<td><strong>Secondary:</strong> Improves Skin Texture &amp; Clarity</td>
<td>Marini Luminate Mask</td>
<td>0 Days</td>
</tr>
<tr>
<td></td>
<td>Hydrating &amp; Soothing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PRODUCTS NEEDED**
- C-ESTA Cleansing Gel
- Clean Zyme
- Skin Zyme
- Marini Luminate Mask
- C-ESTA Face Serum or Cream
- Transformation Face Cream or Age Intervention Face Cream
- Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45

**OPTIONAL PRODUCTS**
- Marini Luminate Eye Gel
- Age Intervention Eye Cream
- C-ESTA Eye Repair Concentrate
- Transformation Eye Cream
- Marini Juveneck
- C-ESTA Lips

**APPLICATION INSTRUCTIONS**

**CLEANSE**
1. Cleanse with C-ESTA Cleansing Gel to remove facial makeup. Remove thoroughly with lukewarm water.
2. Perform a second cleanse using Clean Zyme. Massage gently over face and leave on for 2-3 minutes under light steam. Remove thoroughly with lukewarm water.

**ENZYME RESURFACE**
3. Apply Skin Zyme in a thin even layer over entire face (neck is optional and may be more sensitive). Leave on up to 20 minutes under light steam.

**MASSAGE**
4. Massage may be performed using Skin Zyme for extended period during resurfacing. Clean Zyme may be added for more slip if needed.
   - Skin Zyme for massage will provide remarkable skin resurfacing and refining benefits, as well, aid in ease of extractions later in the protocol.
5. To remove Skin Zyme after the massage is complete, apply a small amount of Clean Zyme and massage gently to emulsify and remove thoroughly with warm water.

MASK
6. Apply Marini Luminate Mask in a thin even layer to entire face.
   - It is not recommended to apply directly under eyes on the lower eyelid skin or to upper eyelids.
   - Mild stinging and tingling may occur. If excessive stinging or redness occurs, remove immediately.

7. Leave on the skin for up to 10 minutes.

8. Gently and thoroughly remove with cool wet cotton pads.

EXTRACTIONS (optional)
9. Gentle extractions may be performed after the Marini Luminate Mask.

PROTOCOL COMPLETION
10. Rejuvenate – Apply C-ESTA Face Serum (oily, combination or normal skin), or C-ESTA Face Cream (normal to dry skin) to face, neck, behind ears and décolleté.

11. Hydrate – Apply Transformation Face Cream (oily, combination or normal skin), or apply Age Intervention Face Cream (dry skin) to entire face. Apply Marini Juveneck to neck and décolleté (optional).

12. Eye, Lip & Neck Care (optional) – Apply appropriate eye product based on primary concern to lower eyelid area and across upper eyelids at brow bone. C-ESTA Eye Repair Concentrate is appropriate to apply down to the crease only. Apply C-ESTA Lips over lips and entire peri-oral area surrounding lips. Apply Marini Juveneck to the entire neck and jawline wrapping around both sides to behind the ears.

13. Protect – Apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 to entire face neck and décolleté.

For further assistance, please contact our Technical Support department at 1-408-620-3600.
Retinol Plus Facial
PROTOCOL

Amplify anti-aging correction for dramatically smooth, flawlessly clear and radiantly hydrated skin. The Retinol Plus Facial is an accelerated protocol featuring the highest concentration of retinol and advanced skin rejuvenation technologies for immediate long-term benefits. Visibly improving the appearance of fine lines and wrinkles, acne and sun damage.

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Featured Mask</th>
<th>Social Downtime</th>
<th>Skin Types</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary:</strong></td>
<td><strong>Secondary:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anti-Aging, Acne &amp; Sun Damage</td>
<td>Retinol Plus Mask</td>
<td>0 Days</td>
<td>All Skin Types</td>
</tr>
<tr>
<td>Hydrating &amp; Calming</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PRODUCTS NEEDED**
- C-ESTA Cleansing Gel
- Clean Zyme
- Skin Zyme
- Retinol Plus Mask
- C-ESTA Face Serum or Cream
- Transformation Face Cream or Age Intervention Face Cream
- Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45

**OPTIONAL PRODUCTS**
- Marini Luminate Eye Gel
- Age Intervention Eye Cream
- C-ESTA Eye Repair Concentrate
- Transformation Eye Cream
- Marini Juveneck
- C-ESTA Lips

**APPLICATION INSTRUCTIONS**

**CLEANSE**
1. Cleanse with C-ESTA Cleansing Gel to remove facial makeup. Remove thoroughly with lukewarm water.

2. Perform a second cleanse using Clean Zyme. Massage gently over face and leave on for 2-3 minutes under light steam. Remove thoroughly with lukewarm water.

**ENZYME RESURFACE**
3. Apply Skin Zyme in a thin even layer over entire face (neck is optional and may be more sensitive). Leave on up to 20 minutes under light steam.

**Massage**
4. Massage may be performed using Skin Zyme for extended period during resurfacing. Clean Zyme may be added for more slip if needed.
   a. Skin Zyme for massage will provide remarkable skin resurfacing and refining benefits, as well, aid in ease of extractions later in the protocol.

5. To remove Skin Zyme after the massage is complete, apply a small amount of Clean Zyme and massage gently to emulsify and remove thoroughly with warm water.
MASK
6. Apply Retinol Plus Mask in a thin even layer to entire face.
   a. It is not recommended to apply directly under eyes on the lower eyelid skin or to upper eyelids.
   b. Mild stinging and tingling may occur. If excessive stinging or redness occurs, remove immediately.

7. Leave on the skin for up to 10 minutes.

8. Gently and thoroughly remove with cool wet cotton pads.

EXTRACTIONS (optional)
9. Gentle extractions may be performed after the Retinol Plus Mask.

PROTOCOL COMPLETION
10. Rejuvenate – Apply C-ESTA Face Serum (oily, combination or normal skin), or C-ESTA Face Cream (normal to dry skin) to face, neck, behind ears and décolleté.

11. Hydrate – Apply Transformation Face Cream (oily, combination or normal skin), or apply Age Intervention Face Cream (dry skin) to entire face. Apply Marini Juveneck to neck and décolleté (optional).

12. Eye, Lip & Neck Care (optional) – Apply appropriate eye product based on primary concern to lower eyelid area and across upper eyelids at brow bone. C-ESTA Eye Repair Concentrate is appropriate to apply down to the crease only. Apply C-ESTA Lips over lips and entire peri-oral area surrounding lips. Apply Marini Juveneck to the entire neck and jawline wrapping around both sides to behind the ears.

13. Protect – Apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 to entire face neck and décolleté.

For further assistance, please contact our Technical Support department at 1-408-620-3600.
Progressive Glycolic and Clinical Peels

Chemical peels fill a very popular and profitable spot in aesthetic practices. They provide a simple, affordable and effective method of attaining results. For this reason, they consistently rank among the top aesthetic procedures performed by volume and revenue. The most common indications for chemical peels are photo-damage, dyschromia / melasma, post-inflammatory hyperpigmentation (PIH), acne, acne scars and fine lines and wrinkles.

The two segments of peels most frequently performed are those that have either no downtime or those that have up to one week of downtime. These peels maximize the tradeoff between lifestyle and results, offering significant skin improvement with minimal risk and complications when compared to deep peels.

Chemical peeling agents are classified as superficial, medium depth or deep peels.
- Superficial / mild chemical peels – penetrate the stratum corneum into the papillary dermis
- Medium-depth / moderate chemical peels – penetrate the stratum corneum and epidermis with effect into the upper-reticular dermis
- Deep chemical peels – penetrate the entire epidermis and papillary dermis with effect to the mid-reticular dermis

Patient assessment is important in the peel selection process to decrease chance of adverse events and determine the best overall skincare program for optimal clinical results.

Patient assessment should include a review of:
- Patient concerns
- Fitzpatrick Skin Type
- Contraindications specific to each protocol
- Dermatological and medical conditions
- Current medications
- History of reactions and complications from previous procedures and products
- Patient lifestyle and age
- Patient current home care program
- Patient expectations, commitment and compliance

Jan Marini Skin Research offers multiple peel solutions ranging from progressive, zero-downtime glycolic peels to mild and moderate clinical peels with 2-7 days of downtime, providing a complete selection of the highest-sought after procedures for every skin type and multiple skin conditions.
Progressive Glycolic Peel Protocols

**Progressive Glycolic Peels** provide accelerated and significant results through a series of customizable protocols to address multiple skin concerns with no downtime or impact on daily activities.

The resurfacing gel solutions are also an important part of a larger retention strategy when combined with more aggressive procedures by pre-conditioning the skin to minimize risk, improving clinical outcomes and maintaining long-term results.

Two different concentrations of glycolic solutions, 40% Gel Exfoliator and 70% Gel Peel, can be combined with one of three masks to adjust intensity of the peel based on need. In order of intensity, the eight different protocol options are:

<table>
<thead>
<tr>
<th>40% Gel Exfoliator</th>
<th>70% Gel Peel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glycolic and Enzyme Resurfacing 40%</td>
<td>Glycolic and Enzyme Resurfacing 70%</td>
</tr>
<tr>
<td>Glycolic Resurfacing 40%</td>
<td>Glycolic Resurfacing 70%</td>
</tr>
<tr>
<td>Glycolic and Luminate Resurfacing 40%</td>
<td>Glycolic and Luminate Resurfacing 70%</td>
</tr>
<tr>
<td>Glycolic and Retinol Plus Resurfacing 40%</td>
<td>Glycolic and Retinol Plus Resurfacing 70%</td>
</tr>
</tbody>
</table>

The application instructions are the same for each of the protocol options. The difference is exclusively how the glycolic solutions are mixed and prepared prior to application.

**Mix 2 parts mask with 1 part glycolic gel**  
(Approximately 1 tsp mask to 1/2 tsp of glycolic)

- **Glycolic and Enzyme Resurfacing** protocol combines either of the glycolic resurfacing gels with Skin Zyme. Proteolytic enzymes are mixed with glycolic acid for a milder protocol option for those with reactive skin, higher Fitzpatrick skin types or in multiple modality procedures.

- **Glycolic Resurfacing** protocol utilizes application of either glycolic solution in its straight form for the next level of resurfacing.

- **Glycolic and Luminate Resurfacing** protocol combines either of the glycolic gels with Marini Luminate Mask, creating an advanced combination of brightening ingredients, antioxidants and multiple resurfacing agents for an accelerated result. It is recommended to incorporate this type of advanced protocol into a series after the first peel application when an individual’s level of skin response has been determined.

- **Glycolic and Retinol Plus Resurfacing** protocol combines either of the glycolic gels with Retinol Plus Mask. The highest concentration of retinol is combined with multiple advanced anti-aging technologies plus glycolic acid for a more accelerated outcome. It is recommended to incorporate this type of advanced protocol into a series after the first peel application when an individual’s level of skin response has been determined.

For more advanced results and targeted outcomes perform a series of 6 peels with each individual peel occurring every 7 to 10 days. Throughout the series it is possible to alter protocol intensity based on a person’s level of reactivity, resurfacing experience and desired outcome.
40% GLYCOLIC GEL EXFOLIATOR
PROTOCOL

The Glycolic Gel Exfoliator (40%) offers a progressive approach to address multiple concerns. This protocol appeals to patients who want to measurably improve the appearance of their skin with zero-downtime; enabling them to immediately apply makeup and continue with their usual activities.

The 40% Glycolic Resurfacing Peel is also an excellent option to maintain results in between more aggressive procedures.

<table>
<thead>
<tr>
<th>Prepping Solution</th>
<th>40% Gel Exfoliator</th>
</tr>
</thead>
<tbody>
<tr>
<td>SD Alcohol 40-B Glycolic Acid Salicylic Acid</td>
<td>Glycolic Acid SD Alcohol 40-B</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Frequency</th>
<th>Social Downtime</th>
<th>Skin Types</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin Rejuvenation Texture Acne Fine Lines Pigmentation</td>
<td>Series of 6 - 7 to 10 days apart</td>
<td>0 – 1 Days</td>
<td>All Skin Types</td>
</tr>
</tbody>
</table>

PRODUCTS AND SUPPLIES NEEDED

- C-ESTA Cleansing Gel
- Micro Mask
- C-ESTA Face Serum or Cream
- Hydrator
- Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45
- Bowl of clean room-temperature water
- 4x4 cotton pads
- 2x2 woven gauze
- Cotton swabs
- Petroleum jelly
- Eye pads
- 2 – straight-edge, synthetic bristled brushes
- 2 – small glass bowls
- Gloves
- Eye protection glasses
- Timer
- Squeeze bottle containing distilled water in case of accidental contact with the person’s eyes
- Small fan (optional)

Optional Products

- Clean Zyme
- Skin Zyme
- Marini Luminate Mask
- Retinol Plus Mask
- Marini Luminate Eye Gel
- Age Intervention Eye Cream
- C-ESTA Eye Repair Concentrate
- Transformation Eye Cream
- Marini Juveneck
- C-ESTA Lips
CONTRAINDICATIONS

Complete a thorough assessment of the patient’s medical history to determine if there are any contraindications or other considerations before applying this treatment. For returning patients, check for any updates to their medical history.

Do not perform this peel on anyone with any of the following contraindications:

- Active viral or bacterial infections
- Open lesions or cold sores
- Atopic dermatitis/eczema
- Recent chemotherapy or radiation treatment
- Sunburned skin
- Inflammatory rosacea
- Oral Isotretinoin (Accutane) use within the last year
- Salicylate allergies or known allergy to an ingredient in the peel formulation, or in any product used at home or in the treatment.
- History of complications associated with scarring
- Delayed wound healing

Those with pre-existing medical conditions should consult with their physician prior to receiving any peels.

If a person has had surgical, laser, injectables or any other type of medical procedures, the area of treatment should be completely healed before beginning progressive peels.

The glycolic solution may be applied to the face, neck, décolleté, shoulders, arms and hands in separate applications. Caution should be taken when applying to the neck and décolleté as these are more delicate and sensitive areas. Less pressure should be used during application.

Please note that non-facial areas can take longer to heal and might also need additional peels for more significant results.

PRIOR TO PROTOCOL

- Review full medical history to determine if there are any potential contraindications for the peel.
- Obtain a consent form and a release for photographs.
- It is best to prepare the skin with proper home care products containing resurfacing agents such as glycolic acid or retinol for 3 to 4 weeks prior to application of the glycolic solution. This will help acclimate the skin for superior results and recovery.
- 1 to 3 weeks in advance, the Resurfacing Gel can be administered to a small test area for 10 minutes prior to peel application to determine if there is any reaction.
- Preparation is particularly important for anyone at risk of hyperpigmentation. Products such as Marini Luminate Face Lotion / MD should be incorporated into a patient’s home care program both pre and post peel.
- Precondition the person that sensitivities may vary. Some individuals experience mild stinging and redness, while others feel only light tingling and will show virtually no redness. Patients should be advised not to expect excessive peeling and not to use discomfort as a way to gauge success.
- Instruct any patient who is using retinoid to suspend use 1 to 3 days prior to the peel.
- Supply the patient with after-care instructions.
APPLICATION INSTRUCTIONS

CLEANSE
1. Cleanse with C-ESTA Cleansing Gel to remove facial makeup.

2. Perform a second cleanse using 2x2 woven gauze with medium pressure to lightly abrade the skin. If a person has sensitive skin, or is a higher Fitzpatrick type, avoid using gauze, or use Clean Zyme for a milder option.

PREPPING SOLUTION
3. Pour approximately 4ml of prepping solution into a glass dish. Saturate a 2x2 gauze and apply using medium to firm pressure in the following manner:
   • Start at the forehead around the outer sides of the face down to the jaw line and chin.
   • Fill in down the nose, across the cheekbones and fill in the cheek area.
   • Finish over the top of the upper lip.

PROTECTION
4. Use petroleum jelly to protect the mucous membranes around the eye area, folds of the nose and the lips prior to beginning application of any glycolic gel solution.

5. Apply eye pads for added protection to prevent the gel from dripping or running into the eyes.

RESURFACING GEL SOLUTION
6. Explain to your patient what they can expect in relation to sensations of heat, stinging and discomfort during the glycolic solution application.

   Describe the scale of 1 to 10 to them.
   • 0 is no discomfort
   • 3 is a typical sunburn
   • 5 is moderate discomfort
   • 7 is significant discomfort
   • 10 is severe discomfort

   The typical response immediately after application of the Glycolic Resurfacing Gel ranges from 0 to 4.

7. Pour approximately ½ to 1 teaspoon (4ml) of the Glycolic Resurfacing Gel into a glass dish and reseal the bottle.

8. Tell your patient/client you are ready to begin and use a brush to apply the glycolic gel in the same pattern and direction as the prepping solution.

9. Do not apply directly under eyes during the first application. Gel may be applied under eyes on subsequent applications, but should be left on approximately 30 seconds to 1 minute only. Set a timer for the allotted time.

10. The Glycolic Resurfacing Gel may be left on for approximately 10 minutes. In subsequent treatments the leave-on time may be gradually increased to 15 minutes. Pay close attention to skin during this time. Immediately remove mixture from any area that begins to turn red, or if excessive stinging occurs.
11. Leave on until timer stops then remove immediately with cool water and 4x4 cotton pads. Removal should be very gentle and should be repeated until all gel is thoroughly removed.

**MASK**

12. Apply Micro Mask in a thin, even layer to entire face. Leave on for 10-15 minutes. Gently and thoroughly remove with cool, wet cotton pads. It is recommended to chill Micro Mask before use for additional calming effects.

**PROTOCOL COMPLETION**

13. **Rejuvenate** – Apply C-ESTA Face Serum (oily, combination or normal skin), or C-ESTA Face Cream (normal to dry skin) to face, neck, behind ears and décolleté. It is common to feel a tingling sensation when C-ESTA is applied after a glycolic peel.

14. **Hydrate** – Apply Transformation Face Cream (oily, combination or normal skin), or apply Age Intervention Face Cream (dry skin) to entire face neck and décolleté.

15. **Eye, Lip & Neck Care (optional)** – Apply appropriate eye product based on primary concern to lower eyelid area and across upper eyelids at brow bone. C-ESTA Eye Repair Concentrate is appropriate to apply down to the crease only. Apply C-ESTA Lips over lips and entire peri-oral area surrounding lips. Apply Marini Juveneck to the entire neck and jawline wrapping around both sides to behind the ears.

16. **Protect** – Apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 to entire face neck and décolleté.

**AFTER CARE INSTRUCTIONS**

17. Advise your patient to avoid any resurfacing products for a minimum of 24 hours after the Glycolic Resurfacing Peel. When cleansing during that timeframe, they should use a gentle cleanser such as Age Intervention Gentle Cleanser.

18. Individuals should avoid sun exposure and apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily.

19. Patients should not use abrasive products or brushes, for a minimum of 24 hours after the Glycolic Resurfacing Peel.

20. Insist that patients contact you if they have any questions or concerns.

21. Always follow-up with your patient 24 hours after the peel.

**CAUTION**

*For external use only.* Use extreme care when handling these acid solutions. Use gloves, protective clothing and eyewear. Please follow all instructions carefully. Avoid contact with eyes or mucous membranes. If contact with eyes occurs, flush with large amounts of cool, clear water for at least 15 minutes. If redness, irritation, or excessive stinging develops or persists, consult your physician or go to an urgent care/emergency room. Do not allow this product to be used at home. Keep out of reach of children.

For further assistance, please contact our Technical Support department at **1-408-620-3600**.
The Resurfacing Gel Peel (70%) offers a stronger version for a progressive approach to address multiple concerns. This peel appeals to patients who want to measurably improve the appearance of their skin with zero-downtime; enabling them to immediately apply makeup and continue with their usual activities.

The 70% Glycolic Resurfacing Peel is also an excellent option to maintain results in between more aggressive procedures.

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Frequency</th>
<th>Social Downtime</th>
<th>Skin Types</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin Rejuvenation</td>
<td>Series of 6 - 7 to 10 days apart</td>
<td>0 – 1 Days</td>
<td>All Skin Types</td>
</tr>
<tr>
<td>Texture</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Acne</td>
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<tr>
<td>Fine Lines</td>
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<tr>
<td>Pigmentation</td>
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</tbody>
</table>

### ADDITIONAL PRODUCTS AND SUPPLIES NEEDED

- C-ESTA Cleansing Gel
- Micro Mask
- C-ESTA Face Serum or Cream
- Hydrator
- Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45
- Bowl of clean room-temperature water
- 4x4 cotton pads
- 2x2 woven gauze
- Cotton swabs
- Petroleum jelly
- Eye pads
- 2 – straight-edge, synthetic bristled brushes
- 2 – small glass bowls
- Gloves
- Eye protection glasses
- Timer
- Squeeze bottle containing distilled water in case of accidental contact with the person’s eyes
- Small fan (optional)

### Optional Products

- Clean Zyme
- Skin Zyme
- Marini Luminate Mask
- Retinol Plus Mask
- Marini Luminate Eye Gel
- Age Intervention Eye Cream
- C-ESTA Eye Repair Concentrate
- Transformation Eye Cream
- Marini Juveneck
- C-ESTA Lips
CONTRAINDICATIONS
Complete a thorough assessment of the patient’s medical history to determine if there are any contraindications or other considerations before applying this treatment. For returning patients, check for any updates to their medical history.

Do not perform this peel on anyone with any of the following contraindications:

• Active viral or bacterial infections
• Open lesions or cold sores
• Atopic dermatitis/eczema
• Recent chemotherapy or radiation treatment
• Sunburned skin
• Inflammatory rosacea
• Oral Isotretinoin (Accutane) use within the last year
• Salicylate allergies or known allergy to an ingredient in the peel formulation, or in any product used at home or in the treatment.
• History of complications associated with scarring
• Delayed wound healing

Those with pre-existing medical conditions should consult with their physician prior to receiving any resurfacing peels.

If a person has had surgical, laser, injectables or any other type of medical procedures, the area of treatment should be completely healed before beginning resurfacing peels.

The glycolic solution may be applied to the face, neck, décolleté, shoulders, arms and hands in separate applications. Caution should be taken when applying to the neck and décolleté as these are more delicate and sensitive areas. Less pressure should be used during application.

Please note that non-facial areas can take longer to heal and might also need additional peels for more significant results.

PRIOR TO PROTOCOL

• Review full medical history to determine if there are any potential contraindications for the peel.
• Obtain a consent form and a release for photographs.
• It is best to prepare the skin with proper home care products containing resurfacing agents such as glycolic acid or retinol for 3 to 4 weeks prior to application of the glycolic solution. This will help acclimate the skin for superior results and recovery.
• 1 to 3 weeks in advance, the Resurfacing Gel can be administered to a small test area for 10 minutes prior to peel application to determine if there is any reaction.
• Preparation is particularly important for anyone at risk of hyperpigmentation. Products such as Marini Luminate Face Lotion / MD should be incorporated into a patient’s home care program both pre and post peel.
• Precondition the patient that sensitivities may vary. Some patients experience mild stinging and redness, while others feel only light tingling and will show virtually no redness. Patients should be advised not to expect excessive peeling and not to use discomfort as a way to gauge success.
• Instruct any patient who is using retinoid to suspend use 1 to 3 days prior to the peel.
• Supply the patient with after-care instructions.
APPLICATION INSTRUCTIONS

CLEANSE
1. Cleanse with C-ESTA Cleansing Gel to remove facial makeup.

2. Perform a second cleanse using 2x2 woven gauze with medium pressure to lightly abrade the skin. If a person has sensitive skin, or is a higher Fitzpatrick type, avoid using gauze, or use Clean Zyme for a milder option.

PREPPING SOLUTION
3. Pour approximately 4ml of prepping solution into a glass dish. Saturate a 2x2 gauze and apply using medium to firm pressure in the following manner:
   - Start at the forehead around the outer sides of the face down to the jaw line and chin.
   - Fill in down the nose, across the cheekbones and fill in the cheek area.
   - Finish over the top of the upper lip.

PROTECTION
4. Use petroleum jelly to protect the mucous membranes around the eye area, folds of the nose and the lips prior to beginning application of any glycolic gel solution.

5. Apply eye pads for added protection to prevent the gel from dripping or running into the eyes.

RESURFACING GEL SOLUTION
6. Explain to your patient what they can expect in relation to sensations of heat, stinging and discomfort during the peel application.

   Describe the scale of 1 to 10 to them.
   - 0 is no discomfort
   - 3 is a typical sunburn
   - 5 is moderate discomfort
   - 7 is significant discomfort
   - 10 is severe discomfort

   The typical response immediately after application of the Glycolic Resurfacing Gel ranges from 0 to 4.

7. Pour approximately ½ to 1 teaspoon (4ml) into a glass dish and reseal the bottle.

8. Tell your patient you are ready to begin and use a brush to apply the glycolic gel in the same pattern and direction as the prepping solution.

9. Do not apply directly under eyes during the first application. Gel may be applied under eyes on subsequent applications, but should be left on approximately 30 seconds to 1 minute only. Set a timer for the allotted time.

10. The Glycolic Resurfacing Gel may be left on for approximately 3-5 minutes. In subsequent treatments the leave-on time may be gradually increased to 7-10 minutes. Pay close attention to skin during this time. Immediately remove mixture from any area that begins to turn red, or if excessive stinging occurs.

11. Leave on until timer stops then remove immediately with cool water and 4x4 cotton pads. Removal should be very gentle and should be repeated until all gel is thoroughly removed.
**MASK**

12. Apply Micro Mask in a thin, even layer to entire face. Leave on for 10-15 minutes. Gently and thoroughly remove with cool, wet cotton pads. It is recommended to chill Micro Mask before use for additional calming effects.

**PROTOCOL COMPLETION**

13. **Rejuvenate** – Apply C-ESTA Face Serum (oily, combination or normal skin), or C-ESTA Face Cream (normal to dry skin) to face, neck, behind ears and décolleté. It is common to feel a tingling sensation when C-ESTA is applied after a glycolic peel.

14. **Hydrate** – Apply Transformation Face Cream (oily, combination or normal skin), or apply Age Intervention Face Cream (dry skin) to entire face, neck and décolleté.

15. **Eye, Lip & Neck Care (optional)** – Apply appropriate eye product based on primary concern to lower eyelid area and across upper eyelids at brow bone. C-ESTA Eye Repair Concentrate is appropriate to apply down to the crease only. Apply C-ESTA Lips over lips and entire peri-oral area surrounding lips. Apply Marini Juveneck to the entire neck and jawline wrapping around both sides to behind the ears.

16. **Protect** – Apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 to entire face, neck and décolleté.

**AFTER CARE INSTRUCTIONS**

17. Advise your patients to avoid any resurfacing products for a minimum of 24 hours after the Glycolic Resurfacing Peel. When cleansing during that timeframe, they should use a gentle cleanser such as Age Intervention Gentle Cleanser.

18. Patients should avoid sun exposure and apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily.

19. Insist that patients contact you if they have any questions or concerns.

20. Always follow-up with your patient 24 hours after the peel.

**CAUTION**

*For external use only.* Use extreme care when handling these acid solutions. Use gloves, protective clothing and eyewear. Please follow all instructions carefully. Avoid contact with eyes or mucous membranes. If contact with eyes occurs, flush with large amounts of cool, clear water for at least 15 minutes. If redness, irritation, or excessive stinging develops or persists, consult your physician or go to an urgent care/emergency room. Do not allow this product to be used at home. Keep out of reach of children.

For further assistance, please contact our Technical Support department at **1-408-620-3600**.
Marini Peel Systems offer a more dynamic approach, delivering maximum results in a limited number of applications. These advanced peel systems utilize a dual-peeling process combining high concentrations of acids plus retinol with additional peptides and antioxidants for a powerful, fast-acting solution.

When combined with medical aesthetic devices, injectables and surgical procedures, the Marini Peel Systems will strengthen clinical outcomes beyond what can be achieved with any single modality while increasing patient satisfaction for greater patient retention.

<table>
<thead>
<tr>
<th>Marini Peel System</th>
<th>Clarify Peel</th>
<th>Refine Peel</th>
<th>Transform Peel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peel</td>
<td>Salicylic acid Mandelic acid</td>
<td>Lactic acid Salicylic acid Citric acid</td>
<td>Lactic acid Salicylic acid Resorcinol</td>
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<td>Retinol Activator</td>
<td>All-Trans-Retinol Anti-aging Peptides Green Tea Extract Chrysin Alpha Bisabolol NHS</td>
<td>All-Trans-Retinol Anti-aging Peptides Green Tea Extract Chrysin Alpha Bisabolol NHS</td>
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<tr>
<td>Benefits</td>
<td>Acne Skin Types IV-VI Texture Rejuvenation</td>
<td>Rejuvenation Texture Pigmentation Acne Fine Lines</td>
<td>Pigmentation Texture Rejuvenation Fine Lines</td>
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<tr>
<td>Frequency</td>
<td><strong>Acne</strong>: series of 3 to 6 - 2 weeks apart 1 to 2 layers <strong>Skin Types IV-VI</strong>: series of 3 - 3 to 4 weeks apart 2 to 3 layers</td>
<td>Individual treatment, or series of 3 – 3 to 4 weeks apart 1 to 3 layers</td>
<td>Individual treatment, or series of 3 – 3 to 4 weeks apart 1 to 3 layers</td>
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<tr>
<td>Typical Days of Downtime</td>
<td>2 to 5</td>
<td>2 to 5</td>
<td>4 to 7</td>
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<tr>
<td>Skin Types</td>
<td>All Skin Types</td>
<td>All Skin Types</td>
<td>All Skin Types</td>
</tr>
</tbody>
</table>

**Transform Peel should not be used on skin types IV – VI without first acclimating with homecare and Clarify Peel, or physician approval.**
Clarify Peel is ideal for anyone seeking a serious solution for acne and rejuvenation in individuals with oily skin. Lipid soluble salicylic acid and mandelic acid dissolve oil to penetrate into and clear follicles for maximum results. Clarify peel is also a great solution for resurfacing and rejuvenation of ethnic skin. Peel application is followed by a highly concentrated Retinol Activator containing peptides and antioxidants to enhance recovery and overall result.

Clarify Peel is excellent for addressing a variety of concerns in skin types IV – VI. You must first acclimate the skin, however, with proper home care such as Marini Luminate Face Lotion / MD utilized both pre and post peel.

**KEY INGREDIENTS** (see packaging for complete list)

<table>
<thead>
<tr>
<th>Prepping Solution</th>
<th>Clarify Peel</th>
<th>Retinol Activator</th>
</tr>
</thead>
<tbody>
<tr>
<td>4ml of 12ml vial</td>
<td>8ml vial</td>
<td>4ml vial</td>
</tr>
<tr>
<td>Isopropyl Alcohol</td>
<td>Salicylic Acid</td>
<td>Retinol</td>
</tr>
<tr>
<td>Acetone</td>
<td>Mandelic Acid</td>
<td>Palmitoyl Oligopeptide</td>
</tr>
<tr>
<td></td>
<td>SD Alcohol 40-B Alcohol</td>
<td>Palmitoyl Tetrapeptide-7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>sh-Oligopeptide-1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Camellia Oleifera (Green Tea) Leaf Extract</td>
</tr>
<tr>
<td></td>
<td></td>
<td>N-Hydroxysuccinimide</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chrysanthemum Barbinianoid</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SD Alcohol 40-B</td>
</tr>
</tbody>
</table>

**The Marini Peel System packaging includes product for three treatments.**

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Frequency</th>
<th>Social Downtime</th>
<th>Skin Types</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary:</strong> Acne</td>
<td>Acne: Series of 3 - 6</td>
<td>2 to 5 Days</td>
<td>All Skin Types</td>
</tr>
<tr>
<td>&amp; Oily Skin</td>
<td>2 weeks apart</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Secondary:</strong></td>
<td>1 to 2 layers per treatment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Texture</td>
<td>Skin Rejuvenation:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Series of 3 – 3 to 4 weeks</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>apart</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 to 3 layers per treatment</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ADDITIONAL PRODUCTS AND SUPPLIES NEEDED

• C-ESTA Cleansing Gel
• Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45
• Bowl of clean room-temperature water
• 4x4 cotton pads
• 2x2 woven gauze
• Cotton swabs
• Petroleum jelly
• Eye pads

• 2 – straight-edge, synthetic bristled brushes
• 3 – small glass bowls
• Gloves
• Eye protection glasses
• Timer
• Squeeze bottle containing distilled water in case of accidental contact with the person’s eyes
• Small fan (optional)

CONTRAINDICATIONS

Complete a thorough assessment of the patient’s medical history to determine if there are any contraindications or other considerations before applying this peel. For returning patients, check for any updates to their medical history.

Do not perform this peel on anyone with any of the following contraindications:

• Active viral or bacterial infections
• Open lesions or cold sores
• Atopic dermatitis/eczema
• Recent chemotherapy or radiation treatment
• Sunburned skin
• Inflammatory rosacea
• Oral Isotretinoin (Accutane) use within the last year
• Salicylate allergies or known allergy to an ingredient in the peel formulation, or in any product used at home or in the treatment.
• Pregnancy or breast feeding
• History of complications associated with scarring
• Delayed wound healing

Those with pre-existing medical conditions should consult with their physician prior to receiving any peels.

If a person has had surgical, laser, injectables or any other type of medical procedures, the area of treatment should be completely healed before beginning peels.

The peel may be applied to the face, neck, décolleté, shoulders, arms and hands in separate applications. Never apply the peel to multiple areas in the same office visit.

Caution should be taken when applying to neck and décolleté as these are more delicate and sensitive areas. Peel solution should not be directly applied over the throat section of the neck and less pressure should be used during application.

Please note that non-facial areas can take longer to heal and are therefore more susceptible to complications or infection. These areas might also need additional peels for more significant results.

Numbing creams can reduce the patient discomfort level during the protocol but can also alter skin response. Even though a person might not feel as much discomfort, allow a minimum of 7 minutes for any frosting to surface before moving on to additional layers of peel or Retinol Activator to avoid over treating the skin.
Make sure to completely remove the numbing cream before proceeding with application of the peel. Any numbing cream remaining on the skin will reduce penetration and efficacy of the peel. Numbing creams can be challenging to remove, and numbing effect will begin to decrease as soon as removed from the skin. Remove excess cream first with dry 4x4s before cleansing and moving into Prepping Solution.

PRIOR TO PROTOCOL

- Review the patient’s full medical history to determine if there are any potential contraindications for the peel.
- Obtain a consent form and a release for photographs.
- It is best to prepare the skin with proper home care products containing resurfacing agents such as glycolic acid or retinol for 3 to 4 weeks prior to a peel application. This will help acclimate the skin for superior results and recovery.
- Preparation is particularly important for anyone at risk of hyperpigmentation. Products such as Marini Luminate Face Lotion / MD should be incorporated into their home care program both pre and post peel.
- When discussing a skincare program, inform the patient that sensitivities and response may vary and explain the potential downtime they can expect. An individual could experience mild flaking to peeling skin for 2 to 5 days after a Clarify Peel.
- Instruct any patient who is using retinoid to suspend use 1 to 3 days prior to the peel application.
- Supply the patient with after-care instructions.

APPLICATION INSTRUCTIONS

CLEANSE

1. Cleanse with C-ESTA Cleansing Gel to remove facial makeup.

2. Perform a second cleanse using 2x2 woven gauze with medium pressure to lightly abrade the skin. If a person has sensitive skin, or is a higher Fitzpatrick type, avoid using gauze, or use Clean Zyme for a milder option.

PREPPING SOLUTION

3. Pour approximately 4ml, or 1/3 of the vial, of prepping solution into a glass dish and immediately re-stopper the vial. Saturate a 2x2 gauze and apply using medium to firm pressure in the following manner:
   - Start at the forehead around the outer sides of the face down to the jaw line and chin.
   - Fill in down the nose, across the cheekbones and fill in the cheek area.
   - Finish over the top of the upper lip.

The prepping solution contains isopropyl alcohol and acetone which can emit fumes as it evaporates from the skin. Use of a fan is optional to help reduce fumes and increase the comfort level of your patient.

PROTECTION

4. Use petroleum jelly to protect the mucous membranes around the eye area, folds of the nose and the lips prior to beginning application of any peel. **Please note:** never apply the peel inside the orbital rim around the eye.
5. Apply eye pads for added protection to prevent the peel from dripping or running into the eyes.

**CLARIFY PEEL SOLUTION**

6. Explain to your patient what they can expect in relation to sensations of heat, stinging and discomfort during the peel application.

Describe the scale of 1 to 10 to them.

- 0 is no discomfort
- 3 is a typical sunburn
- 5 is moderate discomfort
- 7 is significant discomfort
- 10 is severe discomfort

The typical response after the first pass of the Clarify Peel ranges from 3 to 7, and decreases on subsequent passes.

7. Pour 1/3 to 1/2 of the vial of Clarify Peel into a glass dish, immediately re-stopper the vial and set a timer.

8. Tell your patient you are ready to begin and use a brush to apply the peel in the same pattern and direction as the prepping solution.

9. After completing the first pass, note the time on the timer and monitor the person’s response over the next 5 minutes.

10. Check in with your patient every 1-1/2 to 2 minutes to determine their level of discomfort on the scale of 1 to 10. Discomfort could increase within the first 5 minutes after application.

**PLEASE NOTE:** If your patient has sensitive skin or larger areas of frosting during the first pass, STOP after the first pass and move directly to application of the Retinol Activator.

Otherwise, if the person handled the first pass well and their discomfort level has dropped to a 2 or 3, you can proceed with another layer. If any small areas frosted during application of the first pass, do not apply the peel to those areas when applying another layer.

Wait a minimum of 7 minutes prior to applying another layer if numbing cream was used.

11. When applying a second layer, pour another 1/3 to 1/2 of the peel into the glass dish, immediately re-stopper the vial and begin your next pass over the skin in the same pattern and direction as before.

12. Make note of the time again and check in with your patient to determine their level of discomfort over the next 5 minutes. You will often find that discomfort begins to decrease sooner after subsequent passes.

13. A third pass can be applied to those with more advanced skin concerns who require a more aggressive peel and have not frosted in large areas. Smaller areas of damage can also be spot treated with 2x2 gauze or a cotton swab if these areas have not frosted.
14. When a person’s level of discomfort decreases to a 2 or 3 on the scale of 1 to 10, apply the Retinol Activator. Wait a minimum of 7 minutes prior to application if numbing cream was used.

RETINOL ACTIVATOR
The Retinol Activator is a thinner, less viscous, liquid that is more likely to “run”, or move more quickly over the skin. Make note of this to adjust during application. Use less liquid on the applicator when applying down the bridge of the nose and around the eyes.

The sensation is also different for the patient. The heat sensation increases more rapidly and the patient will likely report a higher initial number on the scale of 1 to 10. Describe the difference in sensation to the patient in order to manage their expectations.

15. Pour the Retinol Activator into a clean glass dish and immediately re-stopper the vial. Use a clean applicator brush and set the timer. Apply in the same direction and pattern as the prepping solution and peel.

16. When application is complete, make note of the time again and check in with your patient to determine their level of discomfort over the next 5 minutes. After patient discomfort has declined to a 2 or 3 on a scale of 1 to 10, you can complete the protocol.

17. Please note that you do not remove this peel, or apply any serums or masks over it.

PROTOCOL COMPLETION
18. Remove eye pads and use soft, dry 4x4s to gently remove any petroleum jelly around the eyes, nose and mouth.

19. Apply sun protection liberally in a patting motion to prevent the spread and transfer of the Retinol Activator into other areas such as the eye area. A person might experience a stinging sensation after application of sunscreen. This is normal.

AFTER CARE INSTRUCTIONS
18. Advise your patients to avoid washing their face for a minimum of 4 hours after peel application. When cleansing after that timeframe, they should use a gentle cleanser such as Age Intervention Gentle Cleanser.

19. Patients should avoid sun exposure and apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily.

20. The combination of peptides and antioxidants in the Retinol Activator can reduce the appearance of redness for several hours post peel. Inform your patient that they might then experience increased redness several hours after the peel.

21. Recommend Age Intervention Peptide Extreme for additional hydration and recovery benefits. Hydrating and/or occlusive products designed for sensitized skin that has undergone a peel may improve the post-procedure experience and recovery. Keep in mind, however, that the skin will be highly sensitized to many products over the next 2 to 5 days.

The Post-Procedure section of this manual provides charts for additional support in choosing the best products to use during recovery.

22. Remind your patient that mild flaking to peeling typically occurs for approximately 2 to 5 days.
23. Patients should not use abrasive products or brushes, or have treatments such as facials or other procedures for 3 to 5 days after the peel application.

24. Recommend Clean Zyme and Skin Zyme to gently remove any flaking or peeling skin and prevent your patient from picking or pulling at loose skin. Picking at flaking and peeling skin can prolong downtime and cause scarring.

25. Insist that patients contact you if they have any questions or concerns.

26. Always follow-up with your patient 24 hours after the peel.

Please Note: Each vial of the peel and Retinol Activator is only intended to perform a single protocol. Once the peel is opened, you may notice some crystallization in the neck of the vial around the stopper. This is normal. However, if excess crystals are noticed in the liquid, discard the contents and use a new vial. The Retinol Activator begins to degrade once it is opened and exposed to air. Both the peel and Retinol Activator should be discarded 24 hours after opening.

CAUTION
For external use only. Use extreme care when handling these acid solutions. Use gloves, protective clothing and eyewear. Please follow all instructions carefully. Avoid contact with eyes or mucous membranes. If contact with eyes occurs, flush with large amounts of cool, clear water for at least 15 minutes. If redness, irritation, or excessive stinging develops or persists, consult your physician or go to an urgent care/emergency room. Do not allow this product to be used at home. Keep out of reach of children.

For further assistance, please contact our Technical Support department at 1-408-620-3600.
The Refine Peel is designed for individuals of all skin types who are seeking more significant skin rejuvenation in fewer applications than a progressive glycolic series, and with less downtime than more aggressive procedures. Peel application is followed by a highly concentrated Retinol Activator containing peptides and antioxidants to enhance recovery and overall result.

**KEY INGREDIENTS** (see packaging for complete list)

<table>
<thead>
<tr>
<th>Prepping Solution</th>
<th>Refine Peel</th>
<th>Retinol Activator</th>
</tr>
</thead>
<tbody>
<tr>
<td>4ml of 12ml vial</td>
<td>8ml vial</td>
<td>4ml vial</td>
</tr>
<tr>
<td>Isopropyl Alcohol</td>
<td>Lactic Acid</td>
<td>Retinol</td>
</tr>
<tr>
<td>Acetone</td>
<td>Salicylic Acid</td>
<td>Palmitoyl Oligopeptide</td>
</tr>
<tr>
<td></td>
<td>Citric Acid</td>
<td>Palmitoyl Tetrapeptide-7</td>
</tr>
<tr>
<td></td>
<td>SD Alcohol 40-B</td>
<td>sh-Oligopeptide-1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Camellia Oleifera (Green Tea) Leaf Extract</td>
</tr>
<tr>
<td></td>
<td></td>
<td>N-Hydroxysuccinimide</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chrysin</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SD Alcohol 40-B</td>
</tr>
</tbody>
</table>

**The Marini Peel System packaging includes product for three treatments.**

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Frequency</th>
<th>Social Downtime</th>
<th>Skin Types</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary:</strong> Skin Rejuvenation</td>
<td><strong>Secondary:</strong> Texture Pigmentation Acne Fine Lines</td>
<td>Series of 3 - 3 to 4 weeks apart</td>
<td>*1 to 2 layers per treatment</td>
</tr>
</tbody>
</table>

**ADDITIONAL PRODUCTS AND SUPPLIES NEEDED**

- C-ESTA Cleansing Gel
- Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45
- Bowl of clean room-temperature water
- 4x4 cotton pads
- 2x2 woven gauze
- Cotton swabs
- Petroleum jelly
- Eye pads

- 2 – straight-edge, synthetic bristled brushes
- 3 – small glass bowls
- Gloves
- Eye protection glasses
- Timer
- Squeeze bottle containing distilled water in case of accidental contact with the person’s eyes
- Small fan (optional)
CONTRAINDICATIONS
Complete a thorough assessment of the patient’s medical history to determine if there are any contraindications or other considerations before applying this peel. For returning patients, check for any updates to their medical history.

Do not perform this peel on anyone with any of the following contraindications:
- Active viral or bacterial infections
- Open lesions or cold sores
- Atopic dermatitis/eczema
- Recent chemotherapy or radiation treatment
- Sunburned skin
- Inflammatory rosacea
- Oral Isotretinoin (Accutane) use within the last year
- Salicylate allergies or known allergy to an ingredient in the peel formulation, or in any product used at home or in the treatment.
- Pregnancy or breast feeding
- History of complications associated with scarring
- Delayed wound healing

Those with pre-existing medical conditions should consult with their physician prior to receiving any peels.

If a person has had surgical, laser, injectables or any other type of medical procedures, the area of treatment should be completely healed before beginning peels.

The peel may be applied to the face, neck, décolleté, shoulders, arms and hands in separate applications. Never apply the peel to multiple areas in the same office visit.

Caution should be taken when applying to neck and décolleté as these are more delicate and sensitive areas. Peel solution should not be directly applied over the throat section of the neck and less pressure should be used during application.

Please note that non-facial areas can take longer to heal and are therefore more susceptible to complications or infection. These areas might also need additional peels for more significant results.

Numbing creams can reduce the patient discomfort level during the protocol but can also alter skin response. Even though a person might not feel as much discomfort, allow a minimum of 7 minutes for any frosting to surface before moving on to additional layers of peel or Retinol Activator to avoid over treating the skin.

Make sure to completely remove the numbing cream before proceeding with application of the peel. Any numbing cream remaining on the skin will reduce penetration and efficacy of the peel. Numbing creams can be challenging to remove, and numbing effect will begin to decrease as soon as removed from the skin. Remove excess cream first with dry 4x4s before cleansing and moving into Prepping Solution.

PRIOR TO PROTOCOL
- Review the patient’s full medical history to determine if there are any potential contraindications for the peel.
- Obtain a consent form and a release for photographs.
- It is best to prepare the skin with proper home care products containing resurfacing agents such as glycolic acid or retinol for 3 to 4 weeks prior to a peel application. This will help acclimate the skin for superior results and recovery.
• Preparation is particularly important for anyone at risk of hyperpigmentation. Products such as Marini Luminate Face Lotion / MD should be incorporated into their home care program both pre and post peel.

• When discussing a skincare program, inform the patient that sensitivities and response may vary and explain the potential downtime they can expect. An individual could experience mild flaking to peeling skin for 2 to 5 days after a Refine Peel.

• Instruct any person who is using retinoid to suspend use 1 to 3 days prior to the peel application.

• Supply the patient with after-care instructions.

APPLICATION INSTRUCTIONS

CLEANSE
1. Cleanse with C-ESTA Cleansing Gel to remove facial makeup.

2. Perform a second cleanse using 2x2 woven gauze with medium pressure to lightly abrade the skin. If a person has sensitive skin, or is a higher Fitzpatrick type, avoid using gauze, or use Clean Zyme for a milder option.

PREPPING SOLUTION
3. Pour approximately 4ml, or 1/3 of the vial, of prepping solution into a glass dish and immediately re-stopper the vial. Saturate a 2x2 gauze and apply using medium to firm pressure in the following manner:
   • Start at the forehead around the outer sides of the face down to the jaw line and chin.
   • Fill in down the nose, across the cheekbones and fill in the cheek area.
   • Finish over the top of the upper lip.

   The prepping solution contains isopropyl alcohol and acetone which can emit fumes as it evaporates from the skin. Use of a fan is optional to help reduce fumes and increase the comfort level of your patient.

PROTECTION
4. Use petroleum jelly to protect the mucous membranes around the eye area, folds of the nose and the lips prior to beginning application of any peel. Please note: never apply the peel inside the orbital rim around the eye.

5. Apply eye pads for added protection to prevent the peel from dripping or running into the eyes.

REFINE PEEL SOLUTION
6. Explain to your patient what they can expect in relation to sensations of heat, stinging and discomfort during the peel application.

   Describe the scale of 1 to 10 to them.
   • 0 is no discomfort
   • 3 is a typical sunburn
   • 5 is moderate discomfort
   • 7 is significant discomfort
   • 10 is severe discomfort

   The typical response after the first pass of the Refine Peel ranges from 3 to 7, and decreases on subsequent passes.
7. Pour 1/3 to 1/2 of the vial of Refine Peel into a glass dish, immediately re-stopper the vial and set a timer.

8. Tell your patient you are ready to begin and use a brush to apply the peel in the same pattern and direction as the prepping solution.

9. After completing the first pass, note the time on the timer and wait a minimum of 5 minutes before applying another layer.

10. Check in with your patient every 1-1/2 to 2 minutes to determine their level of discomfort on the scale of 1 to 10. Discomfort could increase within the first 5 minutes after application.

   PLEASE NOTE: If your patient has sensitive skin, larger areas of frosting during the first pass, or this is their first peel, STOP after the first pass and move directly to application of the Retinol Activator.

   Otherwise, if the person handled the first pass well and their discomfort level has dropped to a 2 or 3, you can proceed with another layer. If any small areas frosted during application of the first pass, do not apply the peel to those areas when applying another layer.

   Wait a minimum of 7 minutes prior to applying another layer if numbing cream was used.

11. When applying a second layer, pour another 1/3 to 1/2 of the peel into the glass dish, immediately re-stopper the vial and begin your next pass over the skin in the same pattern and direction as before.

12. Make note of the time again and check in with your patient to determine their level of discomfort over the next 5 minutes. You will often find that discomfort begins to decrease sooner after subsequent passes.

13. When a person’s level of discomfort decreases to a 2 or 3 on the scale of 1 to 10, apply the Retinol Activator. Wait a minimum of 7 minutes prior to application if numbing cream was used.

**RETINOL ACTIVATOR**

The Retinol Activator is a thinner, less viscous, liquid that is more likely to “run”, or move more quickly over the skin. Make note of this to adjust during application. Use less liquid on the applicator when applying down the bridge of the nose and around the eyes.

The sensation is also different for the patient. The heat sensation increases more rapidly and the person will likely report a higher initial number on the scale of 1 to 10. Describe the difference in sensation to the patient in order to manage their expectations.

14. Pour the Retinol Activator into a clean glass dish and immediately re-stopper the vial. Use a clean applicator brush and set the timer. Apply in the same direction and pattern as the prepping solution and peel.

15. When application is complete, make note of the time again and check in with your patient to determine their level of discomfort over the next 5 minutes. After patient discomfort has declined to a 2 or 3 on a scale of 1 to 10, you can complete the protocol.

16. Please note that you **do not remove this peel**, or apply any serums or masks over it.
PROTOCOL COMPLETION

17. Remove eye pads and use soft, dry 4x4s to gently remove any petroleum jelly around the eyes, nose and mouth.

18. Apply sun protection liberally in a patting motion to prevent the spread and transfer of the Retinol Activator into other areas such as the eye area. A person might experience a stinging sensation after application of sunscreen. This is normal.

AFTER CARE INSTRUCTIONS

19. Advise your patients to avoid washing their face for a minimum of 4 hours after peel application. When cleansing after that timeframe, they should use a gentle cleanser such as Age Intervention Gentle Cleanser.

20. Individuals should avoid sun exposure and apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily.

21. The combination of peptides and antioxidants in the Retinol Activator can reduce the appearance of redness for several hours post peel. Inform the person that they might then experience increased redness several hours after the peel.

22. Recommend Age Intervention Peptide Extreme for additional hydration and recovery benefits. Hydrating and/or occlusive products designed for sensitized skin that has undergone a peel may improve the post-procedure experience and recovery. Keep in mind, however, that the skin will be highly sensitized to many products over the next 2 to 5 days.

The Post-Procedure section of this manual provides charts for additional support in choosing the best products to use during recovery.

23. Remind your patient that flaking and peeling typically occurs for approximately 2 to 5 days.

24. Instruct individuals not to use any resurfacing products, abrasives or brushes for 3 to 5 days after the peel application.

25. Recommend Clean Zyme and Skin Zyme to gently remove any flaking or peeling skin and prevent your patient/client from picking or pulling at loose skin. Picking at flaking and peeling skin can prolong downtime and cause scarring.

26. Insist that patients contact you if they have any questions or concerns.

27. Always follow-up with your patient/client 24 hours after the peel.

Please Note: Each vial of the peel and Retinol Activator is only intended to perform a single protocol. Once the peel is opened, you may notice some crystallization in the neck of the vial around the stopper. This is normal. However, if excess crystals are noticed in the liquid, discard the contents and use a new vial. The Retinol Activator begins to degrade once it is opened and exposed to air. Both the peel and Retinol Activator should be discarded 24 hours after opening.

CAUTION
For external use only. Use extreme care when handling these acid solutions. Use gloves, protective clothing and eyewear. Please follow all instructions carefully. Avoid contact with eyes or mucous membranes. If contact with eyes occurs, flush with large amounts of cool, clear water for at least 15 minutes. If redness, irritation, or excessive stinging develops or persists, consult...
your physician or go to an urgent care/emergency room. Do not allow this product to be used at home. Keep out of reach of children.

For further assistance, please contact our Technical Support department at 1-408-620-3600.
Transform Peel is the most aggressive of the three Marini Peel Systems. It is an excellent solution to address pigmentation and advanced sun damage while providing overall skin rejuvenation. Peel application is followed by a highly concentrated Retinol Activator containing peptides and antioxidants to enhance recovery and overall result. Due to its aggressive nature, the Transform Peel should not be used on skin types IV-VI without first acclimating the skin and assessing response using a Clarify Peel and homecare.

**KEY INGREDIENTS (see packaging for complete list)**

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<td>Salicylic Acid</td>
<td>Palmitoyl Oligopeptide</td>
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<td>Resorcinol</td>
<td>Palmitoyl Tetrapeptide-7</td>
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<td>SD Alcohol 40-B</td>
<td>sh-Oligopeptide-1</td>
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</tr>
</tbody>
</table>

**The Marini Peel System packaging includes product for three individual treatments.**

**Primary Benefits** | **Frequency** | **Social Downtime** | **Skin Types**
---|---|---|---
Pigmentation | Series of 3 - 3 to 4 weeks apart | 4 to 7 Days | All Skin Types
Texture | *1 to 3 layers per treatment | | Transform Peel should not be used on skin types IV – VI without first acclimating with home care and Clarify Peel, or with Physician approval.
Skin Rejuvenation |
Fine Lines |

**ADDITIONAL PRODUCTS AND SUPPLIES NEEDED**

- C-ESTA Cleansing Gel
- Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45
- Bowl of clean room-temperature water
- 4x4 cotton pads
- 2x2 woven gauze
- Cotton swabs
- Petroleum jelly
- Eye pads

- 2 – straight-edge, synthetic bristled brushes
- 3 – small glass bowls
- Gloves
- Eye protection glasses
- Timer
- Squeeze bottle containing distilled water in case of accidental contact with the person’s eyes
- Small fan (optional)
CONTRAINDICATIONS
Complete a thorough assessment of the patient’s medical history to determine if there are any contraindications or other considerations before applying this peel. For returning patients, check for any updates to their medical history.

Do not perform this peel on anyone with any of the following contraindications:
- Active viral or bacterial infections
- Open lesions or cold sores
- Atopic dermatitis/eczema
- Recent chemotherapy or radiation treatment
- Sunburned skin
- Inflammatory rosacea
- Oral Isotretinoin (Accutane) use within the last year
- Salicylate allergies or known allergy to an ingredient in the peel formulation, or in any product used at home or in the treatment.
- Pregnancy or breast feeding
- History of complications associated with scarring
- Delayed wound healing

Those with pre-existing medical conditions should consult with their physician prior to receiving any peels.

If a person has had surgical, laser, injectables or any other type of medical procedures, the area of treatment should be completely healed before beginning peels.

The peel may be applied to the face, neck, décolleté, shoulders, arms and hands in separate applications. Never apply the peel to multiple areas in the same office visit.

Caution should be taken when applying to neck and décolleté as these are more delicate and sensitive areas. Peel solution should not be directly applied over the throat section of the neck and less pressure should be used during application.

Please note that non-facial areas can take longer to heal and are therefore more susceptible to complications or infection. These areas might also need additional peels for more significant results.

Numbing creams can reduce the patient discomfort level during the protocol but can also alter skin response. Even though a person might not feel as much discomfort, allow a minimum of 7 minutes for any frosting to surface before moving on to additional layers of peel or Retinol Activator to avoid over treating the skin.

Make sure to completely remove the numbing cream before proceeding with application of the peel. Any numbing cream remaining on the skin will reduce penetration and efficacy of the peel. Numbing creams can be challenging to remove, and numbing effect will begin to decrease as soon as removed from the skin. Remove excess cream first with dry 4x4s before cleansing and moving into Prepping Solution.

PRIOR TO PROTOCOL
- Review full medical history to determine if there are any potential contraindications for the peel.
- Obtain a consent form and a release for photographs.
- It is best to prepare the skin with proper home care products containing resurfacing agents such as glycolic acid or retinol for 3 to 4 weeks prior to a peel application. This will help acclimate the skin for superior results and recovery.
• Preparation is particularly important for anyone at risk of hyperpigmentation. Products such as Marini Luminate Face Lotion / MD should be incorporated into their home care program both pre and post peel.

• When discussing a skincare program, inform the patient that sensitivities and response may vary and explain the potential downtime they can expect. An individual could experience downtime for up to 7 days with the Transform Peel. Skin could appear to darken and tighten in the first 2 days and begin peeling at the peri-oral area, moving outwards across the face between days 2 through 7.

• Instruct any patient who is using retinoid to suspend use 1 to 3 days prior to the peel application.

• Supply the patient with after-care instructions.

APPLICATION INSTRUCTIONS

CLEANSE
1. Cleanse with C-ESTA Cleansing Gel to remove facial makeup.

2. Perform a second cleanse using 2x2 woven gauze with medium pressure to lightly abrade the skin. If a person has sensitive skin, or is a higher Fitzpatrick type, avoid using gauze, or use Clean Zyme for a milder option.

PREPPING SOLUTION
3. Pour approximately 4ml, or 1/3 of the vial, of prepping solution into a glass dish and immediately re-stopper the vial. Saturate a 2x2 gauze and apply using medium to firm pressure in the following manner:
   • Start at the forehead around the outer sides of the face down to the jaw line and chin.
   • Fill in down the nose, across the cheekbones and fill in the cheek area.
   • Finish over the top of the upper lip.

The prepping solution contains isopropyl alcohol and acetone which can emit fumes as it evaporates from the skin. Use of a fan is optional to help reduce fumes and increase the comfort level of your patient.

PROTECTION
4. Use petroleum jelly to protect the mucous membranes around the eye area, folds of the nose and the lips prior to beginning application of any peel. Please note: never apply the peel inside the orbital rim around the eye.

5. Apply eye pads for added protection to prevent the peel from dripping or running into the eyes.

TRANSFORM PEEL SOLUTION
6. Explain to your patient what they can expect in relation to sensations of heat, stinging and discomfort during the peel application.

Describe the scale of 1 to 10 to them.
• 0 is no discomfort
• 3 is a typical sunburn
• 5 is moderate discomfort
• 7 is significant discomfort
• 10 is severe discomfort
The typical response after the first pass of the Transform Peel ranges from 5 to 9, and decreases on subsequent passes.

7. Pour 1/3 to 1/2 of the vial of Transform Peel into a glass dish, immediately re-stopper the vial and set a timer.

8. Tell your patient you are ready to begin and use a brush to apply the peel in the same pattern and direction as the prepping solution.

9. After completing the first pass, note the time on the timer and monitor the person's response over the next 5 minutes.

10. Check in with your patient every 1-1/2 to 2 minutes to determine their level of discomfort on the scale of 1 to 10. Discomfort could increase within the first 5 minutes after application.

PLEASE NOTE: If your patient has sensitive skin or larger areas of frosting during the first pass, STOP after the first pass and move directly to application of the Retinol Activator.

Otherwise, if the person handled the first pass well and their discomfort level has dropped to a 2 or 3, you can proceed with another layer. If any small areas frosted during application of the first pass, do not apply the peel to those areas when applying another layer.

Wait a minimum of 7 minutes prior to applying another layer if numbing cream was used.

11. When applying a second layer, pour another 1/3 to 1/2 of the peel into the glass dish, immediately re-stopper the vial and begin your next pass over the skin in the same pattern and direction as before.

12. Make note of the time again and check in with your patient to determine their level of discomfort over the next 5 minutes. You will often find that discomfort begins to decrease sooner after subsequent passes.

13. A third pass can be applied to those with more advanced sun damage who require a more aggressive peel and have not frosted in large areas. Smaller areas of damage can also be spot treated with 2x2 gauze or a cotton swab if these areas have not frosted.

14. When a person’s level of discomfort decreases to a 2 or 3 on the scale of 1 to 10, apply the Retinol Activator. Wait a minimum of 7 minutes prior to application if numbing cream was used.

RETINOL ACTIVATOR

The Retinol Activator is a thinner, less viscous, liquid that is more likely to “run”, or move more quickly over the skin. Make note of this to adjust during application. Use less liquid on the applicator when applying down the bridge of the nose and around the eyes.

The sensation is also different for the patient. The heat sensation increases more rapidly and they may report a higher initial number on the scale of 1 to 10. Describe the difference in sensation to the patient in order to manage their expectations.

15. Pour the Retinol Activator into a clean glass dish and immediately re-stopper the vial. Use a clean applicator brush and set the timer. Apply in the same direction and pattern as the prepping solution and peel.
16. When application is complete, make note of the time again and check in with your patient to determine their level of discomfort over the next 5 minutes. After patient discomfort has declined to a 2 or 3 on a scale of 1 to 10, you can complete the protocol.

17. Please note that you do not remove this peel, or apply any serums or masks over it.

**PROTOCOL COMPLETION**

18. Remove eye pads and use soft, dry 4x4s to gently remove any petroleum jelly around the eyes, nose and mouth.

19. Apply sun protection liberally in a patting motion to prevent the spread and transfer of the Retinol Activator into other areas such as the eye area. A person might experience a stinging sensation after application of sunscreen. This is normal.

**AFTER CARE INSTRUCTIONS**

20. Advise your patients to avoid washing their face for a minimum of 4 hours after peel application. When cleansing after that timeframe, they should use a gentle cleanser such as Age Intervention Gentle Cleanser.

21. Patients should avoid sun exposure and apply Antioxidant Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily.

22. The combination of peptides and antioxidants in the Retinol Activator can reduce the appearance of redness for several hours post peel. Inform your patient that they might then experience increased redness several hours after the peel.

23. Recommend Marini BioShield or Age Intervention Peptide Extreme for additional hydration and recovery benefits. Occlusive and/or hydrating products designed for sensitized skin that has undergone a peel may improve the post-procedure experience and recovery. Keep in mind, however, that the skin will be highly sensitized to many products over the next 2 to 5 days.

**The Post-Procedure section of this manual provides charts for additional support in choosing the best products to use during recovery.**

24. Remind your patient that peeling typically occurs for up to 7 days.

25. Patients should not use abrasive products or brushes, or have treatments such as facials or other procedures for a minimum of 5 to 7 days after the Transform Peel.

26. Recommend Clean Zyme and Skin Zyme to gently remove any flaking or peeling skin and prevent your patient from picking or pulling at loose skin. Picking at flaking and peeling skin can prolong downtime and cause scarring.

27. Insist that patients contact you if they have any questions or concerns.

28. Always follow-up with your patient 24 hours after the peel.

**Please Note:** Each vial of the peel and Retinol Activator is only intended to perform a single protocol. Once the peel is opened, you may notice some crystallization in the neck of the vial around the stopper. This is normal. However, if excess crystals are noticed in the liquid, discard the contents and use a new vial. The Retinol Activator begins to degrade once it is opened and exposed to air. Both the peel and Retinol Activator should be discarded 24 hours after opening.
CAUTION
For external use only. Use extreme care when handling these acid solutions. Use gloves, protective clothing and eyewear. Please follow all instructions carefully. Avoid contact with eyes or mucous membranes. If contact with eyes occurs, flush with large amounts of cool, clear water for at least 15 minutes. If redness, irritation, or excessive stinging develops or persists, consult your physician or go to an urgent care/emergency room. Do not allow this product to be used at home. Keep out of reach of children.

For further assistance, please contact our Technical Support department at 1-408-620-3600.
# Post-Procedure Products - During Recovery Phase

<table>
<thead>
<tr>
<th>Cleanser</th>
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</thead>
<tbody>
<tr>
<td>Age Intervention Gentle Cleanser</td>
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<tr>
<td>• Non-irritating gentle cleanser</td>
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<table>
<thead>
<tr>
<th>Hydration / Recovery</th>
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<tbody>
<tr>
<td><strong>Lighter-weight Hydrator</strong></td>
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<tr>
<td>Peptide Extreme</td>
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<tr>
<td>• Good for all skin types, including acne and oily skin</td>
</tr>
<tr>
<td>• Highly concentrated hydrators in a light weight formula</td>
</tr>
<tr>
<td>• Anti-aging peptides maximize results</td>
</tr>
<tr>
<td>• Antioxidants help soothe skin</td>
</tr>
<tr>
<td>Marini BioShield</td>
</tr>
<tr>
<td>• Occlusive - barrier protection</td>
</tr>
<tr>
<td>• Non-petrolatum</td>
</tr>
<tr>
<td>• Growth Factors and peptides speed recovery and enhance anti-aging results</td>
</tr>
<tr>
<td>• Anti-inflammatory to reduce erythema and downtime</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunscreen / SPF</th>
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</thead>
<tbody>
<tr>
<td>Marini Physical Protectant SPF 45</td>
</tr>
<tr>
<td>• Universal tint</td>
</tr>
<tr>
<td>• Broad spectrum protection with added antioxidant protection</td>
</tr>
<tr>
<td>Antioxidant Daily SPF 33</td>
</tr>
<tr>
<td>• Advanced hydration</td>
</tr>
<tr>
<td>• Broad spectrum protection with added antioxidant protection</td>
</tr>
</tbody>
</table>
### Selecting the Best Recovery Products

<table>
<thead>
<tr>
<th></th>
<th>Progressive Glycolic / IPL</th>
<th>Mild Marini Peel</th>
<th>Moderate Marini Peel</th>
<th>Fractional Non-ablative</th>
<th>PDT</th>
<th>Fractional Ablative Resurfacing</th>
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</thead>
<tbody>
<tr>
<td>Peptide Extreme</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td>Marini BioShield</td>
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<tr>
<td>Daily Face Protectant</td>
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<td>✔</td>
<td>✔</td>
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<tr>
<td>Marini Physical Protectant</td>
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Complimentary Products

- **Clean Zyme / Skin Zyme**
  - Enzymes for proteolysis of dead tissue
  - Speed sloughing post peel
  - Prevent damage from picking / peeling

- **Luminate Face Lotion / MD**
  - Unique peptide, colorless turmeric and multiple, highly concentrated tyrosinase inhibitors to address the various processes involved in excess melanin formation
  - Retinol and peptides to enhance results
  - Concentrated antioxidants and anti-inflammatory benefits
  - pH close to that of the skin
  - Excellent for Fitzpatrick III-VI in conjunction with treatments

- **Retinol Plus / MD**
  - Retinol and peptides to enhance results
  - Concentrated antioxidants and anti-inflammatory benefits
  - pH close to that of the skin

- **Duality / MD**
  - Retinol and peptides to enhance results
  - Highly micronized benzoyl peroxide
  - Concentrated antioxidants and anti-inflammatory benefits
  - pH close to that of the skin
**Progressive Glycolic Peels**  
**Microdermabrasion**  
*(Zero downtime procedures)*

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<thead>
<tr>
<th>Recovery</th>
<th>Long-Term Post Care: Enhanced Results and Maintenance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Skin Care Management System</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Bioglycolic Cleanser</strong></td>
</tr>
<tr>
<td>Treatment Day (Day 1)</td>
<td>+</td>
</tr>
<tr>
<td>Day 2</td>
<td>+</td>
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<tr>
<td>Day 3</td>
<td>+</td>
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<tr>
<td>Day 4</td>
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</tbody>
</table>

*+ = Good for application

**X** = Probable irritation, sensitivity

+/- = Possible sensitivity

* See Post-Procedure Products During Recovery Phase
# Marini Peel System - Mild IPL / Pulsed Light / BBL

## Recovery

<table>
<thead>
<tr>
<th>Treatment Day (Day 1)</th>
<th>Recovery / Sloughing (Days 2-3)</th>
<th>Recovery / Sloughing (Days 4-5)</th>
<th>Long-Term Care (1 Week Post Tx)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentle Cleanser</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Hydrator*</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>SPF*</td>
<td>+</td>
<td>+/-</td>
<td>+</td>
</tr>
<tr>
<td>Clean Zyme / Skin Zyme</td>
<td>X</td>
<td>X</td>
<td>X</td>
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</tbody>
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## Long-Term Post Care: Enhanced Results and Maintenance

<table>
<thead>
<tr>
<th>Skin Care Management System</th>
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<tr>
<td>Bioglycolic Cleanser</td>
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<tr>
<td>X</td>
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<tr>
<td>X</td>
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<tr>
<td>+/-</td>
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</tbody>
</table>

### Notes:

- **+** = Good for application
- **X** = Probable irritation, sensitivity
- **+/-** = Possible sensitivity

*See Post-Procedure Products During Recovery Phase*
## Marini Peel System – Moderate
### Fractional non-ablative, Resurfacing <40 microns, PDT
(Examples: 1540nm, 1440nm, Fraxel (Not CO₂), MicroPeel, Affirm, etc.)

<table>
<thead>
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<th>Recovery</th>
<th>Long-Term Post Care: Enhanced Results and Maintenance</th>
<th>Skin Care Management System</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Gentle Cleanser</td>
<td>BioShield</td>
<td>SPF*</td>
</tr>
<tr>
<td>Treatment Day (Day 1)</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Sloughing (Days 2-5)</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Peeling Finished (1 Week Post Tx)</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Long-Term Care (2 Weeks Post Tx)</td>
<td>+</td>
<td>+</td>
<td>+</td>
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</tbody>
</table>

* + = Good for application
  
* X = Probable irritation, sensitivity
  
* +/- = Possible sensitivity – usage determined by office

* See Post-Procedure Products During Recovery Phase
Ablative Resurfacing
(CO₂, Fractional CO₂, Erbium:YAG, YSGG)
Examples: DOT, Pixel, Pearl, Active FX, SmartXide, Matrix RF

<table>
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<tr>
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<td>Bioglycolic Cleanser</td>
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<tr>
<td>Treatment Day (Day 1)</td>
<td>X</td>
</tr>
<tr>
<td>Sloughing (Days 2-5)</td>
<td>X</td>
</tr>
<tr>
<td>Peeling Finished (5-7 days Post Tx)</td>
<td>+</td>
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<tr>
<td>Downtime Finished (10-20 days Post Tx)</td>
<td>+</td>
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* = Good for application

X = Probable irritation, sensitivity

+/- = Possible sensitivity – usage determined by office

* See Post-Procedure Products During Recovery Phase
# Professional Peel FAQ - Quick Reference

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Q: Who can benefit from a Jan Marini Skin Research Peel?

A: JMSR offers multiple peel solutions ranging from progressive zero-downtime glycolic peels to mild and moderate clinical peels with 2-7 days of downtime. JMSR professional protocols provide a complete selection of the highest-sought after procedures for every skin type and multiple skin conditions.

Q: What results can be expected from a Jan Marini Skin Research Peel?

A: Each peel offers a unique set of primary and secondary benefits for all skin types; with varying degrees of downtime to fit an individual’s lifestyle:

Glycolic Resurfacing Gel Peels 40% and 70% - Measurable improvement in the appearance of skin rejuvenation, texture, acne, fine lines and pigmentation with a progressive approach and zero-downtime.

Marini Peel System – Refine Peel - Significant skin rejuvenation from a fewer number of peels than progressive glycolic series and with less downtime than more aggressive procedures. While the primary benefits are overall skin rejuvenation and texture improvements, the secondary benefits are pigmentation, acne and fine lines.

Marini Peel System – Clarify Peel - Ideal for anyone seeking a serious solution for acne, or skin rejuvenation of oily skin or darker skin types (Fitzpatrick Skin type IV – VI). The unique blend of acids are lipophilic, able to dissolve oil to penetrate into and clear follicles for maximum results, and offer anti-inflammatory benefits, therefore specialized to address acne and darker skin types. The secondary benefits are texture improvement and overall skin rejuvenation.

Marini Peel System – Transform Peel – It is an excellent solution to address pigmentation and advanced sun damage while providing overall skin rejuvenation. As the most aggressive of the Marin Peel System this peel delivers a high concentration of multiple acids. The primary benefits are pigmentation, texture, skin rejuvenation and fine lines.

Q: What is the depth of each Jan Marini Skin Research Peel?

A: Depending on the type of peel performed and the approach taken during the protocol, the depth of each peel will vary. If the suggested protocol is followed the depth of peel will likely be as indicated:

Glycolic Resurfacing Gel Peels 40%, 70% and Marini Peel System – Refine Peel and Clarify Peel- Superficial / mild chemical peels with a potential to penetrate the stratum corneum with progressive effects into the papillary dermis
Marini Peel System Peel – Transform Peel - Medium-depth / moderate chemical peels with the potential to penetrate the stratum corneum and epidermis with effects into the upper- reticular dermis

Q: Why is it important to prepare skin before the peel?

A: Skin that has been exposed to resurfacing products that contain glycolic or retinol before a peel will help acclimate the skin for better results with less risk of adverse events.

Exfoliation of unproductive skin cells helps support a deeper and more even penetration of the peel solution. Increased cellular turnover helps condition the skin for higher levels of activity produced by the peel. This type of conditioning will lessen the risk of an abnormal response from the skin and support superior recovery.

If the risk of hyperpigmentation is present, as is common with Fitzpatrick Skin Types IV-VI, it is particularly important to prepare the skin with tyrosinase inhibitors, as found in Marini Luminate Face Lotion / MD. This type of product can help reduce the risk of post-inflammatory hyperpigmentation post peel.

Q: What are the best measures to prepare the skin?

A: It is best to prepare the skin with proper home care products containing resurfacing agents such as glycolic acid or retinol for 3 to 4 weeks prior to a peel application. Products such as Bioclear® Lotion or Cream, Retinol Plus / MD, Duality / MD and Marini Luminate Face Lotion / MD will help to acclimate the skin before the peel.

For individuals with a risk of hyperpigmentation, products such as Marini Luminate Face Lotion / MD should be incorporated into a home care program pre and post peel.

It is important to suspend the use of retinol products for 1 to 3 days before a peel.

Q: Who should not receive a Jan Marini Skin Research Peel?

A: A full medical history to determine if there are any potential contraindications should be conducted. Those with pre-existing medical conditions should consult with their physician prior to receiving any professional peels.

For a complete list of contraindications, please reference the individual peel protocols found in the JMSR Professional Protocol Manual.
Q: Which Jan Marini Skin Research Peels can be performed on Fitzpatrick Skin Types (FST) IV - VI?

A: The Glycolic Resurfacing Gel Peels 40% and 70% can be performed on FST IV-VI.

Marini Peel System Peels can be performed on FST IV-VI, with the exception of the Transform Peel.

The Transform Peel should not be performed on FST IV-VI without first acclimatizing the skin with home care and the Clarify Peel, or with physician approval.

We recommend the Clarify Peel as a starting point due to the unique features of this peel. The unique blend of acids is lipophilic with anti-inflammatory benefits, and is specialized to address darker skin types.

Q: Can peels be performed on other areas of the body?

A: Yes, JMSR peels can be applied to the face, neck, décolleté, shoulders, arms or hands.

The Glycolic Resurfacing Gel Peels 40% and 70% can be applied to multiple areas during the same office visit.

While Marini Peel System Peels should not be applied to multiple areas in the same office visit.

Caution should be taken when applying to the neck and décolleté as these areas are more delicate and sensitive. Less pressure should be used during the peel application. Avoid application of the peel directly over the throat.

Be advised that non-facial areas can take longer to heal and are more susceptible to complications or infection. These areas might also need additional peels for more significant results.

Q: What can be expected during a Jan Marini Skin Research Peel?

A: Some individuals experience mild stinging or redness, while others feel only light tingling and will show virtually no redness. It is best to advise that sensitivities will vary by individual and type of peel.

Sensitivity measured on a scale of 1-10:

- 0 is no discomfort
- 3 is typical sunburn
- 5 is moderate discomfort
- 7 is significant discomfort
- 10 is severe discomfort
The typical response after immediate application of Glycolic Resurfacing Gel Peels 40% or 70% is 1 to 4 on the scale.

During the Marini Peel System Peels discomfort could increase during the first 5 minutes after each pass. Levels of discomfort are the greatest during the first pass and discomfort begins to decrease sooner during subsequent passes.

The typical immediate response after the first pass of Refine Peel or Clarify Peel is 3 to 7, and the Transform Peel is 5 to 9 on the scale. The discomfort should decrease to 2 to 3 before continuing with additional passes.

The final pass of each Marini Peel System Peel utilizes the Retinol Activator in which the heat sensation increases and decreases more rapidly. The discomfort is typically higher than with the peel solution.

Q: Can more than a single peel be performed with an individual vial of peel solution?

A: The Marini Peel System Peels have been packaged in individual vials measured for single use only. To guarantee highest efficacy a new vial of peel solution and a new vial of Retinol Activator should be used during each peel. This is essential to achieve maximum results.

The peel solutions and Retinol Activator will begin to lose stability from exposure to air and light after opening. Crystals might form in the peel solution to indicate the product losing stability, but there is no visible indicator in the Retinol Activator. Additional peels from the same vial of peel solution and Retinol Activator will not be as effective and results could be compromised.

Depending on an individual’s skin response, some individuals may require multiple passes of the peel solution to achieve the best results, while others may only need a single pass before moving to the Retinol Activator. A surplus of the peel solution and Retinol Activator is made available in each vial to provide maximum results based on multiple passes. Any remaining liquid should be discarded after each protocol completion.

Q: Why is the peel solution dispensed into glass bowls?

A: The acids in the peel solution have the potential to react with metals and plastics, thus changing the nature of the peels. Glass is the best option because the acids will not react with glass.
Q: When is a more conservative approach to the protocol taken?

A: In the circumstance that an individual fits into any of these categories, a more conservative approach should be taken:

- The skin has not been prepared for 3 to 4 weeks with glycolic acid or retinol products
- The individual has never received a peel of any kind
- The skin care specialist has never performed a peel on this particular individual
- The individual is a Fitzpatrick Skin Type IV-VI
- The individual has known skin sensitivities

A more conservative approach to the Marini Peel System Peels would be to minimize the abrasion during the cleansing step and apply a single pass of peel solution even if the individual’s discomfort is at a minimum.

It might be best to start with the Refine Peel or Clarify Peel on individuals in the above categories who are considering the Transform Peel.

Reducing the amount of time the glycolic gel is left on the skin during the Glycolic Resurfacing Gel Peels 40% and 70% will provide a more conservative approach.

Q: Can a numbing cream be used to decrease discomfort?

A: Numbing creams can be used to decrease an individual’s discomfort during a Marini Peel System Peel. It is important to note that numbing creams may alter skin response and will alter sensory feedback.

Even though an individual might not feel as much discomfort, avoid over treating the skin by allowing a minimum of 7 minutes for any frosting to surface before moving on to additional layers of the peel solution or application of the Retinol Activator.

It is very important to completely remove the numbing cream before proceeding with the peel application. Any numbing cream left on the skin will impede the penetration of the peel, therefore altering the results.

To properly remove numbing creams, it is recommended to first remove with dry 4x4s before the cleansing and prepping steps of the protocol.

Q: How does frosting of the skin impact a peel?

A: Frosting is more common during the Marini Peel System Peels and is a visible indicator of a deeper peel. Depending on how much of the treated area has frosted, it may indicate that any further application of peel solution should be avoided.

It is not necessary to continue applying peel solution until the skin frosts. If frosting does not occur during the protocol this is NOT an indicator of an ineffective peel.
Frosting of the skin represents coagulation of the keratin, (or protein) of the skin, and appears as white splotchy patches. Unlike crystallization, which feels like tiny crystals, frosting cannot be wiped away.

Frosting may take several different forms, as defined by Dermatologist Dr. Mark Rubin, creator of the Rubin Classification:

<table>
<thead>
<tr>
<th>Level 0</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin appears pink and/or erythematous</td>
<td>Skin appears pink with white speckles</td>
<td>Skin that is frosted with background pink skin intervening</td>
<td>Opaque, solid-white skin that appears blanched</td>
</tr>
</tbody>
</table>

For visual examples of frosting and how to determine the discontinuation of passes of peel solution, reference the educational videos on the Marini Peel System Peels found in the professional section of our website.

Q: Can a fan be used to increase comfort during a peel?

A: A fan is typically not necessary during a Glycolic Resurfacing Gel Peel 40% or 70%. However, if needed to increase comfort, it would not minimize efficacy of the peel to use a fan.

Use of a fan during Marini Peel System Peels can be beneficial to reduce fumes when applying the prepping solution. However, a fan is not recommended during the application of the peel solution. A fan will decrease efficacy of the peel by causing the peel solution to evaporate and neutralize more quickly.

However, in circumstances where an individual's discomfort during the peel is intolerable a fan can be used to increase comfort.

Q: Does the peel need to be neutralized? Does the peel solution need to be removed?

A: The Resurfacing Glycolic Peels 40% and 70% will need to be completely removed from the skin after the indicated time as these gel based peels are very slow to self-neutralize.

The Marini Peel System Peels are left on the skin for a minimum of 4 hours after completion of the protocol. The unique base of the peel solution allows for the acids to evaporate causing a self-neutralizing type of action. The retinol, peptides and antioxidants applied with the Retinol Activator should remain on the skin for maximum efficacy and benefit.
Q: Can an allergic reaction occur from a peel?

A: Yes, it is possible to have an allergic reaction to a peel if the individual is allergic to an ingredient in the peel formulation, or in any product used at home or used during the protocol.

It is VERY important to complete a full medical history to determine any risk of possible allergic reactions.

If a thorough analysis is completed, an allergic reaction is rare but can still occur.

Symptoms may include, but are not limited to: significant itching, redness, and/or swelling. If you or the individual suspects they are experiencing an allergic reaction, contact a physician immediately.

Q: What can be expected following a Jan Marini Skin Research Peel?

A: After the Resurfacing Glycolic Peels 40% or 70% the appearance of the skin will be measurably improved with a healthy all over glow. Mild localized redness can occur for 1 to 2 days but is not common.

After the Marini Peel System Peels the immediate appearance of the skin and the experience during the recovery phase will vary depending on type and depth of the peel. The combination of peptides and antioxidants in the Retinol Activator of the Marini Peel System can reduce the appearance of redness for several hours post peel.

The skin may appear mild to moderately sunburned and/or frosted immediately post peel, with the potential for increased redness after the initial 4 hour window. Frosted appearance typically resolves in 5 – 20 minutes. During the recovery phase (day 1 to day 7) the skin is likely to feel dry and tight, and it is common to experience mild itching in the treated area until the skin begins to peel and/or slough. Proper hydration can minimize this experience.

The skin may darken in color by day 2, and peeling and sloughing is likely to begin around day 2 to 3. Once peeling has begun, depending on the depth of the peel and individual response, peeling may continue for additional 2 to 5 days.

Skin flaking and peeling commonly will begin in the peri-oral area and continue to the outer perimeter of the face.

Q: Why is it important that an individual NOT wash their face during a 4 hour window after a Marini Peel System treatment?

A: This will allow for the maximum benefit of the Retinol Activator to jump start the healing process and advance the results of the peel.
Q: How long is the recovery phase following a Marini Peel System Peel?

A: The recovery phase begins after the initial 4 hour window and depending on depth of the peel can continue for 2 to 7 days.

Q: What adjustments should be made to a home care routine post peel?

It is recommended to use a gentle cleanser, hydrator or barrier protection product and SPF during the recovery phase. The selection of hydrator or barrier protection product is determined by depth of peel. For further support in selecting the best product, see charts in the Post-Procedure Products section of this manual.

Be advised that skin can be more sensitive and reactive to any homecare products during the weeks following a peel.

Use of resurfacing products, abrasives or facial brushes should be discontinued until redness subsides. It is very important to avoid sun exposure. Vigorous physical activity such as exercise should also be avoided during the initial recovery phase.

Once an individual is beyond the recovery phase they can slowly re-introduce resurfacing products, abrasives and facial brushes back into their home care routine. If skin becomes sensitive to products during this time, discontinue use and introduce more slowly.

It is important to reference the pre-care and post-care instructions of the Jan Marin Skin Research Peels for specific details related to usage of home care products.

Q: How soon after a peel can another procedure such as IPL, laser, microdermabrasion or dermaplanning be performed?

A: It is best to allow the skin to fully recover from a peel before receiving another procedure. The amount of time the skin will need to recover depends on the type and depth of peel.

After the Glycolic Resurfacing Gel Peels 40% or 70% it is recommended to wait 1 to 2 weeks. Due to the more aggressive nature of the Marini Peel System Peels it is recommended to wait 3 to 4 weeks.

Q: Is it common to experience an acne breakout after a peel?

A: Breakouts can occur even when an individual does not have a history of acne. Retentive matter (sebum, dead skin cells, etc) trapped in the follicles will surface due to increased cellular turnover. This is a type of “purging” action that can occur after any peel which will help support follicle health.
It is recommended to advise an individual that this can occur and inform them of the positive benefits.

Q: If visible peeling does not occur was the peel performed incorrectly?

A: Lack of peeling does not indicate that the peel was unsuccessful. The results of the peel are NOT determined exclusively by the amount of peeling that occurs.

Even if the skin does not visibly peel or slough the individual is still receiving benefits from the peel such as a boost in collagen, a reduction in the appearance of fine lines, hyperpigmentation and acne. Additional benefits include an improvement in smoothness, tone and texture of the skin.

The degree of skin peeling will vary by type of peel and by individual skin response. The Glycolic Resurfacing Gel Peels 40% and 70% are zero-downtime peels with little to no sloughing expected. While peeling and sloughing can occur for up to 7 days after Marini Peel System Peels.

Factors such as individual skin type and condition will impact the skin’s response to a peel. An individual’s experience with resurfacing home care products and previous peels will also play an important role in skin response.

If skin peeling does not occur it is recommended to review all the factors that impact the skin’s response to the peel, and review the application method.

Adjustments can be made to the application method for greater outcome from each peel performed. If a more corrective approach has been deemed appropriate based on an individual’s skin type and condition, please consult the peel protocols and educational videos for additional application methods.

Q: Why is it important NOT to pull or pick peeling skin?

A: Picking or pulling skin off prior to its self-release may accidently remove deeper layers of skin resulting in a wound that could permanently damage the skin. This type of premature removal can result in infection, post-inflammatory hyperpigmentation and/or scarring.

The layer of necrotic (dead) skin created by the peel acts as a sort of band-aid allowing for healthy re-epithelialization of the tissue underneath. The peeling skin should not be prematurely removed to allow for this important healing process to occur. Be advised that products can manage the experience and help avoid the picking and pulling of skin.

Clean Zyme and Skin Zyme utilize proteolytic enzymes to assist with additional resurfacing without irritation. Proteolytic enzymes digest only the dead skin cells helping to reduce the days of peeling.
Use of these products should only start after the skin is actively peeling, which begins typically between day 2 and 4. Keep in mind that the skin will be more sensitive to products. If prolonged sensitivity is experienced remove the product from the skin.

Q: Why does the skin appear darker after a peel?

A: Occasionally the skin can appear darker, or take on a bronzed color, within the first few days after a Marini Peel System Peel. As skin peeling occurs this darkened (or bronzed) layer of skin will slough as part of the recovery phase.

This allover darkening of the skin is normal, is not a cause for concern, and should not be confused with post-inflammatory hyperpigmentation (PIH).

PIH can arise in all skin types but more commonly affects darker skin types, such as Fitzpatrick Skin Types (FST) IV – VI.

To reduce the risk of PIH complications, it is important to consider the following factors:

- Proper peel candidate selection and consulting
- Appropriate peel selection
- Use of pre-care and post-care products

Use of an appropriate post-peel hydrator such as Age Intervention Peptide Extreme, or barrier protection product such as Marini BioShield are important to keep the skin properly moisturized.

**Please consult the Post-Procedure Product section of this manual.

It is extremely important to advise individuals NOT to pick or prematurely remove peeling skin, particularly areas of darkened skin.

Q: Is there a limit to how many Jan Marini Skin Research Peels can be performed on an individual?

A: For best results, it is recommended to not exceed 2 – peel series (3 peels each) per year. For continued improvements and to maintain results, home care and scheduled in-office procedures in-between a series of peels are highly recommended.

Based on primary skin concerns a comprehensive range of protocols are available.

**Please consult the JMSR Professional Protocols by Concern.

A series of Glycolic Resurfacing Gel Peels 40% and 70% can be performed 1x per week for a total of 6 peels.

A series of Marini Peel System Peels can be performed 1x per 3 to 4 weeks for a total of 3 peels, with the exception of the Clarify Peel when addressing acne concerns. For more
effective results when addressing acne, fewer passes of peel solution are recommended and frequency of peels should be increased to 1x per 2 weeks for a total of 3 to 6 peels.

Q: How are the results of a Jan Marini Skin Research Peel optimized?

A: For optimal results it is best to begin use of the Skin Care Management System™ and appropriate JMSR Resurface / Retinol Accelerator based on primary skin concern for 3 to 4 weeks before the first peel.

Continued daily use of the Skin Care Management System and appropriate JMSR Accelerator will help to maintain results of the peels and continue overall skin rejuvenation for the optimal results.
The following pages contain samples of tools that will be useful in performing any of the Jan Marini Skin Research peel treatments:

• Consultation Guidelines
• Skin and Health Questionnaire
• Informed Consent Form
• Patient Pre- and Post-Care Instructions
• Fitzpatrick Skin Type Classification

These documents are also available individually on the Education page of the Professional Section of the JMSR website: janmarini.com/professionals.
JMSR Consultation Process

The Jan Marini Skin Research Consultation Process is a focused approach to finding out what the patient's goals and concerns are and how they can be addressed.

The recommended solution should be comprehensive in terms of benefits but simple and easy to implement. By giving the patient a systematic step-by-step plan the guess work is eliminated and dramatic results are far more likely. Patients who simply use one product or mix-and-match in an unstructured manner may see improvement but it certainly cannot be compared to a program that addresses their overall goals. The Skin Care Management System was designed to achieve measurable results and provide an overall noticeable improvement to the skin.

The program should also take into consideration that modifications and additions may need to be considered from time to time. Therefore the program should be "monitored" so that the physician and skin care professional can periodically reevaluate the patient's progress and preferences.

Patient commitment and compliance are key goals to achieving results. The key to commitment and enthusiastic participation is contingent on three things: questioning and information gathering; educating the patient as to how the products will address their concerns and why it is important to use them; and follow-up scheduled at regular intervals. A consultation is also a "bonding session" where trust, credibility and loyalty are established to form the basis for a lifelong association. This relationship also leads to patient retention and increased revenue for the practice.

PART I – Questioning Process

Find out what the patient's goals are. Ask the following questions:

1. “If there was something you could change or improve about your skin, what would it be?”
   - Most people will reveal to you their #1 concern.
   - Ask the question a second time as follows: “What else would you like to change or improve?”
   - The average person's final list usually has 3 to 5 concerns.

2. What type of skin do you think you have? How would you categorize your skin? Is it dry, normal, combination or oily?
   - How oily? Are you shiny throughout the day? Do you need to blot often? How often? In the cheek area too?
   - How dry? Does your skin feel “tight” in any areas?

3. What was your skin like as a teenager?
   - Did you have acne? How severe?
   - How was your acne treated?
   - Did it clear up and at what age?
4. Were you a sunbather? How much sun exposure do you currently get?

5. What products do you currently use?
   - What do you use for your AM routine?
   - What do you use for your PM routine?
   - What do you like about your products?
   - What do you dislike about your products?

PART II – Educational Process

1. Discuss the patient’s concerns and goals and provide the appropriate education.

2. Explain how the Skin Care Management System will address their personal concerns and goals.

3. Inform the patient that you will be monitoring them closely on an ongoing basis in order to insure their success.

4. Inform the patient that you will modify their program from time to time in order to accelerate and achieve even greater results.
   - Discuss accelerators or intensifiers such as:
     i. Marini Luminate Face Lotion / MD
     ii. Age Intervention Retinol Plus / MD
     iii. Age Intervention Duality / MD
     iv. RosaLieve Redness Reducing Complex
     v. Regeneration Booster
     vi. Clean Zyme and Skin Zyme

5. Inform the patient that we have supplemental products designed to further complement their program.
   - Eye, hand, neck, lip and body products

6. Review proper usage instructions with the patient.

PART III – Follow-Up Process

1. Set up a follow-up phone appointment in the next 4 days to insure that the products are working properly and are being used correctly.
   - Follow up will further ensure patient commitment and compliance – after 4 days a patient will have formed an opinion about the product. Time frame is important to make sure patient has actually begun use of SCMS, and has no challenges to acclimation that need to be addressed or additional questions that require answering.
   - Call again in two weeks to determine if acceleration is needed.
   - Set up periodic call backs and future in-person visits to check progress. Eight week intervals for calls are recommended. At this time a patient might be due for product replenishment.
Skin & Health Questionnaire

Please answer the following questions thoroughly and completely, as this provides a better understanding of your general health, lifestyle and skin care concerns; thereby enabling the best skin care program to be customized for your individual needs.

Name: ____________________________________________ DOB: ______________________

Address: _______________________________________________________________________

Occupation: ___________________________ Email: ___________________________________

Cell Phone: _____________________________ Alternative Phone: ______________________

Let us thank the person who referred you ____________________________________________

Skin Care History

If there was something you could change or improve about your skin, what would it be?
_________________________________________________________________________________

What else? Please check all that apply:

- Discoloration (Brown Spots or Melasma)
- Fine Lines & Wrinkles
- Dry, Flaky Skin
- Oily Skin
- Acne/Breakouts
- Acne Scarring
- Enlarged Pores
- Rosacea
- Dilated Capillaries
- Redness (Reactive Skin)
- Uneven Texture
- Sun Damage
- Loss of Facial Contours
- Lax or Sagging Skin
- Dark Under-Eye Circles

What type of skin do you think you have?

_____ Dry          _____ Normal         _____ Combination      _____ Oily

If oily, are you oily throughout the cheek area?    Yes_____ No_____

Do you have a history of acne?   Yes_____ No_____

If yes, are you using or have you ever used any medications for acne?   Yes_____ No_____

Name of medication______________________________________________________________

Do you sunbathe or participate in outdoor activities?   Yes_____ No_____
Have you ever had a reaction to any skin care product or cosmetic?  
Yes______  No______
If yes, please list__________________________________________

What skin care do you currently use?

<table>
<thead>
<tr>
<th>Morning</th>
<th>Evening</th>
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</thead>
<tbody>
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<td>1)</td>
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</tr>
<tr>
<td>5)</td>
<td>5)</td>
</tr>
</tbody>
</table>

Please check if you are currently using or have used any of the following:

- Retinol
- Glycolic Acid
- Lactic Acid
- Salicylic Acid
- Citric Acid
- Resorcinol
- Benzoyl Peroxide (BPO)
- Hydroquinone
- Tretinoin (Retin A™, Renova™, Refisa™)
- Topical Antibiotics
- Topical Steroids
- Adapalene (Differin™)
- Azelaic Acid (Azelex™, Finacea™)
- Isotretinoin (Accutane™)

Have you ever, or, are you currently receiving skin services?  Yes______  No______
If yes, what services__________________________________________

Have you had any of the following?

- Chemical Peels
- Laser Resurfacing
- Facial Cosmetic Surgery
- Facial Injectibles
- Permanent Cosmetics
- Light Treatments
- Microdermabrasion
- Dermaplanning
- Extractions
- Electrolysis
- Laser Hair Removal
- Waxing

General Health

Are you currently under the care of a physician?  Yes______  No______
If yes, please discuss contraindications of any pre-existing medical conditions with your physician.

Are you currently taking any medications?  Yes______  No______
If yes, please list here__________________________________________
Female Clients

Are you on hormone – replacement therapy? Yes_____ No_____
Are you currently taking birth control pills? Yes_____ No_____
Are you pregnant or breast feeding? Yes_____ No_____ 

Please check the following conditions you have, or have had, in the service area:

- Dermatitis
- Eczema
- Psoriasis
- Open Sores or Lesions
- Cold Sores/ Fever Blisters
- Actinic Keratosis
- Keloid Scarring

Are you allergic to aspirin? Yes_____ No_____ 

If you have any known allergies, please list them:

________________________________________________________________________________________

Is there anything else that should be known before starting your services?

________________________________________________________________________________________

________________________________________________________________________________________

_______________________________________________  ___________________________________
Signature        Date
Informed Consent

Jan Marini Skin Research professional protocols are excellent in providing overall skin rejuvenation and can improve the appearance of fine lines and wrinkles, acne, acne scarring, sun damage and hyperpigmentation. I understand that individual results will vary and multiple peels may be necessary to achieve maximum results. A guarantee cannot be made about the degree of improvement.

I have been advised that my peel can consist of any of the following: glycolic acid, mandelic acid, salicylic acid, lactic acid, citric acid, resorcinol or retinol.

_____ I have discussed any pre-existing medical conditions and contraindications with my physician.

_____ I have been informed of the contraindications and possible complications by my skin care therapist and/or physician. I have been given the opportunity to discuss any additional concerns and questions and my questions have been answered to my satisfaction.

_____ To the best of my knowledge I am not:

| • Prone to cold sores/fever blisters | • Allergic to aspirin |
| • Taking or have taken Accutane in the past 12 months |
| • Currently pregnant or breast feeding |

_____ In the past week I have not received any of the following procedures:

| • Chemical Peel/Skin Service | • Laser Hair Removal |
| • Depilatory Creams/Waxing | • Electrolysis |

_____ I will take extra precautions to avoid sun exposure after my peel and wear sun protection.

_____ I understand skin peeling can occur, however, lack of peeling is not an indication that the peel was unsuccessful. If skin peeling occurs, I am not to pick the peeling skin as to avoid scarring or infection.

By my signature below, I acknowledge that I have read this Informed Consent and understand it. I acknowledge that I have fully disclosed all necessary information when filing out the Skin & Health Questionnaire and I will inform my skin care therapist or physician of any changes. I acknowledge that I understand and will follow all pre/post - care recommendations, including, but not limited to use of skin care products as home care to enhance results and minimize side effects, such as daily application and reapplication as needed of a broad spectrum SPF 30+. I have been adequately informed of the risks and benefits of the peel and would like to proceed with the Jan Marini Skin Research peel.

_____________________________  __________________________
Signature                     Date
Glycolic – Progressive Resurfacing

Pre-Care Instructions

- 3 - 4 weeks before your peel:
  ✓ Prepare your skin with use of glycolic acid and/or retinol resurfacing products.
- 1 week before your peel:
  ✓ Avoid the following:
    * Waxing/Depilatories  * Laser Hair Removal  * Facial Services  * Microdermabrasion / Dermaplanning  * Sun Exposure
- 1 to 3 days before your peel:
  ✓ Discontinue use of retinol products.

What to Expect:
Skin rejuvenation from a series of multiple peels with minimal to no visible skin peeling; though not common, localized redness can occur for 1 to 2 days after the peel.

Post-Care Instructions

✓ Makeup can be applied immediately after your peel.
✓ Use a gentle cleanser such as Age Intervention Gentle Cleanser for a minimum of 24 hours.
✓ Apply Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily and reapply as needed – AVOID SUN EXPOSURE.
✓ Continue with the recommended home care program that supports the results of your peel and skin care goals.
✓ Discontinue use of resurfacing products, abrasives or facial brushes for a minimum of 24 hours or until redness subsides.
✓ Re-introduce resurfacing products, abrasives or facial brushes slowly; if your skin becomes red or sensitive, wait to re-introduce these back into your home care regimen.
✓ Re-introduce accelerator after initial 24 hours post-peel - Retinol Plus / MD, Marini Luminate Face Lotion / MD or Duality / MD.

Please Note: After the peel your skin may be sensitive to products and individual recovery time may vary. If you experience prolonged sensitivity or irritation remove product from your skin. Please contact your skin care specialist or physician with any questions or concerns.

Recommendations:
# Pre-Care Instructions

- **3 - 4 weeks before your peel:**
  ✓ Prepare your skin with use of glycolic acid and/or retinol resurfacing products.

- **1 week before your peel:**
  ✓ Avoid the following:
    - *Waxing/Depilatories*
    - *Laser Hair Removal*
    - *Facial Services*
    - *Microdermabrasion / Dermaplanning*
    - *Sun Exposure*
  - Discontinue use of retinol products.

## What to Expect:

Significant skin rejuvenation from a series of peels with minimal downtime. Immediately after the peel your skin may appear as if mildly sunburned, with the potential for increased redness over several hours. Your skin may feel dry and tight; you may experience mild itching in the treated area during the first 24 hours, and by day 2-3 mild flaking and peeling of the skin may occur. Once peeling has begun it may continue for an additional 1-2 days. Skin flaking and peeling commonly will begin in the peri-oral area and continue to the outer perimeter of the face. **DO NOT SCRUB, PICK OR PULL PEELING SKIN.**

# Post-Care Instructions

<table>
<thead>
<tr>
<th>Day 1 – Day 5</th>
<th>Day 6 &amp; Beyond</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Avoid washing your face or applying makeup for a minimum of 4 hours after the peel.</td>
<td>✓ Continue with the recommended home care program that supports the results of your peel and skin care goals.</td>
</tr>
<tr>
<td>✓ Avoid exercise or vigorous physical activity.</td>
<td>✓ Re-introduce resurfacing products, abrasives or facial brushes slowly.</td>
</tr>
<tr>
<td>✓ Discontinue use of resurfacing products, abrasives or facial brushes.</td>
<td><em>If your skin becomes red or sensitive, wait to re-introduce these back into your home care regimen.</em></td>
</tr>
<tr>
<td>✓ Use a gentle cleanser such as Age Intervention Gentle Cleanser.</td>
<td>✓ Re-introduce accelerator - Retinol Plus / MD, Marini Luminate Face Lotion / MD or Duality / MD.</td>
</tr>
<tr>
<td>✓ Apply products designed for post-procedure skin such as Age Intervention Peptide Extreme.</td>
<td>✓ Apply Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily and reapply as needed – AVOID SUN EXPOSURE.</td>
</tr>
<tr>
<td>✓ Apply Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily and reapply as needed – AVOID SUN EXPOSURE.</td>
<td></td>
</tr>
</tbody>
</table>

**Please Note:** After the peel your skin may be sensitive to products and individual recovery time may vary. **If you experience prolonged sensitivity or irritation remove product from your skin.** Please contact your skin care specialist or physician with any questions or concerns.

**Additional Tips:**

Clean Zyme Papaya Cleanser and Skin Zyme Papaya Mask use should only start after the skin is actively peeling, which occurs typically by day 2-3. Keep in mind that the skin will be more sensitive to products. If prolonged sensitivity is experienced remove the product from the skin.

**Recommendations:**
### Marini Peel System – Moderate Resurfacing

#### Pre-Care Instructions

- **3 - 4 weeks before your peel:**
  - Prepare your skin with use of glycolic acid and/or retinol resurfacing products.
- **1 week before your peel:**
  - Avoid the following:
    - *Waxing/Depilatories*
    - *Laser Hair Removal*
    - *Facial Services*
    - *Microdermabrasion / Dermaplanning*
    - *Sun Exposure*
- **1 to 3 days before your peel:**
  - Discontinue use of retinol products.

#### What to Expect:

An aggressive resurfacing of the skin in a single peel or series, for maximum skin rejuvenation. Immediately after the peel your skin may appear frosted and/or sunburned, with the potential for increased redness over several hours. Your skin may feel dry and tight; you may experience a mild itching in the treated area during the first 24 hours. Your skin may darken in color by day 2; you may continue to experience mild itching, tightness and dry skin until sloughing and peeling occurs. Skin sloughing and peeling is likely to occur by day 2-3. Once peeling has begun it can continue for an additional 2-4 days. Skin peeling commonly begins in the peri-oral area and continues to the outer perimeter of the face. **DO NOT SCRUB, PICK OR PULL PEELING SKIN.**

#### Post-Care Instructions

**Day 1 – Day 7**
- Avoid washing your face or applying makeup for a minimum of 4 hours after the peel.
- Avoid exercise or vigorous physical activity.
- Discontinue use of resurfacing products, abrasives or facial brushes.
- Use a gentle cleanser such as Age Intervention Gentle Cleanser.
- Apply a post-procedure barrier protection product such as Marini BioShield.
- Apply Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily and reapply as needed – **AVOID SUN EXPOSURE.**

**Day 8 & Beyond**
- Continue with the recommended home care program that supports the results of your peel and skin care goals.
- Re-introduce resurfacing products, abrasives or facial brushes slowly. **If your skin becomes red or sensitive, wait to re-introduce these back into your home care regimen.**
- Re-introduce accelerator - Retinol Plus / MD, Marini Luminate Face Lotion / MD or Duality / MD.
- Apply Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily and reapply as needed – **AVOID SUN EXPOSURE.**

Please Note: **After the peel your skin may be sensitive to products and individual recovery time may vary. If you experience prolonged sensitivity or irritation remove product from your skin. Please contact your skin care specialist or physician with any questions or concerns.**

#### Additional Tips:

Clean Zyme Papaya Cleanser and Skin Zyme Papaya Mask use should only start after the skin is actively peeling, which occurs typically by day 2-3. Keep in mind that the skin will be more sensitive to products. If prolonged sensitivity is experienced remove the product from the skin.

#### Recommendations:
The Fitzpatrick skin type (FST) is a classification scale developed in 1975 by Thomas B. Fitzpatrick MD, PhD as a way to classify the response of different skin types to UV light (see Table 1). As a widely recognized tool, the Fitzpatrick skin type scale provides skincare professionals a means to assess potential response and/or tolerance levels to professional resurfacing treatments. Classification is based on skin, eye and hair color, the skin’s reaction to the sun and genetic origin.

Determining reactivity and tolerance levels becomes important in recognizing skin types that will respond well to treatments and those that might be prone to post-inflammatory hyperpigmentation (PIH), hypopigmentation and/or hypertrophic or keloid scarring. Fitzpatrick skin types range from I to VI; the higher the skin type the more susceptible the skin is to adverse events post treatment. FST III – VI are most likely to experience PIH, and FST IV-VI are at highest risk for additional complications. Clinical data has shown that the full benefits of chemical peeling can be achieved while minimizing risk on darker skin types by utilizing superficial peels.

### Table 1: Fitzpatrick Skin Type Classification Scale

<table>
<thead>
<tr>
<th>Skin Type</th>
<th>Skin, Eye &amp; Hair Color</th>
<th>Reaction to Sun</th>
<th>Genetic Origin</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Skin – ivory, pale, very fair with freckles</td>
<td>Burns easily, never tans</td>
<td>Scandinavian, Irish, Northern European</td>
</tr>
<tr>
<td></td>
<td>Hair – red or blonde</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eyes – blue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>II</td>
<td>Skin – white or fair</td>
<td>Burns easily, tans with difficulty</td>
<td>German, European</td>
</tr>
<tr>
<td></td>
<td>Hair – red or blonde</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eyes – blue, hazel or green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>III</td>
<td>Skin – light brown or beige</td>
<td>Burns moderately, gradually tans</td>
<td>Southern European</td>
</tr>
<tr>
<td></td>
<td>Hair – any color</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eyes – any color</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IV</td>
<td>Skin – olive or brown</td>
<td>Rarely burns, tans moderately and easily</td>
<td>Mediterranean, Hispanic, Asian</td>
</tr>
<tr>
<td></td>
<td>Hair – dark</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eyes – any color</td>
<td></td>
<td></td>
</tr>
<tr>
<td>V</td>
<td>Skin – dark brown</td>
<td>Very rarely burns, tans easily</td>
<td>Middle Eastern, East Indian, Native American, African American</td>
</tr>
<tr>
<td></td>
<td>Hair – dark</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eyes – dark</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VI</td>
<td>Skin – black</td>
<td>Burns almost never, tans profusely</td>
<td>African, African American</td>
</tr>
<tr>
<td></td>
<td>Hair – dark</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eyes – dark</td>
<td></td>
<td></td>
</tr>
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</table>