

# 10% Lactic Acid



## *What you will need:*

1. timer
2. gauze pads
3. 40% Lactic Acid
4. 2% Salicylic Acid for bi-phasic treatment or pre-treating excessive oily areas

## *Procedure:*

1. Thoroughly cleanse all areas to be treated with a cleanser that has a 5.5 pH or less.
2. Allow the skin to dry
3. Pre-treat oily areas with 2% Salicylic acid wash if needed
4. Apply Vaseline or other occlusive product to lip area
5. Apply 10% Lactic acid.
  - a. Start with the forehead working downward to the neck.
  - b. Apply lastly to the sensitive areas such as cheek and under eye area. (Avoid eyes and mucus membrane areas such as nose and lips). DO NOT apply to eyelids.
  - c. With a gauze pad, apply acid lightly, much as you would a toner. Do not apply so much acid that it will tend to run.
  - d. Once the acid applied, set the timer to the appropriate processing time. \*See Timing
  - e. A stinging sensation with Lactic acid is normal. Gently tapping the facial area (somewhat like typing) will help relieve the sting. DO NOT RUB or message the skin.
  - f. With the acid on the skin the discomfort should be measured between 1 and 10 (being the highest). At any time, should the discomfort level reach around 6 - 7, then rinse off immediately.
  - g. Rinse off immediately if any areas become red.
6. Rinse well for 2-3 minutes with cool water. Lactic does not require a neutralizer. If however, you continue to feel a little sting then use your facial cleanser then rinse thoroughly.
7. Gently pat dry.
8. Apply Hyaluronic Acid, Essential lipids and Emu oil, or any combination of those. DO NOT apply actives such as Vitamin A products or acidic Vitamin C products post peel.
9. It is important to wear a minimum 30 SPF sunscreen post peel and exposure to sun.

## *Timing:*

On your first application you should allow only enough time on the skin as it takes to apply the acid, then rinse off. This will not only give you an idea of what 40% Lactic acid feels like on the skin but importantly give you a marker of your level of discomfort between 1 and 10.

As long as you are not peeling or have irritation, 40% Lactic treatments can be done every 7 – 10 days for a period of 6 – 11 weeks, depending on the issues and goals.

On subsequent applications, increase the time on the skin by 1 minute intervals, up to a maximum of 10 minutes on the skin.

**DO NOT get distracted when applying acid treatments. It is important to view the skin in the mirror the entire time. Should any redness develop, rinse off immediately.**

## *Precautions*

- **Always patch test on the inner wrist to determine any sensitivity to ingredients before applying to the facial area.**
- **Always consult with your doctor before proceeding if you are pregnant, on medication that might increase sensitivity or have health issues where an acid exfoliator or peel might be contraindicated.**



### **Never**

- Never apply another product during a chemical exfoliation or during a peel (no Emu oil until after you have rinsed thoroughly!)
- Never use a chemical peel if you have been on or are using Accutane in the past 6 months.
- Never apply a peel after another facial exfoliating product (scrubs of any type).
- Stop using Retin-A or Renova at least 2 days before performing a peel.
- Keep the Peel Solution at least a quarter of an inch away from the eyes and mucus membranes. Never apply so much solution that there is a chance that it could run into the eye area.
- If severe skin irritation occurs, remove the product by rinsing with cool water and consult a physician.
- Do not apply to irritated, sensitive skin or skin with open wounds or after extraction.
- Do not expose your face to the sun for 24 hours before or after the application of the Peel. Then use a minimum SPF 30 on a daily basis.
- Do not apply the Peel to skin that has been waxed or shaved within 24 Hours.
- Slight reddening of the skin may occur for a limited period of time especially with sensitive skin types.

Agreement: I understand and acknowledge that I am under no obligation to follow any recommendations made by the seller. I understand the seller does not treat illnesses and any information received is intended to help me make an informed decision. I assume the risk of any adverse effects or consequences resulting from the use or misuse of any of the suggestions, preparations, or procedures. I 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 my participation.

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