

Basic Daily Skin Care Regimen Guidelines

Home Care Product Categories:

Cleansers: gently removes daily impurities, dirt, grime, and makeup

- ★ Beta Hydroxy Foam Cleanser
- ★ Foaming Cream Cleanser
- ★ Mandelic & Green Tea Cleanser
- ★ Blemish Control Wash

Toners: prepare and prime the skin after cleansing and before adding treatment serums for deeper penetration of active ingredients. Also excellent for setting makeup or refreshing throughout the day

- ★ Mandelic Toner
- ★ Blemish Toner

Resurfacing Pads: exfoliate and refine the skin's texture, clarify, and remove dead skin cells to promote clear, radiant, and glowing skin

- ★ Exfoliating Pads
- ★ Blemish Control Pads

Targeted Treatment Serums: highly concentrated formulas for daily correction and repair for targeted skin concerns

- ★ Vitamin A: Intense
- ★ Vitamin C: Intense
- ★ Retinol Mixer
- ★ HQ Lightening Gel
- ★ Revitalizing Super Serum
- ★ M: Corrective
- ★ Hyaluronic C Ester
- ★ Blemish RX Serum
- ★ Restore Eye Cream

Specific Preconditioning Treatment Serums: must use during the preconditioning phase and thereafter

- ★ Vitamin A: Intense (always #1 choice)
- ★ HQ Lightening Gel (for more seriously pigmented skin)

Moisturizers: multi-beneficial formulas to treat, hydrate and moisturize the skin for all skin types

- ★ Peptide Plus Moisturizer
- ★ Ageless Moisturizer
- ★ Weightless Moisturizer
- ★ Moisture Soothe Plus

SPF 30: lightly moisturizing SPF formula for all skin types

- ★ SunMoist SPF 30

Targeted Treatment Serums: *preconditioning necessities as well as long-term maintenance daily home care. Formulated with highly active key ingredients for the correction and maintenance of overall skin health and rejuvenation.*

1. **Vitamin A: Intense:** this is the first “go-to” product for both preconditioning and general home care long-term use
2. **Retinol Mixer:** this should be used only after skin has proven to tolerate Vitamin A: Intense formulation on a daily basis
3. **HQ Lightening Gel:** another preconditioning product and is an excellent choice for both hyperpigmentation and melasma. May be used in conjunction with either Vitamin A: Intense or Retinol Mixer, or may be started on its own for sensitive skin
4. **Vitamin C: Intense:** to be used AM daily, this highly concentrated dose of Vitamin C boosts collagen and elastin production, protects cells from UV damage, and strengthens elasticity in blood vessels
5. Ideally, everyone would use Vitamin C Intense for daytime to “combat” and one of our highly concentrated retinol treatment serums for nighttime repair
6. Treatment serums should always be applied thinnest=>thickest consistency/viscosity and may be either layered on top of one another or “cocktailed” together while the skin is “in training” to build tolerance over time
7. While our Vitamin C: Intense and Vitamin A: Intense serums are meant for everyone to incorporate in a daily AM/PM home care regimen, we have additional serums to further target more specified skin conditions and they are as follows:
 - a) **Hyaluronic C Ester:** dehydrated, sensitive and dull skin; layer after Vitamin C: Intense for daytime use and all-day hydration as well as brightening/evening out skin tone

- b) **M:Corrective:** if used, this would be the first serum applied as it is very thin and “watery” in texture. This effective brightening and resurfacing serum may be used AM or PM and is excellent for everyone to aid in cell turnover, pore-refinement, texture correction, overall, even skin tone and clarity
- c) **Revitalizing Super Serum:** this is the super-charged version of Hyaluronic C Ester (all day hydration, brightening, chock full of antioxidants and environmental protection) with additional exosomes, quad-peptides, brightening agents, BV-OSC and Vitamin A. This would be used at night time either before Vitamin A: Intense/Retinol Mixer or “cocktailed” if desired
- d) **Blemish RX Spot Treatment:** prescriptive strength and fast-acting acne treatment for stubborn problematic blemishes to be used as needed
- e) **Restore Eye Cream:** advanced corrective and preventative treatment for the delicate eye area

Toners & Pads: *designed to “prep n’ prime” the skin after cleansing for treatment serum application for deeper penetration of key active ingredients*

- 1. Low pH formulas for deeper penetration
- 2. Both preparatory for serums as well as correction properties in and of themselves
- 3. If either Exfoliating or Blemish Control pads are part of any regimen, they would be used during the “toner step” and in lieu of the spray toner(s)
 - a) **Mandelic Toner**
 - b) **Blemish Toner**
 - c) **Exfoliating Pads** (2-3 times per week)
 - d) **Blemish Control Pads** (may be used daily if needed)

Moisturizers: *advanced corrective formulas for all skin types and conditions to be used daily AM & PM*

- 1. **Peptide Plus:** a unique, lightweight serum based formula that is designed for all skin types
- 2. **Ageless:** the ideal moisturizer for adult and mature skin types
- 3. **Weightless:** this airy, non greasy advanced formula is a go-to for oily skin types
- 4. **Moisture Soothe Plus:** a rich and creamy moisturizer jam packed with anti-inflammatory ingredients that can be used daily and should be applied after every in office treatment

Dermodality effectively "saturates" the skin with the unique combinations and layering of highly-active key ingredients such as retinols, powerful antioxidants, peptides, exosomes and vitamins to increase cellular stimulation for the achievement of overall skin health

Homecare guidelines:

1. All homecare products are designed to work in a synergistic manner to enhance the corrective properties of one another. While each product is a "star" in its own right, when utilized as a comprehensive home care regimen in entirety of the full line, these individual "star" players then become "super stars" as their performance on the skin is then amplified with their synergistic powers
2. Due to the level of correction our treatment serums can achieve, they may occasionally cause sensitivity to the skin as the skin works to build tolerance towards the high active ingredient percentages. If this happens, it is recommended to create customized "cocktails" by mixing serums and moisturizers together as a way to "dilute" the formula concentration and PH level for slower absorption. This will allow the skin to gradually acclimate to the active ingredients
3. If multiple treatment serums are utilized in a daily regimen, the order of application will always be thinnest-to-thickest in texture; applied after cleansing/toning and before moisturizing
4. When using our Exfoliating resurfacing Pads or Blemish Control Pads, this step will be in lieu of the spray toners after cleansing and before any treatment serums are used

The easiest way to think of an ideal homecare regimen is in these simple steps:

1. **Cleanse**
2. **Tone/Resurface**
3. **Targeted Treatment Serums**
4. **Moisturize**
5. **Protect (AM for UV protection)**

Basic Skin Care Regimen for Day and Night

AM Regimen:

- 1) Cleanse

- 2) Resurface with our sprays Tone & Prep; or Exfoliating AHA/BHA Pads
- 3) Treatment Serum #1: Antioxidant protection with Vitamin C
Treatment Serum #2 (if needed): Hyaluronic Acid/hydrating/AHA or BHA serum (depending on the specific skin condition concerns such as acne, rosacea, hyperpigmentation, etc.)
- 4) Eye Cream
- 5) Moisturize/hydrate
- 6) SPF 30

PM Regimen:

- 1) Cleanse (double cleanse if wearing makeup)
- 2) Resurface: Tone & Prep or AHA/BHA Exfoliating pads
- 3) Treatment Serum #1: Anti-aging, hyperpigmentation, acne, rosacea, or any other target-specific skin conditions treatment serum
Treatment Serum #2: Retinol nighttime repair treatment
- 4) Restore Eye Treatment
- 5) Moisturize/hydrate

Very Basic Regimen

- 1) Cleanser
- 2) Toner or AHA/BHA treatment resurfacing pads
- 3) Vitamin C Antioxidant Treatment (AM only)
- 4) Vitamin A/Retinol Repair Treatment (PM only)
- 5) Moisturizer/Hydrator
- 6) SPF 30 Sun Protection (may be used as moisturizer if oily)

Nighttime Only Products: *Anything that contains significant amounts of retinol/Vitamin A or anything that will cause skin to be photosensitive*

- Vitamin A: Intense
- Retinol Mixer
- HQ Lightening Gel
- Blemish Rx Spot Treatment
- Revitalizing Super Serum
- Ageless Moisturizer

Basic Dermodality Peel Guidelines

Our peel system is designed for customization dependent on the individual's Fitzpatrick level. Our proprietary process of preconditioning is the art of prepping the skin by gradually introducing it to inflammation through our Base 1 peels and preconditioning home care products, tyrosinase inhibitors to stabilize melanin, anti-inflammatory ingredients to ultimately allow all Fitzpatrick's to tolerate our more aggressive treatment protocols

Our system includes Base 1 peels, Base 2 peels, Pumpkin Accelerator, and Retinol Boosters

Base 1 Peels: *AHA, water-soluble, hybrid formulas for both preconditioning as well as corrective maintenance*

1. **Preconditioning:** The customized preparatory treatment plan + individualized home care regimen to train the skin for deeper in-office chemical peel treatments when intensive repair is required as well as improve the skin's ability to tolerate higher (and therefore more therapeutic and more effective) dosages of key active ingredients such as retinol. Preconditioning the skin is essential not only for highly intensive chemical peel prep, but also for long-term benefits of collagen production and stimulation with the higher doses of retinoids in our home care products as general long-term maintenance
2. **Corrective Maintenance:** products, protocols and in-office treatments that work in tandem to correct and repair various skin conditions/ailments as well as long-term maintenance of achieved results from the previously mentioned homecare/treatments. Correction for mild-to-moderate acne, rosacea, uneven skin tone, hyperpigmentation and mild-to-moderate melasma, mild-moderate signs of aging, etc.
3. The order of layering during a Base 1 treatment protocol is as follows:
 - a) Cleanse and prep skin (Prep Pads)
 - b) Apply desired Base 1 peel (only one layer is needed for all Base 1 formulas) and let dry
 - c) Once dry, layer Pumpkin Accelerator overtop Base 1 peel and allow to dry completely
 - d) Remove pumpkin with cold compress and allow to dry completely
 - e) Add Retinol Booster: Retinol Cascade 10, Long Island Iced Tea, OR Retinol 20/20

Base 2 Peels: *"BHA" Salicylic, Jessner and TCA, fat-soluble, water-based pure hybrid formulas for intensive corrective repair for various skin ailments*

1. **Corrective Repair:** intensive in-office individualized hybrid chemical peel protocols designed to repair and correct stubborn skin conditions such as acne, hyperpigmentation and uneven skin tone, moderate to severe melasma, acne, aging, etc.
2. Base 2 peels require at least one Base 1 in-office treatment (follow preconditioning chart) plus a minimum of one of our targeted treatment preconditioning serums before “graduating” to the more intensive protocol
3. The order of layering during a Base 2 treatment protocol is as follows:
 - a) Cleanse and prep skin (prep pads)
 - b) Apply desired Base 2 peel, watch for frost (only apply a second layer if there are NO visible signs of frosting)
 - c) Once dry, apply a Retinol Booster

Pumpkin Accelerator:

1. Pumpkin Multi-Fruit Enzyme: Key ingredient = Bilberry extract. This is a vasodilator which allows for deeper product penetration

Retinol Booster Peel: highly concentrated retinol & lactic acid formulas meant to boost peel process

1. Retinol Cascade 10
2. Long Island Iced Tea
3. Retinol 20/20