



Holistic Health Centre

Natural Beauty for Body, Mind & Spirit

connect with your authentic self

Frequently Asked Questions

BioSurface Peel™

1. *What is a BioSurface Peel?*

Is it like they show on the television where the skin is peeled off and left looking red and sore? No not at all. THIS IS NOT A CHEMICAL PEEL.

Only certificated Dermalogica Professionally trained Experts in skin health will use BioSurface Peel to safely resurface skin and maximize skin health results without damaging the living dermis.

BioSurface Peel delivers an advanced treatment with truly amazing results.

2. *What is the Dermalogica BioSurface Peel?*

- This new Professional Expert Strength BioSurface Peel has been designed to exfoliate or remove dead skin cells on the outer layers of the skin. It is applied in a unique multi-phase approach powerfully targeting fine lines, hyperpigmentation and acne, taking skin health to a whole new depth.
- This system produces visible results without triggering the adverse side effects of aggressive chemical peels.

3. *What are the benefits?*

BioSurface Peel works in sequential steps via an active layering process to synergistically and safely exfoliate the topmost layers of the skin.

It can be used to help:

- Decrease surface roughness
- Treat breakouts
- Reduce fine lines
- Stimulate cell turnover and collagen production
- Brighten the skin
- Minimize the appearance of pigmentation
- Reduce signs of photo aging, skin aging and breakouts

4. *How often can I have a treatment?*

This advanced treatment is best carried out before those hot sunny days, as you will need to avoid direct sunlight.

- For best results, I recommend a course of 3 to 6 treatments depending on your skin concerns.
- The course of treatments will be performed over a 3 to 12 week period followed by maintenance treatments twice a year.

Skin concern	When to perform subsequent treatments
Aging / pigmentation	1-2 weeks apart
Sensitive skin	3-4 weeks apart
Acne / congestion	1-2 weeks apart
Normal / maintenance	4+ weeks apart

5. *How long are the appointments?*

Please allow 1½ hours for each treatment.

A patch test is required 24 hours before your first treatment:

Please call to arrange, or pop in for me to carry out your patch test. This can be done within a few minutes. I will apply a small amount of each of the BioSurface multi-phase, either behind your ear or on your inner arm (inside elbow).

6. *Does my skin need to be assessed before my treatment begins?*

Your treatment begins with a consultation about your skin and general health. This is an opportunity to ensure that there are no reasons preventing you from enjoying your BioSurface Peel treatment(s).

Each visit you will be given:

BioSurface™ Peel Consent Form to read and sign, *(this will give me permission to carry out your treatment. It also gives you important information regarding safety, expectations and potential contraindications)*, which I will keep on file.

BioSurface™ Peel Post-Treatment Instruction Guide *(this will contain important instructions for you to follow after your treatment, helping to ensure optimum results)*, for you to take home.

BioSurface™ Peel Treatment Log, this I will keep *(it is to reference each step throughout your treatment)*.

I will also take, before and after photos *(these will not be used without your prior permission)*

7. *What ingredients are in the BioSurface Peel?*

Please check the following list of ingredients for any allergies:

- Salicylic Acid
- Isodecyl Salicylate
- Lactobacillus/Pumpkin Fruit Ferment Filtrate
- Papain
- Protease (from Papaya)
- Aminopeptidase
- Moth Bean Seed Extract (Vigna Aconitifolia)

- Lactic Acid
- Phytic Acid
- Sugar Cane Extract
- Sodium Bicarbonate
- Yeast Extract (*Saccharomyces Cerevisiae*)
- Saponaria Officinalis Leaf Extract
- Japanese Green Tea (*Camellia Oleifera* Leaf Extract)
- Oat (*Avena Sativa*) Leaf Extract
- Cucumber (*Cucumis Sativa*) Fruit Extract

8. *What do I need to do before my treatment?*

- Discontinue the use of any exfoliants at least 48 hours prior to and during your BioSurface Peel
- You may be advised to use Dermalogica products prior to receiving your treatment(s).
- I kindly ask that you arrive with NO make-up or to remove it upon arrival. *(This gives every opportunity in making the most of your treatment time).*

9. *What do I need to do after my treatment?*

Please use the following guidelines until your skin has resolved (if any) peeling (approximately 7-10 days). For more sensitive skin or after a more intense treatment, consider following these guidelines for at least 10 days:

- Immediately following treatment, apply a broad spectrum physical sunscreen (minimum SPF30) such as Dermalogica Super Sensitive Shield SPF30 or UltraSensitive Tint SPF30.
- Avoid direct daylight exposure for 2-3 weeks and wear a 3" wide brim hat if going into the sun is necessary. Direct sun exposure must be avoided to prevent hyperpigmentation.
- On the day of your treatment, avoid strenuous exercise or prolonged exposure to heat sources such as dry saunas and steam rooms. *Increased blood circulation to the face will cause an increased warming effect, which could lead to discomfort (prickling, itching, etc.), redness, inflammation, swelling or other side effects.*
- Use caution when colouring hair or eyebrows 3-4 days after receiving a BioSurface Peel. Hair colour could stain the skin more easily.

10. *How much does it cost?*

Please refer to my website for current prices.

Welcome to my world ... of intrigue, insight and intuition

Working with Spirit has been a challenging journey throughout my life. Making choices that I know to be my spiritual truth did not always align me to my physical life.

Being shown by Spirit how to work with energy and what was needed for a seamless flow, and how to change the flow when it became disrupted, has taken me persistent practice and lots of patience.

This led me into a world of childhood adventures with my Spirit Guide, from connecting to the elemental kingdom and the nature spirits, to whizzing off into the universe meeting other spiritual and highly evolved beings; there are many stories I share with you in my teachings.

There was also the little matter of my own life lessons that were to be experienced. Staying true to myself, got me into a lot of situations that I had to master for myself.

With each physical challenge ... I began to grow spiritually ...

I am so happy to share my knowledge and wisdom, by helping, you to learn to trust your own inner ability as you connect and grow too.

*When you ask yourself...
can I really change my situation?*

*I would say to you ...
Yes, you hold the potential to
change your life.*

*You then ask ...
What if I get it wrong?*

*I then respond to you ...
Whatever you choose, will always
be the right way for you.*

With love from

One Beautiful Soul to Another

sandra

The Energy Mentor