

# THE SKIN REGIME

## 1 - 4 - ALL PEEL®

### INFORMATION - F.A.Q.'S - DISCLAIMERS - DIRECTIONS - AFTER

(Mostly stuff lawyers make us put in just in case some dingbat refuses to read the DIRECTIONS and does something really dumb--like drinks the peel solution with her morning Vodka then her boyfriend breaks up with her and she says it is OUR fault and she tries to sue us when he dumped her because she's a drunken idiot who refuses to take personal responsibility for her stupid choices. Of *course* we know that YOU are nothing like that, but you gotta read this stuff anyway to be safe and get GREAT results!)

### INFORMATION

Doing peels at home is remarkably quick, easy, and effective. But just like do-it-yourself manicures, hair-color, or teeth-whitening, following instructions is key to a good result. **The Skin Regime 1-4-All Peel** can transform your skin by minimizing fine lines, healing mild acne and fading brown spots that acne leaves behind, creating even skin tone and texture, fading skin discoloration (melasma and freckles), reducing large pores, reversing sun damage, and creating glowing, radiant skin.

The **1-4-All Peel** is unique because it is layer-able. With most *other* peels, you need to buy several different strengths to find the right one for your skin. The **1-4-All Peel** is truly **one peel for all** skin types: Apply 1 layer for a mild peel, or up to 4 layers for a very strong peel. (Totally obvious why we named it the **1-4-All Peel**, right?).

Although it's not mandatory, we encourage you to read the book, "**The Skin Regime; Boot Camp For Beautiful Skin**," (available on Amazon.com) especially if you are new to peel products. It will help you understand what peels can do for you, how often to use them, and what to expect after using a peel. The book also explains how you need only a few inexpensive products for daily care, how to maintain your new post-peel skin, how to choose other appropriate products for your skin type, and the TRUTH about the beauty industry. (Read the first 30 pages free at **TheSkinRegime.com**)

### F.A.Q.'S

*(Boring but important stuff)*

Do NOT use the **1-4-All Peel** if you have any skin infection or diseases, cut or broken skin, sunburn, are nursing or pregnant, or have recently taken medications such as Accutane, Retin-A or other prescription skin care products--these medications can make your skin over-sensitive to any peel. If you have been off Accutane for several months, or have used Retin-A for a long time and no longer have sensitivity, you should be able to tolerate the **1-4-All Peel**. Use common sense and do not use any peel if your skin is currently irritated by other medications or products. Always test a peel--or any new product--on a small spot on the inside of your arm and/or on your jawline several hours before using. If you have *extremely* sensitive or hyper-reactive skin, you probably should not use peels. If you have mild rosacea your skin can sometimes benefit from using peels, but if you have severe rosacea, consult a dermatologist for appropriate cures. It is vitally important to use sunscreen after using peels.

**What's in the 1-4-All Peel:** Purified water, SD Alcohol 40B (natural), Mandelic Acid, Trichloroacetic Acid, Glycolic Acid, Salicylic Acid, Resorcinol, Pomegranate Extract, Lactic Acid, Sodium PCA, Urea, Inositol, Sodium Benzoate, Niacinamide, Sodium Lactate.

### DISCLAIMERS

*(Really boring)/Agreement/Lawyerly Stuff*

By purchasing the **1-4-All Peel**, you agree to the enclosed terms and warnings. We cannot be held responsible for any misuse of our products. Any chemical peel can be temporarily irritating, ranging from no irritation to severe irritation. To avoid most irritation, follow instructions and warning carefully. Thank you for understanding the necessity of agreeing to all this. If you are unsure - for any reason - of whether or not you should be applying this type of product to your skin, please decline to purchase and check with your physician to discuss options/recommendations. Follow all guidelines and skin type suggestions.

The material provided is for educational purposes only and any recommendations are not intended to replace the advice of your physician. The products mentioned are not intended to diagnose, treat, cure, or prevent disease. You are encouraged to seek advice from a competent medical professional regarding the applicability of any recommendations with regard to your symptoms or condition. Even though many of our customers have had great success, we cannot guarantee results. You assume sole risk and responsibility when using these products. *(Are your eyes glazing over, yet?)*

By purchasing any product from **The Skin Regime**, you understand and acknowledge that you are under no obligation to follow any recommendations made by the seller. You understand the seller does not treat illnesses and any information received is intended to help you make an informed decision. You assume the risk of any adverse effects or consequences resulting from the use or misuse of any of the suggestions, preparations, or procedures. You hereby release, hold harmless, and discharge the seller, and all of its officers, employees, agents and suppliers from all claims of damages, demands, or actions whatsoever in any manner arising from or growing out of your participation. *(Basically--lawyers mean anyone in the entire universe!)*

Misuse of chemical products can cause irritation, hyperpigmentation, injury or burns! Always follow directions and warnings exactly. Used as directed, the **1-4-All Peel** is safe and effective. By using these products you agree that **The Skin Regime** assumes no responsibility for misuse of this product or for any consequences or injuries as a result of using any of our products. Keep this out of reach of children! Products distributed by **The Skin Regime** are not intended to diagnose, cure, mitigate, treat or prevent any disease. *(We're almost done, hang in there...)*. Make sure that you use a sunscreen daily with a full-spectrum SPF of at least 30 or higher. For long-time sun exposure, use a sun block. The **1-4-All Peel** may make your skin more sensitive to the sun, and you don't want to ruin your "new" skin!

## **DIRECTIONS**

**(NOW comes the fun stuff)**

The **1-4-All Peel** can be:

**Mild** = one layer

**Strong** = 2 or 3 layers

**Very strong** = 4 layers.

You should see results such as fresher, softer skin and smaller pores after one peel treatment, but for really dramatic effects, repeat the peel every 7 to 14 days-- for a total of up to 8 peels. **Always wait at least 7 days between peels!** The stronger the peel, the more visible the results will be, but always start with one layer (mild) and build up your skin's tolerance with subsequent peels and to be sure your skin is having a good reaction. After doing a series of 8 weekly peels (or semi-weekly), STOP all peels! It's a good idea to read **The Skin Regime; Boot Camp for Beautiful Skin**, which has in-depth info on achieving and maintaining great skin, and the truth about the beauty industry!

Please follow instructions carefully for best results and **test** the peel solution on the inside of your arm and/or a spot on your jaw an hour or more before applying to the full face--every beauty product should always be pre-tested just to be sure you have no allergies or adverse reaction! Also, you may wish to wear gloves on your hands to avoid peel solution getting on your fingers or nails.

**STEP 1:** Wash your skin thoroughly with a washcloth, using a mild soap. Rinse thoroughly.

**STEP 2:** If you have sensitive skin, soak a cotton ball with a mixture of water and rubbing alcohol or witch hazel to remove excess oils from the skin. If you have normal skin, use rubbing alcohol or peel prep solution. Let dry completely.

**STEP 3:** Applying the 1-4-All Peel. Moisten a cotton ball with the peel solution, just enough to dampen the cotton. Avoid drips and DO NOT GET IN YOUR EYES. If any solution does get in your eyes, rinse them thoroughly with cool water. START WITH ONE THIN LAYER: Because each layer increases the peel strength and intensity, avoid swiping the solution over any parts of your skin more than once, which will increase the strength. Do not get too close to the eyes, and try to avoid applying the solution to the corners or your nose and mouth, which are more sensitive.

**STEP 4:** If this is your **first** time using a peel: After 1 to 5 minutes, wash off the solution with mild soap and cool water. Dry gently, and moisturize your skin--and use sunscreen! You're done, honey! If this is NOT your first peel or you have tolerated the peel well in previous applications, you may wish to apply a second layer. Wait at least a full minute after applying the first layer, then apply the second thin layer right on top of the first, avoid swiping the solution over any part of your skin more than once, which creates yet another "layer." Wait at least a full minute to gauge your toleration before deciding about applying a third or fourth layer. **Do not apply more than four layers!** One minute after your final layer, wash with mild soap and cool water, dry and moisturize--and use sunscreen!

\*It is normal to experience some slight and temporary redness of the face and/or feel some "stinging," itching, or a heat sensation. If you experience more than these mild reactions, wash off immediately.

## **AFTER THE PEEL**

**(Really good idea to read, too)**

You may have slight redness/irritation that will fade over the days, and you **might** get some peeling and flaking during the week as your "new" skin emerges. During these days, simply wash with mild soap and cool water and moisturize frequently.

With two or more layers, you might notice temporary "white" spots on your skin, called "frosting." This should disappear within an hour. If you do experience those spots, do NOT apply more layers--the frosting means you have reached your skin's tolerance.

Use common sense and "listen" to your skin. Don't apply extra layers if your skin turns red and you feel a lot of itching or stinging. Mild irritation is normal, extreme irritation is not. Start with the mild one-layer peel, and do not repeat peel until skin returns to normal--and never sooner than 7 days. Even if you don't experience flaking, or irritation, your skin has still received terrific benefits with the peel--even mild peels (one layer). **Irritation is not a goal to achieve; it is simply a normal side-effect. The peel is working, even if you don't see or feel it!**

Do not use any other creams or skin medications other than moisturizer and sunscreen during the seven days following your peel.

Use only as directed; misuse can cause injury or burns. **Do to the nature of these products, all sales are final!**

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