

ZENA PEELING ALGAE COURSE



Peeling Algae

Based on regenerative and healing process of skin natural cycle, accelerates regenerative process, also stimulates blood circulation and replenishes large amount of vitamins and minerals necessary for beautiful and flawless skin.

TYPES OF USAGE

- Microscopic trauma and stimulation
- Improvement of oxygen delivery system
- Activation of skin regeneration system
- Acceleration of blood circulation
- Cell rejuvenation

HOW IT WORKS

- Removes dead cells, tightens pores, soothes irritations, clean and radiant, mattifies the skin
- Reduces dark circles under the eyes and make the skin look complexion replenished
- It helps reducing inflammations and improves local circulation of blood
- Specially formulated to help chronic sun-damaged skin, reducing the wrinkles
- For hyperpigmentation and melasma
- Procedure reduces post-acne and stretch marks
- Good for acne, can be applied pointwise on inflammation areas



Sachet, 5 g

Spicules (spikes) contain antibacterial substances of marine organisms, have porous structure, which allows them to absorb the ingredients and carry them to the deepest layers of skin.



INGREDIENT

100 % Natural Algae

PRECAUTION

Use of algae is allowed only for certified specialists

Peeling Algae

It perfectly exfoliates old cells, which leads to skin rejuvenation: turgor is restored, age spots are discolored, and rashes become less.

Microneedle base made of a special type of algae sponge powder. Its sharp needles act on the epidermis and stimulate collagen production. Superficial blood circulation and skin protective properties are improved. The spongin protein in the composition has an antiseptic effect.

EFFECTS

1. EXHAUSTING EFFECT

Exfoliation of the epidermis, improvement of texture, skin relief, complexion, stimulation of epidermis and dermis upper layers

2. ANTI-INFLAMMATORY EFFECT

Antibacterial action against inflammatory elements, their number decreases and emergence of new ones is controlled

3. PREVENTION OF SEBACEOUS GLANDS OCCLUSION

The work of sebaceous glands and production of sebum are normalized, connections are weakened between cells of stratum corneum of epidermis, hyperkeratosis is eliminated, pores are narrowed

4. INCREASING SKIN TONE

Collagen synthesis is enhanced and production of its destroying enzymes is suppressed, depth of wrinkles decreases, and scars are smoothed

5. STIMULATION OF EXCHANGE OF SUBSTANCES IN CELLS

Peeling components stimulate metabolic processes in cells and saturate tissues biologically active substances (vitamins, microelements)

6. IMPROVEMENT OF MICROCIRCULATION

As a result of increased blood circulation, stagnation resolves vascular nature, complexion improves, oxygen flow to skin cells increases.

ADVANTAGES

- Exclusively herbal ingredients
- Peeling procedure without protein denaturation
- Can be applied to different face and body areas, taking into account individual skin characteristics



RESULTS

- Comedones, pimples, acne, hormonal rash disappear or become smaller
- Swelling and bruising under eyes disappear
- Aging skin becomes firmer and tighter
- Aging skin acquires healthy color and looks rejuvenated
- Age spots and abundant freckles brighten
- Skin tone is restored

CONTRAINDICATIONS

- *Dermatoses of any genesis, infectious diseases*
- *Herpes*
- *Neoplasms on skin*
- *Skin prone to allergic reactions*
- *Thin skin with telangiectasias*
- *Skin damage*
- *All types of nevi (preliminary examination by dermatologist is recommended)*
- *Pregnancy*

Peeling Algae Protocol

After collecting all the necessary information obtained during the questionnaire, the cosmetologist prescribes a peeling option suitable for the patient (depth, type). The specialist must notify about the preliminary preparation of the skin for the process of deep cleansing of the stratum corneum (exfoliation), about the procedure itself, about the possible consequences and result after complete recovery.

If the upcoming peeling is to get rid of pigmentation on the face, then 14 days before the procedure, it is necessary to start daily application of Zena Skin Toner with a whitening effect together with Zena Cleansing Gel. It will stop the appearance of new cells that produce the pigment melanin (melanocytes).

To achieve a positive result from the procedure for removing dead cells from the upper layers of the skin (peeling), as well as to avoid possible unpleasant consequences, it is necessary to carry out good and appropriate preparation in time. Depending on the type and depth of the peeling effect, a list of necessary pre-peeling procedures is assigned.

PRE-PEELING CARE

The specialist prescribes home care 2 weeks before the peeling procedure.

Dry Skin: Apply Zena Cleansing Gel daily, Zena Skin Toner 2–3 times per week.

Oily Skin: Zena Cleansing Gel daily, Zena Skin Toner first week once a day, second week Zena Skin Toner twice a day, stop using 2–3 days before the procedure.

Do not use intensive moisturizers 2-3 days before the procedure, do not use other products with acids and retinols. This pre-peeling treatment will prepare the skin and get better effect of the peeling procedure.

We recommended to make a treatment overnight.

APPLICATION

Dilute the powder with 10 ml of Algae Peeling solution (Toner) and 5 ml of warm water. Apply a thin layer to the skin of the face and start the massage with light movements. **When treating on the body, you can dilute the powder 1:4.**

1. SUPERFICIAL PEELING

It activates blood circulation and improves skin condition. This type of peeling causes slight reddening of the skin, which disappears in a day. Dilute the powder with water until it is mushy. Apply a thin layer on the face with light movements.

2. MEDIUM

Causes flaking, superficial or deep. Good for treating acne scars, stretch marks, stagnant spots after acne. Perfectly removes medium and fine wrinkles. After the procedure, it gives a sensation of strong peeling.

3. DEEP PEELING

This type of peeling causes reddening of the skin, and within a week, complete renewal of the upper layer of the skin.

MASSAGE TIME

1. For light peeling & sensitive skin, rub in for 1–2 min.
2. For medium peeling & sensitive skin — for 5 min.
3. For deep peeling, rub in with massage movements for 10–5 minutes. Leave it as a face mask.

After 5–10 minutes, wash off well with warm water.

PROCEDURE CLOSING

Apply Zena Post Treatment gel, spread it evenly over the skin with massage movements. Pat the client's skin dry with a dry tissue. Apply Zena Sunblock cream SPF50, spread evenly over the skin.

POST-TREATMENT

Most patients have minimal redness for 12–24 hours, your client can feel the needles on their face for about 30 hours until they completely dissolve. Due to the nature of these treatments, and the selected time of the procedures your client may experience skin flaking for a 3–7 days. **Do not pick or pull at any loose skin, as this can cause hyperpigmentation or scarring.**

On the day of the peeling procedure, the client does not wash his face and does not perform any procedures and does not use facial care products.

The next day after the procedure, in the morning and in the evening, your client wash face with water and apply Zena Post Treatment Gel. Do not put the face directly into a hot shower spray. Do not use a steam room, Jacuzzi, or sauna. Do not go swimming.

From 2 to 7 days after Zena Algae peeling procedure, exclude the use of creams, gels and lotions and other facial care products for a deeper peeling effect. Avoid direct sun exposure and excessive heat for at least 7 days (getting overheated internally can cause hyperpigmentation). In case of sun exposure, the use of Zena SPF 50+ cream is mandatory.

Algae peeling by skin type:

1.DRY SKIN is skin with disturbed water balance and lipid barrier, a feeling of tightness, loss of elasticity, pronounced dryness and peeling, skin reacts quickly to provoking factors. It is not recommended to use Algae peeling for such skin, only after prior preparation.

For home care we suggest Zena Cleansing Gel, Zena Skin Toner, Zena Hyaluronic acid serum, Zena Sunbloc Cream.

2.NORMAL SKIN - it is even relief and light blush, elasticity, moderate sebum secretion.

Algae peeling can be used as an **anti-aging peeling** to reduce wrinkles.

For home care, we suggest Zena Cleansing Gel or Light Peeling Foam, Zena Skin Toner, Zena Whitening&Balance Serum, Zena Sunbloc Cream.

3.OIL SKIN - is a skin with an intense shine due to an excessive production of sebum, due to increased sebum activity, pronounced pores, prone to rashes, dense, can be scarred post-acne, unhealthy shine

Algae peeling will work to reduce sebum, restore the sebaceous glands, thereby reducing inflammation, even out facial tone and pigmentation of the postacne.

In your home care we offer Zena Cleansing Gel or Light Peeling Foam, Zena Skin Toner, Zena Whitening&Balance serum and Zena Sunbloc Cream.



ZENA COSMETICS FOR HOME CARE:



Prepare the client for Algae Peeling for inflammatory elements:

1. 10 days before the procedure, the beautician should offer Zena Cleansing Gel , Skin Toner , Sunbloc Cream in your home care. Wash your face with the gel twice a day, morning and evening, as well as wipe the toner twice a day. Sunblock cream should be applied only during the day.



3. During the exfoliation period, which begins **a few days after the procedure**, it is not allowed to peel the skin, not to touch it with your hands, not to apply masks or nourishing creams, but only to dry it. The beautician can cut off the crusts of old epithelium with sterile scissors.

ZENA
COSMETICS



2. After the procedure, the first 3-5 days do not moisturize the skin with anything, wash once a day, do not visit swimming pools, beaches, sea, ocean, do not make up (mineral powder SPF 30 is allowed), facial massages during this period are not recommended.



4. After complete exfoliation and recovery of the skin, the next treatment with Algae peeling can be performed. The recovery period **lasts from 25-30 days**.

Preparation of the client for the Algae Peeling with anti-edge effect:

1. 10 days before the main procedure, the beautician will suggest the Light Peeling Foam, Skin Toner, Sunbloc Cream into the home care.



3. After the treatment we also try to dry the skin for a week and only after the exfoliation we add Zena Hyaluronic Serum or Whitening& Balance. Sunbloc Cream is used every day to prevent the appearance of new age spots.



2. During the treatment it is possible **to add Zena Serum** to the main peeling solution, 2-3 ml and then apply the peeling on the face. You can also add Zena Serum to your face during the massage.



Procedure Algae Peel :

1. Prepare the basic solution 1:4 (1 for the dry peeling mixture, 4 for water or toner mix). For face, we recommend a 1:3 solution (5 grams of powder + 10 ml of Zena Skin Toner + 5 ml of water)

2. Wash the area with Zena Cleansing Gel

3. Apply the peeling to the problem areas (face, back, thighs, intimate areas, armpits, knees), in one layer, massaging, circular movements for 10-15 minutes

4. Rinse off abundantly, the water should be at room temperature, not hot.

5. Finish the procedure with the Post treatment gel treated area after the procedure may be hyperemic, the client may feel pain, tingling, rise in local temperature up to 37 degrees, which may last 24-48 hours

Massage facial lines

Prepare the Algae peel, and apply with a brush along the massage lines.

WHAT ARE FACIAL MASSAGE LINES

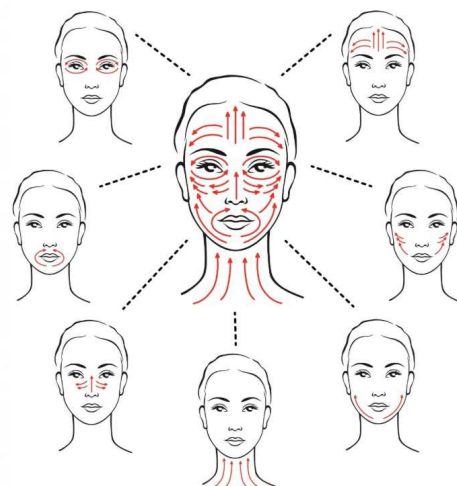
This is the name given to the directions along the vectors of which the **skin is subjected to the least stretching**. When taking good care of your skin, performing home beauty treatments is extremely important to follow these directions. Whether you apply a cream or a mask, cleanse your skin with a lotion or tonic, self-massage your face - in any case, **it should be done along the massage lines**.

Only this way your skin will not feel stress as a result of improper mechanical influence on it, only this way it will retain its elasticity and avoid **the premature appearance of wrinkles**.



WHERE ARE THE FACIAL MASSAGE LINES OR HOW TO PROPERLY APPLY EXFOLIATION TO THE FACE, FOREHEAD AND NECK

- **neck:** bottom to top in the center and top to bottom on the sides;
- **chin:** from the center to the cheekbones and further to the earlobes;
- **cheeks:** from the corner of the lips to the middle of the ear and from the center of the upper lip to the top of the ear;
- **how to apply eye cream around the eyes:** in a circle - inner corner of the eye, upper eyelid, outer corner of the eye, lower eyelid (you can alternately change the direction of movement);
- **forehead:** from the center to the temples (slightly downwards at an angle);
- **nose:** from top to bottom along the back of the nose and from the back of the nose to the cheeks.





Client's Profile

No _____

Registration date _____

General Information

1. Full Name _____

2. Age _____

3. Telephone Number _____

Main Assessment

1 Skin tone

Skin tightness

Skin humidity

2. Skin type: dry
 oily
 combined

3. Skin condition: rosacea
 seborrhea
 hyperkeratosis
 acne (degree)
 hyperpigmentation
 hypopigmentation
 exfoliation

4. Wrinkles, their age and condition (deep, shallow etc).

5. Area of cosmetic treatment:

- face
- neck
- neck area
- back
- arms
- hips
- belly
- buttocks

6. Remarks on the day of the treatment (to be filled out by the beauty therapist)

Client's Medical History

1 Is the client currently undergoing medical treatment (diagnosis, medications, vitamins)?

Please write down all the information pertaining the disease, prescribed medicine and vitamins

2 Allergic reactions to:

food products _____

cosmetical tools _____

medications _____

3 Cases of anaphylactic reactions, Quincke's edema _____

4 Pregnancy, lactation YES _____, NO _____

5 Day of the menstrual period _____ (please note that no cosmetic treatment is possible during the menstrual period),

climax YES _____, NO _____

6 Homecare, which products _____

In the active phase of the disease, procedures are not recommended

In remission the cosmetic procedures are possible only upon the consent of the doctor.

Eczema Yes ____, No ____

Depends on the location, if eczema is in the area of arms or legs, then the face area can be treated. If eczema is located in the face or neck area, the invasive procedures are not advisable.

Atopic dermatitis Yes ____, No ____

The cosmetic procedures are not possible during the active phase. During the remission the cosmetic procedures are possible only upon the consent of the doctor.

Fungal disease Yes ____, No ____

It depends on the location of the affected area, namely, in the lower third of the body cosmetic procedures are possible, but not during the course of main treatment.

If the upper third of the body is affected, the procedures can be carried out only after complete recovery and after a month from the main treatment

(cosmetic procedures are possible with the consent of the attending physician)

Acne of 1-2 degrees can be treated

Acne of 3-4 degrees can be treated only after consulting a dermatologist

6 Endocrine diseases Yes ____, No ____

(diagnosis, consent of the attending physician)

7 Mental illness Yes ____, No ____

(diagnosis, preferably the consent of the doctor otherwise cancellation of the procedure)

8 Please underline if you currently have: acute respiratory diseases, kidney diseases, urogenital infections, hypertension, autoimmune diseases, swollen lymph nodes, stomach and intestinal diseases
(cosmetic procedures can be performed during the period of remission or complete recovery)

9 Contraceptives Yes ____, No ____
(you can undergo cosmetic procedures after 2 months of adaptation to the medicine)

DATE	NAME OF THE PROCEDURE	REMARKS
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Post-Procedure Care Memo

1 Do not consume alcohol a day before the procedure and a week afterwards

2 Do not apply decorative cosmetics for 3-5 days

3 Do not visit a sauna, bathhouse, pool, sea, solarium until the exfoliation is completed

4 Do not scrub the face, do not peel off the crusts

5 Apply the only the products prescribed by the cosmetologist

6 In case of questions or changes in the rehabilitation process, inform your specialist

7 The cosmetologist is obliged to inform the patient about the procedure and course of recovery (please enter basic information)

8 Name of the cosmetic procedure and the products used _____

9 The client (patient) is informed

Date _____ Signature _____