

A photograph of a male doctor in a white lab coat examining a woman's face. The woman is seated in a medical chair, looking up at the doctor. The setting is a clinical room with wood-paneled walls and a stainless steel sink. The text 'Peel to Reveal Healthy, Younger ZO<sup>®</sup> Skin' is overlaid on the image.

# Peel to Reveal Healthy, Younger ZO<sup>®</sup> Skin

ZO SKIN HEALTH, INC.  
Introduces New Peel Treatments

by Dorene Kaplan

Peels are the new black, when it comes to skin rejuvenation. This tried and true method of reversing skin damage has been overshadowed in recent years by laser and light technology, but facial peels are still one of the most effective ways to treat signs of aging, discoloration, and UV damage. But not all peels are created equal. The intensity of the peel directly relates to the improvement you will see in your skin, and the downtime and irritation you will feel post peel. Depending on your time demands, you can even use at-home peels for a slower yet cumulative effect.



Dr. Zein Obagi, the über dermatologist of the premier Obagi Skin Health Institute in Beverly Hills, and the founder and Medical Director of ZO Skin Health, Inc., has developed four unique peels to fit every lifestyle, skin concern, and time schedule.

“Peels correct and reduce conditions of weakened skin such as damaged skin surface, pigmentation, uneven texture, lines, and wrinkles. Not only will peels reverse these conditions, but they will increase the overall health of the skin,” says Dr. Zein Obagi.

### ZO® Medical Controlled Depth Peel™

Considered “The Next Generation of ZO® Peels,” the ZO® Medical Controlled Depth Peel™ utilizes trichloroacetic acid (TCA) at a 30% concentration buffered to 20% or 26% to treat a variety of skin conditions including acne, wrinkles, fine lines, pigmentation disorders like melasma, and sun damage.

When TCA is applied to the skin, it causes surface skin cells to dehydrate – and then peel off – over a period of four to 10 days. When the surface skin peels away, it exposes a new layer of undamaged skin, which has a smoother texture, improved firmness, and a more even skin tone and radiance.

After redness and peeling have subsided, results of the ZO® Medical Controlled Depth Peel™ include a dramatic improvement of skin’s firmness, brown spots, age spots, uneven skin pigmentation, and the appearance of melasma; improved texture of leathery, sun damaged skin; reduction of acne conditions and post-inflammatory hyperpigmentation; and reduction in fine lines and wrinkles.

Potentially the strongest peel in the ZO® repertoire, the ZO® Medical Controlled Depth Peel™ can be customized so that the absorption and penetration rate are varied and controlled. Depending upon the amount of TCA used, the peel can penetrate just the epidermis, or deeper into the dermis for a mild, moderate, or aggressive peel. This is a professional peel that can only be administered by a physician or skincare professional.

To mix the peel, your physician adds 30% TCA (not included in the kit) to the ZO® Controlled Depth Peel™ Base, which is pH balanced. Enriched with skin lipid supplements, skin redness modulators, and antioxidants, the base minimizes skin redness, replenishes skin barrier function, and minimizes newly exposed skin cells from post-peel damaging oxidative stress.

Dermatologist Zein E. Obagi, MD, founder and medical director of ZOSkin Health, Inc., is once again turning the field upside down and inside out with his latest revelations about the principles of skin health restoration and topical therapies combined with innovative peel treatments.

The peel has a blue tint to it, and is applied in one, two, or three layers, depending upon the desired intensity. The peel does not have to be neutralized after application. Immediately following the ZO® Medical Controlled Depth Peel™, the cleanser





ZO® Medical Controlled Depth Peel™

## ZO® Medical 3-Step Stimulation Peel™

Some of the deeper peels utilized by physicians can leave your skin red and irritated for days. However, the new 3-Step Stimulation Peel™ from ZO® Medical works to improve the health of facial skin through exfoliation, cellular stimulation, and a calming post-treatment cream – with little to no downtime.

Available at dermatologists and plastic surgeons worldwide, the new ZO® Medical

is applied to lift any residue left on the skin following application of the base. This foaming cleanser contains an ultra-mild beta-hydroxy acid exfoliant that provides secondary removal of any remaining dead surface skin cells. In addition, vitamin B3-niacinamide penetrates the upper layers of skin to help aid the skin's natural cellular renewal processes that accelerate creation of new skin cells and help maintain healthy skin.

Dr. Obagi recommends pre-conditioning your skin prior to the application of the peel to improve skin health as well as accelerate post peel healing. "It is important not to peel skin that has not been prepared properly. If the skin is sensitive or dehydrated, it is not ready to be peeled," he says. He recommends using the ZO® Basic Skin Conditioning System for three to four weeks before having the ZO® Medical Controlled Depth Peel™. "The skin must be ready to tolerate the peel safely. Using retinol or retinoids consistently will help strengthen the skin to improve barrier function," says Dr. Obagi.

3-Step Stimulation Peel™ is touted as a highly effective treatment for many of the signs of skin aging, including melasma, sun damage, fine lines, uneven texture, large pores, and dullness, and also for acne. It is a professional peel and must be performed only in a physician's office by a licensed skincare professional.

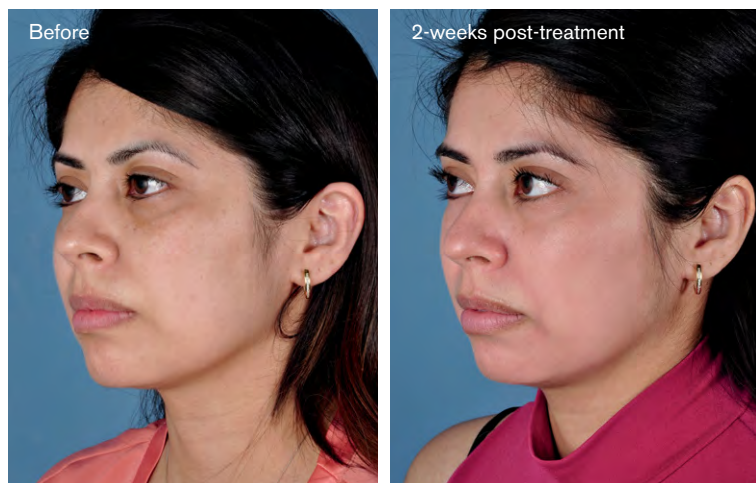
Step 1 is the peel itself, which is formulated to remove the outermost layer of skin. Composed of salicylic acid (17%), trichloroacetic acid (10%), and lactic acid (5%), the peel also contains saponins to minimize inflammation and glycerin for hydration.

Step 2 is application of the Stimulating 6% Retinol Crème. Applied after the peel solution, the cream works to stimulate cellular function at a deep skin level. The results include collagen enhancement as well as firming and wrinkle reduction.

Step 3 refers to the application of the Calming Crème Post-Procedure Skin Relief. This cream works to minimize inflammation and irritation that may result from the first two steps, as



ZO® Medical skin products



ZO<sup>®</sup> Medical 3-Step Stimulation Peel™

well as restore the moisture balance of the skin. You can take the cream home to apply twice daily following the in-office treatment to speed the healing process.

“The most unique thing about the new 3-Step Stimulation Peel is that post treatment peeling is very mild or even unnoticeable in many cases, as most of the dead cells are removed by the twice daily washing following the peel. There is minimal or no downtime with this peel, and your skin will look healthier very quickly,” says Dr. Obagi. The 3-Step Stimulation Peel™ is suitable for any skin type or color; however as with the ZO<sup>®</sup> Controlled Depth Peel™, Dr. Obagi recommends preconditioning the skin with a ZO<sup>®</sup> Medical or ZO<sup>®</sup> Skin Health retinol treatments.

According to New York City Plastic Surgeon Z. Paul Lorenc, “The 3-Step Stimulation Peel can be repeated every three to four weeks, or as needed. It is a highly effective procedure with few side effects and is quickly becoming the most requested skin rejuvenation treatment in my practice.”

### ZO<sup>®</sup> Medical Invisapeel™ Intensive Resurfacing Peel

In-office chemical peels can really work wonders for revealing refreshed skin that has less lines, spots, and dullness. But keeping up with professional treatments can become costly and time consuming. Enter ZO<sup>®</sup> Invisapeel™ Intensive

Resurfacing Peel, the newest at-home peel to join the ZO<sup>®</sup> lineup. It's formulated for both facial and non-facial skin such as hands, arms, and legs – any place that can use some smoothing, firming, and brightening.

“Thanks to its multi-targeted formulation, this peel is suitable for a wide range of skin types and ages. It addresses a broad spectrum of skin concerns ranging from acne and sun damage to flaky skin and roughness,” says Dr. Obagi.

Invisapeel™ uses a unique process to renew the epidermis without any apparent exfoliation. It targets the accelerated repair of a variety of epidermal problems like acne, discoloration, flaky skin, and roughness with a specialized enzyme blend. The enzymes papain and bromelain, plus glycolic acid, enhance and accelerate repair while diglycerin restores moisture. This enzyme blend is formulated to work with and enhance other products in the ZO<sup>®</sup> Medical range.

Usage is simple, just apply after cleansing and leave Invisapeel™ on for one to three hours. Remove and apply your regular ZO<sup>®</sup> Medical regimen. The peel can be used two to three times a week.

### ZO<sup>®</sup> Skin Health Radical Peel™

This at-home peel actually uses Ossential<sup>®</sup> Radical Night Repair Plus, a ZO<sup>®</sup> Skin Health product that is available at physician offices. Containing a 1% concentration of retinol – five to 10 times stronger than traditional retinol products – Ossential<sup>®</sup> Radical Night Repair Plus can be used as an evening treatment in moderate to aggressive doses for a three to five day at-home intensive peel.

The ZO<sup>®</sup> Skin Health Radical Peel™ protocol involves applying four to 10 pumps at night for three to five consecutive days. The objective is to accelerate cellular turnover

Ossential® Radical Night Repair Plus



and improve skin's ability to renew itself. The benefits include repairing damaged surface skin, strengthening skin and reducing sensitivity, improving skin texture, tightening large pores, reducing hyperpigmentation and sun damage, and brightening, smoothing, firming, and toning skin for a more youthful appearance.

"Patients have no excuse for not improving the condition of their skin with a peel. With my ZO® Skin Health Radical Peel, they control the intensity of the peel and can customize it in order to build up tolerance to the retinol in Radical Night Repair Plus," says Dr. Obagi.

Before starting the peel, determine the intensity that is appropriate for your skin by discussing options with your physician. You can select a moderate or strong peel protocol depending upon the condition of your skin and the results you want to achieve.

Basically, the difference in the peel strengths correlates with the amount of Ossential® Radical Night Repair Plus that is applied. For the moderate peel, six pumps of Ossential® Radical Night Repair Plus are applied; and for the strong peel, eight pumps are used. As your skin becomes accustomed to the retinol you can increase the peel strength.

As with many peels, expect redness and peeling with The ZO® Skin Health Radical Peel™. These reactions can be minimized by applying ZO® Skin Health Ommerse® Daily Renewal Crème before applying Ossential® Radical Night Repair Plus in the evening. You can also stop the peel process anytime by discontinuing the Ossential® Radical Night Repair Plus and using Ommerse® Daily Renewal Crème three to four times a day. The ZO® Skin Health Radical Peel™ may be repeated monthly, increasing its strength gradually until the desired

results are achieved. To maintain the results, repeat the peel two to three times a year, and use two to four pumps of Ossential® Night Repair Radical Plus every evening.

"Sun damage prevention is the key to skin health," says Dr. Obagi. "In the past, prevention revolved around the use of chemical sunscreens and physical blockers and depended on sun protection factor (SPF) to show time of protection. But research has shown that all sunscreens and blockers offer only one to two hours of protection, regardless of SPF number. This may be driving the rise in sun damage and skin cancer incidence." His new philosophy promotes epidermal stabilization to increase skin tolerance and natural resistance to ultraviolet light, and to suppress inflammation, plus the use of physical blockers and externally applied natural melanin. "Physical blockers offer short-term protection, and the melanin protects skin for six to eight hours. Melanin has staying power because it does not get sweated, washed, or rubbed off like sunscreens and blockers," he says. To that end, his best-selling beauty editor's favorite, ZO® Skin Health Oclipse® Sunscreen + Primer SPF 30, comprises two different physical sunscreens plus melanin.



ZO® Skin Health Radical Peel™

With an arsenal of ZO® peels to choose from, your skin can be refreshed and rejuvenated at your own pace and schedule. ❖

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