



PEEL UNIVERSITY



The Complete Guide To At-Home Peels & Skin Care Transformations

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Welcome!

I am so thankful and excited you're with us today.

On your journey into discovering and using peels one thing is clear: in order to increase your chances at having a transformative peel experience you need to start with education.

I can't stress this enough. Don't skip ahead. Don't take the easy route.

That's what this worksheet is designed to help you with.

It's here to help you keep track of your information as you go through the training.

From your skin type to acid choices, this will be your guide & resource. So grab a pen, print this out, and start taking notes as you learn how to be a peel master.

Ready to dive in! Let's get started.

Jennifer Tilney
CEO Platinum Skin Care



Join Us In The Platinum Skin Care Gurus Facebook Group!

This is where you can connect with others in the peel nation and get support and guidance while you go through your first peel!

[Learn More](#)

UNIT ONE - GETTING STARTED

Do you *really* know your skin?

1. Are you healthy enough to do a peel?

I watched the video and am confident I am healthy enough to do a peel or I have confirmed with my doctor.

2. What is your Fitzpatrick type? (circle)



I



II



III



IV



V



VI

3. What is your Glogau classification? (circle)



20-35



35-50



50-60



60+

4. What kind of skin do you have? (circle)

Normal

Dry

Oily

Combo

Sensitive

DOES YOUR CURRENT ROUTINE STACK UP?

It's time to make sure you're using a routine that will maximize and support your peeling goals. Fill in your current products and find any missing links.

MORNING ROUTINE:

CLEANSER:

MELANIN INHIBITOR:

(if needed)

SERUMS:

(Acid/alcohol based serums first)

CREAMS / OILS:

SPF:

MIDDAY MAINTENANCE:

- I am committed to avoiding and protecting myself from the sun*
- I will reapply sunscreen throughout the day to protect my skin*

EVENING ROUTINE:

CLEANSER:

MELANIN INHIBITOR:

(if can handle twice daily)

SERUMS:

(Acid/alcohol based serums first)

RETINOIDS:

CREAMS / OILS:

UNIT TWO - FINDING YOUR PEEL

Ready to find your peel? This unit is for you!

1. Are you being realistic with what a peel can achieve?

- I watched the video and read the article on realistic expectations. I feel that a **PEEL SERIES** (not a one and done peel AKA magic bullet) will help me achieve my skin care goals.
- I am committed to learning and taking the time to correct my skin over time.

2. Healing times:

- I watched the video or read the article on healing times and understand that it can take different times to heal based on where I'm applying the peel.
- I realize that people peel differently and I need to start low and work up to certain peel percentages and layers.
- I am committed to tailoring my peels to the body part.

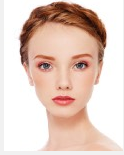
3. Learning Acids: See chart on next page.

4. Choosing my peel and percentage:

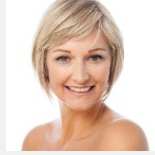
- I am choosing: _____
- I am starting with a low percentage and working my way up and not rushing head first into a high strength peel.
- Because I'm committed to the long game (not a magic bullet <—!!!!!!!!!!!!!!)

5. Addressing Issues: See Chart on Page 7

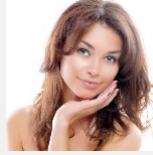
PEELS FOR EACH SKIN TYPE



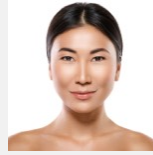
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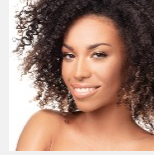
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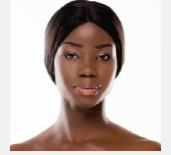
III



IV



V



VI

Very Superficial Peels	Lactic	Lactic	Lactic	Lactic	Lactic	Lactic
Superficial Peels	Mandelic Glycolic Salicylic Jessners (1-3 layers) TCA 7 (1-5 layers) TCA 13 (1 layer)	Mandelic Glycolic Salicylic Jessners (1-3 layers) TCA 7 (1-5 layers) TCA 13 (1 layer)	Mandelic Glycolic Salicylic Prepping with melanin inhibitor recommended for TCA and Jessners for 2-6+ weeks. Jessners (1-3 layers) TCA 7 (1-5 layers) TCA 13 (1 layer)	Mandelic Glycolic Salicylic Prepping with melanin inhibitor REQUIRED for TCA and recommended for Jessners for 2-6+ weeks. Jessners (1-3 layers) TCA 7 (1-5 layers) TCA 13 (1 layer)	Mandelic Glycolic Salicylic Prepping with melanin inhibitor REQUIRED for TCA and recommended for Jessners for 2-6+ weeks. Jessners (1-3 layers) TCA 7 (1-5 layers) TCA 13 (1 layer)	Mandelic Glycolic Salicylic Prepping with melanin inhibitor REQUIRED for TCA and recommended for Jessners for 2-6+ weeks. Jessners (1-3 layers) TCA 7 (1-5 layers) TCA 13 (1 layer)
Medium Peels	Jessners (4+ layers) TCA 13 (2-5 layers) TCA 20 (1-2 layers) *TCA 30 (1-2 layers) <i>Body or scar treatment only</i>	Jessners (4+ layers) TCA 13 (2-5 layers) TCA 20 (1-2 layers) *TCA 30 (1-2 layers) <i>Body or scar treatment only</i>	Prepping with melanin inhibitor recommended for TCA and Jessners for 2-6+ weeks. Jessners (4+ layers) TCA 13 (2-5 layers) TCA 20 (1-2 layers)	Prepping with melanin inhibitor REQUIRED for TCA and Jessners for 2-6+ weeks. Jessners (4+ layers) TCA 13 (2-5 layers) TCA 20 (1-2 layers)	Prepping with melanin inhibitor REQUIRED for TCA and Jessners for 2-6+ weeks. Jessners (4+ layers) TCA 13 (2-5 layers) TCA 20 (1-2 layers)	Prepping with melanin inhibitor REQUIRED for TCA and Jessners for 2-6+ weeks. Jessners (4+ layers) TCA 13 (2-5 layers) TCA 20 (1-2 layers)

SKIN ISSUE PEEL CHART

	Wrinkles	Acne	Pigmentation	Scarring	Refresh
TCA medium	X		X	X	X
Jessners medium		X	X		
Lactic very superficial	X		X		X
Mandelic superficial	X	X	X		X
Glycolic superficial	X				X
Salicylic superficial		X			
Dream Peel superficial	X	X	X		X

UNIT THREE - APPLYING PEELS

The steps are very simple. You will always follow these no matter what type of acid you are applying to your skin.

1. Wash with a good cleanser. *nothing hydrating or creamy or glycerine. We want squeaky clean skin. Our Revitalizing Cleanser or AB Cleanser are both excellent choices.
2. Prep the skin with our Prep A, Prep B or a 90% alcohol. Other options to strip the skin would be a 70% alcohol applied a couple of times or pure acetone.
3. Prepare your Gauze pad with solution. We want our pads to initially be very wet. Then you can give it a shake and a little squeeze. This will make sure that there isn't any extra solution to drip into the eyes or pool into facial cervices.
4. Apply your peel. The easiest way to apply a chemical peel is from the top down. You can also apply from the outside of your face and work into the center if you wish. Re-wet if your gauze becomes too dry during the application. The face should be shiny and wet for 30 seconds or so.
5. Time your peel and rinse well when you are done.
6. Heal and protect. After you rinse your peel you will want to apply a product that will help to calm any inflammation and will aid in keeping your skin comfortable during the flaking and healing phase. We have two excellent choices to use.
 - a. Essentials Healing Blend. 99% organic. Apply to skin as needed.
 - b. Pure AEA Emu oil. Used in burn care for many years. Use as needed.

Unit 3 - Lesson B - After Peel Care: [Watch the lesson online.](#)

UNIT FOUR - ADVANCED METHODS & NEXT STEPS

These peels are for advanced peelers only and are meant to be a reference as you get to the next level.

In unit four we cover the advanced peels:

- Jessners
- TCA
- Jessners & TCA
- TCA or Jessners + Dream Peel
- TCA Eye Peel
- The Dream Peel

Only venture to these peels when you've learned how to do them effectively and are confident that you are ready.

This is not a sprint!

Now all you need to do is request to be added to the group by going here:

<https://platinumskincare.com/group>

And having your questions answered on our Live Q&A calls.

HAPPY PEELING!

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